

Budget-Friendly Meal Plan

You can use this meal plan as a starting point for building your own custom meal plan on Diabetes Food Hub. Create your free account online, save recipes, and drag-and-drop them into the interactive meal planner.

Sunday

Breakfast



Budget-Friendly Summer Vegetable Frittata



Banana

Lunch



Three-Minute Skillet Beans & Greens



Apple and Peanut Butter

Dinner



Skillet Caraway Cornbread



Roasted Baby Carrots



Budget-Friendly Chicken Sausage and Cabbage Skillet

Other

	Breakfast	Lunch	Dinner	Other	Total
Calories	235	570	375	0	1180
Total carbs	36g	69g	46g	0g	151g
Total fat	6g	28g	15g	0g	49g
Protein	12g	23g	17g	0g	52g

Monday

Breakfast



Budget-Friendly Egg, Ham and Spinach Sandwich

Lunch



Budget-Friendly Chicken Sausage and Cabbage Skillet



Skillet Caraway Cornbread



Roasted Baby Carrots

Dinner



Budget-Friendly Hearty Cabbage Soup



Rustic Red Potatoes and Green Beans

Other



Peanut Butter Banana Oat Bites

	Breakfast	Lunch	Dinner	Other	Total
Calories	234	375	355	150	1114
Total carbs	24g	46g	46g	16g	132g
Total fat	10g	15g	10g	8g	43g
Protein	16g	17g	23g	6g	62g

Tuesday

Breakfast



Hard Boiled Egg



Apple and Peanut Butter

Lunch



Rustic Red Potatoes and Green Beans



Budget-Friendly Hearty Cabbage Soup

Dinner



Budget-Friendly Slow-Cooker Chicken & Sweet Potatoes



Roasted Cauliflower

Other



Power Snack Mix

	Breakfast	Lunch	Dinner	Other	Total
Calories	338	355	350	165	1208
Total carbs	28g	46g	39g	17g	130g
Total fat	21g	10g	12g	10g	53g
Protein	13g	23g	24g	4g	64g

Wednesday

Breakfast



Budget-Friendly Egg, Ham and Spinach Sandwich

Lunch



Budget-Friendly Slow-Cooker Chicken & Sweet Potatoes



Veggie Dip Cups

Dinner



Crispy Baked Broccoli



Mashed Red Potatoes



Budget-Friendly Herb Garlic Meatloaf

Other



Power Snack Mix

	Breakfast	Lunch	Dinner	Other	Total
Calories	234	365	350	165	1114
Total carbs	24g	42g	34g	17g	117g
Total fat	10g	11g	12g	10g	43g
Protein	16g	26g	26g	4g	72g

Thursday

Breakfast



Hard Boiled Egg



Apple and Peanut Butter

Lunch



Simple Summer Cucumber and Tomato Salad



Budget-Friendly Herb Garlic Meatloaf

Dinner



"Sweet" Potato Fries



Baja Turkey Burgers

Other

	Breakfast	Lunch	Dinner	Other	Total
Calories	338	260	530	0	1128
Total carbs	28g	13g	65g	0g	106g
Total fat	21g	13g	18g	0g	52g
Protein	13g	22g	27g	0g	62g

Friday

Breakfast



Budget-Friendly Egg, Ham and Spinach Sandwich

Lunch



Veggie Dip Cups



Easy Chicken Salad Toast

Dinner



Seasonal Baked Whitefish Pouch



Simple Brown Rice with Scallions

Other



Just Peachy Bowls



Peanut Butter Banana Oat Bites

	Breakfast	Lunch	Dinner	Other	Total
Calories	234	410	350	165	1159
Total carbs	24g	33g	31g	21g	109g
Total fat	10g	17g	14g	6g	47g
Protein	16g	33g	28g	10g	87g

Saturday Aug 01

Breakfast



Banana

Lunch



Nicoise-Inspired Salad

Dinner



Turkey Tacos

Other



Just Peachy Bowls



Budget-Friendly Summer Vegetable Frittata



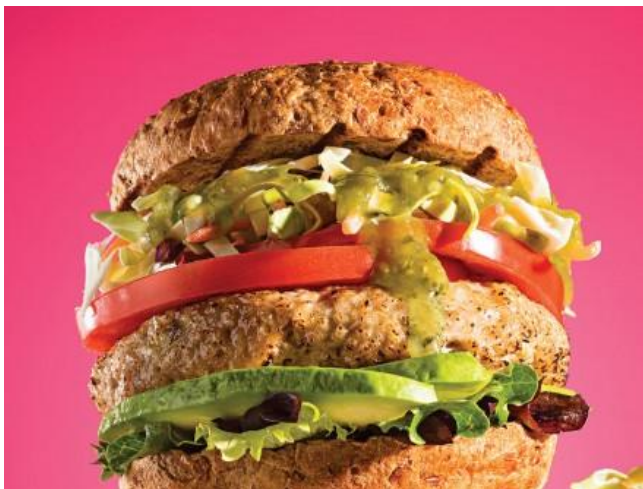
Apple and Peanut Butter



Kale Apple Slaw

	Breakfast	Lunch	Dinner	Other	Total
Calories	235	460	360	90	1145
Total carbs	36g	34g	32g	13g	115g
Total fat	6g	29g	16g	2g	53g
Protein	12g	21g	24g	7g	64g

Baja Turkey Burgers



Salsa verde gives the ground turkey patties a juicy flavor boost. We pile on crunchy coleslaw and creamy avocado, but you can add the traditional fixings, too (lettuce, onion, tomato). Whole wheat english muffins are the preferred "bun" of choice, but a regular whole wheat bun works, too. Or if you're looking for a low carb meal, skip the bun entirely



Prep time
10 min



Cook time
10 min



Servings
4 Servings



Serving size
1 burger

Nutrition Facts

4 Servings

Serving Size 1 burger

Calories **370**

Total Fat 13g

Saturated Fat 2.5g

Cholesterol 65mg

Sodium 420mg

Total Carbohydrate 37g

Dietary Fiber 10g

Total Sugars 2g

Added Sugars 0g

Protein 25g

Potassium 680mg

Phosphorus 330mg

Ingredients

lean ground turkey	12 oz
salsa verde (divided use)	1/2 cup
sprouted whole wheat buns or whole wheat english muffins	4
avocado (peeled and thinly sliced)	1
salt	1/8 tsp
packaged coleslaw mix	2 cup

Directions

- 1 Preheat a grill to medium high.
- 2 In a large bowl, gently mix the turkey and ¼ cup of the salsa until just combined. Form the mixture by hand into four patties, about 4 inches in diameter.
- 3 Grill the burgers until well done (an internal temperature of at least 165° F), about 5 minutes per side. If desired, lightly grill the buns, too.
- 4 Onto the bottom portion of each bun, arrange ¼ of the avocado slices and sprinkle with the salt. Top each with a turkey burger patty, ½ cup of the coleslaw mix, and 1 Tbsp of the remaining salsa. If desired, add a slice of tomato and a lettuce leaf to each. Cover the burgers with a bun top and serve.

Nicoise-Inspired Salad



You can sub ingredients for what you have on hand—use any kind of salad green instead of arugula; any kind of olive will work, or sub something like capers or feta cheese for the same savory, briny flavor; instead of tomatoes you could use bell peppers, cucumber, sugar snap peas, or any other fresh vegetables. If you don't have bottled dressing, you can make a simple vinaigrette with lemon juice, olive oil, and black pepper.



Prep time
8 min



Cook time



Servings
4 Servings



Serving size
2 cups

Nutrition Facts

4 Servings

Serving Size 2 cups

Amount per serving

Calories 200

Total Fat 13g

Saturated Fat 2.5g

Cholesterol 190mg

Sodium 320mg

Total Carbohydrate 7g

Dietary Fiber 2g

Total Sugars 4g

Added Sugars 0g

Protein 14g

Potassium 490mg

Phosphorus 220mg

Ingredients

arugula or other salad greens	1 (5-oz) package
light Italian salad dressing (divided)	1/3 cup
hard-boiled eggs (peeled and quartered lengthwise)	4
canned, sliced black olives (or any other olive) (drained)	1/4 cup
tuna packed in water (drained and flaked with a fork)	1 (5-oz) can
grape tomatoes	2 cup

Directions

- 1 In a large bowl, add the lettuce and 3 Tbsp of the vinaigrette and toss well to combine. Arrange on a platter or individual plates.
- 2 Top the salad with the eggs, olives, tuna, and tomatoes. Drizzle with the remaining vinaigrette and serve.

Simple Summer Cucumber and Tomato Salad



Don't let this simple salad fool you - it may be simple but it's also incredibly refreshing and delicious. It makes the perfect side at a summer barbecue!


Prep time
15 min


Cook time


Servings
4 Servings


Serving size
1 cup

Nutrition Facts

4 Servings

Serving Size 1 cup

Amount per serving

Calories **70**

Total Fat 5g

Saturated Fat 0.5g

Cholesterol 0mg

Sodium 5mg

Total Carbohydrate 4g

Dietary Fiber 1g

Total Sugars 3g

Protein 1g

Potassium 280mg

Ingredients

black pepper	1/8 tsp
red wine vinegar	2 tbsp
cherry tomatoes (cut in half)	10 1/2 oz
large cucumber (peeled and cut in half)	1
olive oil	1 1/2 tbsp
pinch salt (optional)	1

Directions

- 1 Cut each cucumber half in half and slice into large chunks. Place the cucumber in a salad bowl with the cherry tomatoes.
- 2 In a small bowl, whisk together the dressing ingredients. Pour the dressing over the cucumbers and tomatoes and serve.

"Sweet" Potato Fries



 Prep time
15 min

 Cook time
35 min

 Servings
6 Servings

 Serving size
10-12 Fries

Nutrition Facts

6 Servings

Serving Size 10-12 Fries

Amount per serving

Calories **160**

Total Fat 4.5g

Saturated Fat 0.5g

Cholesterol 0mg

Sodium 35mg

Total Carbohydrate 28g

Dietary Fiber 3g

Protein 2g

Ingredients

nonstick cooking spray	1
large sweet potatoes (about 2 pounds total, peeled and cut into 1/2-inch wedges)	2
olive oil	2 tbsp
ground cinnamon	1 tsp
Splenda® Brown Sugar Blend	1/4 cup

Directions

- 1 Preheat oven to 400 degrees F. Spray a baking sheet with cooking spray.
- 2 Place potatoes in a bowl and add oil; toss to coat. Add remaining ingredients and mix well.
- 3 Place potatoes on a baking sheet and bake for 35 minutes or until potatoes are soft.

Chicken Sausage and Cabbage Skillet



Nutrition Facts

4 servings

Serving Size 1 1/2 cups

Amount per serving

Calories 205

Total Fat 7g

Saturated Fat 1.5g

Cholesterol 50mg

Sodium 380mg

Total Carbohydrate 24g

Dietary Fiber 4g

Total Sugars 17g

Protein 13g

Potassium 440mg



Prep time
10 min



Cook time



Servings
4 Servings



Serving size
1-1/2 cups

Ingredients

olive oil	1 tsp
nonstick cooking spray	1
fully cooked roasted garlic chicken sausage (links (about 3 ounces each), sliced)	3
small granny smith apples (peeled and grated (use large hole on grater))	2
onion(s) (diced)	1
cabbage (1/2 small head, shredded)	6 cup
honey	1 tbsp
white wine	1/4 cup
white wine vinegar	1 tbsp
salt (optional)	1 tsp
black pepper	1/2 tsp

Directions

- 1 Add oil and a generous amount of cooking spray to a large sauté pan over medium-high heat.
- 2 Sauté sausage until beginning to brown. Remove from pan and set aside.
- 3 Add apples, onion and cabbage to the pan and sauté for 8-10 minutes or until cabbage is soft and beginning to lightly brown.
- 4 Add sausage back to the pan and remaining ingredients. Sauté until liquid reduced.

Egg, Ham and Spinach Sandwich



Nutrition Facts

4 Servings

Serving Size 1 sandwich

Amount per serving

Calories 234

Total Fat 10g

Saturated Fat 2.5g

Cholesterol 195mg

Sodium 430mg

Total Carbohydrate 24g

Dietary Fiber 6g

Total Sugars 3g

Protein 16g

Potassium 540mg

Need a quick, delicious and inexpensive meal for breakfast or dinner? Here is your answer. Eggs are a cheap, high-quality protein source and are fine to eat in moderation.



Prep time
15 min



Cook time



Servings
4 Servings



Serving size
1 sandwich

Ingredients

nonstick cooking spray	1
deli-style smoked ham ((2 ounces total))	4 slice
olive oil	1 tbsp
baby spinach	4 cup
garlic powder	1/4 tsp
fresh ground black pepper	1/4 tsp
eggs	4
Parmesan cheese (freshly grated)	4 tsp
whole wheat sandwich thins (1-1/2 oz each, toasted)	4

Directions

- 1 Spray a nonstick oven-proof skillet with cooking spray and heat over medium heat. Add ham slices and cook for 1 minute per side. Remove from pan and set aside.
- 2 Add olive oil to pan and add spinach to pan, sprinkle with garlic powder and pepper. Sauté until spinach is wilted; remove from pan and set aside.
- 3 Crack the eggs into pan; break yolk with spatula to make it run. Cook until egg starts to firm about 30-60 seconds and flip egg. Sprinkle each egg with 1 Tsp. Parmesan cheese. Cook until done and top each egg with 1 ham slice and spoonful of cooked spinach. Place each egg (topped with ham and spinach) on whole-wheat sandwich thin and top with other slice of sandwich thin.

Budget-Friendly Hearty Cabbage Soup



Nutrition Facts

9 Servings

Serving Size 1 cup

Amount per serving

Calories 120

Total Fat 2.5g

Saturated Fat 1g

Cholesterol 20mg

Sodium 360mg

Total Carbohydrate 15g

Dietary Fiber 5g

Total Sugars 5g

Protein 10g

Potassium 550mg

This veggie-loaded, high-fiber soup is more satisfying than traditional cabbage soup because of the addition of beans and turkey sausage. It also freezes well, so freeze half and use it during a busy week when you don't have much time to cook.



Prep time
20 min



Cook time



Servings
9 Servings



Serving size
1 cup

Ingredients

nonstick cooking spray	1
carrot(s) (diced)	2
celery stalks (diced)	2
onion(s) (diced)	1
cabbage (roughly chopped)	1/2
lean turkey breakfast sausage (crumbled)	1/2 lbs
low sodium chicken broth (fat-free, low-sodium)	40 oz
tomato(es) (14.5-ounce, diced)	1 can
Great Northern beans (15.5-ounce, rinsed and drained)	1 can
black pepper	1/4 tsp
dried oregano (dried)	1/2 tsp

Directions

- 1 Spray a large soup pot with cooking spray. Add celery, onion and carrots and sauté over medium-high heat for 3 minutes or onions until clear. Remove from pan and set aside.
- 2 Add turkey sausage and cook until brown, about 6-7 minutes. Add celery, onions and carrots back to pan and mix.
- 3 Add remaining ingredients and bring to a boil. Reduce heat and simmer for 30 minutes.

Budget-Friendly Herb Garlic Meatloaf



This savory budget-friendly meat loaf is just as good as classic meatloaf. Our diabetes-friendly version is made with lean ground turkey and is seasoned with fresh herbs and garlic.

 Prep time 10 min	 Cook time	 Servings 6 Servings	 Serving size 1 piece
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Nutrition Facts	
6 Servings	
Serving Size	1 piece
Amount per serving	
Calories	190
Total Fat	8g
Saturated Fat	2g
Cholesterol	75mg
Sodium	330mg
Total Carbohydrate	9g
Dietary Fiber	1g
Total Sugars	6g
Protein	21g
Potassium	330mg

Ingredients

nonstick cooking spray	1
whole wheat bread	1 slice
egg substitute	1/4 cup
lean ground turkey ((93% lean))	20 oz
garlic (minced)	2 clove
fresh oregano (chopped)	1 tbsp
fresh basil (chopped)	1 tbsp
ketchup (divided)	1/2 cup
salt ((optional))	1/2 tsp
black pepper	1/2 tsp
balsamic vinegar	2 tbsp
hot sauce (optional)	1 tbsp

Directions

- 1 Pre heat oven to 375 degrees F. Coat a loaf pan with cooking spray. Set aside.
- 2 In a medium bowl, break up the piece of whole wheat bread into pea-sized pieces. Add egg and mix well.
- 3 Add turkey, garlic, oregano, basil, 1/4 cup ketchup, salt (optional) and ground black pepper. Mix well.
- 4 Press the turkey mixture into the loaf pan tightly. Put in oven to bake for 20 minutes.
- 5 While meatloaf is baking, whisk together remaining 1/4 cup of ketchup, balsamic vinegar and hot sauce (optional).
- 6 After the meatloaf has baked for 20 minutes, pour the ketchup and balsamic glaze over the meatloaf. Return to the oven to bake for an additional 15 minutes or until the internal temperature of the meatloaf is 165 degrees F.
- 7 Let the meatloaf rest for 10 minutes before slicing.

Slow-Cooker Chicken & Sweet Potatoes



Prep time
20 min



Cook time



Servings
4 Servings



Serving size
1 chicken
thigh + 2-3
sweet potato
rounds (about
½ sweet
potato)

Nutrition Facts

4 Servings

Serving Size 1 chicken thigh + 2-3 sweet potato rounds (about ½ sweet potato)

Amount per serving

Calories **275**

Total Fat 7g

Saturated Fat 2g

Cholesterol 105mg

Sodium 310mg

Total Carbohydrate 32g

Dietary Fiber 3g

Total Sugars 12g

Protein 21g

Potassium 590mg

Ingredients

chicken thighs (4-ounce, boneless, skinless)	4
onion(s) (chopped)	1
large sweet potatoes ((about 1 pound total), peeled and sliced into large rounds)	2
low sodium chicken broth (low-sodium, low-fat, (gluten-free if needed))	1 1/2 cup
Splenda Brown Sugar blend	3 tbsp
dried thyme (dried)	1/4 tsp
Dijon mustard	2 tbsp
bay leaves	1

Directions

- 1 Place chicken in a slow cooker. Top chicken with onions and sweet potatoes.
- 2 Add remaining ingredients and cook on low for 5-7 hours or until chicken is done.
- 3 Remove bay leaf and serve.

Budget-Friendly Summer Vegetable Frittata



Nutrition Facts

4 Servings

Serving Size 2 slices

Amount per serving

Calories 130

Total Fat 6g

Saturated Fat 1.5g

Cholesterol 95mg

Sodium 135mg

Total Carbohydrate 9g

Dietary Fiber 2g

Total Sugars 2g

Protein 11g

Potassium 550mg

This frittata is a great way to get more veggies into your day and can be enjoyed for brunch or dinner. By using a combination of egg whites and whole eggs, you cut back on some of the saturated fat and cholesterol.



Prep time
20 min



Cook time



Servings
4 Servings



Serving size
2 slices

Ingredients

olive oil	1 tbsp
white (button) mushrooms (diced)	8 oz
medium red bell pepper (seeded and diced)	1
small onion (diced)	1
spinach	3 cup
eggs	2
egg whites	5
skim milk	1/4 cup
salt (optional)	1/2 tsp
black pepper	1/2 tsp
cayenne pepper	1/4 tsp
fresh basil (chopped)	1 tbsp

Directions

- 1 Preheat the oven to 350 degrees F.
- 2 Add olive oil to an oven safe, non-stick, sauté pan over medium high heat.
- 3 Add mushrooms and sauté until all of the liquid from the mushrooms is evaporated.
- 4 Add bell pepper, onion and spinach and sauté until vegetables are softened and liquid is evaporated.
- 5 Whisk eggs, egg whites, milk, salt (optional), pepper, cayenne pepper and basil in a medium bowl. Pour over vegetables and stir until eggs start to set.
- 6 Smooth the top of the frittata with a spatula, and put in oven to bake for 20 minutes or until eggs are set.
- 7 Slide the frittata out of the pan onto a plate and slice into 8 pie slices.

Crispy Baked Broccoli




Prep time
5 minutes


Cook time
45 minutes


Servings
4 Servings


Serving size
1/4 of recipe

Nutrition Facts

4 Servings

Serving Size 1/4 of recipe

Amount per serving

Calories **60**

Total Fat 2g

Saturated Fat 0g

Cholesterol 0mg

Sodium 95mg

Total Carbohydrate 6g

Dietary Fiber 3g

Total Sugars 3g

Protein 2g

Potassium 290mg

Ingredients

Nonstick cooking spray	1
frozen broccoli florets (16-ounce)	1 package
garlic powder	1 tsp
onion powder	1/2 tsp
soy sauce (reduced-sodium)	1 tbsp
olive oil	1 tbsp

Directions

- 1 Preheat the oven to 375 degrees F. Prep a cookie sheet with nonstick cooking spray.
- 2 Defrost the broccoli and drain.
- 3 Combine the remaining ingredients in a gallon-sized Ziploc bag. Add the broccoli florets to the plastic bag and shake until coated.
- 4 Place the florets on the prepared baking sheet with space between them. Discard the leftover marinade.
- 5 Bake for 45 minutes to an hour. The broccoli will be soft inside but crisp at the edges.

Easy Chicken Salad Toast



This easy chicken salad is a great way to repurpose leftover cooked chicken. You could also use canned chicken or tuna instead. Add some greens like spinach, lettuce or arugula to your open-face sandwich for extra veggies. For a low carb option, serve as a lettuce wrap instead of on toast.


Prep time
10 min


Cook time


Servings
4 Servings


Serving size
1 open-face
sandwich

Nutrition Facts

4 Servings

Serving Size 1 open-face sandwich

Amount per serving

Calories **320**

Total Fat 13g

Saturated Fat 2g

Cholesterol 65mg

Sodium 500mg

Total Carbohydrate 23g

Dietary Fiber 3g

Total Sugars 5g

Added Sugars 3g

Protein 28g

Potassium 330mg

Phosphorus 290mg

Ingredients

shredded or cubed cooked chicken	2 cup
light mayonnaise	1/4 cup
plain nonfat Greek yogurt	1/4 cup
minced onion	2 tbsps
salt	1/4 tsp
black pepper	1/4 tsp
dried dill	1 tsp
whole wheat bread (toasted)	4 slices
slivered almonds	1/4 cup

Directions

- 1 In a bowl, mix together the chicken, lite mayonnaise, Greek yogurt, minced onion, salt, black pepper and dried dill.
- 2 Top one piece of toast with ½ cup of chicken salad mix. Top with 1 Tablespoon toasted slivered almonds.
- 3 Repeat for remaining 3 pieces of toast, or store the chicken salad separate from the nuts in an airtight container in the refrigerator for up to 1 week and assemble the open faced sandwiches as needed.

Hard Boiled Egg




Prep time
2 min


Cook time
20 min


Servings
6 Servings


Serving size
1 egg

Nutrition Facts

6 Servings

Serving Size 1 egg

Amount per serving

Calories **78**

Total Fat 5g

Saturated Fat 1.5g

Cholesterol 185mg

Sodium 60mg

Total Carbohydrate less than 1g

Dietary Fiber 0g

Total Sugars less than 1g

Added Sugars 0g

Protein 6g

Potassium 65mg

Ingredients

eggs	6 large
water	4 cup

Directions

- 1 Lay the eggs in a single layer on the bottom of a large sauce pan and cover with cold water so that there is about an inch of water over the eggs.
- 2 Place the pan on a stovetop burner but before turning on the heat, set a timer for 20 minutes.
- 3 Start the timer then turn the heat to high and bring to a boil. Once boiling, reduce to a gentle simmer and simmer until the timer goes off.
- 4 When the timer goes off, immediately drain the water from the pan then gently shake the eggs in the pan to crack the shells.
- 5 Cover in ice water and let sit in the ice water for 15 minutes.
- 6 Drain the ice water, then gently roll each egg on a paper towel to loosen the shell, and peel the shell off of the egg.
- 7 Store in an airtight container in the refrigerator for up to one week.

Just Peachy Bowls



Grilling the peaches makes this dessert uniquely sweet and smoky, but if you're looking for an even quicker dessert, you can skip the grill and leave the peaches raw.



Prep time
8 min



Cook time
3 min



Servings
4 Servings



Serving size
1 bowl

Nutrition Facts

Serves 4

Serving Size 1 bowl

Amount per serving

Calories 90

Total Fat 2g

Saturated Fat 0g

Cholesterol less than 5mg

Sodium 20mg

Total Carbohydrate 13g

Dietary Fiber 2g

Total Sugars 10g

Protein 7g

Potassium 270mg

Phosphorus 220mg

Ingredients

Greek yogurt (fat-free plain)	1 cup
honey	1 tsp
pure vanilla extract	1/4 tsp
large fully ripened peaches (halved, pits and stems removed)	2
nonstick cooking spray	1
natural sliced almonds pan-toasted, or roasted pistachios	2 tbsp
small fresh mint leaves	20

Directions

- 1 In a small bowl, stir together the yogurt, honey, and vanilla.
- 2 Spritz the cut side of peach halves with cooking spray and place the peaches cut-side-down on a hot grill. Grill until grill marks start to form, and the peaches are heated through, 2-3 minutes.
- 3 Place each peach half onto a small plate, cut-side up. Top each half with the yogurt mixture, almonds, and mint, and serve.

Kale Apple Slaw



Prep time
15 min



Cook time



Servings
4 Servings



Serving size
1 1/4 cups

Nutrition Facts

4 Servings

Serving Size 1 1/4 cups

Amount per serving

Calories 100

Total Fat 4g

Saturated Fat 0.5g

Cholesterol 0mg

Sodium 210mg

Total Carbohydrate 13g

Dietary Fiber 3g

Total Sugars 8g

Added Sugars 0g

Protein 5g

Potassium 300mg

Phosphorus 75mg

Ingredients

plain nonfat Greek yogurt	1/2 cup
garlic (minced)	1 clove
Dijon mustard	1 tsp
olive oil	1 tbsp
lemon juice	3 tbsp
water	3 tbsp
salt	1/4 tsp
black pepper	1/8 tsp
chopped kale	2 cup
shredded red cabbage	3 cup
Fuji apple (grated with skin)	1

Directions

- 1 In a large bowl, whisk together the yogurt, garlic, mustard, olive oil, lemon juice, water, salt, and black pepper.
- 2 Add the kale, cabbage, and apple to the bowl and toss to evenly coat. Cover and place in the refrigerator for 30 minutes before serving for the flavors to combine.

Mashed Red Potatoes



Red potatoes have a waxy texture, and they stay firmer than other potatoes when cooked, giving these simple mashed potatoes a chunky texture. Leave the skin on for a pop of color and more fiber.



Prep time
15 min



Cook time
20 min



Servings
8 Servings



Serving size
1/2 cup

Nutrition Facts

8 Servings

Serving Size 1/2 cup

Amount per serving

Calories 100

Total Fat 1.5g

Saturated Fat 1g

Cholesterol less than 5mg

Sodium 100mg

Total Carbohydrate 19g

Dietary Fiber 2g

Total Sugars 2g

Added Sugars 0g

Protein 3g

Potassium 540mg

Phosphorus 85mg

Ingredients

red potatoes (washed and cut into 1-inch cubes)	2 lbs
1% milk	1/2 cup
unsalted butter	1 tbsp
salt	1/4 tsp
black pepper	1/8 tsp

Directions

- 1 Pour 1/4 cup of water into a medium pot fitted with a steamer basket and bring to a boil over high heat. Add the red potatoes, cover, and reduce the heat to medium. Cook until the potatoes are tender, 25-30 minutes. Set aside to cool.
- 2 In a small saucepan, heat the milk and butter over medium heat until the butter melts, 2 minutes. Remove the saucepan from the heat and set aside to slightly cool.
- 3 Add the potatoes to a large bowl and, using a potato masher, mash until almost smooth. Add the milk mixture, salt, and black pepper and mix until well combined.

Peanut Butter Banana Oat Bites



These satisfying high-fiber bites make a great snack or quick breakfast. You can freeze a couple bites in a snack-size plastic bag for a grab and go breakfast too!


Prep time
15 min


Cook time


Servings
24 Servings


Serving size
2 bites

Nutrition Facts

24 Servings

Serving Size 2 bites

Amount per serving

Calories **75**

Total Fat 4g

Saturated Fat 0.5g

Cholesterol 10mg

Sodium 130mg

Total Carbohydrate 8g

Dietary Fiber 1g

Total Sugars 2g

Protein 3g

Potassium 90mg

Phosphorus 60mg

Ingredients

eggs	1
ripe banana (mashed)	1
peanut butter (heated in microwave for 30 seconds)	1/2 cup
vanilla extract	1 tsp
Splenda Brown Sugar blend	2 tbsp
old-fashioned rolled oats (not quick cooking) (gluten-free if needed)	2 cup
baking soda	1 tsp
salt	1/2 tsp
ground flax seed	1/4 cup

Directions

- 1 Preheat oven to 350 degrees. Line a baking sheet with parchment paper.
- 2 In a medium bowl whisk together peanut butter, banana, egg, vanilla and Splenda Brown Sugar blend.
- 3 In a small bowl mix together oats, baking soda and salt. Add milled flaxseed.
- 4 Add oat mixture to peanut butter mixture and mix well.
- 5 Scoop batter into 1 Tbsp. balls and place on baking sheet. Bake for 10-12 minutes. Cool on wire rack.

Power Snack Mix



Dried fruit is high in carbs so using a little bit, like in this recipe, can be a good way to add a sweet and fruity taste without too many carbs. This snack mix can appeal to both kids and adults!



Prep time
5 min



Cook time



Servings
6 Servings



Serving size
1/3 cup

Nutrition Facts

6 Servings

Serving Size 1/3 cup

Amount per serving

Calories **165**

Total Fat 10g

Saturated Fat 1.5g

Cholesterol 0mg

Sodium 20mg

Total Carbohydrate 17g

Dietary Fiber 3g

Total Sugars 9g

Protein 4g

Potassium 180mg

Ingredients

multigrain cheerios	1 cup
mini-chocolate chips	3 tbsp
almonds	3/4 cup
dried cherries	1/3 cup

Directions

- 1 In a medium bowl, mix together all ingredients. Portion into 1/2 cup servings.

Roasted Baby Carrots



Roasting brings out the natural flavor and sweetness in these carrots. You could substitute tarragon for parsley here if desired.



Prep time
5 min



Cook time



Servings
8 Servings



Serving size
1/3 cup

Nutrition Facts

8 Servings

Serving Size 1/3 cup

Amount per serving

Calories **45**

Total Fat 2.5g

Saturated Fat 0g

Cholesterol 0mg

Sodium 40mg

Total Carbohydrate 5g

Dietary Fiber 2g

Total Sugars 3g

Protein 1g

Potassium 180mg

Ingredients

nonstick cooking spray	1
baby carrots	1 lbs
olive oil	1 1/2 tbsp
agave nectar (optional)	1 tbsp
parsley (dried)	1/2 tsp

Directions

- 1 Preheat the oven to 425 degrees F. Spray a baking sheet with cooking spray.
- 2 In a small bowl, mix together the carrots and olive oil. Pour the mixture onto the baking sheet.
- 3 Bake for 15-20 minutes, until the carrots are tender.
- 4 Place the carrots into a bowl and mix with the agave nectar. Sprinkle the carrots with parsley.

Roasted Cauliflower



Not a big veggie fan? Try roasting your vegetables. Roasting vegetables is one of the easiest and tastiest ways to prepare them.



Prep time
35 min



Cook time



Servings
6 Servings



Serving size
1/2 cup

Nutrition Facts

6 Servings

Serving Size 1/2 cup

Amount per serving

Calories **75**

Total Fat 5g

Saturated Fat 0.5g

Cholesterol 0mg

Sodium 40mg

Total Carbohydrate 7g

Dietary Fiber 3g

Total Sugars 3g

Protein 3g

Potassium 420mg

Ingredients

nonstick cooking spray	1
large cauliflower head (cut into small florets)	1
olive oil	2 tbsp
black pepper	1/4 tsp
salt (optional)	1/4 tsp

Directions

- 1 Preheat the oven to 425 degrees F. Spray a baking sheet with cooking spray.
- 2 In a small bowl, mix together the cauliflower, olive oil, black pepper and salt. Pour the mixture onto baking sheet.
- 3 Bake for 15-20 minutes, until the cauliflower tips are slightly brown and tender.

Rustic Red Potatoes and Green Beans



Nutrition Facts

6 Servings

Serving Size 1/6 of recipe or about 3/4 cup

Amount per serving

Calories 115

Total Fat 5g

Saturated Fat 0.5g

Cholesterol 0mg

Sodium 115mg

Total Carbohydrate 16g

Dietary Fiber 3g

Total Sugars 2g

Protein 3g

Potassium 410mg

This mixed veggie dish is an example of how to increase your vegetable intake while controlling your carbohydrate intake. Fill half your plate low-carb veggies such as green beans, broccoli, cauliflower or asparagus.



Prep time
10 min



Cook time



Servings
6 Servings



Serving size
1/6 of recipe
or about 3/4
cup

Ingredients

nonstick cooking spray	1
fresh green beans	1 lbs
petite red potatoes (cut into eighths)	6
olive oil (divided)	2 tbsp
garlic salt (divided)	1/2 tsp
black pepper (divided)	1/4 tsp
parsley (dried)	1/4 tsp

Directions

- 1 Preheat oven to 400 degrees F. Spray a baking sheet with cooking spray.
- 2 In a medium bowl mix together potatoes, 1 Tbsp. olive oil, 1/4 Tsp. garlic salt, 1/8 Tsp. pepper and 1/4 Tsp. parsley.
- 3 Place potatoes on half of baking sheet and bake for 15 minutes.
- 4 In a medium bowl mix together green beans, 1 Tbsp. olive oil, 1/4 Tsp. garlic salt and 1/8 Tsp. pepper.
- 5 After potatoes have baked for 15 minutes; add green beans to other half of baking sheet. Bake potatoes and green beans for additional 20 minutes.
- 6 Place potatoes and green beans in serving bowl and mix together.

Seasonal Baked Whitefish Pouch



Foil or parchment pouches are an easy way to make perfectly cooked and seasoned fish with vegetables. By sealing the edges of the pouches, you'll seal in all of the moistness. The result—lots of savory sauciness in the pouch after cooking, with no clean up! Serve the steamy fish and vegetables over farro or brown rice, or sop up this flavorful sauce with a whole-grain roll.


Prep time
12 min


Cook time
18 min


Servings
4 Servings


Serving size
1 pouch

Nutrition Facts

4 Servings

Serving Size 1 pouch

Amount per serving

Calories **210**

Total Fat 10g

Saturated Fat 1g

Cholesterol 35mg

Sodium 350mg

Total Carbohydrate 6g

Dietary Fiber 2g

Total Sugars 3g

Protein 25g

Potassium 860mg

Phosphorus 310mg

Ingredients

bite-size nonstarchy vegetables, such as broccoli, peppers, yellow squash, and zucchini	4 cup
extra virgin olive oil (divided)	6 tsp
sea salt (divided)	1/2 tsp
white fish such as halibut or cod (divided into 4 (4-oz) fillets)	16 oz
shallot (finely chopped, divided)	1 large
lemon juice (divided)	4 tsp
dried herbs, such as rosemary or oregano	1 tsp

Directions

- 1 Preheat the oven to 425° F. Cut a sheet of parchment paper or aluminum foil into 4 (12-inch) square pieces.
- 2 Top the right half of each square with, in order: 1 cup vegetables, 1½ tsp oil, a dash (about 1/ 16 tsp) of salt, 1 fish fillet, 1 Tbsp shallot, 1 tsp lemon juice, ¼ tsp herbs, and a dash of salt.
- 3 Fold the left side of each square over the ingredients. Seal the edges well. Place on a baking sheet. Bake for 18 minutes, until the vegetables are tender and the fish is flaky, with an internal temperature of at least 145° F.
- 4 Let the fish stand for about 5 minutes, then carefully open the pouches and serve, in or out of the pouch.

Simple Brown Rice with Scallions



Boost brown rice with a flavorful blend of soy sauce and rice vinegar, plus scallions (or other herbs) for a pop of color and fresh flavor.



Prep time
5 min



Cook time
40 min



Servings
6 Servings



Serving size
1/2 cup

Nutrition Facts

6 Servings

Serving Size 1/2 cup

Amount per serving

Calories 140

Total Fat 3.5g

Saturated Fat 0.5g

Cholesterol 0mg

Sodium 230mg

Total Carbohydrate 25g

Dietary Fiber 2g

Total Sugars 2g

Added Sugars 0g

Protein 3g

Potassium 310mg

Phosphorus 140mg

Ingredients

scallions (thinly sliced)	5
ground ginger	1/4 tsp
low sodium vegetable broth or water	2 cup
brown rice	1 cup
lower sodium soy sauce	2 tbsp
olive oil	1 tbsp
rice vinegar	1 tbsp

Directions

- 1 In a small bowl, whisk together the soy sauce, olive oil, rice vinegar, and ginger. Drizzle the soy sauce mixture onto the rice and toss to evenly coat. Add the scallions and toss to incorporate.
- 2 In a saucepan over high heat, bring the rice and broth to a boil. Reduce the heat to medium low and simmer until the rice is tender, about 40 minutes. (Alternatively, you can use a rice cooker to cook the rice.) Fluff the rice with a fork and place in a large bowl.

Skillet Caraway Cornbread



Nutrition Facts

16 Servings

Serving Size 1 wedge

Amount per serving

Calories 125

Total Fat 5g

Saturated Fat 0.5g

Cholesterol 25mg

Sodium 170mg

Total Carbohydrate 17g

Dietary Fiber 1g

Total Sugars 5g

Protein 3g

Potassium 75mg

Phosphorus 105mg

The bread may also be prepared in an 8-inch square baking pan coated with nonstick cooking spray. You won't need the 2 tsp. vegetable oil.



Prep time
15 min



Cook time
20 min



Servings
16 Servings



Serving size
1 wedge

Ingredients

caraway seeds	1 tsp
vegetable oil (divided)	2 tsp
cornmeal	1 cup
whole wheat flour	1 cup
baking powder	1 1/2 tsp
baking soda	1/2 tsp
salt	1/2 tsp
eggs	2
low-fat buttermilk	1 cup
honey	1/4 cup

Directions

- 1 Preheat the oven to 400 degrees. In a small, dry skillet, toast the caraway seeds over medium heat for 2 to 3 minutes, just until lightly browned and fragrant; set aside. When the oven is hot, add 2 tsp. of the vegetable oil to a 9-inch cast-iron skillet. Heat the pan in the oven for 5 minutes.
- 2 Meanwhile, in a large bowl, mix the cornmeal, flour, baking powder, baking soda, salt, and caraway seeds.
- 3 In a separate bowl, beat the eggs with a wire whisk. Add the buttermilk, honey, and 1/4 cup vegetable oil.
- 4 Add the wet ingredients to the dry ingredients and mix until just combined.
- 5 Carefully add the batter to the hot skillet and bake for 20 to 22 minutes, or until the cornbread is cooked through and a cake tester or toothpick inserted in the middle comes out clean. Let the cornbread cool for 5 minutes. Cut into 16 same-sized wedges and serve warm.

Three-Minute Skillet Beans & Greens



Serve as a quick and easy meal for 2 on a busy night, or split into 4 servings to serve as a hearty side dish. If you don't have fresh spinach, you could use frozen spinach, or sub in another green like kale or collard greens (heartier greens will need to cook for a few minutes longer). To make a saucier dish, reserve the liquid from the canned beans and add some to the pan with the spinach. Add a splash of coconut milk for even more decadence.



Prep time
5 min



Cook time
3 min



Servings
4 Servings



Serving size
3/4 cups

Nutrition Facts

4 Servings

Serving Size 3/4 cups

Amount per serving

Calories 155

Total Fat 6g

Saturated Fat 0.5g

Cholesterol 0mg

Sodium 170mg

Total Carbohydrate 21g

Dietary Fiber 7g

Total Sugars 4g

Added Sugars 0g

Protein 8g

Potassium 420mg

Phosphorus 140mg

Ingredients

olive oil	1 tbsp
no-salt-added garbanzo beans (drained)	1 (15-oz) can
curry powder	1 tsp
ground ginger	1/2 tsp
black pepper	1/4 tsp
fresh baby spinach	1 (5-oz) package
salt	1/4 tsp

Directions

- 1 In a large skillet, heat the oil over medium heat. Add the garbanzo beans, curry powder, ginger, and pepper, and stir to coat. Add the spinach and salt, and cook while gently stirring until the beans are heated through and the spinach is just wilted, about 2 1/2 minutes. Serve.

Turkey Tacos




Prep time
10 min


Cook time
10 min


Servings
6 Servings


Serving size
1 taco

Nutrition Facts

6 Servings

Serving Size 1 taco

Amount per serving

Calories 260

Total Fat 12g

Saturated Fat 2.5g

Cholesterol 60mg

Sodium 80mg

Total Carbohydrate 19g

Dietary Fiber 4g

Total Sugars 2g

Protein 19g

Potassium 460mg

Phosphorus 280mg

Ingredients

olive oil	2 tsp
red onion (diced)	1/2
finely diced jalapeño pepper	2 tbsp
lean ground turkey	16 oz
garlic (minced)	1 clove
ground cumin	1 tbsp
chili powder	1 tbsp
smoked paprika	1/2 tsp
water	2 tbsp
6-inch corn tortillas	6
avocado (diced)	1 large
plain nonfat Greek yogurt	6 tbsp
no-salt-added pico de gallo	6 tbsp

Directions

- 1 In a large skillet, heat the olive oil over medium-high heat.
- 2 Add the onion and jalapeno to the skillet and cook for 2 minutes. Add the turkey and cook until the meat is browned and the vegetables are cooked through, about 5 to 7 minutes. Add the garlic and cumin and cook for 30 seconds.
- 3 Lower the heat and add the chili powder, paprika, and water, and mix thoroughly.
- 4 Fill each tortilla with $\frac{1}{2}$ cup of the turkey mixture, plus about 2 Tbsp diced avocado, 1 Tbsp yogurt, and 1 Tbsp pico de gallo.

Veggie Dip Cups




Prep time
20 min


Cook time


Servings
4 Servings


Serving size
1 cup

Nutrition Facts

4 Servings

Serving Size 1 cup

Amount per serving

Calories 90

Total Fat 4g

Saturated Fat 0.5g

Cholesterol less than 5mg

Sodium 260mg

Total Carbohydrate 10g

Dietary Fiber 2g

Total Sugars 6g

Protein 5g

Potassium 350mg

Phosphorus 90mg

Ingredients

low-fat buttermilk	1/4 cup
low fat plain greek yogurt	1/2 cup
light mayonnaise	1/4 cup
fresh parsley (minced)	1 tbsp
dried dill	1/2 tsp
garlic powder	1/2 tsp
onion powder	1/2 tsp
salt	1/8 tsp
black pepper	1/4 tsp
assorted vegetable sticks for dipping (carrots, cucumbers, celery, bell pepper, etc)	4 cup

Directions

- 1 In a medium bowl, combine buttermilk, yogurt, mayonnaise, parsley, dill, garlic powder, onion powder, salt, and pepper.
- 2 Pour 1/4 of the dip into a plastic or glass cocktail cup.
- 3 Arrange 1 cup of assorted vegetable sticks in the cup so all of them are touching the dip.
- 4 Repeat process for 3 more cups. If not serving immediately, store vegetable sticks separately, and add to cups with dip before serving.

Grocery List

Fresh Produce

<input type="checkbox"/> apple	5	<input type="checkbox"/> Granny Smith or other tart apple	4
<input type="checkbox"/> arugula	2/3 cup	<input type="checkbox"/> grape tomatoes	2 cup
<input type="checkbox"/> assorted vegetable sticks	12 cup	<input type="checkbox"/> green onion (scallion)	5
<input type="checkbox"/> avocado	2	<input type="checkbox"/> jalapeño pepper	2
<input type="checkbox"/> baby carrots	2	<input type="checkbox"/> kale	2 cup
<input type="checkbox"/> baby spinach	12 cup	<input type="checkbox"/> onion(s)	12
<input type="checkbox"/> bananas	5	<input type="checkbox"/> packaged coleslaw mix	2 cup
<input type="checkbox"/> basil	12 tsp	<input type="checkbox"/> parsley	1/8 cup
<input type="checkbox"/> cabbage	14 cup	<input type="checkbox"/> peaches	4
<input type="checkbox"/> carrot(s)	8	<input type="checkbox"/> red bell pepper	2
<input type="checkbox"/> cauliflower	1	<input type="checkbox"/> red cabbage	3
<input type="checkbox"/> celery	8 stalks	<input type="checkbox"/> red onion	1/2
<input type="checkbox"/> cherry tomatoes	1 1/3 cup	<input type="checkbox"/> red potatoes	14
<input type="checkbox"/> cucumber(s)	1	<input type="checkbox"/> shallot	1
<input type="checkbox"/> fresh green beans	2 lbs	<input type="checkbox"/> spinach	7 1/4 cup
<input type="checkbox"/> fresh mint	40 cup	<input type="checkbox"/> sweet potatoes	6 lbs
<input type="checkbox"/> fresh parsley	1/8 cup	<input type="checkbox"/> tomato(es)	4
<input type="checkbox"/> garlic	6 clove	<input type="checkbox"/> white (button) mushrooms	2 cup

Fresh Meat, Poultry, & Seafood

<input type="checkbox"/> chicken thighs	8 lbs	<input type="checkbox"/> lean turkey breakfast sausage	2 lbs
<input type="checkbox"/> cooked chicken	2 cup	<input type="checkbox"/> roasted garlic chicken sausage	6
<input type="checkbox"/> lean ground turkey	68 oz	<input type="checkbox"/> white fish	1 lbs

Dairy

<input type="checkbox"/> 1% milk	1/2 cup	<input type="checkbox"/> low-fat buttermilk	2 1/2 cup
<input type="checkbox"/> butter	1 tbsp	<input type="checkbox"/> Parmesan cheese	1/4 cup
<input type="checkbox"/> egg substitute	1/2 cup	<input type="checkbox"/> plain nonfat Greek yogurt	4 1/8 cup
<input type="checkbox"/> eggs	49	<input type="checkbox"/> skim milk	1/2 cup

Sauces & Condiments

<input type="checkbox"/>	Dijon mustard	4 1/2 tbsp
<input type="checkbox"/>	honey	10 tbsp
<input type="checkbox"/>	hot sauce	2 tbsp
<input type="checkbox"/>	ketchup	1 cup

<input type="checkbox"/>	lemon juice	4 1/2 tbsp
<input type="checkbox"/>	light Italian salad dressing	1/3
<input type="checkbox"/>	rice vinegar	3 tsp

Baking & Spices

<input type="checkbox"/>	agave nectar	2 tbsp
<input type="checkbox"/>	baking powder	3 tsp
<input type="checkbox"/>	baking soda	4 tsp
<input type="checkbox"/>	balsamic vinegar	1/4 cup
<input type="checkbox"/>	bay leaves	2
<input type="checkbox"/>	black pepper	7 1/8 tsp
<input type="checkbox"/>	caraway seeds	2 tsp
<input type="checkbox"/>	cayenne pepper	1/2 tsp
<input type="checkbox"/>	chili powder	3 tsp
<input type="checkbox"/>	cornmeal	2 cup
<input type="checkbox"/>	curry powder	3/4 tbsp
<input type="checkbox"/>	dried dill	2 tsp
<input type="checkbox"/>	dried oregano	8 tsp
<input type="checkbox"/>	dried rosemary	1 tsp
<input type="checkbox"/>	dried thyme	1/2 tsp

<input type="checkbox"/>	garlic powder	2 3/4 tsp
<input type="checkbox"/>	garlic salt	1 tsp
<input type="checkbox"/>	ground cinnamon	1 tsp
<input type="checkbox"/>	ground cumin	3 tsp
<input type="checkbox"/>	ground ginger	1 tsp
<input type="checkbox"/>	mini-chocolate chips	1/2 cup
<input type="checkbox"/>	onion powder	1 1/2 tsp
<input type="checkbox"/>	red wine vinegar	2 tbsp
<input type="checkbox"/>	salt	9 3/4 tsp
<input type="checkbox"/>	smoked paprika	1/2 tsp
<input type="checkbox"/>	Splenda Brown Sugar blend	16 tbsp
<input type="checkbox"/>	vanilla extract	3 1/2 tsp
<input type="checkbox"/>	white wine vinegar	6 tsp
<input type="checkbox"/>	whole wheat flour	2 cup

Dry Packaged Foods

<input type="checkbox"/>	almonds	1 1/2
<input type="checkbox"/>	brown rice	1 cup
<input type="checkbox"/>	dried cherries	2/3 cup
<input type="checkbox"/>	ground flax seed	12 tbsp
<input type="checkbox"/>	multigrain cheerios	2 cup

<input type="checkbox"/>	old-fashioned rolled oats (not quick cooking)	6 cup
<input type="checkbox"/>	peanut butter	32 tbsp
<input type="checkbox"/>	sliced almonds	4 tbsp
<input type="checkbox"/>	slivered almonds	1/4 cup

Canned Food

<input type="checkbox"/> black olives	1/4 cup	<input type="checkbox"/> low sodium chicken broth	23 cup
<input type="checkbox"/> chickpeas (garbanzo beans)	2	<input type="checkbox"/> low sodium vegetable broth	2 cup
<input type="checkbox"/> Great Northern beans	4	<input type="checkbox"/> tuna packed in water	8 oz

Oils / Fats

<input type="checkbox"/> light mayonnaise	12 tbsp	<input type="checkbox"/> olive oil	77 1/2 tsp
<input type="checkbox"/> nonstick cooking spray	20	<input type="checkbox"/> vegetable oil	4 tsp

Ethnic Foods

<input type="checkbox"/> corn tortillas	6	<input type="checkbox"/> salsa verde (tomatillo salsa)	1/2 cup
<input type="checkbox"/> lower sodium soy sauce	2 tbsp	<input type="checkbox"/> soy sauce	1 tbsp
<input type="checkbox"/> pico de gallo	1/2 cup		

Frozen Food

<input type="checkbox"/> frozen broccoli florets	1
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Bakery

<input type="checkbox"/> whole wheat bread	6 slice	<input type="checkbox"/> whole-wheat English muffins	4
<input type="checkbox"/> whole wheat sandwich thins	12 oz		

Beverages

<input type="checkbox"/> white wine	1/2 cup
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