

Dear Participants,

We are excited to provide you with some delicious and healthy recipes to support your weight management journey. Enjoy these nutritious meals and snacks!

Breakfast: Oatmeal with Fresh Berries

- 1 cup rolled oats
- 2 cups water or milk
- 1 cup fresh berries (strawberries, blueberries, etc.)
- 1 tablespoon honey or maple syrup (optional)

Instructions:

1. Boil water or milk in a saucepan.
2. Add oats and cook for 5 minutes until creamy.
3. Top with fresh berries and sweetener if desired.

Lunch: Quinoa Salad

- 1 cup cooked quinoa
- 1 cup diced cucumber
- 1 cup cherry tomatoes, halved
- 1/4 cup feta cheese (optional)
- 2 tablespoons olive oil
- Juice of 1 lemon

Instructions:

1. In a large bowl, combine quinoa, cucumber, tomatoes, and feta.
2. Whisk olive oil and lemon juice together; pour over salad.
3. Toss to mix thoroughly.

Snack: Veggie Sticks with Hummus

- Carrot sticks
- Cucumber slices
- Bell pepper strips
- 1/2 cup hummus

Instructions:

1. Prepare veggie sticks and arrange on a plate.
2. Serve with hummus for dipping.

Dinner: Grilled Chicken with Steamed Broccoli

- 4 oz chicken breast
- 1 cup broccoli florets
- 1 tablespoon olive oil
- Salt and pepper to taste

Instructions:

1. Season chicken with olive oil, salt, and pepper.
2. Grill chicken until cooked through.
3. Steam broccoli until tender and serve alongside the chicken.

We hope you find these recipes helpful and inspiring! Let's continue to support each other in our health journeys.

Best regards,

Your Weight Management Support Group