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| |  | | --- | | What is it?This eating style features all the food groups: Vegetables, Protein, Dairy, Whole Grains, Fruit, and Healthy Fats. Eating a variety of foods helps provide adequate nutrients. Emphasize vegetables and limit processed foods. | | Breakfast IDEAS Breakfast Scramble with Veggies & Cheese  Overnight Oatmeal with Raisins & Pecans  Sweet Potato Hash with a Fried Egg  Green Smoothie with Yogurt or Protein Powder  Egg(s) on Whole Grain Toast Lunch ideas Green Salad with Chicken, Avocado & Tomato  Meat & Veggie Chili with Beans & Corn Muffin  Burrito Bowl with Beans, Corn, Salsa & Guacamole  Stir-fry or Poke Bowl with Brown Rice, Protein & Veggies  Turkey or Veggie Sandwich on Whole Grain Bread DINNER IDEAS Salmon with Pesto, Quinoa & Roasted Vegetables  Roasted Chicken with Sweet Potatoes & Green Salad  Shrimp & Vegetable Stir-fry with Brown Rice  Grilled Balsamic Flank Steak with Potatoes & Carrots  Fish Tacos with Citrus Slaw & Avocado; Beans | | |  | | --- | | Consider:Balancing Carbs, Proteins & FatsGetting adequate Calcium, Magnesium & Vitamins D & K for healthy bonesEating vegetables with almost every mealAvoiding calories from beveragesTaking a multivitamin/mineral | | |  | | --- | | Questions?Contact Lauren Squier, MPH, RD | | [lsquier@culinaryenlightenment.com](mailto:lsquier@culinaryenlightenment.com)  562.481.5765 | | www.culinaryenlightenment.com | | | Healthy eating Resources[www.eatingwell.com/recipes](http://www.eatingwell.com/recipes)[www.cookinglight.com/](http://www.cookinglight.com/)<https://therealfoodrds.com/>[www.bonappetit.com/healthyish](http://www.bonappetit.com/healthyish) | |