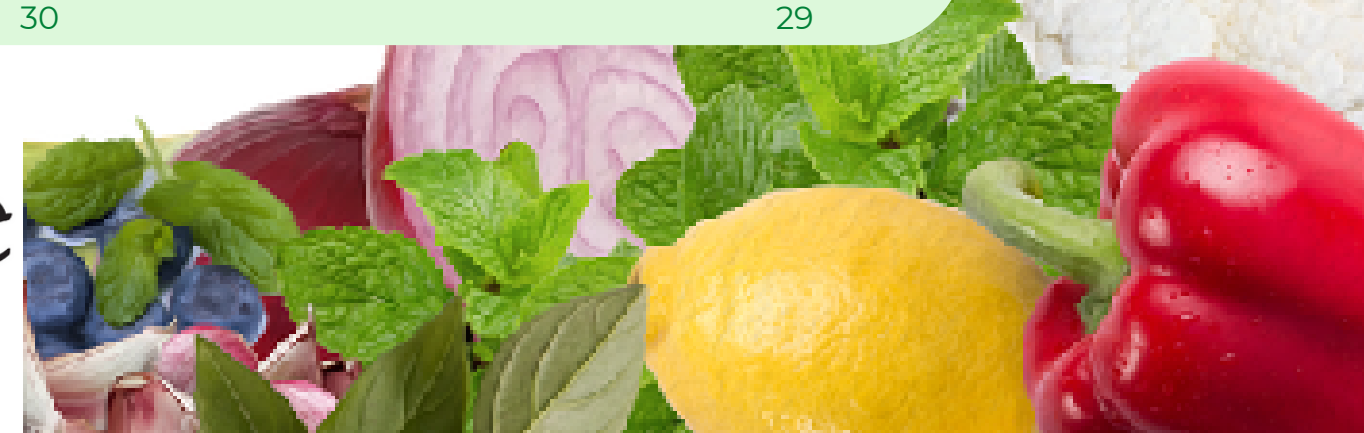
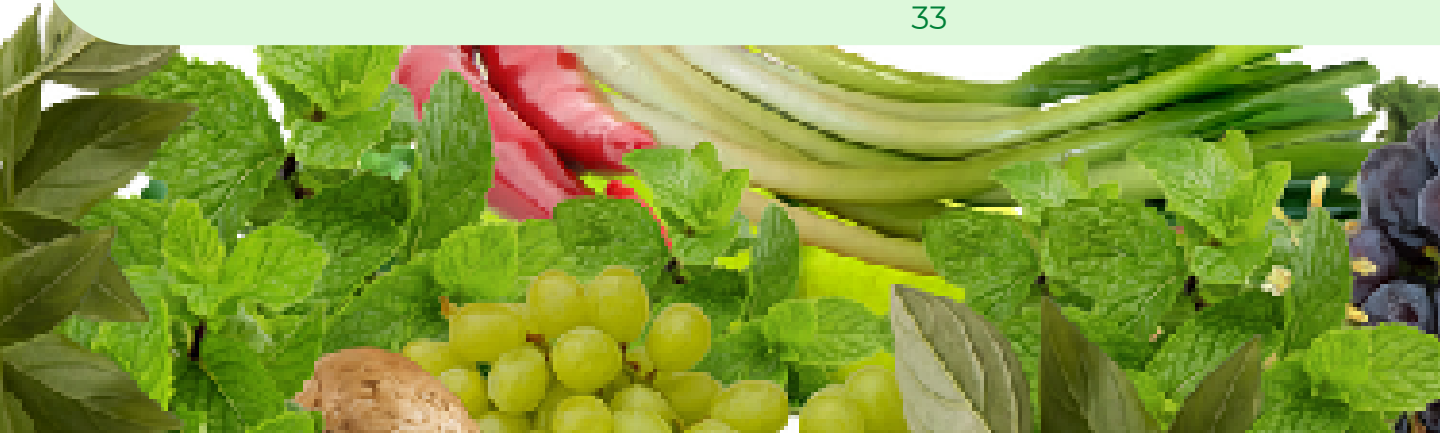


7 Day Sample Meal Plan

LATIN
AMERICAN/
HISPANIC

	Day 1	Day 2	Day 3	Day 4
Breakfast	<p>Avocado Toast & Boiled Egg</p> <p>-2 pieces whole wheat toast -1/2 medium avocado, sliced -1/2 cup fresh tomato slices -1 hard boiled egg</p> <p>Calories: 410 Fat: 17 Protein: 16 Carbs: 46</p>	<p>Huevos con Nopales Tacos</p> <p><i>*See recipe in Wellness resources</i></p> <p>2 tablespoons fresh tomato salsa 1 cup mixed fresh fruit</p> <p>Calories: 420 Fat: 11 Protein: 19 Carbs: 62</p>	<p>Tropical Breakfast Smoothie</p> <p>-1 cup frozen mango -1/2 cup orange juice -1/2 cup nonfat plain Greek yogurt -1 handful spinach leaves -1 tablespoon ground flax seeds -1 cup ice 1 hard boiled egg</p> <p>Calories: 320 Fat: 8 Protein: 19 Carbs: 42</p>	<p>Vegetable Egg White Scramble</p> <p>-1 cup chopped broccoli -1/4 cup diced bell pepper -1/2 cup cubed red potato -3 egg whites -2 tablespoons fresh tomato salsa -1 teaspoon canola oil Whole grain tortilla</p> <p>Calories: 330 Fat: 8 Protein: 18 Carbs: 43</p>
Lunch	<p>Burrito Bowls</p> <p>-4 ounces veggie chicken -1/2 cup cooked brown rice -1/4 cup charred corn -1 cup shredded romaine lettuce -2 tablespoons guacamole -2 tablespoons tomatillo salsa</p> <p>Calories: 400 Fat: 12 Protein: 24 Carbs: 46</p>	<p>Fiesta Chopped Salad</p> <p>-4 ounces veggie chicken -2 cups romaine lettuce -1 cup chopped tomatoes -1/4 cup chopped red onion -1/2 cup sliced cucumber -2 tablespoon sour cream -2 tablespoon fresh tomato salsa</p> <p>Calories: 300 Fat: 12 Protein: 24 Carbs: 22</p>	<p>Veggie Quesadilla</p> <p><i>*See recipe in Wellness resources</i></p> <p>2 tablespoons tomatillo salsa</p> <p>Calories: 310 Fat: 13 Protein: 13 Carbs: 38</p>	<p>Tofu Tacos</p> <p>-4 ounces grilled tofu cubes -2 corn tortillas -1 cup shredded cabbage -1/2 cup chopped tomatoes -2 tablespoons crema -2 tablespoons salsa verde -2 lime wedges</p> <p>Calories: 330 Fat: 12 Protein: 15 Carbs: 34</p>
Dinner	<p>Arroz con Frijoles</p> <p><i>*See recipe in Wellness resources</i></p> <p>2 tablespoons tomatillo salsa 1/4 fresh avocado</p> <p>Calories: 430 Fat: 13 Protein: 12 Carbs: 70</p>	<p>Stuffed Peppers</p> <p>-1 bell pepper -4 ounces ground veggie meat -1/2 cup chopped tomatoes -1/2 cup cooked brown rice -1/2 cup pinto beans -2 tablespoons fresh tomato salsa -1/4 fresh avocado</p> <p>Calories: 460 Fat: 7 Protein: 30 Carbs: 67</p>	<p>Zesty Quinoa Skillet</p> <p>-1/2 cup black beans -3/4 cup cooked quinoa -1/4 cup charred corn -1 cup diced bell peppers -1/2 cup chopped tomatoes -2 tablespoons shredded cheese -2 tablespoons salsa verde</p> <p>Calories: 450 Fat: 7 Protein: 19 Carbs: 82</p>	<p>Vegetarian Sancocho Stew</p> <p><i>*See recipe in Wellness resources</i></p> <p>1 oz. baked tortilla chips</p> <p>Calories: 540 Fat: 12 Protein: 11 Carbs: 104</p>
Snack	<p>1 cup mixed fresh fruit 1 cup plain nonfat Greek yogurt</p> <p>Calories: 220 Fat: 0 Protein: 23 Carbs: 33</p>	<p>1 cup baby carrots 2 tablespoons guacamole</p> <p>Calories: 130 Fat: 4 Protein: 3 Carbs: 19</p>	<p>1 small apple 1 oz. dry roasted almonds</p> <p>Calories: 265 Fat: 15 Protein: 7 Carbs: 30</p>	<p>Baked Tostones</p> <p><i>*See recipe in Wellness resources</i></p> <p>Calories: 170 Fat: 7 Protein: 1 Carbs: 29</p>



7 Day Sample Meal Plan

	Day 5	Day 6	Day 7
Breakfast	Huevos con Nopales Tacos <i>*See recipe in Wellness resources</i> 2 tablespoons fresh tomato salsa 1 cup mixed fresh fruit Calories: 420 Fat: 11 Protein: 19 Carbs: 62	Loaded Breakfast Burrito -1 whole grain tortilla -1 egg -1/2 cup pinto beans -1 ounce queso fresco -2 tablespoons fresh tomato salsa Calories: 400 Fat: 15 Protein: 21 Carbs: 43	Fruit & Nut Oatmeal -1/2 cup oats -1/2 banana -1/2 cup low fat milk -2 tablespoons walnuts -1 tablespoon chia seeds -1 teaspoon honey -1 teaspoon cinnamon Calories: 420 Fat: 14 Protein: 15 Carbs: 65
Lunch	Arroz con Frijoles <i>*See recipe in Wellness resources</i> 2 tablespoons tomatillo salsa 1/4 fresh avocado Calories: 430 Fat: 13 Protein: 12 Carbs: 70	Salsa-Stuffed Avocado -1/2 medium avocado -1/4 cup fresh tomato salsa 1/2 cup fresh mixed fruit 1/2 cup plain nonfat Greek yogurt Calories: 380 Fat: 12 Protein: 24 Carbs: 47	Veggie Quesadilla <i>*See recipe in Wellness resources</i> 2 tablespoons tomatillo salsa Calories: 310 Fat: 13 Protein: 13 Carbs: 38
Dinner	Burrito Bowls -4 ounces veggie chicken -1/2 cup cooked brown rice -1/4 cup charred corn -1 cup shredded romaine lettuce -2 tablespoons guacamole -2 tablespoons tomatillo salsa Calories: 400 Fat: 12 Protein: 24 Carbs: 46	Zesty Quinoa Skillet -1 cup black beans -3/4 cup cooked quinoa -1/4 cup charred corn -1 cup diced bell peppers -1/2 cup chopped tomatoes -2 tablespoons shredded cheese -2 tablespoons salsa verde Calories: 450 Fat: 7 Protein: 19 Carbs: 82	Vegetarian Sancocho Stew <i>*See recipe in Wellness resources</i> 1 oz. baked tortilla chips Calories: 540 Fat: 12 Protein: 11 Carbs: 104
Snack	1 cup mixed fresh fruit 1 cup plain nonfat Greek yogurt Calories: 220 Fat: 0 Protein: 23 Carbs: 33	Baked Tostones <i>*See recipe in Wellness resources</i> Calories: 170 Fat: 7 Protein: 1 Carbs: 29	1 cup baby carrots 2 tablespoons guacamole Calories: 130 Fat: 4 Protein: 3 Carbs: 19

Living  Whole
Wellness Program

A Recipe for Success

