**Veggie Burrito Bowl**
A veggie-packed burrito bowl is an easy and healthy meal that takes minutes to prepare! Microwave 1 cup cooked brown rice, ½ cup black beans, 2 tbsp. salsa, 1 tbsp. plain Greek yogurt, and 1 tbsp. shredded cheese. Top with diced tomatoes, lettuce, corn, and more salsa!

**Apple Nachos**
Naturally sweet dessert! Cut thin slices of apple, leaving the peel on since that’s where a lot of the fiber is. Then, drizzle with chocolate syrup or peanut butter sauce. Top with coconut flakes and berries. Eat them just like nachos!

**Healthy Eating Tips for Seniors**

- **Fruits and vegetables** are an essential part of a nutrient-rich diet. Try swapping fresh for frozen to avoid waste and to help stay within your budget.

- **Water** is an important nutrient, too. Drink small amounts throughout the day and keep fluids with sugar and salt to a minimum.

- **Calcium-rich foods** like cheese, yogurt and beans are an essential part of a healthy diet, especially for seniors’ bone health.

- **Too much sodium** can lead to high blood pressure and cardiovascular disease, so choose low-salt recipes with other rich flavors to keep your food delicious.

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**Coconut Peanut Butter Bananas**
Bananas are a great way to satisfy a craving for sweets, but these bananas are even more delicious! Cut a banana in half and then again lengthwise, coat with peanut butter and top with coconut flakes.

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**Lunchology Vol. 3**
The Basics of Healthy Eating for Seniors

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**Breakfast Quesadilla**
A healthy protein-packed breakfast. Scramble two eggs with spinach or any other veggies you like. Add eggs and veggie scramble to ½ of a whole wheat tortilla and top with cheese. Cook the quesadilla on low heat until the cheese is melted and creates a seal.

**Frozen Vegetable Puree**
Buy vegetables in bulk (spinach, tomatoes, and butternut squash) and puree them in a blender with a little water. Then freeze them in an ice cube tray. Pop the vegetable-packed cubes into a variety of recipes from pasta to smoothies, sauces, or even an omelet!

**Frozen Fruit Smoothie**
A healthy and easy way to start your day! Blend 1 frozen banana, 2 cups frozen strawberries, raspberries or cherries, 1 cup unsweetened almond milk, ½ cup plain or vanilla yogurt, and 2 tbsp. honey. Enjoy a filling, nutritious breakfast!

**Frozen Veggie “Fried” Rice**
Frozen vegetables are frozen at their peak and retain much of the nutrients of fresh vegetables. Start by warming up minced garlic in a pan with a little oil, add frozen vegetables, and sauté until tender. Make room in the pan and crack an egg. Break it up with a spatula and then mix in with the vegetables. Add cooked rice, a little soy sauce, and you are all set.

**Overnight Oats**
Prep a healthy breakfast the night before! Mix ½ cup rolled oats, ¼ cup yogurt, a little sweetener of your choice, ½ banana (mashed), and ¼ cup berries. Then fill with unsweetened almond milk and sprinkle with cinnamon. Chill overnight in the fridge in a sealed jar.