

EASY MEALS

Three Days of Menus

Day 1

Breakfast

- Banana and peanut butter smoothie¹

Lunch

- Hummus sandwich on pita bread, lettuce, tomato, shredded carrots, onions, green pepper slices²
- Triscuit® Thin Crisps, Onion flavor
- Vanilla yogurt with added fresh fruit (strawberry slices, blue berries, apple or pear chunks, etc.)
- Water

Dinner

- Bean, lentil soup
- Salad with lite dressing
- Microwaved sweet potato³
- Water



Snacks

- Nutrition bar⁴
- Fat free milk
- Orange slices

1. **Smoothie:** ripe banana, 1 cup skim milk, 1 T peanut butter, ice. Sweeten as desired. Blend until smooth.

2. **Hummus** is a spread made from chick peas (garbanzo beans); purchase in deli section.

3. Scrub **sweet potato skin** under running water. Prick with fork 3 places. Place potato in center of microwave and cook on high for 5-10 minutes, or until soft in center (test with fork).

4. Snack on **nutrition bars** that have at least 15 grams of protein per bar for longer lasting energy.

Day 2

Breakfast

- Oatmeal, instant, prepared with fat free milk⁵
- High calcium orange juice

Lunch

- Turkey & cheese roll up (use flour tortilla) with avocado or Romaine lettuce, tomato and mustard, mayo or dressing
- Baked Chips
- Red grapes
- Water



Dinner

- Whole grain pasta with tomato sauce topped with grilled chicken chunks⁶
- 1 cup microwaved broccoli (with cheese sauce, if desired)
- Slice multi-grain bread⁷
- Lite ice cream or frozen yogurt

Snacks

- Fat free chocolate milk
- Trail mix⁸
- Baby carrots

5. For **oatmeal** that energizes all morning, use milk instead of water and stir in a spoonful of fruit or chopped nuts after cooking.

6. Use frozen, **grilled chicken breast chunks**, such as Tyson's®

7. Choose **bread** with at least 2 grams fiber per slice.

8. Make your own **trail mix:** 1 c. low fat granola, 1 c. low sugar cereal such as Cheerios®, 1/2 c. peanuts, 1/2 c. raisins, 1 small tube mini M&Ms® (optional).

Day 3

Breakfast

- Whole grain bagel with peanut butter
- Fat free milk

Lunch (at restaurant)

- Grilled chicken sandwich from restaurant, with lettuce & tomato
- Fruit smoothie
- Iced tea, unsweetened (you add your own sweetener if desired)

Dinner

- Bean & cheese burritos⁹
- Acorn squash, microwaved whole¹⁰
- Pear, chopped and topped with vanilla yogurt and almond slivers
- Water

Snacks

- Mixed nuts
- Banana
- Pretzels or cheddar cheese mini rice cakes
- Flavored seltzer water

9. **Burrito:** On flour tortilla spread layer of canned, low-fat refried beans, sprinkle with shredded cheese and fold. Microwave on medium until heated through and cheese is melted. Top with fresh tomatoes or salsa.

10. Wash **acorn squash** and follow directions as per sweet potato. Slice squash and remove seeds. Drizzle a bit of maple syrup or brown sugar on top and enjoy!

