

# Example of Balanced Meals

## Breakfast

### Green Smoothie

In blender add the following and blend to desired consistency

½ apple

1 cup spinach or kale

1 TBS flaxseed

1 TBS chia seeds

1 scoop protein powder (see powder choices)

½ cup frozen fruit

## Lunch

### Tuna-Avocado Sandwich

1/3 avocado, mashed

1/2 Tbsp lemon juice

4 oz white albacore tuna, drained

1 thick slice tomato 1 piece butter lettuce

1 slice red onion

1 slice whole-grain bread

Combine avocado with lemon juice, and fold in tuna. Stack tomato, lettuce, onion, and avocado and tuna mixture on bread for an open-face sandwich.

## Dinner

### Asian Turkey Lettuce Cups

4 oz ground lean turkey

1/2 cup white mushrooms, chopped

1 tsp minced garlic

1/4 cup shelled and cooked edamame

2 Boston lettuce leaves

2 Tbsp sliced scallion

### Sauce

1/2 Tbsp hoisin sauce

1 tsp low-sodium soy sauce

### Asian Slaw

1/2 cup shredded red cabbage and green cabbage

1/4 cup sliced jicama

1/4 cup grated carrot

1 tsp olive oil

1/2 tsp rice vinegar

In a nonstick skillet coated with coconut oil, sauté first three ingredients for five minutes. Add edamame, scoop mix onto lettuce, top with scallion, and wrap up. Drizzle with sauce, and serve slaw on the side.

