|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |
| --- |
| 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 IDEASBreakfast Scramble with Veggies & CheeseOvernight Oatmeal with Raisins & PecansSweet Potato Hash with a Fried EggGreen Smoothie with Yogurt or Protein PowderEgg(s) on Whole Grain ToastLunch ideasGreen Salad with Chicken, Avocado & TomatoMeat & Veggie Chili with Beans & Corn MuffinBurrito Bowl with Beans, Corn, Salsa & GuacamoleStir-fry or Poke Bowl with Brown Rice, Protein & VeggiesTurkey or Veggie Sandwich on Whole Grain BreadDINNER IDEASSalmon with Pesto, Quinoa & Roasted VegetablesRoasted Chicken with Sweet Potatoes & Green SaladShrimp & Vegetable Stir-fry with Brown RiceGrilled Balsamic Flank Steak with Potatoes & CarrotsFish 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.com562.481.5765 |
| 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) |

 |