Smart Meals: Quick Breakfast & Lunch Ideas
Healthy Recipe of the Month

http://lifework.arizona.edu/wsw

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Your Approach to Healthy Meals?

- "Flexitarian" – Dawn Jackson Blatner, RD
- Vegan/Vegetarian
- AICR – 7-9 $ F/V
- DASH eating plan
Maximize Morning & Noon Nutrition
National Weight Control Registry

http://www.nwcr.ws/

- 1994 Prospective Study Weight Loss Maintenance
- 30 lb.
- 1 year
- 66 lbs. – 5 years
- 78% eat breakfast
- 4% never eat breakfast
Two Intriguing Food Timing Studies

  - 74 overweight/obese, metabolic syndrome
  - 12 week - 700/500/200* or 200/500/700 calories
  - ↑weight loss, ↑insulin sensitivity, ↑hunger suppression, ↑satiety

- Spain – Garaulet, et al. *Int J Obesity*
  - 420 overweight/obese, early*/late lunch (40% kcal)
  - 20 week – Mediterranean diet
  - ↑weight loss @ faster rate, ↑insulin sensitivity
How?
Weekend basics to build weekday meals.
A bean.
A grain.
A lean protein.
Vegetables – raw, grill or roast. Bake potatoes & winter squash.
Beans

• Why?
• Varieties
• Dry – crockpot or pressure cooker
• Canned – BPA free & salt free
• Convenience
Whole Grains

• Why?
• Varieties
• Cooking
• Convenience
• Portion

• http://lifework.arizona.edu/lwcfiles/wholegrains.pdf
Lean Protein

- Fish & shrimp
- Chicken & turkey
- Hard cooked eggs
- Tofu – marinate and bake
Eat Fish! – 2 servings per week

FishWatch
- National Oceanic and Atmospheric Administration
- Smart, sustainable fish choices
- http://www.fishwatch.gov

Seafood Watch
- Monterey Bay Aquarium
- Safe, sustainable seafood choices
- www.seafoodwatch.org
Vegetables

“Bag of Veggies”
Roast & Grilled Vegetables
Baked potatoes & winter squash
Power Combo!
Bake & store or freeze:
Granola*
“Trail Mix”
Muffin
Waffle
Pancake
Snack bars
Breakfast – Fruit & Cheese Muffin

- 1 ½ Whole grain English Muffin toasted
- Ricotta cheese (150 mg calcium, 7g pro in ¼ cup)
- Chopped pecans
- Sliced strawberries
- Cinnamon
- Small banana
- Milk (dairy, soy, almond)
Breakfast – Harvest Bowl

- Cooked buckwheat groats
- Chopped walnuts
- Chopped apple
- “Craisins”
- Chia seeds
- Milk (almond, soy, skim or 1%)
Breakfast – Black Bean Soft Taco

- Corn tortillas
- Black beans smashed
- Brown rice
- Chopped avocado
- Green chilies
- Chopped tomatoes
- Chopped peppers
- Salsa
Breakfast - Smoothie

- Greek yogurt
- Milk (almond, skim, soy)
- Oat bran (2T to ¼ cup)
- Frozen blueberries
- Banana, Peaches
- Flax seed meal
- Whole wheat toast
- Almond butter
Breakfast - Granola

- Homemade* or purchased granola
- Berries
- Milk (almond, soy, skim or 1%)
- Apple slices with peanut butter
Breakfast Baked Potato

- Baked potato
- Cottage Cheese
- Sliced black olives
- Chopped spinach
- Chopped Roma tomatoes
- Sunflower seeds
Breakfast Mini Quiche

Make ahead:
• **Spinach cheese cakes** *
• Cantaloupe
• Milk (soy, almond, or skim)
Breakfast – Eggs, Lentils & Rice

- Lentils
- Brown Rice
- Fried egg
- Sliced tomatoes
- Chopped fresh herbs
- Peach
Breakfast – Toaster Waffles

- Purchased or homemade whole grain pumpkin waffle or pancake warmed in toaster
- Nut butter
- Banana
- Milk
Breakfast Sweet Potato

- **Sweet potato** warmed
- Drizzle with walnut oil
- Chopped walnuts
- Cinnamon
- Pear
Breakfast Grits

- Whole grain grits
- Low fat cheese
- Chopped green chilies
- Whole pinto beans
- Mango
Breakfast Pita

• Whole wheat pita
• Hummus
• Sliced cucumbers
• Sliced tomatoes
• Spinach
• Kiwi
Rethink Breakfast

• Lunch & leftovers for breakfast
• Breakfast around the world – Oldways: www.oldwayspt.org
• First and second breakfast – “Hobbit style”
Dynamic Food Duos
Matthew Kadey, MS, RD

- Avocado & kale
  - Monounsaturated fat & carotenoids, lycopene, lutein
  - Replenish muscle glycogen & facilitate muscle protein synthesis
  - Nitrates improve muscle efficiency & reduce oxidative stress

- Whole grain cereal & milk

- Spinach & blueberries*

Dynamic Food Duos

• Sardines and ricotta cheese*
• Beans and lemon
• Butternut squash & black pepper*
• Raw almonds & kefir
• Edamame & cayenne

• Vitamin D & calcium
• Non-heme iron and vitamin C
• Capsaicin improves absorption of carotenes
• Almond skin prebiotic
• Genistein & capsaicin for inflammation
Dynamic Food Duos

• Chicken & carrots*

• Raspberries (walnuts, pomegranates, cranberries) & apples

• BEANS & GREENS

• Zinc for retinol-binding protein to transport vitamin A

• Ellagic acid & quercetin work better together to destroy cancer cells.
Lunch – “Bag of veggies”

• Carrots, cucumber, radishes, jicama, asparagus, zucchini, grape tomatoes, cauliflower, broccoli, bell peppers, celery, mushrooms, snap peas, snow peas, green onions, chopped greens (kale, collards, Swiss chard, cabbage, turnip, beet)
Lunch – Chicken Sandwich

- Oven-roasted chicken
- Whole grain bread
- Spinach
- Carrot shreds
- Bag of veggies
- Peach & blueberries
- Pistachio nuts
Lunch – Cranberry Beans & Rice

- Cranberry beans
- Black rice
- Butternut Squash slices*
- Pine nuts
- Cojita cheese
- Green chilies
- Bag of veggies
- Cantaloupe
Lunch – Tuna Salad

- Tuna
- Yogurt-dill dressing*
- Chopped celery
- Chopped walnuts
- Chia seeds
- Whole grain crispbread crackers
- Bag of veggies
- Watermelon
Lunch – Chopped Salad

- Mixed greens
- Chopped veggies
- Falafel
- Red kidney beans
- Frozen corn
- Sunflower seeds
- Farro
- Whole grain crispbread
- Pineapple chunks
Lunch - Sardines

- Tin of sardines or herring
- Whole grain crackers
- Bag of veggies
- Orange
- Almonds
- Dark chocolate
Lunch – Lentil Soup+

- Prepared lentil soup
- Chopped Swiss chard, spinach or other greens
- Chopped tomato
- Chopped pistachio nuts
- Bag of veggies
- Apple slices spread with nut butter
Lunch - Salmon Burger

- Salmon burger* from leftovers or purchased
- Bulgur
- Sauteéd greens
- Bag of veggies
- Mango
Lunch – Lentil & Potato Tacos

- Lentils
- Chopped up baked potato
- Purchased taco shell or “oven taco shells”
- Green chilies
- Chopped tomato
- Salsa
- Bag of veggies
- Kiwi fruit
Lunch – Curried Roast Vegetables

- Roasted vegetables, chopped
- Tepary beans
- Chopped cashews
- Curry sauce (purchased)
- Brown rice
- Bag of veggies
- Berries
Lunch – Veggie Burger

- Veggie burger
- Whole grain bun
- Mustard
- Spinach
- Onion slices
- Carrot shreds
- Bag of veggies
- Watermelon
Lunch – Super Green Three Bean Salad

- Super Green Three Bean Salad*
- Sweet potato drizzled with walnut oil and sprinkled with sunflower and pomegranate seeds
- Bag of veggies
- Banana
Lunch – Tepary Bean Burro

- Tepary Beans, mashed
- Avocado
- Green chilies, jalapeno
- Cojita cheese
- Black olives
- Cabbage, chopped
- Salsa
- Whole wheat tortilla
- Bag of veggies
- Tangerine
Planning & Prep

- Weekly time to plan
- Look at your schedule
- “Batch” & Dinner Recipes
- Choose breakfasts & lunches
- Make a list & shop with it
- Vegetable prep
- Batch cook & store
Questions & Tastes

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