

Easy meals and snacks. All take 20 minutes or less active prep time!

Breakfast:

1. Greek yogurt and fruit with a few chopped almond or walnuts sprinkled on top.
2. Omelets with veggies and/or cheese or scrambled eggs
3. High fiber cereal, like Kashi Golean crunch
4. A packet of oatmeal with ground flax seeds
5. Grits and a little pure maple syrup and fruit.
6. Smoothie with fruit, yogurt, milk, and/or tofu.
7. Cottage cheese or ricotta cheese with fruit.

Lunch:

8. Open faced peanut butter or almond butter sandwich with apples, bananas on WW bread
9. Soup, especially bean soups. Amy's and Dr. Mc Dougall's has great canned soups
10. Greek salad-romaine lettuce, feta cheese, tomatoes, cucumber, onions, olives.
11. Salsa soup-heat a can of salsa, a can of black beans, a can of corn & a carton of broth
12. Bean salad--combine a can of chick peas, 1 can of drained tuna fish, 1 cup cherry tomatoes, 1/4 cup feta cheese (optional), 2 Tablespoons olive oil, 2 T balsamic vinegar or lemon juice. Sprinkle with garlic salt and black pepper. (makes several meals)
13. 2 cups baby green mix w/herbs, 1/2 can salmon, 1/2 avocado, 1/2 green apple & a few walnuts. Squeeze lemon on top right before. (keep the remaining halves for lunch tomorrow)
14. Chef salad--romaine or spinach, eggs, carrots, tomato, cucumber, etc. with leftover meat, cheese or beans.
15. Soft corn or brown rice tortilla wrap with leftover chicken or turkey, mustard, lettuce, tomato, cucumber, pickles and/or sprouts.
16. Arugula salad: 2 cups arugula, a handful tomatoes, a sliced green apple and a handful of pecans or almonds and a little Parmesan cheese. Mix with 1 Tablespoon balsamic vinegar or lemon juice and 1 tablespoon of olive oil right before eating.
17. Cheryl's famous black bean salad --can of black beans, 2 ears raw sliced corn or thawed if not in season, 1 cup tomatoes and 1/4 C cilantro, a pinch of cumin and lime juice on top.
18. Cheese quesadilla. Heat a soft corn or whole wheat tortilla in a non-stick pan. Add low fat cheese and heat until cheese melts. Serve with salsa and black beans.
19. Hummus salad: hummus with lettuce, tomato, cucumber, red pepper and onion.
20. Any dinner leftovers.

Dinner

21. Grill chicken, salmon or lean beef with peppers, onions, zucchini, eggplant, yellow squash, mushrooms, etc. (many stores sell veggies pre skewered)
22. Grill, bake or roast salmon and serve with a baked sweet potato and salad.
23. Roast a chicken--rub with salt and pepper, squeeze a lemon juice over top, put pieces in the chicken, bake at 350° for 1-1 1/2 hours or until done. Serve with steamed veggies and rice.
24. Broil 4 filets of flounder, sole, snapper, etc. w/ 1/2 tsp Old Bay and squeeze of lemon for 3-4 min. Flip, season the other side & broil 3-4 min more. Serve 1lb of thawed frozen veggies.
25. Brown 90% or leaner ground turkey or chicken. Drain. Add a can of tomatoes, 1 TBSP oregano and a drained can of corn. Simmer until done (about 15 min)& serve over BR rice.
26. Sauté minced garlic in 1 TBSP olive oil. Add raw shrimp and chopped broccoli, carrots, peppers, etc. Cook 5-6 minute or until shrimp no longer pink. Or use pre-cooked shrimp or frozen veggies and add at the end. Sprinkle with Parmesan or black pepper if desired.

27. Put 1 1/2 lbs of baby carrots in a crock-pot. Add an onion cut in half and then half again. Add 2 pounds of chicken or lean beef. Pour barbeque sauce on top. Cook for 4-6 hours on high or 8 hours on low. Serve with brown rice and a salad.
28. Baked trout with almonds: Sprinkle 4 trout fillets with salt and pepper. Drizzle with 2 Tablespoons of oil and 1 Tablespoon of lemon on top. Sprinkle with 1/2 cup sliced almonds. Bake at 400° for 20 min.
29. Eggs: Scramble w/ fresh/thawed spinach, peppers, onions, mushrooms, tomatoes or cheese.
30. Cook chicken breast with a large jar of tomato sauce at 350° for 30 minutes or until done. Serve with veggies and WW pasta.
31. Steamed crabs with corn on the cob.
32. Fajitas—Over medium-high heat, sauté 1 chopped onion and 1 sliced red pepper with 2 Tablespoons of oil. Add package of precooked chicken and 1 T of southwestern seasoning. Serve with corn tortillas and beans.
33. Prepare 3 cups wild rice. Add in 1 lb precooked chicken, a chopped apple, 2 chopped celery stalks, 1/2 cup of pecans, 1 Tbsp of honey Dijon mustard, 1/4 cup oil and 3 T of balsamic vinegar or lemon juice. Mix.
34. Baked salmon: put salmon on baking sheet, sprinkle with salt & pepper, and a fresh herb (rosemary, thyme, tarragon, etc.) Drizzle with olive oil, bake for 12 minutes at 425°. Serve with steamed veggies.
35. Prepared rotisserie chicken with a salad and brown or wild rice.
36. Combine 1lb chicken parts, a package sliced butternut squash, 1 chopped onion, 1 baby carrots & 1/4 cup all fruit marmalade. Roast at 375° for 40 min, stir halfway through.
37. Sauté garlic until golden. Add tofu, cooked shrimp or chicken and thawed mixed vegetables, heat until warm. Add several tablespoons of soy sauce & serve over brown rice
38. Dredge thin or med sized fish fillets in cornmeal or almond meal. Sprinkle with pepper. Bake until browning and cooked through.
39. Make buckwheat noodles according to package. Add a head of chopped broccoli halfway through cooking, drain, and add a can of baby corn. Add Thai peanut sauce
40. Sauté garlic. Cook quinoa in broth until the water is absorbed (takes 10-15 minutes). Add in 2 cups of broccoli and 1/2 cup chopped Kalamata olives at about 10 minutes into cooking.
41. Thaw 1 pound stir fry veggies. Heat along with cooked chicken or shrimp. Add teriyaki sauce & serve over brown rice. Sprinkle sesame seeds (optional)

Snacks

42. Fresh fruit—depending on the season, think about apples, pears, oranges, blueberries, raspberries, grapes, peaches, plums, apricots, etc.
43. Nuts: almonds, walnuts, hazelnuts, pecans, brazil nuts, etc. (1/4 cup)
44. Seeds: pumpkin, sunflower or hemp (1/4 cup)
45. Applesauce cups or fruit cups in their own juices
46. Vegetables, like red peppers, cherry tomatoes, cucumbers, carrots, etc and dip, like hummus, salsa, spicy black bean dip, Baba Ghanoush or guacamole
47. Low fat laughing cow or string cheese
48. Snap peas by themselves or with vinaigrette dressing
49. Yogurt
50. All fruit ice pops
51. Edamame (soy beans), soy nuts or wasabi peas
52. Hard boiled egg
53. Low fat pudding topped with 1/2 cup fresh fruit
54. Tuna and whole grain crackers, carrots, celery or apple
55. Air popped popcorn