



# Meals and Snack Ideas for PWS

**Use these ideas as a helpful planning tool for your meals.  
When you are planning meals and snacks for your family,  
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 source of carbohydrate (ideally >3 grams of fiber per serving), protein and fat to make it as nutritious as possible. Offer snacks that are higher in protein.



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## For Breakfast

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Eggs scrambled with spinach and tomato Sliced orange	Greek yogurt Ground flaxseeds (1 teaspoon) Peanuts	2 Hardboiled Eggs Fruit Cup	Tofu Scramble Fruit Salad	Wheat Tortilla with scrambled eggs	Blueberries Quinoa Pecan Parfait	Cottage Cheese Berries Ground flaxseeds (1 teaspoon)
Sliced apples Cheese ¼ cup almonds	Peanuts Greek Yogurt Cantaloupe	Oatmeal with small amount of agave sweetener, cinnamon fresh fruit Sprinkle of almonds	Cottage Cheese Berries	Oatmeal Ground Flaxseeds Raisins	Breakfast burrito with egg, vegetables, cheese	Half avocado Cottage Cheese Lemon Pepper Grapes
Vegetable quiche Apple	Greek yogurt, fruit and nuts	Handful of nuts Piece of fruit	½ avocado Whole wheat toast 2 strips bacon (you can make a sandwich of this)	Whole grain toast with almond butter Pear	Yogurt Smoothie (Berries, Greek yogurt and agave)	Lox and light cream cheese, chives on ½ whole grain bread
Veggie omelet with mushrooms, spinach and cheese	Whole wheat toast with nut butter and honey	Cottage Cheese Oatmeal Cinnamon	Scrambled eggs with chicken sausage Sliced Orange	Small Bran muffin Handful nuts	Mashed avocado ½ whole wheat pita Pear	Banana Peanut Butter



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## For Lunch

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Tuna salad scoop, tomatoes, cucumbers fruit salad	Tofu/Vegetable stir fry, brown rice	Vegetable soup, a piece of fruit, and a 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 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, fruit
Bean Soup Salad Fruit	Turkey Burgers Red Pepper Slices Pear	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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BBQ chicken Peas & Corn Salad	Stir Fry Shrimp and Broccoli Brown Rice	“Taco Tuesdays” (Lettuce, taco flavored ground turkey, beans, onions, (optional) low fat cheese, taco sauce, (optional) low fat sour cream)	Sole Quinoa Roasted Broccoli	Turkey Chili Green Beans Melon	Baked Chicken Sweet Potatoes Salad	Vegetable/Feta cheese Omelet Roasted Asparagus
Ginger Salmon Sauteed 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 Cantaloupe	Baked Fish Artichokes Sauteed Spinach	Chili Salad	Broiled Chicken Couscous Broccoli Berries	Sautéed Shrimp Roasted Carrots Salad
BBQ Salmon Quinoa Broccoli	Teriyaki Chicken Artichokes Roasted parsnips	Vegetable Stir Fry with tofu, peppers, Bok Choy	Steak Salad Sautéed squash	Breakfast for Dinner	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)
- 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 has some nice options)
- String cheese and nuts
- Cottage cheese and fresh fruit
- Pumpkin seeds and sliced apples
- Hard boiled eggs
- 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

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