

EAT & BETTER LOVE IT

We get it: Eating healthy can be intimidating. There's the calorie counting, the carb cutting, and—worst of all—the feeling deprived. So consider this your friendly, low-stress guide to food you can feel great about. With the help of Frances Largeman-Roth, R.D.N., author of the book *Eating in Color*, we've put together 15 good-for-you, tasty, super-satisfying meals to help you jump-start the new year.

PHOTOGRAPHED BY MIKE GARTEN

EAT BETWEEN MEALS TOO!

Add two or three 200-calorie snacks a day—you'll still be within the healthy range. Find some of our faves at redbookmag.com/200-calorie-snacks.



FOOD STYLIST: MAGGIE RUGGIERO FOR HELLO ARTISTS. PROP STYLIST: CATE GEIGER KALUS.

Day 1

► BREAKFAST

Mango smoothie bowl

Active: 5 min.
Total: 5 min.

In a blender, purée 1 cup frozen mango cubes, 1 small banana, ¼ cup 2% milk, and ¼ cup 2% Greek yogurt until smooth. Transfer to a bowl. Top with 1 small kiwi (sliced), ¼ cup blueberries, and 3 Tbsp low-fat granola.

Makes 1 serving. 404 cal, 4 g fat (1.5 g sat), 9 g pro, 108 mg sodium, 92 g carb, 11 g fiber.

► LUNCH

Roasted vegetable salad

Active: 10 min.
Total: 30 min.

Heat oven to 400°F. On a large rimmed baking sheet lined with a reusable baking mat or nonstick foil, toss 1 small beet (peeled and cut into wedges), ½ cup (about 2 oz) cubed butternut squash, and 6 Brussels sprouts (quartered) with 2 tsp olive oil and ¼ tsp each ground cinnamon, kosher salt, and pepper. Roast, tossing once halfway through cooking, until tender and starting to turn golden brown, 20 to 25 minutes. Remove from oven and toss with 2 Tbsp cider vinegar and 2 tsp olive oil, then 2 cups baby kale and 2 Tbsp dried cranberries. Top with 1 large hard-boiled egg (coarsely grated).

Makes 1 serving. 438 cal, 25 g fat (3.5 g sat), 14 g pro, 673 mg sodium, 45 g carb, 12 g fiber.

► DINNER

Grilled chicken with roasted broccoli and tomato vinaigrette

Active: 20 min.
Total: 25 min.

- 1 large head broccoli (about 1 lb), cut into large florets
- 1 Tbsp plus 2 tsp olive oil
- Kosher salt and pepper
- 4 6-oz skinless, boneless chicken breasts
- 1 shallot, finely chopped
- 2 Tbsp fresh lemon juice
- 4 plum tomatoes, cut into ½-in. pieces
- ½ cup fresh basil leaves, torn

1. Heat oven to 425°F. On a large rimmed baking sheet, toss broccoli with 1 Tbsp oil and ¼ tsp each salt and pepper and roast until golden brown and tender, 20 to 25 minutes.

2. Meanwhile, heat grill pan on medium. Rub chicken with remaining 2 tsp oil and season with ¼ tsp each salt and pepper. Grill until cooked through, 6 to 8 minutes per side.

3. In a small bowl, toss shallot with lemon juice and ¼ tsp each salt and pepper, then toss with tomatoes and fold in basil.

4. Serve broccoli with chicken; top with tomato vinaigrette.

Makes 4 servings. 285 cal, 910 g fat (2 g sat), 39 g pro, 477 mg sodium, 10 g carb, 4 g fiber.



DINNER

Asian vegetable pancake

Active: 30 min.

Total: 30 min.

- 2 Tbsp canola oil
- 12 oz mixed mushrooms, large caps sliced
- 2 small heads baby bok choy (about 4 oz each), leaves halved lengthwise
- 2 large eggs
- 1 Tbsp rice vinegar
- 2 tsp low-sodium soy sauce
- Pinch cayenne
- ½ cup flour
- 2 cups broccoli slaw
- 1 small red pepper, thinly sliced
- 4 scallions, cut into matchsticks
- 1 large clove garlic, grated
- 1 Tbsp grated fresh ginger
- Sriracha, for serving

1. Heat 1 Tbsp oil in a large skillet on medium-high and cook mushrooms, tossing occasionally, 4 minutes. Add bok choy and cook, tossing occasionally, until tender, 2 to 3 minutes; remove from heat.
2. In a large bowl, whisk eggs, ½ cup cold water, vinegar, soy sauce, and cayenne. Add flour; whisk until smooth.
3. Heat remaining Tbsp oil in a large nonstick skillet on medium and cook broccoli slaw, red pepper, and scallions until tender, tossing occasionally, 5 minutes. Add garlic and ginger and cook 1 minute. Transfer half of vegetables to a bowl. Arrange vegetables remaining in pan into 2 piles (about ½ cup each) and loosely spread out. Pour half of batter evenly over piles (about ¼ cup each), making sure all vegetables are covered. Cook until golden brown, 2 to 3 minutes per side. Repeat with remaining vegetables and batter, adding more oil if necessary.
4. Serve pancakes with mushrooms and bok choy and drizzle with Sriracha if desired.

Makes 4 servings. 210 cal, 10 g fat (1.5 g sat), 10 g pro, 189 mg sodium, 22 g carb, 4 g fiber.

Day 2

BREAKFAST

Ploughman's breakfast

Active: 5 min.

Total: 5 min.

Peel and slice 1 **hard-boiled egg**. Serve with 1 small **apple** (cut into wedges), 1 slice **whole rye bread** (toasted), 1 **Persian cucumber** (sliced), 1 oz **extra-sharp Cheddar**, 2 **walnut halves**, and 1 Tbsp **cranberry chutney**.

Makes 1 serving. 401 cal, 19 g fat (8.5 g sat), 18 g pro, 473 mg sodium, 43 g carb, 7 g fiber.

LUNCH

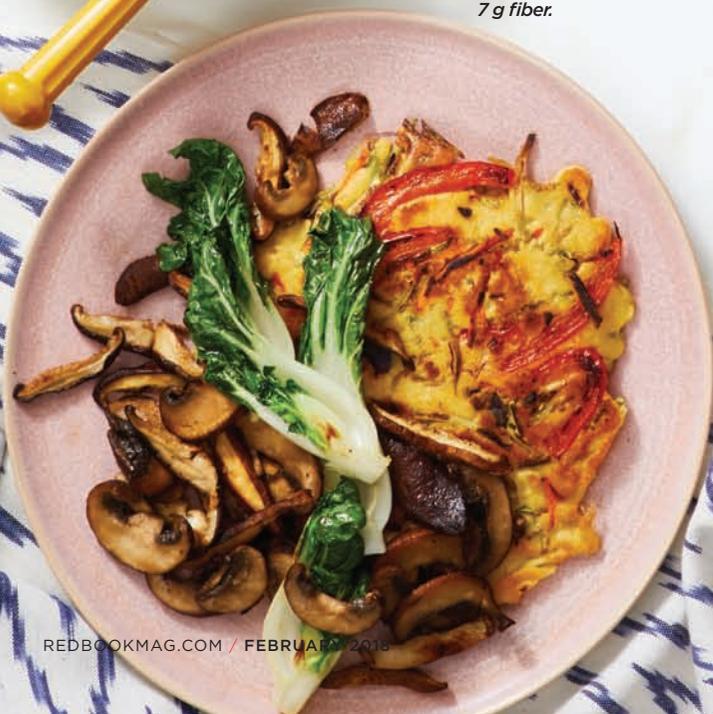
Chicken burrito bowl

Active: 15 min.

Total: 15 min.

Heat 2 tsp **oil** in a large nonstick skillet on medium. Add ½ **cup red pepper** (sliced), ½ **cup sliced mushrooms**, 1 small **red onion** (cut into wedges), ½ **tsp ground cumin**, ¼ **tsp kosher salt**, and pinch **cayenne pepper** and sauté, stirring occasionally, until tender, 8 to 10 minutes. Meanwhile, in a bowl, combine ¼ **cup 2% plain Greek yogurt** with 2 Tbsp finely chopped **cilantro**, 2 **tsp fresh lime juice**, and pinch each salt and pepper. Serve with ½ **cup cooked brown rice**, 4 oz poached and shredded **chicken breast**, and vegetables.

Makes 1 serving. 410 cal, 13.5 g fat (2.5 g sat), 36 g pro, 696 mg sodium, 38 g carb, 5 g fiber.



Day 3

► BREAKFAST

Quick huevos rancheros

Active: 10 min.
Total: 10 min.

Heat 2 tsp **olive oil**, 1 clove **garlic** (finely chopped), and $\frac{1}{2}$ tsp **cumin seeds** in a small nonstick skillet on medium-low; cook 1 minute. Toss with $\frac{1}{3}$ cup **low-sodium black beans** (rinsed); cook until warm, 2 minutes; transfer to a bowl. Add 1 tsp **oil** to skillet and cook 1 large **egg** to desired doneness. Using a gas flame or broiler, toast 1 **corn tortilla** until lightly charred. Chop $\frac{1}{4}$ small **avocado** and place on top of tortilla; season with pinch each salt and pepper, then top with beans, egg, and 2 Tbsp each **fresh salsa** and **cilantro**. Serve with **hot sauce**.

Makes 1 serving. 396 cal, 25.5 g fat (4.5 g sat), 13 g pro, 352 mg sodium, 31 g carb, 10 g fiber.

► LUNCH

Gingery noodle soup

Active: 10 min.
Total: 15 min.

In a 16-oz mason jar, place 2 tsp finely grated **fresh ginger**, $\frac{1}{2}$ small clove **garlic** (finely grated), $\frac{1}{4}$ small **red chile** (thinly sliced), and 1 tsp **reduced-sodium chicken bouillon base**. Layer the jar with $\frac{3}{4}$ oz **rice noodles** (cooked and rinsed), $\frac{1}{2}$ head **baby bok choy** and 15 **snow peas** (both sliced crosswise), and 1 medium **carrot** (coarsely grated). Top with boiling water, cover and let sit 3 minutes, then stir to combine.

Makes 1 serving. Per serving: 159 cal, 1 g fat (0 g sat), 6 g pro, 640 mg sodium, 33 g carb, 5 g fiber.

► DINNER

Lentil, grapefruit, and steak salad

Active: 20 min.
Total: 20 min.

- 1 lb **beef sirloin steak**
Kosher salt and pepper
- 2 Tbsp **olive oil**
- 2 Tbsp **fresh lemon juice**
- 1 tsp **Dijon mustard**
- $\frac{1}{2}$ tsp **honey**
- 1 **small bulb fennel**, cored and very thinly sliced
- $\frac{1}{2}$ **small red onion**, finely chopped
- 1 **15-oz can lentils**, rinsed
- $\frac{1}{4}$ **small red cabbage**, chopped
- $\frac{1}{2}$ **cup flat-leaf parsley leaves**
- 2 **red grapefruits**
- 1 **bunch arugula**, thick stems discarded

1. Place oven rack 6 in. from broiler and heat. Line a broiler-proof rimmed baking sheet with foil. Place steak on prepared pan and season with $\frac{1}{4}$ tsp each salt and pepper. Broil to desired doneness, 4 to 5 minutes per side for medium-rare. Transfer to a cutting board and let rest.
2. Meanwhile, in a large bowl, whisk together oil, lemon juice, mustard, honey, and $\frac{1}{4}$ tsp each salt and pepper; stir in fennel and onion. Add lentils, cabbage, and parsley and toss to combine.
3. Cut away peel and white pith from grapefruits; halve and thinly slice. Cut steak into 1-in. pieces. Fold grapefruit, steak, and arugula into salad.

Makes 4 servings. 406 cal, 15.5 g fat (4 g sat), 34 g pro, 437 mg sodium, 35 g carb, 11 g fiber.



Day 4

▶ BREAKFAST

Oatmeal bowl

Active: 10 min.
Total: 10 min.

Cook $\frac{1}{3}$ cup oats in water per package directions. Add $\frac{1}{4}$ cup 2% milk, then transfer to a bowl. Swirl in 1 Tbsp peanut butter and top with $\frac{1}{4}$ cup 2% plain Greek yogurt, $\frac{1}{2}$ small banana (sliced), 2 Tbsp pomegranate seeds, and 2 tsp raw pepitas.

Makes 1 serving. 355 cal, 15.5 g fat (4 g sat), 14 g pro, 127 mg sodium, 44 g carb, 14 g fiber.

▶ LUNCH

Mediterranean tuna pita

Active: 10 min.
Total: 10 min.

Toss 3 oz solid white tuna in water (drained) with 1 Tbsp lemon juice, 1 Tbsp finely chopped red onion, 1 stalk celery (thinly sliced), 1 Tbsp each fresh mint and golden raisins (both chopped), and pinch pepper. Split 1 mini whole-wheat pita in half. Spread each half with $\frac{1}{2}$ Tbsp hummus, then top with tuna salad.

Makes 1 serving. 302 cal, 6.5 g fat (1 g sat), 32 g pro, 627 mg sodium, 34 g carb, 6 g fiber.

▶ DINNER

Seared pork with thyme roasted grapes and spinach

Active: 25 min.
Total: 35 min.

- 1 lb red seedless grapes
- 8 sprigs fresh thyme
- 2 Tbsp olive oil
- Kosher salt and pepper
- 2 bunches spinach, thick stems discarded (about 1 lb)
- 1 ($\frac{1}{4}$ -lb) pork tenderloin, cut into 8 equal pieces
- 2 Tbsp balsamic vinegar
- 1 tsp Dijon mustard

1. Heat oven to 400°F. On a large rimmed baking sheet, toss grapes, thyme, 1 Tbsp oil, and $\frac{1}{4}$ tsp each salt and pepper. Roast, tossing occasionally, until grapes begin to burst, 15 to 18 minutes. Scatter spinach over grapes and roast 3 to 4 minutes more. Gently toss until spinach is beginning to wilt.

2. Meanwhile, pound pork so each piece is $\frac{1}{2}$ in. thick. Season with $\frac{1}{4}$ tsp each salt and pepper. Heat remaining Tbsp oil in a large skillet on medium-high and cook pork until deep golden brown, 2 to 3 minutes per side.

3. Whisk together vinegar and mustard, add to skillet, and turn pork pieces to coat. Remove from heat and serve with spinach and grapes.

Makes 4 servings. 302 cal, 11.5 g fat (2.5 g sat), 27 g pro, 398 mg sodium, 25 g carb, 3 g fiber.



Day 5

► BREAKFAST

Ricotta and berry toasts

Active: 5 min.
Total: 5 min.

In a small bowl, combine $\frac{1}{2}$ cup **part-skim ricotta** with 1 tsp finely grated **lemon zest**. Divide between 2 small slices toasted **multigrain bread**. Drizzle with 2 tsp **honey** and top with $\frac{1}{2}$ cup **raspberries** and 1 Tbsp **pistachios** (roughly chopped).

Makes 1 serving. 429 cal, 16 g fat (7 g sat), 24 g pro, 323 mg sodium, 50 g carb, 9 g fiber.

► LUNCH

Quinoa tabbouleh with chickpeas and feta

Active: 10 min.
Total: 10 min.

In a bowl, combine $\frac{1}{2}$ cup **cooked quinoa**, 2 small **tomatoes** (chopped), 1 **Persian cucumber** (chopped), $\frac{1}{2}$ cup **chickpeas**, $\frac{1}{2}$ cup flat-leaf **parsley** (finely chopped), 1 Tbsp **lemon juice**, and 2 tsp **oil**. Top with $\frac{1}{2}$ oz crumbled **feta**.

Makes 1 serving. 387 cal, 16.5 g fat (3.5 g sat), 14 g pro, 324 mg sodium, 48 g carb, 11 g fiber.

► DINNER

Salmon with roasted curried cauliflower

Active: 25 min.
Total: 40 min.

- $\frac{1}{4}$ cup **golden raisins**
- 2 Tbsp **olive oil**
- 1 Tbsp **red wine vinegar**
- 1 tsp **curry powder**
- $\frac{1}{2}$ tsp **tomato paste**
- Kosher salt and pepper**
- 1 **head cauliflower**, cored and sliced $\frac{1}{2}$ in. thick
- 2 **small red onions**, cut into $\frac{1}{2}$ -in.-thick wedges
- 1 **pint grape tomatoes**
- 1 ($\frac{1}{4}$ -lb) **piece skinless salmon**, cut into 4 pieces
- $\frac{1}{4}$ tsp **cayenne**
- $\frac{1}{2}$ cup **fresh cilantro**, roughly chopped

1. Heat oven to 450°F. Place raisins in a small pot, add enough water to cover, and bring to a boil. Remove from heat and let sit 15 minutes. Drain; set aside.
2. In a large bowl, whisk together oil, vinegar, curry powder, tomato paste, and $\frac{1}{4}$ tsp pepper. Add cauliflower and toss to coat, then toss with onions. Divide between 2 rimmed baking sheets and roast 15 minutes.
3. Add half of tomatoes to each sheet and toss to coat. Season salmon with cayenne and $\frac{1}{4}$ tsp salt. Nestle fish among vegetables on sheets. Continue roasting both pans until salmon is opaque throughout and vegetables are golden brown and tender, 12 to 15 minutes.
4. Transfer salmon to plates. Toss vegetables with raisins and serve with salmon; sprinkle with cilantro.

Makes 4 servings. 408 cal, 23.5 g fat (3.5 g sat), 32 g pro, 237 mg sodium, 19 g carb, 4 g fiber.