

## 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