**Nutritious Meals in Minutes**

For a well-balanced meal, include 3 or more food groups with at least one serving of fruit and/or vegetable.

**Breakfast Meals**

* Smoothie with low fat vanilla yogurt and fruit, topped with granola
* Whole grain cereal with skim milk and banana slices
* Omelet made with egg substitute, vegetables, low fat cheese
* Oatmeal made with skim milk and mixed with raisins and cinnamon
* Breakfast burrito made with egg substitute, diced vegetables, low fat cheese and salsa wrapped in a whole wheat tortilla
* Scrambled eggs made with skim milk and low fat cheese, whole wheat toast, fruit cup
* Granola bar, low fat yogurt cup, glass of orange juice
* Toasted English muffin topped with one slice Canadian bacon and cheese slice, fruit cup
* Mash half of banana into 2 tablespoons peanut butter and spread onto bagel
* Fruit cobbler with canned fruit, topped with low fat granola cereal and vanilla yogurt

**Lunch & Dinner Meals**

* Roll up black beans, salsa, and mozzarella cheese in a whole wheat tortilla
* Chicken stir-fry with mixed vegetables and served over brown rice
* Vegetarian chili with beans, vegetables, and whole wheat noodles
* Whole wheat pita with hummus, turkey slices, cheese slice and chopped vegetables
* Baked potato topped with steamed broccoli or chili with beans, and low-fat cheese
* Tuna casserole with whole wheat noodles, low fat cottage cheese, and peas
* BBQ baked chicken with steamed vegetables and brown rice
* Turkey sandwich on whole wheat bread with mustard, cheese slice, lettuce and tomato
* Peanut butter and banana sandwich on whole wheat bread
* Spaghetti with whole wheat noodles, meat sauce and side salad
* Vegetable beef soup with whole wheat toast and an apple
* Thin crust pizza topped with chicken and vegetables