



Quick meal and snack ideas

Give these nutritious, quick meals and snacks a try. Listed by traditional breakfast, lunch and dinner options, each can be switched up and enjoyed any time of the day. Experiment to see what works best for you and your family.

Breakfast

- **Cereal and fruit:** whole-grain cereal, skim or 1% milk, berries (fresh or frozen).
- **Breakfast sandwich and fruit:** whole-grain English muffin, low-fat sliced cheese, scrambled egg, fruit.
- **Breakfast burrito:** whole-grain tortilla, scrambled eggs, beans, low-fat cheese, veggies, salsa
- **Yogurt breakfast parfait:** low-fat vanilla yogurt, berries (fresh or frozen), low-fat granola sprinkled on top.
- **Quick omelet and fruit:** scrambled eggs (add in favorite veggies), low-fat shredded cheese, sliced fruit.
- **Bagel and fruit:** whole-grain bagel, peanut butter or nut butter, fruit.
- **Oatmeal and fruit:** oatmeal with chopped walnuts, banana (or other fruit), skim or 1% milk.
- **Avocado toast:** whole-grain toast, sliced or mashed avocado, cooked egg on top.

Lunch

- **Turkey and avocado sandwich:** whole-grain bread, lean turkey breast, sliced avocado, sliced tomato, fruit on the side.
- **Veggie burger:** whole-grain bun, veggie burger, toppings (lettuce, tomato, onion), slice of reduced-fat cheese, fruit on the side, glass of skim or 1% milk.
- **Tuna fish sandwich:** whole-wheat pita, tuna fish packed in water, light mayonnaise, lettuce and tomato for toppings, fruit on the side.
- **Peanut butter and jam sandwich:** whole-grain bread, peanut butter (or other nut butter), fruit spread (no sugar added), carrots or other veggies on the side, glass of skim or 1% milk.
- **Salad with fresh vegetables:** fresh salad greens or spinach, chickpeas or other beans (rinsed and drained), vinaigrette salad dressing, mozzarella or feta cheese, fruit, whole-grain crackers.
- **Soup and sandwich:** whole-grain or rye bread, lean sandwich filling (such as turkey breast, ham, or tuna), lettuce and tomatoes for toppings, low-sodium vegetable soup, fruit on the side.



Think ahead for each day:

- Use fresh items first and frozen or canned later.
- Pull items out of freezer ahead of time.
- Prepare and freeze meals ahead of time.

Dinner

- **Grilled chicken salad:** bag of prewashed lettuce or salad greens, additional fresh veggies of choice (whatever you have on hand), grilled chicken breast (make your own ahead of time and freeze), salad dressing of choice (serve “on the side” so everyone can add their own).
- **Veggie pizza:** whole-wheat pizza crust (or whole-wheat tortillas for individual pizzas), pizza sauce, shredded part-skim mozzarella cheese, veggie toppings of choice (tomatoes, onions, peppers, mushrooms, etc.).
- **Stuffed baked potatoes:** microwave potatoes (or bake in oven) and add toppings (salsa, sliced chicken breast, broccoli or cooked veggies, shredded cheese, low-fat sour cream).
- **Spaghetti:** whole-grain spaghetti (or any pasta), low-sodium marinara sauce (add extra veggies, if you’d like), parmesan cheese for sprinkling; serve with salad or steamed veggies.
- **Tacos:** whole-wheat or corn tortillas, filling (shredded chicken, lean ground beef with seasoning, or beans), low-fat shredded cheese, tomatoes, lettuce, low-sodium taco sauce, low-fat sour cream.
- **Quesadillas (microwave or cook in skillet):** whole-grain tortillas, shredded cheese of choice (mozzarella or Mexican blend), shredded chicken breast or black beans, veggies of choice (broccoli, bell peppers, tomatoes, hot peppers, etc.); serve with veggies or salad.
- **Slow-cooker dinner:** lean pork loin, lean beef or poultry; potatoes; carrots; onions; seasoning of choice. You can also find specific recipes online or in the booklet that came with your slow cooker

Snacks

- Sliced apple with peanut or almond butter
- Baby carrots with small handful of almonds
- Broccoli and cauliflower with light dip (try plain low-fat yogurt, lemon juice and dill)
- Low-fat cottage cheese with pineapple or sliced bell pepper
- Handful of mixed nuts with fruit (apple, banana, etc.)
- Sunflower seeds and an orange
- Fresh berries (or thawed frozen berries) with a cup of low-fat milk or soy milk
- Cup of minestrone, vegetable or chicken noodle soup (choose soups with no more than 480 mg of sodium per cup)
- Air-popped popcorn with a drizzle of olive oil and sprinkle of sea salt
- Whole-grain crackers with reduced-fat cheese
- Handful of trail mix made with dried fruit, nuts and cereal
- Stick of mozzarella string cheese with fruit
- Smoothie made with fruit (bananas, berries, or any frozen options) and low-fat yogurt

Need more inspiration and meal ideas?

- **Visit the MyPlate Kitchen at www.choosemyplate.gov/myplatekitchen** for nutritious meal ideas, recipes and short cooking videos. Search for recipes by food group, ingredient, or meal course (such as main dish, side, or dessert) and build your own cookbook.
- **Visit the Academy of Nutrition and Dietetics at www.eatright.org/videos** for basic cooking tips and use the tabs at the top of the page to find ideas for children and tips for all ages.
- **Check out a cooking magazine.** Many libraries offer subscriptions that you can read online. Other online memberships may also offer access to cookbooks and magazines.
- **Grocery store ads** also offer ideas and can help you find what’s on sale and in season.
- **Start a virtual recipe sharing group** with family and friends.
- **Meal delivery services** are a great way to try something new and most deliver ingredients that allow you to do your own cooking. Some grocery stores also offer meal kits that are ready to go.
- **Visit www.nutrition.gov** for a variety of shopping and meal planning tips.