

QUICK AND EASY MEAL SUGGESTIONS

Quick and Easy – Breakfasts

1. Be sure to include protein and either a fruit or veggie with every meal.
2. Make high protein milk for cereal by adding 1 Tbsp skim milk powder to 1 cup milk.
3. Overnight oatmeal: 1 mashed ripe banana, ½ cup oats, ½ cup milk or water, 1 tsp cinnamon. Mix and leave on counter overnight. Eat hot or cold.
4. Homemade muesli or granola.

Quick and Easy – Lunches

1. Layer yogurt, fruit (sliced bananas, frozen berries) and granola. Take it with you!
2. Nachos (made with cold pressed oil) with grated cheese on top and salsa to dip.
Easy Salsa: Buy a jar of salsa and add fresh jalapeno and tomatoes.
3. Little “snackie” things like cheese or salmon or seed butter and crackers, beef jerky, veggies and dip or cream cheese, cut up fruit or fruit “kebabs.”
4. French toast or grilled cheese sandwiches.
5. Sushi.
6. Quesadillas or pizza wraps (tortilla, tomato sauce, grated mozzarella cheese and any toppings). Roll up and slice into “wheels.”
7. Buy a tetra of soup and add your favourite ingredients – veggies, leftover meat, pasta, rice, etc.
8. Picnic? Out for the day? Throw all the ingredients you need into a cooler bag. Buns, crackers, cheese, meat, veggies, fruit and water along with a knife and plate. At lunch when you have some time to sit you can put your lunch together.
9. Bean salad or vegetarian chilli.

Quick and Easy - Dinners

1. **Basic, wholesome foods ARE fast foods.** Select a baked potato, a grilled salmon steak or pork chop and a salad or raw veggies. The food industry brainwashes people to think they have no time to prepare foods.
2. Once a week, use a calendar to plan meals, especially dinners. Put it on the frig to get input from others. Do a weekly cook day when you prepare a few meals. Make meals that have leftovers which can be used in another meal. Making meal plans and a grocery list will save you TIME and MONEY and provide more NUTRITIOUS meals.
3. Make a meal out of a Smoothie (see recipe).
4. Rotisserie chicken, whole wheat buns with butter and cooked veggies.

5. Breakfast for supper. Bacon, eggs, toast or French Toast or omelette and fresh fruit.
6. Cut up potatoes like fries and roast on a greased cookie sheet with yam, beets, onion, carrots, brussel sprouts etc. Toss with olive oil. Bake at 350 for 1 hour, turning occasionally. Easy and healthy. Bake some fish at the same time.
7. Clubhouse sandwiches (toasted bread, mayo, bacon, turkey, cheese, tomato and cucumber) with salad. Coleslaw is quick (grated cabbage, carrot, cold pressed oil mayo and a dash of vinegar) or spinach for salad is already washed which can be used right from the bag.
8. Quesadillas with leftovers in them. A quesadilla: two tortilla shells with cream cheese, grated cheddar cheese, green peppers, onion, hot peppers and whatever else there is to put in it such as leftover beef or chicken.
9. Stir fried meat and veggies on rice.
10. Super supper salad (see recipe).
11. Restaurants: Order a large salad to share. Request substituting fries for vegetables.
12. There are many slow cooker (crock pot) recipes you can find on the internet such as pork ribs, baked potatoes wrapped in foil, roast, chicken, chilli, stew and spaghetti. Always add some raw fruits and vegetables to the meal.
13. Chicken or pork souvlaki (recipe) in pita pockets.
14. Burritos with whole wheat or sprouted wheat tortilla shells.
15. Salmon or tuna burgers. Slice a whole wheat bun in ½. Spread fish, mixed with relish and mayonnaise. Add a slice of tomato and cheese on top. Broil for 3 minutes.
16. In a hurry? Take a tortilla shells, add scrambled egg or cooked quinoa, salsa, cheese, lettuce. Wrap tightly. Heat if desired and hit the road!

Snacks:

1. Cereal, milk and fruit
2. Muffin, whole grain or sprouted grain bread, crackers (ryvita, wasa), brown rice cakes + peanut or almond butter, seed butter, humus, cream cheese, cheese, roast meat with no preservatives, boiled egg, smoked salmon + veggies or veggie juice.
3. Yogurt (Greek is higher in protein), granola and frozen berries.
4. Trail mix with dried fruit
5. Cottage cheese and bananas and pineapple.
6. Pitas and hummous and tziktziki dips.
7. Nori strips or seaweed. High in minerals.
8. Fruit – cut it up and make it fun and interesting ie strawberries, melon, mango, papaya, kiwi, avocado, apples, pears. Sprinkle with cinnamon.
9. Popsicles: 1 cup plain Greek yogurt + 1 cup unsweetened fruit juice + 4 tsp fish oil. Stir well and freeze in popsicle molds.

10. cheese, nuts and seeds.
11. yogurt (mixed ½ plain and ½ fruit flavored to reduce sugar).
12. milk and homemade cookies or healthy store cookies made with real butter or cold pressed oil, whole grains, oats, ground flax seed, wheat germ and reduce the sugar.
13. veggies and dip.
14. Nori or seaweed strips are high in minerals.
15. fresh popped popcorn with real butter. This is a great last minute snack to send to school. Use a hot air popper or 1/3 cup kernels in a paper bag and microwave.
16. Trail mix with your choice of nuts, seeds, chocolate chips and raisins
17. Whole grain toast with butter and jam or peanut butter and honey or even butter, cinnamon and brown sugar.
18. Avoid processed cookies, cookies with icing dip, crackers and processed cheese, granola bars or rice cakes as snacks. Crackers which say low fat or made with real cheese or veggies are usually not healthy. They are made with white flour and hydrogenated fats. Even if it says no trans fats, it has damaged fat.
19. Soak chickpeas in water for 24 hours. Rinse and place in strainer with a tea towel over it. Rinse and stir every 12 hours 3 times until sprouts are as long as the chickpea. Serve for snacks.

Fats

Choose:

- vegetable oils such as extra virgin olive oil, cold or expeller pressed canola oil
- nuts and seeds, flaxseeds, wheat germ
- avocados, soybeans, tofu
- omega 3 eggs
- old fashioned peanut butter with the oil on top (mix it in and refrigerate)
- fish three times a week. Pick fish low in mercury such as salmon, mackerel, herring, halibut, sole, perch, trout, shrimp, sardines, clams, oysters, crab, cod, canned **light** tuna

Some fats are not good for you. Avoid:

- Store bought cookies, crackers, snack foods, microwave popcorn (instead buy a hot air popper and drizzle real butter), whipped toppings containing hydrogenated fat/oil.
- Deep fried fast foods.
- Fish high in mercury such as albacore tuna, white or bluefin tuna, tuna steaks, shark, swordfish, marlin, tilefish, muskellunge, walleye.