

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday			
31-Aug										1-Aug		2-Aug			
WELLNESS		August 2026 Wellness Menu  Project Open Hand meals with love										WELLNESS		WELLNESS	
Beef Stew w/ Herbs Quinoa Root Vegetables												Chicken Pomodoro Whole Wheat Rotini Brussels Sprouts		Spiced Chicken Thigh Salsa Verde Brown Rice, Farro & Quinoa Broccoli	
VEGETARIAN												VEGETARIAN		VEGETARIAN	
Barley Red Bean Burger Parsley Cilantro Quinoa Green Beans												Tofu Sweet Potato Hash Creamy Tomatillo Brown Rice Cauliflower		Tempeh Sloppy Joe Balsamic Portabello Whole Wheat Rotini Capri Mixed Veg	
BLAND												BLAND		BLAND	
Rosemary Beef & Potato Orzo Garden Mix Veg												Pork Stew w/Raisins White Rice Pilaf Capri Mixed Veg		Chicken Breast Alfredo Sauce Lite White Macaroni Butternut Squash	
ESR												ESR		ESR	
Beef Rosemary Stew White Rice Peas & Carrots												Chicken Breast Creamy Tomatillo Polenta w/ Butternut		Chicken Breast Zesty Herb Puree White Macaroni Brussels Sprouts	
CK3												CK3		CK3	
Barley Red Bean Burger Parsley Cilantro Brown Rice Broccoli												Tofu Sweet Potato Hash Creamy Tomatillo White Rice		Tempeh Sloppy Joe Whole Wheat Rotini Brussels Sprouts	
3-Aug		4-Aug		5-Aug		6-Aug		7-Aug		8-Aug		9-Aug			
WELLNESS		WELLNESS		WELLNESS		WELLNESS		WELLNESS		WELLNESS		WELLNESS			
Beef Stew Brown Rice Brussels Sprouts		Hoisin Chicken Thigh Onion Gravy Kimchi-Brown Rice Broccoli		Pork & Chickpea Stew Whole Wheat Rotini Garden Mix Veg		Garlic Herb Salmon Whole Wheat Rotini Artichoke Ragout		Turkey Paprikash Brown Rice, Farro & Quinoa Cauliflower		Chicken Tinga Quinoa Root Vegetables		Zesty Pork Stew Quinoa & Edamane Root Vegetables			
VEGETARIAN		VEGETARIAN		VEGETARIAN		VEGETARIAN		VEGETARIAN		VEGETARIAN		VEGETARIAN			
Balsamic Portabello Bean Spinach Ragout Whole Wheat Rotini Asparagus		Sesame Tempeh Sticks Onion Gravy Kimchi-Brown Rice Edamame Medley		South West Tofu Quinoa Three Bean & Corn		Blackened Tempeh Whole Wheat Rotini Artichoke Ragout		Eggplant Chickpea Bake Brown Rice Cauliflower		Savory Tempeh Jambalaya Stew Brown Rice		Tempeh Cauli Patty Savory Tomato & Pepper Brown Rice, Farro & Quinoa Green Beans			
BLAND		BLAND		BLAND		BLAND		BLAND		BLAND		BLAND			
Turkey Shepherd Pie Peas & Carrots		Beef, Tofu &Veg Hash White Rice w/ Herbs Green Beans		Pork Stew White Rice w/ Herbs Carrots		Baked Salmon Creamy Tofu Mushroom Orzo Capri Mixed Veg		Turkey Mushroom Ragu Orzo Capri Mixed Veg		Turkey Tempeh Hash Orzo & Herb Pilaf Butternut Squash		Chicken Chowder Orzo & Herb Pilaf Green Beans			
ESR		ESR		ESR		ESR		ESR		ESR		ESR			
Beef Stew Brown Rice Brussels Sprouts		Hoisin Chicken Thigh Onion Gravy Kimchi-Brown Rice Broccoli		Pork & Chickpea Stew White Rice Cauliflower		Garlic Herb Salmon Creamy Tofu Mushroom Orzo Capri Mixed Veg		Turkey Mushroom Ragu White Macaroni Capri Mixed Veg		Chicken Tinga Brown Rice Garden Mix Veg		Chicken Chowder Brown Rice Green Beans			
CK3		CK3		CK3		CK3		CK3		CK3		CK3			
Beef Stew Brown Rice Green Beans		Beef & Tofu Hash White Rice w/ Herbs Broccoli		Pork & Chickpea Stew White Rice w/ Herbs Cauliflower		Salmon Fish Cake Artichoke Ragout Whole Wheat Rotini		Turkey Paprikash Whole Wheat Rotini Carrots		Chicken Tinga Brown Rice Jambalaya Stew		Turkey Patty Savory Tomato & Pepper Orzo & Herb Pilaf			

10-Aug	11-Aug	12-Aug	13-Aug	14-Aug	15-Aug	16-Aug
WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS
Beef & Lentil Ragout Quinoa Broccoli	Chicken Thigh w/ Italian Seasoning Marinara Sauce Whole Wheat Rotini Peas & Carrots	Chicken-Lentil Stew Whole Wheat Rotini Garden Mix Veg	Blackened Salmon Wild Rice Pilaf Sofrito Brussels Sprouts	Beef & Turkey Whole Wheat Macaroni Broccoli	Chicken Chili Verde Brown Rice, Farro & Quinoa Carrots	Roasted Pork Loin Southern Red Beans Creole Sauce Brown Rice
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Southern Red Beans Tempeh & Mushroom Hash Brown Rice Broccoli	Creamy White Beans & Veg Marinara Sauce Whole Wheat Rotini Vegan Seed 'Parmesan	Five Spice Tofu Asian Veg Sichuan Brown Rice	Black Bean Patty Sofrito Brown Rice Brussels Sprouts	Tempeh Burrito Casserole Broccoli	Mid-East Spiced Tofu Split Pea Stew Brown Rice Cauliflower	Tempeh Veg Bean Chili Quinoa Herbed Corn & Edamame
BLAND	BLAND	BLAND	BLAND	BLAND	BLAND	BLAND
Beef Tempeh Lasagna Capri Mixed Veg	Tempeh Tuna Cake Creamy Dill Sauce White Rice Green Beans	Yogurt Herb Chicken Basil Pesto Sauce White Macaroni Yellow Zucchini	Baked Salmon Creamy Tofu Mushroom Orzo & Herb Pilaf Carrots	Turkey Patty Parsnip & Carrot Sauce White Macaroni Carrots & Green Beans	Pork Rosemary Stew Orzo Mushroom Pilaf Capri Mixed Veg	Chicken Eggplant Stew Orzo Green Beans
ESR	ESR	ESR	ESR	ESR	ESR	ESR
Beef & Lentil Ragout Quinoa Broccoli	Chicken Thigh w/ Italian Seasoning Marinara Sauce Whole Wheat Rotini Peas & Carrots	Chicken Lentil Stew Brown Rice Yellow Zucchini	Blackened Salmon Sofrito Wild Rice Pilaf	Turkey Patty Parsnip & Carrot Sauce White Macaroni Green Beans	Pork Rosemary Stew Orzo Mushroom Pilaf Carrots	Roasted Pork Loin Southern Red Beans Brown Rice
CK3	CK3	CK3	CK3	CK3	CK3	CK3
Beef & Lentil Ragout Whole Wheat Rotini Carrots & Green Beans	Cod Cakes Marinara Sauce White Macaroni Carrots	Five Spice Tofu Ginger Garlic Sauce Asian Veg Sichuan Brown Rice	Tempeh Tuna Cake Sofrito White Macaroni	Beef & Turkey White Macaroni Green Beans	Mid-East Spiced Tofu Split Pea Stew White Rice	Tempeh Veg Bean Chili Brown Rice Herbed Corn & Edamame
17-Aug	18-Aug	19-Aug	20-Aug	21-Aug	22-Aug	23-Aug
WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS
Beef Chili Brown Rice Broccoli	Five Spice Chicken Asian Veg Sichuan Brown Rice, Farro & Quinoa	Pork & White Bean Quinoa & Edamane Corn	Baked Salmon Lite Alfredo Sauce Brown Rice, Farro & Quinoa Peas & Carrots	Turkey Primevera Whole Wheat Rotini Carrots	Orange Chicken Quinoa Corn	Chicken & Mushroom Quinoa & Edamane Roasted Sweet Potato
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Vegetable Gumbo Quinoa & Edamane Roasted Sweet Potato	Baked Pepper w/ Tofu Puttanesca Sauce Whole Wheat Rotini Capri Mixed Veg	Portabello Tofu Ricotta Red Pepper Chickpeas Quinoa & Edamane	Cauli-Cashew "Mac & Cheese" Asparagus	Tempeh Cauli Patty Green Herb Sauce Quinoa Asparagus & Chickpea	Tofu Mushroom Adobo Brown Rice Garden Mix Veg	Split Pea-Cauli Patty Creamy Basil Sauce Quinoa & Edamane Capri Mixed Veg
BLAND	BLAND	BLAND	BLAND	BLAND	BLAND	BLAND
Beef Stroganoff White Macaroni Green Beans	Herbed Chicken Breast Mushroom Eggpant Saute White Rice w/ Herbs	Pork Tempeh Squash Stew White Rice w/ Herbs Green Beans	Turkey Patty Lite Alfredo Sauce White Macaroni Capri Mixed Veg	Turkey Lasagna Basil Pesto Sauce Capri Mixed Veg	Yogurt Herb Chicken Creamy Butternut White Macaroni Carrots & Green Beans	Chicken Breast Parsnip & Carrot Sauce White Rice w/ Herbs Yellow Zucchini
ESR	ESR	ESR	ESR	ESR	ESR	ESR
Beef Chili White Rice Brussels Sprouts	Chicken Breast Puttanesca Sauce Whole Wheat Rotini Peas & Carrots	Pork Tempeh Squash Stew White Rice w/ Herbs Peas & Carrots	Baked Salmon Lite Alfredo Sauce White Macaroni Capri Mixed Veg	Turkey Primevera White Macaroni Asparagus	Orange Chicken Brown Rice Broccoli	Chicken & Mushroom White Rice Brussels Sprouts
CK3	CK3	CK3	CK3	CK3	CK3	CK3
Beef Stroganoff White Macaroni Brussels Sprouts	Turkey Patty Puttanesca Sauce White Macaroni Peas & Carrots	Pork & White Bean White Rice Peas & Carrots	Salmon Fish Cake Lite Alfredo Sauce White Macaroni Asparagus	Turkey Primevera White Macaroni Garden Mix Veg	Orange Chicken White Rice Broccoli & Cauliflower	Split Pea-Cauli Patty Creamy Basil Sauce Quinoa & Edamane Capri Mixed Veg

24-Aug	25-Aug	26-Aug	27-Aug	28-Aug	29-Aug	30-Aug
WELLNESS Beef Stroganoff Brown Rice Broccoli	WELLNESS Chicken Thigh Turkey Gravy Brown Rice, Farro & Quinoa Brussels Sprouts	WELLNESS Chicken Drumsticks Dijon Sauce Wild Rice Pilaf	WELLNESS Baked Salmon Sweet & Sour Quinoa & Edamame Broccoli	WELLNESS Provençal Turkey Whole Wheat Rotini Carrots	WELLNESS Chicken Fajita Stew Brown Rice Carrots	WELLNESS Chicken Gumbo Brown Rice Broccoli
VEGETARIAN Tofu Stroganoff Whole Wheat Rotini Broccoli	VEGETARIAN White Bean Spinach Casserole Pumpkin Seed Sauce Garden Mix Veg	VEGETARIAN Mid-East Spiced Tofu Red Bean Veg Masala Quinoa Broccoli	VEGETARIAN Orange Tofu & Edamame Brown Rice Brussels Sprouts	VEGETARIAN Black-eyed Peas & Peanut Stew Brown Rice Broccoli	VEGETARIAN Tempeh Cauli Patty Butternut Squash+Veg Whole Wheat Rotini	VEGETARIAN Curried Tofu Golden Cashew Curry Brown Rice Cauliflower
BLAND Beef Fricassee w/ Tofu Orzo Carrots & Green Beans	BLAND Chicken Breast Carrot Ricotta Sauce Orzo & Herb Pilaf Yellow Zucchini	BLAND Pork & Potato Stew White Rice Roasted Sweet Potato	BLAND Baked Salmon Creamy Dill Sauce White Macaroni Capri Mixed Veg	BLAND Turkey & Veg Frittata Orzo & Herb Pilaf Green Beans	BLAND Pork Tofu Veg Stew Orzo & Herb Pilaf Butternut Squash	BLAND Chicken Stew White Rice w/ Herbs Green Beans
ESR Beef Stroganoff White Macaroni Peas	ESR Chicken Breast Carrot Ricotta Sauce Orzo & Herb Pilaf Carrots & Green Beans	ESR Chicken Drumsticks Dijon Sauce Wild Rice Pilaf Broccoli	ESR Baked Salmon Creamy Dill Sauce White Macaroni Capri Mixed Veg	ESR Turkey Provençal White Macaroni Garden Mix Veg	ESR Chicken Fajita Stew Brown Rice Carrots	ESR Cod Cakes Curried Tofu Golden Cashew Curry White Rice w/ Herbs
CK3 Tofu Stroganoff White Macaroni Broccoli	CK3 Turkey Patty Pumpkin Seed Sauce White Rice Roasted Sweet Potato	CK3 Mid-East Spiced Tofu Red Bean Veg Masala White Rice Yellow Zucchini	CK3 Salmon Fish Cake Creamy Dill Sauce Brown Rice Garden Mix Veg	CK3 Provençal Turkey Orzo & Herb Pilaf Butternut Squash	CK3 Tempeh Cauli Patty Butternut Squash+Veg White Rice	CK3 Cod Cakes Golden Cashew Curry Brown Rice Cauliflower

PROJECT OPEN HAND

Nutrition Education: Power Pair - Protein and Fiber

By Liel Grosskopf, Dietetic Intern at Project Open Hand

Some nutrition combinations are better together, like protein and fiber!

Protein helps your body heal and stay strong. Fiber helps your stomach and gut work well and keeps your blood sugar balanced. When you eat them together, they help you feel full longer and give you more steady energy throughout the day. **Aim to include at least one protein source and one fiber source at every meal.**

Benefits of combining protein and fiber:

- **Satiety** – Both protein and fiber slow down digestion. That means you feel satisfied after eating and are less likely to feel hungry soon after a meal.
- **Blood sugar balance** – Fiber and protein slow down how fast sugar enters the blood. This helps prevent high blood sugar after meals.
- **Energy** – When your blood sugar is balanced, you avoid energy crashes that make you feel tired throughout the day.
- **Gut health** – Fiber feeds the good bacteria in the gut. A healthy gut helps with digestion, your immune system, and even your mood!
- **Muscle protection** – Protein gives your body what it needs to keep your muscles strong. This matters even more as you get older.

How much protein and fiber do I need?

Protein:

At least 1-1.25 grams of protein per kilogram of body weight (or 0.4 - 0.6 grams per pound) per day

Example: A person who weighs 70 kg may need about 70-88 grams of protein per day

Fiber:

Adult women need about 21-25 grams of fiber per day

Adult men need about 30-38 grams of fiber per day



How do I build a power pair meal?

Breakfast: Oatmeal with a scoop of peanut butter, sliced banana, and yogurt

Lunch: Add lentils, chickpeas, or beans to a rice bowl or salad

Snack: Apple with a handful of almonds

Dinner: Tofu, chicken, or fish alongside a generous serving of vegetables and a whole grain such as brown rice or quinoa.