



DELAWARE VALLEY ACO
an accountable care organization

What's for Dinner?

Are you stressed about what to put on the table for yourself or your family? We can help!

General Rule of Thumb-

Aim for your plate to include a lean protein, 1-2 servings of vegetables and a whole grain.

Approximate serving sizes-

Protein- 3 ounces of fish/chicken, 1 egg, ½ cup cooked beans

Vegetables- 2 cups raw leafy greens, 1 cup raw or cooked

Grain- 1 cup cooked cereal or oatmeal, one slice of bread, ½ cup cooked rice/pasta

Healthy fats- ~ 1-ounce walnuts, 1/3 med avocado, ~ 2 T olive oil, ~ 1 T ground flaxseed

Sample Dinner Meals and Recipes-

1. Bean and Veggie Taco Bowl
<http://www.eatingwell.com/recipe/260714/bean-veggie-taco-bowl/>
2. Walnut Rosemary Crusted Salmon with asparagus and side salad
<http://www.eatingwell.com/recipe/267223/walnut-rosemary-crusted-salmon/>
3. Mediterranean Chicken over Quinoa
<https://drannwellness.com/recipes/mediterranean-chicken/>
4. Pasta with Vegetables
<https://www.tasteofhome.com/recipes/pasta-with-fresh-vegetables/>
5. Turkey Chili
<https://judymatusky.com/2017/05/25/award-winning-turkey-chili/>
6. Breakfast for Dinner!
 - a. Eggs (any style you like but if you scramble them or make an omelet, great opportunity to add some chopped veggies), whole grain toast with avocado.
 - b. Homemade whole grain banana pancakes/waffles along with a side of non-fat plain Greek yogurt with toppings such as walnuts, ground flaxseed / chia seeds, cinnamon. Try this 2-ingredient pancake recipe:
<https://www.foodmatters.com/recipe/2-ingredient-pancakes>
7. Leftover Dinner Bowls! Throw any protein from previous dinner (i.e. chicken, fish, or beans, hard-boiled egg) over a large handful of spring mix, top it off with roasted or raw vegetables and add an olive oil base dressing. Additional toppings could include- seeds/nuts, chopped organic apple.

For more information on FREE Health Coaching please contact 610-225-6277