



*N. Augusta, Lexington, Anderson, Summerville, Charleston, Harlem*

## Breakfast Ideas

Having a big breakfast is essential to kickstart your metabolism and help ensure that you are eating enough calories to aid in your weight loss journey! If you are taking the appetite suppressant, it is suggested that you eat breakfast before taking the medication.

- 1 serving cottage cheese with fruit
- 1 serving Greek yogurt with fruit
- 1 serving Greek yogurt with 1-2 tbsp peanut butter or almond butter mixed in
- 2 eggs with ½ avocado & 1 serving of berries
- Scrambled eggs or omelet with chopped veggies, shredded cheese, and ½ avocado
- Scrambled eggs or omelet with spinach, peppers, onions, shredded cheese
- Scrambled eggs or omelet with spinach, olives, tomato & feta cheese
- Smoothie: Greek yogurt, ice, spinach/veggies, 1-2 servings of fruit (MAX)
- Egg Quiche (with ham or sausage, cheese, chopped veggies)
  - These can be made into individual serving sizes with a muffin tin!
- Eggs & sweet potato hash (with chopped onion, peppers, etc.)
- Multi-grain or Ezekiel toast with egg, cheese, and avocado
- Multi-grain or Ezekiel toast with cheese, tomato, and spinach
- Whole grain breakfast burrito with egg, cheese, spinach, and other veggies
- 1 protein bar (if on the go)
- 1 protein shake & a serving of fruit (if on the go or don't tolerate breakfast well)
- 2 hardboiled eggs or scrambled eggs, 1 slice of whole-grain or Ezekiel toast
- 2 hardboiled or scrambled eggs, 1 piece of fruit
- Plain oatmeal with ¼ cup milk, ¼ cup berries (strawberries, blueberries, etc.) & 1 egg
- Plain oatmeal with 2 scrambled eggs & shredded cheese on top (opt. add ¼ avocado)
- Plain oatmeal with peanut butter or almond butter mixed in & 2 hardboiled or scrambled eggs
- Steak, peppers, onions & egg scramble
- Egg BLT with multi-grain or Ezekiel Bread
- 1 small apple, 2 tbsp peanut butter, 2 hardboiled or scrambled eggs

## Protein Snacks<sup>©</sup>

The Protein food group is comprised of meat, seafood, dairy products, beans and peas, eggs, nuts, and seeds. Choosing lean meats, seafood high in omega 3, and unsalted nuts and seeds can not only lead you to a healthier lifestyle, but these foods can help you remain full for extended periods of time. This means it will help by cutting back on your desire to eat excessively throughout the day.

- ½ cup cottage cheese (with fruit if before 3 pm)
- 1 serving Greek yogurt (with fruit if before 3 pm)
- Roll-Ups: 3 slices low sodium turkey & 1 slice cheese & spinach/greens
- 3 slices low sodium turkey or roll-ups & 1 pickle
- 1 serving of cheese & a handful of nuts (cashews, almonds, etc.)
- 1 handful of lightly salted or unsalted nuts (cashews, almonds, etc.) & pumpkin seeds
- 1 serving low sodium turkey jerky
- 2 hardboiled eggs
- 2 TBPS hummus & 1 cup veggies (peppers, celery cucumbers, etc.)
- 1 100-calorie pack of edamame
- 1 plain rice cake with peanut butter or almond butter (if before 3 pm)
- 1 serving low sodium pumpkin seeds & 1 oz cashews
- 1 serving tuna fish with 2 TBSP mayo or mustard (can mix diced celery or pickles into it)
- ½ cup chicken salad with 2 TBSP mayo or ¼ avocado (bonus: make it a lettuce wrap!)
- Greek salad (cucumber, tomato, red onion, feta cheese, red wine vinegar, olive oil)
- ¼ cup of low-sodium black beans with 1 TBSP salsa and a sprinkle of low-fat cheese
- ¼ cup roasted chickpeas
- 2 TBSP black bean hummus & 1 cup veggies (peppers, celery, cucumbers, etc.)
- 1 cup low sodium turkey or chicken chili with beans and veggies
- 2 deviled eggs OR 2 guacamole deviled eggs
- 2-3 lentil and turkey meatballs
- peanut butter or almond butter & celery
- Caprese salad (tomato, mozzarella, basil, balsamic vinegar)
- ½ cup buffalo chicken on celery stalks
- 1 serving of yogurt dip & veggies (peppers, celery, cucumbers, etc.)
- 1 serving smoked salmon on cucumber slices
- Bean salad (black beans, northern beans, kidney beans, peppers, onions, corn)

- A small portion of leftover dinner/lunch
- 1 protein bar (if on the go and before 3 pm)

## CARB FREE AFTER 3pm DINNER RECIPES

1. **4oz lean protein** (chicken, turkey, fish) & **2 cups veggies** (broccoli, cauliflower, asparagus, mushrooms, zucchini, squash, bell peppers & onions, brussel sprouts, or combo)
2. **Ground turkey or chicken meatballs with zucchini noodles**
  - a. 1 package ground protein (chicken or turkey)
  - b. 1 egg
  - c. Spices – cumin is a must, and whatever else you like
  - d. Optional: 1-2 cups of chopped up veggies
  - e. 1-2 zucchinis
  - f. Marinara sauce – homemade or low sugar/sodium jarred sauce

### *INSTRUCTIONS:*

- i. Mix ground protein w/ egg, spices & veggies
  - ii. Using a spiralizer (an excellent tool that can be used with various veggies), turn the zucchini into noodles. You can eat them raw if you like the crunch or sauté with 1 TBSP olive oil or coconut oil to soften.
  - iii. Form mixture into small balls and bake in the oven at 350F for 20-25 minutes.
  - iv. Top zucchini noodles w/ meatballs and sauce
3. **Turkey or chicken meatballs with a side of roasted veggies**
  4. **Turkey or chicken meatballs on top of a salad w/ mixed veggies**

### 5. **Lettuce Wraps**

- a. Lean protein – chicken, fish, turkey (either ground or breasts)
- b. Romaine lettuce leaves (3-4 per serving)
- c. ½ cup black beans
- d. 1 cup sautéed bell peppers & onions
- e. 2-3 TBSP salsa
- f. ¼ avocado

### *INSTRUCTIONS:*

- i. Assemble each wrap using romaine lettuce, add protein, black beans, veggies, avocado, and top with salsa

### 6. **Burrito Bowl**

- a. Cauliflower rice (premade or steam cauliflower and pulse in the food processor until rice consistency)
- b. Lean protein (chicken, turkey, or fish)

- c. Sautéed veggies
- d. Black beans or chickpeas
- e. Avocado
- f. Top with salsa

**7. Curry**

- a. 1lb Chicken breast
- b. 1-2 cans of unsweetened coconut milk
- c. 1 can chickpeas
- d. 1 bag frozen cauliflower
- e. Curry powder & garlic powder

*INSTRUCTIONS:*

- i. Sautee chicken breast in 1 TBSP olive oil, and add cans of unsweetened coconut milk
- ii. Add in 2-4 TBSP curry powder (adjust to taste), 1 TBSP garlic powder, 1 can chickpeas, 1 bag thawed cauliflower
- iii. Cook on stovetop for 15-20 minutes until chicken is cooked

**8. Hearty Chili** (with or without meat)

- a. 1lb ground chicken or ground turkey
- b. 2-3 cups chopped veggies (peppers, onions, mushrooms, zucchini, squash, broccoli, okra, whatever you like!)
- c. 1 14oz can diced tomatoes
- d. 1 large can of tomato sauce (low sodium)
- e. Chili powder, cumin, garlic powder, pepper
- f. 1 cup low sodium chicken broth

*INSTRUCTIONS:*

- i. Cook ground protein, then combine everything into a big pot!
- ii. Add in spices to taste, can always top with hot sauce!
- iii. Cook for 15-20 minutes
- iv. Great for leftovers!!

**9. Buffalo Chicken Casserole**

- a. 1 rotisserie chicken
- b. 1 spaghetti squash
- c. 3 eggs
- d. 1 onion, diced
- e. 1 cup hot sauce
- f. ¼ cup ranch
- g. 1 tsp garlic powder
- h. ¼ tsp pepper
- i. Salt & pepper to taste

*INSTRUCTIONS:*

- i. Spray 13x9 pan and set the oven to 400°F
- ii. Lightly cook vegetables and shred squash with a fork
- iii. Mix everything in a bowl; transfer to pan & bake for 30-35 minutes

**10. Stir Fry**

Lean protein  
Mixed veggies of choice  
2-3 TBSP soy sauce or liquid amino acids  
Riced cauliflower optional in place of rice

### 11. **Almond Crusted Chicken & Brussels Sprouts**

- a. 1 pound of chicken breast
- b. 1 cup sliced almonds
- c. 1 bag of frozen or fresh Brussels sprouts
- d. salt & garlic powder

#### *INSTRUCTIONS FOR BRUSSELS SPROUTS:*

- i. Set oven to 400°F
- ii. Steam brussels sprouts until able to pierce with a fork
- iii. Drizzle 13x9 pan with olive oil
- iv. Cut brussels sprouts and lay in pan
- v. Sprinkle pink Himalayan rock salt & garlic evenly over sprouts & mix
- vi. Place in oven for 20 minutes

#### *INSTRUCTIONS FOR CHICKEN:*

- i. Set oven to 350°F
- ii. Slice chicken into long strips
- iii. Use a blender to grind almonds
- iv. Coat chicken strips in egg, then roll in ground almonds
- v. Lay across a greased 13x9 pan
- vi. Place in oven for 15 minutes or until cooked

12. **Crockpot, Seared, or Baked Chicken with a Vegetable** (broccoli, peas, zoodles, etc.)

### 13. **Shrimp or Salmon or Chicken Stir Fry**

- a. Sauté vegetables & protein – skip the rice!
- b. (Leftovers could be used for lunch with brown rice)
- c. If using soy sauce, get low-sodium or “liquid aminos.”

14. **Lettuce Wrapped Turkey Burgers** (cheese on top or stuffed inside)

15. **Stuffed Peppers** (chicken or ground turkey with chopped up vegetables inside of a pepper)

16. **Kabobs** (zucchini, onion, peppers, chicken on a stick and bake for 20 minutes)

17. **Fajitas** (eat just the mix or put it in a piece of lettuce)

### 18. **Baked Salmon & Asparagus**

### 19. **Stuffed Chicken**

(putting cheese, jalapeno peppers, a bit of spinach, etc. inside of a chicken breast and then baking, it is delicious)

### 20. **Zucchini Lasagna**

- a. Replace lasagna noodles with zucchini sliced the long way.
- b. Choose "no salt added" tomato sauces and paste.
- c. Pick the bland stuff to add your seasoning too.
- d. Use low-fat cheeses, and cottage cheese can replace ricotta.

**21. (Cauliflower) Fried Rice – side or base**

- a. 1 pack riced cauliflower
- b. ½ to 1 package frozen mixed vegetables
- c. 3 TBSP low sodium soy sauce or liquid amino acids
- d. 1 TBSP sesame oil
- e. 1 lb meat (ground turkey or chicken)
- f. OPT: fried or scrambled egg

**22. Spaghetti Squash – side or base**

- a. Set oven to 400 degrees F
- b. Cut squash into rings
- c. Drizzle with olive oil
- d. Sprinkle with salt and pepper
- e. Bake for 40 mins or until the skin easily peels off the squash



**Beach Medical**  
**Weekly Food Log<sup>®</sup>**

	Date:	Date:	Date:	Date:	Date:	Date:	Date:
<b>Breakfast</b> Time:							
<b>A.M. Snack</b> Time:							
<b>Lunch</b> Time:							
<b>Mid-day Snack</b> Time:							
<b>Dinner</b> Time:							
<b>P.M. Snack</b> Time:							
<b>Water Intake</b> Each ○ = 16 oz	①②③④ ⑤⑥⑦⑧	①②③④ ⑤⑥⑦⑧	①②③④ ⑤⑥⑦⑧	①②③④ ⑤⑥⑦⑧	①②③④ ⑤⑥⑦⑧	①②③④ ⑤⑥⑦⑧	①②③④ ⑤⑥⑦⑧
<b>Exercise</b> Type/Duration							