

Meal Templates

Not recipes, but more of a starting point when you want to throw something together fast without doing a lot of cooking or being super precise with amounts. These templates work really well for meal planning, because then you can prep some of the ingredients (including those that do need to be cooked) ahead of time.

The Smoothie

Berries

(fresh or frozen)

+

Protein Powder

+

Liquid

(plain yogurt, milk, plant-based milk alternative, coconut water, diluted fruit juice)

+

Dark Leafy Greens

Fresh or Frozen

(kale, spinach, chard)

+

Chia Seeds or Ground Flax Seeds

(for fiber and phytonutrients)

+

Optional: Banana

+

Optional: Healthy Fat

(nut butter, avocado)





The Bowl

Whole grains or legumes
(quinoa or brown rice, lentils or beans)

+

Non-Starchy Vegetables
(roasted, steamed, sautéed or stir-fried)

+

Protein
(seafood, tofu, tempeh, chicken,
turkey, lean meat)

+

Healthy fat
(nuts, avocado, olive oil)

+

Sauce or seasoning
(lemon juice, vinegar, sea salt, soy sauce,
pesto, chili paste, salsa, fresh herbs, etc.)

Examples:

Bulgur wheat + veggies roasted in olive oil +
grilled salmon + lemon juice + sea salt

Brown rice + stir-fried veggies + stir-fried
tofu or chicken + sesame seeds + soy sauce

Quinoa + sautéed peppers and onions +
shredded cabbage + pinto beans + avocado
+ lime juice + sea salt + salsa + cilantro

The Plate

Protein

(seafood, tofu, tempeh, chicken, turkey, lean meat)

+

High-fiber, starchy carbohydrates

(whole grains, beans, legumes, sweet potatoes, winter squash)

+

Non-starchy vegetables

(green leafies, broccoli, asparagus, and so on)

+

Healthy fat

(nuts, olive oil, avocado)



Examples:

Baked hazelnut-crusted skinless chicken breast + sweet potato + green salad tossed in hazelnut oil and vinegar

Grilled halibut + quinoa + roasted asparagus

Baked tofu + roasted butternut squash



The Nourishing Soup

Chicken or vegetable broth (organic)

+

Lentils, beans, brown rice or quinoa

+

Lots of non-starchy vegetables

+

Chopped or diced protein

(chicken, turkey, lean beef, tofu)

Serve with a side salad of dark, leafy greens tossed with healthy vinaigrette, sea salt and 1 tablespoon chopped walnuts

Examples:

Chicken broth + cubed chicken + white beans + carrots, onions, celery

Vegetable broth + lentils + ground turkey + carrots, onions, garlic, celery and kale

The Substantial Salad

Dark, leafy greens

+

High-fiber, starchy carbohydrates (whole grains, beans, legumes, sweet potatoes, winter squash)

+

Protein (seafood, tofu, tempeh, chicken, turkey, lean meat)

+

Healthy fat (nuts, olive oil, olives, avocado)

Healthy vinaigrette (see below)

+

Optional: extra raw or cooked & cooled non-starchy veggies, or fruit

Examples:

Shredded kale + quinoa + cubed beets + roasted chicken + slivered almonds + vinaigrette

Mixed baby greens + canned white beans + canned salmon + avocado + vinaigrette

Spinach + hummus + sliced leftover steak + kalamata olives + a sprinkle of feta + vinaigrette

The Versatile Vinaigrette

3 parts oil

(extra virgin olive oil, walnut oil or hazelnut oil)

+

1 parts acid

(lemon juice, red or white wine vinegar, apple cider vinegar)

+

Sea salt

+

Freshly ground black pepper to taste

+

Optional: a dab of Dijon mustard

Example:

6 tablespoons walnut oil + 2 tablespoons white wine vinegar + 1 teaspoon Dijon mustard + sea salt and pepper

(This walnut oil version is delightful over any salad, especially one with leftover steamed green beans or roasted broccoli, cauliflower or Brussels sprouts)

