

Eating right *made easy.*

your guide to building healthy & tasty meals



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The Plate Method

The Plate Method guides you in creating balanced, healthy meals. Simply fill your plate with:

- ½ non-starchy vegetables
- ¼ lean protein
- ¼ starchy vegetable or whole grain

Complete the meal with a serving of fruit and/or dairy.

The lists below and on the back of this panel will help you to fill your plate.



½ non-starchy vegetables

- Asparagus
- Bean Sprouts
- Beans (green, wax, Italian)
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Mixed Vegetables (without corn, peas, or pasta)
- Mushrooms
- Onions
- Peppers
- Radishes
- Salad Greens (romaine, leaf lettuce, spinach)
- Squash (summer, zucchini, spaghetti)
- Tomato
- Turnips



¼ lean protein

- **Fish/Shellfish:** plain fish, tuna (canned in water), shrimp, scallops, lobster, clams, crab, imitation shellfish
- **Beef:** ground round, roast, round, sirloin, steak, tenderloin
- **Poultry:** without skin
- **Pork:** canadian bacon, rib or loin chop/roast, ham tenderloin
- **Sandwich Meat:** deli thin sliced meats
- **Egg Product:** egg, egg white, egg substitute
- **Cheese:** feta, mozzarella, string cheese, cottage cheese, cheddar, American
- **Nut Butter**
- **Nuts:** dry roasted and unsalted



¼ starchy vegetable or whole grain

- Corn
- Beans (black, garbanzo, kidney, lima, navy, pinto, white)
- Peas
- Potato
- Squash (acorn, butternut)
- Pumpkin
- Fruit
- Pasta (white, whole wheat)
- Rice (white, brown, wild)
- Corn bread
- Crackers
- Bread (whole grain, whole wheat)
- Roll
- Bun
- Tortilla
- Pita



small serving of fruit and/or dairy

- Milk
- Yogurt
- Fruit
- Cottage Cheese

Vegetarian Doesn't Mean Bland



non-starchy vegetable

Sautéed Brussels Sprouts

simplegreenmoms.com

INGREDIENTS

- 1 lb. fresh (or frozen) Brussels sprouts, sliced in half
- 1 tbsp. coconut oil
- 1 lime, juiced
- 2 tsp. fresh garlic, minced
- ¼ tsp. red pepper powder
- salt/pepper to taste

INSTRUCTIONS

1. Preheat stove to medium-high heat.
2. In a large skillet, add coconut oil and garlic; sauté for 1 minute.
3. Add Brussels sprouts, lime juice, red pepper powder and salt and pepper to taste.
4. Sauté for at least 10 minutes, turning to make sure Brussels sprouts cook evenly.
5. Serve immediately.



lean protein

Curry Chickpeas and Avocado Vinaigrette Salad

CHICKPEA INGREDIENTS

- 1 ½ cups cooked chickpeas
- 2 tsp. curry powder
- olive oil

VINAIGRETTE INGREDIENTS

- 1 avocado
- ½ jalapeño ribs, no seeds
- 1 ½ tbsp. apple cider vinegar
- fresh cilantro
- 2 tbsp. olive oil
- ¼ cup water
- ¼ tsp. salt
- ¼ tsp. pepper

INSTRUCTIONS

1. Preheat the oven to 425°F.
2. In a bowl, combine chickpeas, olive oil and curry powder. Mix until chickpeas are evenly coated.
3. On a baking sheet lined with parchment paper, cook chickpeas for about 20 minutes.
4. Set aside to let cool.
5. In a blender, combine all vinaigrette ingredients and blend until smooth and creamy. Add salt and pepper as needed.
6. Combine vinaigrette and chickpeas and serve.



starchy veggie / grain

Rice

thewanderlustkitchen.com

INGREDIENTS

- 1 ½ cups long-grain white rice, jasmine rice or basmati rice
- 2 cups water

INSTRUCTIONS

1. Measure out 1 ½ cups of rice and pour into a saucepan.
2. Fill pan with water over the top of the rice until it covers the rice by about an inch. Swirl the rice and water around the pan.
3. Drain the water using a fine mesh sieve (or a hand). Return rice to pan.
4. Repeat steps 2-3 two more times.
5. Add 2 cups of water to the pan.
6. Bring water to a boil. Boil until water level is below the rice. Turn to low heat and cover rice with lid.
7. Let the rice simmer for 15 minutes, then turn off heat and let sit for 10 additional minutes before removing lid.
8. Remove the lid and fluff the rice with a fork. Serve hot.



fruit and/or dairy

Serve with a side of pineapple.

Easy After School Meal



non-starchy vegetable

Steamed Broccoli

from www.alesprocessedlife.com

INGREDIENTS

- 1 ½ pounds broccoli
- pepper, salt, butter/olive oil (for serving)

INSTRUCTIONS

1. Rinse broccoli in cold water.
2. Cut broccoli into florets (bite-size pieces).
3. Place about an inch of water in a large saucepan with a steamer basket (the water should remain below the basket). Bring the water to a boil over high heat.
4. Add broccoli to the basket. Cover and reduce to medium heat.
5. Simmer for 7 minutes or until the broccoli is tender and bright green. Remove broccoli from basket.
6. Season with salt and/or pepper and top with butter, if desired. Serve immediately.



lean protein

Baked Chicken Breast

from www.gimmesomeoven.com

INGREDIENTS

- 4 boneless, skinless chicken breasts, pounded to even thickness and brined in saltwater
- 1 tbsp. olive oil
- 1 tsp. kosher salt
- ½ tsp. black pepper
- ½ tsp. garlic powder
- ½ tsp. paprika

INSTRUCTIONS

1. Heat the oven to 450°F. Place chicken breasts on large baking dish. Brush both sides with olive oil.
2. In a small bowl, combine salt, pepper, garlic powder and paprika. Sprinkle evenly over both sides of the chicken.
3. Bake for 15-18 minutes, or until the chicken is cooked through and no longer pink. (Temperature of the thickest part of the breast should be between 160-170°F.)
4. Turn the broiler on high for the final 3-5 minutes. Watch to ensure chicken does not overcook and/or burn.
5. Remove pan from the oven and loosely cover the pan with aluminum foil. Let the chicken rest for 5-10 minutes, then serve.



starchy veggie / grain

Oven-Roasted Red Potatoes

from www.myorganizedchaos.net

INGREDIENTS

- 1 pound red potatoes scrubbed and cubed
- 2 tbsp. olive oil
- 2 tsp. garlic powder
- 2 tsp. dried parsley
- ½ tsp. black pepper
- sea salt to taste

INSTRUCTIONS

1. Heat the oven to 375°F.
2. After scrubbing and dicing the potatoes, place in a bowl filled with cold water for 30 minutes.
3. Add olive oil and seasonings to a large zip-top bag.
4. Pat potatoes dry and place them in the bag with the olive oil and seasonings. Shake well to coat.
5. Bake 25-30 minutes on baking sheet, until golden brown and soft.



fruit and/or dairy

Finely grate fresh mozzarella to top off the red potatoes.

Dinner for Two



non-starchy vegetable

House Salad

from www.gimmesomeoven.com

VINAIGRETTE INGREDIENTS

- ½ cup grated Parmesan cheese
- ⅓ cup olive oil
- ¼ cup red wine vinegar
- 1 tsp. Italian seasoning
- ½ tsp. kosher salt
- ½ tsp. black pepper
- ¼ tsp. garlic powder

SALAD INGREDIENTS

- 1 head red-leaf lettuce, chopped
- 1 head romaine lettuce, chopped
- ½ small red onion, thinly sliced
- 2 (14 oz.) jars quartered artichoke hearts, drained and roughly chopped
- 1 (12 oz.) jar roasted red peppers, drained and diced
- ½ cup toasted pine nuts

INSTRUCTIONS

1. Whisk the ingredients for the red wine vinaigrette together until combined or add them together in a mason jar and shake until combined.
2. Add all ingredients for the salad together in a large bowl, and then toss until evenly combined.
3. Serve immediately.



lean protein

Simple Sirloin

www.laurenslatest.com

INGREDIENTS

- sirloins
- butter
- salt & pepper to taste

INSTRUCTIONS

1. Heat the oven to 350°F.
2. Heat a pan on medium-high heat. Add butter to the hot pan.
3. Salt and pepper one side of the meat and place seasoning-side down into the pan. Add the salt and pepper to other side.
4. Cook meat 3-4 minutes on the first side without moving it.
5. Flip steak over and top with butter. In the same pan, put into hot oven for 5 more minutes.
6. Remove from oven, transfer meat to a plate and cover with foil.
7. Rest the steaks for 5 minutes.



starchy veggie / grain

Garlic Peas

allrecipes.com

INGREDIENTS

- 2 tbsp. olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 16 oz. frozen green peas
- 1 tbsp. chicken stock
- salt and pepper to taste

INSTRUCTIONS

1. Heat olive oil in a skillet over medium heat.
2. Stir in onion and garlic; cook about 5 minutes.
3. Add frozen peas, and stir in stock. Season with salt and pepper.
4. Cover and cook for about 10 minutes or until the peas are tender.



fruit and/or dairy

Serve with a side of cottage cheese.