

Easy "No Recipe" meal ideas

1. Whole grain bread with natural peanut butter and honey or sugar free jam, raw veggies (baby carrots, celery, cherry tomatoes, mini bell peppers ect)

2. Salad kit, fruit cup, and rotisserie chicken or frozen pre-cooked chicken

3. Pre-seasoned tuna, salmon, or chicken packet mixed with microwave brown rice or quinoa packet and microwave steamer veggie bag or raw veggies

4. Microwave steamer veggie bag pre-sauced, with canned chicken or frozen edamame bag with soy sauce

5. Microwave steamer bag, power blend- Quinoa and spinach, or black rice and edamame

6. Raw veggies (baby carrots, celery, cherry tomatoes, ect) with greek yogurt dip or hummus, wheat thin crackers with lunch meat or mozzarella cheese

7. Mini pizza: whole grain English muffin, marinara sauce, shredded mozzarella and handful of spinach-microwave until cheese melts

8. Microwave sweet potato -pierce 5 times, microwave for 5 minutes- with canned chili and microwave steamer veggie bag

9. Mix 2 eggs, add handful of cherry tomatoes, leafy greens, and cheese, microwave for 2-5 minutes

10. Microwave water for boxed Annie's mac and cheese, with a pre-bagged salad kit on the side

11. Frozen meals: Healthy Choice Power Bowls, Healthy Choice Simply Steamers, low sodium- Lean Cuisine "Honestly Good"