

Quick Meal Ideas

Time Saving Tips:

- Prepare ingredients in advance when you have time so that later in the week when things get busy your meal prep time will be shorter (for example, wash and chop veggies after grocery shopping and put them in containers in the fridge)
- Frozen vegetables are nutritious and easy to use
- Speed up cooking by using microwave: sweet potatoes, potatoes, and frozen vegetables in particular
- Save dinner leftovers in lunch-friendly portions and containers for easy lunches
- Sheet pan and crock pot meals save on cooking and cleaning time
- Think outside the box:
 - Breakfast and lunch foods can be eaten at any time of the day.
 - Combine several balanced snack combos to make it a meal

Breakfast Ideas:

- Yogurt and berries (add granola and/or nuts for crunch)
- Scrambled eggs, whole grain toast, and fruit
- Cottage cheese with fruit or salsa
- Omelet with veggies
- Toast with banana and nut butter
- Overnight steel cut oats with nuts and fruit
- Whole grain bagel with hummus, cucumber slices, and/or sprouts

Lunch or Dinner Ideas:

- Sandwich (turkey, chicken salad, peanut butter, etc.), sliced cucumber
- Tuna salad on crackers with celery sticks
- Microwaved sweet potato topped with black beans, avocado, salsa, and plain yogurt
- Baked potato topped with broccoli, diced chicken, and shredded cheese
- Chicken breast, green beans, brown rice
- Tofu, noodles, broccoli
- Lentils, rice, and spinach
- Hummus and veggie wrap (lettuce, cucumbers, bell peppers, etc.)
- Burrito wraps: Protein (black beans, chicken, eggs, cheese) + Vegetable (avocado, salsa, cabbage, lettuce, peppers, green onion) + Tortilla

Contact us

Health Promotion
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Make an appointment with a health coach

Online: etang.berkeley.edu

In-person: Appointment Office

Phone: 510-642-2000, press 4 then 1



Aim for three main meals per day, each with three components:

1. Protein and dairy foods
2. Grains, breads, or starchy vegetables
3. Fruits and vegetables

Snack between meals if hungry.

Snack Food Ideas:

- Proteins:
 - Hardboiled egg
 - Legumes: Dried edamame, roasted chickpeas, hummus, bean dip
 - Dairy: Yogurt, cheese, cottage cheese
 - Nuts and seeds: Pumpkin seeds, peanuts, pistachios, almonds, sunflower seeds, cashews, walnuts, hazelnuts
- Fruits: apple, orange, banana, pear, peaches, strawberries, blueberries
- Vegetables: sugar snap peas, carrot sticks, celery sticks, cherry tomatoes, red bell pepper slices or mini sweet peppers

Balanced Snack Examples:

- Cheese + pear
- Almonds + mandarin
- Yogurt + berries
- Corn chips + guacamole, salsa, and/or beans
- Hummus + red bell pepper strips
- Apple slices + almond butter
- Celery sticks + peanut butter
- Melon + cottage cheese

Drinks:

- Make tap water your default drink. Carry a water bottle.
- Other unsweetened beverages: Sparkling water, herbal tea, fruit infused water
- Limit consumption of sweetened teas, coffee drinks, alcoholic

TANG TIP:

Tang Tip: Protein foods include poultry, meat, fish, eggs, beans, and nuts. Try to include a serving of protein at each meal.