

Quick Meal Ideas

Chicken & Rice Stir Fry (preparation/cook time: 20 minutes)

1. Saute chicken breast strips in 1 Tbsp. olive oil
2. Cook instant brown rice on stove.
3. Steam frozen veggies in microwave.
4. Combine cooked ingredients with desired amount of stir fry sauce.



Fish and Potatoes (Preparation/cook time: 30 minutes)

1. Marinate fish and broil.
2. Bake sweet potato in microwave. Add small amount of brown sugar and/or margarine.
3. Steam broccoli on stove. Sprinkle with desired spices.

Homemade Pizza (Preparation/cook time: 20-30 minutes)

1. Spread pizza sauce on whole wheat Ready made pizza crust.
2. Sprinkle chopped vegetables, and lean ham or veggie crumbles, and 4 oz. part-skim mozzarella cheese on pizza.
3. Cook in oven 8-10 minutes or until browned.



Fajitas (Preparation/Cook time: 15-20 minutes)

1. Steam fresh or frozen peppers and onions in microwave or use fresh chopped vegetables raw.
2. Warm pre-cooked chicken, veggie crumbles and/or beans on stove.
3. Fill whole wheat tortillas with vegetables, protein, salsa, lower fat shredded cheese, light sour cream.