

*~Spontaneous Health~  
Nutrition – Part III*

**Sample Meals  
With Foods Combining  
Protein, Carbs & Fats**

Here are some quick meal ideas showing how to combine Protein, Carbohydrates and Fat in order to make fast and easy meals!

**Breakfast:**

**Scrambled Eggs with Fruit & Toast:**

4-7 Servings of Egg White P  
1-2 Servings of Egg (whole) P + F  
1-2 Slices of Whole Wheat Bread C OR 1/2 - 1 Ezekiel Sprouted English Muffin (Carb)  
2 oz Strawberries (Carb)

**Protein Powder Oatmeal with Fruit**

1.25 – 2 Scoops Whey Protein Powder (P)  
.75 – 1.25 oz. Oatmeal (Reg/unsw) (Carb)  
.5 – 1 T. Peanut butter or Almond Butter (Fat)  
Handful of Frozen Blueberries (Carb)  
Water – 8 oz.  
Vanilla Extract & Cinnamon are optional

Cook Oatmeal. Blueberries & Water in microwave for 2-3 minutes, add Protein Powder & Peanut or Almond Butter.

**Egg White Omelette with Vegetables:**

5-8 servings of Egg White (Protein)  
.33 - .66 oz Cheese, Feta (Fat)  
.75 – 1.25 cup Spinach (ckd) (Carb)  
2-4 oz broccoli (Carb)  
4-6 oz Tomato (Carb)

## **LUNCH:**

### **Turkey Roll Up**

4-6 Oz. Boars Head Low Sodium turkey breast (P)  
2 T. Guacamole (F)  
1 sprouted Ezekiel Tortilla (Carb)  
2 T. Sugar Free Salsa

Roll ingredients up in the tortilla and eat! If you like you may add lettuce.

### **Chicken Salad:**

3.5 – 6 oz chicken breast meat, diced (P)  
2 T. Fage Nonfat Greek Yogurt (P)  
1 T. mayonnaise (F)  
Apple\* (C)  
Romaine Lettuce  
Optional: Add celery, onion & tomato

- Note you can substitute dried cranberries, cut up grapes or other fruits for the apple & season with tarragon.

Mix together first 4 ingredients and serve over Romaine lettuce leaves.

### **Chicken Quesadilla**

Chicken breast mean (P)  
Red & Green Peppers, diced (C)  
Corn Tortilla (C)  
Guacamole (F)  
Salsa, sugar free

- Optional – you can add lettuce, tomato & onion

## **Dinner:**

### **Filet Mignon w/ Vegetables**

Filet Mignon (P + F)

Sweet Potato (C)

Broccoli (C)

### **Salmon with Rice & Veggies**

Salmon (P+F)

Lemon juice

Brown Rice (C)

Asparagus (C)

### **Lean Pork Tenderloin**

Pork Tenderloin, lean (P)

Sweet Potato (C)

Spinach (C)

Butter (F)

## **Snacks:**

### **Cottage Cheese & Fruit**

Cottage Cheese (low fat) (P)

Strawberries, Blueberries or pineapple (C)

Raw Almonds (F)

### **Ham Roll up:**

Ham, Boars Head LS (P)

Mozzarella Cheese (F)

Mustard (C)

Apple

### **Turkey & Avocado**

Turkey, Boar's Head LS (P)

Orange (C)

Avocado (F)

*Kay Rice, M.Ed., C.N.*

Exercise Physiologist, I.B.N.F Certified Nutrition Coach, Chopra Center Certified Instructor & Vedic Master; A.C.S.M. Certified Health & Fitness Specialist; Yoga Alliance E-RYT 200, Licensed Corporate Wellness Coach – [www.KayRice.com](http://www.KayRice.com)

[www.SpontaneousHealth.com](http://www.SpontaneousHealth.com)

This document was created with Win2PDF available at <http://www.win2pdf.com>.  
The unregistered version of Win2PDF is for evaluation or non-commercial use only.  
This page will not be added after purchasing Win2PDF.