Quick & healthy meal ideas

Note: Meals should include a source of whole grains, protein, and vegetables. Fruits are welcome also, they make great additions to salads and bowls for a fruity touch!

STAPLE ITEMS

Whole Grains:
- Quinoa
- Rice: brown, wild, black
- Couscous
- Tortilla: whole wheat, sprouted, spinach, tomato
- Pasta: whole wheat, legume-base (black bean, lentil, chickpea)
- Noodles: rice, soba, udon, egg

Vegetables:
- Frozen vegetables
- Fresh, pre-cut, pre-washed
- Salad greens (spinach, mixed greens) pre-washed
- Raw vegetables
- Canned vegetables

Proteins:
- Canned legumes (beans, chickpeas, peas, lentils) - rinse well before using
- Veggie burgers, veggie "meatballs", falafel
- Animal sources: eggs, fish, chicken fillets, rotisserie chicken, turkey burger, lean ground turkey
- Tofu block, soy-based products
- Nuts and seeds

10 MEAL IDEAS

1. Stir-Fry

a. Noodles of choice (rice, soba, egg)
b. Pan-fried vegetables: onions, mushrooms, bell peppers, spinach, bok choy, asparagus
c. Protein of choice: lean meat, fish, tofu, eggs, peas, sesame seeds
d. Condiments: soy sauce, peanut sauce, ginger sauce, garlic sauce

2. Grain Bowl

a. Grain of choice: brown rice, quinoa, couscous, farro
b. Protein of choice: chickpea, lentil, beans, tofu, falafel, lean meat, fish
c. Cooked vegetables of choice: broccoli, cauliflower, zucchini, brussels sprouts, carrots, steamed greens, etc.
d. Raw vegetables of choice: mixed greens, cucumber, tomatoes, carrots
e. Dressing/Sauce: ready-prepared or homemade sauces (hummus, tahini with lemon, tzatziki sauce, peanut sauce, ginger sauce, etc.)

3. Salad Bowl

a. Salad greens: spinach, mixed greens, arugula, kale
b. Protein of choice: chickpea, peas, beans, tofu, falafel, lean meat, fish
c. Raw vegetables: cucumber, tomato, carrots, artichoke hearts, hearts of palm
d. Optional: cooked grains, cooked vegetables
e. Dressing: ready-prepared or homemade dressings (olive oil, vinegar, herbs, lemon, lime, mustard, balsamic, etc.)
f. Toppings: nuts and seeds

4. Wraps

a. Salad greens: mixed greens, spinach, arugula, kale
b. Protein of choice: falafel, veggie patty, tofu, lean meat, eggs
c. Vegetables: avocado, tomato, carrots, cabbage, onions, mushrooms
d. Dressing/Condiments: balsamic vinegar, hummus, yogurt-based sauce, mustard, honey mustard, olive oil + vinegar

5. Burritos or Tacos

a. Tortilla (whole wheat, spinach, tomato)
b. Protein of choice: black beans, tofu, lean meat, fish
c. Toppings: Salsa or chopped tomatoes, shredded lettuce, avocado or guacamole, grilled onions (optional)
d. Optional: lime, lemon, hot sauce

6. Pasta

a. Pasta of choice: whole grain, legume-based, veggie spirals, spaghetti squash
b. Sauce: marinara, olive oil & garlic
c. Cooked mixed vegetables
d. Veggie "meatballs", turkey meatballs, ground meat, ground tofu, falafel

7. Lettuce Wrap Burger

a. Large lettuce leaves (from lettuce head)
b. Veggie burger, black bean burger, turkey burger, falafel
c. Avocado or guacamole, tomato slices or salsa, cheese (optional), cucumber or pickles, raw or grilled onions
d. Condiments: mustard, ketchup, hot sauce, tahini sauce, hummus, yogurt sauce

8. Soups and Chili

a. Vegetarian Chili (broth, mixed beans, tomatoes, vegetables, spices)
b. Minestrone Soup (broth, vegetables, pasta or rice, beans, spices)
c. Tomato Soup (broth, tomatoes, onions, garlic, celery, spices)
d. Vegetable Soup (broth, potatoes, mixed vegetables, peas, spices)

9. Baked Potatoes

a. Potato of choice (sweet, russet, purple)
b. Protein of choice: beans, cheese, crumbled tofu, ground lean meat
c. Toppings: corn, salsa, avocado, guacamole, steamed vegetables (broccoli, tomato, zucchini, etc.)

10. Stuffed Peppers

a. Bell peppers (any color)
b. Grain of choice: brown rice, quinoa, wild rice
c. Protein of choice: ground lean meat, beans, crumbled tofu, lentils
d. Vegetables: zucchini, tomato, cauliflower rice, mushrooms, spinach