

SIMPLE AND SATISFYING MEALS AND SNACKS

BREAKFAST

Oatmeal with fresh or frozen fruit & nuts
 Avocado Toast
 Breakfast burrito with salsa & cheese
 Peanut butter & jelly or fresh fruit
 Cereal & milk with fruit
 Tofu scramble with black beans
 Toaster waffle, peanut butter, & pumpkin butter
 Yogurt parfait with granola & fruit



LUNCH

Hummus & veggie wrap	Taco salad
Panini & salad	Chicken or tuna salad pita
Bento box	Pasta salad with chicken
Soup & grilled cheese	Mason jar salad
Chili & chips or corn bread	Leftovers!



DINNER

Burrito Bowl with rice, beans, fajita veggies, & protein
 Quick stir-fry & brown rice or quinoa
 Burger & baked sweet potato fries
 Quesadilla & salad
 One pan meals (Salmon, roasted potatoes & veggies)
 Whole grain pasta with veggies & protein
 Soup or stew with salad



SNACKS

Trail mix	Fruit & yogurt smoothie
Apple/banana & peanut butter	Chips & salsa
Veggies & hummus	Yogurt & fruit
Popcorn with parmesan	Pasta & bean salad
String cheese & crackers	Chicken salad & crackers
Hard boiled egg & fruit	Edamame



Pantry staples for quick & healthy meals

- peanut butter
- oatmeal
- granola
- nuts & dried fruit
- whole grain pasta
- canned tomatoes
- pasta sauce
- frozen vegetables
- beans
- brown rice or quinoa
- canned tuna
- tortillas or bread
- veggie burgers
- cheese
- yogurt
- eggs