



wellview

Healthy Living. Simplified.

Tips and recipes to plan and execute a full week of healthy meals and snacks for you and your family.

Hello!

At Wellview we're all about making healthy living simple! It's easy to get overwhelmed and off track with busy lives, tight budgets, and so many choices to think about. We hope this guide will take the guesswork out of eating healthy throughout the work week by providing:

- Weekly menu planning and grocery store tips
- Easy recipes for breakfast, lunch, and dinner
- Sample weekly menu

We know it can be hard to stay healthy with our hectic lives (and those fast food drive thrus are so fast and cheap!), but we also know that with this simple guide, you can do it!

Best in Health,
Your Friends at Wellview

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Menu Planning Tips to stay on track and avoid that “What are we going to have for dinner?” quandary.

Create a Menu Plan Each Week

The recipes and sample menu in this guide will help you get started! Plan your week during the weekend when you're not rushed. It may take time at first, but we promise it will get easier each week - and save you time and energy during the very busy school and work week.

Start With What You Have

Take note of what you already have in your fridge and pantry, and build your menu plan around those items.

Get Consistent with Kitchen Staples

Determine a list of items that are on your list every week. Some fool-proof staples to keep on hand are:

- Whole grains like oats, brown rice, quinoa, and barley
- Extra virgin olive oil
- Vegetable oil
- Apple cider, balsamic, red wine vinegars
- Dijon mustard
- Low sodium soy sauce or Braggs amino acids
- Dried beans and lentils or BPA-free canned beans
- BPA-free canned tomatoes
- Nut butters like peanut butter and almond butter
- Natural or dry roasted nuts like almonds, walnuts, cashews, and pistachios
- Seeds like sunflower, flax, chia, and pumpkin
- Water packed tuna
- Low sodium chicken or vegetable broth
- Onions
- Garlic
- Honey
- Eggs
- Dark chocolate
- Baking staples like all-purpose flour, whole wheat flour, baking soda, and baking powder
- Assorted frozen fruits and vegetables
- Dried spices

Learn to Love Leftovers

Don't let them go to waste! Use extra meat to add protein to breakfast or pack an easy-to-grab lunch for the office.

In Season Saves Money

Grocery store staples and produce from local farmers markets are more available and less expensive when in season.

Use Coupons Wisely

With a focused grocery list based on a meal plan, you can cut coupons only for the items on your list to avoid buying more than you need.

Cook in Advance

If you plan on repeating a meal - or even an entire menu plan - go ahead and make double and freeze for later. You'll thank yourself on those tired nights after a hectic day when your healthy homemade meal is ready to go!

Have a Daily Theme

Mondays are for pasta, Tuesdays are for soup and salad, Wednesdays are for breakfast-for-dinner, Thursdays are for the slow cooker, Fridays are for pizza. You get the idea!

RECIPES FOR **HEALTHY** LIVING



The recipes and tips ahead are easy to make, even easier to eat, and will cover you for breakfast, lunch, and dinner.

We believe in the 80/20 rule: 80% healthy, 20% splurge. If you are able to follow these healthy guidelines 80% of your week, you can rest assured you and your family are on the right path.

In addition to these simple healthy eating tips, don't forget to DRINK YOUR WATER! Shoot for at least 64 oz every day. We recommend drinking a full glass of water with every meal – 3 built-in reminders every day!

Color Coded Icons for:

- HH** Heart Healthy
- Q** Quick & Easy
- V** Vegetarian
- VG** Vegan
- DF** Diabetes Friendly
- GF** Gluten Free
- L** Makes Great Leftovers
- MA** Make Ahead of Time

The image shows two white bowls filled with granola, topped with sliced peaches and a dollop of white yogurt. The granola consists of various nuts, seeds, and oats. The bowls are placed on a white surface, and a white napkin is visible in the bottom right corner. The word "BREAKFAST" is printed in bold, black, uppercase letters in the center of the image.

BREAKFAST

- Avoid the tempting quick and easy, sugary breakfast choices like cereal.
- Pack in the protein with eggs or nuts.
- Make large batches of healthy breakfast choices to grab-and-go throughout the week.
- Freeze smoothie packs for fast blending in the morning. You can even enjoy in the car!

QUICK PB & BANANA OATS

HH Q V VG DF

Calories: 322

Carbs: 35g

Prep Time: 2 min

Cook Time: 2 min

Fat: 15g

Protein: 11g

Servings: 1

Ingredients:

1/2 cup plain oats

1 Tbsp chia seeds

1 Tbsp peanut butter

1/2 banana, sliced

1 cup almond milk

Instructions:

1. Combine all ingredients and microwave for 2 minutes.
2. Let cool for 1 minute and enjoy!

QUICK & EASY OMELET

HH Q V DF

Calories: 110

Carbs: 10g

Prep Time: 15 min

Cook Time: 15 min

Fat: 2.5g

Protein: 13g

Servings: 1

Ingredients:

cooking spray

1/4 cup diced fresh mushrooms

1 Tbsp finely chopped green onion

1/4 cup diced tomato

1/4 cup packed, chopped fresh spinach

3 egg whites, lightly whisked

1 Tbsp low-fat cream cheese

1/8 tsp sea salt

1/8 tsp fresh ground black pepper

Instructions:

1. Coat a nonstick sauté pan with cooking spray and place over medium heat.
2. Cook mushrooms and onions for about 5 minutes, add tomato and spinach and cook for an additional 3 minutes.
3. Mix in egg whites, cream cheese, salt, and pepper. Cook for about 4 minutes until bottom and sides are firm. Fold omelet in half and serve.

CHOCOLATY OATMEAL

HH Q V VG DF

Calories: 250

Carbs: 24g

Prep Time: 5 min

Cook Time: 5 min

Fat: 6g

Protein: 26g

Servings: 1

Ingredients:

2/3 cup steel cut oatmeal
1 Tbsp chocolate protein powder
1 1/2 tsp walnuts
vanilla extract and cinnamon,
as desired

Instructions:

1. Microwave 2/3 cup steel cut oatmeal until fully cooked but still slightly watery.
2. Stir in 1 Tbsp chocolate protein powder to cooked oatmeal.
3. Add 1 1/2 tsp chopped walnuts plus vanilla extract and cinnamon as desired.

QUINOA OMELET BITES

HH V DF MA

Calories: 80

Carbs: 9g

Prep Time: 10 min

Cook Time: 30 min

Fat: 3g

Protein: 4g

Servings: 12

Ingredients:

1 cup cooked quinoa
1/2 cup shredded mozzarella or
cheddar cheese
2 eggs or egg whites
1 clove garlic, minced
1 tsp salt
1/3 cup packed, chopped fresh
spinach

Instructions:

1. Preheat oven to 350°F and spray a mini muffin tin with cooking spray.
2. In a medium bowl, mix the warm quinoa and cheese until cheese is melted.
3. Add the eggs, garlic, salt, spinach, and stir to combine.
4. Spoon mixture into mini muffin tins, filling to the top.
5. Bake for 20 minutes. Remove from oven and let cool for 10 minutes.
6. Run a small knife around the edges to loosen and pop muffins out of the tin.

ALMOND BUTTER OVERNIGHT OATS

Q V VG GF MA

Calories: 380

Carbs: 50g

Prep Time: 5 min

Cook Time: 0 min

Fat: 17g

Protein: 10g

Servings: 2

Ingredients:

- 1 1/2 cups gluten free old-fashioned oats
- 1 1/2 cups almond milk
- 3 Tbsp brown sugar
- 1 large banana thinly sliced
- 4 Tbsp almond butter
- 1/2 tsp cinnamon
- 1/4 cup almonds, coarsely chopped (optional)

Instructions:

1. Fill 2, 12-oz mason jars with 3/4 cup oats and 3/4 cup almond milk and stir to combine.
2. Sprinkle 1 1/2 Tbsp of brown sugar into each jar and top with half of the banana and 2 Tbsp of almond butter.
3. Place lids on jars and refrigerate for at least 4 hours or overnight.
4. Top with cinnamon and almonds just before serving.

POACHED EGG & AVOCADO

Q V DF GF

Calories: 300

Carbs: 25g

Prep Time: 10 min

Cook Time: 4 min

Fat: 20g

Protein: 10g

Servings: 2

Ingredients:

- 2 eggs
- 2 slices of gluten free bread such as Three Bakers white whole grain
- 1/2 avocado
- butter
- feta cheese
- salt and pepper

Instructions:

1. Place cracked eggs in egg poacher in boiling water for 4 minutes.
2. Spread a small amount of butter on each slice of toasted bread.
3. Spread the avocado equally on each piece of toast.
4. Once eggs are done, place each one on top of the avocado and salt and pepper to taste.
5. Top each egg with feta cheese and enjoy!

BREAKFAST SMOOTHIE

HH Q V DF GF

Calories: 330

Carbs: 34g

Prep Time: 5 min

Cook Time: 0 min

Fat: 3g

Protein: 26g

Servings: 1

Ingredients:

- 1-2 cups kale, rough stems removed
- 1 apple
- juice of 1/2 lemon
- 1 cup Greek yogurt (flavored or plain)
- 1 Tbsp chia seed or ground flax
- 1/2 banana if you prefer extra sweet
(or any fruit you like)

Instructions:

1. Place all ingredients into a blender and blend until smooth. Add water and/or ice for consistency.

PB & BANANA SMOOTHIE

HH Q V DF GF

Calories: 316

Carbs: 42g

Prep Time: 5 min

Cook Time: 0 min

Fat: 10g

Protein: 19g

Servings: 1

Ingredients:

- 1 small frozen banana, peeled
- 2 cups baby spinach
- 1 Tbsp peanut butter
- 3/4 cup unsweetened vanilla almond milk
- 1/2 cup plain fat-free Greek yogurt
- Ice (optional)

Instructions:

1. Place all the ingredients into a blender and blend until smooth.

FLUFFY EGG MUFFINS WITH HAM & CHEESE

HH Q DF GF MA

Calories: 100

Carbs: 2g

Prep Time: 10 min

Cook Time: 25 min

Fat: 7g

Protein: 8g

Servings: 12

Ingredients:

cooking spray

1 dozen eggs

1/2 cup low-fat milk

1/2 tsp salt

1/4 tsp pepper

1/2 cup 2% reduced fat shredded
cheddar cheese

1/2 cup diced ham

Instructions:

1. Preheat oven to 350°F and spray non-stick muffin tin with cooking spray.
2. In a large mixing bowl whisk together eggs, milk, salt, and pepper. Stir in cheese and ham.
3. Pour mixture into 12 muffin cups.
4. Bake for 25 minutes or until muffins are set in the middle.

Note: Make a double batch and pop them in the microwave for a snack.

LUNCH

- Get a fun adult lunchbox! This will help you stay organized.
- Pack dinner leftovers for tomorrow's lunch as part of your dinner clean up. Then just grab and go in the morning!
- Turn your favorite sandwich into a lower carb option by switching the bread for a whole wheat wrap.
- Take your packed lunch to a nearby park or even just to another spot in the office to get a change of scenery and mental break without going out for lunch.



HUMMUS AVOCADO & CHEESE SANDWICH

HH Q V DF

Calories: 390

Carbs: 45g

Prep Time: 2 min

Cook Time: 0 min

Fat: 17g

Protein: 18g

Servings: 1

Ingredients:

2 slices whole grain bread

1/4 cup hummus

1/4 medium avocado

1 oz. colby, jack, or cheddar cheese

Instructions:

1. Spread hummus on bread and add avocado and cheese to create a sandwich.

Note: Pair with an apple and almonds.

MEDITERRANEAN SANDWICH

HH Q DF

Calories: 295

Carbs: 25g

Prep Time: 10 min

Cook Time: 0 min

Fat: 7g

Protein: 30g

Servings: 1

Ingredients:

whole grain pita pocket bread

2 oz oven roasted turkey

broccoli slaw or spinach

2 Tbsp feta cheese

1 Tbsp Tzatziki made with Greek yogurt (found in refrigerated section of grocery store)

2 tsp Bragg's apple cider vinegar salad dressing (or other Greek dressing you prefer).

Optional: tomatoes, kalamata olives, sliced cucumbers

Instructions:

1. Cut a pita pocket in half and fill each half with all ingredients.
2. Dress sandwich with a small amount of Bragg's apple cider vinegar.

QUINOA SALAD WITH ROASTED BUTTERNUT SQUASH

HH V DF MA

Calories: 450

Carbs: 45g

Prep Time: 30 min

Cook Time: 30 min

Fat: 25g

Protein: 11g

Servings: 4

Ingredients:

1 1/2 cups cooked quinoa

1 large onion, sliced

1/2 medium butternut squash,
roasted

5 Tbsp olive oil

2 Tbsp French vinaigrette salad
dressing

1/4 cup feta cheese

1/4 cup pine nuts, toasted

salt as needed

3 medium or large onions, sliced

1 Tbsp balsamic vinegar

Instructions:

For the butternut squash...

1. Preheat the oven to 400°F. Line a baking sheet with aluminum foil and grease with 1 Tbsp olive oil.
2. Peel and cube the squash into 3/4 inch cubes. You will only need 1/2 of a medium size squash. Toss the squash cubes in a large bowl with 2 Tbsp olive oil and generously sprinkle with salt.
3. Put butternut squash on the greased baking sheet and roast for about 30 minutes, flipping midway, until soft. Allow to cool slightly before adding to salad.

For the caramelized onions...

1. Heat 1 Tbsp olive oil on high heat in a large skillet. When oil is hot, cook onions on high heat for 10 minutes, constantly stirring with spatula until brown.
2. Reduce heat to medium and continue cooking onions for 10 more minutes, constantly stirring. Stir in pinch of salt.
3. Reduce heat to low and continue cooking the onions for 10 more minutes stirring occasionally to make sure onions do not stick to pan. Add a little bit of water if they start to stick.
4. Remove onions from heat and add a small amount of balsamic vinegar to deglaze the pan. Using spatula, mix the onions, scraping the bottom of the pan to coat onions with the balsamic vinegar.

Assembling the salad...

1. In a large bowl, combine cooked quinoa, roasted butternut squash, and caramelized onions.
2. Mix with dressing just before serving.
3. Top each individual serving with feta cheese and toasted pine nuts.

Note: Double the batch to eat more than once in a week. This salad keeps well refrigerated for up to a week without the dressing. Add the dressing only before serving.

TUNA WRAPS

HH Q DF L

Calories: 463

Carbs: 44g

Prep Time: 10 min

Cook Time: 0 min

Fat: 12g

Protein: 48g

Servings: 1

Ingredients:

1 large (10") soft flour tortilla
1, 5 oz can chunk light tuna fish
drained
1/4 cup plain Greek yogurt
1 tsp Dijon mustard
2 Tbsp chopped walnuts
2 Tbsp raisins
1 Tbsp capers
1 Tbsp chopped flat parsley
pinch of salt
pinch of freshly ground black pepper
pinch red pepper flakes, optional
1/2 cup of baby spinach leaves
(or other leafy greens)

Instructions:

1. Combine tuna, yogurt, Dijon mustard, chopped walnuts, raisins, capers, parsley, salt, pepper, and red pepper flakes (if using) in a mixing bowl and mix with fork until evenly combined.
2. Place a handful of spinach leaves in the center of a flour tortilla, then add the tuna fish salad on top of the spinach.
3. Fold the tortilla over the salad and start to roll. Tuck the ends of wrap in and continue to roll tortilla into a tight wrap.
4. Slice on a diagonal and serve immediately. To store, wrap tightly in plastic wrap and consume within in one day.

GRILLED CHICKEN & BROCCOLI WRAP

HH Q DF MA

Calories: 638

Carbs: 50g

Prep Time: 10 min

Cook Time: 15 min

Fat: 20g

Protein: 60g

Servings: 4

Ingredients:

- 4, 10-inch fat free flour tortillas
- 2 cups grilled chicken strips, pre-cooked
- 1 1/3 cups brown rice
- 1 1/3 cups broccoli, steamed in microwave
- 1 cup 2% reduced fat shredded cheddar cheese

Instructions:

1. Cook chicken strips in skillet (or buy chicken already prepared).
2. Cook brown rice according to its package instructions.
3. Steam broccoli in water or chicken broth in a glass bowl in the microwave for 5 minutes.
4. To build 1 burrito for a quick lunch: Place 1/2 cup of chicken on the bottom third of each tortilla, followed by 1/3 cup of brown rice, then 1/3 cup of broccoli. Evenly sprinkle 1/4 cup of cheese over the broccoli.
5. Roll each tortilla like a burrito and heat in microwave. Cut wrap in half, on an angle, and serve hot.
6. Store remaining ingredients in air tight container for another quick lunch or dinner.
7. Repeat steps 4 and 5 using remaining ingredients if making all 4 for your family for mealtime.

BLACK BEAN & QUINOA SALAD

HH V VG DF L MA

Calories: 283

Carbs: 41g

Prep Time: 15 min

Cook Time: 30 min

Fat: 10g

Protein: 10g

Servings: 8

Ingredients:

- 2 cups cooked quinoa
- 1/4 cup extra virgin olive oil
- 1 tsp ground cumin
- 1 clove garlic, pressed, grated, or finely chopped
- 2 Tbsp fresh lime juice (about 1 lime)
- 1 tsp or less fine sea salt
- 1/4 tsp cayenne pepper (optional)
- 1, 15 oz can black beans, rinsed and drained well
- 1 red bell pepper, quarter inch chopped (about 1 cup)
- 6 green onions, root removed, white and part of the greens chopped (about 1 cup)
- 1 handful of cilantro, rough chopped (about 1/3 cup)

Instructions:

1. Prepare the quinoa using the following tips. While the quinoa is cooking, whisk the olive oil, cumin, garlic, lime, salt, and cayenne (if using) together in a large bowl to let the flavors marry while you chop the veggies.
2. Rinse and drain black beans and chop the pepper and onions, making sure that each piece is roughly the same size as the beans.
3. Add the cooked quinoa, beans, and chopped peppers and onions to the bowl and gently mix with the dressing. The quinoa can be warm, room temp, or cold when you make the dish. Allow to chill in the refrigerator at least 30 minutes to let the flavors come together. Best served room temperature or chilled.

For the quinoa...

1. Rinse quinoa well in a fine mesh colander and let all of the water drain.
2. Add the rinsed quinoa to a pot and add double the amount of water or low sodium stock (for example, 1 cup dry quinoa needs 2 cups of liquid).
3. Bring the pot to a boil, then cover and reduce heat. Simmer until all of the liquid is absorbed and the quinoa has sprouted, about 15 minutes. Don't simmer too long or the quinoa will burn.
4. Fluff with a fork and reserve for your recipe.

DINNER

- Start dinners with a leafy green salad to increase your nutritional intake while taking the edge off your appetite.
- Eat dinner at least 2 hours before bed – your body will have a chance to digest and you'll sleep better!
- Make extra to pack for lunch the next day or to freeze for another dinner later.
- Begin with half the amount of salad dressing and cheese you may normally use – you can always add more!



GRILLED SALMON WITH LEMON CUCUMBER SALAD

HH Q DF GF

Calories: 245

Carbs: 17g

Prep Time: 15 min

Cook Time: 10-15 min

Fat: 7g

Protein: 27g

Servings: 4

Ingredients:

For the cucumber salad...

2 large cucumbers, peeled, halved, seeded, and sliced

1 small red onion, thinly sliced

1 Tbsp chopped fresh dill

1 Tbsp fresh lemon juice

1 tsp extra virgin olive oil

salt to taste

For the horseradish sauce...

1 Tbsp prepared horseradish

1/2 cup non-fat sour cream

freshly ground black pepper

For the Salmon...

4 wild caught salmon fillets, about 4-6 oz each

2 tsp olive oil

Instructions:

1. For cucumber salad, combine cucumbers, red onion, dill, lemon juice, and olive oil in a large mixing bowl and salt to taste.
2. For horseradish sauce, combine horseradish and sour cream in a small bowl and salt and pepper to taste.
3. For the salmon, preheat the grill to medium-high heat. Brush the salmon fillets with oil and season with salt and pepper. Grill the salmon until it is just cooked through, about 5 minutes on each side. Serve the salmon with a dollop of horseradish sauce and cucumber salad and/or brown rice.

NO COOK MEDITERRANEAN TUNA SALAD

HH Q DF L MA

Calories: 540 **Fat: 15g**
Carbs: 31g **Protein: 47g**
Prep Time: 5 min **Servings: 1**
Cook Time: 0 min

Instructions:

1. Combine all ingredients in a large bowl and drizzle with salad dressing or lemon juice and olive oil.

Ingredients:

1 5 oz can tuna in water
1/2 cup garbanzo beans or chickpeas
5 oz green beans
1 carrot
2 cups mixed salad greens
6 cherry tomatoes
2 radishes, thinly sliced
2 artichoke hearts, cut into chunks (optional)
2 Tbsp feta cheese, crumbled
balsamic vinaigrette

EASY MEDITERRANEAN PIZZA

HH DF GF

Calories: 640 **Fat: 39g**
Carbs: 40g **Protein: 35g**
Prep Time: 15 min **Servings: 4**
Cook Time: 15-20 min

Ingredients:

gluten free pizza crust
olive oil
1/2 cup pesto sauce
1/4 cup mozzarella cheese
1 cup spinach
4 large wild shrimp OR 2 oz chicken breast (optional)
1 cup artichoke hearts
15 oz pitted kalamata olives
1 bell pepper, chopped
1/4 cup feta cheese

Instructions:

1. Preheat oven to 350°F.
2. Boil shrimp for 1-2 minutes.
3. Brush olive oil onto pizza crust.
4. Spread pesto sauce over the crust then sprinkle handful of mozzarella cheese on top.
5. Cover entire pizza with spinach.
6. Peel shrimp, cut into small pieces, and place on top of spinach.
7. Add sliced artichokes, olives, bell pepper, and sprinkle with mozzarella cheese.
8. Add some crumbled feta cheese.
9. Place in oven for 15-20 minutes or until bottom starts to turn brown.

SLOW-COOKER BEEF STEW

HH DF L MA

Calories: 220 **Fat: 7g**
Carbs: 21g **Protein: 21g**
Prep Time: 20 min **Servings: 5**
Cook Time: 8 hours

Instructions:

1. Place the flour in a sealed plastic bag. Add beef and toss to coat.
2. Heat olive oil in pan on high heat and add beef. Sauté for 6-8 minutes, turning until evenly browned.
3. Transfer beef to a slow-cooker and add all remaining ingredients. Cover and cook on low for 8 hours.

Ingredients:

- 3 Tbsp flour
- 1 lb lean beef stew meat with visible fat trimmed and cut into 1-inch cubes
- 1 Tbsp olive oil
- 3 cups fat-free, low sodium beef broth
- 1 cup water
- 3 large carrots, chopped
- 8 oz mushrooms, sliced
- 1 large sweet potato, peeled and cubed
- 1 onion, diced
- 1/2 tsp dried thyme
- 1/2 tsp ground black pepper

SLOW-COOKER CHICKEN FAJITA BURRITOS

HH DF L MA

Calories: 280 **Fat: 7g**
Carbs: 31g **Protein: 28g**
Prep Time: 10 min **Servings: 8**
Cook Time: 6 hours

Instructions:

1. Place chicken breast strips in a slow-cooker and top with all remaining ingredients except tortillas and cheese.
2. Cover and cook on low for 6 hours or until done.
3. Shred chicken with fork. Add 1/2 cup chicken and bean mixture to each tortilla and top with 2 Tbsp of cheese. Fold into a burrito.

Ingredients:

- 1 lb skinless, boneless chicken strips
- 1 green pepper, sliced
- 1 red pepper, sliced
- 1 medium onion, sliced
- 1 Tbsp chili powder
- 1 tsp cumin
- 1 tsp garlic powder
- 1/2 cup salsa
- 1/3 cup water
- 1, 15 oz can black beans, rinsed and drained
- 8 large low-carb tortillas
- 1 1/4 cup reduced-fat, shredded cheddar cheese

ROASTED TURKEY BREAST WITH SAUTÉED VEGETABLES

HH DF L

Calories: 187

Carbs: 10g

Prep Time: 15 min

Cook Time: 40 min

Fat: 3g

Protein: 22g

Servings: 8

Ingredients:

2 cloves garlic, crushed
1/2 red onion, thinly sliced
1 medium carrot, cut into 1/2 inch pieces
1 Tbsp fresh thyme, chopped
1 Tbsp fresh parsley, chopped
1 Tbsp fresh chives, chopped
1/2 turkey breast (about 2 lbs) boned, skin on
salt and pepper

For the vegetables...

1 Tbsp olive oil
1 clove garlic, smashed
1 red onion, thinly sliced
1 carrot, thinly sliced
1 bunch white Swiss chard, cleaned well and torn into large pieces
1 bunch fresh spinach, cleaned well and torn into large pieces
1/2 lemon juice
salt and pepper

Instructions:

For the turkey...

1. Scatter the garlic, onion, and carrot along the bottom of a baking dish.
2. Combine the herbs and stuff them under the skin of the turkey breast.
3. Season the outside of the turkey with salt and pepper.
4. Place the turkey on top of the vegetables in the baking dish, add about 1/4 inch of water and place in the oven.
5. Bake for 35 to 40 minutes, or until juices run clear when pierced with a fork. Serve with sautéed vegetables.

For the vegetables...

1. Heat olive oil in a nonstick skillet over medium heat. Add garlic, onion, carrot, and bell pepper and sauté until tender.
2. Add white chard and spinach one piece at a time and cook just until each is wilted. Sprinkle with lemon juice and then season, to taste, with salt and pepper.
3. Serve immediately with turkey breast.

VEGETARIAN CHILI

HH V DF L MA

Calories: 327

Carbs: 42g

Prep Time: 15 min

Cook Time: 25 min

Fat: 6g

Protein: 2g

Servings: 8

Ingredients:

6 cloves garlic, crushed
1 large sweet onion diced
1 Tbsp chili powder
2 Tbsp olive oil
green chilies (to taste)
1 lb veggie sausage crumbles
1 green bell pepper
1 red bell pepper
1 yellow bell pepper
2 large cans crushed tomatoes
(undrained)
15 oz can red kidney beans
15 oz can garbanzo beans
15 oz black beans
15 oz can yellow corn
tabasco or other hot sauce,
if desired
1 cup chopped fresh cilantro
2 Tbsp cumin

Instructions:

1. In a 1-gallon stockpot, sauté crushed garlic and olive oil for 1 minute on medium heat. Add diced onion, green chilies, chili powder, and cumin, and let caramelize for 3 minutes.
2. Add crumbled sausage and stir for 2 minutes.
3. Add assorted bell peppers and stir for another 4 minutes.
4. Add tomatoes, beans, and corn and combine thoroughly. Cover pot and simmer for 15 minutes on very low heat without stirring.
5. Add hot sauce and cilantro to taste if desired.

SKINNY MEATLOAF MUFFINS WITH BARBECUE SAUCE

HH DF L

Calories: 115

Carbs: 18g

Prep Time: 15 min

Cook Time: 40 min

Fat: 2g

Protein: 18g

Servings: 9

Ingredients:

1 lb 99% fat-free ground turkey

1 slice whole wheat or multigrain bread such as Milton's Multi-Grain or 1/2 cup store bought bread crumbs

1 cup onions, finely diced

1 egg

2 Tbsp worcestershire sauce

1 cup low-sugar BBQ sauce

1/4 tsp salt

fresh ground pepper, to taste

Instructions:

1. Preheat oven to 350°F and coat a regular muffin pan with cooking spray (you will only use 9 of the 12 cups).
2. Toast 1 slice whole wheat or multi-grain bread and pulse in blender or food processor to make bread crumbs.
3. In a large bowl, add ground turkey, bread crumbs, onions, egg, worcestershire sauce, 1/2 cup barbecue sauce, salt and pepper. Using your hands or a large spoon, thoroughly mix together until well blended.
4. Add meatloaf mixture to 9 muffin cups, flattening out the tops. Top each meatloaf muffin with 3/4 Tbsp BBQ sauce and spread evenly over top.
5. Bake for 40 minutes. Run a knife around each muffin to loosen it from pan.

ITALIAN TURKEY BURGERS

HH Q DF L

Calories: 372 **Fat: 9g**
Carbs: 34g **Protein: 36g**
Prep Time: 10 min **Servings: 4**
Cook Time: 20 min

Ingredients:

4 Italian rolls, split lengthwise
olive oil cooking spray
1 garlic clove, halved
1 lb ground turkey
1/2 cup low-fat spaghetti sauce
1/3 cup onion, finely chopped
1/4 cup Italian-seasoned bread crumbs
1/4 cup grated fresh Parmesan cheese
1 Tbsp fresh parsley, chopped
2 1 oz slices part-skim mozzarella cheese, cut in half

Instructions:

1. Preheat broiler and place rolls, cut sides up, on a broiler pan coated with cooking spray. Lightly coat cut sides of rolls with cooking spray and broil for 2 minutes or until lightly toasted. Rub garlic evenly over cut sides of rolls. Set aside and keep warm.
2. Combine turkey, spaghetti sauce, onion, breadcrumbs, cheese, and parsley. Divide mixture into 4 equal portions and shape into 1/2-inch-thick patties.
3. Broil on a broiler pan for 7 minutes on each side or until done. Place cooked burgers on bottom half of rolls and top each with 1/2 cheese slice. Broil for an additional minute or until cheese melts and cover with tops of rolls.

SLOW-COOKER ANGEL CHICKEN

Q DF L MA

Calories: 400 **Fat: 15g**
Carbs: 25g **Protein: 34g**
Prep Time: 10 min **Servings: 6**
Cook Time: 8-10 hours

Ingredients:

4 chicken breasts
4 oz low-fat herb cream cheese
1 zesty Italian dressing mix packet
1 can heart healthy cream of chicken or cream of mushroom soup
2 Tbsp butter
1/2 cup white wine or low sodium chicken broth
Brown rice

Instructions:

1. Combine cream cheese, Italian dressing mix, soup, butter and white wine in a small saucepan. Heat and stir until all ingredients are mixed.
2. Add chicken to crock pot and cover with cream cheese mixture.
3. Cook on low for 8-10 hours. Serve over 1/3 cup of brown rice.

HUMMUS CRUSTED CHICKEN

HH DF GF L

Calories: 336

Carbs: 13g

Prep Time: 10 min

Cook Time: 30 min

Fat: 18g

Protein: 29g

Servings: 4

Ingredients:

cooking spray

4 boneless, skinless chicken breasts

salt and pepper

1 zucchini, chopped

1 yellow squash, chopped

1 medium onion, chopped

1 cup hummus

1 Tbsp olive oil

2 lemons

1 tsp smoked paprika or sumac

Instructions:

1. Preheat oven to 450°F. Spray large baking dish with cooking spray.
2. Pat the chicken dry and season with generous pinches of salt and pepper.
3. In a large bowl, toss the zucchini, squash, and onion with olive oil until evenly coated. Season with salt and pepper. Place all of the vegetables on the bottom of the dish in an even layer.
4. Lay the four chicken breasts evenly on top of the vegetables. Cover each chicken breast with the hummus so that the entire breast is covered.
5. Squeeze the juice of one lemon over the chicken and vegetables and sprinkle with smoked paprika or sumac.
6. Thinly slice the remaining lemon and place the slices in between the chicken and vegetables, if desired.
7. Bake until the chicken is cooked through and the vegetables are tender, about 25-30 minutes. Serve immediately.

CITRUS MARINATED GRILLED PORK TENDERLOIN

HH DF GF L

Calories: 197

Fat: 10g

Carbs: 7g

Protein: 18g

Prep Time: 2hr, 10 min

Servings: 6

Cook Time: 30 min

Ingredients:

1/2 cup fresh orange juice
2 Tbsp fresh lemon juice
1/4 cup olive oil
1 Tbsp fennel seeds
1 Tbsp minced garlic
1 1/2 tsp chopped fresh rosemary,
plus sprigs for garnish
1/4 tsp red pepper flakes
1 Tbsp Dijon mustard
1 Tbsp salt
1/4 tsp freshly ground black pepper
2, 1 lb pork tenderloins
1 orange, sliced
zest of 1 orange

Instructions:

1. For marinade, whisk together the orange zest, orange juice, lemon juice, olive oil, fennel seeds, garlic, chopped rosemary, red pepper flakes, mustard, salt and pepper. Pour the marinade into a large resealable plastic bag. Add the pork tenderloins, seal the bag, and refrigerate for 2 hours.
2. Remove pork from the bag and discard marinade. Preheat the grill or use a cast-iron grill pan preheated for about 5 minutes over medium-high heat until hot. Place the pork on the grill pan and cook, turning occasionally for about 25-30 minutes or until a meat thermometer reads 140°F. Transfer the pork to a cutting board, cover loosely with aluminum foil, and let rest for 10 minutes.
3. While the pork is resting, place the orange slices on the grill pan and cook 1-2 minutes on each side.
4. Cut the pork into slices and arrange on a warmed platter. Garnish with the orange slices and rosemary sprigs and serve immediately.
5. Delicious citrus marinade that works well on shrimp and chicken, too!

Here is a 5-day, 1500 (roughly) calorie a day menu for your convenience and inspiration. You'll find a variety of suggestions, but don't let that overwhelm you! Instead of cooking something new, if you find a meal that you enjoy and don't mind repeating, go for it!

Meal planning does not have to be complicated, but it can also be an opportunity for those who get bored with always eating the same things. Whatever your approach, enjoy these nutritious options and feel good about fueling your body for a healthy week ahead!

| | (MEATLESS) MONDAY | TUESDAY |
|--------------------------------------|--|---|
| BREAKFAST | <ul style="list-style-type: none"> • Peanut butter banana smoothie | <ul style="list-style-type: none"> • 2 fluffy egg muffins • Navel orange <p>TIP: Make a double batch ahead of time and pop them in the microwave for a snack, breakfast, or lunch option.</p> |
| MID-MORNING / AFTERNOON SNACK | <ul style="list-style-type: none"> • One fruit and nut bar (Ex. LaraBar or RX Bar) <p>TIP: Breaking up stretches between meals with a snack can help you make better food choices at meal time.</p> | <ul style="list-style-type: none"> • 1/2 cup low-fat cottage cheese • 1 Tbsp raisins |
| LUNCH | <ul style="list-style-type: none"> • Hummus, avocado and cheese sandwich • Medium apple • 12 almonds <p>TIP: Find bread with 3 grams or more of fiber per slice</p> | <ul style="list-style-type: none"> • No cook mediterranean tuna salad • 2 multi-grain WASA crackers |
| DINNER | <ul style="list-style-type: none"> • Baked potato topped with 1/2 cup black beans, 1/4 cup salsa, a sprinkle of low-fat cheese • 1 cup steamed broccoli | <ul style="list-style-type: none"> • 2 cups of slow-cooker beef stew |

| | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------------------|--|---|---|
| BREAKFAST | <ul style="list-style-type: none"> Banana and almond butter sandwich (1 slice of bread, 2 Tbsp almond butter, 1/2 banana) 1/2 cup berries | <ul style="list-style-type: none"> Greek yogurt parfait (1 cup low-fat plain Greek yogurt, 1/2 sliced banana, 1/4 cup berries, 2 Tbsp sunflower seeds) | <ul style="list-style-type: none"> Bran flakes (1 1/2 cups bran flakes with 1 cup 1% milk, 1 Tbsp raisins and 1 Tbsp sunflower seeds) |
| MID-MORNING / AFTERNOON SNACK | <ul style="list-style-type: none"> 6 Triscuits 1 low-fat string cheese | <ul style="list-style-type: none"> Half an avocado filled with 2 Tbsp of hummus | <ul style="list-style-type: none"> Vegetarian chili (1 1/2 cups) <p>TIP: Canned beans are a quick, affordable source of protein and fiber. Opt for low-sodium beans.</p> |
| LUNCH | <ul style="list-style-type: none"> 2 leftover fluffy egg muffins 12 pistachios or almonds 1 cup raw celery or carrots 2 Tbsp guacamole or hummus | <ul style="list-style-type: none"> Almond butter overnight oats <p>TIP: Think outside the box and have "breakfast" for lunch or dinner if you enjoy it.</p> | <ul style="list-style-type: none"> 1 cup low-fat or non-fat plain Greek yogurt 1 small banana, sliced |
| DINNER | <ul style="list-style-type: none"> Repurpose yesterday's lunch and serve it over a bed of greens for a hearty tuna salad | <ul style="list-style-type: none"> Italian turkey burger Leafy green side salad with 1 Tbsp oil and vinegar 1/2 baked sweet potato with 1/2 Tbsp of olive oil and cinnamon | <ul style="list-style-type: none"> Chef salad <p>TIP: Consuming low-fat, high-volume foods like leafy greens, produce, and broth-based soups can help control hunger without the calories.</p> |



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my.wellviewhealth.com

concierge@wellviewhealth.com

877.293.9355 | **f** **in** 