



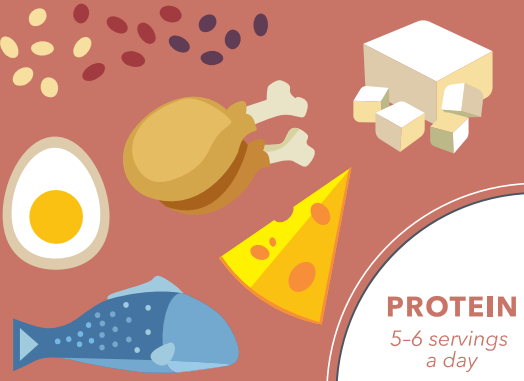


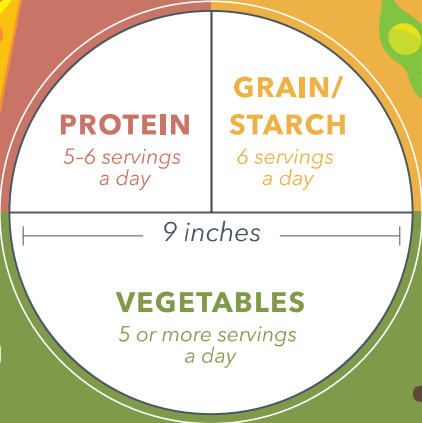




KAISER PERMANENTE®

# HEALTHY PLATE GUIDE



EAT *well*, LIVE *well*

# The Healthy Plate Worksheet

<p>Turkey/chicken, fish, cheese, eggs, beans, tofu</p>	<p>Whole-grains and starchy vegetables</p>	<p>Oil, avocados, nuts, olives</p>	
		 <p><b>FATS</b> 4 servings a day</p>	
 <p><b>PROTEIN</b> 5-6 servings a day</p> <p><b>GRAIN/STARCH</b> 6 servings a day</p> <p>9 inches</p> <p><b>VEGETABLES</b> 5 or more servings a day</p>			 <p><b>WATER</b> 64 ounces a day</p>
<p>Whole vegetables</p>			 <p><b>FLAVORINGS</b></p>
 <p><b>FRUIT</b> 2-3 servings a day</p>	 <p><b>LOW-FAT DAIRY &amp; ALTERNATIVES</b> 2-3 servings a day</p>		
<p>Whole fruits</p>	<p>Low-fat milk, yogurt, soy milk</p>		<p>Instead of salt: Herbs, spices, fresh lemon</p>

Write your favorite healthy food choices in each section.

Protein	Grain/Starch	Fats
		
<b>Vegetables</b>		
Fruits	Low-fat dairy and alternatives	Flavorings (instead of salt)

# Better Choices for Good Health

Your eating habits directly affect your health. Eating fewer processed foods may have many health benefits, like reducing your risk of chronic conditions. It's also the foundation of popular meal plans like the Mediterranean, DASH, and anti-inflammatory diets.

## Choose More Often

### Vegetables and fruits

- Eat a variety of brightly colored vegetables and fruits
- Fresh, frozen, or canned without added sugar or sodium (salt)

### Plant-based protein

- Soy (tofu, tempeh, edamame), beans, peas, lentils, seeds, nuts, and nut butters

### Foods rich in omega-3s and healthy fats

- Fish (salmon, tuna, mackerel, trout, sardines)
- Healthy fats (avocados, olives, whole nuts, whole seeds)

### Whole grains

- Whole-wheat bread, whole-grain pasta, corn tortillas, brown rice, quinoa, barley, and rolled oats

### Herbs and spices

- Add flavor with fresh or dried herbs and spices as often as you can

## Choose Less Often

### Fried, oily, or buttery foods

- Including packaged foods with hydrogenated oils in the ingredients list

### Sugar-sweetened foods and drinks

- Including artificial sweeteners, 100% fruit juice, high fructose syrup, honey, maple syrup, and agave syrup

### Red meat

- Beef, pork, and lamb

### Processed meats

- Bacon, sausage, ham, and deli meats (sandwich meats, cold cuts)

### Highly processed plant-based meat alternatives

- Plant-based "chicken" nuggets and burger patties

### Refined grains

- White bread, enriched pasta, flour tortillas, and white rice

### Processed snacks

- Granola bars, chips (including those advertised as "healthy"), and snacks made for specific diets, like keto

### Alcohol

- Beer, wine, and spirits



## Enjoying the Healthy Plate

Eating healthy is an important part of improving health and losing weight. Here are some ideas for making changes to your meals and snacks.

These suggestions are for a healthy adult with the goal of losing weight and improving overall health. Talk with your doctor if you have a medical condition that may need special dietary considerations.

### Breakfast Plates



Vegetable omelet with  
English muffin



Egg with brown rice, spinach,  
tomatoes, and avocado



Oatmeal with blueberries  
and almonds



Tofu scramble with potatoes  
and vegetables



Yogurt parfait with quinoa,  
strawberries, and kiwi



Whole-grain toast with  
peanut butter and banana

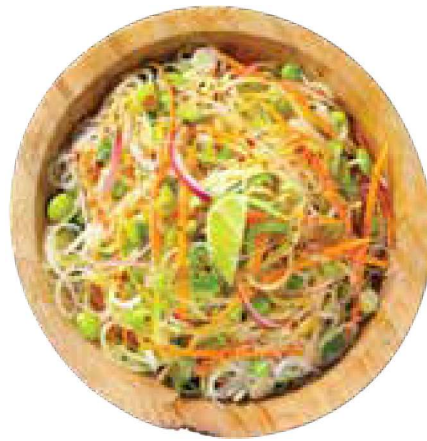


Shredded wheat with  
milk, and an orange

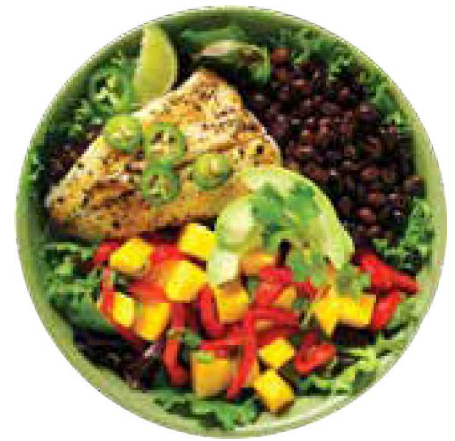
## Lunch and Dinner Plates



Black-eyed peas with sweet potato and collard greens



Vermicelli noodles, edamame, cabbage, carrots, red onion, and bean sprouts with mint and chili lime sauce



Blackened fish, black beans, red bell pepper, mango, avocado, jalapeno, and cilantro with mixed greens



Grilled chicken, quinoa, apricots, red onion, and pecans on a bed of spring lettuce mix



Turkey and vegetable meatballs on pasta with fresh tomatoes and basil, and steamed vegetables



Black beans with quinoa and grilled vegetables



Chicken and brown rice veggie bowl with Chinese cabbage, snap peas, bell peppers, and carrots



Turkey burger with vegetable skewers and grilled romaine



Tofu and brown rice bowl with thinly sliced vegetables, sesame seeds, and Thai basil





CENTER FOR HEALTHY LIVING

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# Personalize Your Plate! Pick a Vegetable

We are all unique with different bodies, goals, backgrounds, and tastes. Make your plate your own by starting with foods you like. Then make a small change by adding vegetables. Try cooked vegetables on your plate and fresh ones in a side salad!



Tomatoes\*



Mushrooms



Radishes



Asparagus



Nopales



Peppers\*  
(bell, chili)



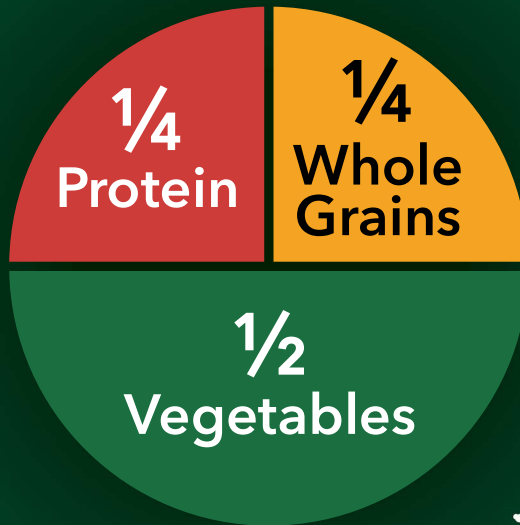
Jicama



Eggplant\*



Cabbage  
(green, red,  
brussels sprouts,  
Napa, bok choy)



Onions, garlic,  
scallions, ginger



Cauliflower



Tomatillos\*



Broccoli (Chinese,  
broccolini)



Bean sprouts



Leafy greens  
(spinach, romaine,  
kale, arugula,  
Swiss chard)



Carrots



\*Not a vegetable, but eaten like one.

# Add More Vegetables to Your Day

**It's easy to eat more vegetables!** Eating vegetables is important because they provide vitamins, minerals, and fiber. To fit more vegetables in your day, try them as snacks and add them to your meals.

## 10 tips to help you eat more vegetables

1

### Discover fast ways to cook.



Cook fresh or frozen vegetables in the microwave for a quick and easy dish to add to any meal. Steam sturdy vegetables like green beans, carrots, or bok choy in a bowl with a small amount of water in the microwave for a quick side dish.



2

### Be ahead of the game.

Cut up a batch of vegetables. Pre-package them to use when time is limited. Enjoy them in a casserole, stir-fry, or as a snack with hummus.



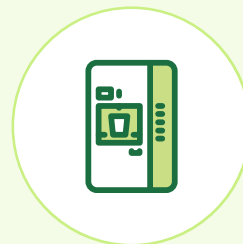
3

### Choose vegetables rich in color.

Brighten your plate with vegetables that are red, orange, yellow, white, purple, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens.

4

### Check the freezer aisle.



Frozen vegetables are quick and easy to use and just as nutritious as fresh ones. Try adding frozen vegetables, such as broccoli, cauliflower, peas, edamame, or spinach, to your favorite dish. Look for frozen vegetables without added sauces, gravies, butter, or cream.

5

### Stock up on veggies.



Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, green beans, green chilies, carrots, artichoke hearts, bamboo shoots, sauerkraut, mushrooms, and beets. Choose those labeled as "reduced sodium," "low sodium," or "no salt added."



Continued on  
next page

6

### Make your garden salad glow with color.



Brighten your salad by using colorful vegetables such as sliced red bell peppers or onions, shredded radishes or carrots, and chopped red cabbage or watercress. To make your salad a balanced meal, consider adding black beans or avocado.



7

### Try some vegetable soup.

Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups. Make your own soup by heating a low-sodium broth and stirring in your favorite vegetables and leafy greens like baby spinach or kale. Allow them to cook a bit, and it's ready to enjoy.



8

### While you're out.

If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or a salad instead of the typical fried side dish. Ask for toppings and dressing on the side.

9

### Save with seasonal vegetables.



Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best in-season buys or visit your local farmers market.

10

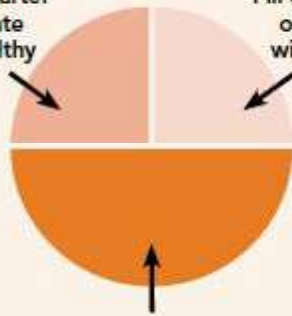
### Savor the flavor of your veggies.



Try different cooking methods like grilling, roasting, air frying, or sautéing. Boost the flavor by adding your favorite spices and low-sodium seasoning. Add fresh herbs like cilantro, basil, ginger, oregano, curry, parsley, thyme, or rosemary. Visit [kp.org/foodforhealth](http://kp.org/foodforhealth) for recipe ideas.

# What Is a **HEALTHY PLATE?**

Fill one-quarter of your plate with a healthy protein source.



Fill one-quarter of your plate with a healthy grain or starch.

Fill half of your plate with non-starchy vegetables.



Chicken, corn, carrots, and green beans



Black beans, quinoa, and grilled vegetables



Chicken, Spanish brown rice, and nopales



Black-eyed peas, yams, and collard greens

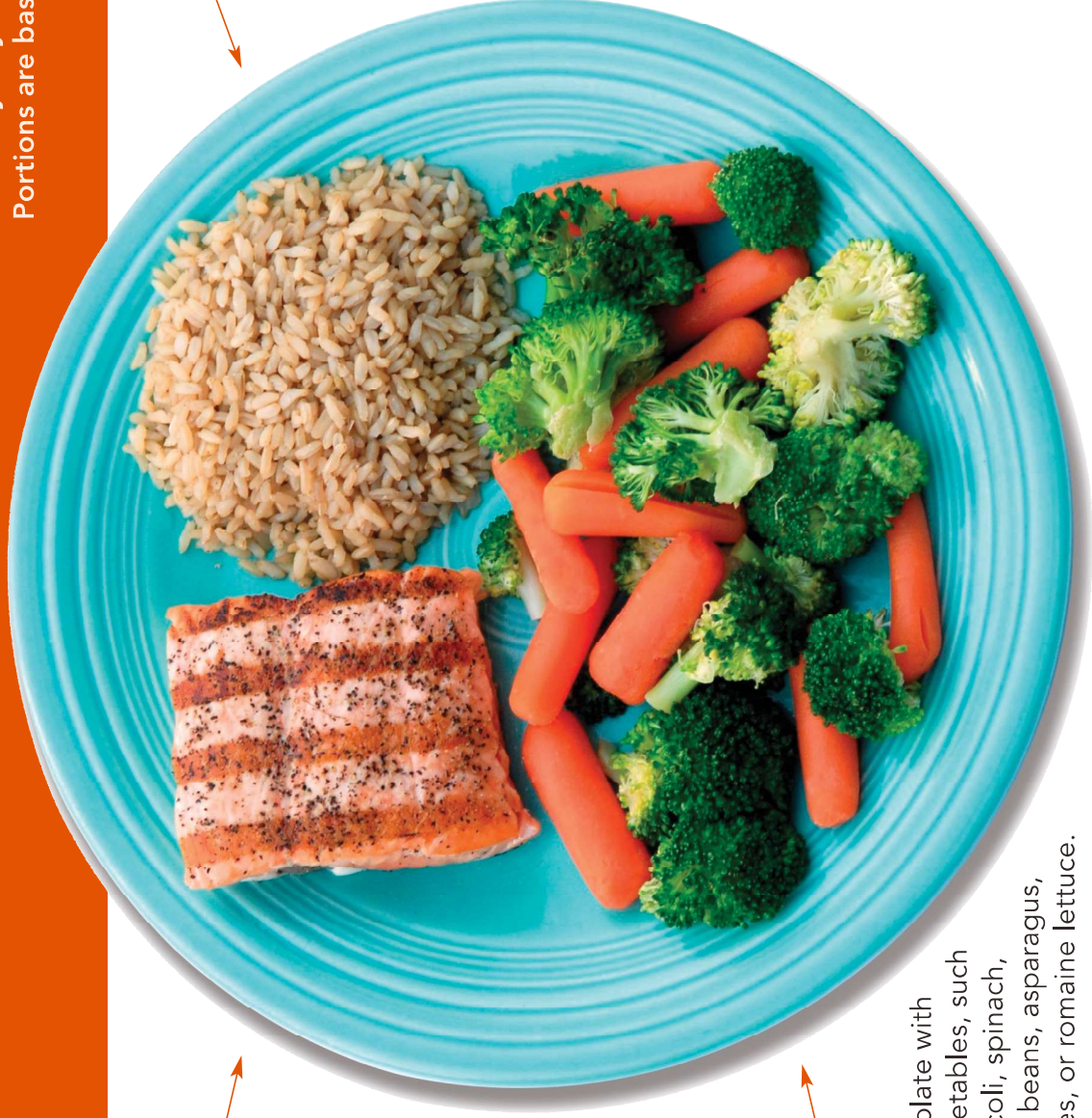


Fish tacos with corn tortillas, cabbage, and salsa



# THE HEALTHY PLATE

Use this plate to help you portion your food in a healthy way and make meal planning easier. Portions are based on a small dinner plate.



Fill one-quarter of your plate with a healthy protein source, such as fish, chicken, eggs, cooked beans, lentils, or tofu.



Fill one-quarter of your plate with healthy grains or starches, such as brown rice, whole-wheat pasta, quinoa, bulgur, corn, peas, one slice of whole-grain bread, or one corn or whole-wheat tortilla.



Fill half of your plate with non-starchy vegetables, such as carrots, broccoli, spinach, cabbage, green beans, asparagus, tomatoes, or romaine lettuce.

## For good nutrition also choose each day:

- 1 small fruit serving, such as an orange, banana, apple, or 1 cup of berries or melon with each meal.
- 2 to 3 cups of nonfat or low-fat milk or yogurt.
- A small amount of healthy fats, such as olive or canola oil, trans-fat-free margarine, or a small handful of nuts.



# Using the Healthy Plate for Any Cuisine

A great way to create a balanced meal is to fill  $\frac{1}{2}$  of a 9-inch plate with vegetables,  $\frac{1}{4}$  with whole grains/starches, and  $\frac{1}{4}$  with protein, and include dairy and/or fruit on the side. Use the examples in this booklet to see how you can enjoy the cuisines you love with portions that keep you satisfied but not stuffed.

## INDIAN

Menus at Indian restaurants are filled with items that are vegetable-based or use lean cuts of meats. Choose vegetables and seafood over high-fat lamb.

### CHOOSE MORE OFTEN

- Brown basmati rice
- Chickpeas
- Vegetable dishes
- Lean meats, poultry, and seafood
- Lentil soup
- Tikka, tandoori, or kebab preparations
- Yogurt-based sauces

- Ghee (clarified butter)
- Molee (coconut milk or cream)
- Any fried foods
- High-fat beef and lamb dishes
- Creamy curry sauce

### CHOOSE LESS OFTEN

## CHICKEN TIKKA MASALA



### PROTEIN

Chicken



### VEGETABLES

Cucumber  
Red onion  
Tomato



### GRAIN/STARCH

Whole-grain naan



### DAIRY & ALTERNATIVES

Nonfat plain Greek yogurt



Whether you make curry at home or order at a restaurant, chances are you're going to have some servings left over. Remember to ask for a **to-go container** so you can pack some for tomorrow's lunch!

# CHINESE

The traditional Chinese diet is a healthy one, using lots of vegetables and stir fries with smaller amounts of lean meats, fish, and soy. Choose dishes that are full of steamed vegetables and lean protein over greasy meats with a lot of sauce. Use chopsticks to slow down your eating, allowing your stomach time to send signals to your brain that you are full.

## CHOOSE MORE OFTEN

- Grilled seafood (shrimp with vegetables, scallops)
- Moo shu/Moo gai pan chicken (limit the sauce)
- Stir-fried fish or chicken with vegetables
- Tofu
- Steamed brown rice
- Veggie spring rolls (not fried)
- Lettuce cups
- Steamed dumplings or pot stickers

- BBQ pork/ spareribs
- General Tso's chicken
- Fried appetizers (wontons, egg rolls)
- Fried lo mein, pan-fried noodles, or fried rice
- Fried wonton soup
- Crab rangoon
- Orange chicken

## CHOOSE LESS OFTEN

## LETTUCE CUPS



### PROTEIN

Skinless chicken



### VEGETABLES

Lettuce  
Onion  
Water chestnuts  
Green onion



### GRAIN/STARCH

Rice noodles



### FRUIT

Orange



### HEALTHY FATS

Peanuts



### FLAVORINGS

Hot chili sauce



Lettuce cups are a **healthy and full-of-flavor appetizer** sure to please any crowd!

# MEDITERRANEAN

A Mediterranean diet is filled with fruits, vegetables, whole grains, legumes, nuts, olive oil, fish, poultry, and red wine in moderation. Red meat is included less often.

## CHOOSE MORE OFTEN

- Vegetable kebabs
- Chicken shawarma
- Greek salad
- Hummus
- Falafel
- Tabbouleh
- Baba ganoush (eggplant dip)
- Lentil soup
- Stuffed grape leaves

- Lamb
- Beef
- Garlic fries
- White pita bread

## CHOOSE LESS OFTEN

## KEBABS



### PROTEIN

Shrimp  
Chicken  
Feta cheese



### VEGETABLES

Zucchini  
Mushrooms  
Red onion  
White onion  
Red/green bell pepper  
Summer squash  
Kalamata olives  
Cherry tomatoes



### GRAIN/STARCH

Brown rice



Kebabs are a great **barbecue or picnic** option! Grill some lean protein with as many colorful veggies as you want!

# ITALIAN

Fresh and tasty ingredients are a big part of Italian cuisine. The key is to choose vegetables for pizza toppings and side dishes, tomato-based sauces, and grilled or braised poultry and fish.

## CHOOSE MORE OFTEN

- Bruschetta
- Minestrone soup
- Thin pizza with veggie toppings
- Mozzarella, basil, and tomato panini
- Roasted eggplant
- Italian ice or fat-free cappuccino
- Whole-wheat spaghetti with turkey meatballs
- Garden salad
- Grilled fish
- Steamed clams
- Cioppino
- Shrimp scampi
- Chicken piccata

- Alfredo or heavy "white" cheese sauce entrees
- Fried calamari and shrimp
- Spinach and artichoke dip
- Deep-dish pizza
- Fried mozzarella
- Meatball marinara sub
- Sausage and pepperoni pizza toppings
- Chicken parmigiana (or any fried entrees)
- Steak gorgonzola
- Tiramisu

## CHOOSE LESS OFTEN

### THIN-CRUST VEGGIE PIZZA



#### PROTEIN

Low-fat mozzarella



#### VEGETABLES

Red onion  
Black olives  
Green pepper  
Mushrooms  
Lettuce  
Cucumber  
Radish



#### GRAIN/STARCH

Whole-wheat pizza dough

1 serving = 2 slices

## AMERICAN

American cuisine features flavors from the melting pot of traditional American cooking and the cuisines of many cultures that can be a part of a healthy lifestyle. Choose grilled, broiled, or roasted foods over fried foods, and enjoy fresh fruit for dessert.

### CHOOSE MORE OFTEN

- Broiled, roasted, or grilled chicken or fish sandwich
- Grilled veggie burger without sauce
- Garden salad with light dressing
- Baked potato with veggies
- Sliced turkey or lean roast beef sandwich (without mayonnaise)
- Fresh fruit
- Veggie chili

- Lunch meat and cold cuts
- Fried foods (chicken, fish, french fries)
- Bacon
- Hot dogs
- White bread, rice, pasta
- Cream-based soups
- Pie

### CHOOSE LESS OFTEN

## DELI SANDWICH



### PROTEIN

Skinless chicken  
Swiss cheese



### VEGETABLES

Lettuce  
Red onion  
Banana pepper  
Tomato



### GRAIN/STARCH

Whole-grain bread



### FRUIT

Apple

Swap processed lunch meat for a healthier option like **grilled chicken**.



## SOUL FOOD

Soul food is a traditional cuisine with roots in the Deep South stemming from African and African American culture. Enjoy the comforts of this cuisine by filling up on roasted vegetables; beans; and grilled, braised, or stewed seafood and meats. Skip the sugary drinks.

### CHOOSE MORE OFTEN

- Smothered greens made with smoked turkey
- Sweet potatoes (hold the brown sugar)
- Grilled meats
- Roasted okra
- Black-eyed peas
- Blackened catfish
- Red beans and rice
- Baked peaches
- Unsweetened iced tea

- Fried foods
- Ribs
- Ham hocks
- Cornbread
- Gravy
- Cobbler
- Macaroni and cheese
- Sugary drinks

### CHOOSE LESS OFTEN

## CHICKEN AND GREENS



### PROTEIN

Skinless chicken



### VEGETABLES

Green beans  
Scallions  
Collard greens



### GRAIN/STARCH

Cornflakes  
Sweet potatoes



### DAIRY & ALTERNATIVES

Nonfat plain Greek yogurt



### HEALTHY FATS

Olive oil

Keep your heart strong by choosing **crispy oven-baked chicken** instead of fried. Swap out butter for a **heart-healthy fat** like olive oil.

# MEXICAN

Mexican restaurants can be a good option for healthy eating. Choose low-calorie and low-carb meals and sides like beans; grilled vegetables, fish, and poultry; and salsas with fresh tomatoes, herbs, and spices.

## CHOOSE MORE OFTEN

- Entrees made with soft corn tortillas
- Ceviche and seafood cocktails
- Bean enchiladas with cilantro and onions on top
- Salsa
- Fresh sautéed vegetables
- Black or pinto beans
- A small amount of guacamole or fresh avocado salad
- Grilled chicken or veggie fajitas—lunch-sized portions are great options
- Fresh salads with grilled chicken (skip the giant tortilla shell)
- Caldos (veggie, fish, or chicken soups)
- Grilled chicken or seafood, whole beans, or steak (not ground beef) fillings

- Fried dishes (chimichangas, taquitos, empanadas, chile relleno)
- Refried beans
- Excess tortilla chips
- Sour cream
- Sweet alcohol drinks (cocktails)
- Ground beef dishes
- Large platters of nachos

## CHOOSE LESS OFTEN

### FAJITA SKILLET



#### PROTEIN

Chicken  
Black beans



#### VEGETABLES

Bell pepper  
Onion  
Tomato  
Serrano pepper



#### GRAIN/STARCH

Corn tortillas  
Rice



#### HEALTHY FATS

Avocado



# THAI

Thai restaurants have many options for healthy eating, with dishes that are stir fried, have small amounts of lean meat, and include large servings of vegetables. Choose broth-based soups and vegetable-based dishes over noodle dishes and fried rice.

## CHOOSE MORE OFTEN

- Satay (lean grilled meat on a stick with peanut sauce)
- Sautéed tofu
- Veggie curries (add lean protein if you like)
- Hot and sour shrimp soup
- Summer rolls
- Green papaya salad
- Cashew chicken

- Pla lard prik (fried fish)
- Fried shrimp or fish cakes
- Coconut shrimp soup
- Dipping sauces (high in sodium)
- Massaman curry (made with more coconut milk and cream than others and features rich duck, fatty beef, or dark-meat chicken)

## CHOOSE LESS OFTEN

### RED CURRY WITH VEGGIES



#### VEGETABLES

Onion  
Red/yellow bell pepper  
Carrots  
Kale  
Red chilies  
Green onion



#### GRAIN/STARCH

Brown jasmine rice



#### HEALTHY FATS

Olive oil

Add a plant-based protein like tofu to your plate and replace white rice with brown rice to **lower blood sugar levels.**

# THE PLANT-BASED HEALTHY PLATE

Use this plate to help you portion your food in a healthy way and make meal planning easier. Portions are based on a small dinner plate.



Fill one-quarter of your plate with a plant-based protein source, such as cooked beans, lentils, or tofu.



Fill one-quarter of your plate with healthy grains or starches, such as brown rice, whole-wheat pasta, quinoa, bulgur, corn, peas, barley, farro, amaranth, 1 slice of whole-grain bread, 2 corn tortillas, or 1 whole-wheat tortilla.



Fill half of your plate with non-starchy vegetables, such as carrots, broccoli, spinach, cabbage, green beans, peppers, zucchini, onions, greens, tomatoes, or romaine lettuce.

## For good nutrition also choose each day:

- 3 servings of fruit. A serving is a small orange, banana, or apple, or 1 cup of berries or melon.
- 2 to 3 cups of a milk substitute, such as almond, soy, or hemp.
- A small amount of healthy fats, such as extra virgin olive or canola oil, or a small handful of nuts.

## Ideas for meals and snacks

These sample meals and snacks include foods from the shopping list below, and follow the tips on the other side. Use these ideas to build healthy, tasty meals. Or create your favorite combinations!

### Breakfast

<ul style="list-style-type: none"> <li>• 4 oz. sprouted-grain or wheat bagel with almond butter or cashew cheese</li> <li>• 1 cup diced melon</li> </ul>	<ul style="list-style-type: none"> <li>• ¼ cup scrambled soft tofu with 3 oz. salsa and 1 cup spinach</li> <li>• 1 sprouted-grain English muffin or 2 corn tortillas</li> <li>• ¼ avocado</li> <li>• ½ cup mango or pineapple</li> </ul>
<ul style="list-style-type: none"> <li>• 2 oz. whole-grain muesli cereal</li> <li>• ½ banana, ½ cup berries</li> <li>• 10 walnuts</li> <li>• 1 cup nondairy milk</li> </ul>	<ul style="list-style-type: none"> <li>• 2 slices sprouted-grain or wheat toast</li> <li>• 2 Tbsp. “natural” peanut butter</li> <li>• 1 cup nondairy milk</li> <li>• 1 small apple</li> </ul>
<ul style="list-style-type: none"> <li>• 1 cup plain almond or soy yogurt, mixed with 1 Tbsp. chia seeds and 2 Tbsp. raisins or ½ cup diced fruit</li> <li>• 1 small bran muffin</li> </ul>	<ul style="list-style-type: none"> <li>• ⅔ cup brown rice</li> <li>• ½ cup beans</li> <li>• 1 cup cooked vegetables</li> <li>• ½ cup salsa</li> <li>• ½ cup avocado</li> </ul>
<ul style="list-style-type: none"> <li>• 2 slices sprouted-grain or wheat toast</li> <li>• 1 cup berries</li> <li>• 1 cup nondairy milk</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup oatmeal with 1 Tbsp. pumpkin seeds and 2 Tbsp. raisins or dried fruit</li> <li>• 1 cup nondairy milk</li> </ul>

### Snacks

<ul style="list-style-type: none"> <li>• ½ cup baked sweet potato</li> </ul>	<ul style="list-style-type: none"> <li>• Raw vegetables with hummus or vegetable paté</li> </ul>
<ul style="list-style-type: none"> <li>• 2 tbsp. dried fruit or nuts</li> </ul>	
<ul style="list-style-type: none"> <li>• Fresh fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Medium apple with 1-2 Tbsp. “natural” peanut butter</li> </ul>
<ul style="list-style-type: none"> <li>• 3 cups air-popped or light microwave popcorn</li> </ul>	<ul style="list-style-type: none"> <li>• 3 large rye wafer cracker</li> <li>• 1½ oz. cashew cheese</li> </ul>
<ul style="list-style-type: none"> <li>• ¼ cup roasted garbanzo beans</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh nonstarchy vegetables</li> </ul>

### Lunch and Dinner

Add 1 cup nondairy milk to each meal (optional)

<ul style="list-style-type: none"> <li>• 4 oz. baked tofu sandwich on sprouted-grain or wheat bread with 1-2 Tbsp. avocado, lettuce or spinach, tomato, and onion</li> <li>• Carrots or broccoli</li> <li>• 1 orange</li> </ul>	<ul style="list-style-type: none"> <li>• 2 cups stir-fried vegetables (sautéed with 1 tsp. olive oil and garlic)</li> <li>• 1 cup quinoa, yam, or whole-grain pasta</li> </ul>
<ul style="list-style-type: none"> <li>• 3-4 oz. veggie (bean, lentil, soy) burger on sprouted-grain or wheat bun</li> <li>• Garden salad with avocado and 1-2 Tbsp. oil and vinegar dressing</li> <li>• Diced peaches or pear</li> </ul>	<ul style="list-style-type: none"> <li>• 2 cups vegetarian chili</li> <li>• 2 Tbsp. pumpkin seeds or avocado</li> <li>• 1 cup cabbage slaw with lime juice</li> <li>• ⅓ cantaloupe</li> </ul>
<ul style="list-style-type: none"> <li>• 1 cup canned black bean soup (lower sodium)</li> <li>• 1 cup kale (dropped into soup)</li> <li>• 6 whole-grain crackers</li> <li>• 1 apple</li> </ul>	<p><b>Chinese cuisine</b></p> <ul style="list-style-type: none"> <li>• ½ cup brown rice, wild rice, or quinoa</li> <li>• 1 cup broccoli tofu (sautéed in broth)</li> <li>• 1 cup vegetarian hot-and-sour soup</li> </ul>
<ul style="list-style-type: none"> <li>• 1 low-fat, low-sodium frozen entrée or vegetarian entrée</li> <li>• Green salad with fresh vegetables, nutritional yeast, 1-2 Tbsp. olive oil and vinegar dressing or avocado</li> <li>• 1 plum</li> </ul>	<p><b>Indian cuisine</b></p> <ul style="list-style-type: none"> <li>• ½ cup beans or 1 cup lentil soup (dal)</li> <li>• 1 whole-grain flatbread</li> <li>• 1 cup diced cauliflower, onions, and tomatoes</li> </ul>
<ul style="list-style-type: none"> <li>• ½-1 cup black-eyed peas</li> <li>• 1 cup steamed greens with a dash of hot sauce</li> <li>• 1 cup brown rice</li> <li>• 1 fresh fruit</li> </ul>	<p><b>Mexican cuisine</b></p> <ul style="list-style-type: none"> <li>• 2 bean tacos made with 2 corn tortillas, 1 cup whole beans, 2 Tbsp. avocado, salsa, shredded lettuce or cabbage, and tomatoes</li> <li>• Diced mango</li> </ul>

## Healthy meals start at the store. Use this shopping list to help you prepare.

- ✓ Fruits—fresh, frozen, canned in their own juice, or dried
- ✓ Vegetables—fresh, frozen, or low-sodium canned
- ✓ Plain nondairy milk (fortified soy, rice, oat, or almond)
- ✓ Plain nondairy yogurt (soy or almond)
- ✓ “Natural” peanut or other nut butter
- ✓ Cultured cashew cheese
- ✓ Olive or organic canola oil
- ✓ Light soy sauce, tamari, or Bragg’s liquid aminos
- ✓ Sauerkraut or kimchee
- ✓ Whole beans (canned or dried), or lentils
- ✓ Hummus, bean spreads, or tahini
- ✓ Tofu (silken, firm), tempeh
- ✓ Avocado, olives, or sun-dried tomatoes
- ✓ Unsalted nuts and seeds
- ✓ Nutritional yeast
- ✓ Vegetable broth
- ✓ 100% whole-wheat or sprouted-grain bread, rolls, or bagels
- ✓ Rye wafer or whole-wheat crackers
- ✓ Brown rice or whole-wheat pasta
- ✓ Whole-grain cereal (oats, or muesli)
- ✓ Whole grains (bulgur, whole cornmeal, hulled barley, farro, millet, whole-wheat couscous, brown rice, or quinoa)
- ✓ Tortillas (corn, or whole- or sprouted-wheat)

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other medical professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor.

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# Whole Food Plant-Based Eating Resources to Help You Live Well

## Reference Books & Cookbooks

**Book:** *The China Study: The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss, and Long-Term Health.* T. Colin Campbell, PhD, and Thomas M. Campbell II, MD

**Book:** *Prevent & Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition Based Cure.* Caldwell B. Esselstyn, Jr., MD

**Book:** *The Spectrum: A Scientifically Proven Program to Feel Better, Live Longer, Lose Weight, & Gain Health.* Dean Ornish, MD

**Book:** *How Not To Die.* Michael Greger, MD, Gene Stone & *How Not To Diet.* Michael Greger, MD

**Book:** *Power Foods for the Brain., & Dr. Neal Barnard's Program for Reversing Diabetes.* Neal Barnard, MD

**Book:** *The Campbell Plan.* Thomas Campbell, MD

**Book:** *Plant-Based Nutrition, 2ed, Idiot's Guide.* Julieanna Hever, MS, RD, CPT, Raymond J Cronise

**Book:** *\*The Forks Over Knives Plan.* Alona Pulde, MD, Matthew Lederman, MD

**Cookbook:** *\*Straight up Food.* Cathy Fisher

**Cookbook:** *\*Minimalist Baker's Everyday Cooking.* Dana Shultz

**Cookbook:** *\*The Plant-Based Diet for Beginners.* Gabriel Miller

**Cookbook:** *\*How Not to Die Cookbook.* by Michael Gregor MD

**Cookbook:** *Plant-Powered Families.* Dreana Burton

**Cookbook:** *\*The PlantPower Way.* Rich Roll, Julie Piatt

**Cookbook:** *\*Plant-Based Wellness Cookbook.* Dulaney, et al.

**Cookbook:** *\*The No-Meat Athlete Cookbook.* Matt Frazier and Stephanie Romine.

## Recipes & Meal Planning:

*Kaiser Permanente's Food for Health Blog:*

<https://about.kaiserpermanente.org/total-health/food-for-health>

*Forks Over Knives:* <https://www.forksoverknives.com>

*21 Day Vegan Kickstart:* <https://kickstart.pcrm.org/en>

*Plant-Strong:* <https://mealplanner.plantstrong.com/>

## Eating Out/Food Delivery:

<https://www.happycow.net/>

<https://www.vrg.org/restaurant/California.php>

<https://www.veginout.com/pages/vegan-menu>

<https://www.plantpuration.com/>

## Websites for Further Research & Support:

<https://nutritionfacts.org/>

[SF Health Education Webpage - Healthy Cooking](#)

<https://nutritionstudies.org/>

<http://drfuhrman.com/>

<http://plantbasedresearch.org/>

<https://www.pcrm.org/good-nutrition>

<http://plantricianproject.org/>

<https://plantbaseddietitian.com/>

<http://www.dresselstyn.com/site/>

<http://healthyhearthealthyplanet.com/>

<http://www.wholefoodplantbasedrd.com/>

<https://www.healthpromoting.com/>

## Movies & Documentaries:

Forks Over Knives

Eating You Live

What The Health

The Future of Food

The Game Changers

Plant Pure Nation

Cowspiracy

Food Inc.

# Kitchen & Pantry Staple Items

Dry Goods	Perishables	Kitchen Essentials
<p><b><u>Beans &amp; Lentils:</u></b> Whole dry beans (try heirloom varieties) and dehydrated flakes, peas, lentils (green/brown, red, split-yellow/green, black).</p> <p><b><u>Canned low sodium varieties:</u></b> garbanzo, black, cannellini, kidney, fat-free refried, black-eye peas</p> <p><b><u>Whole Grains:</u></b> Rice (brown, red, wild), oats (steel cut, rolled, quick cooking), quinoa, millet, barley, bulgur wheat, popcorn, farro, buckwheat. 100% whole grains: whole wheat pasta/flour, brown rice pasta/flour, oat flour</p>	<p><b><u>Produce:</u></b> Choose a rainbow, shop two times per week, consider a produce box delivery</p> <p><b><u>Vegetables/Fruit:</u></b> fresh, in-season, frozen, precut, dried</p> <p>Starchy vegetables: potato, sweet potato, winter squash, plantain, celery root</p> <p>Aromatics: (onion, garlic, fresh ginger)</p> <p>Fresh herbs: cilantro, parsley, basil, mint, dill</p> <p><b><u>Protein-rich foods:</u></b> Tofu (firm, silken), tempeh, seitan, edamame, steamed lentils, hummus, yuba noodles</p>	<p><b><u>Utensils:</u></b> Knives – sharpened! Cutting boards Non-stick spoon/spatula/tongs, wooden spoon, microplane/food scale, measuring cups &amp; spoons, high-speed blender, food processor, salad spinner</p> <p><b><u>Cooking:</u></b> skillet, wok, dutch oven, roasting tray: enamel, non-stick, cast iron, slow cooker, pressure cooker, Instapot baking/roasting trays/dishes, rice cooker, silicone mats, pressure cooker/dehydrator</p>
<p><b><u>Spices:</u></b> black pepper, onion flakes, sea salt, granulated garlic, ground and whole cumin, smoked paprika, curry powder, fennel seeds, turmeric, cinnamon, dulce (seaweed flakes).</p> <p><b><u>Sweeteners:</u></b> maple syrup, honey, stevia, black-strap molasses, real vanilla extract Cocoa powder (raw)</p>	<p><b><u>Miscellaneous:</u></b> Non-dairy drinks: soy, oat, rice, almond. Yogurt: cashew, almond, soy, (choose unsweetened) Cheese: nut or soy based</p> <p><b><u>Convenience foods:</u></b> <i>100% whole grain</i> products: bread, crackers, tortillas, cereal, popcorn, Fresh soups, one-dish meals</p>	<p><b><u>Storage:</u></b> Sealable containers for dry goods, batch cooking, freezer to oven and bags, e.g. Snap/Tupperware, Mason jars, etc. Meal-size containers for heating up leftovers Parchment paper, foil</p>
<p><b><u>Miscellaneous:</u></b> Umami enhancers: tomato paste, sun-dried tomatoes, canned tomatoes, diced/whole), nutritional yeast, vinegar (rice wine, balsamic, red wine, apple cider), vegan Worcestershire, low sodium tamari or soy sauce, chili hot sauce, dehydrated mushrooms (wild, shiitake). Light coconut milk, curry paste, miso paste.</p>	<p><b><u>Minimize:</u></b> Plant-based fake meats and substitutes, cheeses, (these contain highly processed ingredients, sodium and added oils so use less than once per day, if at all.)</p> <p><b><u>Oils:</u></b> E.V. olive oil, organic canola oil. (bottle or spray)</p>	<p><b><u>Notes/Personal Additions:</u></b></p>

# Whole-Food Plant-Based Recipes In 30 Minutes or Less with Shopping List

## Breakfast Ideas

### Quinoa Breakfast

This warm and hearty breakfast is not only nutritious but easy to make. This recipe can be made in advance and reheated or stored as individual serving sizes in the freezer for future use. Enjoy!

Prep time: 5 minutes

Cook time: 15 minutes

Serves: 4

#### Ingredients:

1 cup quinoa

2 cups water

1 apple, rinsed, peeled, and chopped

1/2 cup raisins or other dried fruits

1 teaspoon ground cinnamon to taste

1/2 teaspoon ground nutmeg

Pinch of sea salt

Maple syrup (optional)

Soy milk or other plant milk

Walnuts, pecans, or other favorite nuts

Place quinoa and water into a medium saucepan. Add the apples, raisins, spices, and salt. Bring to a boil and simmer until quinoa is cooked (water is absorbed) and tender.

Spoon a serving of hot quinoa into a bowl. Mix in a little maple syrup, if desired. Serve with soy milk or almond milk. Sprinkle with nuts.

The same recipe can be used for any whole grain (oatmeal, multi-grain cereal, farro, etc.)

*Source: Dr. Goodlett's Recipe*



## Country French Toast

Prep time: 5 minutes

Cook time: 10 minutes

Serves: 8

### Ingredients:

8 slices whole wheat bread

1/4 cup raw cashews

1 cup water

1 tablespoon maple syrup

1/2 teaspoon vanilla

1/8 teaspoon cinnamon

1/16 teaspoon turmeric (about a pinch)

Blend cashews with ¼ cup of the water. Then add remaining ingredients except the bread and process until smooth. Transfer into a large bowl. Dip slices of bread into the mixture to coat both sides well. Cook on a dry non-stick griddle until brown on both sides. Serve with maple syrup, applesauce, or fruit.

*Source: <https://www.drmcDougall.com/health/education/recipes/printable-recipe-cards/country-french-toast/>*

## Veggie Tofu Scramble

This scramble offers a skillet-sizzled, classic taste. Buttery and silky, the garlicky, onion bite will induce long-term cravings.

Prep time: 10 minutes

Cook time: 12 to 16 minutes

### Ingredients:

- 1 (12-oz) pkg. firm or extra firm tofu, drained and crumbled
- 1 small yellow onion, chopped
- 5 medium brown mushrooms, sliced
- 1/4 cup vegetable broth
- 1 tablespoon tamari
- 1 tablespoon dried parsley flakes
- 1 tablespoon nutritional yeast flakes
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon turmeric
- 1/2 teaspoon freshly ground black pepper
- 1 cup chopped fresh spinach
- 1/2 cup salsa (see snack recipe ideas)

In a medium saucepan over medium heat, sauté onions and mushrooms in vegetable broth for 5 minutes or until onions are translucent. Stir in tofu, tamari, dried parsley flakes, nutritional yeast flakes, garlic powder, onion powder, turmeric, and black pepper, and simmer for 10 to 12 minutes or until moisture has evaporated. Add spinach and salsa, and scramble for 2 to 4 minutes or more or until brown at the edges.

Serve hot with warm corn tortillas or a side of brown rice or quinoa, if desired.

*Source: The Idiot's Guide to Plant-Based Nutrition, Pg. 248*

## Lunch Ideas

### Blanco Fiesta Sandwiches

Prep time: 10 minutes

Serves: 4

#### Ingredients:

- 1 15-ounce can white beans, drained and rinsed
- 1/4 cup fresh green onions, chopped
- 1/4 cup fresh parsley
- 1/4 cup fresh cilantro
- 1 garlic clove, minced
- 2 tablespoons lemon juice
- 1/2 teaspoon chili powder
- 1/2 teaspoon ground cumin
- Dash or two of Tabasco or hot sauce

Place all ingredients in a food processor and blend until smooth. Spread on bread, add lettuce and tomatoes. Close up and eat.

Source: <https://www.drmcDougall.com/health/education/recipes/printable-recipe-cards/blanco-fiesta-sandwiches/>

## **Kale, Cranberries, and Cannellini Salad**

Depending on your taste preferences, you can adjust amounts up or down and scale to number of servings.

Prep time: 15 minutes

### ***Salad Ingredients***

Kale, trimmed of ribs and cut into bite-sized pieces

Cannellini beans, canned and rinsed or homemade

Toasted pecans

Dried cranberries

Other veggies as desired (grape tomatoes, radishes, shredded carrots, roasted squash/sweet potatoes, caramelized onion, etc.)

Preheat oven to 350F. Place pecans halves on baking sheet and toast in over for 7 to 8 minutes. Remove from oven and allow to cool.

Mix salad ingredients together.

### ***Apple Cider Vinaigrette***

1/4 cup apple cider vinegar

1 – 2 tablespoons agave syrup

1 medium garlic clove, finely minced

1/2 teaspoon freshly ground black pepper

In a jar, combine the vinegar, syrup, garlic, and pepper. Shake until well blended.

**OR**

### ***Maple Mustard Dressing*** (Adapted from Forks Over Knives Cookbook)

1 cup cooked cannellini beans (canned and rinsed or homemade)

1 tablespoon tahini

2 tablespoons stone-ground Dijon mustard

2 tablespoons nutritional yeast

1/2 -1 tablespoon low sodium soy sauce or Bragg's Liquid Aminos

1 tablespoon 100% pure maple syrup

1/4 cup water or more as needed

Zest and juice of 1 lemon

In a blender, combine the cannellini beans, tahini, mustard, nutritional yeast, soy sauce, maple syrup, lemon zest and juice, and ¼ cup water. Blend on high until smooth. Add more water as needed to achieve a smooth consistency.

*Source: Dr. Goodlett's Recipe*

## Quick Black Bean Soup

This is one of those recipes that you can put together in 5 minutes, yet it always is a favorite with everyone. Even kids like it and vegetable haters too, although you may want to use a bit of less hot sauce for those people.

Prep time: 10 minutes

Cook time: 15 minutes

Serves: 2 to 4

### Ingredients:

3, 15-ounce cans black beans, drained and rinsed

1 3/4 cups vegetable broth (low sodium)

1 cup fresh salsa

1/4 teaspoon ground oregano

1/4 teaspoon chili powder (or more to taste)

1/8 teaspoon smoked chipotle chili powder (optional)

Several dashes of hot sauce (optional)

Reserve 1 cup of the beans in a separate bowl, place the remaining beans, the vegetable broth, and the salsa in a blender jar.

Process until fairly smooth, then pour into a saucepan. Mash the reserved beans slightly with a fork or bean/potato masher. Add to the saucepan with the remaining ingredients. Cook over medium heat for 10 minutes to blend the flavors. Adjust seasoning to taste before serving.

Hint: This is great to make ahead of time and then heat just before serving. Make a double batch so you can enjoy a quick bowl of soup when you are hungry.

*Source: Dr. McDougall's Health and Medical Center (10-day Meal Plan)*

## Power Wraps

These wraps are filled with freshness. Loaded with vegetables and grains they pack a powerful nutrient punch! The grains can be cooked a day or two in advance or re-purposed from another recipe idea.

Prep time: 15 to 20 minutes

### Ingredient List:

Wrap Options (your choice)

Whole wheat lavash, collard greens, cabbage, lettuce

Veggies (your choice)

Spinach, shredded carrots, shredded red cabbage, shredded beets, cherry tomatoes, radishes, diced bell peppers, green, red, or yellow onions (etc.)

Grains (your choice)

Brown rice, quinoa, farro (etc.)

Spreads (your choice)

Low-fat Hummus, White bean pesto, Spinach and cashew nut pate, Guacamole, Salsa (see recipes)

Select a shell for your wrap using lavash, collard greens, or cabbage. If using collard greens or cabbage, wash, then lightly blanch in 2 to 3" water until slightly firm, yet tender. Be careful not to overcook. Carefully, remove from heat with tongs plunge in a bowl of ice water, then drain. Set aside. Then, wash, cut, dice, or thinly slice your choice vegetables. Set aside.

Fill one end of the lavash one third full (or cooked collard green or cabbage) with an array of vegetables. Place more ingredients towards the middle (the ingredients will spread evenly as you roll it up). Top with your favorite choice of spread.

To roll: Place the filled portion of your wrap closest to you and the unfilled portion away from you. Lift the edge of the wrap up and over, rolling away from you, tucking in the edge as it meets the opened portion of the wrap (like rolling a sushi roll).

Secure with a toothpick and enjoy!

For a crispy lavash wrap, heat up a skillet on medium-low. Place the edge side down for several minutes and turn.

*Source: Personal Recipe*



## Dinner Ideas

### Plant Strong Vegan Burgers

If this is your first time making a veggie burger, you've got nothing to lose. If it comes out a disaster it is not a plant-strong burger, it is a great 'meat' crumble for a plant-strong burrito! You just can't go wrong.

Prep time: 15 minutes

Cook time: 15 minutes

Serves: 4 to 5 large or 8 to 10 small burgers

#### Step-by-Step Guide

2 cups cooked beans, lentil, or peas. (Your choice!)

*Black beans*

*White beans*

*Kidney beans*

*Chickpeas*

*Lentils (any color)*

*Split peas*

1 cup starch (your choice)

*Dry whole wheat breadcrumbs*

*or Whole grain gluten-free  
breadcrumbs*

*Uncooked Quick Oatmeal*

*Millet (cooked)*

*Amaranth (cooked)*

*Buckwheat, brown or wild rice  
(cooked)*

*Quinoa (cooked)*

Diced vegetables (your choice, raw or lightly water sautéed)

*Hint: If you pick more than one vegetable, you will want to decrease the amount you use, probably by at least half. So, if you use carrots and celery – use 1 rib of celery and 1 carrot stick.*

*Celery (about 2 ribs)*

*Carrot (about 2 sticks)*

*Onion (about 1 small onion)*

*Mushrooms (about 1 cup)*

*Jalapeno (1 or 2 depending on taste)*

1/4 teaspoon SPICE! Go to town with spices. Taste as you go!

*Garlic*

*Basil*

*Oregano*

*Cayenne*

*Thyme*

*Cumin*

*Rosemary*

*Nutritional Yeast*

*Black pepper*

*Curry powder (works well  
with chickpea burgers)*

*Turmeric (a few dashes will  
do)*

1/4 to 1/2 cup liquid (as needed)

*Vegetable broth (low sodium)*

*Liquid from cooked beans*

### *Non-dairy unsweetened milk*

*For a different taste you can try 1/4 cup of pumpkin puree, mashed sweet potato or butternut squash puree. If you opt to add a puree you may need to use less liquid overall.*

2 tablespoons ground flax seeds + 3 tablespoons warm water

*Set aside for 15 to 20 minutes until it forms into a gel. Do this step at the beginning.*

### **To make your burgers:**

Pre-heat oven to 350F. Line a cookie sheet with parchment paper.

Put cooked beans in a big mixing bowl. Mash them up any way you like. We recommend using your hands. Add your starch. Mix well. Add your vegetables, then the spices, liquid, and gelatinized flax. Mix everything using a spoon or your hands.

Form patties with your hands and place on parchment paper lined cookie sheet. Place in the oven and cook for 15-20 minutes or until slightly crispy on the top. Flip halfway through the time.

Serve on a nice whole grain bun with all your favorite burger accessories, grilled onions, grilled mushrooms, tomato, hummus, ketchup, mustard, just go wild. You can also serve it on a nice bed of leafy greens or in a wrap!

Tips: Too crumbly? Add more liquid. Too watery? Add more starch.

*Source: <http://engine2diet.com/recipe/plant-strong-burgers/>*

## **Broiled Portobello Mushrooms on Spinach Vegetable Salad**

Begin by chopping ingredients from both recipes. Set aside. While the portobello mushrooms are broiling, toss together all the spinach vegetable salad ingredients.

### ***Broiled Portobello Mushrooms***

Prep time: 5 minutes

Cook time: 10 minutes

Serves: 4

#### **Ingredients:**

4 large portobello mushrooms

1/4 cup soy sauce

1 teaspoon minced fresh garlic

Several twists of freshly ground black pepper

Clean the mushrooms well. Combine remaining ingredients in a small bowl. Brush mushrooms with this mixture on both sides and broil on middle rack in oven for about 5 minutes on each side. Brush with more of the mixture while broiling. Slice into 1/4-inch pieces, set aside.

### ***Spinach Vegetable Salad***

Prep time: 10 minutes

Serves: 4

#### **Ingredients:**

6 cups loosely packed washed and dried fresh spinach leaves

2 cans garbanzo beans, rinsed and drained (or 3 cups homemade beans)

2 carrots, thinly sliced

1 cucumber, thinly sliced

1 red or yellow bell pepper

1 cup alfalfa or clover sprouts

1/4 cup raw sunflower seeds

Oil-free dressing to taste

Place all the ingredients in a large bowl and mix well. Serve with Apple Cider Vinaigrette or Maple Mustard Dressing. Garnish with sliced portobello mushrooms. *Recipe adapted from: Dr. McDougall's Health and Medical Center*

## **Adzuki Bean Tacos**

Adzuki beans taste a little like black-eyed peas. Their sweetness makes them for a versatile bean that you can use in any number of dishes. Tangy slaw adds a fantastic contrast to the sweetness to the beans.

Prep time: 5 to 10 minutes

Cook time: 25 minutes

Serves: 6 to 8

### **Ingredients:**

1 medium onion, minced

1 jalapeno pepper, minced

2 cloves garlic, minced

1 large tomato, diced

2 teaspoons ground cumin

2 teaspoons ancho or chipotle chili powder

Sea salt to taste

2 cups cooked adzuki beans or black-eyes peas (canned)

8, 6-inch corn tortillas or taco shells

4 cups cilantro-lime slaw (see recipe)

Water sauté the onion over medium heat in 1 to 2 tablespoons of water for 6 to 7 minutes. Add the jalapeno pepper, garlic, tomato, cumin, chili powder, salt, and cayenne pepper. Let cook for 10 minutes, then add the beans and cook for another 5 minutes or so, until heated through. Add another 1 to 2 tablespoons of water as needed to prevent from burning.

To serve, spoon some of the bean mixture down the center of a corn tortilla and top with some of the slaw.

## **Cilantro-Lime Slaw**

This tangy, spicy slaw contrasts nicely with the almost sweet adzuki beans in the tacos.

### **Ingredients:**

4 cups coleslaw mix (shredded cabbage and carrots)

1 cup chopped fresh cilantro

1 jalapeno pepper, mince (optional)

Zest and juice of 1 lime

4 tablespoons brown rice or rice wine vinegar, use more or less to taste

Sea salt to taste

Combine all ingredients in a bowl and mix well.

*Source: Chef Del's Better than Vegan, Pg. 216 & 255*



## Snacks Ideas

### Oven Baked Tortilla Chips

These tortilla chips are a delicious and healthy substitute for oil-based chips. They're also perfect with salsa or bean dips.

Prep time: 5 min

Cook time: 7 minutes

Serves: 6

#### Ingredients:

12 soft corn tortillas

Preheat oven to 375F. Cut each tortilla into eight wedges. Lay them on a parchment paper-lined baking sheet in a single layer. Bake for 7 to 10 minutes, or until crisp. Watch them carefully so they don't burn. Store in an airtight container.

*Source: Dr. McDougall's Health and Medical Center*

*<https://www.drmcDougall.com/health/education/recipes/printable-recipe-cards/oven-baked-tortilla-chips/>*

## **Kale Chips & Tamari Roasted Almonds**

Timing is crucial for these chips: too long and they will taste burned, too short and they are chewy rather than crispy.

Prep time: 10 minutes

Cook time: 10 minutes

Yield: 2 servings

### **Ingredients:**

4 large leaves kale

Olive oil spray (optional)

Sea salt

Preheat the oven to 350F. Wash kale and cut into two-inch pieces. (Try to make the pieces all the same size or they will not cook at the same rate.) Spray a baking sheet with oil (or use a non-stick baking sheet if no oil is desired) and place the pieces of kale on it in a single layer. Spray lightly with oil, if desired, and sprinkle with salt.

Bake for 7 minutes. Turn the chips over and bake for 3 to 5 more minutes, until crispy and edges just beginning to brown. Let cool and eat.

## Tamari Roasted Almonds

Total time: 30 min

Serving size: 1 ounce or 1/4 cup

### Ingredients:

3 cups raw almonds

1/3 cup low sodium tamari

*(If you follow a gluten free diet, be sure to use a gluten free sauce)*

Preheat oven to 300 degrees. Line a baking sheet with parchment paper for easy clean-up. Spread the raw almonds in a single layer on the baking sheet. Bake approximately 10 minutes stirring occasionally or until you smell a nice nutty aroma but not browning the nuts. Remove to a heat proof bowl and pour the tamari over the nuts. Stir to coat.

Let sit 5-10 minutes, stirring occasionally. Transfer the nuts back to the baking sheet with a slotted spoon. Spread in an even layer. Place the baking sheet back in the oven and bake, stirring occasionally for 15 to 18 minutes or until dry and nicely browned. Cool completely before storing in an airtight container.

*Source: <http://www.thenakedkitchen.com/tamari-roasted-almonds/>*

## **Fresh Salsa**

Use as a topping for burritos or other Mexican-style food or serve as a dip for Oven-Baked Tortilla Chips or raw vegetables.

Prep time: 15 minutes

Yield: 2 cups

### **Ingredients:**

6 Roma tomatoes, finely chopped  
1 small onion, finely chopped  
1/3 cup chopped canned green chilies  
1/4 to 1/3 cup fresh cilantro  
1 tablespoon fresh lime juice  
Pinch or two cayenne (optional)

Combine all the ingredients, except the cayenne, in a small bowl and mix well. Taste. Add cayenne if your taste bud's permit.

Note: Store in the refrigerator for up to 1 week.

*Source: Source: Dr. McDougall's Health and Medical Center*

*<https://www.drmcDougall.com/health/education/recipes/printable-recipe-cards/fresh-salsa/>*

## **Traditional Low-Fat Hummus**

Prep time: 8 to 10 minutes

Serves: 4

### **Ingredients:**

2 cups cooked garbanzo (chickpeas) beans, warmed (if using canned, rinse 1 1/3  
canned)

6 cloves garlic

3 tablespoons lemon juice

3/4 teaspoon ground cumin

Sea salt to taste

Combine all ingredients in a food processor and purée until smooth and creamy.  
Add water if needed to make smooth consistency.

*Source: Chef Del's Better Than Vegan, Pg. 138*



## **White Bean Pesto**

A perfect topping for pizza, bruschetta, served on grilled vegetables, a garnish for soup, or dip for raw vegetables. For a fat-free version, leave out the pine nuts.

Prep time: 8 to 10 minutes

### **Ingredients:**

4 cups fresh basil

1, 15-ounce can cannellini or other white beans, rinsed and drained or 1.5 cups homemade

8 cloves garlic

1/2 cup nutritional yeast

1/4 cups toasted pine nuts (optional)

Sea salt to taste

Water

Combine all ingredients in a food processor and blend until smooth and creamy. Add water to desired consistency.

*Source: Chef Del's Better Than Vegan, Pg. 138*

# Shopping List

## Produce

### Fruit

- \_\_\_\_\_ Lime
- \_\_\_\_\_ Lemons
- \_\_\_\_\_ Apples
- \_\_\_\_\_ Dried cranberries
- \_\_\_\_\_ Dried raisins (or other dried fruit)

### Vegetables

- \_\_\_\_\_ Alfalfa or clover sprouts
- \_\_\_\_\_ Bell peppers (variety of colors)
- \_\_\_\_\_ Beets
- \_\_\_\_\_ White or brown mushrooms
- \_\_\_\_\_ Portobello mushrooms
- \_\_\_\_\_ Carrots
- \_\_\_\_\_ Celery
- \_\_\_\_\_ Collard greens or cabbage
- \_\_\_\_\_ Coleslaw mix
- \_\_\_\_\_ Green chilies (canned)
- \_\_\_\_\_ Cucumbers
- \_\_\_\_\_ Grape tomatoes
- \_\_\_\_\_ Garlic
- \_\_\_\_\_ Green onions
- \_\_\_\_\_ Kale
- \_\_\_\_\_ Jalapenos
- \_\_\_\_\_ Onion
- \_\_\_\_\_ Fresh spinach
- \_\_\_\_\_ Radishes
- \_\_\_\_\_ Red cabbage
- \_\_\_\_\_ Potatoes
- \_\_\_\_\_ Summer squash
- \_\_\_\_\_ Sweet potatoes

### Fresh Herbs

- \_\_\_\_\_ Basil
- \_\_\_\_\_ Cilantro
- \_\_\_\_\_ Parsley
- \_\_\_\_\_ Thyme

## Grains & Legumes

- \_\_\_\_\_ Brown rice or farro
- \_\_\_\_\_ Buckwheat, amaranth, millet, or oatmeal
- \_\_\_\_\_ Corn tortillas
- \_\_\_\_\_ Quinoa
- \_\_\_\_\_ Adzuki beans or black-eyed peas (canned)
- \_\_\_\_\_ Cannellini beans (canned)
- \_\_\_\_\_ Garbanzo (chickpea) beans
- \_\_\_\_\_ Lentils
- \_\_\_\_\_ Whole wheat bread

## Nuts & Seeds

- \_\_\_\_\_ Raw almonds
- \_\_\_\_\_ Flax seeds (ground)
- \_\_\_\_\_ Raw cashews
- \_\_\_\_\_ Pecans
- \_\_\_\_\_ Pine nuts (optional)
- \_\_\_\_\_ Sunflower seeds
- \_\_\_\_\_ Walnuts, pecans, or other favorite nuts

## Dried Herbs & Spices

- \_\_\_\_\_ Bay leaf
- \_\_\_\_\_ Black pepper
- \_\_\_\_\_ Cayenne
- \_\_\_\_\_ Chili powder
- \_\_\_\_\_ Cumin seeds or ground cumin
- \_\_\_\_\_ Curry powder
- \_\_\_\_\_ Chipotle
- \_\_\_\_\_ Cinnamon
- \_\_\_\_\_ Garlic powder
- \_\_\_\_\_ Nutmeg
- \_\_\_\_\_ Parsley flakes
- \_\_\_\_\_ Turmeric
- \_\_\_\_\_ Nutritional Yeast Flakes
- \_\_\_\_\_ Oregano
- \_\_\_\_\_ Onion Powder
- \_\_\_\_\_ Rosemary
- \_\_\_\_\_ Tabasco or hot sauce
- \_\_\_\_\_ Turmeric
- \_\_\_\_\_ Ground black pepper
- \_\_\_\_\_ Sea salt
- \_\_\_\_\_ Vanilla

## “Dairy” and Tofu

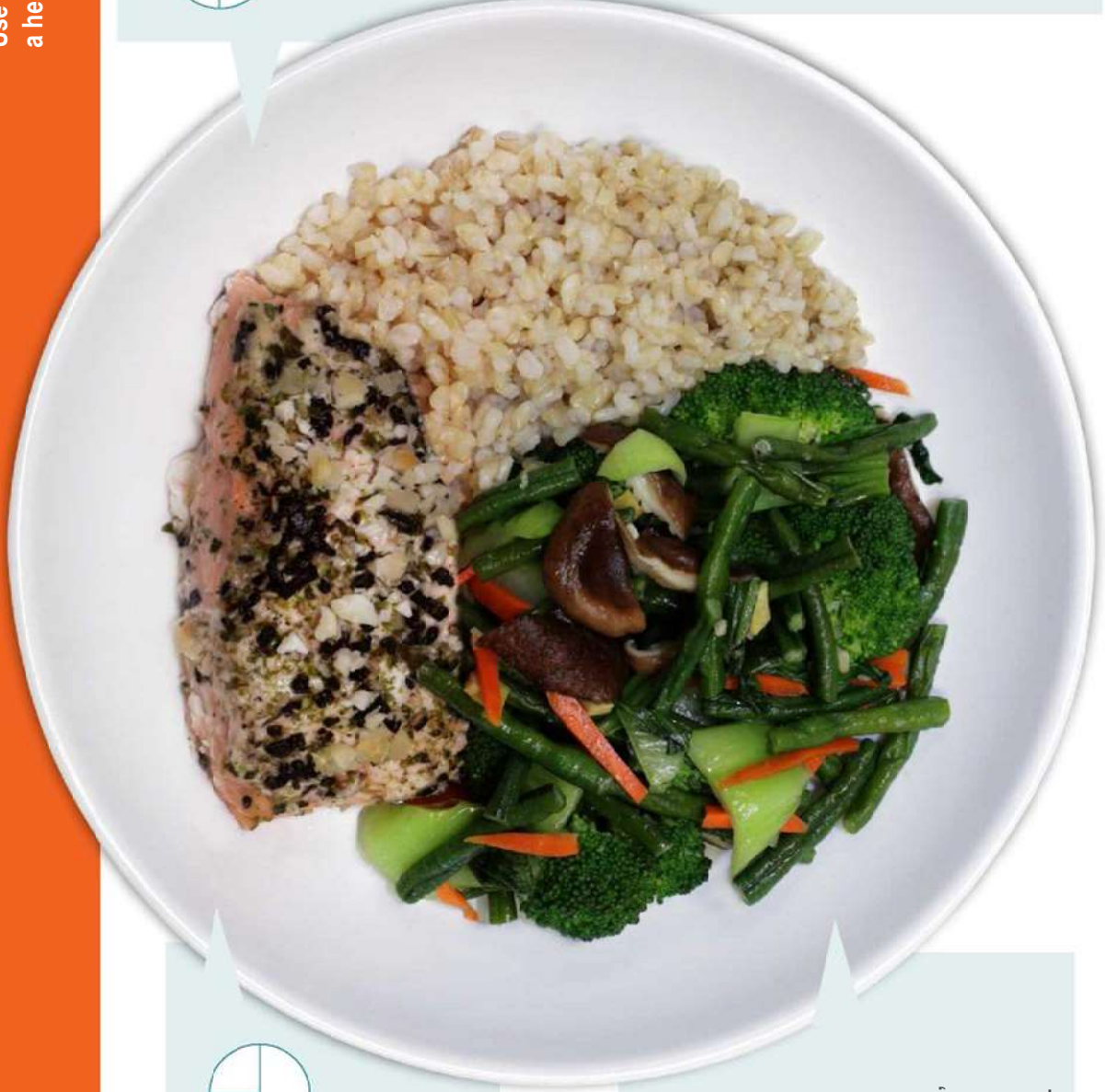
- \_\_\_\_\_ Soymilk or other plant milk
- \_\_\_\_\_ Firm or extra firm tofu

## Other:

- \_\_\_\_\_ Nutritional yeast (bulk section)
- \_\_\_\_\_ Brown rice or rice wine vinegar
- \_\_\_\_\_ Apple cider vinegar
- \_\_\_\_\_ Tamari or soy sauce (low sodium)
- \_\_\_\_\_ Bragg’s Liquid Aminos
- \_\_\_\_\_ Lavash (or collard greens or cabbage)
- \_\_\_\_\_ Tomato paste
- \_\_\_\_\_ Low-sodium vegetable broth
- \_\_\_\_\_ Agave
- \_\_\_\_\_ Maple syrup
- \_\_\_\_\_ Honey

# THE MEDITERRANEAN HEALTHY PLATE

The Mediterranean diet is mostly plant based and includes fish, olive or canola oil. Evidence shows benefits for decreasing heart disease. Use this plate to help you portion your food in a healthy way and make meal planning easier.



Fill one-quarter of your plate with protein sources low in saturated fats, such as fish or seafood, eggs, cooked beans, lentils, or tofu.



Fill one-quarter of your plate with healthy grains or starches, such as brown rice, whole-wheat pasta, quinoa, taro, poi, corn, peas, barley, ulu (breadfruit) potato, orange colored squash.



## Choose daily:

- 2-4 servings of fruit a day. A serving is a small orange, banana, or apple, or 1 cup of berries or melon, or 2 tablespoons of dried fruit
- 1-2 servings of non-fat, 1% milk or dairy-free milk. A serving is 1 cup.
- Healthy fats, such as extra virgin olive oil, canola or avocado oils, olives or a small handful of nuts.
- Avoid trans-fat (partially hydrogenated oils).



Fill half of your plate with non-starchy vegetables, such as carrots, broccoli, spinach, Chinese cabbage, green beans, peppers, zucchini, onions, greens, tomatoes, mushrooms or lettuce.

Use an 8 to 9-inch plate.

# Ideas for meals and snacks

Use these ideas to build healthy, tasty meals and snacks. Portions vary from person to person and can be adjusted based on your needs.

## Breakfast

<b>Avocado toast</b> <ul style="list-style-type: none"> <li>1-2 slices whole wheat toast</li> <li>avocado</li> <li>sliced tomato</li> <li>sprinkle of feta cheese</li> <li>½-1 cup banana and berries</li> </ul>	<b>Egg omelet with potatoes</b> <ul style="list-style-type: none"> <li>¼-½ c scrambled egg whites, tofu, or 2 whole eggs and 1 cup spinach topped with salsa</li> <li>½-1 cup pan-fried potatoes</li> <li>½ cup mango or pineapple</li> </ul>
<ul style="list-style-type: none"> <li>1-2 slices of whole wheat bread</li> <li>½ cup canned tuna or salmon</li> <li>mixed with plain yogurt or low-fat mayo</li> <li>½ papaya</li> </ul>	<b>Tuna or salmon musubi</b> <ul style="list-style-type: none"> <li>2/3-1 c brown rice</li> <li>1-2 ounce of salmon or tuna</li> <li>2 cuties or 1 small orange</li> </ul>
<ul style="list-style-type: none"> <li>1 cup plain Greek yogurt</li> <li>1 Tbsp. ground flaxseeds, 2 Tbsp. crushed nuts, 2 Tbsp. raisins or 1/2 cup berries</li> </ul>	<ul style="list-style-type: none"> <li>¾- 1.5 cups whole grain cereal</li> <li>1 c milk</li> <li>½-1 apple banana</li> </ul>
<ul style="list-style-type: none"> <li>2 slices wheat toast</li> <li>2 Tbsp. natural nut butter</li> <li>½-1 medium apple</li> </ul>	<ul style="list-style-type: none"> <li>1 cup oatmeal with 1 Tbsp. pumpkin seeds and ½ cup fresh fruit or 2 Tbsp. raisins</li> <li>1 cup milk</li> </ul>

## Snacks

<ul style="list-style-type: none"> <li>½ cup Okinawan sweet potato</li> <li>1/3 cup olive tapenade with whole wheat pita bread</li> </ul>	<ul style="list-style-type: none"> <li>1/3 cup hummus with 1 cup vegetables sticks or ½ whole wheat pita bread</li> </ul>
<ul style="list-style-type: none"> <li>½ cup plain yogurt and 1 cup of fresh fruit</li> </ul>	<ul style="list-style-type: none"> <li>½ medium apple with 1-2 Tbsp. “natural” nut butter</li> </ul>
<ul style="list-style-type: none"> <li>3 cups air-popped or light microwave popcorn</li> </ul>	<ul style="list-style-type: none"> <li>Light string cheese with ¼ cup unsalted nuts</li> </ul>
<ul style="list-style-type: none"> <li>1 ½ cup edamame with shells or ½ cup shelled</li> </ul>	<ul style="list-style-type: none"> <li>½-1 cup 3 bean salad</li> </ul>

## Lunch and Dinner

### Add 1 cup milk to a meal (optional)

<b>Tofu wrap</b> <ul style="list-style-type: none"> <li>1-1 ½ cups baked tofu in whole wheat wrap with avocado, lettuce or spinach, tomato, and onion</li> <li>1 cup carrots or broccoli</li> <li>1 pear</li> </ul>	<ul style="list-style-type: none"> <li>2 cups stir-fried vegetables with 1-1½ tofu or 3-4-ounce chicken</li> <li>2/3-1 cup quinoa, yam, or whole-grain pasta</li> </ul>
<ul style="list-style-type: none"> <li>2/3-1 cup brown rice</li> <li>3-4 ounce of saba (mackerel) or salmon</li> <li>1-2 cups stir fry bok choy (using olive oil)</li> </ul>	<b>Ground turkey or chicken chili</b> <ul style="list-style-type: none"> <li>1-1/2 cups bean, ground turkey or chicken chili</li> <li>2/3-1 cup of brown rice or quinoa</li> <li>cabbage slaw with lime juice</li> <li>2 Tbsp. pumpkin seeds, avocado, and guacamole</li> </ul>
<ul style="list-style-type: none"> <li>1-2 cups canned black bean or lentil soup (lower sodium)</li> <li>½-1 whole wheat pita bread</li> <li>Vegetables sticks with a Tzatziki (yogurt) dip</li> </ul>	<b>Chickpea (garbanzo) salad</b> <ul style="list-style-type: none"> <li>Greens and diced tomatoes</li> <li>½-1 cup of chickpeas</li> <li>¼ cup sliced olives</li> <li>¼ cup hummus</li> <li>sprinkle of cheese.</li> </ul>
<ul style="list-style-type: none"> <li>2/3 to 1 cup poi or brown rice</li> <li>8 ounces tofu, 4-8 ounces of fish or shrimp poke</li> <li>1-2 cups Korean vegetables (e.g. bean sprouts, cabbage, choi sum, seaweed, kim chee)</li> </ul>	<ul style="list-style-type: none"> <li>1 cup of lomi salmon or sardines and onions</li> <li>½-1 cup poi</li> <li>wakame (seaweed or ocean salad) salad</li> </ul>
<b>Grilled portabella and vegetable sandwich</b> <ul style="list-style-type: none"> <li>grilled portabella mushroom</li> <li>mixed salad greens</li> <li>cooked beans</li> <li>crumbled feta cheese</li> </ul>	<b>Bean tacos</b> <ul style="list-style-type: none"> <li>2 corn tortillas with 1 cup pinto beans, 2 Tbsp. avocado, shredded lettuce or cabbage, and diced tomatoes, sprinkle of shredded cheese</li> <li>mango salsa</li> </ul>

## Healthy meals start at the store. Use this shopping list to help you prepare.

- ✓ Non-starchy vegetables (5 or more servings daily) – fresh, frozen, or canned low-sodium.
- ✓ Fruits (2-4 servings daily) – fresh, frozen, canned in their own juice, or dried.
- ✓ Milk products and cheeses (1-2 cups of milk a day), non-fat or 1% milk, plain yogurt, or dairy free milks (e.g. soy, oat, or almond), and cheeses as garnish (e.g. cottage, cheddar, feta, mozzarella, ricotta)
- ✓ Whole grains and starchy vegetables (daily) such as whole wheat bread and pasta, brown rice, quinoa, oats, corn tortillas, potato, sweet potato, taro, poi, ulu, orange colored squash, corn, peas, mixed vegetables, and popcorn (air popped).
- ✓ Fats and oils (daily), such as extra virgin olive, canola or avocado oils, flax seeds or oil, peanuts or peanut oil, “natural” peanut or other nut butter seeds (e.g. chia, hemp, pumpkin, sesame, sunflower, or tahini).
- ✓ Fish and seafood (fish at least twice a week) – salmon, tuna, butterfish, saba (mackerel), crab, lobster, shrimp, scallops, clams, crab, opihi, mussels, tako (octopus), ika (squid).
- ✓ Poultry (weekly), skinless chicken and turkey, or ground turkey
- ✓ Beef, pork, lamb (one or two times a month) – ground beef, steaks, sausages and hotdogs
- ✓ Sweets and salty processed snack foods (a few times a month).
- ✓ Red wine (per MD advice).

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other medical professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor.



# The Power Up Plate

If you have a poor appetite or need to gain weight



## Proteins

**for muscle and healing**

fish, chicken, turkey, beef, pork, eggs, tofu, legumes, Greek yogurt, cottage cheese, cheese

## Healthy Fats

**for extra calories**

olive or canola oil, buttery spreads, peanut butter, other nut butters, salad dressing, avocado, ground flax seeds, and other seeds

## Fruits & Vegetables

**for fiber and vitamins**

choose a variety. For added calories, top vegetables with healthy fats and combine a fruit with proteins

## Starches

**for calories**

rice, potato, sweet potato, poi, taro, breadfruit, noodles, quinoa, jook, bread, oatmeal

## High Calorie Beverages

**for fluids and calories**

whole milk, soy milk, shakes, smoothies, cocoa, juice, nutrition supplement drinks

## Boost Your Nutrition

- ✓ Eat 5 to 6 times per day - 3 meals plus 2 or 3 snacks
- ✓ Eat a protein-rich food at each meal
- ✓ Add healthy fats to your foods for extra calories
- ✓ Eat a variety of foods to get all nutrients
- ✓ Choose beverages with calories
- ✓ Have a nutrition supplement after or between meals

## Snack Ideas

- Half a sandwich
- Greek yogurt
- Cheese & crackers
- Fruit & cottage cheese
- Bread with avocado or nut butter
- Pita bread & hummus or guacamole
- Instant breakfast mix with whole milk
- Pizza slice
- Banana bread & spread
- Trail mix or nuts
- Cereal & milk

## Nutrition Supplement Options

If you are not eating well, consider nutrition supplements. They are a convenient way to get essential nutrients and can help you to maintain or gain weight. Supplements taste best when chilled or mixed with ice. Refrigerate opened supplements and throw away after one day. For recipe ideas using nutrition supplements, visit [www.boost.com/recipes](http://www.boost.com/recipes).

### Standard Nutrition Supplements

Boost is a popular nutrition supplement. In general, take one to three of these per day, depending on how much you are eating.

- **BOOST** – 240 Calories, 10 grams Protein per serving *vanilla, chocolate, strawberry*
- **BOOST PLUS** – 360 Calories, 14 grams Protein per serving *vanilla, chocolate*
- **BOOST BREEZE** – 250 Calories, 9 grams Protein per serving *berry, orange*

### Special Nutrition Supplements

If you are able to eat only very small amounts:

- **BOOST VERY HIGH CALORIE** – 530 Calories, 22 grams Protein per serving; *vanilla*. Start with a half-carton two to three times per day. If you have diabetes and need a lower carbohydrate supplement:
- **BOOST GLUCOSE CONTROL** – 190 Calories, 16 grams Protein per serving; *vanilla*

If you have kidney problems and need a low potassium or low phosphorus supplement:

- **NOVASOURCE RENAL** – 475 Calories, 22 grams Protein per serving; *vanilla*. Start with a half-carton two times per day.



## Where can I purchase nutrition supplements?

Nutrition supplements are not a covered medical benefit. Boost and similar supplements, such as Ensure, are sold at most drug stores and large warehouse stores. For your convenience, the supplements above are available to purchase at Kaiser Permanente Pharmacies.

1. Call Pharmacy at **808-643-7979**, option 3 to pre-order.
2. Pick up in 2 business days, and no later than 5 days.
3. Pay when you pick up.

Products for sale are subject to change.

## Shakes & Smoothies

Shakes and smoothies are a tasty way to get more nutrition. Here are a couple recipes to blend up.

### FRUIT SMOOTHIE

Fruit,  $\frac{3}{4}$  to 1 cup  
Liquid,  $\frac{3}{4}$  cup  
Protein

banana, frozen berries, any fruit  
whole milk, soy milk, coconut milk, juice  
Greek yogurt, soft tofu, protein powder, dry  
milk powder

Optional  
1 tablespoon chia seeds, ice cubes

### SHAKES

Frozen dessert  
1 cup  
Liquid,  $\frac{3}{4}$  cup

ice cream, sherbet, sorbet  
whole milk, soy milk, coconut milk, nutrition  
supplement

Flavor options

nut butter, avocado, instant coffee granules  
(dissolve in 1 tablespoon water first)

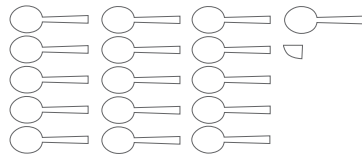
# What's in your DRINK?

 = 1 teaspoon of sugar     = 1 teaspoon of fat



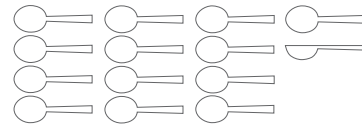
## COLA

**20 ounces =**  
240 calories  
16 ¼ teaspoons of sugar



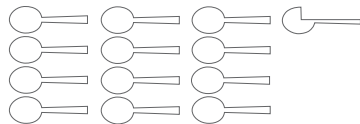
## ENERGY DRINK

**16 ounces =**  
200 calories  
13 ½ teaspoons of sugar



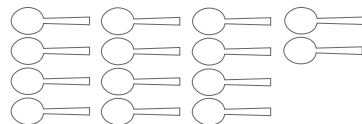
## FRUIT JUICE DRINK

**16 ounces =**  
210 calories  
12 ¾ teaspoons of sugar



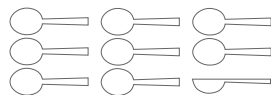
## 100% ORANGE JUICE

**16 ounces =**  
240 calories  
14 teaspoons of sugar



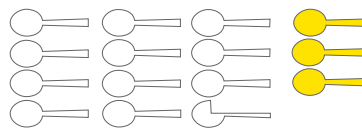
## SPORTS DRINK

**20 ounces =**  
130 calories  
8 ½ teaspoons of sugar



## BLENDED COFFEE DRINK with Whipped Cream

**16 ounces =**  
380 calories  
11 ¾ teaspoons of sugar  
3 teaspoons of fat



**Sugary drinks are one of the main causes of weight gain and obesity.**

## Choose these healthy options instead:

- Water, mineral water (sparkling or still)
- Coffee, plain or with a teaspoon of sugar and nonfat or 1 percent milk
- Tea, hot or iced, plain or with a teaspoon of sugar

# Sample Healthy Shopping List

## VEGETABLES

(fresh, frozen, or canned without added sodium, fat, or sugar)

NONSTARCHY

- Artichokes
- Asparagus
- Beans (green, wax, Italian)
- Bean sprouts
- Beets
- Brussels sprouts
- Broccoli
- Cabbage (green, bok choy, Chinese)
- Carrots
- Cauliflower
- Celery
- Cucumbers
- Eggplant
- Greens (collard, kale, mustard, turnip)
- Jicama
- Mushrooms
- Okra
- Onions
- Peppers
- Radishes
- Salad greens (chicory, endive, escarole, lettuce, romaine, spinach, arugula, radicchio, watercress)
- Spaghetti squash
- Sprouts
- Sugar snap peas
- Swiss chard
- Tomatoes
- Water chestnuts
- Zucchini

STARCHY

- Corn
- Peas
- Potatoes
- Pumpkin
- Sweet potatoes
- Winter squash

## FRUITS

(fresh, frozen, or canned without added sugar)

- Apples
- Apricots
- Berries
- Cherries
- Kiwis
- Mangoes
- Oranges
- Papayas
- Peaches
- Pears
- Plantains
- Watermelon

## HEALTHY FATS

- Avocado
- Natural nut butter
- Nuts
- Olive oil
- Seeds

## GRAINS + CEREALS

- Air-popped popcorn
- Barley
- Brown or wild rice
- Corn tortillas
- Stone-ground grits
- Quinoa
- Steel cut oats
- Wheat-bran cereal
- Whole-grain bread
- Whole-grain crackers

## DAIRY (LOW-FAT OR NONFAT)

and alternatives

- Milk
- Plain yogurt
- Unsweetened almond or soy milk

## PROTEIN

- Beans
- Cheese
- Eggs
- Fish
- Lentils
- Skinless chicken
- Tofu
- Turkey

## VEGETABLES

(fresh, frozen, or canned without added sodium, fat, or sugar)

NONSTARCHY

STARCHY

## FRUITS

(fresh, frozen, or canned without added sugar)

## HEALTHY FATS

## GRAINS + CEREALS

## DAIRY (LOW-FAT OR NONFAT)

and alternatives

## PROTEIN



# Daily Lifestyle Log

Today's Date: \_\_\_\_\_

## NUTRITION

Breakfast	Lunch	Dinner	Snack	Other
<b>Meal Plan</b> » Write down what you <b>plan</b> to eat and drink today.				
<b>Food and Drink Log</b> » Write down what you <b>actually</b> ate and drank today.				
<b>Water</b> » How much <b>water did you drink?</b> (Each box = 8 ounces.) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>				

## ACTIVITY/MOVEMENT

Type	Amount/Time	Intensity
What type of physical <b>activity/movement did you do</b> today?		

## SLEEP

How much sleep did you get last night?	Hours

## MOOD AND EMOTIONS

How did you **feel throughout the day?** (Note any thoughts, feelings, triggers, or obstacles.)

## TODAY'S REFLECTION

Did you **stay on track with your action plan or goals** for the day/week? (Note any thoughts, feelings, triggers, or obstacles.)