

Healthy Meal and Snack Ideas

Breakfast:

- Cottage cheese w/ fruit (fresh or canned no sugar added)
- Egg muffins (see recipe)
- 2 ingredient pancakes (see recipe)
- Egg and Cauliflower “grits” (see recipe)
- Turkey bacon or chicken/turkey sausage
- Scrambled eggs with salsa
- Omelet with non-starchy vegetables
- Greek or regular low-fat yogurt (<10g sugar)
- Lowfat ricotta with fruit or “noatmeal” with warm ricotta and cinnamon
- Cloud bread with scrambled eggs (see recipe)

Lunch/Dinner:

- Creole turkey sausage w/ peppers and onions (see recipe)
- Cheese shell tacos w/ ground turkey
- Canned tuna with mustard, relish, ½ an avocado
- Meatloaf muffins (see recipe)
- Grilled chicken salad with lite dressing
- Gumbo with cauliflower rice
- Grilled shrimp lettuce “poboy” with tomato and low-fat mayo (see recipe)
- Boiled crawfish with mushrooms
- Cauliflower crust pizza (remember to read nutrition label if buying store bought)
- Baked chicken with zucchini noodles and low-fat cheese
- Low carb jambalaya (see recipes)
- Shrimp and cauliflower “rice”
- Chili without beans (only onions, peppers and other non-starchy veggies) with Whisps (parmesan crisps)
- “Unwich” – deli meat/cheese and lettuce wrap
- Salmon or tuna cake (without bread crumbs) with cabbage slaw and lite mayo
- Cauliflower fried “rice” with shrimp
- Grilled steak with cauliflower mash
- Spaghetti squash Mexican style with low fat ground beef/turkey, low fat cheese, lite sour cream, salsa
- Spaghetti squash or zucchini noodles with tomato sauce and low-fat ground turkey or beef
- Chicken caprese bowl: chicken, cherry tomatoes, mozzarella, avocado, cucumber, basil, low-fat vinaigrette
- Chopped egg salad - 2 chopped boiled eggs with chopped avocado, bell peppers, onion

- Stir fry or fajitas with 4oz of protein of choice, ½ cup of non-starchy vegetables
- Shepard's pie made with mashed cauliflower instead of potatoes

Snacks:

Tip: Pair high protein items (meats/cheese) with low protein items (fruit/veggies). There's also nothing wrong with having healthy meal leftovers as a snack!

- Hardboiled egg
- Greek or regular low-fat yogurt (<10g sugar)
- Low fat cottage cheese
- Deli meat
- Beef and Turkey jerky
- PB 2 mixed w/ water or milk and celery sticks or fruit
- Lowfat pre-portioned cheeses (ex: string cheese, babybel light, light cheese slices)
- Non-starchy veggies with light dressing or greek yogurt dip (see recipes)
- Whole fruit (1 small fruit or ½ cup)
- Steamed edamame

Chips/Cracker substitutes:

- Twin Peaks Protein Puffs
- Proti Chips
- Shrewd Food Protein Crisps
- Quest Protein Chips
- Parmesan Crisps (Whisps, etc.)
- Moon Cheese
- Kale chips (be careful with fat content)
- Shrewd Food Protein Puffs
- Pork Rinds

Sweet:

- Halo Top or Arctic Zero ice cream (up to ½ cup)
- Sugar free jell-o, pudding, and popsicles
- Cloud bread w/ sugar free jam or jelly
- Sugar free cool whip w/ sugar free chocolate pudding
- Chocolate Triple Zero Greek Yogurt with PB2
- Protein bars (One Brand, Quest, Fit Crunch, Power Crunch, etc.)
 - Tip: Microwave a protein bar or cut into pieces and bake like cookies

Tips and Tricks

When Cravings Hit

- Read labels: Find snacks that are high in protein and low in sugar to help keep you full
- Drink water or sugar free Crystal Light when cravings begin
- Avoid eating blind: Portion out snacks instead of eating from the original package

For Mindful Eating

- Chew food 20 times before swallowing
- Set utensils down between bites
- Eat without distractions such as your phone, tv, or laptop
- Smell your food before eating
- Cook with friends or family if possible

Always think about what you CAN eat, NEVER about what you can't eat!

Recipes

Cloud Bread: Makes 6

Ingredients:

- 3 eggs, separated
- 1/8 tsp. cream of tartar
- 3 Tbsp. light cream cheese or plain Greek yogurt

Directions:

1. Preheat oven to 300F
2. Separate eggs into bowls
3. Add the cream of tartar to the egg whites and whip into stiff peaks
4. Add the cream cheese or yogurt into the yolks and mix until combined
5. Fold half of the egg whites into the yolks until just combined. Add the rest and fold again until incorporated.
6. Line a baking sheet with parchment paper and place 6 dollops of the mixture on the tray
7. Apread out the circles with a spatula to about ½ inch thick
8. Bake for 30 minute sor until golden and allow to cool for at least an hour

Tip: Watch this video for help on how to make these! <https://tasty.co/recipe/cloud-bread>

Egg Muffins: Makes 10-12 muffins

Ingredients:

- 4 eggs, 4 egg whites
- ½ cup milk
- Low fat shredded cheese
- Turkey sausage
- Non starchy veggies

Directions:

9. Preheat oven to 350F
10. Whisk together eggs and milk
11. In a muffin tin, spray each mold with cooking spray. Fill each mold halfway with the egg/milk mixture. Add cheese, sausage, and veggies to each. Your choice, have fun and mix it up!
12. Bake for 20 minutes until the muffins become solids and reach internal temp of 165F. Store in refrigerator for a week.

2 Ingredient Pancakes: Makes 2 servings

Ingredients:

- 1 banana
- 2 eggs
- Optional: vanilla, cinnamon

Directions:

1. Mash banana in a medium sized bowl, add eggs and optional ingredients. Mix well. Pour batter onto greased pan, flip, and serve!

Cauliflower Grits

Ingredients:

- 1 large head cauliflower (about 2 lbs), trimmed and cut into small florets
- 1 cup low-fat mlk
- 1 Tbsp. butter
- ¼ cup parmesan (optional)
- Salt and black pepper, to taste

Directions:

1. Pulse the cauliflower in a food processor until the florets break down into finer pieces about the size of grains of rice (it's totally fine if they clump). This may need to be done in batches. Transfer to a medium saucepan.
2. Add the milk, butter, and salt and pepper to taste and bring to a simmer over medium-high heat. Simmer, stirring frequently, until the mixture is soft and smooth and looks like grits, about 10 minutes.
3. Remove from the heat, stir in the Parmesan (optional) and adjust the seasoning with more salt and pepper if you'd like.

Creole Turkey Sausage w/ Peppers and Onions: Makes 1-2 servings

Ingredients:

- Low sodium turkey sausage, cut into bite sized pieces
- ½ bell pepper, chopped
- ½ onion, chopped
- 1 tsp olive oil
- Salt-free creole seasoning

Directions:

1. In medium pan, heat 1 tsp olive oil
2. Add sausage, pepper, onion and seasoning

3. Sauté for 5 minutes, until onions are translucent. Enjoy!

Meatloaf Muffins: Makes about 10 muffins

Ingredients:

- 1-pound lean ground turkey
- 2 eggs, lightly beaten
- 1 onion, diced
- 1/2 cup low fat shredded cheese
- Seasoning, options: salt free creole, pepper, Mrs. DASH

Directions:

1. Preheat oven to 350F
2. Combine all ingredients
3. Spray muffin tin with cooking spray and fill each mold with meatloaf mixture.
4. Bake for 15-20 minutes, until internal temp is at least 165F.

Grilled Shrimp Poboy: Makes 1-2 servings

Ingredients:

- 4-6 oz of shrimp, grilled with salt free creole seasoning
- Sliced tomato
- Lettuce slices
- 1 tbsp low fat mayo

Directions:

1. Spread a thin layer of low-fat mayo on a slice of lettuce
2. Lay sliced tomato on top of mayo
3. Top tomato with grilled shrimp and enjoy!

Low Carb Jambalaya: Makes 6-8 servings

Ingredients:

- 2 boneless skinless chicken breasts, chopped
- 4 tbsp olive oil, divided
- 2 tbsp salt free creole seasoning and hot sauce, divided
- 1 bag of cauliflower rice
- Onion, celery, bell pepper, garlic all finely chopped
- Low sodium andouille sausage

- 1-15oz canned diced tomatoes, drained
- 8oz peeled and deveined shrimp

Directions:

1. Preheat oven to 375F. Place chicken on nonstick baking sheet and drizzle with 1tbsp oil, 2tsp creole seasoning. Bake 15 minutes, until 165F internal temp.
2. Place cauliflower on nonstick baking sheet, drizzle with 1tbsp oil and 1tsp creole seasoning. Bake 10 minutes.
3. Heat remaining oil in pan, sauté onion, celery, pepper. Add garlic, sausage, shrimp, tomatoes. Cook for 5 minutes, add chicken, cauliflower, seasonings. Enjoy!

Lite Ranch Dressing:

Ingredients:

- 1 tbsp ranch powder
- 1 cup plain Greek yogurt

Directions: Mix ingredients together. Store covered in the refrigerator.

Honey Mustard Sauce:

Ingredients:

- 1 cup plain low fat or Greek yogurt
- ¼ cup reduced fat sour cream
- 3 tbsp creole mustard
- 1 ½ tbsp honey
- 1 ½ tbsp apple cider vinegar

Directions: Gather all ingredients, whisk together in a medium bowl. Chill and serve!