



**RESHAPE
YOUR
HEALTH**

3-DAY MEAL PLAN



*Making healthy eating
a way of life.*

DAY 1



DAY 2



DAY 3



BREAKFAST

Almond Peach Oatmeal

- ½ cup dry oatmeal, prepared with 1 cup skim milk, topped with 1 peach sliced and 2 Tbsp slivered almonds

LUNCH

Veggie and Hummus Pita

- 1 whole wheat pita pocket, cut in half
- 2 Tbsp hummus (1 for each half of the pita)
- 1 medium cucumber, chopped
- 1 medium tomato, chopped
- ½ cup fresh romaine
- ½ cup blueberries
- 1 container 100-calorie yogurt

DINNER

Grilled BBQ Chicken with Roasted Potatoes and Spinach

- 3 oz chicken prepared w 2 Tbsp BBQ sauce, 1 medium potato cut/roasted 1 cup spinach

SNACK

- 2 Tbsp walnuts
- ½ cup raspberries

BREAKFAST

Eggs and Toast

- 2 large scrambled eggs, 2 slices toast, 2 tsp butter on toast

LUNCH

Chicken Caesar Salad

- 3 oz chicken, 2 cups romaine lettuce, ¼ cup plain croutons, ¼ cup grated parmesan cheese, 2 Tbsp Caesar dressing
- 1 cup strawberries

DINNER

Roasted Pork and Veggies

- 3 oz roasted pork tenderloin
- 1 medium baked sweet potato
- 12 spears of asparagus

SNACK

Peach Smoothie

- Blend together 1 medium sized peach, 1 container plain low fat Greek yogurt, and 1 tsp pure honey

* Pick a honey that does not contain any added ingredients.

BREAKFAST

Berry Walnut Oatmeal

- ½ cup oatmeal, prepared with 1 cup skim milk, topped with ½ cup raspberries, ½ cup blueberries, 2 Tbsp walnuts

LUNCH

Veggie Pizza on a Pita

- 1 pita-uncut
- 2 Tbsp pizza sauce, spread on pita, then top pita with ¼ cup spinach, 3 slices tomato, 2 Tbsp chopped red onion, ¼ cup mozzarella cheese
- 1 peach

DINNER

Grilled Shrimp & Squash Kebabs

- 3 oz shrimp
- ½ cup zucchini slices
- ½ cup yellow squash slices
- ½ cup brown rice

SNACK

- 1 banana sliced with 1 Tbsp peanut butter

ANYTIME SNACKS

reduced fat string cheese • whole grain crackers • a handful of almonds • a half cup of raspberries • cottage chesese with fruit • 2 ounces of extra sharp cheddar cheese • a half cup of grapes



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SHOPPING LIST

3-day shopping list for one person



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FRESH FRUITS

- Peaches
- Blueberries
- Raspberries
- Bananas

MEAT/POULTRY/SEAFOOD

- 8 oz raw Boneless/skinless chicken
- 4 oz raw Boneless pork
- 4 oz raw Shrimp

DAIRY

- 2 non-fat plain greek yogurts
or 2 100-calorie flavored yogurts ■
- 8 oz pkg Part-Skim Shredded Mozzarella Cheese

FRESH VEGETABLES

- Squash
- Zucchini
- Cucumber
- Tomatoes
- Pre-washed pkg or 1 head Romaine
- Lettuce

GROCERY

- Oatmeal – instant plain, rolled or steel cut ●
- 1 pkg plain Croutons (whole wheat if avail)
- 1 pkg instant or regular Brown rice
- 1 bottle BBQ sauce
- 1 bottle Light Caesar Dressing

BREADS

- 1 pkg 100% whole wheat pita bread ●

DELI

- 1 container Hummus (any flavor) ◆

SNACKS/NUTS

- 1 pkg Slivered almonds
- 1 pkg Walnuts

PANTRY STAPLES

make sure you have these on hand:

- Olive Oil
- Skim or 1% milk
- Whole Wheat Bread ●
- Tomato/Marinara Sauce
- Eggs
- Grated Parmesan Cheese
- Peanut Butter
- 1 prewashed pkg or 1 pkg frozen Spinach
- Sweet potatoes
- White potatoes
- Red onions

ANYTHING ELSE YOU NEED

- Plain greek or regular **yogurt** contains less sugar, you can add your own fruit
- ◆ **Hummus** is a good vegetarian source of protein and also contains fiber
- Check that the first ingredient on the label contains the word "whole" and the type of **grain** (i.e. wheat, oat, corn, etc.)



**RESHAPE
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your **DIETITIAN'S PICKS**



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This month's Dietitian's Picks feature foods that add valuable nutrients to a heart-healthy diet.

- **YOGURT/GREEK YOGURT**
(Calcium , Protein)
- **SPINACH**
(Low Calorie, Contains Folate and Iron)
- **WHOLE GRAIN BREAD**
(Antioxidants, Fiber)

Spring is just around the corner and by now most of us sure are ready for warmer weather! While bathing suit season may still be a ways off, now is the time to get started on shedding the extra pounds you packed on during the cold, long winter months. March is also National Nutrition Month so it's the perfect time to get going! Check out these helpful tips:

- **Slow down!** Avoid eating too quickly, rather, learn to savor and enjoy your food. Start by taking smaller bites and chewing slowly.
- **Go to the supermarket** armed with a shopping list; plan ahead for what you need for the week and take advantage of weekly savings.
- **Burn more calories** by including some exercise every day. Try walking for 10 minutes 3 times a day to get in 30 minutes of exercise!

YOGURT

Yogurt and Greek yogurt, like other dairy products, are good sources of calcium and vitamin D. Eating foods that contain these bone strengthening nutrients helps to reduce the risk of osteoporosis. Yogurt is a good source of protein which can help to keep you feeling full longer. Greek yogurt contains even more protein than regular yogurt. Yogurt can also contain "live active cultures" that play a role in the health of the intestinal tract.

SPINACH

Dark green leafy vegetables like spinach, kale and escarole are good choices for creating salads and side dishes that are packed with vitamins, minerals and disease-fighting antioxidants. Dark leafy greens are also a great source of folate which is crucial for women who are pregnant or may become pregnant. Dark greens are low in calories and full of fiber, iron, potassium and calcium! The USDA recommends that adults eat 1 ½ to 2 cups of dark green leafy vegetables each week.

WHOLE GRAIN BREAD

Whole grain foods are a nutritious choice because they contain fiber, vitamins, minerals and antioxidants. Whole grains promote digestive health and may reduce the risk of heart disease, cancer and type 2 diabetes. Aim to eat at least 3 servings of whole grains each day. To identify a whole grain product, check that the first ingredient contains the word "whole" and the type of grain (i.e. wheat, oats, corn etc.).

(For more information on heart healthy choices go to www.heart.org)

HEART HEALTHY RECIPE

FRUIT SMOOTHIE RECIPE

- 1 6-ounce container of plain low-fat or non-fat Greek yogurt or regular yogurt
- 1 medium peach (fresh frozen or shelf stable)
- 1 tsp honey
- ½ Tbsp flaxseed or chia seed, if desired

Blend ingredients together and serve for breakfast or as a snack!