COLUMBUS COMMUNITY HOSPITAL
Well into the future

Weekly Meal Plan

	BREAKFAST	LUNCH	DINNER
Mon	1 Baked Oatmeal Cup, 1/2 cup Greek Yogurt, 1/2 cup Fresh Fruit, *(254 calories, 24 g pro, 35 g carbs)*	Turkey Club Wrap with 1 cup Carrots *(480 calories, 22 g pro, 60 g carbs)*	Mediterranean Chicken Salad With Vinaigrette Dressing *(388 calories, 33-38 g pro, 9 g carb)*
Tues	1 Baked Oatmeal Cup, 1/2 cup Greek Yogurt, 1/2 cup Fresh Fruit, *(254 calories, 24 g pro, 35 g carbs)*	Slow Cooker Veggie Lasagna (275 calories, 23 g pro, 22 g carbs)	Whole Wheat Mac and Cheese with Spinach *(289 calories, 24 g pro, 40 g carbs)*
Wed	2 Eggs, 1 slice Whole Wheat Toast, 1/2 cup Fresh Fruit, 1 cup 1% Milk *(450 kcal, 25g pro, 48g carbs)*	Leftover Whole Wheat Mac and Cheese with Spinach *(289 calories, 24 g pro, 40 g carbs)*	Turkey Club Wrap with 1 cup Carrots *(580 calories, 25 g pro, 60 g carbs)*
Thur	Avocado-Banana Smoothie *(330 calories, 10 g pro, 38 g carbs)*	Slow Cooker Veggie Lasagna (275 calories, 23 g pro, 22 g carbs)	*Breakfast for Dinner* 2 small pancakes, 100% pure maple syrup, 2 scrambled eggs with mixed veggies, 1/2 cup fresh fruit
Fri	Avocado-Banana Smoothie *(330 calories, 10 g pro, 38 g carbs)*	Leftover Whole Wheat Mac and Cheese with Spinach *(289 calories, 24 g pro, 40 g carbs)*	Easy Pita Pizza *(355 calories, 20 g pro, 40g carbs)*
Sat	1 Baked Oatmeal Cup, 1/2 cup Greek Yogurt, 1/2 cup Fresh Fruit, *(254 calories, 24 g pro, 35 g carbs)*	Easy Pita Pizza *(355 calories, 20 g pro, 40g carbs)*	Easy Chicken Fajitas *(395 calories, 40g pro, 46g carbs)* or Chicken Stir Fry *(389 calories, 17 g pro, 30 g carb)*
Sun	2 Eggs, 1 slice Whole Wheat Toast, 1/2 cup Fresh Fruit, 1 cup 1% Milk *(450 kcal, 25g pro, 48g carbs)*	4-Ingredient Tuna Salad with Pita and Carrots *(150 calories, 20 g pro, 7 g carb)*	Slow Cooker Chicken and Wild Rice Soup (*with Side Salad) *((190 calories, 10 g pro, 12 g carb)*

COLUMBUS COMMUNITY HOSPITAL
Well into the future

Weekly Meal Plan

SNACKS—Add 1-2 Per Day	
Snacks can fit into a healthy eating plan and provide an energy boost between meals, if they're planned right. Choosing nutritious foods from the can help increase variety and reduce sources of empty calories and added sugar. Eating different combinations of foods can be very satisfying, help to curb hunger and make calorie intake more consistent.	
1 Apple with 1 Tbsp No-Sugar-Added Peanut Butter *(Approximately 200 calories, 4 g pro, 28 g carb)*	1 Banana with 1 Tbsp No-Sugar-Added Peanut Butter *(Approximately 200 calories, 5 g pro, 30 g carb)*
1 cup Baby Carrots with 2 Tbsp Hummus *(Approximately 100 calories, 2 g pro, 16 g carb)*	1 cup Sliced Veggies with 2 Tbsp Hummus *(Approximately 80 calories, 2 g pro, 12 g carb)*
Non-Fat Greek Yogurt with 1/2 cup Fruit *(Approximately 145 calories, 16 g pro, 18 g carb)*	Fruit (pear, peach) with 1/4 cup almonds *(Approximately 200 calories, 5 g pro, 20 g carb)*
String Cheese + Fresh Fruit *(Approximately 140 calories, 6 g pro, 15 g carb)*	Hard Boiled Egg + Crackers (Triscuit or Whole Grain) *(Approximately 200 calories, 9 g pro, 20 g carb)*
Hard Boiled Egg + Fresh Fruit *(Approximately 140 calories, 6 g pro, 15 g carb)*	1/2 cup Cottage Cheese (1% or 2%) + Fresh Fruit *(Approximately 150 calories, 14 g pro, 18 g carb)*

COLUMBUS COMMUNITY HOSPITAL
Well into the future

Weekly Recipes

Avocado-Banana Smoothie: *Makes 1 smoothie/serving* *330 calories, 10 g pro, 38 g carbs* ½ cup spinach ½ cup avocado pulp ½ banana ¼ cup nonfat plain Greek yogurt 4 oz. fresh orange juice 1 Tablespoon honey 2 1/2 to 3 cups ice	Place all ingredients in blender and blend until smooth.
Baked Oatmeal Cups: *Makes 6 cups/servings* *131 calories, 6 g pro, 22 g carbs* 2 cups Quaker® Old Fashioned Oats 1 cup non-fat milk 1/2 tablespoon vanilla 1/2 tablespoon agave nectar or honey 1 teaspoons ground cinnamon (optional) 1 egg, beaten Source: http://www.quakeroats.com/cooking-and-recipe/baked-oatmeal-cups	Heat oven to 350°F. Spray 12 medium muffin cups with cooking spray or line with nonstick paper baking cups, or baking cups sprayed with nonstick spray. Place oats in large bowl. In medium bowl, combine milk, vanilla, agave nectar, cinnamon, egg and egg white; blend well. Add to oats; stir to mix well. Let stand 5 minutes. Divide mixture evenly among muffin cups. Bake 15 to 20 minutes or just until set. Let stand 5 minutes on wire rack before removing from pan. Serve warm.
Turkey Club Wrap: *Makes 1 wrap/serving* *480 calories, 22 g pro, 60 g carbs* 1 spinach tortilla wrap 1 Tbsp mayonnaise 1 Tbsp mustard 2 slices deli turkey 1 slice of cooked bacon (optional) 2 slices tomato 1/4 avocado 1 cup shredded lettuce	Assemble the turkey wrap by layering in the order the ingredients are listed. Wrap, cut, and serve. Will keep wrapped in saran wrap for 3 days if you are making it in advance for lunch for the week. Option—skip the wrap and have over more greens!

Weekly Recipes

Slow Cooker Veggie Lasagna
Makes 6 servings
(275 calories, 23 g pro, 22 g carbs)

2 medium zucchini
1 medium eggplant
16 ounces (2 cups) good-quality store-bought tomato-based pasta sauce (or homemade)
1 medium red onion, diced
1 red bell pepper, diced
16 ounces low-fat cottage cheese (do not use skim—I used 1%)
2 large eggs
8 ounces part-skim shredded mozzarella or provolone cheese, divided (about 2 cups—I used a blend of both cheeses)
For serving: Parmesan cheese, freshly chopped herbs such as basil or parsley

Source: https://www.wellplated.com/low-carb-lasagna/print/

With a mandoline or very sharp knife, slice the eggplant and zucchini length-wise into long, thin (1/4-inch) sections so that they resemble lasagna noodles. Spread the vegetable slices out onto a kitchen towel or layers of paper towels and sprinkle them lightly with kosher salt. Let stand for 15 minutes to allow some of the excess liquid to drain off. Pat dry.
Broil the zucchini and egg plant by placing the top oven rack about 5 inches from the upper heat element. Set the oven to broil at 500 degrees F. Arrange the zucchini and eggplant slices in a single layer on a baking sheet. (Do not line the baking sheet pans with wax paper or parchment, as they will burn.) Lightly brush the slices with olive oil. Flip over the slices and repeat for the other side. Broil for 8 minutes, or until lightly brown, working in multiple batches as needed. Remove from the oven and allow to cool slightly. Place the slices on paper towels to remove excess moisture.
Lightly coat a crock pot with nonstick spray. Spread 1/2 cup tomato sauce on the bottom of the crock pot—the layer will seem very thin. In a small bowl, beat the cottage cheese together with the eggs.
Create the first veggie lasagna layer in the crock pot as follows:
1 layer of eggplant "noodles"; one-third of the cottage cheese (about 2/3 cup); one-third of the bell peppers and onions; one-third of the mozzarella; 1/2 cup tomato sauce.
Create the second veggie lasagna layer, this time using zucchini: 1 layer of zucchini "noodles"; one-third of the cottage cheese; one-third of the bell peppers and onions; one-third of the mozzarella; 1/2 cup of tomato sauce.
Create the final layer: 1 layer of eggplant "noodles"; remaining cottage cheese; remaining bell peppers and onions; 1 layer of zucchini noodles; 1/2 cup tomato sauce; remaining mozzarella.
Cover the crock pot and cook on high for 2 to 3 hours, until the eggplant is tender. To test, insert a long, thin knife into the lasagna and ensure the eggplant feels tender. Re-cover, turn off the slow cooker, and let stand until any remaining liquid is absorbed, about 30 minutes to 1 hour. (Note: if you did not grill or broil the vegetables first, you will have a lot of remaining liquid.) To serve, slice and scoop desired portions, then sprinkle with Parmesan cheese and herbs as desired.

Weekly Recipes

Whole Wheat Mac and Cheese with Spinach *Makes 6 servings* *289 calories, 24 g pro, 40 g carbs* 1 3/4 cups low-fat (1%) milk, divided 3 tbsp. flour 2 cups (6 oz.) grated extra-sharp fat-free cheddar cheese 1 cup low-fat (1%) cottage cheese 1⁄8 tsp. nutmeg Ground pepper to taste 1 package (10 oz.) frozen spinach 2 cups (8 oz.) whole-wheat macaroni 1/4 cup toasted wheat germ Source: https://www.rd.com/health/healthy-eating/healthy-casserole-recipes-for-diabetics/	Preheat the oven to 400°F. Coat an 8-inch-square (2-quart) baking dish with nonstick spray. Bring a large pot of lightly salted water to a boil for cooking the macaroni. Whisk 1/4 cup of the milk with the flour in a small bowl until smooth. Set aside. Heat the remaining 1 1/2 cups milk in a heavy medium saucepan over medium heat until steaming. Add the flour mixture and cook, whisking constantly, until the sauce boils and thickens, 2 to 3 minutes. Remove from the heat. Add the cheddar cheese, stirring until melted. Stir in the cottage cheese, nutmeg, 1/4 tsp. salt, and pepper. Cook the spinach according to package directions. Drain and press out excess moisture. Cook the macaroni, stirring often, in the boiling water until not quite tender, 4 to 5 minutes. (The macaroni will continue to cook while baking.) Drain, rinse with cold running water, then drain again. Mix the macaroni with the cheese sauce in a large bowl. Spread half of the macaroni mixture in the baking dish. Spoon the spinach on top. Spread the remaining macaroni mixture over the spinach layer. Sprinkle with wheat germ. Bake the casserole until bubbly and golden, 35 to 45 minutes.
Mediterranean Chicken Salad Makes 1 Serving *388 calories, 33-38 g pro, 9 g carb* 2 cups romaine lettuce 1 cup diced vegetables of choice 1/4 cup feta cheese 3-4 oz grilled chicken breast 1-2 Tbsp vinaigrette dressing	Place all ingredients in a large bowl and stir to combine! If you need some time saving help, grab a bagged salad with romaine lettuce and vegetables. Also, get a rotisserie chicken from the grocery store and remove all of the skin. That will make this dinner even easier!

COLUMBUS COMMUNITY HOSPITAL
Well into the future

Weekly Recipes

Easy Pita Pizza *Makes 1 Serving* *(355 calories, 20 g pro, 40g carbs)* 1 pita bread 2 Tbsp spaghetti sauce or pizza sauce 1/4 cup reduced-fat shredded mozzarella cheese 1 tsp pizza seasoning (or blend of oregano, basil, garlic powder, onion powder) ***Unlimited Veggie Toppings:*** Sliced mushrooms Sliced onions Sliced green peppers *Or, try a Hawaiian Style with Diced Ham and Pineapple as your toppings.*	Brush on a little olive oil on the pita. Spread sauce on top of the pita. Sprinkle on the shredded cheese. Sprinkle on pinches of desired herbs and spices, and add any toppings you'd like. Place on baking sheet, bake for 5-7 minutes at 400°, or until cheese is melted (times may vary).
Easy Chicken Fajitas *Makes 4 servings* *(395 calories, 40g pro, 46g carbs)* Non-Stick Cooking Spray 3 cups bell pepper strips 2 cups vertically sliced onion 1 pound boneless skinless chicken breasts, cut into thin slices 1 teaspoon chili powder 1/2 teaspoon ground cumin 2 cans (10 oz each) RoTel® Original Diced Tomatoes & Green Chilies, drained 8 flour tortillas (6 inch), warmed Source: https://www.readyseteat.com/recipes-Easy-Chicken-Fajitas-5485	Spray large skillet with cooking spray; heat over medium-high heat. Add bell peppers and onion; cook 7 minutes or until tender, stirring occasionally. Remove from skillet; set aside. Add chicken to skillet. Sprinkle with chili powder and cumin. Cook 4 minutes or until no longer pink, stirring occasionally. Return peppers and onion to skillet; add drained tomatoes. Cook 2 minutes more or until hot. Divide chicken mixture evenly between tortillas.

COLUMBUS COMMUNITY HOSPITAL
Well into the future

Weekly Recipes

Chicken Stir Fry *Makes 4 servings* *(389 calories, 17 g pro, 30 g carb)* 1 1/4 cups brown rice 2 1/2 cups water 1 tablespoon canola oil, divided 1 1/2 pounds boneless skinless chicken breasts, cubed 1 bag frozen mixed stir fry vegetables 2/3 cup stir fry sauce	Cook brown rice. Cut up the chicken breasts. Heat 1/2 tablespoon canola oil in a wok or large skillet over medium-high heat. Add chicken and stir fry for 5-6 minutes, until almost done. Remove chicken from pan and set aside. Add remaining 1/2 tablespoon canola oil. Add frozen vegetables and stir fry 3-4 minutes, until heated through and crisp-tender. Return chicken to wok or skillet. Add stir fry sauce and mix everything well to distribute the sauce. Reduce heat to low and let simmer until chicken is cooked through and you're ready to serve. Serve stir fry and extra sauce over rice.
4-Ingredient Tuna Salad *Makes 1 Serving* *(150 calories, 20 g pro, 7 g carb)* 1, 3 ounce can tuna, drained (or pouch) 2 tablespoons Plain Greek yogurt 1 tablespoons pickle relish Dash of dried dill Salt and pepper, to taste *Optional: add chopped carrot, celery, avocado, pistachios or dried cranberries* *Source: http://www.runninginaskirt.com/3-ingredient-greek-yogurt-tuna-salad-recipe/2/*	Stir the drained tuna, plain Greek yogurt, pickle relish and dill together in a bowl. Adjust the proportions of each to your taste buds. Serve with pita bread and carrots.

COLUMBUS COMMUNITY HOSPITAL
Well into the future

Weekly Recipes

Slow Cooker Chicken and Wild Rice Soup
Makes 8 Servings
(190 calories, 10 g pro, 12 g carb)

2 tsp olive oil
3 garlic cloves, minced
1 white onion, chopped
1 cup sliced carrots (about 2-3 large carrots)
2 celery stalks, chopped
1 tsp poultry seasoning
1 tsp dried oregano
1 tsp dried thyme
1 1/2 pounds uncooked chicken breast, cut into bite size chunks
1 1/4 cups uncooked wild rice or wild rice blend
7 cups chicken broth
1/2 cup reduced fat sour cream
1/4 cup all-purpose flour

Source: https://www.ambitiouskitchen.com/2015/02/lightened-slow-cooker-chicken-wild-rice-soup/

Heat olive oil in a medium or large skillet over medium high heat. Add garlic, onion, carrots and celery and sauté for 6-8 minutes or until onions are softened; stir in seasoning (oregano, thyme and poultry seasoning) and cook for 30 seconds longer. Transfer to crock pot. Next add in uncooked chicken breast chunks, wild rice and chicken broth. Cover and cook on low for 6-7 hours or on high for 3-4 hours.

About a half hour before you are ready to serve the soup, mix sour cream and flour together in a small bowl with a fork. Turn slow cooker to high and slowly add in sour cream/flour mixture; stir for a few minutes until well combined, then place cover back on crock pot and allow to cook for 20 more minutes to allow soup to thicken up.

Serve with a side salad (greens, shredded vegetables and light vinaigrette dressing).

COLUMBUS
COMMUNITY HOSPITAL
Well into the future

Weekly Meal Plan Template

BREAKFAST	LUNCH	DINNER