

# Fast and Lean Meal Ideas

## Breakfast Ideas

### Whole-grain product:

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

### Dairy:

- Skim milk
- Light, nonfat yogurt or Greek yogurt

### Fruit:

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

### Beverage:

- Coffee with milk
- Tea, unsweetened

## Lunch Ideas

### Light entrée:

- Pasta with red sauce
- Fish: poached, baked, grilled
- Stirfry: veggies, brown rice, lean protein
- Chicken breast: roasted, baked or grilled
- Tuna salad made with light mayonnaise
- Chicken salad made with light mayonnaise – served on salad
- Clear, broth-based soup
- Vegetarian Chili
- Beans and rice

### Side dishes:

- Fresh fruit
- Tossed low-fat salad
- Steamed vegetables or sweet potato
- Raw vegetables
- Low-fat slaw
- Baked potato with fat-free sour cream

### Beverage:

- Water or unsweetened tea

## 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
- Steamed vegetables
- Raw vegetables
- Low-fat slaw
- Baked potato with fat-free sour cream

### Beverage:

- Water or unsweetened tea

More recipes are at [www.foodandhealth.com](http://www.foodandhealth.com)

