



Quick And Healthy Meal Ideas

Are you often stuck in a rut when preparing quick meals that are healthy and taste great? Below are some meal ideas to inspire you when you don't have much time to cook. Aim to serve up lots of colorful vegetables and fruits, whole grains, lean proteins, nuts, seeds and healthy fats. Remember to read food labels to find products that are low in sodium, saturated fat and added sugar. Eat better, feel better!

Breakfast Ideas

Cooked whole grain cereal like oatmeal, Wheatena®, Quinoa Rice And Shine® or other with berries and walnuts.

Smoothie (Greek yogurt, skim milk or fortified almond milk, fruit, spinach or kale, nuts, chia seeds, flax seeds).

Shredded wheat or other unsweetened whole grain breakfast cereal with skim milk and banana or berries.

Whole grain waffle with strawberries and walnuts.

Hard-boiled egg, whole grain toast and fruit.

Whole grain toast with nut butter and an apple.

Greek yogurt parfait with berries, pumpkin seeds, chia seeds.

Muffin Pan Frittata with whole grains, and lots of colorful veggies.

Lunch Ideas

Leftovers!

Big vegetable salad with Wasa® Crackers and low sodium cottage cheese.

Lentil or black bean chili over brown rice or (pre)baked sweet potato.

Vegetable soup with side salad.

Bulgur tossed with roasted vegetables, beans and low sodium vinaigrette. Garnish with toasted pecans.

Lunch Bowl: cooked whole grain (brown rice, quinoa, bulgur...) topped with cooked protein (chicken, salmon, beans, tofu, tempeh...) and cooked vegetables (tomatoes, peppers, broccoli, spinach...). Top with low sodium vinaigrette. Garnish with toasted nuts and or seeds (pumpkin seeds, walnuts, pecans, almonds...)

Soba noodles with wilted greens, mixed vegetables, beans and low sodium vinaigrette.

Dinner Ideas

Black bean sweet potato burrito with brown rice. Garnish with tomato, fresh avocado and lime juice.

Whole grain pasta with sautéed: greens, cherry tomatoes, white beans garlic and herbs garnished with toasted walnuts.

Sheet pan dinner: place protein (Chicken, fish, tofu, tempeh...) colorful vegetables (sweet potato chunks, broccoli, Brussels sprouts, peppers...) Drizzle with olive oil, Sprinkle with fresh herbs, Mrs. Dash® or other low sodium seasoning. Roast and serve with favorite whole grain and side salad.

Salmon: poached, baked or grilled served with wilted greens and whole-wheat cous cous. Top with fresh lemon juice and herbs.

Beans and rice with a side salad.

Baked tempeh brushed with barbecue sauce, roasted Yukon gold potatoes, pinto beans and side salad.

Snack Ideas:

- Wasa Crackers
- Low Sodium Cottage Cheese with berries
- Unsalted Nuts
- Hard boiled egg
- Frozen grapes or berries
- Trail Mix: unsalted popcorn, unsalted nuts, dried fruit
- 1 slice bread, 2 TBS peanut butter, 1/2 banana
- Greek yogurt and fruit
- Nut butter, apple slices