



**A key message** in the U.S. Department of Health and Human Services's *Dietary Guidelines for Americans, 2010* was "avoid oversized portions." Appropriate advice for our ever-expanding meals and waistlines, but a tough concept for many people to, well, swallow. "Portion sizes have subtly and steadily increased over the past 30 years and are now two to five times larger," says Lisa R. Young, PhD, RD, an adjunct nutrition professor at New York University and author of *The Portion Teller: Smartsizes Your Way to Permanent Weight Loss*. "Even the average dinner plate has grown several inches to accommodate more food. We've become so accustomed to buying and eating things in large quantities, it can be hard to get a handle on what constitutes a normal portion." Another part of the problem is that food is more affordable and accessible than ever, notes Brian Wansink, PhD, director of the Cornell University Food and Brand Lab in Ithaca, N.Y.,

**WITH MASSIVE AMOUNTS OF FOOD AVAILABLE AT EVERY TURN, EVEN HEALTH-CONSCIOUS EATERS CAN EASILY GO OVERBOARD. HERE'S HOW TO EIGHTY-SIX THE EXCESS**

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# GET-REAL

## 7-DAY MEAL PLAN

BY Karen Roth, MS, CNC

This one-week eating plan will help recalibrate your sense of healthful portion sizes using some recipes from this issue of VT. Each day's menu has about 1,600 calories.

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
SUNDAY	2 eggs (or 5 oz. firm tofu) scrambled with 1 tsp. butter, 2 cups spinach, and ½ cup diced tomatoes 1 slice sprouted whole-grain toast with ½ tsp. butter	15 dry-roasted unsalted almonds 1 cup blueberries	1½ cups low-sodium prepared lentil soup 1 Wasa Crispbread 1 large orange	1 medium apple, sliced, served with 2 Tbs. raw almond butter	1 wedge <b>Tortilla Lasagna</b> (p. 48) Tossed salad (2 cups lettuce, 6 cherry tomatoes, ¼ cup shredded carrot, and 2 Tbs. vinaigrette)
MONDAY	1 cup <b>Overnight Chai Steel-Cut Oats</b> (p. 10) ½ cup blueberries	7 oz. plain nonfat Greek yogurt topped with 1 Tbs. chopped walnuts and 2 Tbs. pomegranate seeds	1½ cups <b>Fennel and Tomato Soup</b> (p. 28) Veggie wrap (1 sprouted whole-grain tortilla filled with ½ mashed avocado, 1 romaine lettuce leaf, 2 slices tomato, 3 strips red bell pepper, and 3 slices red onion)	10 unsalted pecan halves	1 cup <b>Mac-and-Cheese-Style Cauliflower</b> (p. 46) ½ cup steamed brown rice Spinach sauté (sauté 3 cups spinach in 2 Tbs. low-sodium vegetable broth; top with 1 Tbs. chopped walnuts)
TUESDAY	1 cup low-fat, low-sodium cottage cheese 1 small pear, sliced	2 celery stalks with 2 Tbs. raw almond butter	1 wedge <b>Tortilla Lasagna</b> Tossed salad (2 cups lettuce, 6 cherry tomatoes, ¼ cup shredded carrot, 2 tsp. crumbled feta, and 2 Tbs. oil-free dressing)	7 oz. plain nonfat Greek yogurt topped with ½ cup blueberries	1½ cups <b>Stuffed Grape Leaves Casserole</b> (p. 51) 1½ cups <b>Fennel and Tomato Soup</b>
WEDNESDAY	1 cup <b>Overnight Chai Steel-Cut Oats</b> 1 persimmon	1 sliced apple ½ sliced avocado lightly dusted with cayenne pepper	1 cup <b>Mac-and-Cheese-Style Cauliflower</b> Tossed salad (2 cups lettuce, 1 slice red onion, 4 sliced radishes, ½ cup broccoli sprouts, ½ sliced red bell pepper, and 2 Tbs. oil-free dressing)	1 medium cucumber, sliced, served with 3 Tbs. cream cheese	3 slices <b>Pistachio-Crusted Eggplant Cutlets</b> (p. 34) 1 cup cooked quinoa 1 medium banana, sliced, and topped with 2 Tbs. raw almond butter and 1 Tbs. honey
THURSDAY	Egg taco (scramble 1 egg or 4 oz. tofu with 2 Tbs. salsa; serve in medium corn tortilla with 1 Tbs. shredded cheese and ¼ chopped avocado)	1 medium banana, sliced, and sprinkled with 1 Tbs. ground flaxseed	1½ cups <b>Fennel and Tomato Soup</b> 1 slice garlic toast ½ cucumber, sliced and lightly dusted with cayenne pepper	20 dry-roasted unsalted almonds	1½ cups <b>German Cabbage and Potato Casserole with Caraway</b> (p. 46) 1½ cups <b>Mushroom and Pappardelle Soup with Gremolata</b> (p. 30)
FRIDAY	Yogurt parfait (7 oz. plain nonfat Greek yogurt layered with ½ cup sliced strawberries and ¼ cup whole-grain cereal such as Kashi Autumn Wheat)	½ sliced red bell pepper with ¼ cup plain hummus	1 cup <b>Mac-and-Cheese-Style Cauliflower</b> 1 medium apple	1½ cups <b>Mushroom and Pappardelle Soup with Gremolata</b>	1½ cups <b>Stuffed Grape Leaves Casserole</b> Tossed salad (2 cups lettuce, 1 slice red onion, 4 sliced radishes, ½ cup broccoli sprouts, ½ sliced red bell pepper, and 2 Tbs. oil-free dressing)
SATURDAY	1 cup <b>Overnight Chai Steel-Cut Oats</b> ½ grapefruit	1 Wasa Crispbread topped with 2 tsp. raw almond butter 1 small apple	1½ cups <b>Mushroom and Pappardelle Soup with Gremolata</b> Egg salad pita (1 small whole-grain pita stuffed with 1 cup egg salad or eggless tofu salad)	½ red bell pepper, sliced and served with ¼ cup plain hummus	1½ cups <b>German Cabbage and Potato Casserole with Caraway</b> 8 asparagus spears roasted with 1 Tbs. olive oil and ¼ tsp. salt