

QUICK HEALTHY MEAL PLANNER

HIGH FIBER STARCH

2 servings (1 serving = $\frac{1}{2}$ c. Beans or rice, $\frac{1}{2}$ sweet potato)

Corn Tortilla Chips	Millet	Rice	Winter Squash
Beans	Oats	Sweet Potatoes	
Biscuits	Pasta	Pumpkin	
Bread	Peas	Quinoa	
Brown Rice	Pita Bread	Rice	
Carrots	Pizza Crust	Sweet Potatoes	
Corn	Potatoes	Tortilla	
Corn Bread	Pumpkin	Wheat	
Lentils	Quinoa	Whole Wheat Crackers	

NON-STARCHY VEGETABLE

2+ servings (1 serving: $\frac{1}{2}$ c. Cooked, 1 c raw)

Artichokes	Eggplant	Radishes
Asparagus	Garlic	Salsa
Bamboo Shoots	Green Beans	Spaghetti Squash
Bean Sprouts	Green Chilies	Spinach
Beet Greens	Greens	Stir-fry Veggies
Broccoli	Kohlrabi	Zucchini
Cabbage	Leeks	
Cauliflower	Lima Beans	
Celery	Peas	
Cucumbers	Peppers	

FAT

1-2 servings (0 if trying to lose weight)

10 Raw Nuts and Seeds (not peanut)

5 Olives

$\frac{1}{4}$ Avocado

1T. Fresh Ground Flaxseed Meal

Coconut milk or Oil