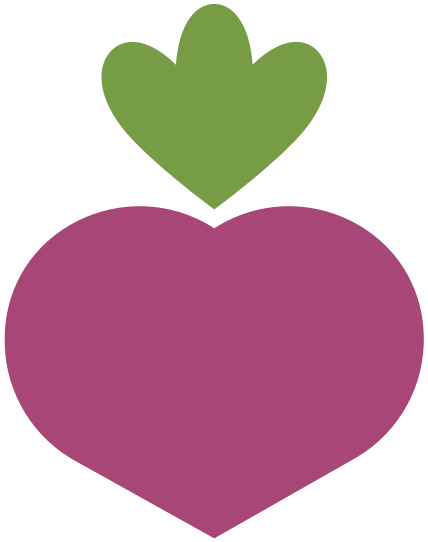
PORTION CONTROL DIET

Meal Ideas and Recipes



Instructions: Pick one food from each category for each meal. Mix and Match!

Breakfast

Protein	Grains	Veggies	Fruit
Eggs	Toast	Mushrooms	Bananas
Protein Powder	Oatmeal	Peppers	Applesauce
Kodiak Cakes	Cereal	Potatoes	Peaches
Turkey Sausage	Waffles	Hash Browns	Berries
Peanut Butter	Pancakes		All-Fruit Jam
Egg whites			Juice
Cheese			
Cottage Cheese			

Lunch

Protein	Grains	Veggies	Fruit
Lunch Meat	Tortillas	Lettuce	Apples
Peanut Butter	Bread	Cucumbers	Berries
Chicken Strips/ Nuggets	Corn Chips	Carrots	Oranges
Tuna	Corn	Spaghetti Squash	Grapes
Almond Butters	Quinoa	Zoodles	
Cheese		Spinach	
Hummus		Sweet Potato	
		Peas	

Snacks

Protein	Grains	Veggies	Fruit
Roasted Chickpeas	Toast	Carrot Sticks	Berries
Deli Meat	Crackers	Cucumber Slices	Peaches
Protein Powders	Pretzels	Sliced Bell Peppers	Watermelon
Hard Boiled Eggs	Popcorn	Celery	Bananas
Jerky			Mandarin Oranges
Trail Mix			
Nuts			
Greek Yogurt			
Cheese			

Dinner

Protein	Grains	Veggies	Fruit
Chicken	Rice	Roasted Potatoes	Applesauce
Turkey	Quinoa	Salad	Strawberries
Beef	Rolls	Onions	
Beans	Pasta	Mushrooms	
Turkey Burgers	Couscous	Asparagus	
Shrimp		Brussels Sprouts	
Fish		Mashed Potatoes	
Roast		Butternut Squash	
Lentils		Green Beans	
Pork		Cauliflower	

Simple Snack Ideas with No Recipes Necessary

Spinach and fruit smoothie with protein powder
Apples, celery, and peanut butter
Trail mix with nuts, seeds, dried fruit, and cereal
Yogurt, fruit, and granola
Crackers, cucumbers, and hummus
Cottage cheese, fruit, and toast
String cheese, carrot sticks, and oranges
Nuts and sliced cheese
Tortilla with cheese, deli meat, and greens
Boiled eggs, crackers, and grapes
Fruit salad with greek yogurt
Guacamole with pretzels
Sliced turkey rolled with cheese, and cucumbers sticks

Eat one intentional, portion controlled snack per day. The list above of snacks contain 2 or more food groups for balance and satieity!

Sample Meal Plan

Breakfast	Lunch	Snack	Dinner
DAY 1			
Fried egg, toast, peppers peaches	Salad bar with greens, hard boiled eggs, cheese, sliced almonds, croutons or toast, mandarin oranges and craisins	Yogurt, fruit, and granola	Healthy crockpot stir-fry
DAY 2			
Waffles, cashews, cherries, grapes, sweet potatoes	Chicken nuggets, carrots and peppers, oranges, roll	Apples, celery, and peanut butter	Pork, peppers, brussels sprouts, rice, cooked apples
DAY 3			
Scrambled eggs, apple juice, cereal with milk, Avocados	Chili, green salad, chips, grapes	Sliced turkey rolled with cheese, and cucumbers sticks	Crockpot chicken with broccoli and mashed potatoes

Recipes

BREAKFAST



Fried egg, toast, peppers, peaches

INGREDIENTS:

Toast topping ideas
Cinnamon
Honey
Butter
All-fruit jam
Peanut butter
Sunflower butter
Mashed avocado
Sliced bananas
Cream cheese
Cottage cheese



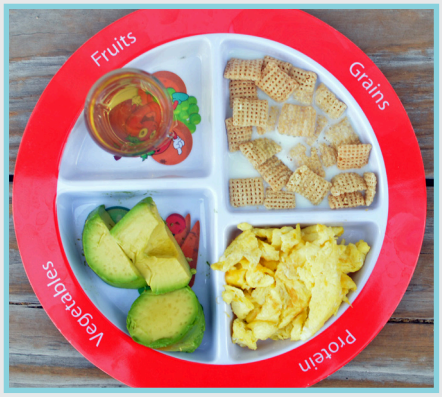
Waffles, cashews, cherries, grapes, sweet potatoes

INGREDIENTS

4 medium – Sweet Potato
2 tablespoon – Olive Oil
1 1/2 teaspoon – Salt

DIRECTIONS:

1. Preheat oven to 425 degrees. Slice sweet potatoes into sticks
2. In a small bowl, combine the oil and salt. Place the potatoes on a roasting pan and brush with the oil mixture. Lay potatoes on the pan and place pan in oven.
3. Cook, turning once, until potatoes turn soft; 20-25 minutes (for crisper texture, cook a few minutes longer). Let wedges cool a bit, and serve warm.



INGREDIENTS

8 large – Egg

2 oz – Cheddar Cheese

1/4 cup – Milk, Low fat 1%

Salt

Pepper

Scrambled eggs, apple juice, cereal with milk, avocados

DIRECTIONS:

1. Heat a saute pan, spray with cooking spray.
2. Whisk eggs, cheese, and milk together and pour into heated pan.
3. Stir occasionally with a spatula until they begin to set. Season with salt and pepper to taste.

LUNCH



INGREDIENTS

1/2 pound – Chicken Breast

1 large – Egg

1 dash – Salt

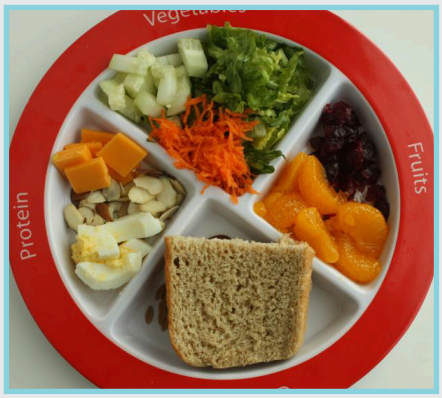
1/2 cup – Bread Crumbs, plain

2 Tbsp. – Butter, unsalted

Chicken nuggets, carrots and peppers, oranges, roll

DIRECTIONS:

1. Boil five ounces of chicken breast for 20 minutes in water.
2. In a blender, blend together cooked chicken breast, 1 egg and salt.
3. Pack small balls of the meat mixture into cookie cutters, and roll in bread crumbs. Or make meat mixture into small balls and roll in bread crumbs. Shapes are optional
4. Place shapes (or balls) onto a cookie sheet. Drizzle with a little butter to make them crispier.
5. Bake at 400 degrees for about 10 minutes. Flip halfway through if you want both sides crispy.



Salad bar with greens, hard boiled eggs, cheese, sliced almonds, croutons or toast, mandarin oranges and craisins

INGREDIENTS:

Green Salad
Hard Boiled Eggs
Cheese
Sliced Almonds
Croutons
Oranges
Dried Cranberries



Chili, green salad, chips, grapes

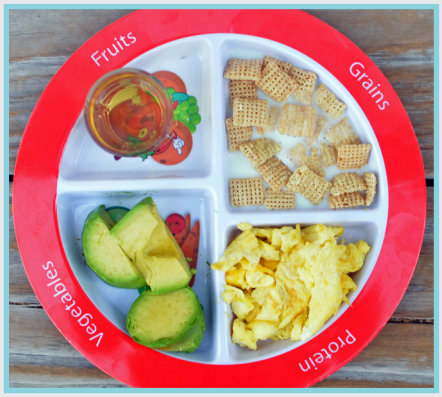
INGREDIENTS

1 medium – Onion
1 clove – Garlic, minced
2 medium – Carrot
1 pound – Beef, ground, 90% lean
14.5 ounce – Diced Tomatoes, canned
15 ounce – Kidney Beans, canned
1/2 cup – Tomato Sauce
1 tablespoon – Chili Powder
1/2 tablespoon – Brown Sugar
1 tablespoon – Worcestershire Sauce

DIRECTIONS:

1. Chop onion, garlic, and carrots into small pieces.
2. Brown ground beef in large skillet over medium-high. Add onions, carrots, and garlic and continue to cook 6-8 minutes until tender.
3. Add the rest of the ingredients and simmer 20-30 minutes or until thick (adjust chili powder and brown sugar to taste).

DINNER



INGREDIENTS

1 pound fresh brussels sprouts
3 Tbsp olive oil
3 Tbsp honey
1 1/2 tsp garlic salt
Black pepper to taste
1/4 cup dried cranberries
1/4 cup Parmesan cheese

Pork, peppers, brussels sprouts, rice, cooked apples

DIRECTIONS:

1. Preheat oven to 450 degree F.
2. Cut the ends of brussels sprouts and then cut in half.
3. Whisk olive oil, honey, garlic salt and black pepper in a bowl and then toss with brussels sprouts.
4. Spread on a baking sheet and sprinkle with dried cranberries and Parmesan cheese.
5. Bake for 15-20 minutes until golden brown.

Crockpot chicken with broccoli mashed potatoes



INGREDIENTS

1 pound – chicken breast
2 cup – Brussels sprouts
2 tablespoon – olive oil
1/2 teaspoon – black pepper, ground
1/8 cup – vinegar, balsamic
2 clove – garlic
1/2 teaspoon – salt

DIRECTIONS:

1. Place chicken into a ziplock bag. Add Brussels sprouts, olive oil, vinegar, minced garlic, salt, and pepper. Seal and gently toss to coat. Pour contents into slow cooker; cover and cook on low for 8 hours

Continued...

2. Approximately 30 minutes before chicken is done cooking, peel potatoes and cut into quarters. Place into a large pot of boiling water along with broccoli. Boil for 15 minutes until fork tender, then drain, add butter, and mash together. Gradually add milk until desired consistency is reached; stir in Parmesan cheese.
3. Serve chicken with potatoes, Brussels, and watermelon on the side.

Healthy crockpot stir-fry



DIRECTIONS:

This stir fry has three parts.

Step 1) Make your meat

1 pork roast (about 2lbs).
1/2 cup of water
After it was cooked, about 4-6 hours, shred it and drain all the juices out. Then this sauce combined, we added:
1/4 cup soy sauce
2 TBL Worcestershire sauce
1 clove garlic, crushed
1 TBL brown sugar

Poured it over the roast, and stirred well. Then cooked it for another 30-40 minutes.

Step 2) Make your rice

Start a pot of brown rice in the rice cooker (for those who don't like gritty-tough brown rice, I've found the brand Hinode to be very soft)

Step 3) Make your veggies

Chop:
1 onion
3 cups broccoli crowns
2 cups mushrooms
Then combine all the veggies in a skillet with:
1 TBL olive oil

Cook the veggies in the olive oil over medium heat for about 5-7 minutes or until tender.

Pour another batch of the same sauce over the veggies and sauté until it was well incorporated:
1/8 cup soy sauce (low sodium)
1 TBL Worcestershire sauce
1 clove garlic
1 tsp brown sugar