



Natalia García
Functional Nutrition & Wellness

Life Saving Foods to Have at Home

Emergency health and weight sustaining foods

Feeling a little hungry? These are some great foods to have at and to prepare yourself a quick, tasty and healthy bite that won't get in the way of your weight loss efforts.

LENTILS

- 1 Bag (16oz) dry lentils + 1 low sodium veggie broth (32 oz) + 2 bay leaves = lentils that can be used as side dish or as main protein source in salads. Lentils are also freezer friendly.

CANNED BEANS/CHICKPEAS

- Only ½ cup has 100 calories, 7gm fiber and 7 gm protein

OATS

- Steel Cut Oats + chia flax + leave overnight = Overnight Oats
- Banana + date + pumpkin seed = Oat cookies

NUT & SEED BUTTERS –unsweetened

- Almond
- Sunflower seed
- Peanut





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Protein per Serving in Common Foods (in grams)

18	Lentils, 1 cup cooked
14-18	Other legumes, 1 cup cooked
13	Hemp seeds, 1/4 cup
10	Pumpkin seeds, 1/4 cup
10-12	Kamut, spelt, wheat, 1 cup cooked
10	Amaranth, 1 cup cooked
8	Quinoa, 1 cup cooked
5-8	Nuts (most), 1/4 cup
6	Oatmeal, 1 cup cooked
5	Spinach, 1 cup cooked

Protein per Serving in Animal Foods (in grams)

20-25	Meat, 3oz
20-25	Poultry, 3oz
20-25	Fish, 3oz
12	Eggs, 2 large





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SEEDS

- Chia seeds = chia seed pudding –chocolate banana chia seed pudding
- Pumpkin seeds: ¼ cup adds 10 g protein to salads, flax muffin or chia seed pudding
- Flax seeds = flax seed muffin

NUTS & SEED BUTTERS (UNSWEETENED)

- Almond
- Sunflower seed
- Peanut



MISCELLANEOUS

- Canned or packed tuna –no more than 1 can per week
- Lentil or lentil pasta
- Olives for flavor
- No added sugar tomato sauce
- Canned tomato chunks
- Dates –when craving sweets
- Quinoa



	200 CALORIES	190 CALORIES
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CARBOHYDRATES	42 GRAMS	32 GRAMS
FIBER	3 GRAMS	6 GRAMS
NET CARB	39 GRAMS	24 GRAMS
PROTEIN	7 GRAMS	14 GRAMS



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- Broccoli
- Asparagus
- Peas
- Frozen fruit –berries
- Cauliflower, carrot, broccoli blend
- Cauliflower rice –microwave for 1-2 minutes and then roast on oven 400F for 8-10 minutes or sauté until desired consistency
- Eggs
- Unsweetened coconut or almond milk
- Siggis coconut-based yogurt < 8gm added sugar –has 10g protein
- Pre washed baby spinach
- Baby or shredded carrots
- Clean dressing or limes/lemon for dressing



PASTA

