

QUICK MEAL IDEAS



TIME SAVING TIPS!

- Prepare ingredients in advance so later in the week, when things get busy, your meal prep will be faster (ex: wash and chop veggies after shopping and store in the fridge).
- Frozen vegetables are nutritious and fast!
- Speed up cooking by using the microwave for things like potatoes, and frozen veggies.
- Leftovers are your friend! Portion out dinner leftovers for an easy lunch tomorrow.
- Sheet pan and crock pot meals save on cooking and cleaning time (less dishes is always better).
- Combine several balanced snack combos to make a quick meal.

BREAKFAST:

- Yogurt, berries, and granola
- Hard boiled egg, whole grain toast with almond butter, banana and milk
- Cottage cheese with fruit or salsa
- Omelet with veggies
- Toast with banana and nut butter
- Overnight steel cut oats with nuts, fruits and milk
- Whole grain bagel with hummus, cucumber slices, and sprouts

LUNCH & DINNER:

- Sandwich (turkey, chicken salad, peanut butter, etc.), sliced cucumber
- Tuna salad on crackers with celery sticks
- Microwaved sweet potato topped with black beans, avocado, salsa, and plain yogurt
- Baked potato topped with broccoli, diced chicken, and shredded cheese
- Lemon baked chicken, brown rice, broccoli with olive oil balsamic vinegar and strawberries
- Tofu, noodles, broccoli
- Canned lentil soup with turkey sausage and frozen veggies added
- Hummus and veggie wrap (lettuce, cucumbers, bell peppers, etc.)
- Burrito wraps: Protein (black beans, chicken, eggs, cheese) + veggies (avocado, salsa, cabbage, lettuce, peppers, green onion)

BALANCED SNACKS!

- Banana + Peanut Butter
- Cheese + Pear
- Almonds + Mandarin
- Yogurt + Berries
- Celery + Almond Butter
- Melon + Cottage Cheese
- Hummus + Red Bell Peppers
- Turkey Slices + Cucumber

SLUG TIP!

*Try to include a serving of protein at each meal - this will help you to feel full and satisfied throughout the day! Some **quick** proteins include beans, eggs and nuts.*

WANT TO TALK MORE ABOUT THIS?

*Schedule an appointment
with a SHOP Health Educator
at shop.ucsc.edu*

