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Look, I have a complete rainbow now!

Info

Monday, February 02, 2015



Last week I wrote that my plate was all shades of orange and resolved to add green. Ending my first successful week, this dinner includes my turkey meat loaf, sweet potatoes, carrots, peas (frozen) and organic 50/50 greens. The red stuff is a tablespoon of organic salsa.

I have even included a serving of salad greens at every lunch. Mixing them up with 3 black olives and a cut-up cheese stick (which I would have eaten anyway) plus the salsa makes me feel less like a nibbling rabbit.

Of course DH looks at me in amazement since that salad goes along with my baked omelet (1/12 of a baking dish) and 2 pierogy (my ethnicity is showing) topped with 1/2 cup of organic Greek yogurt (tastes like the sour cream topping of my childhood). You're eating ALL THAT?

Last week I wrote that 'it's not easy being green' but now that it's in my tracker, it's a lot easier. Calories: 282 (carbs-30g, protein-24g, fiber-4g and fat-8g with 2.8g of it saturated).

Assorted notes: (just to explain my personal choices)

I know that 30 carbs at one meal probably seem like a lot to low carb sparkers, but I'm the 'carb queen.' Low for me is staying under 200g. Somehow, it works for me.

Organic greens: I actually had a discussion about this with another customer while standing in the produce section. The organic choice cost \$1 more per container than the regular variety. Since I get about 6 servings from the container, that's 33 cents per day. I'm worth that.

Organic yogurt: As I observe children maturing at ever younger ages, I decided years ago that the hormones in dairy can't be good for anybody. So again I'm voting with my pocketbook.



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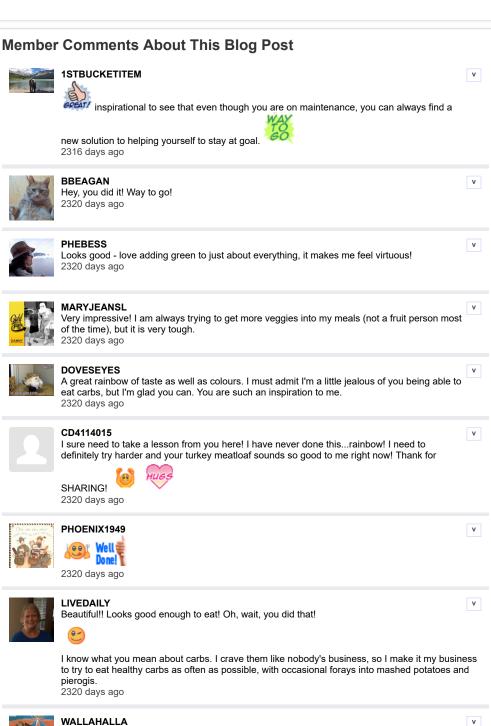
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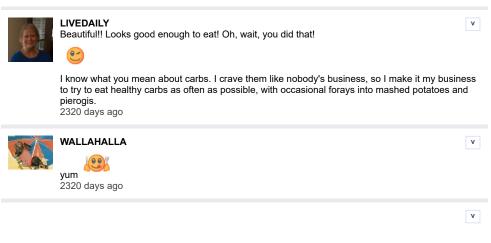
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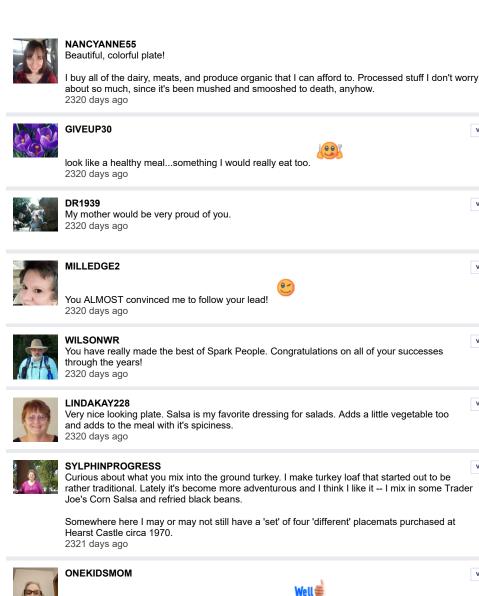
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The placemat in the photo is of Nuremburg, Germany. Whenever available, we always buy a placemat of the cities we visit during our travels. It adds nice memories to our mealtimes. Changes like this are one more reason I stay active on Spark, 5 years into maintenance. I always find something I can improve on. Edit Blog Entry | Delete Blog Entry **Share This Post With Others** Report Inappropriate Blog **1STBUCKETITEM** ٧ inspirational to see that even though you are on maintenance, you can always find a new solution to helping yourself to stay at goal. 2316 days ago **BBEAGAN** ٧ Hey, you did it! Way to go! 2320 days ago







Curious about what you mix into the ground turkey. I make turkey loaf that started out to be rather traditional. Lately it's become more adventurous and I think I like it -- I mix in some Trader

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Very attractive plate! We eat with our eyes first, right? 2321 days ago



MISCHAKEO

Nice job on adding greens and making an attractive rainbow., There is always something to learn from Spark!





GINIEMIE

Miam, miam. Looks good, sounds good-I found out I like pierogy a few years ago but I don't make it and I don't buy it. I do eat it when I'm at someone's house who serves it. I know what you mean, I'm not in maintenance but I'm approaching a 5 yr Sparkvesary in about two months. I keep finding ways to be better, to eat better and to try different things. Have a Blessed Candlemas









2321 days ago



GARDENCHRIS

looks good. 2321 days ago

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