

# Ways to Add Healthy Fats to your Meals

## **Breakfast:**

- Add ground flaxseeds to your homemade muffin mixture
- Add 2-3 tablespoons of seeds (hemp, ground flax or chia) to oatmeal or yogurt
- Choose omega-3 eggs and cook in olive oil
- Have a handful of nuts with your meal
- Add ¼- ½ avocado to your breakfast smoothie
- Sprinkle wheat germ on your oatmeal or blend in your smoothie
- Add avocado slices to your breakfast sandwich or wrap
- Top your eggs with smoked salmon



## **Lunch:**



- Use avocado instead of mayonnaise on a sandwich to add a creamy texture
  - Dress your salad with a homemade dressing made from avocado, flax or olive oil
  - Drizzle olive oil in your homemade soups
  - Have a salmon sandwich vs. a deli sandwich
  - Add diced avocado in your salad
- Add 2-3 tablespoons of pumpkin seeds to your salad
  - Throw a handful of olives in your salad
  - Dip your veggies in humus or guacamole
  - Make chia seed pudding for dessert

## **Dinner:**

- Treat yourself with a piece of grass fed beef
- Have fatty fish weekly on a weekly basis i.e. salmon, halibut, trout, sardines
- Make homemade salmon cakes from canned salmon
- Mix in olive oil with your rice or potatoes
- Use an olive oil based dressing on a baked spaghetti squash
- Use pesto as a sauce for your meat or pasta dishes
- Make your own homemade tzatziki sauce to have with your grilled vegetables

