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Breakfast- Sunshine Breakfast Bagel

Ingredients:

- ◇ 1/2 whole wheat bagel, toasted
- ◇ 1 large egg, preferably organic
- ◇ 1 tsp. apple cider vinegar, or any light vinegar
- ◇ 2 slices tomato
- ◇ 2 slices avocado
- ◇ 2 oz. low-fat cheese

Directions:

Bring water and 1 tsp. vinegar to a light boil in a shallow pan. Make sure there is enough water to cover egg. While water is coming to a boil, slice bagel in half and toast. Place tomato, avocado, and cheese on top of toasted bagel. Take the poached eggs, crack into water and cook about 5 minutes, just until the white is set and the yolk has filmed over. Remove with slotted spoon. Place on top of bagel and season with salt and pepper. Serve open faced.

Nutritional Information:

This breakfast choice combines nutrients and the proper amount of calories to keep you feeling full all the way to lunchtime. Manganese is the main nutrient, providing you with 1.65 mg of manganese. This essential nutrient helps your body utilize several key nutrients such as biotin, thiamin, ascorbic acid, and choline; all of these nutrients keep your bones strong and healthy, promotes optimal function of the thyroid gland, and protects your cells from free-radical damage! (Recipe from [whfoods.com](http://www.whfoods.com))

Lunch- Minestrone Surprise

Ingredients:

- ◇ 5 cups chicken or vegetable broth
- ◇ 1 medium onion, chopped fine
- ◇ 6 medium sized cloves garlic, chopped
- ◇ 1 stalk celery, diced (to yield about 1/2 cup)
- ◇ 2 medium sized carrots, peeled and diced into 1/2-inch pieces (to yield about 1 cup)
- ◇ 1-1/2 cups finely chopped kale
- ◇ 1/4 cup diced Portobello mushrooms, black gills cut out and discarded
- ◇ 1 15 oz. can diced tomatoes
- ◇ 1 TBS dried Italian herbs
- ◇ 2 cups or 1 15 oz. can navy beans (no BPA), drained salt and black pepper to taste

Directions:

Prepare ingredients by chopping and measuring. Heat 1 TBS broth in medium soup pot. Healthy Sauté onion in broth over medium heat for 5 minutes stirring frequently. Add garlic and continue to sauté for another minute. Add broth and rest of ingredients except beans and salt and pepper. Bring to a boil on high heat, reduce heat to low and continue cooking, uncovered for 45 minutes or until vegetables are tender. Add beans, cook for another couple minutes, season with salt and pepper, and serve.

Nutritional Information:

Minestrone soup is full of vitamins and is considered one of the healthiest soups to consume. This soup is full of Vitamin K, A, fiber, iron and potassium among many others. These main ingredients are best known for their vital role in vision; they also participate in physiological activities related to the immune system, bone development, and creation of red blood cells. Potassium is especially important in regulating the activity of muscles and nerves.

(Recipe from whfoods.com)

Dinner- Chipotle and Orange Grilled Chicken

Ingredients:

- ◇ 2 tablespoons orange-juice concentrate, thawed
- ◇ 1 tablespoon finely chopped chipotle peppers in adobo sauce, (see Note)
- ◇ 1 tablespoon balsamic vinegar
- ◇ 2 teaspoons unsulfured molasses
- ◇ 1 teaspoon Dijon mustard
- ◇ 1 pound boneless, skinless chicken breasts, trimmed

Directions:

Preheat grill or broiler. Whisk together orange-juice concentrate, chipotle pepper, vinegar, molasses and mustard in a small bowl. Lightly oil the grill or broiler rack (see Tip). Season chicken with salt and grill or broil for 2 minutes. Turn, brush with the glaze and cook for 4 minutes. Turn again, brush with the glaze, and cook until the center is no longer pink, 1 to 2 minutes longer.

Nutritional Information:

This low calorie dinner (only 150 calories per serving!) is full of protein, potassium, and healthy carbohydrates! With its 30% daily value of selenium and 20% of vitamin C, it is tuff to find a meal that is equally delicious as it is nutritious! Selenium is used for diseases of the heart and blood vessels, including stroke and “hardening of the arteries”. It is also used for preventing various cancers including cancer of the prostate, stomach, lung, and skin. Vitamin C is essential, especially in the winter season; it is also important for your skin, bones, and connective tissue. It promotes healing and helps the body absorb iron. This dinner choice can also be substituted for lunch instead.

Dessert- Banana Colada

Ingredients

- ◇ 1/2 cup canned coconut milk
- ◇ 2 TBS lime juice
- ◇ 1/3 cup fine grated coconut
- ◇ 2 heaping cups of frozen bananas (about 4 bananas), sliced into 1/4-inch rounds before freezing

Directions

Add lime juice and some of the coconut milk to a blender. Start blender. Stop the blender when necessary and scrape the ingredients down/mix the ingredients together. Add more coconut milk and scrape down the mixture as needed to keep the mixture moving through the blender. Add grated coconut and run the blender, stopping it as soon as the bananas are blended. If blending goes on too long the mixture will get warm and runny rather than cool and creamy.

Nutrition Information

This delicious dessert is full of essential vitamins, minerals and is delicious! Vitamin C, potassium and fiber are only a few of the main essential vitamins and minerals contained in this tasty treat! Containing 40% of your daily value for vitamin C along with 29% of your daily value of potassium, it is a dessert you won't be feeling guilty about!