

A WEEK OF HYDRATING MEALS

BY MARSHA McCULLOCH, RD

DAY 1

BREAKFAST

5 to 6 oz vanilla Greek yogurt with ½ peach, sliced, and ¼ cup pistachios
1 slice multigrain bread, toasted, with 2 tsp almond butter

MORNING SNACK

1½ cups sliced strawberries
1½ oz dark chocolate bar (½ standard bar)

LUNCH

Cucumber Salad: 1 cup cottage cheese, 1 cup chopped cucumber, ¼ cup sliced radishes, 1 tbsp diced red onion and dash pepper
Fruit Bowl: 1 cup blueberries, 1 cup cantaloupe chunks and 2 oz vanilla Greek yogurt

AFTERNOON SNACK

1 plum
¼ cup raw almonds

DINNER

1 serving Summer Corn Soup with Quinoa (see recipe, page 3 of this PDF)
5 multigrain flat-bread crackers
2 cups watermelon chunks

[Reminder: Prep tomorrow's breakfast]

Daily total: 1,796 cal, 74g fat (27g mono, 12g poly, 17g sat), 46mg chol, 1,801mg sodium, 237g carb (42g fiber, 113g sugars), 81g protein

DAY 2

BREAKFAST

Blueberry-Peach Refrigerator Oatmeal: In a small jar, combine ½ cup uncooked oats, ½ cup milk, ½ cup vanilla Greek yogurt, ½ cup blueberries, ½ peach, sliced, and 1 tsp chia seeds. Stir, cover and refrigerate overnight; enjoy cold

MORNING SNACK

½ whole-wheat pita fill with 1 tbsp almond butter and ½ sliced banana

LUNCH

Sweet BLT: 2 slices toasted multigrain bread, 3 slices cooked bacon, 2 tomato slices, 1 thin slice watermelon, 2 lettuce leaves and 2 tbsp feta
1 serving Cranberry Broccoli Salad (see recipe 1, page 3)

AFTERNOON SNACK

3 small (5-inch) celery sticks with ⅓ cup cottage cheese, 3 tbsp dried cranberries and 1 tbsp sunflower seeds

DINNER

4 oz wild-caught salmon, brushed with olive oil and grilled; top with lemon juice and pepper
7 asparagus spears, brushed with olive oil and grilled; sprinkle with pepper
1 serving Grilled Reds (see recipe 2, page 3)
1 cup sliced strawberries
1½ oz dark chocolate bar

Daily total: 1,809 cal, 72g fat (11g mono, 10g poly, 19g sat), 111mg chol, 1,600mg sodium, 234g carb (43g fiber, 86g sugars), 89g protein

DAY 3

BREAKFAST

Berry Peachy Smoothie: Blend 1 cup sliced peaches, 1 cup sliced strawberries, 1 cup vanilla Greek yogurt and 1 tbsp honey
1 slice multigrain bread, toasted; top with 2 tsp almond butter

MORNING SNACK

1 cup cottage cheese with ½ banana, sliced

LUNCH

1 serving Summer Corn Soup with Quinoa (leftovers from Day 1 Dinner)
4 multigrain flat-bread crackers
1 cheddar cheese snack stick
1 cup grapes

AFTERNOON SNACK

1 hard-boiled egg
11 oz unsweetened coconut water

DINNER

Watermelon Salad: 3 cups lettuce, 1 cup watermelon chunks, ½ cup diced tomato, ½ cup sliced cucumber, ¼ cup sliced red onion, ⅓ cup feta and 3 tbsp pistachios; drizzle with 1 tsp olive oil and dash pepper
Strawberry Sorbet: Purée 3 cups strawberry halves in blender, and sweeten with 2 tsp honey. Freeze about 4 hours or until firm. Save half for Day 6 Dinner.

Daily total: 1,820 cal, 56g fat (19g mono, 9g poly, 15g sat), 261mg chol, 2,296 mg sodium, 254g carb (29g fiber, 152g sugars), 92g protein

DAY 4

BREAKFAST

Fruity Breakfast Pizza: Spread 1½ tbsp almond butter on 6-inch pita. Top with ½ cup blueberries, ½ peach, sliced, and ¼ cup granola.

MORNING SNACK

5 to 6 oz vanilla Greek yogurt with 1 sliced plum

LUNCH

Egg Salad Sandwich: 1 serving Cuke Egg Salad (see recipe 3, page 3) on 2 slices multigrain bread with 2 lettuce leaves
3 small celery sticks
1½ cups watermelon chunks

AFTERNOON SNACK

1 cup grapes
1 cheddar cheese snack stick

DINNER

4 oz grilled boneless pork loin chop
1 ear corn, grilled (brush with olive oil to prevent sticking)
1 serving Cranberry Broccoli Salad (leftover from Day 2 lunch)

Daily total: 1,805 cal, 72g fat (15g mono, 7g poly, 13g sat), 473mg chol, 1,333mg sodium, 218g carb (30g fiber, 103g sugars), 88g protein

Drinking water is essential. But eating foods rich in water, such as fruits, veggies and some dairy products, can also ensure you get more of this important nutrient.

DAY 5

BREAKFAST

Nutty Banana: Spread 4 tsp almond butter on sliced banana; top with 2 tbsp each dried cranberries and pistachios and ½ tsp chia
11 oz coconut water

MORNING SNACK

1 cup cantaloupe chunks
1 cup watermelon chunks

LUNCH

1 serving Colorful Quinoa (see recipe 4, page 3)
1 plum

AFTERNOON SNACK

Blueberry Stuffed Pita: Fill 1 pita pocket with ½ cup each cottage cheese and blueberries and 1 tsp honey

DINNER

Burger: 4 oz grilled beef patty, 2 slices bread, 1 slice tomato, 2 lettuce leaves and 1 tbsp feta
Tomato Salad: ¾ cup chopped tomatoes and 1 tsp diced red onion; dressing of 1 tsp oil, ½ tsp vinegar, ¼ tsp garlic and dash salt and pepper
1 cup cucumber sticks
Grilled Peach: Brush ½ peach with 1 tsp melted butter. Grill cut side down. Flip, drizzle ½ tsp honey and grill a few more minutes.

Daily total: 1,800 cal, 68g fat (25g mono, 9g poly, 17g sat), 103mg chol, 1,501mg sodium, 238g carb (31g fiber, 127g sugars), 75g protein

DAY 6

BREAKFAST

8 oz vanilla Greek yogurt with ½ cup granola
1 hard-boiled egg

MORNING SNACK

Trail Mix: ¼ cup dried cranberries, 1 tbsp each almonds and pistachios
11 oz coconut water

LUNCH

Pita Sandwich: 2 pita halves with 1 cup each cottage cheese, diced cucumber and spinach, ½ cup sliced radishes and dash pepper
Fruit Salad: 1 cup cubed watermelon and ½ cup each sliced strawberries and blueberries

AFTERNOON SNACK

1 cup grapes
1 cheddar cheese snack stick

DINNER

1 serving Slow-Cooker Chicken (see recipe 5, page 3)
1½ cups boiled, cubed red potatoes with 1 tsp butter and a dash pepper
1 cup steamed asparagus with lemon juice and pepper
4 tomato slices with dash salt
Strawberry Sorbet (leftover from Day 3 Dinner)

[Reminder: Prep tomorrow's breakfast]

Daily total: 1,813 cal, 38g fat (9g mono, 5g poly, 12g sat), 254mg chol, 2,012mg sodium, 271g carb (39g fiber, 144g sugars), 113g protein

DAY 7

BREAKFAST

Strawberry-Vanilla Refrigerator Oatmeal:
In a jar, combine ½ cup uncooked oats, ½ cup milk, ½ cup vanilla Greek yogurt, ½ cup sliced strawberries, 1 tsp chia seeds and 2 tsp honey. Stir, cover and refrigerate overnight; enjoy cold.

MORNING SNACK

½ cup blueberries
¼ cup pistachios

LUNCH

Chicken Cobb Salad: 3 cups lettuce, 1 serving sliced Slow-Cooker Chicken (leftover from Day 6 Dinner), 2 slices crumbled bacon, ½ cup chopped tomato, ½ cup each diced cucumber and avocado and 2 tbsp feta; dressing of 1 tbsp oil, 1 tsp vinegar and dash of pepper
1 peach

AFTERNOON SNACK

5 to 6 oz vanilla Greek yogurt with ¼ cup granola

DINNER

1 cup cooked spaghetti with 2 oz beef, 1 cup cooked broccoli, ½ cup spaghetti sauce and 1 tbsp feta
1 cup cantaloupe chunks

Daily total: 1,799 cal, 63g fat (26g mono, 10g poly, 13g sat), 66mg chol, 1,453mg sodium, 216g carb (40g fiber, 93g sugars), 108g protein



Quick recipes to complete your menus

(each makes 1 serving unless otherwise noted)

1. Cranberry Broccoli Salad

Combine 3 cups broccoli florets with 1 cup chopped cucumber, ½ cup dried cranberries, ¼ cup sunflower seeds and 2 tbsp chopped red onion. Whisk ½ cup mayonnaise, 2 tbsp honey, 1 tbsp red wine vinegar and a dash salt and pepper. Toss dressing with salad. Chill at least 1 hour. Makes 6 servings.

2. Grilled Reds

Toss 1 cup cubed red potatoes with 1 tsp each olive oil and diced red onion, and a dash salt and pepper. Seal in heavy-duty aluminum foil; grill over medium-high heat 30 minutes or until tender, flipping packet after 15 minutes.

3. Cuke Egg Salad

In small bowl, combine 2 chopped hard-boiled eggs, ½ cup each diced avocado and cucumber and 1 tsp diced red onion. Combine 1½ tbsp mayonnaise, ½ tsp lemon juice and a dash salt and pepper. Fold dressing into egg mixture.

4. Colorful Quinoa

Cook ½ cup quinoa per package directions, drain and cool. Combine cooled quinoa with 2 cups baby spinach, ½ cup chopped tomato, ½ cup diced cucumber, ¼ cup dried cranberries and 2 tbsp feta; stir. Top with dressing made of 1 tbsp olive oil, 1 tbsp fresh lemon juice, and a dash of salt and pepper.

5. Slow-Cooker Chicken

Cook two 4-oz boneless, skinless chicken breasts with ½ cup vegetable broth in slow cooker on low about 6 hours or until done (internal temperature reaches 165°F). Makes 2 servings.

Summer Corn Soup with Quinoa

3-4 ears fresh corn (to make 3 cups kernels)
2 tablespoons olive oil
1 medium onion, chopped
3 cloves garlic, minced
4 cups vegetable broth
1/2 cup quinoa, rinsed
2 ounces fresh basil, minced
1 small zucchini, thinly sliced
1 ounce crumbled feta cheese

1. Boil ears of corn until tender. Use a knife to remove kernels; measure 3 cups kernels and set aside.

2. In a deep pot, heat olive oil. Add onion and garlic. Sauté until softened. Add broth; bring to a boil. Add quinoa; cover, reduce heat to low, and simmer 20 minutes. Add fresh basil, zucchini and corn. Simmer 8-10 minutes. Serve hot with feta cheese sprinkled on top. Makes 6 servings.



Shopping List

Here's everything you'll need to make the week's worth of hydrating menus for one person.

FRUITS & VEGETABLES

- 2 bananas
- 2 pints blueberries
- 1 cantaloupe
- 10 oz grapes
- 1 lemon
- 5 peaches
- 4 plums
- 4 pints strawberries
- 1 seedless watermelon
- 5.75 oz dried cranberries
(TRY: Patience Fruit & Co. Organic Dried Cranberries)
- 1 bunch asparagus
- 1 avocado
- 3.5 oz baby spinach
- 1 head broccoli
- 1 bunch celery
- 5 ears corn
- 6 cucumbers
- 7 cups lettuce
- 1 bunch radishes
- 3 red onions
- 3 red potatoes
- 4 vine tomatoes
- 1 small zucchini
- 4 garlic cloves
- 2 oz basil



PROTEINS & DAIRY

- 4 large eggs
- 2 (4-oz) boneless, skinless chicken breasts
- 6 oz grass-fed (at least 90% lean) ground beef
- 4 oz boneless pork loin chop
- 5 slices bacon (TRY: Applegate Naturals Uncured Sunday Bacon)
- 4 oz wild-caught salmon fillet
- 1 cup milk
- 32-oz container and 3 single-serve (5- to 6-oz) containers vanilla Greek yogurt
- 14 oz crumbled feta cheese
- 4 cups 2% fat cottage cheese
- 1 package of 0.75-oz cheddar cheese sticks (TRY: Organic Valley Medium Cheddar Cheese Snack Sticks)



NUTS & NUT BUTTERS

- 1 jar almond butter
(TRY: Barney Butter Almond Butter, Bare Smooth)
- 2.5 oz raw almonds
- 5 oz shelled, dry-roasted pistachios
- 1 container chia seeds
(TRY: Nutiva Organic Chia Seed)
- 1.75 oz sunflower seeds



GRAINS

- 9 multigrain flat-bread crackers
(TRY: Back to Nature Pink Himalayan Salt Multigrain Flatbread Crackers)
- 1 loaf multigrain bread
- 1 package whole-wheat pitas
(TRY: Papa Pita 100% Whole Wheat Greek Pita Flat Bread)
- 1 box whole-wheat spaghetti
- 1 box granola
(TRY: Kind Healthy Grains Vanilla Blueberry Clusters with Flax Seeds)
- 1 container old-fashioned rolled oats
- 6 oz uncooked quinoa
(TRY: Ancient Harvest Inca Red Quinoa)

MISCELLANEOUS

- 3 (11.2-oz) cartons unsweetened coconut water (TRY: Zico Natural Coconut Water)
- 1 jar spaghetti sauce
- 2 quarts reduced-sodium vegetable broth
- 1 (3-oz) dark chocolate bar
(TRY: Lily's Stevia Sweetened Dark Chocolate)

PANTRY STAPLES

- Black pepper
- Sea salt
- Butter
- Mayonnaise
(TRY: Just Mayo)
- Extra-virgin olive oil
- Red wine vinegar
- Honey



Staying Well-Watered

Getting enough water helps you feel and perform your best. Even mild dehydration can contribute to tiredness, irritability, difficulty concentrating, constipation and headaches.

Scientists consider roughly 11 cups (or 91 ounces) of water a day for women and 16 cups (or 125 ounces) a day for men adequate, based on average intakes they've found in studies. Your individual needs may be more or less than this. Also note that about 20 percent of this water typically comes from foods.

Drinking water or other beverages (caffeinated beverages count, too) with meals and drinking when you're thirsty generally is enough to meet your needs. But, certain situations and conditions, such as those listed below, may increase your risk

- Air travel
- High altitudes
- Hot temperatures
- Low-carb diets
- Strenuous work or exercise
- Certain medications
- Diarrhea, vomiting and/or fever
- Decreased sense of thirst in aging
- Pregnancy and breast-feeding
- Drinking alcohol

