

# QUICK & HEALTHY LUNCH & DINNER IDEAS

## **Sandwiches / Burgers / Wraps:**

- Low fat veggie burger (e.g. Boca Burger, Morningstar, etc.) or turkey burger on whole wheat bun. Serve with dark green lettuce, tomato, onion, ketchup, and/or mustard.
- Cold turkey breast sandwich on whole wheat bread. Pile on the veggies.
- Pita pocket stuffed with canned beans, humus, turkey, or canned tuna. Add lots of veggies.
- Pita (or English muffin) pizza with tomato sauce, low fat cheese, and grilled veggies.
- Burritos made with low-fat tortillas, canned fat free refried beans, ground turkey breast or vegetarian “meat” crumbles, lettuce, tomatoes, salsa.
- Fajitas made with low fat tortillas, grilled chicken breast, tomatoes, onions, and bell peppers.

## **Microwaved “Baked” Potato With Low Fat Toppings:**

- Canned black beans, tomato salsa, and shredded lettuce.
- Steamed veggies and low fat cheddar cheese.
- Fat free cottage cheese.
- Fat free vegetarian canned chili.

## **Pasta and Rice** \* Be sure to make extra pasta and rice for leftover salads.

- Whole wheat pasta with canned or bottled tomato sauce. Add frozen veggies.
- Brown rice or cous cous with stir fried veggies and chicken, tofu, or beans for protein. Season as you like: soy sauce, garlic, and ginger (Chinese); curry powder, tumeric, and mango chutney (Indian); oregano, basil, tomato sauce (Italian); chili powder, cumin, stewed tomatoes (Mexican).

## **Whole Meal Salads:**

- Mixed Green Salad. Toss with a variety of raw veggies and low fat Italian or seasoned vinegar dressing. Add canned tuna, fat free cottage cheese, diced turkey, tofu, or beans.
- Mixed Bean Salad. Toss with frozen veggies and low fat Italian or seasoned vinegar dressing.
- Leftover Pasta or Rice Salad. Add frozen veggies and toss with a low fat Italian or seasoned vinegar dressing.
- Tostada Salad. Top a “bed” of shredded lettuce with tomatoes, fat free refried beans or veggie “meat” crumbles, low fat cheese, and salsa. Eat with baked tortilla chips.

## **Hearty Soups:**

- Canned vegetarian chili, lentil soup, or chicken rice soup. Serve with steamed veggies or a tossed green salad.

## **Eggs:**

- Omelets made with egg substitutes or 1 whole egg + 3 egg whites. Add spinach, tomatoes, onions, bell peppers, and a little parmesan cheese for flavor.

## **Fast Food**

- Subway low fat turkey or roast beef subs on whole wheat bread. Pile on the veggies, but hold the mayo and oil.
- Carl’s Jr. chicken breast sandwich. Hold the cheese and mayo.
- El Pollo Loco rice bowl with chicken or veggies.
- Healthy Choice or Weight Watchers frozen entree.