



**BUILD  
YOUR  
MEAL**

 KAISER PERMANENTE®

# What should you make for dinner that's tasty and healthy?

This handy book is chock-full of easy meal ideas to help you decide. Plus, it follows the nutritional guidelines and portion sizes of the USDA's MyPlate – so all you need to do is mix and match these healthy foods to build a complete, delicious meal.

Pick a

**LEAN PROTEIN**

(To be your healthiest, vary your proteins each time.)

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Choose a colorful

**VEGGIE**

to fill half your plate.

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Select your favorite

**STARCH OR WHOLE GRAIN**

and you're all set.

## SALMON

### NUTRITIONAL INFORMATION

3 ounces, baked or broiled:  
184 calories

Good source of vitamin D, vitamin B12, and omega-3 fatty acids – which benefit your heart, boost your mood, protect your joints and eyes, and decrease your risk for several types of cancers.

### SERVING SUGGESTIONS

- Spread a thin layer of Dijon mustard on salmon and bake. Or, quick-broil and top with a honey mustard sauce.
- Sear on the stovetop and serve with whole-wheat pasta.
- Mix leftover cold salmon with greens and veggies for a flavor-packed, filling salad.

## ASPARAGUS

### NUTRITIONAL INFORMATION

4 spears, boiled:  
14 calories

Good source of vitamin E, folic acid, B vitamins, vitamin C, and bone-building vitamin K.

### SERVING SUGGESTION

- Cook in steamed chicken broth for 5 minutes. Finish by tossing with olive oil, crushed garlic, fresh lemon juice, sea salt, and pepper.

## BROWN RICE

### NUTRITIONAL INFORMATION

1 cup, cooked:  
216 calories

Good source of fiber, selenium, magnesium, and vitamin B6, which helps the body break down sugars and starches.

### SERVING SUGGESTIONS

- Spruce it up with sautéed mushrooms and scallions.
- Stir in red or black beans, add Cajun seasoning, and serve with your favorite vegetables.

A circular collage of three food items: salmon, asparagus, and brown rice. The salmon is at the top, asparagus in the middle, and brown rice at the bottom. Each item is labeled with a white box containing its name in bold, uppercase letters. The entire collage is set against a dark brown background.

**SALMON**

**ASPARAGUS**

**BROWN RICE**

## SHRIMP

### NUTRITIONAL INFORMATION

3 ounces, cooked:  
116 calories

Good source of protein, zinc, selenium, and vitamin B12, which is essential for normal brain and nervous system functioning.

### SERVING SUGGESTIONS

- Stir cooked shrimp into spicy pasta sauce and pour over whole-wheat noodles.
- Grill with peppers and onions, then stuff in a whole-wheat tortilla to make shrimp fajitas.
- Cut up cooked shrimp and add to vegetable soups for a protein boost.

## GREEN BEANS

### NUTRITIONAL INFORMATION

1 cup, steamed:  
44 calories

Good source of fiber, bone-building vitamin K, vitamin C, and the minerals copper and magnesium.

### SERVING SUGGESTION

- Steam, then toss with olive oil, crushed garlic, fresh lemon juice, sea salt, and pepper.

## RED QUINOA

### NUTRITIONAL INFORMATION

1 cup, cooked:  
222 calories

Good source of protein, magnesium, fiber, vitamin B6, and folate.

### SERVING SUGGESTIONS

- For added flavor, cook in beef, chicken, or vegetable stock.
- Mix with pinto beans, bell peppers, scallions, cumin, and coriander to make a spicy Southwestern dish.



**SHRIMP**

**GREEN BEANS**

**RED QUINOA**

## CHICKEN BREAST

### NUTRITIONAL INFORMATION

4 ounces, boneless,  
skinless, baked:  
184 calories

Good source of protein,  
B-vitamins, selenium,  
iron, magnesium, and  
immunity-building zinc.

### SERVING SUGGESTIONS

- Apply a rub made from chili powder, sugar, salt, cayenne pepper, garlic powder, and onion powder. Refrigerate chicken breasts for at least a half-hour. Then, grill or roast.
- Wrap cooked chicken in a whole-wheat tortilla, and add chopped tomatoes and onions. Sprinkle with a little cheese and bake to make a healthy burrito.

## BELL PEPPERS

### NUTRITIONAL INFORMATION

1 cup, raw:  
40 calories

Good source of vitamin C,  
vitamin B6, vitamin K,  
and fiber.

### SERVING SUGGESTIONS

- Roast sliced bell peppers in the oven. Then, serve them with grilled chicken, shrimp, or tempeh and warm tortillas.
- Toss raw in a salad.
- Stir-fry with a protein and other vegetables.

## SWEET POTATO

### NUTRITIONAL INFORMATION

1, baked:  
150 calories

A great source of vision-  
protective vitamin A,  
as well as vitamin C,  
magnesium, zinc, and  
vitamin B6.

### SERVING SUGGESTION

- Season with cinnamon, nutmeg, and brown sugar for a sweet treat. Or, sprinkle with garlic and pepper to serve as a savory side for dinner.





**CHICKEN BREAST**

**BELL PEPPERS**

**SWEET POTATO**

## LENTILS

### NUTRITIONAL INFORMATION

1 cup, cooked:  
230 calories

Good source of fiber, folate, magnesium, and iron, which is critical to healthy red blood cell functioning and metabolism.

### SERVING SUGGESTIONS

- Season with curry powder, cayenne, garlic, or chili powder.
- After cooking lentils, mix in cooked potatoes or sweet potatoes for a hearty side or main dish.

## KALE

### NUTRITIONAL INFORMATION

1 cup, boiled:  
36 calories

Great source of vitamins K, A, and C, plus calcium and fiber.

### SERVING SUGGESTIONS

- Steam kale, then toss with fresh lemon juice, sea salt, and pepper.
- Combine kale, pine nuts, and feta cheese with whole-grain pasta.

## WHOLE-WHEAT COUSCOUS

### NUTRITIONAL INFORMATION

1 cup, cooked:  
176 calories

Good source of protein and fiber, as well as selenium and niacin.

### SERVING SUGGESTIONS

- Bring water to a boil and cook for 5 to 10 minutes until couscous has absorbed all the water. To boost flavor, add a bit of concentrated chicken broth, canola oil, and chopped parsley or scallions.
- Pair with steamed broccoli, carrot sticks, and grilled chicken.

A top-down view of a white bowl with a blue double-line border, filled with three distinct food items. The top portion is filled with cooked, light-brown lentils. The middle portion is a vibrant green, wilted kale with small pieces of white cheese. The bottom portion is a golden-brown whole-wheat couscous, garnished with red and green vegetables. Each food item is labeled with a white text box.

**LENTILS**

**KALE**

**WHOLE-WHEAT COUSCOUS**

## TURKEY

### NUTRITIONAL INFORMATION

3 ounces, roasted,  
light meat:  
133 calories

Good source of protein, all B vitamins, niacin, zinc, and selenium, which protects cells from free radical damage and supports thyroid function.

### SERVING SUGGESTIONS

- If you're simply roasting a turkey in an oven, line the bottom of your turkey pan with chopped carrots, potatoes, and parsnips so the bottom of the turkey doesn't burn.
- Combine turkey with celery, leeks, dried apricots, and almonds to make a tasty turkey salad.
- Amp up the flavor of a frittata with diced turkey and your favorite vegetables.

## ROMAINE LETTUCE

### NUTRITIONAL INFORMATION

1 cup, shredded:  
8 calories

Good source of heart-healthy vitamin C, vitamin K, fiber, and folic acid.

### SERVING SUGGESTIONS

- Use as garnish on sandwiches or burgers.
- Toss with other fresh veggies. Then, drizzle with balsamic vinegar for a healthy, delicious salad.
- Fill each leaf with chicken or tempeh strips and diced vegetables for a breadless sandwich wrap.

## WHOLE-WHEAT PENNE PASTA

### NUTRITIONAL INFORMATION

1 cup, cooked:  
172 calories

Good source of fiber, selenium, magnesium, and iron.

### SERVING SUGGESTIONS

- Toss with grilled zucchini, spinach, and garlic, and top with parmesan cheese.
- Toss it with your favorite regular pasta sauce, then add diced or sliced turkey bacon or chicken sausage for additional protein and flavor.

A circular collage of three food items. The top portion shows two slices of cooked turkey with a golden-brown, slightly crispy skin. The middle portion shows a fresh green salad with romaine lettuce leaves and some purple-tinged leaves. The bottom portion shows a serving of whole-wheat penne pasta, which is a short, ridged, tubular shape, coated in a light orange sauce. Each food item is overlaid with a white rectangular box containing its name in bold, black, uppercase letters.

**TURKEY**

**ROMAINE LETTUCE**

**WHOLE-WHEAT PENNE PASTA**

## MOZZARELLA CHEESE

### NUTRITIONAL INFORMATION

1 ounce (¼ cup),  
low moisture, part-skim:  
79 calories

Good source of protein, calcium, phosphorus, and vitamin B12, which is essential for normal brain and nervous system functioning.

### SERVING SUGGESTIONS

- Spread a thin layer of tomato sauce on a whole-wheat pizza crust. Then, top with cheese and your favorite vegetables, and bake for a quick, delicious dinner.
- Arrange slices with tomato slices and basil leaves and drizzle with olive oil for an easy caprese salad.

## SPINACH

### NUTRITIONAL INFORMATION

1 cup, raw:  
7 calories  
1 cup, steamed:  
41 calories

Good source of vitamins A, C, E, and K, plus folate.

### SERVING SUGGESTIONS

- Sprinkle with pine nuts or almond slivers and a light dressing for a simple salad.
- Fold into an omelet or mix into a frittata to boost its nutrition.

## WHOLE-KERNEL CORN

### NUTRITIONAL INFORMATION

1 cup, cooked:  
131 calories

Good source of vitamin C, magnesium, fiber, and vitamin B6.

### SERVING SUGGESTIONS

- Enjoy corn on the cob as is – or season with a little organic butter or olive oil, salt, and pepper.
- Grill or boil an ear of corn, then husk it. Toss the kernels with fresh lettuce, avocado, and tomato. Top with grilled shrimp for a delicious, light salad.



**MOZZARELLA CHEESE**

**SPINACH**

**WHOLE KERNEL CORN**

## EGGS

### NUTRITIONAL INFORMATION

1 large egg, poached:  
75 calories,

Good source of protein, B vitamins (including liver-protecting choline), selenium, and omega-3 fats.

### SERVING SUGGESTIONS

- Use egg whites only to cut calories in half (however, yolks contain many nutrients).
- Whip up a savory omelet by mixing in sliced mushrooms and tomatoes, plus fresh basil.
- Spice with chili pepper, and serve with black beans and corn tortillas.

## MUSHROOMS

### NUTRITIONAL INFORMATION

1 cup, raw, chopped  
or sliced:  
18 calories

Good source of protein, selenium, vitamin B6, and niacin.

### SERVING SUGGESTIONS

- Sauté with onions.
- Add mushrooms to any pasta sauce.
- Fold into an omelet to add a delicious dash of nutrients.

## BARLEY

### NUTRITIONAL INFORMATION

1 cup, cooked:  
193 calories

Good source of fiber, selenium, magnesium, phosphorus, and copper, which helps your body use iron.

### SERVING SUGGESTIONS

- Add to any soup or stew for a hearty nutritional boost.
- Toss chilled, hulled, cooked barley with chopped vegetables for a filling side dish.
- Try baking with barley flour (in combination with regular flour) to make breads and muffins with a distinctly earthy taste.



A circular collage of three food items. The top section shows a golden-brown omelette with green herbs. The middle section shows a variety of mushrooms, including button and shiitake. The bottom section shows a pile of cooked, light-colored barley. Each item is labeled with a white box containing the word in all caps.

**EGGS**

**MUSHROOMS**

**BARLEY**

## PORK TENDERLOIN

### NUTRITIONAL INFORMATION

3 ounces, grilled:  
172 calories

Good source of protein, B vitamins, phosphorus, selenium, and zinc.

### SERVING SUGGESTIONS

- Whip up a simple stir-fry: Slice into thin strips, and saute with onions, garlic, and green onions. Add the juice of an orange and soy sauce, and serve with snow peas and brown rice.
- Soak in your favorite adobo marinade for an hour, and then cook. Serve with grilled asparagus and corn on the cob.

## BROCCOLI

### NUTRITIONAL INFORMATION

1 cup, fresh, steamed:  
44 calories

Good source of vitamin C, vitamin A, and bone-building vitamin K, plus magnesium, zinc, and dietary fiber.

### SERVING SUGGESTIONS

- Mix with any whole-wheat pasta.
- Steam and sprinkle with red pepper flakes for a spicy kick.
- Puree and combine with seasonings to make a simple soup.

## WHOLE-WHEAT BREAD

### NUTRITIONAL INFORMATION

1 slice: 69 calories

Good source of fiber, protein, magnesium, and zinc.

### SERVING SUGGESTIONS

- Make a delicious breakfast wrap by filling whole-wheat tortillas with scrambled eggs, veggies, and salsa.
- Make individual pizzas using whole-wheat pita pockets as the crust.

A close-up photograph of several slices of cooked pork tenderloin, showing a pinkish interior and a browned exterior. The slices are arranged on a white plate.

**PORK TENDERLOIN**

A close-up photograph of fresh, vibrant green broccoli florets. The florets are densely packed and show the characteristic tree-like structure of the vegetable.

**BROCCOLI**

A close-up photograph of a single slice of whole-wheat bread. The bread has a golden-brown crust and a darker, textured interior, characteristic of whole-grain flour.

**WHOLE-WHEAT BREAD**

## GROUND BUFFALO (BISON)

### NUTRITIONAL INFORMATION

5-ounce patty:  
280 calories

Good source of protein, iron, selenium, zinc, phosphorus, B vitamins, and blood sugar-stabilizing niacin.

### SERVING SUGGESTION

- Top buffalo burgers with your favorite traditional hamburger toppings, or serve with shredded cabbage and barbecue sauce for a spicy kick.

## TOMATOES

### NUTRITIONAL INFORMATION

3 slices, 1/4"-thick:  
12 calories

Good source of vitamins A, C, K, and B6, plus copper and potassium.

### SERVING SUGGESTIONS

- Create a caprese salad by alternating tomato slices, part-skim mozzarella, and fresh basil leaves. Finish by drizzling them with extra-virgin olive oil.
- Chop up tomatoes with chili peppers, onions, and cilantro for a fresh salsa.
- Add slices to sandwiches, burgers, and salads.

## WILD RICE

### NUTRITIONAL INFORMATION

1 cup, cooked:  
166 calories

Good source of zinc, magnesium, phosphorus, niacin, and folate, which supports cell production and helps your nerves function properly.

### SERVING SUGGESTIONS

- Make a sweet and savory wild rice pilaf that incorporates onion, celery, mushroom, green apple, walnuts, and raisins.
- Make a vegetarian meal of it by stuffing acorn squash with wild rice and sautéed, chopped vegetables.

A circular collage of three food items. The top portion shows a piece of browned ground buffalo (bison) on a white plate. The middle portion shows a large quantity of fresh, red cherry tomatoes on their green vine. The bottom portion shows a pile of cooked wild rice, which is a mix of light and dark grains. Each item is labeled with a white text box.

**GROUND BUFFALO (BISON)**

**TOMATOES**

**WILD RICE**

## TEMPEH

### NUTRITIONAL INFORMATION

4 ounces, cooked:  
222 calories

Good source of protein, copper, phosphorus, riboflavin, and bone-building magnesium.

### SERVING SUGGESTIONS

- Substitute tempeh for ground beef in pasta dishes or chili.
- Cook up a spicy dish by sautéing tempeh with scallions, shiitake mushrooms, fresh ginger, soy sauce, rice wine, and a pinch of red pepper flakes.

## ZUCCHINI

### NUTRITIONAL INFORMATION

1 cup, cooked, sliced:  
36 calories

Good source of vitamin B6, vitamin C, folate, zinc, magnesium, and potassium.

### SERVING SUGGESTION

- Cook quickly in a little olive oil with crimini mushrooms and colorful bell peppers.

## POTATO

### NUTRITIONAL INFORMATION

One potato, baked:  
220 calories

Good source of vitamin C, vitamin B6, magnesium, fiber, potassium, and niacin.

### SERVING SUGGESTIONS

- Make oven-baked french fries by coating sliced potatoes in a little olive or canola oil and seasonings of your choice. Place them on a coated cooking sheet and bake at 350 degrees F.
- Prepare a salade nicoise, which bundles potatoes together with canned tuna, green beans, eggs, and cherry tomatoes.



**TEMPEH**

**ZUCCHINI**

**POTATO**

## LEAN SIRLOIN STEAK

### NUTRITIONAL INFORMATION

3 ounces, pan-fried:  
166 calories

Good source of protein, zinc, phosphorus, niacin, vitamin B12, iron, plus potassium – which helps keep the heart and nervous system running smoothly.

### SERVING SUGGESTIONS

- Marinate in a wine vinaigrette or make one from balsamic vinegar, olive oil, salt, pepper, and chopped parsley.
- Pairs perfectly with healthy carbs like quinoa, peas, corn, or brown rice.
- Cook on an outdoor barbecue grill for a smoky flavor.

## EGGPLANT

### NUTRITIONAL INFORMATION

1 cup, baked, no oil:  
28 calories

Good source of dietary fiber, copper, vitamin B6, and thiamin.

### SERVING SUGGESTIONS

- Mix cubed eggplant with grilled peppers, lentils, onions, and garlic. Top with balsamic vinaigrette.
- Sprinkle slices with feta cheese and pine nuts.

## BUTTERNUT SQUASH

### NUTRITIONAL INFORMATION

1 cup, baked:  
80 calories

Good source of vitamin A, vitamin C, fiber, vitamin B6, potassium, folate, and calcium.

### SERVING SUGGESTIONS

- Steam cubed squash and dress with olive oil, soy sauce, ginger, and pumpkin seeds for a simple side dish.
- Roast squash to bring out its earthy flavor. Enjoy as is, or scoop out the flesh and mash with a wooden spoon to make a pureed version.





**LEAN SIRLOIN STEAK**

**EGGPLANT**

**BUTTERNUT SQUASH**

## AHI TUNA STEAK

### NUTRITIONAL INFORMATION

3 ounces, baked  
or broiled:  
118 calories

Good source of omega-3 fatty acids, B vitamins, and selenium, which lowers your risk for joint inflammation.

### SERVING SUGGESTIONS

- Season with 5-spice powder before searing.
- Amp up flavor by cooking tuna steaks with red onion, minced garlic, cherry tomatoes, capers, salt, and parsley.

## CABBAGE

### NUTRITIONAL INFORMATION

1 cup, cooked:  
33 calories

Good source of antioxidants, fiber, vitamin B6, vitamin C, vitamin K, and folate.

### SERVING SUGGESTIONS

- Sauté in chicken broth. Then add crushed garlic, sea salt, and pepper.
- Make a spicy coleslaw combining red and green cabbage, lemon juice or vinegar, olive or peanut oil, and mustard or hot pepper sauce.

## BLACK BEANS

### NUTRITIONAL INFORMATION

1 cup: 227 calories

Good source of folate, fiber, protein, magnesium, phosphorus, iron, and thiamin.

### SERVING SUGGESTIONS


- Use black beans in place of refried beans in traditional Mexican recipes like tacos and burritos for a healthy, tasty twist.
- Layer black beans, guacamole, chopped tomatoes, diced onions, and cilantro to make a delicious layered bean dip. Add minced jalapeno pepper for added zing.

Ahi Tuna Steak is a piece of seared tuna with distinct grill marks, presented on a white plate. The tuna is cooked to a medium-rare doneness, with a browned exterior and a pinkish interior.

**AHI TUNA STEAK**

A close-up view of fresh green cabbage leaves, showing their characteristic crinkled texture and vibrant green color. The leaves are layered and appear to be part of a whole head of cabbage.

**CABBAGE**

A pile of black beans, also known as turtle beans, shown in a white bowl. The beans are dark, almost black, and have a smooth, oval shape. They are piled together, filling the bowl.

**BLACK BEANS**



## **SOURCES:**

Gebhardt, Susan E., and Robin G. Thomas. *Nutritive Value of Foods*. U.S. Department of Agriculture, 2002.

United States Department of Agriculture (USDA) Center for Nutrition Policy and Promotion website [cnpp.usda.gov](http://cnpp.usda.gov) accessed on July 18, 2014.

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