



## 60-Second Meal Ideas

WHEN YOU HAVE A HIGH DEMAND ON YOUR TIME AND ENERGY, IT MAY NOT BE POSSIBLE TO SIT DOWN TO AN INTRICATELY MADE MEAL. WHEN YOU NEED SOMETHING FAST, THESE QUICK-AND-EASY MEAL IDEAS WILL DO THE TRICK:

### *Breakfast*

- High-fiber, high-protein cereal with milk and fresh berries
- Whole grain toast with nut butter and sliced banana on top
- Nutrition bar and apple
- Cottage cheese, whole grain crackers or bread, and cherry tomatoes
- Yogurt, granola, and fruit
- Fruit-and-yogurt smoothie with granola on top
- Mix of nuts, dried fruit, and whole grain cereal
- Cheese, piece of fruit or vegetable, and nuts
- Whole grain bagel, nut butter, raisins on top

## Lunch

- Top some pre-washed, bagged salad with canned beans or tuna, and have whole grain crackers or bread.
- Fill a whole grain pita with turkey and bagged spinach.
- Spread nut butter on a whole wheat tortilla, top with sliced apples and bananas, fold, and eat.
- Eat a couple to a few pieces of string cheese, a piece of fruit, and a small handful of almonds.
- Add hot water to soup in a cup that has protein, vegetables, and grains. (Find natural, low-sodium options.)
- Put cheese on a whole grain tortilla, put it in the microwave for a few seconds, roll, and eat with a piece of fruit or fresh-bagged vegetables.
- Heat a can of refried beans and use as a dip for fresh-bagged vegetables and corn tortilla chips.

## Dinner

- Put a whole grain English muffin in the toaster; as soon as it's done, top with mozzarella cheese and a couple slices of tomato.
- Scramble two eggs, spoon on salsa and sliced avocado, and have a handful of corn tortilla chips.
- Top a whole wheat tortilla with a handful of packaged salad; cube and add rotisserie chicken.
- Open a can of tuna, spoon onto whole grain crackers, and top with sliced cucumber.
- Fill a whole wheat pita with canned tuna and vegetables.
- Microwave frozen vegetables, cut some store-bought rotisserie chicken, and have a whole grain dinner roll.
- Slice French bread; top with cheese and sliced fruit.
- Heat a can of beans, add diced peppers, crush corn tortilla chips on top, and top with salsa.