

EAT WELL, AGE WELL. HEALTHY EATING PLANS

Did You Know...

Vegetarians tend to weigh about 15% less than people who eat meat.

Even if you are not ready to commit to a full vegetarian diet, you may lose some weight following this eating plan.

Why? Plant foods are nutrient rich, higher in fiber, low in calories and help you feel full without eating excess calories.

Source: Food & Fitness After 50

Is This Eating Plan Right for Me?

The Flexitarian Eating Plan is backed by science and is 1 of the 4 healthy eating patterns recommended in the book *Food and Fitness After 50* by Bloomberg & Murray.

Basic 1,500 Calorie Eating Plan calls for:

- ✓ 300-Calorie Breakfast
- ✓ 400-Calorie Lunch
- ✓ 500- Calorie Dinner
- ✓ Two 150-Calorie Snacks

You might need to adjust the calorie level based on your activity level. If you like to eat and enjoy large portions, plant-based foods allow you to eat a larger volume of food without consuming excess calories.

Sample Meals for the Day

Breakfast: 1 hard boiled egg, oatmeal with cinnamon & nutmeg, a tangerine, coffee or tea.

Lunch: Quinoa or other whole grain salad with mandarin oranges or apple, whole grain crackers and water sweetened with fruit slices.

Snack: Greek yogurt with honey & walnuts

Dinner: Tofu noodle bowl with noodles & veggies, veggie egg roll and sparkling water

Snack: Cottage cheese with pears, sunflower seeds and hot tea.



Image from Pixabay

In the middle of every difficulty lies opportunity. Albert Einstein

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Avocado & White Bean Sandwich

(Serves 2)

Ingredients:

- 1 ripe avocado
- 8 oz. white beans (cannellini beans), rinsed and drained.
- 1 TBSP lemon juice
- ½ TBSP, extra virgin olive oil
- ½ clove garlic, finely chopped or minced
- 1/8 tsp thyme
- 1/8 tsp. ground pepper
- 4 Slices whole wheat bread, toasted
- ½ cup chopped jarred roasted red peppers, rinsed (optional)
- 4 thin slices sharp Cheddar cheese
- 2 cups lettuce or greens of your choice

Nutrition per 1-Sandwich

Calories: 567

Protein: 22 g

Sodium: 941 mg

Potassium: 839g

Fat: 30 grams

Saturated Fat: 9 grams

Carbohydrate: 55 grams

Dietary Fiber: 15 grams

Sugars: 4 g (Added 3 grams)

Instructions

1. In a medium bowl, mash avocado, beans, lemon juice, oil, garlic, thyme and pepper until mixed to your desired consistency. Some prefer it slightly chunky.
2. Place ~1/2 cup on bread.
3. Top with cheese, peppers, lettuce.

Recipe adapted from EatingWell



Image from Pixabay.com

“He who has a why to live can bear almost any how.” – Friedrich Nietzsche

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Key Principles of the Eating Plan

1. Eat mostly fruits, vegetables, legumes and whole grains.
2. Focus on protein from plants instead of animals.
3. Be flexible and incorporate meat and animal products from time to time.
4. Eat the least processed, most natural form of foods.
5. Limit added sugar and sweets.

Read more at

<https://www.healthline.com/nutrition/flexitarian-diet-guide>

Dill-licious Chickpea Salad

Recipe by Jayme Bisbano, RD, LD

Drain and rinse a can of chickpeas and empty into a bowl. Add chopped dill pickles or dill relish, mayo, a teaspoon of apple cider vinegar, finely chopped red onion, a squirt of mustard, a bit of turmeric and a couple teaspoons of dried dill. Stir to combine and eat in a sandwich or on its own.



Image from Pixabay



Image from Pixabay.com

Variations:

For different textures, use tofu in place of chickpeas. Drain a brick of firm tofu, then crumble with your clean, washed hands or mash into a soft consistency.

Combine with the rest of the ingredients and serve in a wrap with lettuce and tomato.

“Never regret something that once made you smile.”– Amber Deckers

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Simple Grain Bowls

Grain bowls are all the rage these days! They are packed with fiber, protein, and flavor. Better yet, you can get a full meal for less than 400 calories!

You can be creative and make bowls for breakfast, lunch and dinner and use leftover grains, veggies, beans. The possibilities are endless!



Image from Pixabay

Base Grain Bowl Recipe

½ cup cooked protein
+
1 cup Raw or Cooked Veggies
+
¼ to ½ tsp Seasoning Blend
+
½ cup cooked whole grain
+
2-3 TBSP Sauce
+
1-2 TBSP Toppings

Directions:

1. Sprinkle seasoning on protein and veggies.
2. Put in a bowl
3. Layer on the remaining ingredients.
4. Serve hot or cold.

Recipe adapted from allrecipes.com

“Go confidently in the direction of your dreams. Live the life you have imagined.”– Henry Thoreau