

# Breakfast Ideas

## for 500 Calories or Less



### Banana Pancakes with Apple Topping (serves 6)

- 2 eggs
- 1½ cup fat-free milk
- 1 Tbsp. maple syrup
- 3 Tbsp. oil
- ¾ cup whole-wheat flour
- ¾ cup all-purpose flour
- 2 tsp. baking powder
- 2 bananas, sliced
- 3 apples
- 3 Tbsp. sugar
- 1 tsp. cinnamon
- ¼ cup water

#### For the pancakes:

Beat the eggs together in a large bowl, then add the milk, syrup and oil. Using a large spoon, mix in all the flour and baking powder, then stir in the banana slices.

Line a large non-stick frying pan with cooking spray; warm the pan over medium heat for about 2 minutes.

To make pancakes, scoop ¼ cup of the batter into the heated pan at a time. Cook until the pancakes are bubbly and their edges dry. Flip, then cook for an additional 2–3 minutes. Repeat until you have used all the batter.

#### For the topping:

Wash and core the apples, then slice them into thin pieces, keeping the skin. Put the slices in a bowl, then add the sugar, cinnamon and water; toss to coat. Using the pancake pan, cook the apple mixture on medium for about 10 minutes, then place on each of the pancakes.

Per serving: 329 calories, 8g protein, 1g saturated fat, 57g carbohydrate, 5g fiber, 53mg sodium

### Breakfast Burrito (serves 4)

- 1 15-oz. can of low-sodium black beans, drained
- 4 8-in. corn tortillas
- 2 Tbsp. scallions, chopped
- ½ cup tomatoes, chopped
- ½ cup salsa
- 4 Tbsp. non-fat plain Greek yogurt
- 2 Tbsp. fresh cilantro, chopped
- ½ cup avocado, mashed

Combine the scallions, beans and tomatoes. Split the bean mixture among the tortillas, then fold and wrap them to create burritos. Place the burritos on a microwave-safe dish. Put salsa on top of each one, then microwave on high for 15 seconds. Put avocado, cilantro and yogurt on top of the burritos; serve warm.

Per serving: 214 calories, 10g protein, 0g saturated fat, 34g carbohydrate, 11g fiber, 282mg sodium

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# Lunch Ideas

## for 500 Calories or Less



Energize your afternoon with these simple and balanced lunches that include complex carbohydrates, lean protein and vegetables.

### Tuna Veggie Antipasto (serves 8)

- 2 cups shredded carrot
- 2½ cups celery, chopped
- ½ cup onions, chopped
- 8 cans light tuna, in water, drained
- 1 cup white beans, drained and rinsed
- 2 Tbsp. Parmesan cheese, grated
- ¼ cup lemon juice
- 2 Tbsp. olive oil
- 1 tsp. dried dill (or other seasoning of choice)
- 1 tsp. garlic, chopped

Wash and dice the vegetables, placing the chopped pieces in a large bowl. Mix the garlic, dill, lemon juice and oil, then pour the resulting dressing over the vegetables. In a separate bowl, crumble the tuna into small pieces. Mix the tuna, vegetables and beans. For the best results, place the salad in the refrigerator and let it marinate overnight.

Per serving: 252 calories, 30g protein, 10g carbohydrates, 3g fiber, 1g saturated fat, 462mg sodium

### Chicken Rice Salad (serves 4)

- 4 cups lettuce
- 3 cups brown rice, cooked
- 2 cups chicken breast, skinless, diced
- 1 cup tomato, diced
- 1 cup green pepper, diced
- ½ cup carrots, shredded
- 1 Tbsp. olive oil
- 2 Tbsp. lemon juice
- 2 Tbsp. balsamic vinegar
- hot pepper sauce (optional)
- Italian seasoning and black pepper, to taste (optional)

Combine all ingredients in a large bowl. Optionally, add black pepper, hot pepper sauce and Italian seasoning to taste. Serve immediately.

Per serving: 375 calories, 25g protein, 46g carbohydrates, 5g fiber, 2g saturated fat, 381mg sodium

### Greek Salad with Chicken (serves 4)

#### For the dressing:

- ½ cup low-fat Greek yogurt
- 2 tsp. lemon juice
- 1 Tbsp. olive oil
- 1 clove garlic, diced
- 1 tsp. oregano
- ¼ tsp. salt
- ¼ tsp. pepper

#### For the salad:

- 6 cups romaine lettuce, washed and chopped
- 1 cup cherry tomatoes, cut in half
- 1 cup cucumber, diced
- ¼ cup red onion, sliced
- ½ cup Kalamata olives, cut in half
- 2 cups cooked chicken breast, cubed or shredded
- ½ cup feta cheese, crumbled

#### For the dressing:

Combine the yogurt, olive oil, garlic, oregano, lemon juice, salt and pepper in a small bowl. Mix well, then cover and refrigerate for at least one hour.

#### For the salad:

Wash and chop the lettuce, then place it in a large bowl. Add the cucumbers, onion, tomatoes, olives and chicken.

Top the salad with the feta cheese and the dressing and serve.

Per serving: 322 calories, 26g protein, 16g carbohydrates, 3g fiber, 4g saturated fat, 463mg sodium

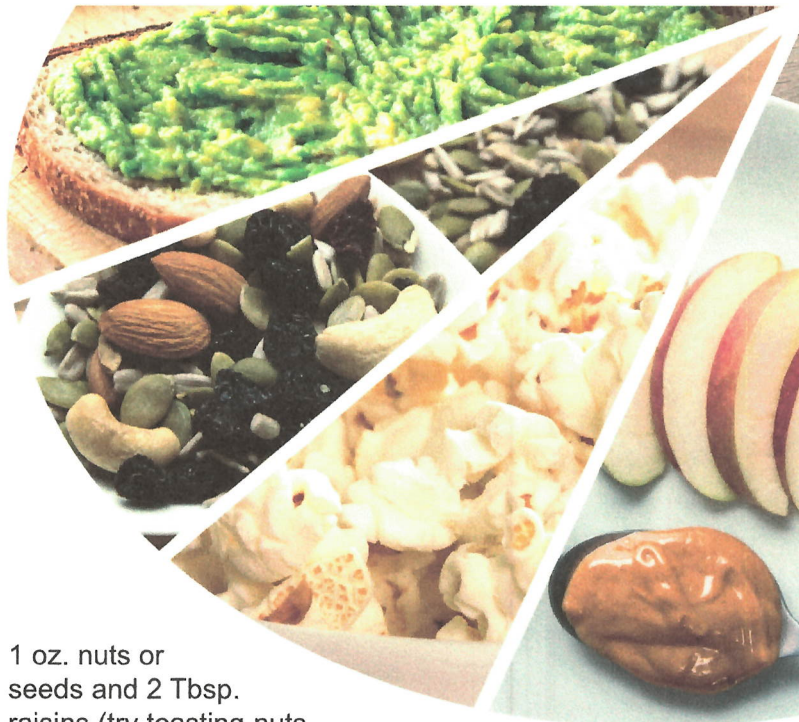
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# Healthy Snacks

**Tip:** Divide snacks into individual snack bags so you don't overeat out of the larger bag.



- ½ cup low-fat cottage cheese + 1 serving of fruit (1 piece of whole fruit or 1 cup melon or berries)
- 1 string cheese + 1 serving of whole grain crackers or fruit
- 1 Tbsp. almond butter + apple slices, banana or 1 cup celery or carrots
- ½ whole grain English muffin, 1 serving of whole grain crackers or 1 piece of whole wheat toast + ½ mashed avocado
- 1 cup low-fat plain Greek yogurt + ½ serving of fruit
- 10 baked whole grain tortilla chips + ¼ cup salsa
- 3 oz. turkey on 1 slice of whole grain bread
- 1 oz. nuts or seeds and 2 Tbsp. raisins (try toasting nuts with chili powder, black pepper and a pinch of cayenne pepper)
- ¾ cup yogurt + ¼ cup toasted oat cereal + 1 tsp. shredded unsweetened coconut + 1 Tbsp. raisins
- 3 Tbsp. hummus + 1 serving of whole grain crackers, pita or vegetable slices
- 1 boiled egg + 1 serving of fruit or 1 cup raw vegetables
- ½ cup whole grain cereal + 1 cup low-fat or fat-free milk
- 2–3 dried dates + 1 Tbsp. nut butter
- 1.5 cups air-popped popcorn + 1 oz. almonds
- Make-your-own granola bars with rolled oats, natural peanut butter, honey and dates
- Smoothie made with 1 cup almond milk + 1 serving of frozen fruit + 1 Tbsp. peanut butter

#### Sources:

USDA Choose MyPlate. 10 Tips: MyPlate Snack Tips for Parents. Updated: 07/25/2017. <https://www.choosemyplate.gov/ten-tips-snack-tips-for-parents>. Accessed: 09/19/2019.

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# Exercise and Travel

Do you find it hard to fit in exercise time while traveling? You aren't alone. Here are some tips for getting enough physical activity when you're on the go:

- Do your research. Try to book hotels with fitness centers. When you arrive at your hotel, ask the concierge for any nearby walking/running paths and trails.
- Make it a habit to pack your workout clothes, sneakers and any other travel-friendly fitness essentials.
- Create a workout in your hotel room by using a resistance band and performing bodyweight exercises like squats, push-ups and burpees.
- Take advantage of opportunities to move while you are traveling:
  - Take the stairs instead of the elevator or escalator.
  - At the airport, walk around the terminal while you wait to board.
  - Walk, don't stand, on moving sidewalks.
  - If you're driving, turn food and restroom breaks into movement breaks by walking around or doing stretches.

Be intentional, creative and flexible:

- Block off time to exercise during your trip.
- If it helps, break your exercise up into 10-minute chunks.
- If you're on a work trip, see if team exercise can be added to the agenda. If you're on a family trip, make time to get moving together.
- Stick to your routine the best you can, but listen to your body if it needs a break!

Talk with your doctor before significantly increasing your activity level. Ask about the amounts and types of activities that may be best for you.

**Sources:**

Mayo Clinic. Travel workout: Fitness tips for business travelers. Updated 4/24/2019. <http://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/exercise/art-20044177> Accessed 9/25/2019.

American College of Sports Medicine. Exercising While on the Road. July 2017. [https://www.acsm.org/docs/default-source/files-for-resource-library/fitnessociety\\_july17.pdf?sfvrsn=14c7aa6f\\_2](https://www.acsm.org/docs/default-source/files-for-resource-library/fitnessociety_july17.pdf?sfvrsn=14c7aa6f_2) Accessed 9/25/2019.

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