

Meals in Minutes

Breakfast Ideas

- 1 cup cereal, ½ banana, 2 Tbsp. peanut butter, 1 cup skim or 1% milk.
(2 carbohydrate, 1 fruit, 1 protein, 2 fats, 1 milk)
- Low-fat yogurt mixed with fruit and ¼ cup low-fat granola, .
(1 milk, 1 fruit, 1 carbohydrate)
- Low-fat muffin, 1 cup low-fat milk, fresh fruit, string cheese.
(1 carbohydrate, 1 milk, 1 fruit, 1 protein)
- Egg white omelet (2egg whites) with 1 slice low-fat cheese and veggies, 1 slice whole-wheat toast with 1 tsp. Margarine.
(2 proteins, 1 vegetable, 1 carbohydrate, 1 fat)
- ½ Bagel with 1 tsp. Margarine or low-fat cream cheese, fresh fruit, 1 cup skim or 1% milk.
(1 carbohydrate, 1 fat, 1 fruit, 1 milk)
- 1 cup light yogurt, 1 hard cooked egg, slice whole wheat toast, ½ banana.
(1 milk, 1 protein, 1 carbohydrate, 1 fruit)
- 1 cup oatmeal, 2 Tbsp. Cashews, fresh fruit, 1 cup skim or 1% milk.
(2 carbohydrate, 1 fat, 1 fruit, 1 milk)
- Homemade Cheese Danish: spread ¼ cup low-fat cottage cheese on a slice of whole wheat toast and broil until bubbly. Add 1 tbsp jam if desired.
(1 protein, 1 carbohydrate)
- Breakfast Shake: combine 1 cup skim or 1% milk, ½ cup light yogurt (any flavor), strawberries and ice in a blender.
(2 milks, 1 fruit)



Lunch ideas

- 2 slices whole wheat bread with 2-3 slices turkey or ham, 1 slice low-fat cheese, lettuce, slice of tomato & mustard. ½ cup pretzels, baby carrots & skim or 1% milk.
(4 protein, 2 carbohydrates, 1 vegetable, 1 milk)
- Sliced chicken breast (3 slices) in ½ whole wheat pita pocket with lettuce, tomato, green pepper, onion, salsa with ½ banana.
(3 protein, 1 carbohydrate, ½ vegetable, 1 fruit)
- Lean roast beef (3 slices) on a small sub roll, lettuce, tomato, 1 tbsp. barbecue sauce and 2 small plums.
(3 protein, 2 carbohydrates, 2 fruit)
- Ham (3 slices) on rye or wheat bread with honey mustard, 1 cup fresh veggies and skim or 1% milk.
(3 protein, 2 carbohydrates, 1 vegetable, 1 milk)
- Bowl of chicken noodle soup with 6-8 crackers and low-fat string cheese, 1 piece of fruit.
(2 carbohydrates, 1 protein, 1 fruit)
- 1 cup tossed salad (low-fat dressing on the side). 1 cup spaghetti with tomato sauce and 1 oz. parmesan cheese and ½ cup cantaloupe pieces.
(1 vegetable, 2 carbohydrates, 1 protein, 1 fruit)
- 2 Tbsp. Peanut butter on a slice of whole wheat bread with baby carrots and 1 cup skim or 1% milk.
(1 protein, 2 fats, 1 carbohydrate, 1 vegetable, 1 milk)
- ½ whole wheat pita pocket filled with 1 slice low-fat cheese, 1 cooked egg (sliced) and 1 tbsp. low-fat mayo. Add a piece of fruit.
(1 carbohydrate, 2 protein, 1 fat, 1 fruit)

Snack Ideas

- Apple (sliced) with 2 tbsp. peanut butter.
(1 fruit, 1 protein, 2 fats)
- Fresh fruit with 1 low-fat string cheese.
(1 fruit, 1 protein)
- 1 cup bran flakes with 1 cup skim or 1% milk.
(2 carbohydrates, 1 milk)
- Hard cooked egg with 1 slice whole wheat bread and 1 slice low-fat cheese with 1 small apple.
(2 protein, 1 carbohydrate, 1 fruit)
- 2 slices of deli meat with a piece of fresh fruit.
(2 protein, 1 fruit)
- 1 Tbsp. peanut butter and ½ banana (sliced) on piece of whole wheat bread.
(1 protein, 1 fat, 1 fruit, 1 carbohydrate)

Dinner Ideas

- 3 oz. Baked chicken breast (cut up) ½ cup Spanish rice, salsa: wrapped in a whole wheat tortilla. Piece of fresh fruit and 1 cup skim or 1% milk.
(3 protein, 2 carbohydrates, 1 fruit, 1 milk)
- 1 cup Spaghetti with tomato sauce and parmesan cheese, 3 small meat balls with salad and low-fat dressing. A large hand full of grapes.
(2 carbohydrates, 3 protein, 1 vegetable, 1 fruit)
- 3 oz. Chicken, beef, **or** seafood stir-fry with ½ cup steamed vegetables with 1 cup steamed rice and ½ cup canned pineapple. (add teriyaki sauce to flavor)
(3 protein, 1 vegetable, 2 carbohydrates, 1 fruit)
- 3 oz. fresh or frozen fish or seafood, (grilled, baked or broiled) with 1 cup brown rice, ½ cup broccoli spears, and 1 cup salad with low-fat dressing; sugar-free pudding.
(3 protein, 2 carbohydrates, 2 vegetables)
- 4 thin slices roast beef with ½ cup steamed rice, 1 small baked potato, **or** a dinner roll and ½ cup cooked vegetables; baked apple or other fresh fruit.
(4 protein, 2 carbohydrates, 1 vegetable, 1 fruit)
- 4 oz. Skinless chicken breast (grilled, baked or broiled) with barbecue sauce, 1 small corn on the cob, ½ cup green beans and 1 cup fat-free frozen yogurt.
(4 protein, 2 carbohydrates, 1 vegetable)

