

One-day meal plan



Crunchy cravings

Sink your teeth into something new! This complete day's worth of healthy meals is full of tasty recipes to satisfy your **crunchy, crispy, crumbly cravings**.

The information in the content and tools are not intended as a medical diagnosis or treatment, or as a substitution for regular medical advice from your healthcare provider.

Swapping out ingredients will change the nutrition information per serving.

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Breakfast

Avocado toast

Ingredients

½ small avocado

1 slice whole grain bread

A pinch of salt to taste

Preparation

Makes: 1 serving

Toast bread. While bread is toasting, slice avocado in half, remove pit, and scoop out avocado flesh into bowl. Sprinkle salt on avocado and mash well with fork. Spread mashed avocado on toast. Serve while toast is hot.



Slash the salt. Swap out the salt for garlic powder and save 258 mg of sodium.

Nutrition per serving

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
200	12 g	2 g	423 mg	0 mg	21 g	7 g	3 g	6 g	582 mg



Lunch

Spinach salad with chicken, strawberries, walnuts, and feta cheese

Ingredients

3 cups baby spinach
2 oz chopped grilled chicken
½ cup strawberries, sliced
½ oz crumbled feta cheese
2 Tbsp walnuts, chopped
2 tsp olive oil
1 Tbsp balsamic vinegar
Cooking spray

Preparation

Makes: 1 serving

Coat the frying pan with cooking spray. Add chicken and cook 3-4 minutes per side, or until center is no longer pink. Combine baby spinach, chopped grilled chicken, sliced strawberries, crumbled feta cheese, chopped walnuts, olive oil, and balsamic vinegar. Toss all ingredients and add salt and black pepper to taste.



Swap the chicken for 3 oz grilled seitan or tofu to make this dish vegetarian.

Nutrition per serving

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
459	34 g	10 g	482 mg	60 mg	27 g	4 g	7 g	23 g	798 mg



Snack

Kale chips

Ingredients

2 cups kale, shredded
1 Tbsp extra-virgin olive oil
1/8 tsp salt and pepper
1/2 tsp garlic powder or salt-free seasoning of choice

Preparation

Makes: 1 serving

Preheat oven to 350° F. Spread shredded kale on a baking sheet in an even layer. Drizzle kale with extra-virgin olive oil and sprinkle with salt and pepper. Bake for about 10 minutes or until crispy. Once cooled, enjoy!

Nutrition per serving

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
186	14 g	2 g	300 mg	0 mg	12 g	2 g	1 g	4 g	183 mg



Dinner

Spaghetti squash spaghetti

Ingredients

1 spaghetti squash (3 lbs)
Cooking spray
1 tsp extra-virgin olive oil
1 clove fresh garlic, minced
½ small onion, chopped
8 oz canned, no-salt-added, diced tomatoes
¼ tsp black pepper
¼ tsp dried, salt-free herbs, Italian blend
⅛ tsp crushed red pepper flakes
16 oz canned, no-salt-added tomato sauce
½ cup small bite-size fresh mozzarella balls (can substitute fresh mozzarella, cut into bite-size pieces)
¼ cup basil, torn or coarsely chopped, OR 1 tsp dried basil

Preparation

Makes: 4 servings

Preheat oven to 350° F. Cut spaghetti squash in half. On a baking sheet coated with cooking spray, place halves of squash facedown and bake for 1 hour or until tender. Heat oil in medium saucepan over medium heat. Add garlic and onion and cook until soft, about 5-7 minutes. Add diced tomatoes, pepper, herbs, and red pepper flakes. Cook until liquid is evaporated, about 2-3 minutes. Add tomato sauce and reduce heat to medium-low and simmer for 10 minutes. Let squash sit at room temperature until just cool enough to handle. Take a fork and scrape squash flesh from outside working in, creating "spaghetti noodles." Add squash "noodles" to sauce and remove from heat. Toss with mozzarella balls and fresh basil and serve.

Nutrition per serving

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
172	7 g	3 g	64 mg	19 mg	24 g	6 g	7 g	6 g	964 mg



Dessert

Dark chocolate pistachio bark

Ingredients

2 bags (12 oz) semi-sweet chocolate chips

¼ cup shelled pistachios, roughly chopped

1½ tsp coarse sea salt

Cooking spray



Save money by replacing the pistachios with chopped peanuts or slivered almonds.

Preparation

Makes: about 24 servings

Place a sheet of parchment paper on a baking sheet. Coat with cooking spray and set aside. Add chocolate chips to a medium glass bowl. Fill a medium saucepan with 3 inches of water and bring to a boil. Place the glass bowl filled with the chocolate chips on top of the saucepan (creating a homemade double boiler). (Take care touching the bowl — it will get hot.) Stir chocolate chips with a rubber spatula as they melt until the chocolate is smooth and pourable. Pour melted chocolate onto the greased baking sheet and spread it so it's about ¼-inch thick. Sprinkle with coarse sea salt and chopped pistachios. Place the baking sheet in the refrigerator for 1 hour. Break up into uneven pieces and serve.

Nutrition per serving

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
222	10 g	3 g	155 mg	1 mg	19 g	4 g	5 g	15 g	94 mg