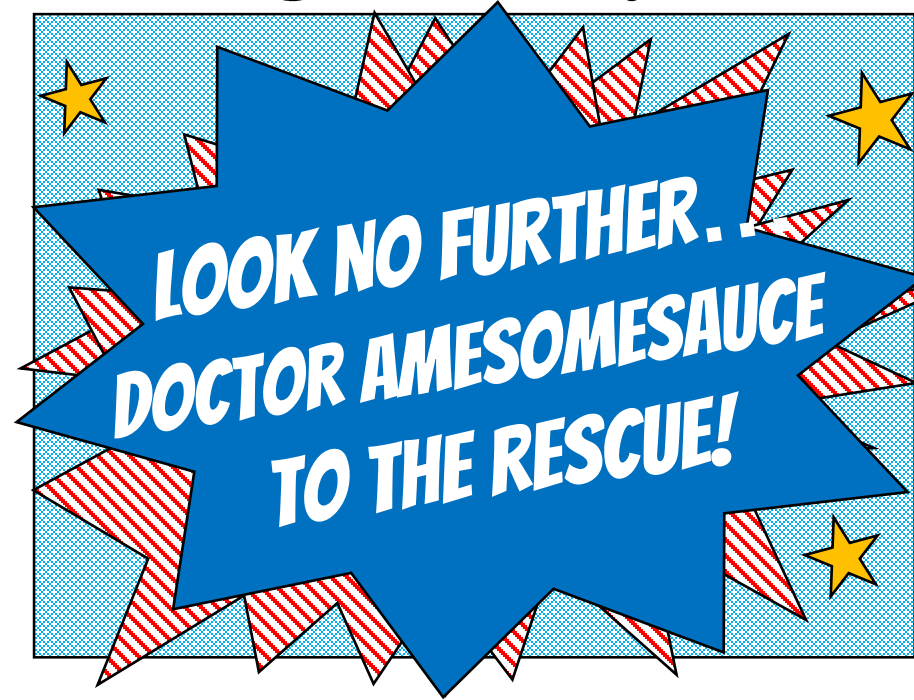
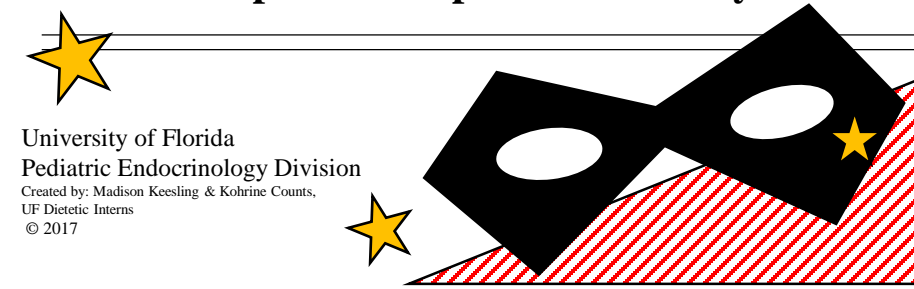


Super Hero Shopping List:

Are you having trouble deciding on healthy meals?



Healthy meal and snack ideas designed for the super-cool superhero within you!



Heart Armor Avocado Waffles

- Whole wheat waffles
- Eggs
- Avocado
- Fruit
- Milk

Overnight Oats of Steel

- Steel cut oats
- Fruit, nuts, and/or spices
- Milk

Omelet Scromelet

- Eggs
- Spinach
- Tomatoes
- Onions
- Cheese
- Whole wheat cereal
- Berries
- Milk

Ninja Banana Sushi

- 6" whole grain tortilla
- Peanut butter
- Extra small banana

Top This Tuna

- Pretzel thins
- Cream cheese
- Canned tuna fish
- Veggies
- Hummus

Fiesta Bites

- Greek Yogurt
- Corn, canned
- Black beans, canned
- Salsa
- Whole grain tortilla "scoops"
- Shredded cheese
- Fruit

Captain Ham & Turkey

- Ham deli meat
- Turkey deli meat
- Sliced cheese
- Whole wheat bread
- Optional toppings
- Veggie straws
- Fruit

You Chicken, Salad?

- Rotisserie chicken
- Greek yogurt
- Celery
- Grapes
- 6" whole grain tortilla
- Lettuce
- Popcorn
- Grape tomatoes

Chicken Stir Fry

- Rotisserie chicken
- Light Italian dressing
- Matchstick carrots
- Snap peas
- Broccoli
- Water chestnuts
- Brown rice
- Corn

Playing Chicken Fajitas

- Rotisserie chicken
- Veggies
- Lettuce
- Cheese
- Black beans, canned
- Salsa
- 6-inch wheat tortillas

Berry Powerful Parfait

- Greek Yogurt
- Fresh berries
- Nuts

Fake-Out Spaghetti

- Spaghetti squash
- Ground turkey
- Pasta sauce
- Green peas
- Wheat bread
- Olive oil
- Onion
- Garlic
- Tomatoes
- Cheese

Chop This Pork Chop

- Pork chop
- Cauliflower
- Milk
- Lemon juice
- Olive oil
- Garlic & onion powder
- Cheddar cheese
- Sweet potato
- Mixed greens
- Salad toppings
- Light dressing

Muscle-Up Apples

- Apple
- Greek yogurt
- Peanut butter protein powder

Ant Man on a Log

- Celery
- Peanut butter
- Raisins

Smile for the Photog

- Cheese stick
- Whole grain crackers

Lasso Veggie Dip

- Greek Yogurt
- Ranch dressing mix
- Veggies

Superhero Recipes Shouldn't

Break the Bank

Eating healthy doesn't have to be super expensive!

One Day Pricing Example:

Breakfast:

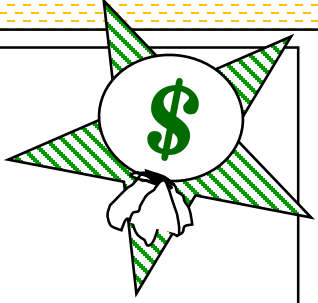
Heart Armor Avocado Waffles	\$0.75
Waffles	\$0.83
Avocado	\$0.22
Eggs	\$0.83
Strawberries	\$0.22
Milk	\$0.83
TOTAL:	\$3.11

Lunch:

Top This Tuna	\$0.49
Pretzel Thins	\$0.20
Tuna fish	\$0.31
Cream cheese	\$0.20
Carrots	\$0.37
Celery	\$0.31
Hummus	\$0.37
TOTAL:	1.97

Dinner:

Chop This Pork Chop Dinner Meal	\$1.16
Small pork chop	\$0.50
Sweet potato	\$0.74
Cauliflower	\$0.25
Cheddar Cheese	\$0.02
Lemon juice	\$0.16
Milk	\$0.67
Mixed greens	\$0.04
Carrots	\$0.05
Cucumbers	\$0.05
TOTAL:	\$3.59



Breakfast is for

Champions

Gear up with a protective breakfast to be ready for the busy day!



Heart Armor Avocado Waffles

~ 60g carbs
Two multigrain waffles, or two slices of whole wheat bread, topped with two eggs (scrambled or over easy) and 1/2 cup of smashed avocado. Pair with 1 serving of your favorite fruit and 1 cup of milk.

Omelet Scromelet

~ 55g carbs
Two eggs scrambled with fresh spinach, tomatoes, onions, and your favorite kind of cheese. Pair with 1 cup of a whole wheat cereal topped with 1/4 cup of berries. Serve with 1 cup of milk.

Overnight Oats of Steel

~ 60g carbs
Cooked steel cut oats topped with your choice of chopped fruit, nuts, and exotic spices. Pair with a muscle boosting egg (made your favorite way – scrambled, hardboiled, or other) and 1 cup of milk. See recipe on page 5

Ninja Banana Sushi

~ 45g carbs
One 6-inch whole grain tortilla spread with 2 tablespoons peanut butter and wrapped around one extra-small banana. Cut into bite sized "sushi" pieces. Pair with 1 cup of milk.

Fruit & Veggie Tag-Teamers

Trade out any of the fruits in any of the recipes for:

- ½ cup unsweetened applesauce
- 1 extra small banana
- ¾ cup blackberries
- ¾ cup blueberries
- 1 cup cubed cantaloupe
- 12 fresh cherries
- 2 tablespoons dried fruits
- 2 medium fresh figs
- ½ cup fruit cocktail
- 17 grapes
- 1 small apple
- ¾ cup Mandarin oranges
- 4 fresh apricots
- 1 small orange
- ½ cup canned peaches
- 1 medium fresh peach
- ½ cup canned pears
- ½ large fresh pear
- ½ cup canned pineapple
- ¾ cup fresh pineapple
- 3 dried plums
- 1 cup raspberries
- 1 ¼ cup fresh strawberries
- 1 ¼ cups cubed watermelon
- 2 small tangerines
- 3 dates

Trade out any of the vegetables in any of the recipes for:

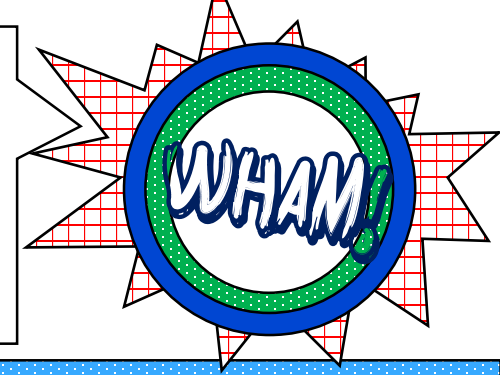
1 serving = 1 cup raw, ½ cup cooked

- Canned corn
- Green beans
- Carrots
- Cauliflower
- Broccoli
- Celery
- Coleslaw
- Cucumber
- Asparagus
- Spinach
- Zucchini
- Sugar snap peas
- Tomatoes
- Cabbage
- Brussels sprouts
- Collard greens
- Kale
- Peppers
- Radishes
- Yellow squash

Lunch Fuel-up

Re-charge to stay sharp and ready for adventure.

All side items should be packed in the amount of one standard serving size (equal to ~ 15g carbs)



Top This Tuna

~ 45g carbs

Eight pretzel thins smeared with cream cheese and 1 teaspoon of tuna fish. Serve with baby carrots, celery sticks, and a serving of hummus.

Captain Ham & Turkey

~ 65g carbs

1 slice each of ham and turkey deli meat with one cheese slice, served between two slices of whole wheat bread. Optional toppings: tomatoes, lettuce, pickles, other veggies. Serve with a serving of veggie straws and one serving grapes (17 individual grapes).

Fiesta Bites

~ 50g carbs

¼ cup of Greek yogurt mixed with ¼ cup of corn, ¼ cup of black beans (drained and rinsed), and ¼ cup of salsa. Place 1 tablespoon of the mixture in 8 whole grain tortilla chip “scoops” and top with shredded cheese. Serve with a small apple.

You Chicken, Salad?

~ 45g carbs

Shredded chicken mixed with ¼ cup of Greek yogurt, chopped celery, and 12 grapes (halved). Serve in a 6-inch whole wheat tortilla lined with lettuce leaves. Pack with popcorn and grape tomatoes.

**Note: When serving sizes are not specified, assume one standard serving size per item (per Nutrition Facts Panel on label).

Dinner-time Stake Out

Get set for the night head with these healthy meal ideas.



Bonus Recipe

SNAP!

Fake-Out Spaghetti

~ 45g carbs

Spaghetti squash topped with ¾ cup of easy, peasy ground turkey meat sauce. Serve with warm green beans and one small slice of homemade garlic wheat bread.

See recipe on page 6

Chop This Pork Chop

~ 45g carbs

Grilled pork chop with cheesy cauliflower bake and a baked sweet potato. Serve with a mixed green salad topped with shredded carrots, cucumbers, and light dressing.

Cauliflower recipe on page 7

Chicken Stir Fry

~ 45g carbs

Shredded rotisserie chicken tossed in light Italian dressing with matchstick carrots, snap peas, chopped broccoli, and water chestnuts (or chopped pecans). Serve over 2/3 cup brown rice with ½ cup of corn.

Playing Chicken Fajitas

~ 55g carbs

Shredded rotisserie chicken, sautéed veggies (bell peppers, onions, and mushrooms), lettuce, cheese, ¼ cup of black beans, and ¼ cup of salsa portioned and wrapped up in two 6-inch wheat tortillas.

Turkey, Cheddar, Spinach Frittatas

High in protein and fiber, these frittatas are sure to keep your appetite (and taste buds) satisfied!

Yield: 12 mini frittatas

Ingredients:

- 8 eggs
- ¾ cup skim or unsweetened almond milk
- ¾ cup shredded reduced fat cheese
- ¾ cup chopped, pre-cooked turkey bacon (or other low-fat, low-sodium meat)
- 2 cups spinach, finely chopped (OR 2 cups diced veggies of your preference – mushrooms, onions, broccoli, etc.)
- ¼ teaspoon salt and ¼ teaspoon pepper

Directions:

1. Preheat oven to 375 degrees Fahrenheit. Spray a muffin pan with non-stick spray.
 2. Whisk eggs and milk in a bowl. Stir in spinach, cheese, turkey, salt, pepper, and additional spices.
 3. Pour into a standard-sized muffin pan, evenly distributing the mixture (May use a mini-muffin pan, if you prefer).
 4. Bake 25 to 30 minutes (10 to 15 minutes for mini muffin pan) until the eggs are cooked through (when the tops are just starting to brown lightly and puff up).
- Tip: Refrigerated leftovers can be re-heated in the microwave for a quick breakfast.

Cheesy Cauliflower Bake

Great alternative to the beloved, but carb heavy, Mac n' Cheese.

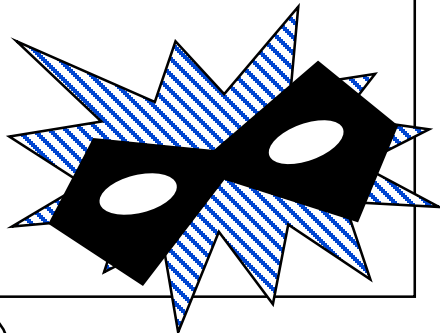
Yield: 4 servings, ¾ cup each

Ingredients:

- ½ cup water
- 8 cups bite-size cauliflower pieces (about 1 head)
- 1/3 cup milk
- 1 teaspoons lemon juice
- 2 teaspoons olive oil
- 2 tablespoons garlic powder
- 2 tablespoons onion powder
- ¼ teaspoon salt
- Pepper to taste
- ½ cup shredded cheddar cheese

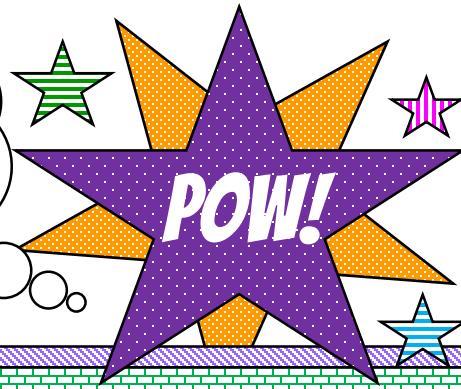
Directions:

1. Preheat oven to 350 degrees Fahrenheit.
2. Bring ½ cup water to a boil in a medium saucepan.
3. Place cauliflower florets in pain and cover.
4. Let cauliflower steam for 5 to 10 minutes or until tender.
5. Drain cauliflower and place in a bowl.
6. Add milk, lemon juice, olive oil, garlic powder, onion powder, salt, and pepper.
7. Stir until the cauliflower is evenly coated.
8. Transfer mixture to a baking dish and sprinkle the shredded cheddar cheese over the top.
9. Bake for 8 to 10 minutes.
10. Remove from oven and enjoy!



Super Snacks

Need a power-up?
Try these ideas for on
the go fuel-ups.



All side items should be packed in the amount of one standard serving size (equal to ~ 15g carbs)

Smile for the Photog

~ 15g carbs

Cheese stick or mini Babybel cheese with one serving of your favorite whole grain crackers.

Muscled-Up Apples

~ 30g carbs

1 small apple, sliced, served with a peanut butter yogurt dip (1/2 cup plain Greek yogurt mixed with one serving peanut butter protein powder).

Lasso Veggie Dip

~ 15 - 30g carbs

½ cup Greek yogurt mixed with 1/4 packet of Ranch dressing mix. Scoop with your favorite fresh sliced veggies (carrots, broccoli, celery, or peppers) or one serving of whole wheat crackers.

Ant Man on a Log

~ 15 - 20g carbs

Celery sticks lined with peanut butter and 2 tablespoons of raisins.

Berry Powerful Parfait

~ 30g carbs

One serving of Greek yogurt layered between one cup of your favorite fresh berries and one handful of nuts.

Recipes

The download on how to make some of the more complicated menu idea items.



Overnight Oats of Steel

Steel cut oats have a lower glycemic index than rolled or instant oats. Therefore, they serve as a great breakfast option for patients with diabetes.

Yield: 4 servings

Ingredients:

- ¼ cup uncooked steel-cut oats
- ¾ to 1 cup liquid (water, unsweetened almond milk, or other unsweetened nut milk)
- “Mix-ins”: fruit – diced apples, peaches, berries; nuts – almonds, walnuts, pecans, or peanut butter; spices – cinnamon, nutmeg, allspice, ginger

Directions:

In the evening:

1. Mix liquid (water or milk) with steel-cut oats in a pot on the stove top.
2. Add “mix-ins”.
3. Bring to a boil, then turn off the stove. Let the oats sit and cool somewhat on the stove top before transferring to the fridge.

In the morning:

1. Reheat oats in the microwave.
2. Enjoy!

Tip: Make a large batch and eat over 3 to 5 days.



Fake-Out Spaghetti

Spaghetti squash serves as a great low-carb substitute for the traditional pasta many kids love.

Yield: 4 servings

Ingredients:

- 1 spaghetti squash
- 2 tablespoons olive oil
- 1 onion, chopped
- 1 clove garlic, minced
- 1 ½ cups tomatoes, chopped
- ½ cup of your favorite cheese, optional
- 1 pound ground turkey

Directions:

1. Preheat oven to 400 degrees Fahrenheit.
2. Poke small holes in the spaghetti squash with a fork or paring knife, and heat in microwave for 3 – 5 minutes (so that it is soft enough to slice in half).
3. Cut squash in half, lengthwise. Remove and discard seeds and “stringy” insides.
4. Drizzle each half with olive oil, pepper, and a dash of salt.
5. Place squash halves face-down on a baking tray. Bake for 30 – 45 minutes at 400 degrees Fahrenheit.
6. While squash is baking, prepare meat sauce – brown the ground turkey and sauté onions and garlic.
7. Heat all ingredients (other than the squash and cheese) together in spaghetti sauce on the stove top.
8. When squash is finished baking, remove from the oven and use a fork to scrape the “spaghetti” out of the squash.
9. Top with meat sauce, then cheese, and enjoy!

Tip: When preparing the sauce, feel free to add in any other veggies or herbs you like – for example, diced bell peppers, olives, basil, etc.

