

Meal Planning Tips

Eating healthy doesn't have to be complicated or boring. Think about the foods you like from each food group – mixed dishes count, too!

These are just a few examples of how different foods can be eaten as a meal to personalize your plate. If a food you enjoy is not listed here, consider which food group it meets when planning your meals.

Breakfast:

- Besan cheela (savory pancakes made with chickpea flour and vegetables) with extra tomatoes and spinach on the side, and a cooked egg.
- Upma (porridge made with semolina or rice) with green beans, carrots or other vegetables, nuts, soymilk and a side of fruit.
- Aalu paratha with Dahi (spicy potato stuffed flat bread with yogurt)
- Tandoori fish, rice, cabbage and vegetable chutney (dip made with vinegar and spices).
- Methi chicken (simmered in spices with fenugreek leaves) with yogurt, whole grain naan, and eggplant.
- Laal maas (lamb in hot garlic sauce) with brown rice, vegetable raita (yogurt dip), and a non-starchy vegetable like cauliflower.

Lunch or Dinner:

- Bhindi masala (sautéed spiced okra, onion and tomatoes) with dal (lentils) and whole grain roti (bread).
- Sambar (spicy lentil and vegetable stew) with Idli or Dosa (made with brown rice), salad and fruit.
- Rajma (kidney beans in onion, tomato sauce and spices) with brown rice and a green, leafy vegetable of your choice.

Snacks:

- Roasted chickpeas
- Lassi (buttermilk or yogurt blended with fruit, herbs or spices)
- Cashews, almonds, or other nuts with dried fruit

Consider your nutrient needs when planning your meals and snacks!

If you have special nutrition needs, consult a registered dietitian nutritionist. An RDN can create a customized eating plan that is unique to you.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit www.eatright.org.



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