Day 1

**Breakfast**

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

**Lunch**

* Pasta salad\*

**Dinner**

* Sweet potato\* topped with
* Roasted garbanzo beans\*
* Green beans, from frozen
* Ice cream or frozen yogurt, 1 cup

**\*Recipes**

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

**Roasted Garbanzo Beans:** Drain canned beans and air-dry in a single layer (or use paper towel). Toss with 2 tsp oil + ¼ tsp garlic powder + ½ tsp paprika. Roast in a 13X9 pan in a single layer at 400 degrees for ~35-45 minutes, stirring every 15 minutes, or until browned and slightly crunchy.

**Silken Tofu:** This is a very easy protein food. This type of tofu is in “juice box” type packaging, so is shelf stable. Great to have on hand because it doesn’t spoil. Just crumble with a fork right from the box onto hot pasta.

Day 2

**Breakfast**

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

**Lunch**

* Hummus & cheese wrap on tortilla

with cucumber, tomato and/or avocado

* Red grapes

**Dinner**

* Pasta with marinara sauce topped with
* Silken Tofu\*
* 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 (cubed cheese and/or beans) and dressing
* Cookie or brownie

**Dinner**

* Bean & cheese burritos\*
* Fresh fruit



**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). If the oven is on for another food, you can place the potato in a pan or on foil to catch drips, and bake at 350-400 degrees for ~45 minutes, or until soft.

**Fried Rice:** Use leftover rice (should be cold to break apart). To prevent sticking, heat pan on med to medium high, then add 1 tsp oil. To this add 1-2 scrambled eggs and stir-fry until set, then remove from pan. Add more oil if needed to saute vegetables (½ - 1c onion, garlic, frozen peas with diced carrots or any other vegetables); when soft, remove from pan. Add 1-2c cold rice and heat through. 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 through 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 mixed with taco seasoning, sprinkle with shredded cheese and fold. Microwave until heated through and cheese is melted. Top with diced tomatoes or avocado or salsa.

**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. Chop extra veggies to use at another meal for a side dish, a salad, or a stir-fry. Certain foods, like brown rice and dried beans, require long cooking times; make a large batch and freeze in meal-sized portions.
* If you tend to over-eat if extra is prepared, then pack leftovers into the freezer or refrigerator first, before sitting down to eat. Once it is cold, you are 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 slow cooker soup or chili recipe. Freeze extras.