

Sample Healthy Menus

Angela Gaffney, CHC, an expert in nutrition and life fulfillment who provides customized wellness programming to groups, organizations, and corporations, offers the following suggestions for healthier menu choices at meetings and conferences.

Breakfast:

- Oatmeal bar with fresh berries; walnuts, pecans, or almonds; agave nectar or maple syrup; almond milk; and cinnamon
- Breakfast burrito bar with scrambled eggs, sautéed vegetables (onion, pepper, spinach, asparagus), black beans, cheese, salsa, avocado
- Serve fresh fruit salad and whole-grain toast with the main entrée

Lunch:

- Large salad with greens, apples, pumpkin seeds, feta cheese, and dressing, topped with wild-caught grilled salmon
- Serve with a cup of black bean soup
- A bowl of berries with fresh maple-syrup whipped cream and chocolate shavings

Dinner:

Go with a lighter option for dinner, said Gaffney. Attendees will sleep better.

- Roasted chicken with wild rice, roasted asparagus, and side salad
- Dessert: Dark chocolate avocado pudding—“No one ever knows avocado is in there,” Gaffney said. Another option might be caramelized banana chia pudding.

Breaks:

- Trail mix with nuts, seeds, coconut flakes, dried banana chips, and dark chocolate chips
- Hummus and vegetables
- Tortilla chips with refried beans, guacamole, and salsa
- Fruit- and herb-flavored waters, iced green tea