

## Quick and Easy Meals + Snacks

Below are 15 no cook, grab and go ideas for breakfast, lunch, and dinner ideas, plus tons of quick snack ideas to keep you fueled and energized when you don't have time to cook and don't want to "think" about choosing from the healthy list. These don't all have added carbs in terms of grains or starchy veggies- please feel free to add them if you need them.

You can **always** feel free to replace any meal or snack with a green smoothie from the smoothie recipes in Holli's guide. They are loaded with nutrients, and take under 4 minutes to make. And if you can't find 4 minutes to take care of yourself, then "Houston, we've got a problem. ";)

### Breakfast Ideas

- One cup of low-fat cottage cheese + one piece of fruit
- One cup of low-fat greek yogurt + one cup of berries
- One cup of low-fat greek yogurt + 12 almonds
- 2 hard boiled eggs + piece of toast + 1 tablespoon of coconut butter
- Brown rice cake + 2 tablespoons almond butter
- Brown rice cake + smashed avocado + lemon juice + cayenne pepper
- Whole grain waffle + of 2 tablespoons almond butter
- Instant oatmeal + one cup of berries + 1 tbl coconut oil mixed in
- One cup of cooked quinoa + one cup of mixed berries + tablespoon of nuts
- One slice of gluten free toast + ½ avocado + lemon juice + cayenne pepper
- One slice of gluten free toast + one ounce of goat cheese + sliced pear
- Leftover protein pancakes
- One cup of low sugar, preferably gluten free cereal + one cup of almond or coconut milk
- 1/2 grapefruit with 12 almonds

### Lunch/ Dinner Ideas

- Tossed salad + 2tbl lowfat dressing + one chicken breast
- Tossed salad + 2tbl lowfat dressing + 4oz of fish
- Tossed salad + 2tbl lowfat dressing + 4oz of lean steak
- 4oz grilled chicken breast + one cup grilled veggies
- 4oz baked fish + small side salad
- 4oz high quality, no nitrate sliced turkey + salad + gluten free rice crackers
- Tossed salad + 2tbl lowfat dressing + one cup of beans
- Small Caesar salad + one cup of lentil soup
- One roasted chicken breast + one cup of veggies + small sweet potato
- 4oz Turkey Burger over tossed salad + 2tbl lowfat dressing + 1 cup quinoa
- Make ahead [Mason Jar Salad](#) snacks
- Can of tuna + 2 tbl lowfat canola mayo+ favorite fresh herbs + salad or raw veggies
- Leftover egg frittata or egg muffins + salad or veggies
- Store bought rotisserie chicken over salad
- Store bought veggie burger + salad or choice of veggies

- Home-made bars, snacks from recipes included under snacks
- 2 tbl almond butter + apple
- ½ avocado sliced + 1 cup veggies
- 2 hard boiled eggs + yolks replaced with hummus
- 1 banana + 10 almonds
- 1 low-fat greek yogurt + 10 almonds
- one string cheese + one piece of fruit
- 8oz green smoothie
- 3 celery slices filled + 2 tbl almond butter
- Raw veggies + [greek yogurt](#) dip made ahead
- Raw veggies + guacamole made ahead
- Raw veggies + Hummus
- Any 2oz of quality protein from meat or fish from dinner last night
- Kind Bar with less than 6 grams of sugar- the Salted Dark Chocolate is my Fav!
- Quest Protein Bars- If I'm in a pinch or need something "candy like" these are my go-to!
- Low sodium, minimally processed, nitrate free, sliced turkey. I like Applegate Farms.
- High quality meat jerky. (I admit, I don't eat this, but only because I don't like it.. lol)
- Fresh fruit of your choice + 12 nuts of your choice
- Steamed veggies + [tahini dressing](#) made ahead
- ¼ cup of dry roasted edamame
- Seaweed snacks
- Organic cheese stick+ one apple
- Air popped popcorn, or "Skinny Pop" up to 4 cups
- Dill Pickles are great if you're craving salt
- Homemade "fruitsicles." Make ahead of time, puree fruit and pour into popsicle molds
- 2 Medjool dates each stuffed with 2 almonds- a great "sweet" snack

Also, check out this list of Preventions top ["100 Clean Packaged Foods" Guide](#)- if you're in a pinch and don't have time to cook, cut yourself some slack, but make sure you still try to eat clean.