



Angela Pifer, Certified Nutritionist  
 Nutrition Northwest Co.  
*“Specializing in digestive conditions, weight loss,  
 food sensitivities, sports nutrition and emotional eating”*



## Nutritious Meals for People on the Go

With a little planning and easy prep you can enjoy healthy meals. If time is of the essence I encourage you to make an extra serving of dinner and take it for lunch the next day. If you have a little more time to prepare your lunch you can use these guidelines to put together an incredibly nutritious and tasty meal.

The three components of a healthy meal are:

- Complex Carbohydrate
- Lean Protein Source
- Color: whether fruit or vegetables you need some color to ensure you are taking in adequate vitamins, minerals and bioactive compounds (such as antioxidants).

I know many of you are visual learners, so let’s look at what a healthy plate looks like visually

### Healthy Plate

35% complex carbohydrates: whole grain based  
 15% proteins: beans, fish, chicken, meat, eggs  
 45% color: vegetables and fruits  
 5% healthy fats: nuts, cheese, olive oil, avocado

To assemble a healthy and nutritiously balanced lunch, simply choose one item from each of the following three sections.

| <b>Complex Carbohydrate</b> | <b>Each serving = 200 calories</b>     |
|-----------------------------|--|
| 2 slices whole wheat bread  | 1 cup Quinoa                           |
| 1 cup whole grain cereal    | 1 large whole wheat pita               |
| 1 cup cous cous             | 1 large whole wheat, rice or corn wrap |
| 12 whole grain crackers     | 1 medium sweet potato                  |
| 1 cup whole wheat pasta     | 1 cup brown or wild rice               |



Angela Pifer, Certified Nutritionist  
 Nutrition Northwest Co.  
*"Specializing in digestive conditions, weight loss,  
 food sensitivities, sports nutrition and emotional eating"*



|                                    |                             |
|------------------------------------|-----------------------------|
| <b>Lean Protein</b>                |                             |
| <b>Each serving = 100 calories</b> | 1 extra large egg           |
| 3 oz chicken, or turkey breast     | 1 soy or turkey burger      |
| 6 egg whites                       | 1 T peanut or almond butter |
| 3 oz fish, tuna or shellfish       | 3 oz tofu                   |
| 3 oz pork tenderloin               | 1/2 cup lentils             |
| 3 oz red meat, lean                | 1 cup cottage cheese, 1%    |
| 1/2 cup legumes                    | 4 T hummus                  |
| <b>Each serving = 120 calories</b> | 13 raw almonds              |
| 1 oz feta or goat cheese           | 8 oz nonfat yogurt          |
| 3 oz parmesan cheese               | 2 T cream cheese            |

**Flavor:** Using marinades and fresh herbs will improve the taste of your meals and keep your lunches interesting. Marinades are available in many different flavors and can be used to marinate meat before or after cooking.

|   |                                    |
|---|------------------------------------|
| <b>Color</b>  | <b>Each serving = 100 calories</b> |
| 1 medium banana   | 2 small nectarines, peach          |
| 1 C grapes, kiwi  | 1 large apple, pear, orange        |
| 1 1/4 C apricots, cherries, berries   | 2 C watermelon, berries            |
| 2 cups cooked: asparagus, beets, bok choy, broccoli, cabbage, carrots<br>Brussels sprouts, cauliflower, celery, collard greens, cucumber, egg plant,<br>kale, lettuce, marinara sauce, mushrooms, peas, peppers, spinach,<br>sprouts, squash (summer or winter), string beans, tomatoes, bell peppers |                                    |
| 4 cups mixed greens   |                                    |

You can then choose 1-2 servings of Healthy Fats and Additions to add flavor to your dish

|   |
|---|
| <b>Healthy Fats and Additions</b>   |
| <b>each serving = 120 calories</b>  |
| 1/4 avocado   |
| 1 T olive or flaxseed oil   |
| 7 olives  |
| <b>each servings = 2 T = 50 calories</b>  |
| Sauces: BBQ and other low fat sauces and marinades<br>fat free dressings, mustard, honey, pure fruit jams |
| <b>Free:</b> Fresh and Dried Herbs, use liberally   |