

ATTENTIVE  
HEALTH

## eating healthy on the run

1. Planning is key! Plan a week's worth of meals and snacks. Make your shopping list based on that plan.
2. Keep a well- stocked kitchen
3. Rely on convenience items
4. Cook in bulk on the weekends
5. Use appliances for easy preparation
6. Eat breakfast every day
7. Do your homework prior to eating out

## meals-in-minutes ideas

### **breakfast:**

Don't get stuck eating the same breakfast day after day! Try one of these easy suggestions:

- ◎ spread a whole wheat English muffin or whole grain waffle with peanut butter and top with fruit
- ◎ spread cottage cheese on a piece of raisin bread, top with a dollop of crushed pineapple and broil
- ◎ use instant oatmeal or make cream of wheat and then stir in reduced-calorie jam and slivered almonds
- ◎ **fruity oatmeal:** make old-fashioned oatmeal & halfway through cooking time add ¼ cup chunky applesauce, 2 tablespoons of raisins and chopped walnuts, a dash of cinnamon & stir in ¼ cup vanilla-flavored soy milk
- ◎ **breakfast tortilla:** cook a soy sausage patty according to directions and crumble; mix with egg beaters, diced red pepper, low-fat cheese and salsa & cook over low-medium heat in a skillet, then wrap into a tortilla
- ◎ **healthier pancakes:** make low-fat pancake mix but add a few handfuls of bran cereal and fruit before cooking
- ◎ **breakfast patty:** mix ground turkey, one or two slices of torn wheat bread, sage, a diced apple and a dash of black pepper together; form mixture into patties, broil until cooked through
- ◎ **baked french toast:** mix egg beaters and milk together; add some vanilla extract and cinnamon; dip thick slices of whole-grain bread into mixture, coating both sides. place into a baking dish and add peach slices to dish; bake for 15 minutes at 450°, flipping halfway through baking time
- ◎ **quick quiche:** mix 1 cup egg beaters and ½ cup evaporated skim milk together, add diced bell pepper, fresh broccoli, reduced-fat swiss cheese and/or low sodium ham. Pour into a 9" frozen pie shell which has been set out to soften, spread with 1 tablespoon yellow mustard. bake for 30 minutes at 350° or until egg is set

## **lunch:**

- ⦿ **fruit and nut chicken salad:** mix a can of chicken with low-fat mayonnaise, a diced granny smith apple or a small handful of raisins, 2 tablespoons chopped walnuts and a dash of black pepper; serve on a ciabatta roll
- ⦿ **veggie pita:** marinate sliced cucumber, broccoli pieces, sliced onion, diced tomato and sliced red or green peppers in honey mustard; serve vegetable/mustard mixture in a whole grain pita pocket
- ⦿ **more pita possibilities:** mix your favorite variety of lettuce with chopped red onion, black or green olives and feta cheese; drizzle with olive oil and red wine vinegar, serve in a whole-wheat pita
- ⦿ **beans & rice:** mix cooked long-grain brown rice, canned black beans (drained & rinsed) with salsa; serve chilled
- ⦿ **pasta salad:** combine cooked rotini pasta with cooked chicken breast; an assortment of your favorite vegetables, reduced fat cheese cubes and Italian dressing; serve chilled
- ⦿ **pasta & salmon salad:** mix cooked pasta with canned salmon and grape tomatoes; drizzle with basic vinaigrette or low-fat Italian dressing
- ⦿ **bean dip:** mash a can of drained, rinsed chickpeas with a jar of sun-dried tomatoes (drained and chopped) and ½ cup low-fat mayonnaise; spread on a whole-wheat tortilla, lined with fresh lettuce leaves; sprinkle part-skim mozzarella cheese and roll
- ⦿ **tortellini salad:** mix cooked cheese tortellini with peas; stir in a dressing made from fat-free mayonnaise, mustard and skim milk; chill well & serve cold
- ⦿ **try tabouleh:** hydrate 1 cup bulgur wheat in 1 cup boiling water for 5-10 minutes – drain off excess water then mix in cherry tomatoes, diced cucumber, diced onion, a splash of lemon juice & olive oil and fresh mint, optional crumbled feta garnish

## **dinner:**

### **breakfast nights**

- ⦿ cereals, eggs, pepper & egg sandwich, frittata, whole grain waffles or pancakes served with fresh fruit

### **leftover night**

- ⦿ take all of the meat and vegetables that are left over from the night before
- ⦿ heat in a pan with little olive oil
- ⦿ crack 1 – 1 ½ eggs per person and scramble them up with some milk, sour cream or yogurt
- ⦿ dump the eggs over the leftovers
- ⦿ bake at 350° for 20-25 minutes
- ⦿ serve with toast and salad

### **raid the freezer:** make your own combinations or try this suggestion:

- ⦿ prepare frozen tortellini or ravioli, add frozen peas during last two minutes of cooking
- ⦿ toss with olive oil and a little parmesan cheese

**peanut butter and jelly fixings bar:** put out all of the ingredients for the peanut butter and jelly and serve with steamed edamame, a salad or fresh fruit.

**calzones and stromboli:** stock pizza dough, cheese and tomato sauce for quick pizza, calzones or stromboli

- ⦿ spread out pizza dough
- ⦿ layer cold cuts, vegetables and cheese
- ⦿ roll it up into a calzone or stromboli
- ⦿ bake at 375° for 30 minutes
- ⦿ warm up some marinara or pizza sauce and serve with the calzone or stromboli for dipping

**salad night:** make a big salad with a bag of prewashed lettuce and any fresh vegetables you have in the house. Serve with whole grain bread, roll or crackers. Open the cupboard and refrigerator; add anything that may be salad worthy:

- ⦿ tuna fish
- ⦿ olives
- ⦿ canned beans
- ⦿ roasted peppers
- ⦿ artichokes
- ⦿ sliced or shredded cheese
- ⦿ sliced or chopped hard boiled eggs
- ⦿ sliced cold cuts

**quesadillas:** great way to use leftover meat

- ⦿ buy more chicken, meat, fish, tofu or shrimp than your family will eat in a given night, so that you have extra for another night
- ⦿ use the leftovers to make a quesadilla
- ⦿ spread leftovers, vegetables and low fat cheese on whole grain tortilla, top with another tortilla
- ⦿ toast it in the oven, toaster oven, or grill on sprayed skillet
- ⦿ cut into wedges
- ⦿ serve with sour cream and salsa

**buy precooked meats:** precooked chicken strips, rotisserie chicken or ham

- ⦿ add to salad, soups or make sandwiches on whole grain bread – add lettuce, onion , tomato, etc.
- ⦿ use the carcass of a rotisserie chicken to make soup for the next day by boiling the carcass with fresh vegetables. Add some pasta, barley or rice

**broth and soup:** keep boxes of soup on hand

- ⦿ add vegetables, leftover meats, cheese, noodles, salsa, etc.
- ⦿ serve with whole grain crackers or bread

**grilled or toasted cheese sandwiches:** takes just a few minutes to make a quick and satisfying meal; serve with some fruit, vegetables or a salad

## **portable snacks:**

fresh or dried fruit  
fresh or dried vegetables  
edamame  
hummus / salsa / guacamole  
tuna salad kits  
trail mix  
small cartons / tubes of yogurt  
string cheese  
nuts / seeds  
whole grain crackers  
baked chips  
thermos of soup or frozen soup  
KIND or LARA bars

## **convenience items for easy meal preparation:**

### **for entrees:**

Chicken of the Sea Wild-Caught Alaskan Pink Salmon Pouch  
Ocean Beauty Herb Crusted Salmon Burgers  
Boca Ground Burger  
Tabatchnick frozen soups: Minestrone, Yankee Bean, Vegetarian Chili

### **whole grain options:**

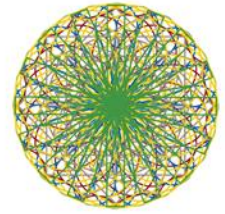
Minute Instant Brown Rice  
Minute Ready-to-Serve Brown and Wild Rice  
Near East Taboule Wheat Salad  
Wolff's Kasha, whole granulation buckwheat

### **bread and crackers:**

Alvarado St. Bakery bread  
Ak-mak crackers  
Ry Krisps  
Wasa Crisp 'n Light

### **cereals:**

Post Shredded Wheat 'n Bran  
Kashi Heart to Heart, Go Lean Crisp, Go Lean Crunch, "U"  
Zoe Foods Flax & Soy Apple Cinnamon Granola  
Quaker Oatmeal Squares  
Attune Foods Uncle Sam Toasted Whole-Wheat Flakes & Flaxseed, Original  
General Mills Wheat Chex  
Nature's Path Flax Plus Pumpkin Raisin Crunch



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## avocado panzanella

yields 4 generous servings

### ingredients:

- 3 cups stale whole grain artesian bread, cubed
- 2 diced tomatoes
- 2 cups chopped avocado
- 4 tsp. red wine vinaigrette
- 2 tbsp roasted sunflower or pumpkin seeds

### directions:

- ⦿ in large bowl, mix together the bread, tomatoes, avocado and vinaigrette
- ⦿ sprinkle with roasted seeds of your choice and serve
- ⦿ pair with a wedge of cantaloupe
- ⦿ makes a great meatless entrée on a hot summer evening!

nutrition: 259 calories, 17.4g fat, 5g carb, 5.9g protein, 9.6g fiber, 200 mg na+

## sautéed fresh corn

yields 6, ½ cup servings

### ingredients:

- 1 teaspoon olive oil
- ½ cup prosciutto, cut into strips
- 2 cups fresh corn kernels (approx. 4 medium ears of corn) or frozen corn
- 1 green bell pepper, seeded and diced
- 1 teaspoon minced garlic

### directions:

- ⦿ heat olive oil in large skillet over medium heat
- ⦿ add the prosciutto and sauté until the meat is crisp, about 5 minutes
- ⦿ stir in the corn, bell pepper and garlic
- ⦿ sauté, stirring occasionally, until the kernels are tender, 5 to 7 minutes
- ⦿ serve immediately

nutrition: 73 calories, 128 mg sodium, 1g fat, 13g carbs, <1g saturated fat  
1g dietary fiber, <1g monosaturated fat, 3g protein