



**Love Yourself
Cook More at Home
Healthy Tasty Meals
for You**

Recipes for 1-2 people



Daily Nutrient Recommendations



Nutrition recommendations can help make it easier to obtain a balanced diet. **Based on a 2000 calorie per day diet.*

PROTEIN: 0.8 grams of protein per kilogram (2.2 lbs) of healthy body weight

CARBOHYDRATE: 45% to 65% of total daily calories (*225-325g a day)

FAT: 20% to 35% of total daily calories (*44-77g a day)

VEGETABLE: 3 cups of a variety of vegetables. Eat a rainbow of colors

FRUIT: 2 cups of a variety of fruit. Eat a rainbow of colors.

WATER: varies by age, weight, gender, activity, breastfeeding, and more

SODIUM: less than 2,300 milligrams a day

Other recommendations include:

- following a healthy dietary pattern
- customizing nutrient dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations
- meeting food group needs with nutrient-dense foods and beverages
- staying within calorie limits and trying to limit foods and beverages higher in added sugars, saturated fat, and sodium

Protein

Consuming enough protein helps prevent the loss of lean muscle mass, which occurs naturally with age. Many older adults can better meet nutrient needs by choosing from a wider variety of protein sources including •*seafood •poultry •eggs •beans •peas •nuts •seeds •lentils •meat •soy*

Carbohydrate

Complex carbs are high in fiber and better carb options for weight control and type 2 diabetes. Examples include •*whole grains •fruit •vegetables •beans •oatmeal •brown rice •popcorn •nuts •barley •buckwheat •bulgur •cracked wheat •millet •whole-wheat bread, pasta, or crackers*

Fat & Oil

Fat is essential to human health, but excess fat is common in the American diet. Try to choose low-fat dairy options, limit saturated fat, avoid transfat, and use vegetable oils in place of butter, shorting or lard. Many foods supply fat including •*Avocado •fish •nuts •olives •eggs •cheese •butter •oils*

Water



Water is an essential nutrient and can be found in liquids and some foods. Beverages other than water do contain water, but many of them are high in sugar and caffeine.

Daily water recommendations depend on factors like weight and health, so it's best to talk with your doctor. The Institute of Medicine (IOM, 2004) recommends water intake from all foods and liquids at 3.7 liters (125 ounces) for men and 2.7 liters (91 ounces) for women.

Dehydration is a frequent cause of hospital treatment.

Symptoms of dehydration may include:

1. Dizziness /Headache
2. Muscle weakness
3. Fatigue
4. Low blood pressure
5. Confusion
6. Rapid heart rate

Dehydration can cause health issues like:

1. Kidney problems
2. Seizures
3. Low blood volume
4. Heat Strokes

Diabetic Meal Planning

Maintaining the right balance between carbohydrate and insulin helps control your diabetes. Here are some tools that can help.

- **Counting carbs** is a flexible meal planning tool, and basic carb counting involves the number of grams of carbohydrate in a meal and matching that to your dose of insulin.
- **Eat the same amount of food and carbs at the same time each day**, which is especially important if you use diabetes medications or insulin.
- **Setting a meal-time maximum for carbohydrates and consistent mealtimes.**
- **Reading food labels** can show the number of grams of carbohydrate.
- **Make healthy food choices.** The food you eat affects glucose levels.
- **Being active** makes your body more sensitive to insulin, which helps manage your diabetes, helps control blood sugar levels and lowers your risk of heart disease and nerve damage.

Physical Activity

Adults should get 150 minutes of moderate physical activity each week. Examples of moderate-intensity physical activities include walking briskly, doing housework, mowing the lawn, dancing, swimming, bicycling, and playing sports.

Exercise can help:

- Feel and sleep better
- Lower risk of heart disease and nerve damage
- Control blood sugar
- Improve memory
- Control blood pressure



Bean and Beef Enchiladas



Ingredients

- 1/3 cup onion, diced
 - 1/8 pound fresh or frozen spinach leaves
 - 1 cup cooked pinto beans
 - 6 oz cooked lean ground beef
 - 1 can 5oz enchilada sauce or homemade chile
 - 4 corn tortillas
 - 1/2 cup low-fat cheese
- Season with garlic powder, cumin, and pepper

Source: Adapted from ICAN Chef
(Ideas for Cooking and Nutrition)



Fun Fact:

Spinach is full of vitamins A, C, folate, B6, E, and K. It is also a great source of magnesium, potassium, iron, and calcium.

Directions

Serves 2

1. Preheat oven to 350 degrees.
2. Lightly grease a small casserole dish.
3. Heat a tablespoon of oil in a pan over medium heat and cook the onion until soft and translucent.
4. Add the spinach to the pan and cover with a lid to allow the greens to steam for 4-5 minutes.
5. Mix in the beans, cooked ground beef, enchilada sauce, and seasonings to the spinach and simmer for 10 minutes.
6. Make 2 layers of tortillas, bean and spinach mixture, and cheese in the casserole dish.
7. Bake in the oven for 20-25 minutes at 350 degrees until cheese is melted and lightly brown on top. Serve and enjoy!

Total Protein: **76** Total Carb: **99g** Total Fat: **40g** Total Calories: **1002**

January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Year's Day	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16 Martin Luther King Jr. Day	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Older adults should get at least 150 minutes per week of **moderate to intense physical activity** throughout the week.

Get your heart rate up to 50 to 60% higher than your resting heart rate!



What does that look like each week?

7 days a week = 22 minutes of exercise/day
 6 days a week = 25 minutes of exercise/day
 5 days a week = 30 minutes of exercise/day
 4 days a week = 38 minutes of exercise/day
 3 days a week = 50 minutes of exercise/day

Breakfast tacos



Ingredients

- 2 eggs
- ¼ cup chopped onion
- 1 cup spinach
- ¼ cup chopped bell pepper
- 2 tsp olive oil
- 2 corn tortillas
- ¼ cup low fat cheese
- ¼ avocado
- pinch of turmeric

Fun Fact:

When shopping for oil olive, try to select cold-pressed virgin olive oil (it is less processed).

Directions

Serves 2

1. In a large skillet over medium temp, heat 1 tsp olive oil.
2. Add onion, spinach, and turmeric. Stir occasionally until onion is translucent, approx. 5-7 min.
3. Add beans to skillet and cook another 2-3 minutes until beans are warm.
4. Set aside cooked veggie mixture and add the other tsp of olive oil to your skillet.
5. Pour beaten eggs into the pan and let set slightly, then reduce heat to medium-low. Drag the eggs with a spatula or wooden spoon to create curds. When eggs are cooked, season, pepper and your favorite herbs and remove from heat.
6. Toast your tortillas in a large dry skillet, then transfer to serving plates.
7. Evenly divide cheese between tortillas, top with eggs, veggie mixture, and avocado. Serve and enjoy!

Total Protein: **33g** Total Carbs: **46g** Total Fat: **29g** Total Calories: **565**

February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Groundhog Day	3	4
5	6	7	8	9	10	11
12	13	14 Valentine's Day	15	16	17	18
19	20 Presidents' Day	21	22	23	24	25
26	27	28				

Why is **muscle strength** important?
It allows you to push, lift or move objects.



Aim for at least 2 days a week of **muscle-strengthening** activity. Do activities that make your muscles work harder than usual.



Chicken Salad



Ingredients

- 1 5oz can chicken, drained
- 1/4 cup diced celery
- 1/4 cups diced apples or grapes
- 1/4 cup plain greek yogurt
- 1/8 tsp garlic powder
- 1/8 tsp pepper
- 1 cup salad greens
- 1 slice whole grain bread

Fun Fact:

Chicken is a great lean protein that is affordable.

Directions

Serves 2

1. Mix all ingredients in a medium sized bowl.
2. Add half chicken salad mixture on top of salad greens or whole grain bread or tortilla.
3. Store leftover chicken in the fridge for 3-5 days.
4. Try adding lemon juice, spices or some herbs for added flavor. Serve and Enjoy!

Source: Adapted from ICAN Chef (Ideas for Cooking and Nutrition) 

Total Protein: **43g** Total Carbs: **27g** Total Fat: **13g** Total Calories: **396**

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12 Daylight Savings Time Begins	13	14	15	16	17 St. Patrick's Day	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Just getting started with exercising?

It is never too late to start exercising. Start slow and do what you can. Build up to more activity over time.



Fun ways to get active

- Turn on music and do household chores
- Play with the grandkids
- Work in the yard or walk the dog
- Go to your nearest community center to take a fitness class

Fruit Pizza



Ingredients

- 1 whole grain English muffin or bread
- 1/4 cup low-fat yogurt
- 1/2 cup strawberries*
- 1/2 cup kiwi*

*Substitute 1/2 cup of your favorite fruits

Fun Fact:

Eating a diet high in fruits and vegetables can reduce a person's risk of developing heart disease, cancer, inflammation, and diabetes.

Directions

Serves 1

1. Toast English muffin or bread until golden brown.
2. Let it cool, and spread yogurt on it.
3. Arrange sliced fruit on top of the yogurt. Serve and enjoy!

Total Protein: **9g** Total Carbs: **41g** Total Fat: **3g** Total Calories: **212**

April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 April Fool's Day
2	3	4	5	6	7 Good Friday	8
9 Easter	10 Easter Monday	11	12	13	14	15
16	17	18	19	20	21	22 Earth Day
23	24	25	26	27	28	29
30						

Every Step Counts

Walking is an easy way to do your daily exercise. The more steps you can take each day, the more you can improve your overall health.



Help each other, walk together.

Walking tips:

- Wear appropriate shoes
- Stay hydrated
- Walk with friends or family
- Take a walking stick if needed
- Walk at your own speed or pace

Pasta with Eggplant and Tomato



Ingredients

- ½ lb pasta (rigatoni or similar)
- 2 tbsp olive oil
- 1 large eggplant, cubed
- 4 cloves garlic, finely chopped
- ½ tsp chili flakes (optional)
- 2 cups canned tomatoes, finely diced
- ¼ cup Romano or Parmesan, freshly grated
- salt and pepper
- fresh basil, finely chopped (optional)
- Cooked ground turkey or chicken

Source: Adapted from Good and Cheap by Leanne Brown

Fun Tip:

Try experimenting with different herbs and spices to see how they can add flavor to your meals.

Directions

Serves 2

1. Bring a pot of salted water to boil. Cook pasta according to package instructions.
2. While pasta is cooking, add olive oil to a wide pan on medium-high heat.
3. Add eggplant, sprinkle with salt, and cook for about 5 minutes. If eggplant starts to look dry, add a bit of water.
4. Once the eggplant is a little brown, add the garlic, chili flakes, and tomatoes. Add in cooked meat. Cook for 15 minutes, stirring occasionally.
5. When pasta is cooked, drain it and add it to the sauce pan.
6. Toss everything together, add salt and pepper to taste. Sprinkle with cheese and basil. Serve and enjoy!

Total Protein: **64g** Total Carbs: **63g** Total Fat: **56g** Total Calories: **955**

May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14 Mother's Day	15	16	17	18	19	20 Armed Forces Day
21	22	23	24	25	26	27
28	29 Memorial Day	30	31			

Outdoor Gardening and Yard Work

Outdoor yardwork is a great way to get some exercise during the day. It gets you moving, increases your breathing and oxygen flow to your heart.

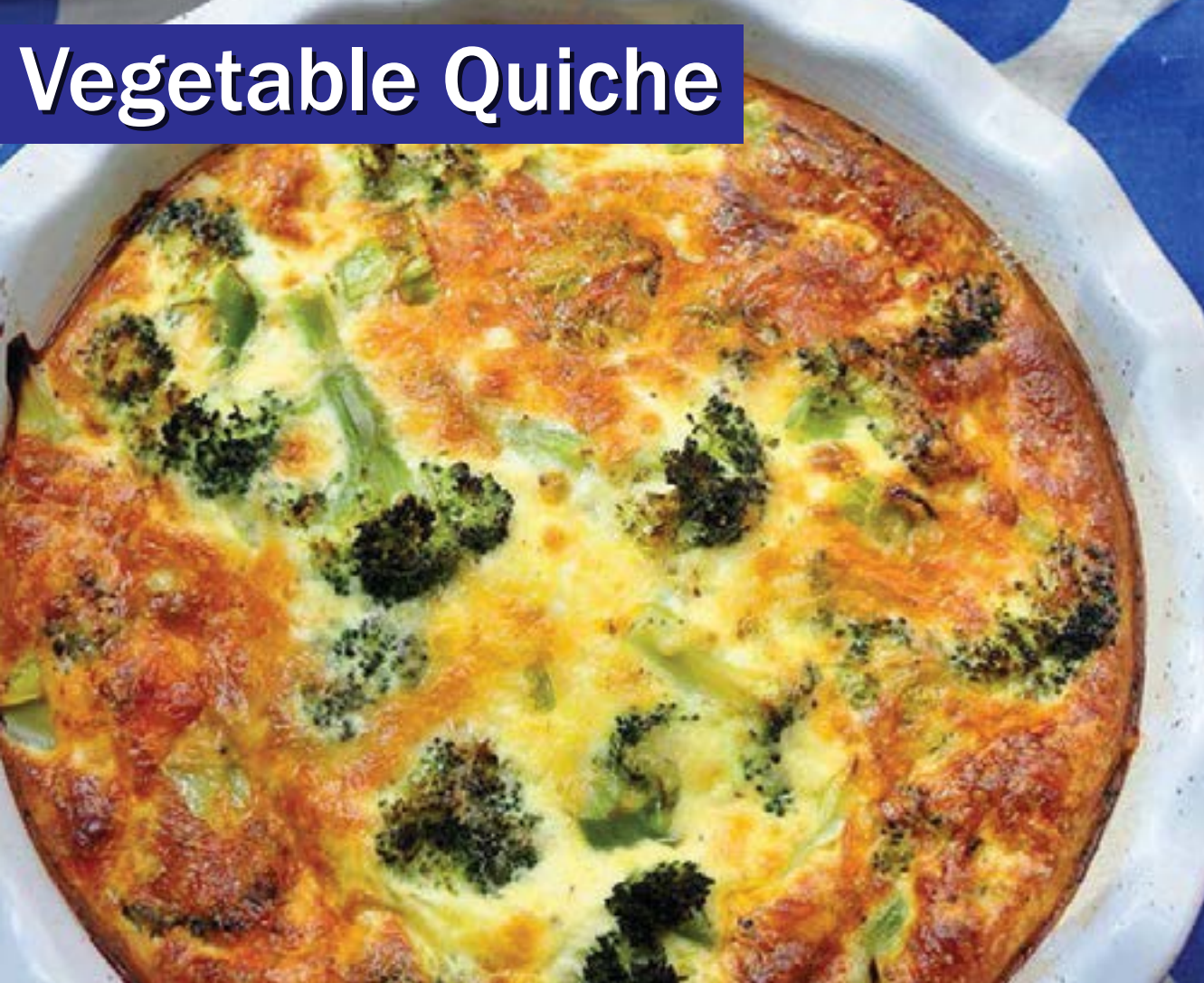
Remember to drink water and stay hydrated!



Benefits of gardening and yardwork:

- Improves hand strength
- Decreases risk of dementia
- Boosts your mood
- Increases self-esteem

Vegetable Quiche



Ingredients

- 1/2 tbsp butter
- 1/2 large onion, sliced into "half moons"
- 2 cups chopped vegetables (broccoli, zucchini, or your personal favorite)
- 4 eggs
- 1/2 cup low-fat milk
- 1/2 cup low-fat cheddar or other low-fat cheese, grated
- 1/2 tsp salt
- 1/4 tsp black pepper

Source: Adapted from Good and Cheap by Leanne Brown

Fun Fact:

Eat your water:
broccoli and zucchini
contain almost **90%**
water!

Directions

Serves 2

1. Melt the butter in a skillet over medium heat. Add onion and add salt and pepper. Cook the onions until they start to caramelize.
2. Butter a pie plate and place onions in an even layer on the bottom.
3. For broccoli, cauliflower, or winter squash, steam or cook them before adding them to the quiche. For tomatoes, zucchini, spinach, or any other quick-cooking vegetable, just use them fresh.
4. Spread the vegetables evenly on top of the onions. In a bowl, lightly beat the eggs with the milk, cheese, salt, and pepper, just enough to break up the yolks and whites. Pour the egg mixture over the vegetables and onions.
5. Bake the quiche in the oven for 1 hour. Once the surface is lightly brown all the way across, it's fully cooked.
6. Let the quiche cool for 15-20 minutes. Serve and enjoy!

Total Protein: **56g** Total Carbs: **38g** Total Fat: **50g** Total Calories: **802**

June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14 Flag Day	15	16	17
18 Father's Day	19 Juneteenth	20	21	22	23	24
25	26	27	28	29	30	

Fit Exercise Into Your Day

Be active every day and focus on moving more. Start small and gradually build a regular routine. It's never too late to start exercising.



How to add exercise to your day:

- Exercise with a friend
- Find a group exercise class
- Cleaning your home counts as exercise
- Do something that makes you feel good

Strawberry Spinach Salad



Ingredients

- 2 cups fresh spinach
- 1 tbsp chopped pecans
- 1/2 cup strawberries
- 1 tbsp olive oil
- 1/2 tbsp white wine vinegar
- pinch of paprika
- 1 tsp poppy seeds
- 2 tbsp goat cheese

Fun Fact:

Pecans have a very low glycemic index, which means they will not spike your blood sugar.

Directions

Serves 2

1. Toss spinach and strawberries in a large bowl.
2. In a separate sized medium bowl, whisk oil, vinegar, paprika, and poppy seeds.
3. Pour mixture over the spinach and strawberries.
4. Top with nuts and cheese. Serve and enjoy!

Total Protein: **10g** Total Carbs: **10g** Total Fat: **32g** Total Calories: **360**

July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 Independence Day	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 Parents' Day	24	25	26	27	28	29
30	31					

Importance of Stretching

Stretching helps you increase the movement of your joints, release tight muscles, and reduce injury when you exercise.



Stretching tips

- Take a deep breath and slowly exhale as you stretch
- Hold each stretch for 10-30 seconds
- You should feel tension, not pain, while stretching

Chocolate Zucchini Muffins



Ingredients

- 1 cup grated zucchini
- 1/2 cup whole wheat flour
- 1/4 cup cocoa powder
- 3/4 cups old fashioned oats
- 3/4 cup sugar
- 1 tsp cinnamon
- 1 tsp baking soda
- 1/2 tsp salt
- 2 eggs
- 1/2 cup plain low-fat yogurt
- 1/4 cup dark chocolate chips (optional)

Source: Adapted from Good and Cheap by Leanne Brown

Fun Fact:

Dark chocolate contains more cocoa and heart healthy flavanols than other types of chocolate.

Directions

Makes 12

1. Preheat oven to 350 F.
2. Cut off the round end of the zucchini, but keep the stem to use as a handhold. Shred zucchini with a box grater.
3. Butter or oil 12 muffin tins, or line them with muffin cups.
4. Measure and combine dry ingredients (flour, oats, cocoa powder, sugar, cinnamon, baking soda, and salt) into a medium bowl.
5. Mix the zucchini, eggs, and yogurt in a larger bowl.
6. Add the dry ingredient, then mix until everything is just combined. Add the chocolate chips.
7. With a spoon, dollop the batter into muffin tins until each cup is 3/4 full and bake for 20 minutes. Pull muffins out and poke with a toothpick or knife. If it comes out wet, bake for 5 more minutes.
8. Let the muffins cool in pan for 20-30 minutes. Serve and enjoy!

Total Protein: **54g** Total Carbs: **327g** Total Fat: **43g** Total Calories: **1812**

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Exercise Safety tips:

- Exercise activities should not cause dizziness, chest pain or pressure, or a heartburn-like feeling.
- Be sure to *drink water* when doing any activity.



- If you are going to exercise outdoors, be aware of your surroundings.
- Don't hold your breath during strength exercises, exhale during the hardest part of the exercise.



Black Bean Soup



Ingredients

- 1 15oz can black beans, rinsed and drained
- 1 tsp olive oil
- 1/4 cup chopped red onion
- 1 chopped carrot
- 1 chopped celery stalk
- 1/4 cup bell pepper
- 1 tbsp low-fat sour cream
- 1 tbsp chopped green onion
- 1 clove minced garlic
- 16 oz vegetable broth
- 1 tsp cumin
- 1/4 tsp dried oregano
- 1 lime wedge
- 1 tbsp chopped cilantro
- 1/2 sliced avocado
- Salt and pepper to taste

Directions

Serves 2

1. In a large pot, heat the olive oil over medium high.
2. Add onion, carrot, celery, and red pepper. Cook until vegetables are tender, stirring occasionally, about 5 minutes.
3. Add garlic and cook for 2 minutes.
4. Stir in the black beans, vegetable broth, cumin, oregano, salt, and pepper.
5. Turn heat to low and simmer for 25 minutes.
6. Add sliced avocado, low-fat sour cream, cilantro, green onion and lime. Serve and enjoy!

Fun Tip:

Choose a low-sodium or “no sodium added” can of beans. Beans are high in potassium, magnesium, and calcium.

Total Protein: **28g** Total Carbs: **90g** Total Fat: **18g** Total Calories: **610**

September

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

					1	2
3	4 Labor Day	5	6	7	8	9
10 National Grandparents Day	11 Patriot Day	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Improve Brain Health

Regular physical activity can improve your brain performance and slow down the aging effects on your brain.



Brain Benefits from Physical Activity

- Help you think, learn, & problem-solve
- Improve memory
- Reduce anxiety
- Reduce risk of dementia
- Improve emotional balance

Yogurt Bowl



Ingredients

- 1 cup plain low-fat greek yogurt
- 1/2 cup raspberries
- 1/4 cup blackberries
- 1/4 cup grapes
- 1 tsp coconut

Source: Adapted from Good and Cheap by Leanne Brown

Fun Fact:

Greek yogurt is high in protein, probiotics, which are needed for healthy digestion. It also has less sugar than regular yogurt.

Directions

Serves 1

1. Add raspberries, blackberries, and grapes to your yogurt and combine.
2. Top with granola and coconut. Serve and enjoy!

Other great additions to yogurt include strawberries, peaches, pears, cinnamon, peanut butter, banana, blueberries, kiwi, pineapple, honey, coconut, low-fat granola and many other healthy options. Look for options that have no added sugar and don't contain gelatin and you're all set.

Total Protein: **15g** Total Carbs: **34g** Total Fat: **6g** Total Calories: **239**

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9 Indigenous People's Day	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31 Halloween				

Improve Your Balance

Having good balance helps prevent injuries. Balance helps you do activities like walking, climbing stairs, standing up, and dancing.



Try these balance exercises:

- Head rotations (while standing)
 - Standing marches
 - Sit-to-stands
 - Single leg stands
- If needed, hold on to chair or wall.

Broccoli Potato Soup



Ingredients

- 2 cups fresh or frozen chopped broccoli
- 1/2 small onion, chopped
- 1 can low sodium carrots
- 1 1/2 cups water
- 1/3 cup nonfat dry milk powder (mixed with 6 tbsp water)
- 3/4 cups dehydrated potatoes prepared with 3/4 cups water
- Black pepper, to taste

Fun Fact:

Soups are a great way to keep yourself full and hydrated in the winter!

Directions

Serves 2

1. Combine broccoli, onion, carrots with liquid, potatoes with liquid, and 1 1/2 cups water in a large sauce pan.
2. Bring to a boil. Reduce heat.
3. Cover and simmer about 10 minutes or until vegetables are soft.
4. Add prepared milk to soup. Slowly stir in prepared potatoes.
5. Cook, stirring constantly, until bubbly and thickened.
6. Add pepper to taste. Serve and enjoy!

Source: Adapted from ICAN Chef (Ideas for Cooking and Nutrition)



Total Protein: **12g** Total Carb: **58g** Total Fat: **4g** Total Calories: **299**

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5 Daylight Savings Time Ends	6	7	8	9	10	11 Veterans Day
12	13	14	15	16	17	18
19	20	21	22	23 Thanksgiving Day	24	25
26	27	28	29	30		

How's Your Mental Health?

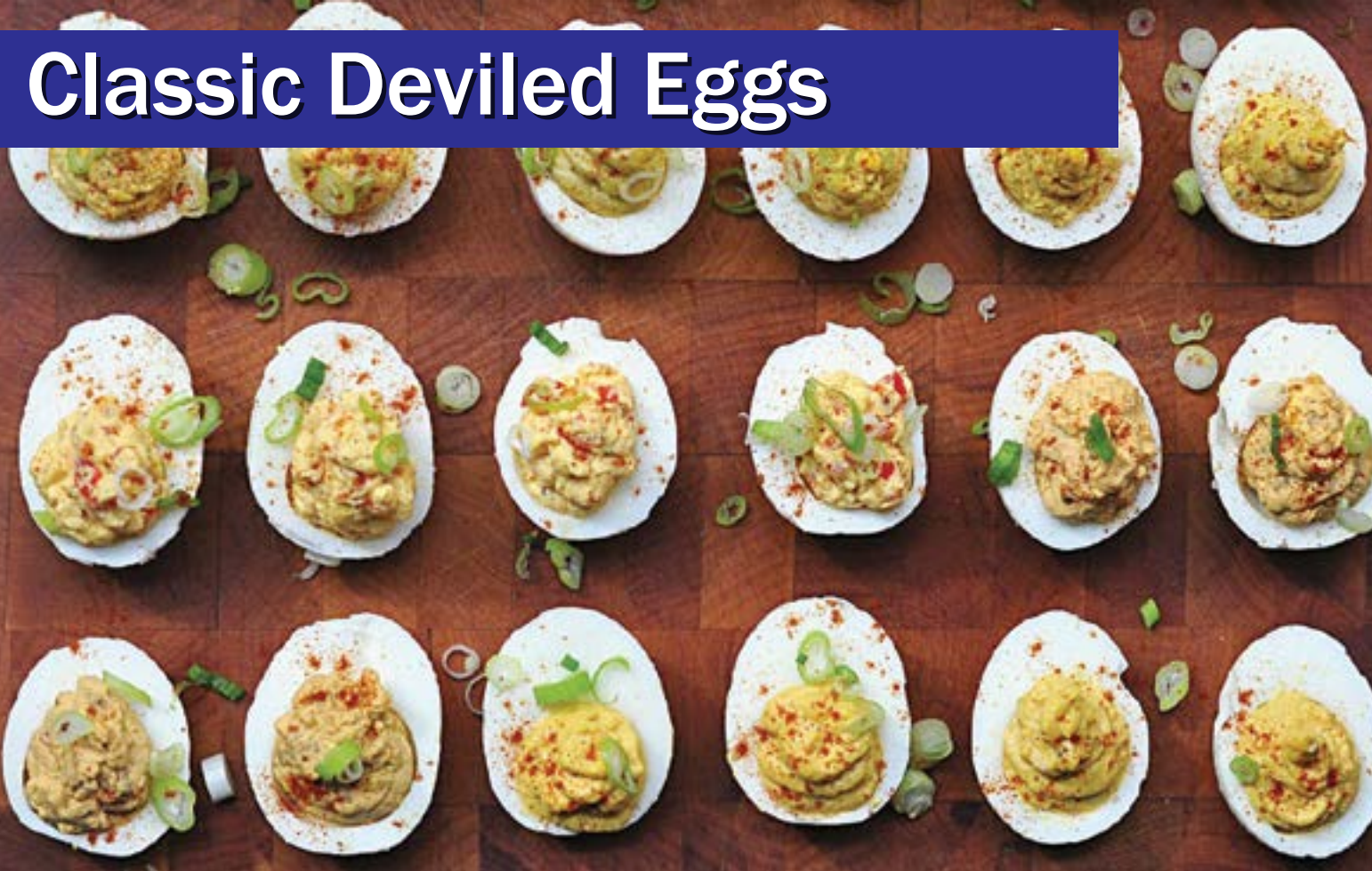
Mental health is important at every stage of life. Certain life changes can impact your mental health, which can lead to changes in your physical health.



Tips to boost your mental health

- Relax: find moments to rest and clear your thoughts
- Connect: build friendships, volunteer, call a loved one.
- Nourish: eat healthy foods and drink water
- Move: take a walk, stretch, or exercise
- Walk at your own speed or pace

Classic Deviled Eggs



Ingredients

- 2 eggs
- 1 green onion, finely chopped
- 1 small celery stalk, finely chopped
- paprika
- 1 tsp mustard
- 1 tsp low-fat mayonnaise
- 1 tsp pickle juice, lemon juice or water
- salt and pepper

Fun Fact:

One egg has only 75 calories but 7 grams of high-quality protein, along with iron, vitamins, and minerals.

Directions

Serves 2

1. Place eggs in a medium sized pot and add enough water to cover the eggs.
2. Bring the pot to a boil over medium heat (without a lid). As soon as the water is boiling, turn off the heat and cover with a lid and let sit for 10 minutes.
3. Pour out the hot water and cover the eggs with cold water to stop the cooking process. Peel the eggs, rinse and set aside.
4. Slice each egg in half length wise. Pop the yolks out and put them in a medium bowl. Set the whites aside on a plate.
5. Sprinkle the yolks with salt and pepper, then add other ingredients of your choice to the bowl. Mix with fork until it becomes smooth.
6. Arrange the whites on a plate and spoon the yolk mixture back into each hole. Sprinkle with the scallions and some paprika. Serve and enjoy!

Source: Adapted from Good and Cheap by Leanne Brown

Total Protein: **12g** Total Fat: **14g** Total Carbs: **3g** Total Calories: **189**

December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7 Pearl Harbor Remembrance Day	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31 New Year's Eve	Christmas Day					

Remember each component of physical activity



Love yourself, cook at home



Recipes adapted from: Good and Cheap by Leanne Brown and ICAN Chef

Version 1 Nov 2022. University of New Mexico Prevention Research Center–Social Marketing.

USDA is an equal opportunity provider and employer. Printing of this material was funded by USDA's Supplemental Nutrition Assistance Program — SNAP.