



Meals and Snack Ideas for PWS

These menus and snacks are carbohydrate controlled ideas to help you form your own menus. **PLANNING** ahead is key. So make a week's worth of menus at a time so you don't need to think about food and what to serve at the last minute. Also, remember to post rules around mealtime behavior.

Also, from a nutritional standpoint keep in mind...

1. Fresh food is best. Shop the perimeter of the store. The middle aisles carries mostly processed foods in packages.
2. If you are buying any packaged foods. Read the ingredient lists closely. I strongly advise that you avoid foods that have:
 - a. high fructose corn syrup
 - b. food dyes (FD&C Blue 1, 2 or 3, Red No. 40, Yellow 5 or 6)
 - c. artificial flavors (often listed on the package as artificial)
 - d. preservatives (calcium propionate, sodium nitrate, sodium nitrite, sulfites, disodium EDTA.)
3. Each meal should have a nutrient dense source of carbohydrate (ideally >3 grams of fiber per serving if you are using grains), protein and fat to make it as nutritious as possible. Offer snacks that are higher in protein and fat.
4. Variety is very important. Feeding the same food every day is not ideal so mix it up.



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For Breakfast

Eggs scrambled with spinach and tomato Sliced orange	Greek yogurt Ground flaxseeds (1 teaspoon) Couple peanuts	2 Hardboiled Eggs Fruit Cup	Tofu Scramble Fruit Salad	Wheat Tortilla with scrambled eggs, mushrooms, cheese	Oatmeal Blueberries Nuts	Cottage Cheese Fruit Ground flaxseeds (1 teaspoon)
Sliced apples Cheese ¼ cup almonds	Peanuts Greek Yogurt Cantaloupe	Cinnamon oatmeal with small amount of agave sweetener, fresh fruit, Sprinkle of almonds	Cottage Cheese Fruit Salad	Oatmeal Ground Flaxseeds Raisins	Half Breakfast burrito with egg, vegetables (use whole wheat tortilla or lettuce leaves), cheese	Half avocado Cottage Cheese Lemon Pepper Grapes
Vegetable quiche Apple	Greek yogurt, mashed raspberries for flavor and nuts	Handful of nuts Piece of fruit	½ avocado Whole wheat toast 2 strips bacon	Whole grain toast with almond butter Pear	Berry Smoothie (Berries, Greek yogurt, spinach leaves and agave for sweetener)	Lox (smoked fish) cream cheese, chives on ½ whole grain bread
Veggie omelet with mushrooms, spinach and cheese	Whole wheat toast with nut butter and a bit of honey	Cottage Cheese Cinnamon Sliced apples	Scrambled eggs with chicken sausage Sliced Orange	Small grainy muffin Handful nuts	Mashed avocado ½ whole wheat pita Pear	Less Ripe Banana Peanut Butter



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For Lunch

Tuna salad scoop, tomatoes, cucumbers fruit salad	Tofu/Vegetable stir fry, brown rice	Vegetable soup, a piece of fruit, and half handful of nuts	Roast Beef Rolls: Roll nitrate free roast beef with lettuce, tomato, low-fat mayo; carrots	Hummus, tomato, cucumber and olives in a small whole grain wrap; fresh fruit	Nitrate Free Ham Slices Cheese Fruit Salad	Black beans Brown Rice Broccoli
Salmon Salad Scoop Carrots/Red Peppers Cantaloupe	Chicken salad with sprouts Carrots/Peppers Pear	Lentil Soup Fruit Salad	2 Hardboiled Eggs 2 Slices Bacon Berries	Mix together: Edamame Brown Rice Cooked Spinach Soy sauce for taste Sliced Oranges	Greek Yogurt 1 teaspoon ground flax Berries Whole Wheat Toast	Taco salad with ground turkey, black beans, lettuce, salsa, cheese, avocado, tomato
Cheeseburger (no bread) Salad Berries	Tuna Salad Whole Wheat Pita Veggies/Dip	Chicken strips sweet potato, asparagus	Turkey slices, whole grain crackers, cheese, tomato, salad	Hummus in whole wheat pita with lettuce, cucumber, and onion;	Egg Salad Olives Fruit Salad	Beef and broccoli stir fry, brown rice berries
Bean Soup Salad Fruit	Turkey Burgers Red Pepper Slices Pear	Beef or Veggie Chili Salad	Hummus Veggies Olives Handful of nuts	Omelet with spinach, mushrooms, cheese Berries	Greek yogurt ½ cup peanuts Carrots and Apples	Beef Stew Fruit Salad



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Sample DINNER Menus

BBQ chicken Peas & Corn Salad	Stir Fry Shrimp and Broccoli Brown Rice	“Taco Tuesdays” (Lettuce leaves as the shells, taco flavored ground turkey, beans, onions, cheese, taco sauce or salsa and a bit of sour cream or Greek yogurt)	Baked Fish Quinoa Roasted Broccoli	Turkey Chili Green Salad Melon	Baked Chicken Sweet Potatoes Salad	Vegetable/Feta cheese Omelet Roasted Asparagus
Ginger Salmon Sautéed Spinach Grapes	Make your own salad bar (Put bowls of the following for everyone to create their own: Mixed lettuce, tomatoes, cucumbers, chick peas, beans, low fat cheese, broccoli, carrots and oil based dressing or a lowfat dressing from the store)	Baked Chicken Brussels Sprouts Sweet Potato	Baked Fish Artichokes Sautéed Spinach	Meat Chili Salad	Grilled Chicken Quinoa Broccoli Berries	Sautéed Shrimp Roasted Carrots Salad
BBQ Salmon Roasted Carrots Broccoli	Teriyaki Chicken Artichokes Roasted parsnips	Vegetable Stir Fry with tofu, peppers, Bok Choy	Steak Salad Squash	Breakfast for Dinner! (likely using eggs)	Fish Steamed Pea Pods Sweet Potatoes	Hamburgers Salad Grilled Onions
Pork Quinoa Roasted Asparagus	Lentil Soup Cut veggies/dip	Turkey Meatloaf Green Beans Sweet potato	Taco Night-make your own tacos or taco salad Berries	Fish Brown Rice Black Beans	Veggie Whole Wheat Pizza Fruit Salad	Salmon Zucchini Roasted Carrots



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Snack Ideas

Please use caution with certain snack items, especially if your child is young, still learning to chew or has food allergies.

- Cut up vegetables (carrots, cucumbers, broccoli, mushrooms, zucchini, celery, peppers, cauliflower) with low-fat dips-(spinach, onion, dill or bean dips-made with plain yogurt–use garlic powder, salt, other herbs/spices to flavor yogurt for dip)
- Chunks of cheese and black olives
- Celery with nut butters (peanut, almond or cashew butter)
- Sliced apples/pears and peanut butter or cheese slices
- Whole wheat tortillas filled with guacamole or hummus or vegetables
- Peppers and bean dip
- Beef or Turkey “Jerky” (Trader Joes or other healthy food stores have some nice options. Let’s be honest though..it’s trial and error on taste)
- String cheese and nuts
- Cottage cheese and fresh fruit
- Pumpkin seeds and sliced apples
- Hard boiled eggs and carrots and peppers
- Edamame and raisins
- Yogurt and ¼ cup favorite very high fiber cereal
- Strawberries and blueberries with vanilla yogurt
- Vegetable soup with whole wheat crackers
- Baked corn chips with bean dip
- High fiber toast with ricotta cheese and sliced fruit
- Garbanzo beans and sliced apples

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