Enjoying the Healthy Plate

Eating healthy is an important part of improving health and losing weight. Here are some ideas for making changes to your meals and snacks.

These suggestions are for a healthy adult with the goal of losing weight and improving overall health. Talk with your doctor if you have a medical condition that may need special dietary considerations.

**Breakfast Plates**

- Vegetable omelet with English muffin
- Egg with brown rice, spinach, tomatoes, and avocado
- Oatmeal with blueberries and almonds
- Tofu scramble with potatoes and vegetables
- Yogurt parfait with quinoa, strawberries, and kiwi
- Whole-grain toast with peanut butter and banana
- Shredded wheat with milk, and an orange
**Lunch and Dinner Plates**

- **Black-eyed peas with sweet potato and collard greens**
- **Vermicelli noodles, edamame, cabbage, carrots, red onion, and bean sprouts with mint and chili lime sauce**
- **Blackened fish, black beans, red bell pepper, mango, avocado, jalapeno, and cilantro with mixed greens**
- **Grilled chicken, quinoa, apricots, red onion, and pecans on a bed of spring lettuce mix**
- **Turkey and vegetable meatballs on pasta with fresh tomatoes and basil, and steamed vegetables**
- **Black beans with quinoa and grilled vegetables**
- **Chicken and brown rice veggie bowl with Chinese cabbage, snap peas, bell peppers, and carrots**
- **Turkey burger with vegetable skewers and grilled romaine**
- **Tofu and brown rice bowl with thinly sliced vegetables, sesame seeds, and Thai basil**