

Late Summer Mix and Match

+ Two Vegetables

pepper slices
squash chips
cucumbers
fried okra
baba ganoush
zucchini fritters
blanched broccoli

+ One Starch

quinoa or couscous salad
root vegetable chips
bean or lentil dip
corn kernels
beans salad
einkorn pasta salad
peas

+ One Protein

avocado
raw nuts and seeds
cheese or cottage cheese
raw nut butter, no sugar
small meatballs
toasted pine nuts
hard boiled eggs

+ One Fruit

honeydew with lime
blackberries
tomatoes or salsa
figs
mango
peaches
apples

Sample Menus:

- Mon** Bean salad with avocados, tomatoes, orange peppers, corn and a quarter lime, honeydew
- Tues** Almond butter and honey on homemade wheat bread, peaches, red pepper slices, cucumber
- Wed** Meatballs, pasta salad with peppers, tomatoes and pesto, blanched cauliflower
- Thurs** Squash chips, hummus, baba ganoush, yogurt with honey and vanilla, blackberries
- Fri** Whole wheat couscous salad with toasted pine nuts and dried cranberries, tomatoes, roasted beets

Lunch tips:

Blanche or lightly steam extra asparagus, broccoli, cauliflower, green beans or carrots when you're making dinner and reserve some for the week's lunches.

Keep a spray bottle of Fruit Fresh solution (citric acid) in the fridge. Spray on peaches, avocados and apples to keep them from browning.

Think Outside the (bread) Box

This year, try trading in the sandwich for more creative options. Two slices of whole wheat bread can raise blood sugar as much as a tablespoon of sugar does---instead, pack $\frac{1}{2}$ cup of grains or legumes. If you must use bread, try this easy recipe from Mark Bittman:

3 cups whole wheat flour
2 tsp salt
 $\frac{1}{2}$ tsp instant yeast

Mix ingredients in a large bowl. Stir in $1 \frac{1}{2}$ cups water. The dough should look like batter. If it's too dry, add a little more water. Cover in plastic wrap and let sit for 12-18 hours. Put dough in a greased loaf pan and cover with a towel for an hour. Brush with olive oil and bake at 350 degrees for about 45 minutes. Loaf should sound hollow when you thump the top. Immediately turn out on cooling rack.