

# Eat Good to Feel Good: A MOBE MENU GUIDE





## Fuel your life one meal at a time.

Meal planning can seem overwhelming. But it actually works best when it fits your life and feels doable. You don't need to plan every single meal or follow strict recipes to be successful. MOBE's registered dietitians designed these menus to be structured, but flexible.

Each menu includes meals and snacks that follow general guidelines for weight loss. But you can make changes to match your hunger, activity level, taste, and schedule. Try to eat every 3–4 hours to keep your energy, focus, digestion, and mood steady. Don't overthink it. Just pay attention to your hunger and fullness to eat the right amount.

You don't need to be perfect—just try to be consistent. The 85/15 approach can help. Choose foods that support your goals about 85% of the time and enjoy treats the other 15%.

Listen to your body, get creative, and reach out to your MOBE® Guide to build a meal plan that works for you.

	Menu 1	Menu 2	Menu 3
<b>Breakfast</b>	<a href="#">Energizing Antioxidant Smoothie</a>	<a href="#">High Fiber Oatmeal</a>	<a href="#">Savory Egg Muffins</a>
<b>Lunch</b>	<a href="#">Fresh Veggie &amp; Hummus Sandwich</a>	<a href="#">Mix &amp; Match Salad</a>	<a href="#">Hearty Lentil Soup</a>
<b>Dinner</b>	<a href="#">Tasty Fish Tacos</a>	<a href="#">Easy Sheet Pan Dinner</a>	<a href="#">Classic Chicken Stir-Fry</a>
<b>Snack Ideas</b>	<ul style="list-style-type: none"> <li>• 1–2 <a href="#">No-Bake Energy Bites</a> (recipe included)</li> <li>• 1 piece (or cup) fruit + ½ cup plain Greek yogurt (included in grocery lists)</li> <li>• 4–5 whole grain crackers + 1½ oz cheese</li> <li>• 1 piece or 1 cup fruit + 1 tablespoon nut butter (peanut, almond, cashew)</li> <li>• 3 tablespoons guacamole or ¼ avocado + 6–8 whole grain tortilla chips</li> <li>• 1 cup raw vegetables + 2 tablespoons hummus</li> </ul>		

**Footnote:** Each sample menu, when combined with two snacks from the accompanying list, provides an estimated total of 1,400–1,600 calories per day—consistent with commonly recommended calorie ranges for weight loss in adults.

### Disclaimer:

This menu has been created for general informational and planning purposes only. It does not consider individual medical conditions, medications, allergies, intolerances, or specific dietary needs. Always consult with a qualified health care provider or registered dietitian before making changes to your diet, especially if you have any existing health conditions or concerns. Ingredients and nutritional information may vary. The creator of this menu is not liable for any adverse reactions or outcomes resulting from the use of this menu.



## Energizing Antioxidant Smoothie

Total time: 5 minutes

Serves: 1

### Ingredients

- 2 cups soy milk
- 1 cup frozen berries
- 1 tablespoon ground flax seeds
- 1 scoop plant-based pea protein powder

### Instructions

Add ingredients to the blender in the order listed. Blend until smooth.

### Recipe Notes:

- Rotate your favorite fruits and veggies to add a range of nutrients to your smoothie.
- Choose almond, cashew, cow, or any other milk to create unique flavor and texture.
- For a lighter, more sip-able smoothie, add more liquid.
- Use less liquid for a creamier blend.
- Try these [Mix and Match Smoothie](#) recipes for more delicious ideas.

### Allergen Statement:

Contains legumes. Carefully read all ingredient labels and check with your health care provider before trying a new recipe if you have food allergies or follow a special diet.

### Nutrition Facts

servings per container  
**Serving size** (629g)

**Amount per serving**  
**Calories** **300**

	% Daily Value*
<b>Total Fat</b> 12g	<b>15%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 260mg	<b>11%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 11g	<b>39%</b>
Total Sugars 12g	
Includes Added Sugars	<b>0%</b>
<b>Protein</b> 26g	
Vitamin D 6mcg	<b>30%</b>
Calcium 630mg	<b>50%</b>
Iron 5.3mg	<b>30%</b>
Potassium 640mg	<b>15%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



## Fresh Veggie & Hummus Sandwich

Total time: 10 minutes

Serves: 1

### Ingredients

- 2 slices whole grain bread
- ¼ cup [hummus](#)
- ¼ cup arugula
- ⅛ cup red onion, thinly sliced
- ¼ avocado, sliced or mashed
- ¼ cup cucumber, thinly sliced

### Instructions

Spread hummus on each slice of bread.

Layer toppings on one slice in this order: arugula, red onion, avocado, cucumber.

Place the other slice of bread on top. Cut and enjoy.

### Recipe Notes:

- Serve with fresh fruit for a sweet, healthy side.
- Use whole grain bread, gluten-free bread, a tortilla, or even lettuce wraps.
- Swap hummus with a black bean spread if you like.
- Mix up the veggies. Try bell peppers, spinach, or tomato slices.
- Toss the greens in olive oil or add Dijon mustard for more flavor.
- Layer on a couple of low-sodium turkey slices for extra protein.
- Give another [Hummus and Veggie Sandwich](#) a try.

### Allergen Statement:

Contains wheat. Carefully read all ingredient labels and check with your health care provider before trying a new recipe if you have food allergies or follow a special diet.

### Nutrition Facts

servings per container

**Serving size** (175g)

Amount per serving

**Calories** **330**

% Daily Value\*

**Total Fat** 14g **18%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 680mg **30%**

**Total Carbohydrate** 45g **16%**

Dietary Fiber 12g **43%**

Total Sugars 7g

Includes 0g Added Sugars **0%**

**Protein** 14g

Vitamin D 0mcg **0%**

Calcium 60mg **4%**

Iron 2.8mg **15%**

Potassium 560mg **10%**

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## Tasty Fish Tacos

**Prep time:** 5 minutes

**Cook time:** 15 minutes

**Total time:** 20 minutes

**Serves:** 4

**Serving size:** 2 tacos

### Ingredients

- 1½ pounds cod cut into 8–16 pieces
- 2 avocados, diced
- ½ cup Pico de Gallo
- 8 corn tortillas, warmed
- 1 tablespoon olive oil
- Cooking spray for baking sheet
- ¼ teaspoon smoked paprika
- ¼ teaspoon cumin
- ¼ teaspoon chili powder
- ⅓ teaspoon oregano
- ⅓ teaspoon cayenne pepper
- ⅓ teaspoon salt
- ⅓ teaspoon pepper
- Shredded cabbage or bagged coleslaw mix, diced onions, or other desired vegetables (optional)

### Instructions

Preheat oven to 400°F. Spray large baking sheet with cooking spray.

Mix oil and seasoning together in a medium bowl. Add thawed fish and toss to coat, then place fish on the baking sheet.

Bake fish until it's flaky, around 10–14 minutes depending on thickness.

Warm corn tortillas by wrapping them in a damp paper towel, placed on a microwave-safe plate. Microwave for 30–40 seconds.

To assemble tacos, place 1–2 pieces of fish, 1 teaspoon diced avocado, 1 tablespoon Pico de Gallo.

### Recipe Notes:

- Enjoy with a side of black beans and rice.
- Any white fish like mahi mahi, flounder, sole, tilapia, or haddock work well.
- Fish could be purchased frozen and thawed prior to baking.
- You can top with any salsa as a substitute for Pico de Gallo.
- Give these [Easy Turkey Tacos](#) a try.

### Allergen Statement:

Contains fish. Carefully read all ingredient labels and check with your health care provider before trying a new recipe if you have food allergies or follow a special diet.

Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>(250g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>390</b>
% Daily Value*	
<b>Total Fat</b> 20g	<b>26%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 65mg	<b>22%</b>
<b>Sodium</b> 320mg	<b>14%</b>
<b>Total Carbohydrate</b> 25g	<b>9%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 31g	
Vitamin D 1.4mcg	<b>8%</b>
Calcium 30mg	<b>2%</b>
Iron 0.8mg	<b>4%</b>
Potassium 670mg	<b>15%</b>
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## No-Bake Energy Bites

**Prep time:** 10 minutes

**Serves:** 12

**Serving size:** 2 bites

### Ingredients

- 1 cup rolled oats
- ½ cup chocolate chips
- ½ cup ground flax seed
- ½ cup peanut butter
- ⅓ cup honey
- 1 teaspoon vanilla extract

### Instructions

Measure and combine ingredients.

Roll mixture into 24 small balls.

Place in the freezer until firm.

### Recipe Notes:

- Try dried fruit instead of chocolate chips for a naturally sweet twist.
- Swap flax seeds for chia seeds for extra crunch and omega-3s.
- Choose almond butter instead of peanut butter for a smooth, nutty upgrade.
- Use vegan-friendly agave nectar instead of honey.
- Store the bites in an airtight container. Keep them in the fridge for up to one week or in the freezer for six months.
- These [Chocolate Almond Protein Bites](#) are another easy treat.

### Allergen Statement:

Contains nuts. For a gluten-free diet, purchase rolled oats that are labeled as gluten-free on the packaging. Carefully read all ingredient labels and check with your health care provider before trying a new recipe if you have food allergies or follow a special diet.

### Nutrition Facts

servings per container

**Serving size** (42g)

Amount per serving

**Calories** 190

% Daily Value\*

**Total Fat** 10g 13%

Saturated Fat 3g 15%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 0mg 0%

**Total Carbohydrate** 23g 8%

Dietary Fiber 3g 11%

Total Sugars 12g

Includes 11g Added Sugars 22%

**Protein** 5g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.7mg 4%

Potassium 160mg 4%

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# Grocery List

Includes ingredients for the following snacks: Greek yogurt with fruit, No-Bake Energy Bites.

## Produce

- ☐ 3 avocados
- ☐ ¼ cup arugula
- ☐ 1 small red onion (for ⅓ cup sliced)
- ☐ 1 cucumber (for ¼ cup sliced)
- ☐ ½ cup Pico de Gallo
- ☐ 1 cup fresh fruit of your choice  
(e.g., banana, apple, berries, etc.)

## Produce

- ☐ 2 cups soy milk
- ☐ 1 cup frozen berries
- ☐ ½ cup Greek yogurt
- ☐ ¼ cup hummus

## Seafood

- ☐ 1½ pounds cod, fresh or frozen

## Pantry

- ☐ 2 slices whole grain bread
- ☐ 8 corn tortillas
- ☐ 1 cup rolled oats
- ☐ ¾ cup ground flax seed
- ☐ 1 scoop plant-based pea protein powder
- ☐ ½ cup chocolate chips
- ☐ ⅓ cup honey
- ☐ 1 teaspoon vanilla extract
- ☐ ½ cup peanut butter

## Oil & Spices

- ☐ 1 tablespoon olive oil
- ☐ 1 can cooking spray
- ☐ Smoked paprika
- ☐ Cumin
- ☐ Chili powder
- ☐ Oregano
- ☐ Cayenne pepper
- ☐ Salt (as desired)
- ☐ Pepper (as desired)



## High Fiber Oatmeal

**Total time:** 5 minutes

**Serves:** 1

### Ingredients

- ½ cup old-fashioned rolled oats
- 1 cup water
- 1 tablespoon peanut butter
- ½ cup raspberries
- Cinnamon or vanilla extract (optional)

### Instructions

Combine oats and water in a saucepan or microwave-safe bowl.

Cook oats for 5 minutes on the stovetop or 2–3 minutes in the microwave.

Stir in nut butter until melted and creamy.

Top with berries and sprinkle in cinnamon or add a drop of vanilla if desired.

### Recipe Notes:

- Swap in other nut butters like almond or cashew to see which flavor combinations you enjoy most.
- Stir frozen berries into the oats while they're hot. They'll defrost quickly and help to cool down the oatmeal.
- Chopped nuts/seeds like walnuts, hemp seeds, or pumpkin seeds add healthy fat and texture.
- Stir in plain Greek yogurt, add a spoon of protein powder, or enjoy a boiled egg to add more protein.
- Make it in bulk. Prep 3–4 servings at once and store in the fridge for easy reheating.
- Create another simple breakfast with this [Easy Overnight Oats](#) recipe.

### Allergen Statement:

Contains oats, tree nuts, nut butter. Carefully read all ingredient labels and check with your health care provider before trying a new recipe if you have food allergies or follow a special diet.

### Nutrition Facts

servings per container

**Serving size** (371g)

**Amount per serving**

**Calories** **320**

**% Daily Value\***

**Total Fat** 12g **15%**

Saturated Fat 2g **10%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 10mg **0%**

**Total Carbohydrate** 43g **16%**

Dietary Fiber 9g **32%**

Total Sugars 7g

Includes 0g Added Sugars **0%**

**Protein** 11g

Vitamin D 0mcg **0%**

Calcium 30mg **2%**

Iron 2.5mg **15%**

Potassium 270mg **6%**

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# Mix & Match Salad

**Serves:** 1

## Ingredients

### Base (2–3 cups)

- Mixed greens
- Spinach
- Romaine
- Arugula (included in grocery lists)

### Veggies (at least 2 cups total)

- Cherry tomatoes
- Cucumber slices
- Shredded carrots (included in grocery lists)
- Bell peppers
- Red onion
- Roasted or raw broccoli
- Roasted sweet potatoes

### Protein (pick 2)

- 2 ounces seared salmon
- 2 ounces grilled chicken breast
- 2 ounces baked tofu
- 1 hard-boiled egg
- ½ cup chickpeas or black beans
- ¼ cup edamame (included in grocery lists)
- ¼ cup shredded cheese

### Healthy Fats / Extras

#### (choose 1–2 small portions)

- ¼ avocado (included in grocery lists)
- 1 tablespoon chopped nuts or seeds
- 1 tablespoon hummus (included in grocery lists)
- 1 tablespoon olives
- 1 tablespoon dried fruit (optional, for sweetness)

### Dressing (1–2 tablespoons)

- Olive oil and lemon juice (included in grocery lists)
- Balsamic or red wine vinaigrette
- Greek yogurt and mustard
- Hummus thinned with water and lemon

## Instructions

Choose 1–2 items from each section below. Mix everything together in a large bowl and enjoy now or pack it up for a healthy meal on the go.

## Recipe Notes:

- Prep your ingredients ahead of time. Wash and chop veggies in bulk. Cook a batch of proteins like chicken, eggs, or chickpeas once a week. Portion ingredients separately into small containers for easy assembly.
- Rotate your proteins to keep things interesting. Use chicken one day, chickpeas the next, then cottage cheese or hard-boiled eggs.
- Keep frozen staples handy. Frozen edamame or cooked chicken strips can be thawed quickly. Both are great for last-minute salads when you're low on fresh ingredients.
- Get a flavor boost without extra calories. Use parsley, cilantro, basil, lemon juice, or vinegar for a fresh kick. A small amount of feta, olives, or mustard goes a long way.
- Add healthy fats like avocado, seeds, or olive oil to better absorb nutrients and stay full longer.
- Make your salad ready for travel. Layer ingredients in jars (heaviest at the bottom, greens on top) to keep things crisp. Store dressing separately until you're ready to eat.
- This [Mix & Match Bowl](#) recipe is another easy meal you can make ahead.

## Allergen Statement:

Contains fish, milk, nuts, dairy, eggs, soy, wheat, gluten. Carefully read all ingredient labels and check with your health care provider before trying a new recipe if you have food allergies or follow a special diet.



## Easy Sheet Pan Dinner

**Prep time:** 15 minutes

**Cook time:** 30 minutes

**Total time:** 45 minutes

**Serves:** 4

**Serving size:** ¼ recipe

### Ingredients

- 2 large baking sheets
- 1 pound chicken breast, cut into 2" chunks
- 2 medium-sized potatoes (ex. Russet), cut into 1" cubes
- 1 cup broccoli, cut into ¾" pieces
- 1 cup carrots, diced into ¾" squares
- 1 cup red bell pepper, diced into ¾" pieces

### Seasonings

- ½ teaspoon salt, divided between chicken and vegetables
- ½ teaspoon pepper, divided between chicken and vegetables
- 1 teaspoon garlic powder or Italian, taco, or Cajun seasoning
- 3 tablespoons olive oil
- BBQ, chimichurri, buffalo sauce, Dijon mustard, pesto sauce (optional)

### Instructions

Preheat oven to 400°F. Line a large sheet pan with foil and spray with oil.

In a medium bowl, mix 1½ tablespoons oil, ¼ teaspoon salt, and ¼ teaspoon pepper. If you'd like, add ¼ teaspoon seasoning of your choice. Add chicken and mix.

Add mixture and starchy vegetables to one of the large sheet pans. Bake for 30 minutes or until chicken is done and starchy vegetables are tender.

In the same medium bowl add in non-starchy vegetables and the remaining 1½ tablespoons oil, ¼ teaspoon salt, ¼ teaspoon pepper, and ¼ teaspoon optional seasoning of choice. Mix and add to the second baking sheet. Bake for 20–30 minutes.

### Recipe Notes:

- Enjoy with a side of fruit.
- Mix and match lean proteins like chickpeas, tofu, pork loin, fish. Consider sweet potatoes, red potatoes, butternut squash, or corn instead of potatoes.
- Non-starchy veggies like peppers, onions, Brussels sprouts, cauliflower, mushrooms, and eggplant can be added to your rotation.
- This simple [Sheet Pan Pork and Veggie Dinner](#) is another must-try meal.

### Allergen Statement:

Carrot can be a potential allergen for individuals with oral allergy syndrome (OAS). Carefully read all ingredient labels and check with your health care provider before trying a new recipe if you have food allergies or follow a special diet.

Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>(326g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>330</b>
% Daily Value*	
<b>Total Fat</b> 12g	<b>15%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 65mg	<b>22%</b>
<b>Sodium</b> 390mg	<b>17%</b>
<b>Total Carbohydrate</b> 28g	<b>10%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 30g	
Vitamin D 0mcg	<b>0%</b>
Calcium 40mg	<b>4%</b>
Iron 2.2mg	<b>10%</b>
Potassium 730mg	<b>15%</b>
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



## No-Bake Energy Bites

**Prep time:** 10 minutes

**Serves:** 12

**Serving size:** 2 bites

### Ingredients

- 1 cup rolled oats
- ½ cup chocolate chips
- ½ cup ground flax seed
- ½ cup peanut butter
- ⅓ cup honey
- 1 teaspoon vanilla extract

### Instructions

Measure and combine ingredients.

Roll mixture into 24 small balls.

Place in the freezer until firm.

### Recipe Notes:

- Try dried fruit instead of chocolate chips for a naturally sweet twist.
- Swap flax seeds for chia seeds for extra crunch and omega-3s.
- Choose almond butter instead of peanut butter for a smooth, nutty upgrade.
- Use vegan-friendly agave nectar instead of honey.
- Store the bites in an airtight container. Keep them in the fridge for up to one week or in the freezer for six months.
- These [Chocolate Almond Protein Bites](#) are another easy treat.

### Allergen Statement:

Contains nuts. For a gluten-free diet, purchase rolled oats that are labeled as gluten-free on the packaging. Carefully read all ingredient labels and check with your health care provider before trying a new recipe if you have food allergies or follow a special diet.

### Nutrition Facts

servings per container

**Serving size** (42g)

Amount per serving

**Calories** 190

% Daily Value\*

**Total Fat** 10g 13%

Saturated Fat 3g 15%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 0mg 0%

**Total Carbohydrate** 23g 8%

Dietary Fiber 3g 11%

Total Sugars 12g

Includes 11g Added Sugars 22%

**Protein** 5g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.7mg 4%

Potassium 160mg 4%

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# Grocery List

Includes ingredients for the following snacks: Greek yogurt with fruit, No-Bake Energy Bites.

### Produce

- ☐ 2 cups arugula
- ☐ 2 cup carrots
- ☐ 1 cup broccoli
- ☐ 1 cup red bell pepper
- ☐ 2 medium-sized potatoes
- ☐ ½ cup raspberries
- ☐ 1 cup fruit of choice
- ☐ ¼ avocado
- ☐ 1 lemon

### Refrigerated & Frozen

- ☐ ¼ cup fresh or frozen edamame
- ☐ ½ cup Greek yogurt
- ☐ 1 tablespoon hummus

### Meat

- ☐ 1 pound chicken breast

### Pantry

- ☐ 1½ cups rolled oats
- ☐ ⅓ cup honey
- ☐ ½ cup ground flax seed
- ☐ ½ cup chocolate chips
- ☐ ¾ cup peanut butter
- ☐ 1 teaspoon vanilla extract

### Oil & Spices

- ☐ 4 tablespoons olive oil
- ☐ ½ teaspoon salt
- ☐ ½ teaspoon pepper
- ☐ 1 teaspoon garlic powder
- ☐ Cinnamon (to taste)



## Savory Egg Muffins

**Prep time:** 15 minutes

**Cook time:** 30 minutes

**Total time:** 45 minutes

**Serves:** 6

**Serving size:** 2 muffins

### Ingredients

- Standard muffin pan, 12 cups (15.75"x11.25")
- Spray oil
- 10 large eggs
- ½ cup red pepper, diced
- ½ cup green pepper, diced
- ½ red onion, diced
- 1 cup raw spinach, chopped

### Seasonings

- ¼ cup shredded cheddar cheese
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ½ teaspoon onion powder, ½ teaspoon garlic powder, ¼ teaspoon oregano (all optional)

### Sides (included in nutrition facts)

- 6 slices whole grain toast
- 6 teaspoons butter
- 6 oranges

### Instructions

Preheat oven to 350°F. Spray muffin tin with oil or use cupcake liners.

In a medium bowl, mix together eggs and seasonings. Divide and spoon vegetables between the 12 muffin cups. Sprinkle cheese evenly between the 12 muffin cups. Pour in the egg mixture until ¾ full.

Bake for 15–20 minutes or until the egg is firm and set. Cool for 2–3 minutes in the pan then remove.

### Recipe Notes:

- Substitute feta, parmesan, or other flavorful cheese.
- Reheating: microwave refrigerated egg muffins on a plate for 30-60 seconds, or frozen egg muffins for 1-1½ minutes.
- Egg muffins can be stored in a sealed container in the fridge for 5 days or wrapped in foil in the freezer for 3 months.
- Enjoy this [Veggie Frittata](#), too.

### Allergen Statement:

Contains egg and milk. Carefully read ingredient labels and check with your health care provider before trying a new recipe if you have food allergies or follow a special diet.

### Nutrition Facts

servings per container

**Serving size** (292g)

Amount per serving

**Calories** **320**

% Daily Value\*

**Total Fat** 12g **15%**

Saturated Fat 4g **20%**

Trans Fat 0g

**Cholesterol** 305mg **102%**

**Sodium** 450mg **20%**

**Total Carbohydrate** 37g **13%**

Dietary Fiber 6g **21%**

Total Sugars 14g

Includes 2g Added Sugars **4%**

**Protein** 16g

Vitamin D 3.4mcg **15%**

Calcium 120mg **10%**

Iron 1.3mg **8%**

Potassium 370mg **8%**

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## Hearty Lentil Soup

**Prep time:** 15 minutes

**Cook time:** 30 minutes

**Total time:** 45 minutes

**Serves:** 4

**Serving size:** ¼ of recipe (489g)

### Ingredients

- 1 tablespoon olive oil
- ½ medium onion, chopped
- 1½ cloves garlic, minced
- 1 medium carrot, peeled and chopped
- 1 celery rib, chopped
- 1 can (7 oz) diced tomatoes
- 1 cup dry lentils
- 3½ cups vegetable broth
- 1½ cups baby spinach, sliced into ribbons
- ½ lemon, juiced (about 2 tablespoons)

### Seasonings

- ¼ teaspoon ground cumin
- ¼ teaspoon ground coriander
- ½ teaspoon smoked paprika
- Salt and pepper, to taste

### Side Salad (included in nutrition facts)

- 4 cups arugula
- 6 tablespoons vinaigrette
- 1 cup feta cheese

### Instructions

Heat the olive oil in a large pot over medium heat. Add the onions, garlic, carrots, and celery. Cook, stirring frequently for about 4–5 minutes.

Add the can of tomatoes and juice, lentils, vegetable broth, cumin, coriander and smoked paprika. Stir to incorporate everything. Bring to a boil, then lower heat to a simmer.

Cook for about 30 minutes, until the lentils are tender and the soup has thickened. Stir in the spinach and lemon juice. Season with salt to taste.

### Recipe Notes:

- Add more water or veggie broth for a thinner consistency.
- Use frozen spinach, kale, or any greens you've got on hand. Adjust cook time as needed.
- Keep leftovers in the fridge for up to five days or freeze single portions for easy meals later.
- Add this [Chicken and Lentil Slow Cooker Stew](#) to a future dinner menu.

### Allergen Statement:

Contains lentils (legume). Carrot can be a potential allergen for individuals with oral allergy syndrome (OAS). Carefully read ingredient labels and check with your health care provider before trying a new recipe if you have food allergies or follow a special diet.

### Nutrition Facts

servings per container  
**Serving size** (489g)

Amount per serving  
**Calories** **470**

% Daily Value\*

**Total Fat** 25g **32%**

Saturated Fat 7g **35%**

Trans Fat 0g

**Cholesterol** 35mg **12%**

**Sodium** 1220mg **53%**

**Total Carbohydrate** 45g **16%**

Dietary Fiber 8g **29%**

Total Sugars 9g

Includes 2g Added Sugars **4%**

**Protein** 19g

Vitamin D 0.2mcg **2%**

Calcium 290mg **20%**

Iron 4.4mg **25%**

Potassium 650mg **15%**

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serving of food contributes to a daily diet. 2,000 calories

a day is used for general nutrition advice.



## Classic Chicken Stir-Fry

**Serves:** 4

**Serving Size:** ¼ of recipe

### Ingredients

- 1 pound chicken breast, thinly sliced
- 1 tablespoon olive oil
- 3 cups fresh or frozen mixed vegetables (bell pepper, broccoli, carrots, etc.)
- 2 tablespoons low-sodium soy sauce
- 1 teaspoon garlic powder (or 2 fresh cloves, minced)
- 2 cups cooked brown rice

### Instructions

Cook rice according to package instructions.

Heat oil in a large pan or wok over medium-high heat.

Add chicken, cook for 5–6 minutes until fully cooked through and lightly browned.

Add vegetables and stir fry until tender, about 4–5 minutes.

Stir in soy sauce and garlic powder, cook for 1–2 more minutes to coat everything.

Divide into 4 portions and serve over rice.

### Recipe Notes:

- Add 2 cups of frozen shelled edamame to the recipe for an extra 8 grams of fiber.
- Toss frozen veggies into the hot pan. Cover them for a minute to steam them.
- Swap chicken with thinly sliced beef, shrimp, tofu, or tempeh.
- Add spice with a pinch of red pepper flakes or a drizzle of sriracha.
- Swap rice for cauliflower rice to cut calories and carbs.
- Save time with pre-cooked grilled chicken strips or rotisserie chicken.
- Boost flavor with a dash of sesame oil or a squeeze of lime right before serving.
- This delicious [Chicken Stir-Fry](#) recipe is another quick dinner idea.

### Allergen Statement:

Contains soy and gluten. Carefully read ingredient labels and check with your health care provider before trying a new recipe if you have food allergies or follow a special diet.

### Nutrition Facts

servings per container

**Serving size** (324g)

Amount per serving

**Calories** **350**

% Daily Value\*

**Total Fat** 6g **8%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

**Cholesterol** 65mg **22%**

**Sodium** 550mg **24%**

**Total Carbohydrate** 39g **14%**

Dietary Fiber 2g **7%**

Total Sugars 6g

Includes 0g Added Sugars **0%**

**Protein** 32g

Vitamin D 0mcg **0%**

Calcium 0mg **0%**

Iron 1.9mg **10%**

Potassium 90mg **2%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



## No-Bake Energy Bites

**Prep time:** 10 minutes

**Serves:** 12

**Serving size:** 2 bites

### Ingredients

- 1 cup rolled oats
- ½ cup chocolate chips
- ½ cup ground flax seed
- ½ cup peanut butter
- ⅓ cup honey
- 1 teaspoon vanilla extract

### Instructions

Measure and combine ingredients.

Roll mixture into 24 small balls.

Place in the freezer until firm.

### Recipe Notes:

- Try dried fruit instead of chocolate chips for a naturally sweet twist.
- Swap flax seeds for chia seeds for extra crunch and omega-3s.
- Choose almond butter instead of peanut butter for a smooth, nutty upgrade.
- Use vegan-friendly agave nectar instead of honey.
- Store the bites in an airtight container. Keep them in the fridge for up to one week or in the freezer for six months.
- These [Chocolate Almond Protein Bites](#) are another easy treat.

### Allergen Statement:

Contains nuts. For a gluten-free diet, purchase rolled oats that are labeled as gluten-free on the packaging. Carefully read all ingredient labels and check with your health care provider before trying a new recipe if you have food allergies or follow a special diet.

### Nutrition Facts

servings per container

**Serving size** (42g)

Amount per serving

**Calories** 190

% Daily Value\*

**Total Fat** 10g 13%

Saturated Fat 3g 15%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 0mg 0%

**Total Carbohydrate** 23g 8%

Dietary Fiber 3g 11%

Total Sugars 12g

Includes 11g Added Sugars 22%

**Protein** 5g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.7mg 4%

Potassium 160mg 4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



## Grocery List

Includes ingredients for the following snacks: Greek yogurt with fruit, No-Bake Energy Bites.

### Produce

- ☐ 1 red bell pepper
- ☐ 1 green bell pepper
- ☐ ½ red onion
- ☐ ½ medium onion
- ☐ 1½ cups baby spinach
- ☐ 1 cup raw spinach
- ☐ 1 medium carrot
- ☐ 3 cups mixed vegetables  
(e.g., carrots, broccoli, bell pepper)
- ☐ 1 celery rib
- ☐ 4 cups arugula
- ☐ 1 cup fruit of choice
- ☐ ½ lemon
- ☐ 6 oranges
- ☐ 1½ cloves garlic

### Refrigerated

- ☐ 10 large eggs
- ☐ ½ cup Greek yogurt
- ☐ ¼ cup shredded cheddar cheese
- ☐ 1 cup feta cheese
- ☐ 6 teaspoons butter
- ☐ 2 tablespoons low-sodium soy sauce

### Meat

- ☐ 1 pound chicken breast

### Pantry

- ☐ 1 can (7 ounces) diced tomatoes
- ☐ 1 cup dry lentils
- ☐ 3½ cups vegetable broth
- ☐ 2 cups cooked brown rice (1 cup dry)
- ☐ 1 cup rolled oats
- ☐ ½ cup peanut butter
- ☐ ½ cup chocolate chips
- ☐ ½ cup ground flax seed
- ☐ ⅓ cup honey
- ☐ 1 teaspoon vanilla extract
- ☐ 6 slices whole grain toast

### Oil & Spices

- ☐ Cooking spray oil
- ☐ 2 tablespoon olive oil
- ☐ ½ teaspoon salt
- ☐ ½ teaspoon pepper
- ☐ 1 teaspoon garlic powder
- ☐ ¼ teaspoon ground cumin
- ☐ ¼ teaspoon ground coriander
- ☐ ½ teaspoon smoked paprika
- ☐ 6 tablespoons vinaigrette



## Grocery List: All Three Menus

Easily shop for every recipe with this shopping list.  
Includes ingredients for the following snacks: Greek yogurt with fruit, No-Bake Energy Bites.

### Produce

- ☐ 4 avocados
- ☐ 6 cups arugula
- ☐ 1 small red onion
- ☐ 1 green bell pepper
- ☐ 2 red bell pepper
- ☐ 1 cucumber
- ☐ ½ cup Pico de Gallo
- ☐ 2 cups fruit of choice (or frozen)
- ☐ ½ cup raspberries
- ☐ 2 lemons
- ☐ 1 cup shredded carrots
- ☐ 4 medium carrots (whole)
- ☐ 1 small head broccoli (or frozen)
- ☐ 1 celery rib
- ☐ 2½ cups spinach
- ☐ ½ medium onion
- ☐ 2 cloves garlic cloves
- ☐ 6 oranges
- ☐ 2 medium Russet potatoes

### Refrigerated / Dairy & Eggs

- ☐ 1 container soy milk
- ☐ 1 cup Greek yogurt
- ☐ 10 eggs
- ☐ ¼ cup shredded cheddar cheese
- ☐ 1 cup feta cheese
- ☐ 2 tablespoons butter
- ☐ 5 tablespoons hummus
- ☐ 6 tablespoons vinaigrette
- ☐ 2 tablespoons butter or butter alternative

### Meat & Seafood

- ☐ 1½ pounds cod (fresh or frozen)
- ☐ 2 pounds chicken breast

### Pantry / Dry Goods / Canned

- ☐ 1 can (7 ounces) diced tomatoes
- ☐ 1 cup dry lentils
- ☐ 3½ cups vegetable broth
- ☐ 2 tablespoons soy sauce (low sodium)
- ☐ 1 scoop pea protein powder
- ☐ 1¼ cup ground flax seed
- ☐ 1 cup chocolate chips
- ☐ 1¼ cup peanut butter
- ☐ ⅔ cup honey
- ☐ 2 teaspoons vanilla extract
- ☐ 1 can cooking spray oil
- ☐ ⅓ cup olive oil
- ☐ ¾ teaspoon salt (to taste)
- ☐ ¾ teaspoon pepper (to taste)
- ☐ 2 teaspoons garlic powder
- ☐ ½ teaspoon smoked paprika
- ☐ ¼ teaspoon cumin
- ☐ ¼ teaspoon coriander
- ☐ ¼ teaspoon chili powder
- ☐ ⅛ teaspoon Cayenne pepper
- ☐ ⅛ teaspoon dried oregano

### Grains & Bread

- ☐ 8 slices whole grain bread
- ☐ 8 corn tortillas
- ☐ 2½ cups rolled oats
- ☐ 2 cups cooked brown rice (1 cup dry)

### Frozen

- ☐ 1 cup frozen berries
- ☐ ¼ cup frozen edamame

## Conclusion

Meal planning can help you reach your health goals by making it easy to prep, make, and enjoy balanced meals. When you plan ahead, you'll feel less stressed and have more energy to do what you love.

### Tips to Remember

- **Keep it simple.** You don't have to plan everything at once.
- **Eat every 3–4 hours.** Regular meals help your body work best.
- **Try the 85/15 approach.** Eat with your goals in mind 85% of the time.
- **Save leftovers.** Put individual servings in containers for another meal.
- **Get creative.** Experiment with spices and flavors to keep meals interesting.
- **Add a twist.** Customize each recipe by using different proteins and veggies.
- **Make multiples.** Save time and effort by using the same ingredients in several meals.
- **Listen to your body.** Pay attention to when you feel hungry or full to know when to stop eating.



## Turn your food into fuel.

Your [MOBE Guide](#) can give you personalized meal planning tips and food swap suggestions that fit your goals.

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