

Quick Meal Ideas

Veggie Omelet	Directions:
<input type="checkbox"/> 1 egg <input type="checkbox"/> 2 egg whites <input type="checkbox"/> Cooking spray <input type="checkbox"/> 1 cup spinach <input type="checkbox"/> 1 slice Ezekiel or whole grain bread Optional: <input type="checkbox"/> ¼ avocado	<ol style="list-style-type: none"> Whisk together egg and egg whites. In a pan covered with cooking spray, sauteed spinach (or use other vegetable of choice such as tomato or arugula) until soft then set aside. Pour egg mixture into the pan; cook until solidifies. Fold in sauteed vegetable and transfer to plate. Top with ¼ of an avocado (optional). Serve with 1 slice Ezekiel or whole grain bread.
Mini Frittatas	Directions:
<input type="checkbox"/> 2 eggs <input type="checkbox"/> 4 egg whites <input type="checkbox"/> ¼ cup fat-free milk <input type="checkbox"/> 2 cups spinach <input type="checkbox"/> ½ cup tomatoes, chopped <input type="checkbox"/> 2 cups arugula salad <input type="checkbox"/> 2 tsp olive oil <input type="checkbox"/> Pepper, basil, and parsley to taste <input type="checkbox"/> Cooking spray <input type="checkbox"/> Equipment: Muffin tins	<ol style="list-style-type: none"> Preheat oven to 375 F. Whisk together milk, egg, and egg whites and season with salt and pepper. Chop spinach and tomatoes then mix with eggs. Cover muffin tin with cooking spray and pour egg and veggie mixture into muffin tins. Bake for 8-10 minutes until egg mixture is puffy. Remove frittatas and divide into individual portions. Serve with arugula salad (mix arugula with olive oil, lemon juice, pepper, basil, and parsley to taste).
Turkey Lettuce Wrap	Directions:
<input type="checkbox"/> 1 ½ tsp oil <input type="checkbox"/> 1 lb. 93% lean ground turkey <input type="checkbox"/> ½ cup green onion <input type="checkbox"/> ½ cup carrots <input type="checkbox"/> 1 tsp garlic, minced <input type="checkbox"/> 1 tsp ginger, minced <input type="checkbox"/> ½ head Lettuce leaves Sauce: <input type="checkbox"/> 1 tsp hoisin sauce <input type="checkbox"/> 1 tsp soy sauce <input type="checkbox"/> 1 ½ tsp rice vinegar <input type="checkbox"/> 1 tsp sesame oil	<ol style="list-style-type: none"> Heat oil in a skillet over medium-high heat. Add ground turkey then let cook until slightly browned (~5 minutes). Meanwhile, in a mixing bowl whisk together hoisin sauce, soy sauce, rice vinegar, and sesame oil, set aside. Drain excess liquid from turkey and add green onions and carrots; sauté 1-2 minutes. Add in garlic and ginger and sauté 30 seconds longer. Pour in sauce; cook and toss 30 seconds longer. <i>Divide into individual portions and serve warm in lettuce leaves garnished with sliced green onions.</i>

Mediterranean Lunch Bowl	Directions:
<input type="checkbox"/> ½ cup cooked quinoa <input type="checkbox"/> 3 oz cooked salmon/chicken <input type="checkbox"/> 1 tbsp feta cheese <input type="checkbox"/> ¼ cup dice tomato <input type="checkbox"/> 1 cup sliced cucumber <input type="checkbox"/> 1½ tbsp sliced black olives <input type="checkbox"/> 1 handful spinach	<ol style="list-style-type: none"> 1. Combine quinoa, cooked salmon or chicken, feta cheese, 2-3 tablespoons diced tomato, black olives, cucumbers, spinach. 2. Add 1-2 tbsp of low-calorie salad dressing or make a <i>light creamy dressing</i> by mixing 1 tbsp Greek yogurt, 1 tsp dill, 1 tbsp water, and 1 tsp olive oil. 3. Mix well and serve hot or cold.
Beet & White Bean Salad	Directions:
<input type="checkbox"/> 16 oz (1 can) beets, drained <input type="checkbox"/> 1 can cannellini beans <input type="checkbox"/> 2 tbsp vinegar <input type="checkbox"/> 1 tbsp Dijon mustard <input type="checkbox"/> ½ tsp sugar <input type="checkbox"/> ¼ cup olive oil <input type="checkbox"/> Salt and pepper to taste <input type="checkbox"/> ½ cup blue cheese, crumbled <input type="checkbox"/> ½ cup walnuts, chopped	<ol style="list-style-type: none"> 1. Combine beets and cannellini beans, then toss with vinegar, Dijon mustard, sugar, and olive oil. 2. Season with salt and pepper. 3. Add ½ cup crumbled blue cheese, ½ cup chopped walnuts. Serve with arugula. 4. <i>Optional: include 2-3 ounces cooked chicken. Divide into individual portions and serve.</i>
Edamame with Wild Salmon Dijonnaise	Directions:
<input type="checkbox"/> 1 cup edamame <input type="checkbox"/> 3-5 oz canned wild salmon <input type="checkbox"/> 1 tbsp light mayo <input type="checkbox"/> 1 ½ tbsp Dijon mustard <input type="checkbox"/> 1 tbsp onion <input type="checkbox"/> Salt and Black pepper <input type="checkbox"/> 1 cup leafy greens	<ol style="list-style-type: none"> 1. Boil edamame as instructed on bag. 2. Drain and mash canned wild salmon then mix with reduced-calorie mayo, Dijon mustard, minced onion, and black pepper to taste. 3. Serve on bed of leafy greens (spinach, romaine, etc.) tossed with fresh lemon juice or low-calorie dressing.
Grilled Bruschetta Chicken	Directions:
<input type="checkbox"/> ¼ cup onion <input type="checkbox"/> 1 tbsp olive oil <input type="checkbox"/> 1 tbsp balsamic vinegar <input type="checkbox"/> ¼ tsp kosher salt and pepper <input type="checkbox"/> ½ large tomato, chopped <input type="checkbox"/> <i>Fresh basil (optional)</i> <i>Tip: clean and oil the grill grates to prevent sticking!</i>	<ol style="list-style-type: none"> 1. Combine onion, olive oil, balsamic vinegar, kosher salt and pepper. 2. Then combine chopped tomato with garlic, basil, onion-balsamic mixture and add salt and pepper to taste. Set aside and let it sit for at least 10 minutes. 3. Season chicken with salt and pepper. Preheat the grill to medium-high. 4. Grill the chicken on each side (2-5 minutes each side depending on thickness). Top with bruschetta and <i>divide into individual portions to serve.</i>

Peanut Chicken Sauté <input type="checkbox"/> Four 3-4 oz chicken breasts, diced <input type="checkbox"/> 1 tsp oil <input type="checkbox"/> 4 cups lettuce, chopped Sauce: <input type="checkbox"/> 6 tbsp reduced sodium soy sauce <input type="checkbox"/> 3 tbsp natural peanut butter	Directions: 1. Heat drizzle of oil in pan over medium-high heat. Add diced chicken and cook for ~15 minutes. 2. Mix soy sauce and peanut butter then add to pan. 3. Reduce the heat to medium and cook for 10 minutes. 4. <i>Divide chicken into 4 portions</i> and arrange on top of a plate full of lettuce.
Chicken and Cauliflower Mash <input type="checkbox"/> 4 oz chicken <input type="checkbox"/> ½ cup frozen cauliflower <input type="checkbox"/> ½ tsp garlic powder <input type="checkbox"/> Salt and pepper to taste Optional: <input type="checkbox"/> 1 tbsp plain Greek yogurt or milk	Directions: 1. Bake or grill 4 oz of chicken. 2. Microwave frozen cauliflower for 2-3 minutes more than package suggests and drain excess liquid. 3. In a bowl, mash up cauliflower with salt, pepper, and garlic powder. Add 1 tbsp plain yogurt or milk for creamy texture. 4. Serve with salad or steamed mixed vegetable.
Tuna Slaw <input type="checkbox"/> 4 cups broccoli coleslaw <input type="checkbox"/> 2 cans albacore tuna <input type="checkbox"/> canned chickpeas <input type="checkbox"/> ½ cup light honey mustard dressing <input type="checkbox"/> Optional: 1 whole wheat pita pocket	Directions: 1. In a large bowl, mix dry broccoli coleslaw, tuna, canned chickpeas, and light honey mustard dressing. 2. Dividing into individual portions. <i>Optional: include 1 whole wheat pita pocket</i>
Black Bean and Cheese Quesadilla <input type="checkbox"/> ½ cup black beans, drained <input type="checkbox"/> 1 tbsp lime juice <input type="checkbox"/> 2 stalk scallions, sliced <input type="checkbox"/> 1 (8-inch) whole-grain tortillas <input type="checkbox"/> ¼ cup Mexican blend cheese	Directions: 1. Toss black beans with lime juice, scallions, and salt. 2. Heat whole-grain tortillas on pan, sprinkle cheese, and add bean mixture. 3. Place other tortilla on top and cook until cheese is melted. 4. Top with preferred salsa and avocado if desired.
Spaghetti Squash Bake <input type="checkbox"/> 1 cup cooked spaghetti squash <input type="checkbox"/> ¼ cup black beans <input type="checkbox"/> ¼ cup corn <input type="checkbox"/> 4 oz cooked ground turkey <input type="checkbox"/> ¼ cup low fat shredded cheese <input type="checkbox"/> 1 tbsp green onion	Direction 1. Pre-heat oven to 350 F. 2. On a baking sheet, place cooked spaghetti squash, black beans, corn, and 4 oz cooked ground turkey. 3. Sprinkle low fat shredded cheese and 1 Tbsp green onion on top. 5. Bake in oven for 20 minutes and serve.

Fried Cauliflower "Rice" with Eggs	Directions:
<input type="checkbox"/> 2 eggs <input type="checkbox"/> 1 lb. (1 bag) frozen cauliflower rice <input type="checkbox"/> ½ cup frozen diced veggie blend <input type="checkbox"/> 2 cloves garlic, minced <input type="checkbox"/> ½ tbsp sesame oil <input type="checkbox"/> ¼ cup green onion <input type="checkbox"/> Black pepper <input type="checkbox"/> 1 ½ tbsp low sodium soy sauce <u>Optional:</u> <input type="checkbox"/> 4 oz lean protein (ground chicken or turkey)	<ol style="list-style-type: none"> Whisk eggs and set aside. Heat a pan <u>without</u> oil and put in 1 bag of frozen cauliflower to let moisture evaporate (~3 minutes). Add sesame oil in pan with green onions, mixed vegetables and stir fry ~ 3-4 minutes. Add garlic, season with salt and pepper, and then continue to stir fry until garlic is fragrant. Create an opening in the center of pan then add the eggs and scramble (ground lean turkey or chicken if desired). Toss to combine, then drizzle in soy sauce and mix again. <i>Divide into individual portions and serve.</i>
Almond Flour Crusted Cod	Directions:
<input type="checkbox"/> 4 oz cod fillet <input type="checkbox"/> 1 tbsp almond flour <input type="checkbox"/> 1 tsp Cajun seasoning <input type="checkbox"/> 1 cup green beans <input type="checkbox"/> 1 tsp olive oil <input type="checkbox"/> Salt and pepper to taste	<ol style="list-style-type: none"> Preheat oven to 425 F. Pat cod fillets dry with paper towel. Mix almond flour and Cajun seasoning and cover cod fillet with seasoning. Mix green beans with olive oil and Cajun seasoning Bake cod and string beans in oven for 15~20 minutes or until golden brown.

Mix and Match Ideas

Protein	+	Vegetable	+	Starch*	+	Extra
Ground turkey		Fresh/frozen greens		Sweet potato		Avocado/Salsa
Grilled chicken		Blended veggies		Corn		Olive oil
Salmon		Snap peas		Quinoa		Teriyaki sauce
Tofu		Cauliflower rice		Black beans		Soy sauce
93% Lean ground beef		Lettuce Wrap		(Try carb-free!)		Taco seasoning
Baked chicken		Peppers/onion		Rice (brown=best)		Mango salsa
Shrimp		Mushrooms/broccoli		Whole-wheat penne		Parmesan/olive oil
Precooked lentils		Tomatoes/Lettuce		Taco shell		Taco Seasoning
Eggs /whites (2)		Spinach		½ banana		
Peanut butter powder		(Try a fruit serving)		Oatmeal		

*Instead of starch, you can add a fruit to your meal.