



## Quick and Healthy Meal Ideas

When you need something quick, try one of these meal ideas!

### Breakfast, Sitting Down or On-the-Go

1. Plain yogurt mixed with sliced almonds, milled flax seed, and warmed blueberries.
2. Fiona's Quinoa muesli (gluten-free) in milk, topped with chopped walnuts, blackberries and sliced banana
3. Steel cut oats (or gluten-free Hot Buckwheat) with a little coconut milk, topped with roasted pecans, sliced peaches & sprinkle of brown sugar & cinnamon
4. Whole wheat pita filled with low-fat cottage cheese, lox, sliced red onion & tomato, sprinkled with freshly chopped chives, with a side of red grapes.
5. Egg omelet (use omega-3 eggs), with sautéed spinach, onions, tomatoes, bell pepper. Sprinkle with grated parmesan cheese, fresh basil & scallions. Served with sliced mango & kiwi. Roll into a whole wheat tortilla for an on-the-go meal.
6. Sliced polenta (Food Merchant brand is pre-made) topped with eggs over-easy & marinara sauce.  
Side of fresh blueberries in milk with shredded, unsweetened coconut.



### Lunch, at Home or at Work

1. Naked burrito made with black beans, brown rice, grilled chicken, lettuce, tomato, salsa, and guacamole. Dark chocolate squares for dessert
2. Whole wheat sandwich wrap (or gluten-free brown rice wrap) filled with hummus, mozzarella cheese, cucumber slices, and romaine. Side of celery and peanut butter sticks
3. Vegetarian chili mixed with crumbled Boca burger, topped with shredded cheese. Serve with a warmed sprouted corn tortilla (Food For Life brand) and salsa
4. Healthy PBJ—all-natural peanut butter mixed with milled flax and hemp seeds, spread onto sprouted grain bread with 100% fruit preserves. Baby carrots and red bell pepper strips on the side
5. Turkey burger topped with spinach, onion, tomato, on a whole wheat bun. Fresh berries for dessert
6. Baby field greens salad with cherry tomatoes, sliced cucumber, broccoli sprouts, topped with dried cranberries, goat cheese, roasted pecans, and Ak Mak crackers crumbled in place of croutons (or soy nuts)



### Dinner, Quick and Healthy

1. Grilled or poached salmon, quick-cook wild rice (Lundberg brand), asparagus (sautéed in 1 tsp. olive oil with shallots and squeeze of lime), and a green salad with raspberry vinaigrette. Serve with a side of fresh strawberries dipped in chocolate syrup
2. Rotisserie-grilled chicken with corn-on-the-cob, and grilled zucchini strips drizzled lightly with balsamic vinegar, olive oil, and freshly minced garlic
3. Crock pot Beef Stew with a spinach salad topped with sliced tomatoes, fresh basil, fresh mozzarella, and balsamic vinaigrette, served with a whole grain roll
4. Fajitas—soft corn tortillas filled with sautéed yellow onion, bell pepper, and zucchini in oil and garlic with grilled chicken, beef or tempeh strips, black beans, green chilies, salsa, and guacamole
5. Fresh spinach salad topped with thinly sliced pear or green apple, red onion, crumbled goat cheese, chopped pecans, and baked Alaskan salmon filet drizzled with teriyaki sauce
6. Grilled flank steak served with a side of Inca red quinoa mixed with Thai Kitchen sweet chili sauce; steamed green beans tossed with toasted sesame oil and sesame seeds, with a side of fresh berries with whipped cream and chocolate shavings for dessert.

