

A top-down view of a white ceramic bowl filled with sautéed green leafy vegetables, possibly spinach or kale, which are glistening with oil. Shredded yellow cheese is scattered throughout the greens. The bowl is set on a light-colored wooden surface.

A MAGAZINE FOR HUNGRY PROFESSIONALS

LUNCH & LEARN

COOKING FOR A BUSY LIFE

CHEF JOHN BIRMINGHAM

MELISSA EATON, MA, RDN

GOURMET DINING

CONTENTS

Gourmet Dining collaborated with 7 Rowan University Dietetic interns to create this food and nutrition resource guide for busy individuals looking for tips, tricks and recipes on how to stay healthy. This guide is meant to accommodate a variety of lifestyles and dietary preferences.



3-4 READING FOOD LABELS



11-12 PESCATARIAN OPTIONS



17 HEALTHY WEEKEND MEALS

3-4 UNDERSTANDING FOOD LABELS

13-14 HOW TO FUEL YOUR WORKOUT

5-6 MEAL PREP TIPS

15-16 BREAKFAST IDEAS

7-8 VEGETARIAN SUBSTITUTES

17 FAMILY WEEKEND MEALS

9-10 ALLERGY ALTERNATIVES

18 SWEET & SOUR CHICKEN

11-12 PESCATARIAN OPTIONS

19 RECIPE RESOURCES

UNDERSTANDING FOOD LABELS

Reading the Current Label

Nutrition labels can be overwhelming if you don't know what you look for. When assessing the nutrition content of a food product, first take note of the serving size listed at the very top of the label. Is this a realistic portion or would you normally consume two (or three) times as much of the food in one sitting? The label may be misleading if the serving size listed seems too small. If you wish to determine the nutrition content of the entire package, multiply the values for one serving by the number of servings per container.

Under the serving size, the total calories are displayed, as well as the amount calories that are derived from Fat. The percent Daily Values are based on a diet of 2,000 calories per day. If your recommended calorie consumption is higher or lower than this, these percentages may not be the most accurate for you. In order to scrutinize the macronutrient content (fats, carbs, and proteins) of a product, it may be useful to know how much is "too much" of a specific nutrient. (Supertracker.usda.gov offers free tools to help determine your daily nutrient requirements based on factors like your age, weight, and physical activity level.) Try to choose products higher in fiber and lower in saturated fat.

Taylor Sano, Dietetic Intern



Current Label

Nutrition Facts			
Serving Size 2/3 cup (55g)			
Servings Per Container About 8			
Amount Per Serving			
Calories 230		Calories from Fat 72	
		% Daily Value*	
Total Fat 8g		12%	
Saturated Fat 1g		5%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 160mg		7%	
Total Carbohydrate 37g		12%	
Dietary Fiber 4g		16%	
Sugars 1g			
Protein 3g			
Vitamin A		10%	
Vitamin C		8%	
Calcium		20%	
Iron		45%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

New Label

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 1g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Transitioning to the New Label

This year marks the beginning of the switch from the classic Nutrition Label to an updated format. Important changes have been made in order to present products to the consumers in a more honest way. Serving sizes will be altered to reflect more realistic portions of food. The values for serving size and Calories will be displayed much larger. The new label will portray not only the percent Daily Value of each nutrient but also the amount (in grams) contained in one serving of the food. One of the biggest changes to the Nutrition Label is the inclusion of "Added Sugars" to be displayed under Total Carbohydrates. Companies will no longer be able to conceal those "empty calories" that plague so many processed foods. Food Labels will also be required to display the Potassium and Vitamin D content of every product. A healthy balance of Sodium and Potassium is crucial in maintaining a healthy blood pressure, and Vitamin D is essential for Calcium absorption.

APPLYING YOUR KNOWLEDGE

Taylor Sano, Dietetic Intern



Tackling Nutrition Labels


How would you assess the nutrition content of a nutrition bar or protein bar? Create a checklist to serve as your tool for determining how "healthy" a product really is. Here are some things you might want to include in your list:

- ☐ high in fiber?
- ☐ reasonably low in sugar?
- ☐ free from added sugars or artificial sweeteners?
- ☐ mostly whole ingredients, as opposed to fillers and syrups?
- ☐ low in saturated fat?
- ☐ adequate protein content?

When examining a list of ingredients, always remember that the items listed first are present in the largest amounts. If the first ingredients displayed are corn starch and palm kernel oil, that product is probably not going to nourish your body. A company may advertise a food item as a "fruit bar" but fail to incorporate any real fruit into the bar; you might as well be eating a fruit-flavored cookie! Also beware of the meaningless jargon that advertisers often use to render their products more appealing to consumers looking for healthier options. Descriptors like "natural" have no formal definition and can easily misrepresent food products.

MEAL PREP TIPS

Kevin Rescigno, Dietetic Intern

WEEKLY MEAL PLANNER				
	BREAKFAST	LUNCH	DINNER	SNACK
SUNDAY				
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				

Scheduling:

Finding the best time in your week to meal prep is key due to the number of meals you will be preparing. Blocking off a day in your calendar to dedicate some time towards cooking, baking, and storing. Keeping this day of the week consistent not only yields another couple days of food but also keeps the body in a routine.

Shopping:

One benefit towards meal prepping is that buying in bulk is cheaper than everyday meal making. Going to certain stores which are know for bulk purchasing such as costco, walmart, etc. lowers the overall cost per meal prepped. Another component to shopping is making a detailed list. Having a game plan before even stepping foot into the store will minimize any impulse buys. Although the most crucial part to shopping is going in with a full stomach. Going to the store with an empty stomach can cause a bunch of unwanted purchases which will likely be easy to eat junk food.

Ingredients:

Choosing recipes for the week that have overlapping ingredients can keep the amount of purchases down along with mixing up flavors. A pound of ground beef can be made into tacos for one days lunch and then hamburgers for dinner the next. Another example is having rice for the tacos but then turning the rest into pork fried rice for another meal.



MEAL PREP TIPS

Kevin Rescigno, Dietetic Intern

Storage:

Now that you have made several meals to have later in the week you have to house them somewhere. One of the best ways to maximize freshness is through tupperware containers. These are extremely useful for freezing and easy reheating in the microwave. Meals stay good in the fridge for up to three days so any extra meals should be placed in the freezer to keep fresh. Buying dividers for storage boxes is another tip to keep foods rationed evenly along all days.

The 1 + 1 + 1:

Balancing your meals is the best way to incorporate all food groups in your meal. An easy way to do this is include one protein, one carbohydrate, and one vegetable. Although, this is a check list rather than a portion size list since nutritional needs are different for everyone.

Keep Some Raw:

Prepping food does not mean you have to have "left over" tasting meals the rest of the week. To fix this conundrum

you can chop vegetables or other ingredients ahead of time and cook them the day of for a higher quality taste. Portioning out seasonings can be done in advanced as well and placed into a zip lock bag.

Variety:

One of the most important parts of meal prepping is to keep it fun. Having the same meal every day will sour the taste of keeping meal prep part of your life. Creating a diverse range of recipes in your arsenal will keep your taste buds excited for the next meal. Even making interchangeable meals like two lunch or dinner options to choose from based on the feeling of the day.

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



VEGETARIAN SUBSTITUTES

Heather Schissler, Dietetic Intern

Legumes

Legumes can be great vegetarian protein sources that also offer many important vitamins and minerals. Legumes include beans, lentils and peas. They can be mashed for use as a binding agent in recipes or added whole to dishes like salad and stir fry. Legumes offer a significant amount of protein and dietary fiber and make for a great alternative to animal proteins.



Nuts and Nut Butters

Nuts and nut butters offer protein and essential fats that can help replace animal sources in your meals. They also offer a variety of vitamins and minerals to help make for a more well-balanced meal when added to dishes. Nuts can be added on top of salads or stir fry and nut butters can be added to smoothies for added nutrients in place of animal sources..



Soy and Wheat Proteins

Soy and wheat proteins such as tofu, tempeh, and saitan can be great vegetarian alternatives to meat and are easily substituted in dishes such as soups, stir fry, and salads. They can take on a similar texture to meat and can be cooked using various methods such as frying, grilling, or baking. These meat alternatives offer substantial protein and added nutrients that make them a good substitute in vegetarian meals.



Super foods

Certain super foods like quinoa, buckwheat, and mushrooms can take on the texture of different animal proteins, while offering plenty of vitamins and minerals. Quinoa and buckwheat also offer a sustainable amount of protein to replace animal sources.

VEGETARIAN SUBSTITUTES

Heather Schissler, Dietetic Intern

Vegetarian Chili

- cook 1 c quinoa
- chop 1 red bell pepper, 1 green bell pepper, 1 onion, and 2 cloves of garlic
- heat 1 tbs of olive oil in a pot at medium heat and add onion, peppers, and garlic
- add 2 c crushed tomatoes, 1 can black beans, and 1 can kidney beans
- add 2 tbs chili powder, 1tbs cumin, and 1 tsp oregano
- simmer for 25-30min
- add quinoa and cook additional 25 min



Black Bean Burger

- cook 1/2 c quinoa
- heat 1 tsp olive oil in sauce pan and add 1 small red onion chopped and 3 cloves of garlic minced and place mixture in bowl
- add 2 15 oz cans of black beans and mash together with fork until paste consistency forms
- stir in 2 tbs tomato paste, 1 egg, 2/3 c corn, 1/4 c chopped cilantro, and 1 1/2 tsp ground cumin
- stir in cooked quinoa and 1 cup rolled oats ground into crumbs
- form mixture into 8 patties and refrigerate for a few hours or overnight
- cook on greased, parchment paper-lined cooking sheet at 400°F for 10-12 min on each side



thefoodiephysician.com

Lentil "Meatballs"

- cook 4 c dried lentils in 1 1/2 c vegetable broth
- heat 2 tsp olive oil in a medium skillet and add 1/2 medium onion diced
- stir in 1 c shredded carrots and 2 cloves garlic minced
- blend together 1/2 c rolled oat, 1/4 c chopped parsley, lentils, onion mixture, 1 1/2 tbs tomato paste, 1 tsp oregano, 1/4 tsp black pepper
- add in 1 egg and blend then set aside for 10 min
- roll into balls and place on parchment paper-lined and greased cooking sheet
- cook at 425°F for 8-10minutes on each side



www.wellplated.com

ALLERGY ALTERNATIVES

Victoria Vannini, Dietetic Intern



8 Common Allergens

Common allergen free food items are becoming more and more common to find in restaurants and in grocery stores, but what do you do with a recipe you're making at home that calls for an ingredient you or a family member is allergic to? Don't worry you don't have to ditch the recipe, there are ways around those allergen ingredients.

The eight most common food allergens are dairy, eggs, wheat, fish, shellfish, soy, tree nuts, and peanuts. If you are allergic to one of these common allergens there are a variety of alternatives to them.

Egg Alternatives

For eggs, their main purpose in a recipe is either as a binding agent, binding everything together, or a leavening agent, to help a recipe rise. If the recipe you're making uses eggs as a binder, you could substitute the eggs with, 1/2 a mashed banana per egg, or 1/4 a cup of applesauce per 1 egg. For eggs as a leavening ingredient to help the recipe rise, you could replace each egg the recipe calls for with 1 and 1/2 tablespoons of vegetable oil, 1 and 1/2 tablespoons of water, and one teaspoon of baking powder. There are also commercial egg replacements available that can serve as either a binding or as a leavening agent for a recipe.

Dairy Alternatives

There are a variety of dairy substitutes for a variety of different dairy products. For butter you can use dairy free margarine. For yogurt, sour cream, and cream cheese there are dairy free coconut, pea or soy based sour creams, yogurts and cream cheeses that can be found in the dairy aisle. For cheeses there are soy free and dairy free cheese alternatives available. For milk, there is soy milk, rice milk, and oat milk, as well as coconut milk, cashew milk and almond milk. For creamers there are coconut based, soy based, and almond milk based creamers available.

Peanut & Tree Nut Alternatives

For peanuts and tree nuts, these can be replaced with seeds and seed based products. For example you can replace nuts with sunflower seeds or pumpkin seeds in recipes. There are also flax seed and flax seed butters, and hemp seeds and hemp seed butters that make a great alternative to tree nuts and peanuts. Beans like chick peas are also a good replacement for nuts in a recipe like a salad that calls for nuts.

Wheat Alternatives

For a wheat or gluten allergen, instead of flour for a recipe, one can use rice flour, tapioca flour, ground up rolled oats, chick pea. To ensure you are getting a complete protein in the recipe you are making, cook with a combination of flours, such as equal parts brown rice flour and chick pea flour.

Fish & Shellfish Alternatives

And finally for fish and shellfish alternatives, it is important that you aren't missing out on those important nutrients that fish and shellfish contain. To accomplish this, consume protein from other sources like poultry, meat, legumes and grains which contain similar nutrients that are found in fish and shellfish. It's also important that you aren't missing out on omega-3 fatty acids which are found in fish and shellfish. To make sure you aren't lacking in omega-3 fatty acids, try using flaxseeds and flaxseed oil in your cooking, or hempseed oil, canola oil, and chia seed oil, all great sources of the essential fatty acid omega-3.

Sources:

www.calorielab.com

www.kidswithfoodallergies.org



ALLERGY

Victoria Vannini, Dietetic Intern

ALTERNATIVES

Grain Free Coconut Porridge

Serves: 2

Prep Time: 5 minutes

Cook Time: 5 minutes

Calories Per Serving: 408

Ingredients:

- 1/2 cup roasted pumpkin seeds unsalted
- 3/4 cup unsweetened coconut flakes
- pinch of salt
- 1 cup of non dairy milk of your choice
- 1 tbsp maple syrup or honey
- 3/4 cup frozen blueberries

Directions:

Place pumpkin seeds in a food processor, and blend on high until you have a fine flour. Place frozen blueberries in a microwave safe bowl, and microwave for 90 seconds and set aside. Place the ground pumpkin seeds, unsweetened coconut flakes, salt, and non-dairy milk in a small pot. Heat over medium heat for a few minutes until the porridge is warm. Add the maple syrup and stir. Divide the porridge into two bowls. Top with the blueberries and more pumpkin seeds if desired.

Quinoa Taco Bowls

Serves: 4

Prep Time: 10 minutes

Cook Time: 20 minutes

Calories Per Serving: 455

Ingredients:

- 1 cup quinoa either white or red
- 1 pound ground turkey 93% lean
- 1 Tablespoon cumin
- 1 1/2 teaspoons garlic powder
- 1 teaspoon chili powder
- 2 Tablespoons ketchup
- 15 ounces canned black beans
- 1 teaspoon salt
- 1/2 cup onion finely chopped
- 2 teaspoons paprika
- 1 teaspoon onion powder
- 1/4 teaspoon pepper
- 1/4 cup water

Optional Toppings:

- salsa
- avocado
- guacamole
- chopped onions or peppers
- fresh cilantro

Directions:

Prepare the quinoa according to package instructions. While the quinoa cooks, put the ground turkey and chopped onions in a skillet and cook over medium heat until browned and cooked through, about 10-12 minutes. Drain off any grease. Add the spices, ketchup, and water. Cook over medium low heat, stirring occasionally for about 5 minutes. Heat the black beans in their juices in a separate saucepan. Season the quinoa with salt, pepper, and a bit of garlic powder. To assemble the bowls, place some quinoa in each bowl, then add the turkey taco meat, black beans, and your choice of toppings. Serve immediately.



PESCATARIAN OPTIONS

Taylor Peyton, Dietetic Intern



A pescatarian diet is very similar to the traditional Mediterranean diet, where fish serves as the primary animal protein. A healthful pescatarian diet also includes a wide variety of fruits and vegetables, whole grains, nuts and legumes. Most pescatarians, like vegetarians, also incorporate dairy and eggs into their diets.

Health Benefits

Following a pescatarian diet has been shown to have many health benefits. Fish and seafood are loaded with essential vitamins and minerals that aid in our overall health. They serve as an excellent source of protein and fat. Protein not only provides satiety, but it aids in muscle repair, and helps rejuvenate new cell growth for skin, hair and nails. Fat is key component of a healthy diet. It is needed to absorb nutrients and maintains our cell structure. The omega 3 fatty acids; primarily found at higher levels in fish, aid in health for optimum performance in our brain, heart, and nervous system. Incorporating fish into our diets will enhance eye health, and support joints due to its anti-inflammatory properties. It's brain boosting abilities reduce the risk of developing dementia, depression, and Alzheimer's disease.

Why choose a Pescatarian diet?

Aside from all the health benefits that coincide with consuming a diet with a variety of fish, fruits, vegetables, whole grains, and legumes, there are many other advantages as well. With a huge variety of options within the seafood family, the amount of fat and protein you want to consume becomes much less of a hassle. Trying to figure out the difference in fat content between different cuts of chicken, beef, and turkey can be difficult. Going out to eat at restaurants can make menu choices simpler and healthier. Fish is always a healthful option because it can either be broiled, grilled or sauteed. Choosing a pescatarian diet lifestyle is also beneficial to the environment because it radiates less gas emissions during production. Many people favor this diet because it also avoids ethical issues in regards to poor labor conditions and inhumane factory practices in the meat industry.

PESCATARIAN OPTIONS

Tilapia Fish Tacos (serves 2)

Fresh, quick and healthy! It only takes 20 minutes to prepare, and could have tons of variation for your own taste preferences.

Ingredients:

1 tilapia fillet
1-2 teaspoons chili powder
1 handful fresh cabbage
1 large carrot
1/2 avocado
6 cherry tomatoes
2 tortillas
1 tablespoon olive oil
Salt and pepper to taste

Homemade Tartar Sauce:

4 tablespoons light mayonnaise
1 tablespoon sweet relish
1/2 lime (juiced)

Directions:

1. Prepare Tilapia with olive oil, chili powder, salt and pepper. Place on a sauce pan, and cook 2-3 minutes each side.
2. Slice cabbage into thin slices, grate carrots, and dice tomatoes.
3. Prepare the Tartar sauce (mix mayo, relish & squeeze lime into mixture)
4. Assemble tilapia and fixings onto a tortilla shell, top with avocado & Enjoy!



Ingredients:

1 medium sweet potato
6 precooked shrimp
1 teaspoon paprika
1 tablespoon olive oil
2 tablespoons, low sodium teriyaki sauce (optional)

Directions:

1. Rinse and dry the sweet potato
2. Use a fork to poke holes in the potato
3. Place in the microwave for about 10-15 minutes or cooked until soft
4. Cook shrimp in a saucepan, drizzle with olive oil and paprika, cook until slightly brown
5. Cut the sweet potato down the center, scoop out enough of the center to allow room for the shrimp. Add the shrimp to the sweet potato boat and top with teriyaki sauce for extra flavor & enjoy!

Sweet Potato Shrimp Boat

Simple yet Fancy!



all recipes from www.pinterest.com

HOW TO FUEL YOUR WORKOUT

Jill Rohlf, Dietetic Intern



If you want to get the most out of your workout, it would be wise to consider how you are fueling before, during, and after your workout! Unsure of how to do just that? Below are some tips to help you fuel for better performance during your everyday workout and refuel for optimal recovery.

BEFORE

It's important to remember that what works for someone else might not work for you. Everyone reacts to different foods in different ways when it comes to food, especially pre-exercise. The number one concern? Will the food that I ate pre-workout cause intestinal issues during my workout? Don't worry, just start small! Your body uses carbohydrates for fuel during your workout, so easy-to-digest carbs like a piece of fruit (a banana is perfect), a small bowl of oatmeal, or a piece of whole grain toast will work great! These are perfect if you are planning on working out in the next hour. You might want a little more (think double that!) if your workout is 2 hours out!



DURING

You don't need to worry about what to eat during your workout unless you plan on working out for competing for more than 90 minutes. This will prevent you from hitting the wall at the end of your workout. Depending on the activity you are participating in, you might prefer liquid carbohydrates, like a sports drink, or other foods rich in carbohydrates like raisins, a banana, or a piece of a bagel. Other options include engineered sports foods like endurance gels or gummies. Whichever you choose, you'll want to get 30-60 g (120-240 calories) of carbohydrates per hour.



AFTER

The name of the game is refuel as quickly as possible after your workout. Your body is most likely to make the most of the food you eat right after exercise because this is when your muscles are the most receptive to refueling. This will allow you to bounce back after your hard workout faster! After your workout, you'll want to consume carbohydrates with protein to ensure that your body will replace glycogen efficiently and refuel your muscles. About 20 grams of protein after a workout is optimal to stimulate muscle growth. Consider having a protein shake with a piece of fruit or a bowl of quinoa with some nut butter and chopped up fruit.

HIGH INTENSITY WORKOUT MEALS

Jill Rohlf, Dietetic Intern



EASY PROTEIN OVERNIGHT OATS

Source: www.kneadtocook.com

- 1/2 cup of rolled oats
- 1 cup of unsweetened cashew or almond milk (or whatever milk you prefer)
- 2 tbl of chia seeds
- 1 tbl of raw cacao powder (powdered pb also works as well)
- 1/2 tsp of ground cinnamon

Add all of your ingredients into your jar or container with a secure lid. Shake vigorously to evenly distribute the chia seeds. Store in the fridge. You can easily prep these jars several days in advance and leave in the fridge to grab and go.

VEGGIE BURRITOS

Source: www.kneadtocook.com

- | | |
|-------------------------------------|---|
| 1 package of burrito wraps | 1 handful of cilantro |
| Olive oil | 3 green onions or 1/4 cup of diced onions |
| 2 cups of cooked quinoa | 1/2 cup of black beans |
| 2 small or 1 larger zucchini | 1/2 bell pepper, diced |
| 1/4 cup or more of shredded carrots | Salt and pepper |

Into a large Dutch oven or sauté pan, add a few drizzles of olive oil (1 or 2 tbl) and heat that. Once hot, add your zucchini, onion and bell peppers to cook for about 4-6 minutes. Once softened a bit, add the quinoa and beans. Add a pinch of salt, pepper, cilantro and if you like, add 1 tsp of smoked paprika and a few shakes of hot sauce. Taste and adjust flavors. Once sufficiently warmed through, turn the heat off.

On a cutting board add a piece of plastic wrap and warm the tortilla wrap in the microwave for 15 seconds. Lay it down and spoon 1/3 of a cup of the filling in the center of the wrap. Avoid over-filling. Fold the sides. Then fold the bottom up and roll to the top.

Then wrap in the plastic wrap and then follow with wrapping up in foil. Place in a large ziploc baggie and then freezer. To warm: remove foil and plastic wrap. Wrap in a piece of paper towel and microwave till warmed through. If storing in the fridge: warm for 30 seconds.



BREAKFAST IDEAS

May Tran, Dietetic Intern

If you have ever heard the saying that “breakfast is the most important meal” it’s true! It is the first meal to start your day – to fuel your day. In that case, it would be important to make sure that the meal is nutritiously packed for the day ahead.

Event filled days, back to back meetings, and long commutes can get in the way of motivating yourself to wake up early to prepare a good meal.

Luckily, there are quick ways to whip up a healthy breakfast to get you through to lunch. Below are some breakfast ideas that can be prepared the night before then ready to be enjoyed the next day.

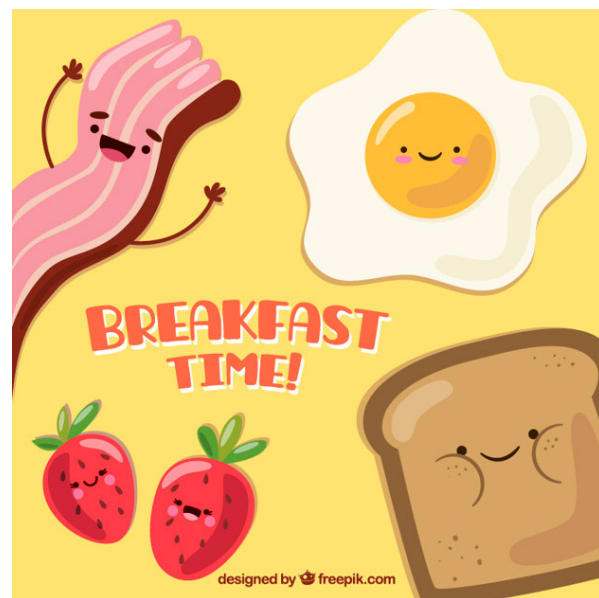
Not only are overnight oats delicious but filling and easy to make. One of the best things about overnight oats are that it can easily be customizable to give variety to breakfast. This one is an easy one to start off with.

Banana Overnight Oats:

- ½ cup of dried rolled oats
- ½ medium banana
- 1 teaspoon of chia seeds
- 1 dash of vanilla extract
- ½ cup of unsweetened almond milk
- Sprinkle of cinnamon
- Medium jar with lid

In the medium container, add all the ingredients. Close the lid and shake. Place in the refrigerator overnight and enjoy the next morning.

Overnights oats can be made in bulk and eaten throughout the week.



"ON THE GO" BREAKFAST

May Tran, Dietetic Intern

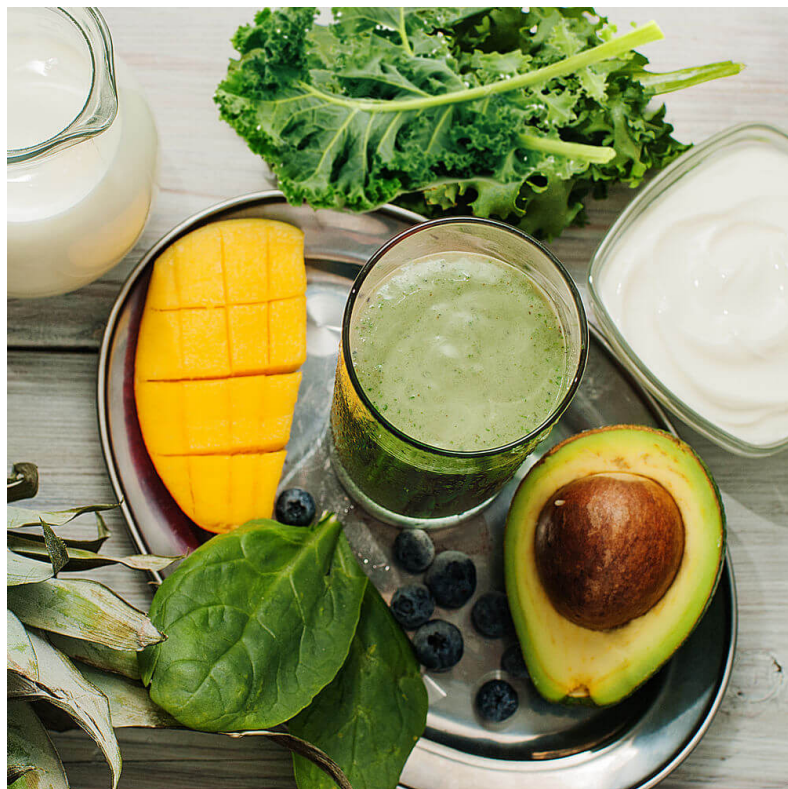
Good to go breakfast are smoothies. Easy to make and no cooking necessary!

You can take them with you and sip on the commute to your destination. You can put together the ingredients the night before and blend in the morning for few seconds and be out the door in no time.

Strawberry Banana Smoothie:

1 whole banana
4 medium sized strawberries
½ cup of rolled oats
8oz of unsweetened almond milk or milk of your choice

Place all ingredients in a blender and blend for about 30 seconds. Then enjoy!



Kale Mango Smoothie:

1 cup of chopped up kale
¾ cup of diced mango
1 -2 teaspoons of honey
½ or ¼ cup of water (this can be change based on the consistency of the smoothie)
5 cubes of ice

Place all ingredients in a blender and blend for about 30 seconds. Then enjoy!

FAMILY WEEKEND MEAL PLANNING

Presented by
Gourmet Dining LLC



BREAKFAST

Breakfast should have lots of fiber and whole grains, some protein and good fat, and as little added sugar as possible. Many breakfasts fall short on protein, so consider the following protein-rich foods to give you the wake up you need:

- Eggs, cooked any way you like them (hard-boiled eggs are easy to have around for a quick protein boost)
- Unsweetened yogurt or cottage cheese with berries
- Burritos with eggs or beans and cheese on whole grain tortillas
- All types of natural meat, such as breakfast steaks, lean pork chops, or turkey bacon
- Hummus on whole grain or corn tortillas
- Yogurt, hot cereal, or cold cereal with nuts
- Scrambled tofu
- Cheese sticks with fruit
- Cream cheese on whole grain crackers



LUNCH

"A kid-friendly lunch doesn't have to be peanut butter and jelly. Not only can foods like fruit kabobs, pizza quesadillas and noodle bowls be just as easy to make as a sandwich, you may be surprised by how much kids love these healthier choices."

- Whole wheat tortillas spread with peanut butter, sprinkled with raisins or dried cherries, rolled up and cut in two
- Tuna salad with grated carrots, served with crackers or in a pita
- Whole wheat crackers served with roasted turkey, hard-boiled eggs and pickle spears
- Hummus and spinach wrap, cherry tomatoes, string cheese and any bite-sized fruit



DINNER

"Eat dinner as a family whenever possible! Studies suggest eating family dinners provide benefits beyond nutritional requirements. Families who eat together at home tend to consume less fast food and more fruits and vegetables, and preparing meals at home gives parents control over both the quality and quantity of food."

Source: <http://www.wholefoodsmarket.com/meal-planning-tips-healthy-family>

Sweet and Sour Chicken

Served over Baby Bok Choy & Rice Noodles

Presented by Chef John Birmingham & Chef Stacy Mishkin
Gourmet Dining LLC

SWEET & SOUR CHICKEN

Ingredients:

Chicken-

4, 4 oz Chicken breast,
boneless, skinless
1 tbsp Canola oil
4, Pineapple Slices, canned,
for garnish
Sauce-
8 oz Sweet & Sour Sauce, 2 oz
per serving

Nutritional Information:

Serving Size: 4 oz portion with
2 oz sauce
Yields: 4
Calories-257
Fat- 8.5 gm
Protein- 26 gm
Carbohydrate- 18 gm
Sodium- 376.7 mg



BRAISED BABY BOK CHOY

Recipe by Amy Moyer

Ingredients:

14-3/8 ounce Bock Choy, Baby
3/8 tsp Spice, Sesame Seeds,
Toasted
1 Tbsp Oil, Canola
1 tsp Ginger Root
1 tsp Garlic Cloves minced
1-3/8 tsp Water
3/8 tsp Salt, Kosher

Nutritional Information

Serving Size: 1 cup
Yields: 4
Calories- 52
Fat- 4.4 gm
Protein- 1.6 gm
Carbohydrate- 2.6 gm
Sodium- 254 mg



RICE NOODLES

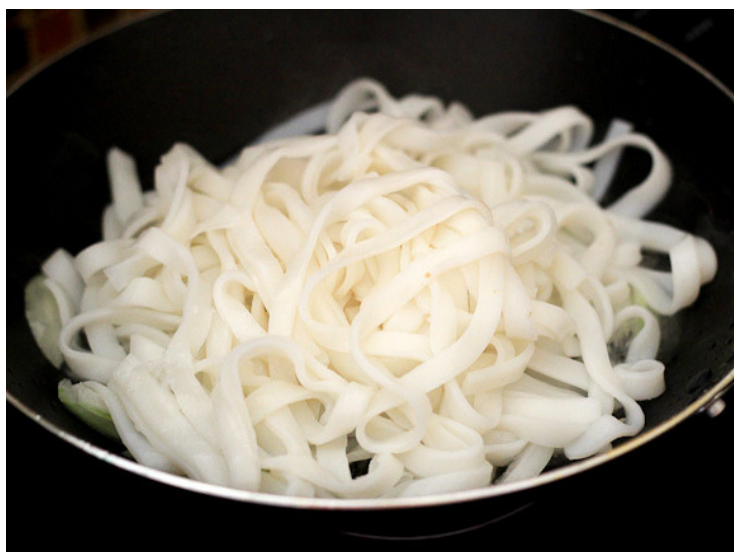
Recipe by Webtrition

Ingredients:

1-1/4 cup water, boiling
3-7/8 ounce Noodles, Rice,
Dry

Nutritional Information:

Serving Size: 1/2 cup
Yields: 4
Calories- 98
Fat- 0.18 gm
Protein- 1.6 gm
Carbohydrate- 21.7 gm
Sodium- 17 mg



RECIPE RESOURCES

EATRIGHT.ORG

ALLRECIPES.COM

COOKINGLIGHT.COM

SPARKPEOPLE.COM

MOBILE RECIPE APPS



Melissa Eaton, MA, RDN
meaton@gourmetdiningllc.com