Day 1

**Breakfast**

* Scrambled egg
* Whole wheat toast, spread
* Sautéed spinach

**Lunch**

* Tuna pasta salad\*

**Dinner**

* Chicken, cut in strips and stir-fried\*
* Green beans, from frozen
* Sweet potato\*, spread
* Ice cream or frozen yogurt, 1 cup

**\*Recipes**

**Tuna Pasta Salad:** 1-2c leftover cold pasta + ½-1c cooked, raw or thawed frozen vegetables (zucchini chunks or chopped peppers or thawed peas) + 6oz canned tuna (or sub leftover chicken chunks, cubed cheese or garbanzo beans) + 2-3 Tbsp vinaigrette or mayo.

**Stir-fried Chicken:** Cut chicken in strips. Heat pan on medium-high. Add 2 tsp oil. Add chicken but do not crowd in pan (cook in 2 batches if necessary). When brown on one side, stir and continue cooking until opaque on the inside (cut open a piece to check). This should take ~5 minutes. Make extras and freeze or refrigerate for lunch salad or wrap. Alternatively, bake chicken at 350 degrees for ~35-45 minutes, or until juices are clear and meat is opaque.

Day 2

**Breakfast**

* Oatmeal
* Stir in peanut butter and banana
* High calcium orange juice

**Lunch**

* Chicken (leftover)\* & cheese wrap on tortilla

with lettuce, tomato and mustard, mayo and/or avocado

* Red grapes

**Dinner**

* Pasta with marinara topped with
* Frozen meatballs
* Parmesan

Day 3

**Breakfast**

* Breakfast bowl of plain or vanilla yogurt layered with
* Fresh, dried or frozen fruit
* Granola with nuts and seeds

**Lunch**

* Peanut butter and jelly sandwich
* Hummus with carrots, cucumbers, green pepper slices
* Greek yogurt

**Dinner**

* Fried rice



Day 4

**Breakfast**

* Smoothie\* with
* Fresh or frozen fruit
* Flax seed or nut butter

**Lunch**

* Main dish salad with protein (leftover chicken chunks, cubed cheese and/or garbanzo beans) and dressing
* Cookie or brownie

**Dinner**

* Bean and cheese burrito\*
* Fresh fruit

**Quick Tips for Busy People**

* Avoid cooking and cleaning up for just 1 meal. Make extras of all or part of the meal for leftovers/lunches or to freeze for another time. Cook chicken or taco meat or meatballs or salmon and freeze to reheat for another meal. Chop extra veggies to use at another meal for a side dish, a salad, or a stir-fry. Certain foods, like brown rice, require long cooking times; make a large batch and freeze in meal-sized portions.
* If you tend to over-eat if more is prepared, then pack extras into the freezer or refrigerator, before sitting down to eat. Once food is cold, you may be less likely to have more.
* Fresh vegetables can be expensive, especially if they go to waste. Consider stopping at the salad bar at the grocery or dining hall to get chopped vegetables in just the amount you need. Craving tacos? Just go to the salad bar for chopped lettuce, diced tomatoes, onions and peppers—easy, fast, no waste!
* Look online for a soup of chili recipe that you can make in the slow cooker. Freeze extras.
* Buy a rotisserie chicken. Use in salads, sandwiches, burritos. Freeze extras. Easy!

**Recipes (continued)**

**Sweet Potato:** Scrub under running water. Prick with fork in 3 places. Place in center of microwave and cook on high for 5-10 minutes, or until soft in center (test with fork).

**Fried Rice:** Use leftover rice (should be cold to break apart). To prevent sticking, first heat pan on med to medium high, then add 1 tsp oil. To this add 1-2 eggs and stir-fry until set, then remove from pan. Add more oil if needed to saute vegetables (onion, garlic, frozen peas with diced carrots or any other vegetable); when soft, remove from pan. If you have leftover meat, dice and fry. Add 1-2c rice and heat. Season with 1-2 Tbsp soy sauce mixed with ½-1 tsp toasted sesame oil (for an authentic flavor). If you have ginger, add ½ tsp. Add back the vegetables and eggs and heat before serving.

**Smoothie:** Freeze several peeled bananas when they are on sale or if too ripe. Blend until smooth: ½-1 frozen banana, 1c milk or yogurt, 1-2 Tbsp peanut butter, water for desired consistency. Sweeten if needed. There are no limits to the extras you can add: ¼c raw oatmeal, 1-2T ground flax (grind whole seeds in the dry blender first—very perishable once ground), spinach/kale, coconut flakes, chia seed, various fresh or frozen fruits (pineapple, berries, mangoes, avocado), flavorings (honey, sugar, cinnamon, nutmeg). You can find many recipes online. Smoothies in a travel mug can be a discrete way to take a meal or snack to class or work.

**Burrito:** On tortilla, spread layer of canned refried beans, sprinkle with shredded cheese and fold. Microwave on medium until heated through and cheese is melted. Top with diced tomatoes or avocado or salsa.