

MICRONUTRIENT-PACKED MEALS**Breakfast:**

Egg omelet-vegetables/salsa or make a larger batch to portion into muffin tins for the week.

Whole-grain bread + avocado or hummus or salsa

or

Oatmeal* + nut butter, fruit, yogurt, cinnamon, drizzle syrup or molasses

or

Smoothie-fruit, yogurt, milk/substitute, plus seed mix indicated below.

Lunch:

Mighty Micro Soup (butternut squash, broccoli, cabbage, tomato, beans, etc.)

(use low sodium veggie broth or used canned versions and add fresh veggies)

+ high fiber crackers + nut butter, tofu, or cheese

or

Noodles + vegetables, low salt broth + tofu or shrimp + sesame oil

or

Salad-spinach, vegetables, nuts, cheese, pumpkin seeds, dried/fresh fruit*

1 small nut/berry high fiber muffin

Dinner:

Leftover soup/salad + poached salmon (or other fish) + brown rice + peppers

or

Quinoa or rice bowl-vegetables, tofu, cashews, peanuts, edamame beans, sauce (i.e., tzatziki or sesame oil, dressing, BBQ)—make in large batches for the week.

or

Rotisserie chicken + salad+ raw veggies + buns and homemade milkshakes + berries

* Add chia, flax, or hemp hearts to increase fiber and omegas.

Dessert Tips: baked apple, strawberries dipped in chocolate pudding, small wrap with Nutella, and fruit cut into bite-sized pieces, fruit compote on a mini brownie or angel food cake.

Note: For customized menus, portions as per your goal, refer to my website (www.TheDominoDiet.com) for ways to work with me.

MICRONUTRIENT ROBBERS

Fast food can be low in nutrients and rob you of the opportunity for a nourishing meal, not to mention the nutrients required to digest fast food. Having an empty calorie diet whereby the calories are high in unhealthy fats, sugar, and salt, but low in nutrients can rob you of fluids, strain your system, and create digestive disorders. Alcohol can be a thief in the night, especially for those under stress or healing from inflammatory conditions. In fact, with alcohol, your body processes it as though it is an intruder, and in doing so, it requires more water to flush your system, which increases the risk of dehydration and diminishing electrolytes such as potassium. Watch for headaches, knots, and/or muscle cramps as signs of dehydration and electrolyte deficiency,

2. Are you low in specific nutrients? What foods are missing from your diet?

ACTION STEP

Listed below are dinner themes to creatively add more daily micronutrients. Write your grocery list with ideas from the meals below and enjoy the compromises of flexitarian eating. For vegans or vegetarians or other specific diets, refer to my website (www.TheDominoDiet.com) for more. Consider a check-up with your doctor for lab work to best assess your health needs.

Flexitarian Dinners

Meatless Monday: portabella burgers, grilled tofu salad, mighty micro soup, cauliflower steaks, vegetable kabobs, vegetarian lasagna/moussaka, vegetable quiche, falafel in pita bread with salad, Greek salad (add quinoa/pasta), baked Brussel sprouts.

Taco Tuesday: hard or soft shell, wraps or lettuce wraps, filled with vegetables, fish, ground meat/poultry or shrimp plus salsa, tzatziki, or bruschetta. Bean burritos and veggies.

Wok Wednesday: rice, pasta, noodles, or cauliflower rice, plus vegetables and chicken, beef, shrimp, fish, or nuts, plus sweet and sour/teriyaki sauce or sesame oil and/or pineapple.

Travel Thursday: Thai, Mexican, Asian, etc., lettuce or rice wraps, lentil curries, healthy jambalaya or won ton soup with extra veg, spaghetti squash and tomato sauce.

Fab Friday: flat bread pizza (tomato sauce, veggies, lean protein, cheese) or healthy nachos (low sodium nachos and veggies, salsa, corn, beans, avocado, cheese).

Super Saturday: BBQ kabobs, sliders, veggie foil packets, or chili loaded with vegetables. Place vegetable or fruit trays on the counter for the day—in sight in mind.

Soul Sunday: roast meat/poultry/fish and grains plus two veggies and use leftovers for soup. Try a healthy turkey meatloaf with shredded veggies, salmon burgers plus veggie salad.

Tips: Do you have picky eaters in the house? Use healthy dips like tzatziki, hummus, and peanut sauce. Vegetables and fruits have similar vitamins so use more fruit if preferred. Try baked apple, healthy banana splits, or fruit cobbler.

* Turn dairy containers (yogurt, sour cream, cottage cheese) upside down on a tray in the fridge for a longer shelf life.