EGCC

HEALTH & WELLNESS
THE MEAL IDEAS ISSUE
NOVEMBER 2026

Suga, cut that out!

PICK IT. PLATE IT. KEEP IT MOVING.

30 flexible meal ideas

Southern favorites.
Vegetarian picks.
Breakfast your way.

NO ADDED SUGAR

Fruit optional. Flavor essential.

EXCEEDING GRACE CHRISTIAN CENTER

21-DAY CHALLENGE

NOVEMBER 2-22

01 / BREAKFAST YOUR WAY

Who said breakfast has to include bread?

Salad at sunrise? Absolutely. These combinations work for breakfast, lunch, or dinner. Pick what sounds good.

01 Chicken salad bowl

Chicken, celery, mustard, and no-added-sugar mayo over greens.

02 Breakfast salad

Spinach, grilled chicken, cucumber, tomato, olive oil, and vinegar.

03 Salmon and greens

Baked salmon with sauteed spinach or collards.

04 Turkey bowl

Ground turkey, peppers, onions, and sauteed cabbage.

05 Vegetable omelet

Eggs with mushrooms, spinach, peppers, and onions.

06 Egg salad lettuce cups

Chopped eggs, celery, mustard, and no-added-sugar mayo in romaine.

07 Eggs and greens

Scrambled or boiled eggs, sauteed greens, and sliced tomato.

08 Savory yogurt bowl

Plain Greek yogurt, cucumber, dill, black pepper, and a drizzle of olive oil.

09 Yogurt and crunch

Plain Greek yogurt, unsalted nuts, chia seeds, and cinnamon.

10 Peanut butter toast

One slice of flourless Ezekiel 4:9 sprouted bread with unsweetened peanut butter.

11 Savory oatmeal

A small portion of plain oatmeal with chicken, mushrooms, and spinach.

YOUR PLATE. YOUR PREFERENCE.

Swap proteins to suit your taste. No need to reserve a good meal for a particular time of day.

02 / FAMILIAR FOOD, FLEXIBLE CHOICES

Bring on the flavor.

Skillets, bowls, and Southern plates. Choose a combination, then make it yours.

12 **Tuna lettuce boats**

Tuna salad in romaine leaves with cucumber on the side.

13 **Burger bowl**

Lean hamburger patty, lettuce, tomato, onions, and mustard.

14 **Hamburger steak plate**

Lean hamburger steak with sauteed onions, mushrooms, and green beans.

15 **Beef and cabbage skillet**

Lean ground beef, cabbage, onions, and peppers.

16 **Chicken stir-fry**

Chicken, broccoli, mushrooms, and peppers over cauliflower rice.

17 **Beef stir-fry**

Lean beef strips, broccoli, peppers, and onions over cauliflower rice.

18 **Shrimp bowl**

Shrimp, sauteed squash, green beans, and a small brown-rice portion.

19 **Southern chicken plate**

Baked chicken, greens, and a small portion of sweet potato.

20 **Fish plate**

Baked catfish or cod with cabbage and green beans.

21 **Turkey meatloaf plate**

Turkey meatloaf with no-added-sugar tomato topping, squash, and greens.

22 **Chicken vegetable soup**

Chicken, cabbage, celery, green beans, and a small bean portion in lower-sodium broth with no added sugar.

GREENS. CABBAGE. OKRA.

Keep the sides you love.
Skip the sweet sauces.



03 / VEGETARIAN AT THE TABLE

Plants, please.

No tofu needed. These eight combinations bring plenty of variety.



23 Veggie stir-fry

Broccoli, mushrooms, cabbage, peppers, and edamame over cauliflower rice.

24 Black bean bowl

A small black-bean portion, sauteed peppers, onions, cabbage, and plain Greek yogurt.

25 Chickpea salad cups

Mashed chickpeas, celery, mustard, and no-added-sugar mayo in romaine.

26 Stuffed peppers

Mushrooms, spinach, cauliflower rice, and a small lentil portion in bell peppers.

27 Portobello plate

Roasted portobello mushrooms, sauteed greens, and a small white-bean portion.

28 Vegetable frittata

Eggs baked with spinach, mushrooms, onions, and peppers.

29 Savory cottage cheese bowl

Plain cottage cheese with cucumber, tomato, and black pepper.

30 Lentil vegetable soup

Lentils, cabbage, celery, tomatoes, and green beans in lower-sodium vegetable broth with no added sugar.

Beans and lentils provide carbohydrates along with protein. Keep portions modest and adjust them to your needs.

04 / MAKE IT YOURS

A few good habits.

Good food. Simple choices. Room to make it work for you.

Swap your protein

Chicken, turkey, beef, fish, shrimp, or eggs. Vegetarian choices include beans, lentils, edamame, plain Greek yogurt, and cottage cheese.

Load up the vegetables

Collards, mustard greens, cabbage, okra, squash, green beans, broccoli, cauliflower, or salad.

Pick one small starch

About 1/3-1/2 cup cooked rice, quinoa, beans, or oatmeal; 1/2 small sweet potato; or one slice of no-added-sugar whole-grain bread. Adjust to your needs.

Fruit is optional

Low-sugar plan: About 1/2 cup of berries.
No-fruit plan: Leave fruit out. Plain dairy and vegetables can contain naturally occurring sugars.

Check the extras

Look for no added sugar in mayo, mustard, bread, nut butter, broth, dressings, and sauces. Mayo options: Duke's Real or Duke's Light. Check the exact label.

Season it well

Try garlic, onions, herbs, vinegar, lemon, ginger, or smoked paprika.

Veggies first

Start with nonstarchy vegetables and protein, then your starch. This may help reduce blood-sugar spikes. Portions still count!

Watch sodium

No added sugar does not mean low sodium. Check broths, canned foods, smoked meats, seasoning blends, sauces, and cheese. Choose lower-sodium or no-salt-added options.

FOUND A GOOD FIND? SHARE IT!

Spot a favorite product that fits your plan? Post a picture of it and its ingredient or nutrition label in GroupMe. Let's discover more options on this journey together!

Exceeding Grace Christian Center | Health & Wellness Ministry
Meal ideas, not individualized nutrition advice. Food photos are AI-created illustrations.

References: CDC meal planning; FDA sodium guidance; Duke's product labels; Shukla et al., BMJ Open Diabetes Research & Care (2017), doi:10.1136/bmjdrc-2017-000440.