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Meals In Minutes

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Looking for quick, healthy meal ideas **to help you make** meals in a snap?

Check out our **14 days** of breakfast, lunch, dinners and snacks. Yes, you can make meals in minutes and still make them heart-healthy, calorie and carbohydrate controlled! Use them in conjunction with your pattern specific menu and alternative meal ideas **for good-tasting healthy meals that are also easy to prepare!**

Breakfast

Italian Scramble, Toast & Orange

1/2 C egg substitute scrambled with 1/4 C chopped tomato, 1/4 C sliced mushroom, 1 tbsp shredded parmesan cheese and Italian seasoning to taste.

1 slice whole grain toast, 1 tsp light margarine, 1 orange

258 calories

Toasted English Muffin with Cheese & Tomato, Banana

1 toasted whole grain English muffin, spread with 1 Light Laughing Cow Cheese Wedge and topped with 2-4 tomato slices

1 medium banana

290 calories

Healthy Eggs Benedict & Grapefruit

Hollandaise sauce: prepare 1 packet of Hollandaise mix (such as McCormick) using light margarine or butter

Toast 1/2 a whole grain English muffin and top with sliced tomato, 1 slice Canadian Bacon and 1 fried or poached egg (fry with cooking spray). Top with 2 tablespoons Hollandaise sauce.

1/2 grapefruit

294 calories

Waffle with Apple Butter, Yogurt & Walnuts

1 toaster style whole grain waffle with 2 tsp apple butter

6 oz non-fat light yogurt, 1 tbsp walnuts

295 calories

Barbara's Bakery Cereal & Banana

Breakfast (cont...)

Oatmeal with Apple-Cinnamon Topping

1 packet regular instant oatmeal, prepared using
1/2 C non-fat milk

Microwave topping ingredients for 2 minutes: 1 apple, diced, 1 mini snack pack of raisins (14 g), 1-2 tbsp water and cinnamon to taste; spoon over oatmeal. Top with 1-2 tbsp non-fat milk if desired.

288 calories

Nature's Path Raisin Bran & Apple Slices

1 cup cereal, 1 cup non-fat milk, 1 sliced apple

297 calories

Maple Yogurt, Nectarine & Raisin Toast

1 C plain non-fat yogurt mixed with 1 tbsp lite maple syrup, 1 Nectarine, 2 slices cinnamon-raisin toast with 1 tsp light margarine

376 calories

Waffle with Peanut Butter & Pear

1 whole grain toaster style waffle topped with 2 tsp natural peanut butter and 1 small sliced pear, 8 oz non-fat milk or fortified soy milk

334 calories

Scrambled Egg Pita & Mandarin Oranges

Scramble 1/2 cup egg substitute with 2 tbsp sliced black olives and 1 sliced green onion in a non-stick pan sprayed with cooking spray.

Cut 1 whole wheat pita in half, place 1/2 slice light Swiss cheese in each half followed by equal amounts of scrambled eggs.

1 mandarin orange (try an easy to peel Satsuma) or tangerine

321 calories

Apple-Ricotta Wrap & Vanilla Soy Milk

Spread 1/4 cup low-fat ricotta cheese in the middle of one 8-inch whole grain tortilla. Top with 1/2 cup chunky applesauce, sprinkle with cinnamon and roll up. Heat in the microwave for 10-20 seconds or until tortilla is warm.

1 8-oz glass vanilla soy milk such as Silk Vanilla

338 calories

Breakfast (cont...)

Strawberries & Cream Kashi Pilaf

3/4 cup cooked Kashi Pilaf made with non-fat milk or vanilla soy milk. Top with 3/4 cup sliced strawberries and a splash of milk.

341 calories

Tropical Smoothie & Toast with Peanut Butter

Blend 1 cup non-fat milk with 1/2 cup frozen pineapple, 1/2 cup frozen mango and 1/2 banana until smooth. Add 2-3 ice cubes if desired. Sprinkle with 1 tbsp shredded coconut.

1 slice whole wheat toast with 2 tsp peanut butter

417 calories

All Bran Cereal Bar, Fruit, Milk & Almonds

1 All Bran Cereal Bar, Melon Wedge or 1 C melon balls, 1 C nonfat milk, 1/2 oz almonds

405 calories

Lunch

Greek Pita & Berries

1 whole wheat pita filled with 2 tbsp hummus, 2 tbsp sliced black olives, 1 tbsp crumbled feta cheese, sliced tomato, 1/4 C sliced cucumber and 1/4 C chopped dark leaf lettuce

Serve with 1 C berries (fresh or frozen)

310 calories

Turkey Bagel Sandwich, Peach & Cauliflower Florets

1 whole wheat bagel, 1 tbsp light cream cheese, tomato slices, sliced red onion, sliced cucumber, 2 oz deli sliced turkey breast

Serve with 1 large peach & 1 C pre-cut cauliflower florets

341 calories

Roast Beef Sandwich & Watermelon

2 slices whole grain bread, 2 oz deli sliced lean roast beef, 1 slice light cheddar, tomato slices, 1-2 tsp Dijon mustard and 1/2 C spinach leaves. *Add 2 tsp fat-free sour cream mixed with horseradish to taste for an extra kick!

1.5 C watermelon chunks

394 calories

Butternut Squash Soup, 1/2 Ham Sandwich & Apple

1 cup low-fat butternut squash soup such as Amy's, Imagine or Trader Joe's boxed butternut squash soup

1 slice whole grain bread; cut in half with 1 oz lean ham, 1 slice light Swiss cheese, tomato, lettuce and mustard.

1 apple

381 calories

Turkey-Cranberry Quesadilla, Carrots & Bell Peppers

*Great use for turkey leftovers!

Spread 2 tbsp canned cranberry sauce on 2 low-fat 6-inch tortillas. Top with 1/4 cup shredded light Monterey jack cheese, 2 oz chopped turkey and 2 tbsp sliced green onions.

Serve with 2 tbsp fat-free sour cream and salsa if desired.

1 C carrot and bell pepper sticks

392 calories

Lunch (cont...)

Club Sandwich, Celery & Carrots Sticks

2 slices whole grain bread, 2 oz sliced turkey breast, 2 slices vegetarian bacon, 1 tsp light mayo, 1/8 of a sliced avocado, lettuce and tomato slices

1 C carrot sticks or 10 baby carrots

380 calories

Pita Pizza & Veggie Soup

Spread 1/4 C low-fat ricotta cheese and 2 tbsp tomato sauce on an unopened whole wheat pita. Sprinkle with garlic powder and Italian seasoning, top with 6 slices veggie pepperoni (try Yves or Lightlife), 1/4 cup sliced mushrooms and 2 tbsp sliced olives. Broil or microwave until hot.

1 C broth based veggie soup (canned okay, look for lower-sodium varieties)

333 calories

Cottage Cheese Dip with Veggies & Crackers

3/4 C fat-free or 1% fat cottage cheese mixed with 1/2 package of dry ranch seasoning mix (such as Hidden Valley Ranch). Puree if desired for a creamier dip.

Serve with:

2 C raw assorted veggies such as carrots, celery, cucumbers, broccoli, bell peppers or cauliflower.

5 Ak-Mak crackers or 3 Ry-Krsip crackers

1/2 cup grapes

353 calories

Turkey Rueben & Papaya

Top 2 slices of rye bread with 2 oz thinly sliced turkey breast, 1 slice light Swiss cheese, 1/4 C sauerkraut and 1 tbsp low-fat thousand island dressing. Grill until lightly browned on both sides.

Serve with 1 sliced papaya or 1 C papaya chunks

370 calories

Veggie Sandwich & Tropical Fruit Mix

Spread 2 slices of whole grain bread with 1 tbsp light veggie cream cheese, 1 tsp brown mustard and 1/4 of an avocado. Top with sliced cucumber, tomato, red onion and alfalfa sprouts.

Serve with 1/2 C canned tropical fruit mix, packed in own juice and drained (such as Dole)

358 calories

Lunch (cont...)

Grilled Mozzarella, Tomato, Ham & Basil Sandwich with Salad

Top 2 slices of whole grain bread with 1 oz sliced fresh mozzarella, sliced tomato and chopped fresh or dried basil to taste. Season with black pepper and salt to taste. Grill until lightly browned on both sides.

Serve with 2 C mixed greens with 1 tbsp light dressing and 1/4 C garbanzo or kidney beans.

344 calories

Steak Fajita & Pineapple Slices

Enjoy 1 steak fajita with 3 pineapple rings or 1/2 C pineapple chunks

Fajita Ingredients: 1 8-inch low-fat or whole grain tortilla, 2 oz thinly sliced sirloin or flank steak (try pre-cooked Tyson Seasoned Beef Steak Strips), 3-4 tbsp salsa, 1/2 of a red bell pepper sliced, 1/4 cup sliced onion, 1/4 cup shredded light cheese, chopped Romaine lettuce

Portion meat, salsa, bell pepper, onion and cheese onto the center of the tortilla and fold in half. Microwave for 1-2 minutes or until hot. Add chopped lettuce and additional salsa (if desired).

407 calories

Salmon over Salad

3 oz can or 1/2 a 6 oz can of salmon (packed in water) mixed with lemon juice, garlic and black pepper to taste, serve over 2 C mixed greens with 5 cherry tomatoes, 1/4 cucumber, sliced, 1/4 avocado, sliced and 1.5 tbsp oil & vinegar salad dressing

2 Ry-Krisp crackers

422 calories

Hot Turkey-Pastrami Sandwich & Grapes

1 small whole grain hamburger bun with 2 oz turkey pastrami, 1 slice of light cheddar cheese and 1 tsp spicy brown mustard. Heat under broiler or toaster oven until cheese melts, top with 1 handful spinach leaves

1 cup grapes

416 calories

Dinner

Portobello Melt Soup & Dinner Roll

Enjoy 1 Portobello Melt, 1 C broth based soup & 1 dinner roll

Preheat oven to 450 degrees and spray baking sheet with cooking spray.

Brush 1/2 tsp olive oil on all sides of 1 Portobello mushroom cap and sprinkle with garlic powder, salt and pepper to taste. Place mushroom on baking sheet, top side down and spread 1 tbsp tomato sauce on top of mushroom. Layer with 2+ slices of tomatoes, yellow squash slices (enough to cover mushroom top), 4+ basil leaves and 1/4 C shredded mozzarella cheese. Bake for about 3 minutes, or until cheese melts.

338 calories

Kid's Night: Mac 'n Cheese & Veggies

Enjoy 1 serving with 1.5 C mixed veggies (try frozen to save time)

Mac 'n Cheese:

1/2 lb or 2 C dry macaroni pasta shells

2 tbsp light butter such as Land O' Lakes Light Whipped Butter

2 C non-fat milk

2 tbsp flour

2 tsp dry mustard

1 C light shredded cheese

1/4 C grated parmesan cheese

black pepper and garlic powder to taste

Preheat oven to 350 degrees. Cook pasta according to package directions, drain and set aside. Heat milk in the microwave on high for 1-1 1/2 minutes (or until warm but not boiling). Melt butter in a medium sized pan over low heat. Mix flour and dry mustard together and slowly add to melted butter. Whisk until there are no more lumps. Slowly add warm milk to pan, continuously whisking. Turn heat to medium and cook sauce for about 3 minutes, whisking often to thicken. Add cheddar cheese and cook sauce for 1 more minute, stirring with a wooden spoon until cheese is melted. Combine cooked pasta and cheese sauce in a large bowl and place in a baking dish sprayed with cooking spray. Spread evenly and sprinkle with parmesan cheese. Bake for about 20 minutes. Makes 6 servings.

381 calories

Chicken with Artichoke-Tomato Sauce & Instant Rice

Sautee 1/2 C artichoke hearts, 1/2 C sliced mushrooms, 1 diced tomato and 2-3 minced garlic cloves in a little bit of white wine or low-sodium broth until heated through. Pour over 3 oz grilled or baked chicken breast

Serve with 1 C cooked instant wild rice.

377 calories

Dinner (cont...)

Lentil and Rice Salad

Enjoy 1.5 C salad over 2 C fresh spinach leaves with 1-2 tbsp light vinaigrette and 3 Ry-Krisp Crackers

Salad:

2 C cooked lentils

2 C cooked brown rice (use instant to save time)

1/2 of a cucumber, chopped

1 tomato, chopped

1 small jalapeno, chopped

1/2 C chopped green or white onion

1 tbsp chopped cilantro

1/4 C seasoned balsamic vinegar

In a large bowl, combine all ingredients, mix well. Allow to chill or enjoy right away. Makes 6 1-cup servings.

386 calories

Halibut with Mango Salsa with Veggies & Black Beans

4 oz grilled halibut or other white fish, 1/4 to 1/2 C prepared mango salsa, 1 C low-sodium black beans, 1 C steamed broccoli and yellow squash

Top halibut with mango salsa and serve over black beans.

352 calories

Creamy Pesto Pasta & Salad

Creamy Pesto Pasta with Veggies:

Measure 1/2 C uncooked whole grain noodles and cook according to package directions. Toss with 3 tbsp plain low-fat yogurt, 2 tsp prepared pesto sauce, 1/2 C tomatoes, chopped, 1/2 C artichoke hearts (canned in water) and 1 tbsp parmesan cheese. Heat until warmed.

Serve with 2 C mixed greens tossed with tomato, carrot and 1 tbsp light dressing.

372 calories

EZ Chicken Cordon Bleu, Salad & Dinner Roll

Top 3 oz grilled or baked chicken breast with 1 slice of black forest ham (from the deli) and 1 slice light provolone cheese. Heat in the microwave until cheese melts.

Serve with 2 cups salad greens mixed with 1 tbsp light vinaigrette and 1 whole grain dinner roll.

320 calories

Dinner (cont...)

Sole Roll Ups, Instant Rice & Salad

Enjoy 1 Sole Roll Up with 1 C cooked instant brown rice and 2 C mixed greens with 1 tbsp light dressing.

Mix together 1/4 C canned crab with 1/4 C frozen chopped spinach (thaw and squeeze out excess water). Place mixture on a 4 oz sole fillet and roll up, securing with toothpicks. Sprinkle with lemon pepper and lemon juice and bake at 350 degrees for about 10 minutes or until fish flakes easily with a fork.

409 calories

Peanut-Chicken Pasta & Oriental-Style Veggies

Enjoy 1 serving of pasta with 1/2 cup fruit of choice on the side

Peanut Sauce:

Warm 1/3 C creamy peanut butter with 1/4 C water, 2 tbsp lite soy sauce, 1 tbsp rice vinegar, 1 tbsp lime juice, 1/4 tsp red pepper flakes and 1 tsp sugar until creamy.

Pasta:

Cook 8 ounces dry linguine or soba noodles (4 cups cooked) according to package directions. During the last few minutes of cooking, add 2 C frozen Oriental style vegetables. Drain noodles and veggies. In a large pan, combine noodles and veggies with sauce, toss well and heat over medium heat until warmed through. Makes about 4 servings (1 serving = 1 1/2 cups pasta).

To each serving of pasta add 2 oz grilled chicken breast, sliced, 2 oz grilled shrimp or 1/2 cup cubed tofu. Garnish with cilantro if desired.

481 calories

BBQ Baked Salmon, Red Potatoes & Broccoli

Enjoy 4 oz BBQ Salmon with 3 small red potatoes and 1 C steamed broccoli

Brush 2 tbsp bottled BBQ sauce over 4 oz salmon, season with garlic powder and cayenne pepper to taste. Bake at 400 degrees for about 12 minutes or until salmon flakes easily with a fork. Serve with lemon slices if desired.

Wash 3 small red potatoes (6 oz or about the size of golf balls), prick with a knife and microwave on high for 2-3 minutes or until soft in the middle. Season with black pepper, dried parsley and 2 tsp light margarine spread such as Brummel and Brown.

456 calories

Dinner (cont...)

Soy-Ginger Pork & Instant Rice with Snow Peas & Carrots

Cook 4 oz of tenderloin in a non-stick skillet or grill until cooked through. For extra fast cooking, use a George Foreman grill.

Sauce: mix together 1 tbsp lite soy sauce, 1 sherry, 1 tbsp honey, 1/2 tsp ginger powder and crushed red pepper to taste and heat until warm. Drizzle over tenderloin when through cooking.

Serve with 1/2 C cooked instant brown rice, 1.5 C steamed snow peas and sliced carrots (or stir-fried with cooking spray and garlic powder to taste).

413 calories

Flank Steak with Tomato-Corn Salsa, Veggies & Instant Rice

4 oz grilled flank steak seasoned with garlic powder, black pepper and cumin to taste, topped with 1/2 C bottled tomato-corn salsa

Serve with 1 C steamed broccoli and 1/2 cup cooked instant brown rice.

455 calories

Lazy Ratatouille, Turkey Italian Sausage, Garlic Bread

Ratatouille: combine 1/4 C chopped red onion, 1/2 cup sliced zucchini, 1 small sliced Japanese eggplant, 1/2 cup canned chopped tomatoes, chopped basil to taste. Top with 1/4 cup light mozzarella and bake at 400 degrees for about 10 minutes.

Serve with 1 lean turkey sausage link such as Jennie-O Italian Links. Grill on the side or serve sliced on top of ratatouille.

1 dinner roll or slice of French bread, toasted with 1 tsp light margarine and garlic powder to taste

404 calories

Chili-Boca Burger

Boca burger on a small whole grain hamburger bun with grilled onions, sliced tomatoes and 1 tbsp barbecue sauce.

1 C low-fat canned vegetarian chili (such as Trader Joe's or Health Valley black bean vegetarian chili) on the side or on top of the burger

424 calories

100-Calorie Snacks

- 1 Light Laughing Cow Cheese wedge and 2 Ry-Krisp crackers (95 calories)
- 1 Jell-O Fat-free Pudding Snack (100 calories)
- 1/2 C fat-free cottage cheese with 1/2 C sliced strawberries (103 calories)
- 1/2 C shelled edamame (green soy beans) or 1 C edamame in the pod (120 calories)
- 10 baby carrots and 2 tbsp hummus (89 calories)
- 15 Genisoy Soy Crisps and 1 medium tangerine (96 calories)
- 1/2 whole wheat pita and 2 tbsp Trader Joe's Tzatziki Dip (100 calories)
- 2 celery stalks with 2 tsp natural peanut butter (81 calories)
- 5 cherry tomatoes, 1/2 C cucumber slices and 1/2 C broccoli with 2 tbsp light ranch dressing or dip (117 calories)
- 8 Tostito Baked Chips with 2 tbsp guacamole (106 calories)
- 1 C Healthy Choice Chicken Noodle Soup (110 calories)
- 1/2 papaya and 1 medium guava drizzled with lime juice (114 calories)
- 1 small corn tortilla with 1/8 C melted shredded light cheese with 2 tbsp salsa (113 calories)
- 6 oz low-sodium tomato juice and 2 cups air popped popcorn sprinkled

200-Calorie Snacks

- 1 oz light Swiss cheese with 3 Ak-Mak crackers and 1 oz deli sliced ham (180 calories)
- 1 Yoplait Light yogurt with 1/4 C All-Bran and 2 tbsp dried cranberries (190 calories)
- 1/2 whole wheat English muffin with 1 tbsp natural peanut butter (161 calories)
- 1 Health Valley Fat-free Zesty Black Bean soup cup (200 calories)
- 1 oz fat-free pretzels mixed with 1 tbsp almonds and 1 tbsp raisins (178 calories)
- 1 packet sugar-free instant hot cocoa made with 1 C non-fat milk or soy milk and topped with 2 large marshmallows (174 calories)
- 1/2 whole wheat bagel with 1 tbsp light cream cheese, 1/4 C alfalfa sprouts and lemon pepper (163 calories)
- 1 oz Genisoy chocolate soy nuts and 1/2 C cherries (195 calories)
- 10 Baked Tostito Chips with 1/4 of avocado mashed with 2 tbsp salsa, 2 tbsp fat-free bean dip (183 calories)
- 1/2 C unsweetened applesauce with 2 tbsp chopped walnuts and 1 graham cracker sheet (194 calories)
- 1 medium pomegranate with 1/2 C fat-free cottage cheese (184 calories)
- 1 small banana spread with 1 tsp honey and rolled in 1 tbsp toasted wheat germ (190 calories)

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