

Fast and Lean Meal Ideas



Here are some meal ideas that will help you choose better foods if you don't have much time to cook. It is important to read food labels and try to find brands that are low in fat and sodium. When eating out, always order the sauce on the side. Good luck!

Breakfast Ideas

Whole-grain product:

- Cooked oatmeal
- Cooked cream of wheat, Wheatena
- Smoothie (yogurt, skim milk, fruit, rolled oats)
- Shredded wheat or unsweetened whole grain cereal
- Muesli – nonfat light yogurt mixed with fruit and dry rolled oats (noncooked)
- 2 slices 100% whole-grain toast or English muffin with light jelly

Dairy:

- Skim milk
- Light, nonfat yogurt

Fruit:

- Banana
- Orange
- Apple
- Pear
- Grapes
- Melon

Beverage:* **

- Coffee
 - Tea
- * Sweeten with Equal®, NutraSweet® or Splenda®
- **Use fat-free half and half

Lunch Ideas

Light entrée:

- Pasta with red sauce (low-fat)
- Fish: poached, baked, grilled
- low-fat stirfry with veggies, brown rice and lean protein
- Chicken breast: roasted, baked or grilled; without skin
- Tuna salad made with light mayonnaise – served on lettuce
- Chicken breast salad made with nonfat mayonnaise – served on salad
- Clear broth-based soup
- low-fat chili
- Beans and rice
- low-fat rice dish (*arroz con pollo*)

Side dishes:

Fresh fruit
Tossed low-fat salad - try to include with every meal
Steamed vegetables
Raw vegetables
low-fat slaw
Baked potato with fat-free sour cream

Beverage:* **

- Water
 - Diet soda
 - Tea* **
- * Sweeten with Equal®, NutraSweet® or Splenda®
- **Use fat-free half and half

Dinner Ideas

Light entrée:

- Pasta with red sauce (low-fat)
- Fish: poached, baked, grilled
- Chicken breast: roasted, baked or grilled; without skin
- low-fat stirfry with veggies, brown rice and lean protein
- low-fat lasagna
- Shrimp cocktail
- low-fat sushi
- low-fat appetizer
- Clear broth-based soup
- low-fat chili
- Beans and rice
- low-fat rice dish (*arroz con pollo*)

Side dishes:

Fresh fruit
Tossed low-fat salad - try to include with every meal
Steamed vegetables
Raw vegetables
low-fat slaw
Baked potato with fat-free sour cream

Beverage:* **

- Water
 - Diet soda
 - Tea* **
- * Sweeten with Equal®, NutraSweet® or Splenda®
- **Use fat-free half and half