

Fueling your body for your busy day begins with a healthy breakfast. To keep energized and focused, include a good source of protein (20-30 g) and plenty of fiber. Try these healthy and quick breakfast ideas:

- **Whole grain cereal and low-fat milk or lactose-free milk.** Look for cereal that contains ≥ 3 g fiber and ≤ 10 g sugar. Top with fresh fruit and 1 oz. of nuts.
- **Greek yogurt.** Top it with fresh fruit, $\frac{1}{4}$ cup low-fat granola, and/or a small handful of roasted almonds (1 oz. = 24).
- **100% Whole wheat bread with 1-2 Tbsp. of nut butter.** Choose all-natural, chunky or creamy nut butter (read label and look for no added sugar; nuts should be the only ingredient).
- **Protein packed fruit smoothie** (use frozen or fresh fruit). In a blender, combine 1 cup frozen mixed berries, banana, 1 orange (peeled, all seeds removed, and cut into segments), and $\frac{3}{4}$ cup Vanilla-flavored Greek Yogurt.
- **Egg breakfast sandwich*.** 1-2 scrambled eggs (stove-top or microwave) on a 100% whole wheat English muffin. Add-ins: fresh spinach, tomato, Canadian ham, onion, salsa, or hot-sauce.

Have more time? Check out the next page for more breakfast ideas you can prepare at home.

*How to Prepare Scrambled Eggs in the Microwave

1. Spray a small microwavable container (bowl or large coffee mug) with cooking spray.
2. Crack 2 eggs into the container and whisk them well with a fork. Egg substitute or egg whites may also be used.
3. Add 1-2 Tbsp. of low-fat milk and stir/beat well with a fork.
4. Microwave on HIGH (uncovered) for 45 seconds. Carefully remove container (use oven-mitts) and stir eggs with a clean fork. Then, microwave again on HIGH until eggs are almost set, usually about 30-45 more seconds.
5. Remove container from microwave using oven-mitts (Container will be HOT).
6. Stir again with a clean fork, and serve immediately.



WHOLE WHEAT PANCAKES:

Ingredients:

Use Whole Wheat Pancake & Waffle Mix. Look for a mix with $\geq 3\text{g}$ fiber/serving and $\leq 1\text{g}$ fat.

Directions:

Follow directions on the box and add in low-fat milk or lactose-free milk. Add fresh/frozen blueberries (thaw frozen), a sliced banana, and/or a teaspoon of cinnamon.

Store and Save For Later:

Refrigerator: Refrigerate within two hours of cooking; place in plastic bag to prevent drying out. For best quality, refrigerate for only 1 day. **Freezer:** Place a sheet of wax paper between each pancake, and then wrap pancakes tightly in aluminum foil or place in a heavy-duty freezer bag. For best quality, freeze for 1-2 months. When ready to eat, microwave each frozen pancake on HIGH for 30-60 seconds or, until steaming hot.

PUMPKIN SPICE MUFFINS:

Ingredients:

1 box carrot cake mix
1 (15 oz.) can pure pumpkin puree
 $\frac{1}{4}$ cup applesauce
 $\frac{1}{4}$ cup water

Directions:

Pre-heat oven to 350 F. Line muffin pan with paper muffin liners. Simply mix all ingredients until just combined. Drop batter into muffin pan – filling each muffin cup to $\frac{2}{3}$ full. Bake for 20–22 minutes. Check for doneness using a knife inserted in the center of a muffin. If it comes out clean, the muffins are finished. If not, cook for a few minutes longer and check again with a clean knife. Makes about 18 muffins.

Store and Save For Later:

Pantry: Store in sealed container for 1-2 days. **Refrigerate:** Store in sealed container for 1 week. **Freezer:** Store in sealed container or heavy-duty freezer bag for 1 month.

BREAKFAST BURRITOS:

Ingredients:

12 eggs (6 with yolks, 6 without (just the egg whites). Or, use egg-substitute.
 $\frac{1}{4}$ cup skim milk
1 red pepper, diced
1 green pepper, diced
1 onion, diced
 $\frac{3}{4}$ lb. turkey sausage
1 cup reduced fat cheddar cheese, shredded
10 whole wheat tortillas

Directions:

In a bowl, crack the eggs one at a time, add the milk, and beat together with a whisk or a fork until well blended. In a large skillet over medium high heat, brown the sausage, peppers, and onions until the sausage is no longer pink and the vegetables are tender. Turn the heat down to medium and add the eggs. Let the eggs cook for a minute or two. You can then scrape the eggs from the edge of the pan to the center and continue doing this until the eggs are just about set. Sprinkle the cheese on top and let rest for 20-30 seconds while the cheese melts.

Spoon some of the sausage and egg filling in the center of a tortilla. Wrap up each tortilla burrito-style, with the sides folded in. Place each burrito seam side down and allow to cool for a couple of minutes. Makes 10 burritos.

Store and Save For Later:

Freeze: Wrap each burrito in plastic wrap and then either wrap in foil or place in a plastic freezer bag. When ready to eat, remove all wrappings and place in the microwave oven for ~ 90 seconds.

Skip the fast-food restaurant and save money, calories, and fat! Pack or prepare one of these quick and easy lunch ideas:

- **Low-sodium veggie or bean soup (≤ 800 mg of sodium per serving).** **Serve with:** 1 whole-grain roll, 12 baby carrots, and a fresh apple.
- **Lean roast beef or turkey sandwich.** Use 100% whole wheat bread. Add flavor with mustard, wasabi paste, or low-fat mayonnaise. Add veggies like 2 slices of fresh avocado, a slice of tomato, and/or fresh spinach leaves. **Serve with:** Fresh fruit and a side-salad topped with 1-2 Tbsp. of vinaigrette or reduced calorie dressing.
- **2 Tbsp. hummus and fresh cut-up veggies.** Use peeled and sliced carrots, celery, bell-peppers, sugar-snap peas, and/or baby tomatoes. Use store-bought hummus. **Serve with:** Serve with fresh fruit and 1 oz. (a small handful) of pita chips, and 1 oz. of raw nuts (small handful).
- **Peanut butter and banana sandwich.** Use 100% whole wheat bread and 1-2 Tbsp. of peanut butter. Choose all-natural, chunky or creamy peanut butter (read label and look for no added sugar; peanuts should be the only ingredient). **Serve with:** 1-2 cups raw veggies and 1 cup low-fat milk.
- **Baked potato topped with beans and salsa.** Microwave* or oven bake a small – medium sized baking potato. Mix 2 Tbsp. prepared salsa with 1/2 cup beans (pre-cooked or canned low-sodium beans heated for 30-60 seconds in the microwave). Top baked potato with the salsa and bean mixture. **Serve with:** 1-2 cups leafy green salad topped with 1-2 Tbsp. of vinaigrette or reduced calorie dressing.

*** How to Prepare a Baked Potato in the Microwave:**

- Wash (scrub) medium-sized baked potato well. Using a fork, poke holes (at least 4 times) into both the top and bottom side of the baked potato.
- On a microwavable safe plate, microwave on HIGH for 4 minutes.
- Using a paper towel to help protect your fingers (caution: it will be hot), flip it over and microwave on HIGH for 4 more minutes.
- Remove the plate using oven mitts/gloves (very hot). Slice potato open and enjoy with spray butter, ¼ cup low-fat cheddar cheese, and/or steamed veggies/beans of your choice. Season with black pepper, salsa, or hot-sauce.



Have more time? Check out the next page for a few more lunch ideas you can prepare at home.

SZECHUAN CHICKEN & VEGETABLES OVER RICE

Ingredients:

2 tsp light sesame oil
1 pound thawed boneless, skinless chicken breast tenders
¼ teaspoon dried red pepper flakes
1 (10 oz.) package fresh stir-fry vegetables
¼ cup low-sodium teriyaki sauce
Brown Rice

Directions:

Begin cooking brown rice according to package directions.
Meanwhile, heat oil in large nonstick skillet over medium-high heat. Add chicken and sprinkle with pepper flakes; stir-fry for 3 minutes.
Add vegetables and teriyaki sauce, stir-fry for 5 minutes or until vegetables are crisp-tender and chicken is thoroughly cooked (no longer pink and internal temperature reaches 165°F). Serves 4.
Keep warm until rice is complete. Pour ~ 1 cup of chicken mix over ½ cup cooked rice.

Store and save for later:

Refrigerate: In a tightly sealed container for 3-4 days. **Freeze:** In a tightly sealed container for up to 4 months

BEEF STEW

Ingredients:

2 pounds boneless beef sirloin steak, cut into 1-inch cubes
3 Tbsp. flour
2 Tbsp. vegetable oil, divided
1 package of beef stew seasoning mix
3 cups of water
5 cups of frozen vegetables for stew

Directions:

Coat beef with flour. Heat 1 tablespoon of the oil in a large nonstick skillet or Dutch oven on medium-high heat. Add 1/2 of the beef; brown on all sides. Repeat with remaining beef, adding remaining 1 tablespoon oil. Return all beef to skillet. Stir in Seasoning Mix and water. Add vegetables; bring to boil. Reduce heat to low; cover and simmer 15 minutes or until vegetables are tender. Serves 8.

Store and Save for Later:

Refrigerate: In a tightly sealed container for 3-4 days. **Freeze:** In a tightly sealed container for 4-6 months.



Make sure you have healthy food on-hand to prepare a delicious meal after work! Check out these simple and quick meal solutions:

- **Baked Potato with Low-fat Cheese and Steamed Veggies.** Microwave 1-2 cups of frozen veggies according to package directions. Place cooked veggies and 1-2 Tbsp. low-fat, shredded cheese on top of baked potato. **Serve with:** Fresh fruit.
- **Healthy frozen meal (Read Nutrition Facts Label and look for ≤ 600mg Sodium; ≤10g Fat; ≤500 calories).** **Serve with:** Fresh fruit, a side-salad topped with low-fat vinaigrette dressing.
- **Chicken salad on top of fresh greens.** Use 1 can of canned, drained chicken breast. Mix together chicken breast and 2 Tbsp. low-fat Italian salad dressing. Place chicken on top of 2 cups of mixed salad greens. Top with 1 small tomato cut into wedges, ¼ red onion cut into thinly sliced rings, 1 hard-cooked egg, sliced, and 1/8 cup pitted ripe black olives (optional). **Serve with:** Fresh fruit (i.e. apple), a few whole-grain crackers (pre-portioned), and 8 oz. of low-fat milk.
- **Thai beef rolls.** Combine 1 1/2 Tbsp. lime juice, 1 Tbsp. dark sesame oil, 1 Tbsp. bottled ground fresh ginger, 1 Tbsp. of bottled minced garlic, 2 tsp. of fish sauce, and ¾ tsp. sugar. Stir well with a spoon. Place a whole grain tortilla on a plate and brush lightly with 2 tsp. of juice mixture. Cover with a few pieces of torn lettuce or spinach leaves. Place a small handful of match-stick cut carrots on top of lettuce leaves. Place 3 oz. lean roast beef on top of mixture and wrap-up. Save remaining juice in refrigerator for up to 7 days. **Serve with:** Fresh fruit, low-fat milk, and ¼-1/2 cup of brown rice*.

*** Make-Ahead Brown Rice:**

Prepare brown rice in large batches per package directions or use a rice cooker. Freeze 1 cup portions in individually sealed plastic zip-lock bags. Thaw in refrigerator overnight. When ready to eat, place in microwavable container, and heat in microwave on HIGH for 45-60 seconds or until steaming hot.

Have more time? Check out the next page for a few more dinner ideas you can prepare at home.



MAPLE-GLAZED SALMON WITH COOKED SPINACH

Ingredients:

½ cup orange juice
1/3 cup pure maple syrup
2 tsp. minced ginger (jar variety)
1 tsp. crushed garlic (jar variety)
4, 4-6 oz. salmon fillets, without skin 1 package of frozen, chopped spinach

Directions:

Preheat oven to 400°F. Line a baking pan with parchment paper and coat paper with cooking spray. Place orange juice, syrup, ginger and garlic in a small pan over medium heat, and bring to a boil. Reduce the heat to medium-low and simmer for 8 minutes or until slightly reduced and syrupy.

Place salmon on prepared tray. Reserve half the maple glaze. Pour remaining glaze over salmon fillets. Bake for 12-18 minutes. Salmon should flake easily with a fork. Thermometer inserted into center of salmon should read > 145°F. Drizzle reserved glaze over salmon and serve with cooked spinach Serves 4. (Prepare frozen spinach in microwave-safe covered dish according to package directions. Keep covered until salmon is ready to serve.)

Store and save for later:

Refrigerate: Refrigerate left-overs within 30 minutes of cooking. Store in an air-tight glass/Pyrex container for up to 4 days. **Freeze:** Store in an air-tight glass/Pyrex container for up to 2-3 months. (Thaw overnight in refrigerator).

VEGGIE LOADED CHILI

Ingredients:

½ Tbsp. olive oil
3 tsp. chopped garlic
2 cans of low-sodium diced tomatoes
2 cups chopped baby carrots
1 cup chopped celery
1 cup chopped zucchini
1 cup chopped onion
1 cup chopped bell pepper
1 large jalapeño, chopped (leave some seeds in for heat, if desired) 1 can low-sodium kidney beans, drained and rinsed
1 can low-sodium black beans, drained and rinsed
1 can low-sodium pinto beans, drained and rinsed
2 Tbsp. dried oregano
½ cup vegetable broth
Chili powder (to taste)

Directions:

Add olive oil to a large stock pan over medium heat. Once the oil is hot, add in the onions, peppers, carrots, celery and zucchini and cook until the veggies just start to become tender.

Next, add in the beans. Then add the tomatoes, garlic, oregano and broth. Stir. Add chili powder depending on your taste preference.

Bring this mixture to a boil while stirring to combine all the flavors. Once it boils, put a lid on it and turn down the heat to simmer. Let it simmer for about 1 hour. This allows the flavors to meld beautifully together. Stir occasionally to prevent sticking. Serve it up and eat it while it's hot. Serves 8.

Store and Save for Later:

Refrigerate: in an airtight container for 3-4 days. **Freeze:** Store in an airtight container for 4-6 months. You can re-heat it as is or re-heat and serve over a baked potato or cooked rice!