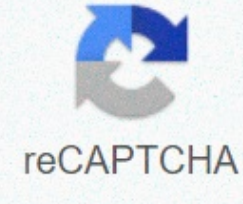




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Meal plans tamug

The Mediterranean diet has long been recognized as one of the healthiest and most delicious ways to eat. The central concept behind this healthy diet is to eat like people living in the Mediterranean region—fill their plate with fresh fruits and vegetables, healthy fats, whole grains, legumes and fish (especially salmon) and enjoy moderate amounts of red wine. This week-long Mediterranean diet meal plan features these good foods for you and delicious flavors for a week of healthy eating. Also, at 1,500 calories you are on track to lose a healthy 1 to 2 pounds per week. Photo: Jason Briscoe (Unsplash)I've always been a fan of pre-trip planning, to the point of building a packing grid before each trip. The packaging grille includes clothing components for each day of travel (based on the expected time and activity), as well as a list of essential items i don't want to leave behind: Advil, Band-Aids, my Fitbit charger, etc. When was the last time you went on vacation and felt confident that you had packed everything you... Read moreWhen I was planning my most recent trip, a book tour and teaching that covered four states in thirteen days, I added a few extra queues to my packing grid. These lines covered breakfast, lunch and dinner for every day of the trip: what I planned to eat, and where I planned to eat it. Here's how to set up a similar plan before your next big trip:How to plan meals while travelingAnd you want to create a travel meal plan, here's what you need to consider:Where you'll stay How long will you have How long it will take before your next mealHow much you want to spendIf this should be a special meal We will break each of these down :Where will you be : In a hotel? On a highway? At an airport? Your location will help you determine your options—and whether you want to take advantage of these options or plan something different in advance (like stopping at a supermarket before entering your hotel vs. request room service after you arrive). How long will you have: Is this a situation where you can have a leisurely lunch, or will you need to catch a bus in the next 30 minutes? Did you schedule consecutive meetings, or did you promise your grandparents you'd arrive at 5:00 .m.? Knowing how much time you have to eat will help you know what kind of meal to plan—and ensure that you fit the schedule. How long will it take for your next meal: This is important. If you're about to board a five-hour flight, you'll probably want a different kind of meal than, say, if you're planning to visit a relative who will offer you delicious homemade cookies as soon as you arrive. Know you're likely to eat next—and what that meal will be—can help you avoid eating or overeating. How much you want to spend: Check the websites of the restaurants and make sure they are within your price range. If this should be a one Meal: Traveling often means trying new restaurants and accumulating larger tabs than usual, but if you're hoping to keep a budget, it's helpful to designate some meals as special and let the rest of them be lower cost or common. Knowing that you have a special meal coming up also gives you something to look forward to. I used a combination of yelp, Google Maps and restaurant sites to choose the restaurants I planned to visit, and wrote these restaurant names on my travel worksheet under the itinerary (and matching outfit) for each day, for example Breakfast: free at the hotel; lunch: World Foods next to the Bolt Bus stop; dinner: Hearthstone. If you don't want to make the spreadsheet complete, you can schedule your meal plan or leave it in your favorite app to do. When I left, I put all my ideas in a pocket notebook. So I switched to e-mail... Read moreThe benefits of knowing where the next meal comes from, planning my meals in advance was a game changer. Instead of having to ask myself, every few hours, where I was going to eat and how far I would have to go to get the food, I was able to start my day with a plan. Maybe that meant having continental breakfast at my hotel, bringing an extra banana/bagel/yogurt back to my room for lunch, and meeting friends for dinner. Maybe that meant mixing some of the meal replacement powder I had packed in my luggage, and making sure to do it the night before so it would be nice and cold for breakfast the next morning. Maybe that meant squandering on a very good, price-priced meal - although it really counts as a splendour if it's on schedule and on budget? Spare meal drinks have become more ubiquitous as we get busier and working harder... Read more My meal plan also lets me skip some of the indignities of the trip: arriving at the airport and buying a \$6 glass of hummus because I hadn't thought of taking anything better with me; show up at my hotel and have to decide between ordering room service and taking a chance at any restaurant that offers delivery; choose a fast food place for lunch just because it's familiar and I'm too hungry to research any best options. I researched my options before leaving, along with their prices and various distances from all the places I planned to be during the trip. (I even looked up food photos on Yelp, to get a notion of size and grease level.) Even if you have a big weakness for olive garden, no one goes to chain restaurants... Read moreAvoid where do you want to eat? I do not know... DiscussionIf you are planning meals for a family or a group of searching for your available options before you leave —and choosing one of these options in advance—will save you a lot of it Where do you want to eat? I don't know, where do you want to eat? Eat? you can search for nutritional information and allergens before getting stuck on the highway (or in the middle of a busy sidewalk in the city center). You can ensure that everyone has their favorite cuisine at some point in the trip. You can take your entire party to a restaurant or café before hunger forces you to choose the nearest option—and you're less likely to have one of those meals that ends with everyone complaining about the food. Of course, just because you make a plan doesn't mean it has to be set in stone. Your meal plan is a guide you can use if something else doesn't show up. Maybe you went through a peculiar diner and decided to stop and try. Perhaps the restaurant you chose turned out to be too busy or too tall or otherwise unpalatable. Maybe you forgot to check the time, and you picked a closed place on Mondays. Getting out of the plan, in this case, means making an informed choice about where to spend your time and money—which is very different from getting hungry and deciding to settle for the first restaurant you see. In my family, we had a no-restaurant rule for our kids for about two years. That's because they... Read moreIf you also tried to plan your meals before you travel, let us know what worked and it didn't work for you. Do you estimate how much each meal will cost, and build it into your travel budget? Do you pack non-perishable food in your bag, or plan trips from supermarket or convenience store to get fresh fruit and other essentials? When you search for online restaurants, do you plan which entry you will order and how will it fit with your daily nutritional goals? I love planning, so I'm curious to learn how you eat when you travel—and whether I should add a few more lines to my packing grill. Welcome to Week 3 of the On-the-Go Meal Plan! If you want to repeat a favorite meal, please feel free. Monday's Menu Today's Menu: Breakfast • Breakfast convenience store Have 1 glass of microwavable oats (e.g. Quaker Oatmeal Express) with a box of 8 ounces of fat-free milk and 1 banana. Lunch • Cheese and tomato sandwich At home: Spread 1 slice of whole wheat bread with 2 teaspoons of reduced calorie mayonnaise and 1 slice with mustard to taste. Fill with 2 ounces (2 slices) Swiss, cheddar, provolone or Jack cheese, and as many tomato slices as possible. Serve with a side salad with 2 teaspoons of sauce of your choice. For dessert, eat 1 peach (or a 4-ounce canned peach in your own juices) or 2 plums. In the restaurant: If they don't have whole wheat bread, it's no big deal. Snack • Fruits and Nuts Combine 2 tablespoons of almonds, walnuts or other nuts your choice with 4 halves of dried apricot or 1 1/2 tablespoons raisins. Dinner • Dill Fish in Foil with Chopped Salad Place two 5-ounce boneless fish filelets (trout, snapper, flounder or other fish) on a piece of aluminum foil large enough to fully wrap the fillet. Fillet. each fish with 1 teaspoon of olive oil, salt and pepper to taste, and sprinkle each with 2 teaspoons fresh and chopped dill. Add a spritz of fresh lemon juice and cover each with 3 slices of lemon. Roll the fish freely, place in the preheated oven of 350° F. Cook for 12 minutes or until the fish are opaque. For the salad, mix 1/2 chopped red pepper, 1/2 cup chopped cucumber, 1/4 avocado, 1 teaspoon olive oil, 1 to 2 teaspoons fresh dill, and salt and pepper to taste. Enjoy with 1 slice of wholewheat bread and a 4-ounce glass of wine. (Fish makes 2 outings; book 1 for Tuesday dinner.) If you are in a restaurant, replace grilled fish (ask to hold the butter). Take half home in a dog bag for Tuesday. Sub a house salad for the chopped salad. Daily total calorie: 1,476Fat: 57.2 gPercent daily fat calories: 35% Saturated fat: 17.1 gPercent daily saturated fat: 10%Carbohydrate: 165 g Percentage of daily carbohydrate calories: 46%Fiber: 23 gProtein: 70 gPercent of daily protein calories: 19%Cholesterol: 176 mgCalcium: 1,163 mgSodium: 1,241 mg Still hungry? Check out these low-lime snacks! Tuesday Menu: Breakfast • Raisin And Fruit Bran Have 1 cup Of Raisin Bran with 1 cup skimmed milk (whichever is not for the bowl, use it in coffee or drink plain). Add 1 banana and 2 tablespoons of walnuts or other nuts. Lunch • Bean Burrito At home: Fill 1 whole wheat tortilla (check label for a maximum of 120 calories) with 1/2 cup canned fried beans (check label for about 120 calories per 1/2 cup, like Amy's brand), 1/4 avocado, 2 to 3 tablespoons parsley, and 2 tablespoons shredded cheddar or jack cheese. Roll, microwave and serve. At Taco Bell: Regular Bean BurritoAt Baja Fresh: Vegetarian Bare Burrito (eat three quarters, Let it rest on your plate) Snack Have 1 Yoplait Nouriche smoothie Dinner • Fish Salad Toss together 2 cups mixed vegetables, 1/2 red pepper, 1/2 cup cucumber, 1/2 chopped avocado, 2 to 4 tablespoons parsley (to taste), and the rest of the remaining fish fillet (Monday), coarsely broken into pieces. Add onions if desired. Cover with 6 roasted tortilla chips. Daily total calorie: 1,528Fat: 47 gPercent daily calories of fat: 28% Saturated fat: 9.2 gPercent daily saturated fat: 5%Carbohydrate: 218 gPercent Daily caloriecarbohydrates: 53%Fiber: 39 gProtein: 73 gPercent of daily protein calories: 19%Cholesterol: 142 mgCalcium: 943 mgSodium: 1,990 mg Still hungry? Check out these low-lime snacks! Wednesday menu: Breakfast • Breakfast on the Bag Have 1 energy bar with 220 to 240 calories and at least 4 grams of fiber. an Odwalla Carrot Bar, an Energy Bar - not dipped — or a Clif bar.) Have a box of 8 ounces of fat-free milk and 20 red or green grapes. Lunch • Microwavable Meal Look for frozen meals ranging from 320 to 360 calories with at least 6 grams and no more than 3 grams of saturated fat. Some of the tastiest and most nutritious frozen meals are Indian. Look for brands like Amy's, Taj and Green Guru (Green Guru Channa Masala is a great choice with an impressive 12 grams of fiber). Eat 1 tangerine for dessert. Snack • Latte and Biscotti Eat a 12-ounce fat-free milk latte (e.g. High Starbucks) with 1 small biscotti (no more than 110 calories — for example, Starbucks Vanilla Almond Biscotti). Dinner • Pasta with Chicken Toss 1 1/2 cups cooked whole wheat dough (any form of pasta) with 2/3 cup cooked chicken breast (skinless), 1/2 cup tomato and 1 teaspoon olive oil. Serve with 2 cups of mixed green salad with 2 teaspoons of sauce of your choice. At Olive Garden: Giardino chicken, lunch port (you can order this size at dinner) and 1 side salad with 2 teaspoons of sauce. Daily calorie total: 1,556Fat: 36 gPercent daily calories of fat: 21% Saturated fat: 8.1 gPercent of daily calories of saturated fat: 5%Carbohydrate: 240 gPercent calorie Daily carbohydrates: 58%Fiber: 27 gProtein: 81 gPercent of daily protein calories: 21%Cholesterol: 118 mgCalcium: 1,058 mgSodium: 1,596 mg Still hungry? Check out these low-lime snacks! Thursday menu: Breakfast • Raisin Bran, Fruit and Milk Have 1 cup of Raisin Bran with 1 cup fat-free milk, 1 banana and 2 tablespoons walnuts. Lunch • Baked Potatoes, Broccoli and Cheese At Home: Open a hot, roasted potato (microwave is thin) and top with 3 tablespoons of low-fat plain yogurt, 1 cup steamed broccoli and 1/4 cup shredded cheddar. Serve with 1 cup of grape (about 32). At Wendy's: Order the roast potato of Broccoli & Cheese; Hold the margarine and order extra broccoli. Snack • Yogurt and Strawberries Pour 6 ounces of low-fat vanilla yogurt over 1 cup of strawberries. Dinner • Turkey Burger and Salade Place a 3-ounce boiled turkey burger (start with 4 raw ounces) on 1 wholemeal bread with tomato, onion, lettuce and ketchup and mustard to taste. Mix 4 cups of mixed vegetables and 2 cups of chopped vegetables of your choice. Serve half the salad tonight with 1 tablespoon of sauce of your choice and save half for Friday dinner. For dessert, have 120 calories of ice cream, such as a Starbucks Mocha Frappuccino bar or 1/2 cup of reduced fat ice cream. Daily calorie total: 1,476Fat: 37 gPercent daily fat calories: 23% Saturated fat: 12.5 gPercent daily saturated fat calories: 8%Carbohydrate: 241 gPercent Daily caloriecarbohydrates: 59%Fiber: 33 gProtein: 66 gPercent of daily protein calories: 18%Cholesterol: 94 mgCalcium: 1,028 mgSodium: 1,326 mg Still hungry? Check low-lime snacks! Friday menu: Breakfast • Toast with almond butter Have 2 slices of whole wheat toast, each spread with 2 teaspoons of almond butter and 1/2 tablespoon of honey. (If you have peanut butter at home, it's okay to use instead of almond butter.) Serve with a small glass (1 cup) of fat-free milk and 1 apple. Lunch • Spinach salad with egg, orange and walnuts coughs together 3 cups spinach, 1 small sliced orange (or 1 tangerine), 1 to 2 tablespoons chopped red onion, and 1 tablespoon sauce of your choice (or make your own with 2 teaspoons olive oil, a spritz of lemon juice, and 2 teaspoons of orange juice). Top with 2 boiled eggs, cut in half and 1 tablespoon of toasted walnuts (or any other type of walnuts). Serve with 50 to 60 calories of whole grain biscuits such as Ak-Mak or Ry Crisp (check labels to determine the value of 50-60 calories). Dinner • Pizza, Beer and Salad Have 2 medium slices, 12-inch diameter pizza topped with vegetables (try Domino's hand, or about 375 calories worth of frozen pizza — mark the label for a correct slice). Serve with the rest of thursday's (salad) thrown with 2 teaspoons sauce of your choice. Eat a 12-ounce light beer. Daily total calorie: 1,511Fat: 63 gPercent daily fat calories: 38% Saturated fat: 13 gPercent daily calories of saturated fat: 8%Carbohydrate: 175 g Percent daily carbohydrate calories: 47%Fiber: 22Protein: 56% of daily protein calories: 15%Cholesterol: 452 mgCalcium: 892Sodium: 1,600 Still hungry? Check out these low-lime snacks! Saturday menu: Breakfast • Egg Burrito Scramble 2 eggs with about 2 tablespoons of parsley. Wrap in an 8-inch heated whole wheat tortilla (check label for about 100 to 120 calories per tortilla, such as Cedar Lane). Or replace Amy's Breakfast Burrito. Serve with au lait coffee (1 cup coffee, regular or decaffeinated, mixed with 1 cup of hot fat-free milk). Have 1 slice of cantalupo (one quarter of medium melon). Lunch • Vegetarian Cheeseburger Prepare a 110 to 120 calorie soy-based vegetable burger according to package instructions. (Try Mouth All-American Flame Grilled or Gardenburger Flame Grilled.) Melt 1 ounce (1 slice) of cheese with reduced fat, such as Cabot 50% Cheddar or Kraft 2% Singles in patty during the last stages of cooking. Place on a whole wheat bread with tomato, onion, lettuce and mustard

and ketchup to taste. Serve with 1 cup of baby carrot and any remaining tomatoes. At Burger King: Eat the BK Veggie Burger without mayonnaise. Dinner • Dinner at the Mall NOTE: If your mall doesn't have any of these chains, get something similar. On Panda Express: Have a cup of black pepper chicken, chicken with mushrooms, chicken or meat or tofu with string beans, or beef with broccoli and a cup of mixed vegetables. Have a rice bowl the size of a tennis ball. No Au Bon Pain: Have the charbroiled salmon fillet and yellow pepper or mediterranean chicken salad with a third of a serving of light honey mustard or half a serving of balsamic vinaigrette. Serve with 1 slice of French bread. For dessert, have a small size of soft serving frozen yogurt or ice cream, about 3/4 cup (like the Junior Cup at TCBY). If they have nutritional information, find 150 calories. Daily total calorie: 1,549Fat: 43 gPercent daily fat calories: 25% Saturated fat: 14.8 gPercent daily saturated fat calories: 9%Carbohydrate: 183 gPercent of Daily calories of carbohydrates: 51%Fiber: 23 gProtein: 92 gPercent of daily protein calories: 24%Cholesterol: 491 mgCalcium: 1,953 mgSodium: 2,663 mg Still hungry? Check out these low-lime snacks! Sunday Menu: Breakfast • Bagel, Cream Cheese and Lox Have 1 small to medium bagel, preferably whole wheat or oatmeal -bran (try Lender Honey Wheat, 2.85 ounces, 220 calories) spread with 3 tablespoons of reduced fat cream cream cheese and 2 ounces lox (smoked salmon). Serve with 1/2 cup of blueberries and a small glass (1 cup) of fat-free milk. Lunch • Bean Soup with Spinach Have 1 1/2 cups lentil, black beans or other bean soup. If you are doing it at home, cook 1 1/2 cups of spinach in soup. If eating out, order a side salad (preferably spinach) with 2 teaspoons of fat-free sauce. Have 90 to 100 calories of whole grain biscuits (such as Ak-Mak or Wasa). Snack • Flavored latte Have a 12-ounce fat-free milk latte with 2 flavored syrup pumps. Dinner • Turkey Roll-Up Spread 1 whole wheat tortilla (check labels for about 120 calories) with 2 tablespoons of reduced fat cream cheese, 2 slices (2 ounces) turkey breast, 1 slice of reduced fat cheese (try Kraft 2% Singles or Cabot 50% cheddar), shredded lettuce, watercress or arugula, and parsley to taste. Roll and serve. Have 1 cup of baby carrotsAt Subway: Order the Chicken Bacon Ranch Wrap without the ranch sauce or bacon. Eat with fat-free honey mustard sauce and stuff with lettuce, tomato and green pepper. Bring your own carrots. Snack • Carbohydrate Lovers Snack Have a third of a bag of light microwave popcorn with 9 roasted tortilla chips. Daily total calorie: 1,522Fat: 30 gPercent daily fat calories: 18% Saturated fat: 12.6 gPercent of daily calories of saturated fat: 7%Carbohydrate: 221 gPercent of Daily calories of carbohydrates: 57%Fiber: 34 gProtein: 95 gPercent of daily protein calories: 25%Cholesterol: 107 mgCalcium: 1,216 mgSodium: 4,103 mg Still hungry? Check out these low-lime snacks! Next: Week 4! This content is created and maintained by third parties and imported into this page to help users provide their email addresses. You may be able to find more information about this and similar content in piano.io piano.io

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