

Get Creative!

Your Guide to Creative Healthy Eating

In the MP

Breakfast Ideas

Cereals- If you want the sugary kind, have half a bowl but then have half a bowl of a more nutritious kind.

Fruit- Dip in peanut butter

Oatmeal- Add sliced fruit, chopped nuts, peanut butter or maple syrup

Omelet- Load your eggs up with lots of veggies, a lean meat, and a small amount of cheese

Bagel- Create a bagel sandwich with turkey, eggs, veggies, and cheese; try peanut butter instead of cream cheese

Lunch Ideas

Sandwiches- Grill wheat bread with cheese and your toppings, add veggies from the salad bar, spinach, or eggs. Use hummus, vinegar, oil, or a dollop of sauce for dipping.

Quesadilla- Take flat bread, add cheese and veggies, then grill.

Pizza- Have just one slice with a salad, or add extra veggies from the salad bar

Nachos- Put shredded cheese from the salad bar on chips instead of cheese sauce. Get chicken from the grill and cut it up to put on top instead of taco meat, then pile with veggies and salsa.

Pasta- Starting with penne pasta, add small tomatoes, green peppers and spinach from the salad bar. Top with oil, pepper and parmesan.

Linguini- Add a little sauce and chicken from the grill, followed by chopped tomatoes and broccoli from the salad bar.

Bean Salad- Combine chickpeas, red beans, green beans and onions. Top with ham or turkey and add some spices, vinegar or oil.

Tuna or Chicken Salad Wrap- Add raisins or dried cranberries, mandarin oranges, spinach and onions

Vegetarian or Regular Chili- Add rice, mashed potatoes, beans or pasta for a hearty meal

Soup- Find your favorite veggies, beans, grains or rice to add to a bowl of plain soup

Dinner Ideas

Chicken Sandwich- Take a chicken breast from the grill, place on wheat bread and add cheese and toppings; run it through the deli oven

Taco Salad- In a bowl, mix rice from Mongo Grill and chicken breast from the grill with veggies, beans and salsa. Dip chips in the mix or eat alone.

Burgers- Add cheese and salsa instead of mayo

Baked Potatoes- Dress up with turkey, shredded cheese and broccoli or try it with black beans, salsa and a dab of sour cream.

Mongo Grill- Put mixture together in a flat bread and make a wrap, or serve over salad

Fajita- Cut a piece of flat bread in half and put grilled veggies and chicken inside

Salad Bars- Use baby spinach instead of iceberg lettuce, top with veggies and use oil and vinegar instead of dressing, or put dressing in a separate cup and dip your fork in it before taking a bite. Also add a piece of grilled chicken from the grill.

Hamburger- Top with Tabasco sauce instead of ketchup for a spicy twist, or try unusual toppings such as mushrooms or salsa. Another idea could be to chop your patty in half and place it in a pita or flat bread instead of a white bun.

Stir Fry Salad- Top a bed of greens with a bowl of grilled veggies

Dessert Ideas

Ice Cream-Top with granola or fruit instead of candy

Fruit- Drizzle with chocolate syrup

Waffle for Two- Top it with ice cream and strawberries and split with some friends

Cottage Cheese- Stir in pineapple or strawberries

Cookie & Milk- Limit yourself to just one cookie, dipping in skim milk

Snack Ideas

Yogurt- Mix in fresh fruit, granola, or both!

Trail Mix- Combine nuts and dried fruit

Veggies-In hummus rather than dressing, try the many different kinds of veggies found at the deli station

Fruit Salad- Cut up apples, oranges, bananas, and then dip in yogurt from the salad bar

Beverage Ideas

Water- Add a lemon slice to your water for a refreshing twist

Juice- Dilute your juice; half juice and half water

Chocolate Milk- Mix half a glass of chocolate milk with skim milk