

# 1-DAY SAMPLE MEAL PLAN FOR A HEALTHY HOLIDAY

The 1-day sample meal plan below includes the Healthy Holiday menu and utilizes leftovers for an evening dinner and snack. Feel free to use packaged pre-chopped veggies for any recipes to save time. A money-saving tip is to purchase store brand frozen veggies.

<b>Breakfast</b>	<b>1 c. breakfast casserole</b> <b>½ c. ambrosia</b>
<b>Snack 1</b>	<b>1 string cheese</b> <b>2 (4-inch) rice cake snacks</b>
<b>Lunch (Holiday Meal)</b>	<b>3 oz. roasted turkey</b> <b>¼ c. cranberry relish</b> <b>1 c. walnut spinach salad with 1 Tbsp. light dressing</b> <b>½ c. green beans</b> <b>¼ c. carrot soufflé</b> <b>½ c. creamed cauliflower</b> <b>½ c. wild rice</b> <b>1 poached pear with honey-yogurt topping</b>
<b>Dinner (Leftovers)</b>	<b>Whole-wheat turkey wrap with cranberry relish, walnuts and spinach</b> <b>Use leftover turkey and spinach salad with cranberry spread in a whole-wheat wrap</b> <b>½ c. green beans</b> <b>½ c. wild rice</b> <b>½ slice pumpkin pie</b>
<b>Snack 2</b>	<b>1 c. skim milk</b> <b>½ leftover poached pear</b>

*(Breakfast recipes on reverse side.)*



**BlueCross BlueShield  
of Mississippi**

It's good to be **Blue.**

# HEALTHY HOLIDAY BREAKFAST RECIPES

## *Ambrosia Fruit Salad*

### **Ingredients**

- 1 can of pineapple tidbits packed in 100% juice
- 2 cans of mandarin oranges in light syrup
- 1 (10.5 oz.) package of small marshmallows
- ½ c. light sour cream
- ½ c. flaked coconut (or desired amount)

### **Directions**

1. Empty pineapple and mandarin oranges into a medium-sized bowl.
2. Add marshmallows and mix together.
3. Add ½ c. sour cream and mix.
4. Add ½ c. flaked coconut or desired amount and mix.
5. Refrigerate until cool and serve.

## *Breakfast Casserole*

### **Ingredients**

- Cooking Spray
- 1 carton (15 oz each) Egg Beaters® Original
- 1 c. toasted wheat bread crumbs
- ½ c. shredded Swiss cheese, part skim or reduced fat
- ⅛ tsp. ground black pepper
- ½ c. chopped yellow onion
- 1 medium zucchini, sliced
- ½ cup broccoli, chopped
- 1 can Rotel, drained
- 3 ounces deer meat (Optional)
- 1 tsp. basil, chopped

### **Directions**

1. Preheat oven to 375°F. Spray 8x8-inch glass baking dish and large skillet with cooking spray; set aside. Sprinkle bread crumbs on bottom of dish. Next add all veggies.
2. Pour the can of Rotel and sprinkle cheese over the veggies. Then, toss to mix in dish. Lastly, pour all Egg Beaters over the veggie mixture. Garnish with fresh basil on top.
3. Bake 40 minutes or until knife inserted in center comes out clean. Remove from oven; let stand 5 minutes.



**BlueCross BlueShield  
of Mississippi**

It's good to be **Blue.**