

# The MOBE Meal Planner



MOBE®

Sometimes, the hardest part of eating nutritious, delicious food comes down to time and convenience. This planner is designed to help you prep snacks and meals that work for your lifestyle. Here you'll find helpful prompts, a grocery list template, and simple recipes. Grab a pencil and get started!

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## Plan healthy meals in 5 easy steps.

**How many meals will I prep?**

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**When will I plan?**

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**What will I make?**

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**What will I buy?**

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**How will I prep and store?**

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# Meal Planning Worksheet

I am going to...

Meal plan on \_\_\_\_\_ Meal prep on \_\_\_\_\_

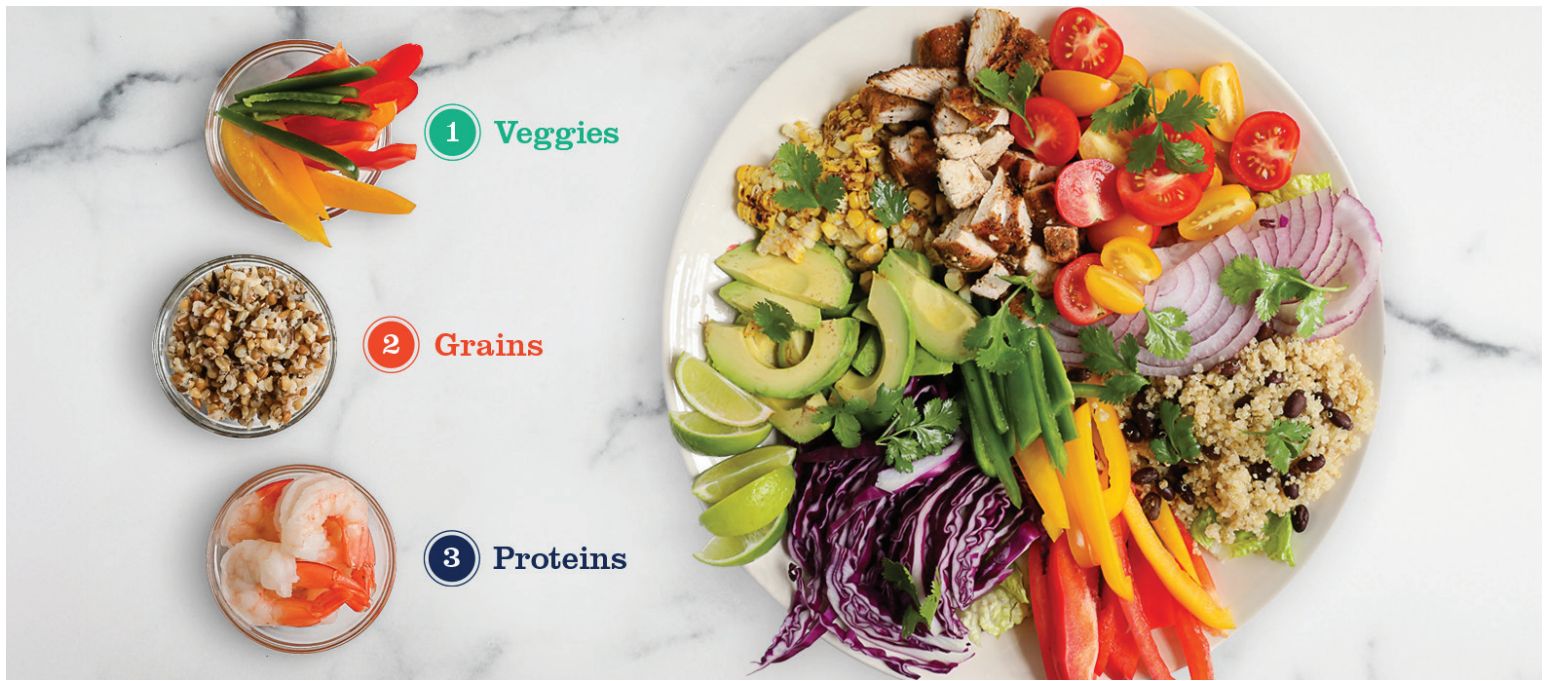
Grocery shop on \_\_\_\_\_ Helpers \_\_\_\_\_

	<b>Sun</b>
<b>Mon</b>	<b>Tue</b>
<b>Wed</b>	<b>Thu</b>
<b>Fri</b>	<b>Sat</b>



## Grocery List

<b>Produce</b>	<b>Meat</b>	<b>Dairy</b>
<b>Pantry</b>	<b>Frozen</b>	<b>Other</b>



## Mix & Match Bowl

Veggies, protein, whole grains, and seasonings combine to make a colorful, balanced, and healthy meal. Customize your one-bowl creation by using any ingredients you like. Increase the amount of ingredients to share with guests or prep meals for the week.

### 1. Vegetables

**3 cups.** Choose any combination below or add your own favorites.

- Lettuce, cabbage, or other greens
- Red or yellow peppers
- Poblano peppers
- Jalapeno peppers
- Red, sweet, or green onions
- Cherry tomatoes
- Carrots
- Corn

### 2. Grains

**½ cup.** Your choice of whole grains.

- Brown rice
- Quinoa
- Wild rice
- Farro
- Barley

### 3. Proteins

**3–4 ounces.** Select lean meats or plant-based proteins.

- Tofu
- Shrimp
- Chicken
- Beef
- Pork
- Black beans
- Navy beans

### Instructions

- **Make seasoning.** Combine 1 tablespoon each of chili powder, cumin, coriander, and paprika along with ½ tablespoon each of oregano, garlic powder, salt, and black pepper. Store leftover seasoning in an airtight container for up to 6 months and use for tacos, fajitas, and more.
- **Prepare vegetables and proteins.** Sprinkle ½ tablespoon Tex-Mex seasoning on your favorite protein and chopped vegetables: roast, grill, or cook to your liking (or enjoy the veggies raw if you prefer).
- **Prepare grains.** Follow package directions to cook your desired grains. Stir in a dash of Tex-Mex seasoning after they've cooked.
- **Combine.** In a large bowl, combine your proteins, veggies, and grains. Garnish with cilantro, avocado, and lime.



## Vegetarian Sweet Potato Chili

This hearty meal is perfect for batch cooking. It's packed with vibrant veggies, plant protein, complementary spices, and fiber—without too much sodium. Psst! There's also a secret ingredient: Unsweetened cocoa powder adds extra richness, flavor, and antioxidants to every bite.

**Prep time:** approximately 10 minutes  
**Cook time:** approximately 1 hour  
**Total time:** approximately 1 hour 10 minutes  
**Serves:** 8  
**Serving size:** 2 cups

### Ingredients

- 2 tablespoons extra light olive oil
- 2 medium sweet onions
- 2 cloves garlic
- 4 medium carrots
- 1 large sweet potato
- 2 medium red bell peppers
- 1 28-ounce can diced tomatoes with green chilies, no salt added
- ¼ cup tomato paste
- 1 15-ounce can small white beans, unsalted
- 1 15-ounce can red kidney beans, unsalted
- 8 ounces vegetable stock, fat free, reduced sodium
- 2 tablespoons chili powder
- 1½ tablespoons ground cumin
- 1 teaspoon ground oregano
- 1 teaspoon unsweetened cocoa powder (100% cacao)

### Topping options:

- Chopped cilantro
- Sliced jalapeño or serrano peppers
- Diced red onion
- Nonfat plain Greek yogurt
- Guacamole or sliced avocado
- Shredded cheddar cheese
- Cooked brown rice
- Crushed tortilla chips
- Fresh lime wedges

### Instructions

Start by prepping the vegetables. Chop the onions, mince the garlic, slice the carrots into ¼ inch rounds, peel and cube the sweet potato into ¼ inch pieces, and cube the peppers into ½ inch pieces. Drain and rinse the beans.

Add olive oil to a large Dutch oven or soup pot then put over medium heat. Add onions and garlic. Sauté for 3–4 minutes until translucent. Add carrots, sweet potato, and bell pepper. Cook for 5 minutes. Add diced tomatoes, tomato paste, beans, vegetable stock, cocoa powder, and spices. Stir well to combine. Cover, bring to a boil, then reduce heat to low and simmer uncovered for 45 minutes until chili thickens.

Add salt and pepper to taste. Add desired toppings. Serve.

### Recipe notes

- Add more protein. Quinoa is gluten-free and rich in plant-based protein, fiber, vitamins, and minerals. You can also add lean ground turkey, chicken, or beef.
- Experiment with other flavorful additions like yellow or green peppers, corn, or brown rice.
- Want to cook this in the background? Add all the ingredients to a slow cooker for 3–4 hours on high or 6–8 hours on low.

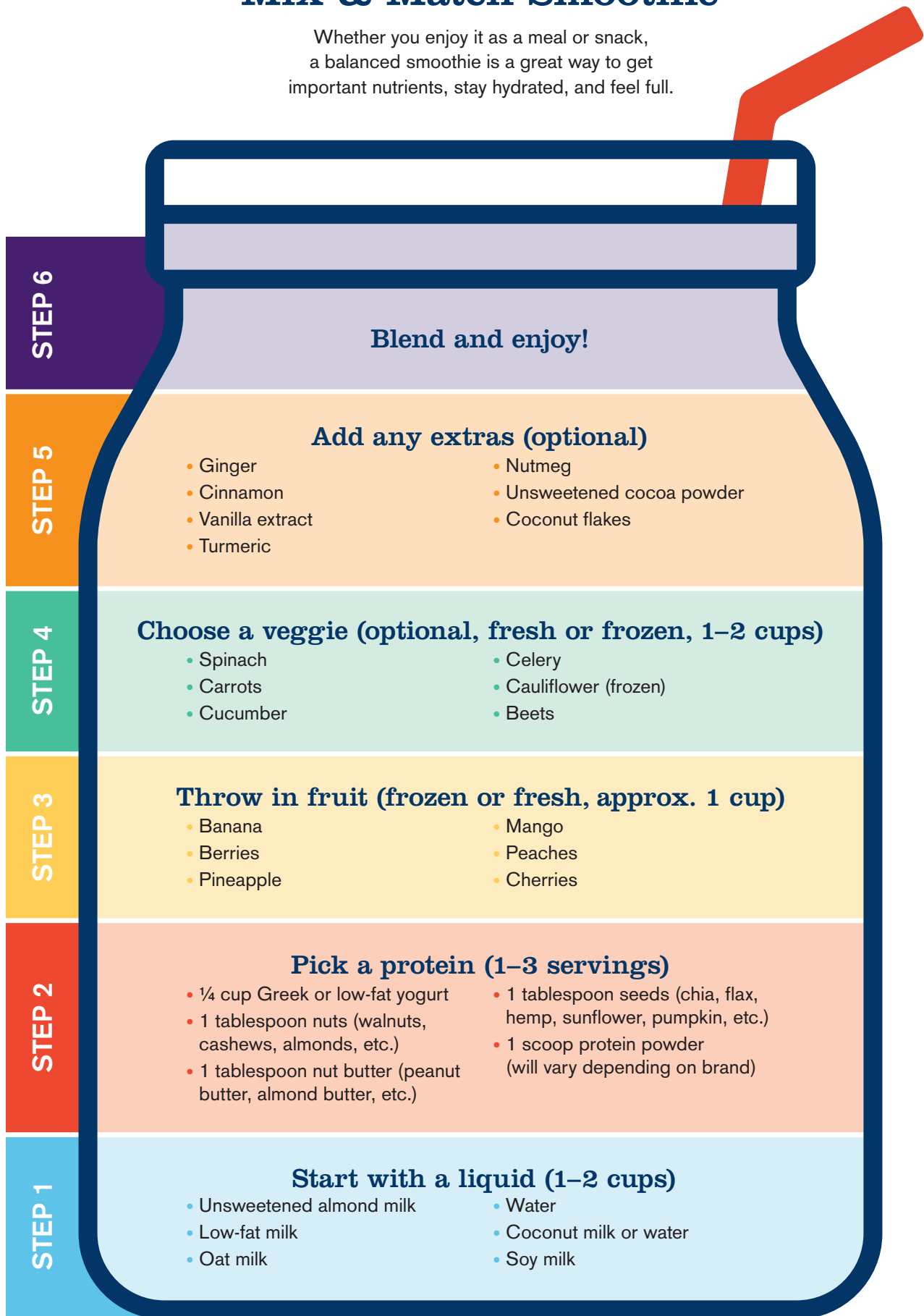
### Nutrition facts per serving

**Calories:** 240 / **Total Fat:** 4g (5% DV) / **Saturated Fat:** 0.5g (3% DV) / **Trans Fat:** 0g / **Cholesterol:** 0mg (0% DV) / **Sodium:** 190mg (8% DV) / **Total Carbohydrate:** 42g (15% DV) / **Dietary Fiber:** 14g (50% DV) / **Total Sugars:** 14g / **Added Sugar:** 0g (0% DV) / **Protein:** 11g / **Vitamin D:** 0mcg (0% DV) / **Calcium:** 134mg (10% DV) / **Iron:** 3mg (15% DV) / **Potassium:** 824mg (20% DV)

**Allergen statement (for primary ingredients, not toppings):** Check the labels on cocoa powder to avoid cross contamination with allergens.

# Mix & Match Smoothie

Whether you enjoy it as a meal or snack, a balanced smoothie is a great way to get important nutrients, stay hydrated, and feel full.



STEP 6

**Blend and enjoy!**

STEP 5

**Add any extras (optional)**

- Ginger
- Cinnamon
- Vanilla extract
- Turmeric
- Nutmeg
- Unsweetened cocoa powder
- Coconut flakes

STEP 4

**Choose a veggie (optional, fresh or frozen, 1–2 cups)**

- Spinach
- Carrots
- Cucumber
- Celery
- Cauliflower (frozen)
- Beets

STEP 3

**Throw in fruit (frozen or fresh, approx. 1 cup)**

- Banana
- Berries
- Pineapple
- Mango
- Peaches
- Cherries

STEP 2

**Pick a protein (1–3 servings)**

- ¼ cup Greek or low-fat yogurt
- 1 tablespoon nuts (walnuts, cashews, almonds, etc.)
- 1 tablespoon nut butter (peanut butter, almond butter, etc.)
- 1 tablespoon seeds (chia, flax, hemp, sunflower, pumpkin, etc.)
- 1 scoop protein powder (will vary depending on brand)

STEP 1

**Start with a liquid (1–2 cups)**

- Unsweetened almond milk
- Low-fat milk
- Oat milk
- Water
- Coconut milk or water
- Soy milk

# More Smoothie Recipes & Tips



## Antioxidant-Rich Smoothie

Prep is a breeze with this vegan recipe. It's high in protein, fiber, vitamins, minerals, and antioxidants.

### Ingredients

- 2 cups soy milk
- 1 cup frozen berries
- 1 tablespoon ground flax seeds
- 1 scoop plant-based protein powder

### Nutrition facts per serving

**Calories:** 300 / **Total Fat:** 11g (14% DV) / **Saturated Fat:** 1g (5% DV) / **Trans Fat:** 0g / **Cholesterol:** 0mg (0% DV) / **Sodium:** 280mg (12% DV) / **Total Carbohydrate:** 26g (9% DV) / **Dietary Fiber:** 7g (25% DV) / **Total Sugars:** 12g / **Added Sugar:** 0g (0% DV) / **Protein:** 24g / **Vitamin D:** 6mcg (30% DV) / **Calcium:** 630mg (50% DV) / **Iron:** 5mg (30% DV) / **Potassium:** 600mg (0% DV)

**Allergen statement:** Contains soy. Read ingredient labels and check with your healthcare provider before trying a new recipe if you have food allergies or follow a special diet.

### Tips:

- Adjust the amount of each ingredient to get the flavor and consistency you want. Using more liquid will create a thinner, more drinkable smoothie. Using less liquid will result in a thicker consistency.
- Consider your blender when choosing ingredients like kale or hearty produce. Some will blend more easily than others.
- Mix and match different fruits and veggies for variety and nutritional benefits.



## High-Fiber Smoothie

Get extra veggies without tasting them with this vegan recipe that's got fiber, healthy fats, and protein.

### Ingredients

- 1½ cups unsweetened almond milk
- 1 tablespoon peanut butter
- 1 tablespoon chia seeds
- ½ cup frozen banana
- ½ cup blueberries
- 1 cup spinach

### Nutrition facts per serving

**Calories:** 320 / **Total Fat:** 16g (21% DV) / **Saturated Fat:** 1.5g (8% DV) / **Trans Fat:** 0g / **Cholesterol:** 0mg (0% DV) / **Sodium:** 310mg (13% DV) / **Total Carbohydrate:** 35g (13% DV) / **Dietary Fiber:** 9g (32% DV) / **Total Sugars:** 17g / **Added Sugar:** 0g (0% DV) / **Protein:** 9g / **Vitamin D:** 4mcg (20% DV) / **Calcium:** 144mg (10% DV) / **Iron:** 2mg (10% DV) / **Potassium:** 560mg (10% DV)

**Allergen statement:** Contains peanuts and tree nuts.

## Reach your goals.

Personalize your meals by keeping your nutrition, food sensitivities, medications, and special needs in mind with help from a MOBE® Guide or Pharmacist.

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