



Med|Link *Health*

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4535 Normal Blvd. Suite #158  
Lincoln, NE. 68506.

1-877-533-5677 (Toll Free)

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## Healthy Meal Ideas: (400-500 calories)

### **Baked Cod, Sweet Potato, & Broccoli**

4 ounces baked cod with lemon pepper  
½ cup baked sweet potato  
1 teaspoon margarine  
1 cup steamed broccoli  
1 medium apple

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### **Chicken Taco Salad**

3 cups lettuce salad with tomato, onion, peppers, cabbage  
3 oz. grilled chicken breast  
1 oz. reduced fat shredded cheese  
1 oz. tortilla chips  
Salsa  
1 medium pear

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### **Burger**

4 oz. burger made with lean ground beef or turkey (90% lean or higher)  
2 slices low-calorie bread or bun  
1 cup carrots, celery, radish  
2 tablespoons hummus  
1 cup raspberries

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### **Fish Tacos**

4 oz. grilled white fish  
2 corn tortillas  
Diced cabbage, red onion, red or green pepper, and a squeeze of lime.  
1 tablespoons avocado  
Small salad with 1 tablespoon light dressing  
¾ cup fresh pineapple

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### **Frittata**

1 Egg + 2 egg whites (or Egg Beaters)  
1 ounce reduced-feta cheese  
Baby spinach, diced tomato, diced red onion.  
1 slice whole-wheat toast  
1 teaspoon margarine  
1 medium orange