

Quick Meal Ideas

Breakfast Ideas

- Scrambled or hard-boiled eggs with toast and fruit
- Frozen waffles with peanut butter or Nutella and fruit
- Chobani Complete Smoothie or Bolthouse Breakfast Smoothies
- Make your own smoothie with ingredients such as fruit, Greek yogurt, avocado, peanut butter, chia seeds/flax seeds, etc!
- Breakfast burrito (frozen or handmade with tortilla + cheese + eggs + meat or beans) with side of fruit
- Greek Yogurt with granola and fruit/nuts
- Cereal with milk topped with fruit and nuts
- Grits bowl (microwave grits + cheese + microwave sausage/chicken sausage) with fruit
- Frozen breakfast sandwich (or make your own with English muffin + eggs + cheese + meat of choice such as bacon or sausage) with fruit
- Bagel with cream cheese and fruit
- Omelet with meat of choice, cheese, and veggies of choice + side of fruit or toast
- Oatmeal with peanut butter, cinnamon, and fruit
- Bar (such as KIND breakfast bar, Cliff bar, RX bar) + fruit
- Avocado toast with fruit
- Hummus toast with fruit
- Peanut butter toast with chia seeds and banana
- Muffin or donut + milk

Lunch/Dinner Ideas

- Adult “Lunchables”
 - **Deli meat and cheese box:** Deli meat, cheese, fruit and/or veggies, crackers/chips, dip (hummus, guacamole, ranch, tzatziki, nut butter, etc.)
 - **PB&J box:** PB&J, fruit and/or veggies, crackers/chips, dip (hummus, guacamole, ranch, tzatziki, nut butter, etc.)
 - **Bagel box:** Bagel with cream cheese or nut butter, cheese and crackers, fruit and/or veggies with dip (hummus, guacamole, ranch, tzatziki, nut butter, etc.)
- Wrap or sandwich with deli meat, veggies, mayo or hummus with side of chips/crackers, nuts, and/or produce and dip
- Egg salad, chicken salad, or tuna salad on lettuce, wrap, or sandwich with side of chips/crackers, nuts, and/or produce and dip



**Eating
Recovery
Center**



**Pathlight
Mood &
Anxiety
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- Frozen meal with fruit and/or veggies, crackers/chips, dip (hummus, guacamole, ranch, tzatziki, nut butter, etc.)
- Grilled cheese with canned or homemade soup and produce with dip
- Quesadilla (tortilla with cheese and frozen grilled chicken or beans) with produce and/or crackers/chips and dip
- Burrito bowl: rice or quinoa with peppers and onions, frozen grilled chicken, cheese, guacamole, salsa, and beans and/or corn
- Chicken Caesar salad (pre-made Caesar salad and add frozen grilled chicken) with chips/crackers and dip
- Mediterranean bowl: rice or quinoa with frozen grilled chicken, cucumbers, tomatoes, feta cheese, olives, red onion, and hummus
- Pasta salad with produce and dip and protein of choice (chicken, fish, hard boiled eggs, steak, pork, deli meat, etc.)
- Frozen hamburger patty on bun with toppings with fries/tator tots and fruit
- Pasta with meat sauce and side salad
- Pre-made sushi with edamame and seaweed salad
- Nachos (chips with cheese, beans, guacamole, sour cream) with produce and dip
- Chicken tenders with fries/tator tots (or crackers) with produce and dip
- Frozen veggie stir fry mix with beans and/or edamame on microwave rice

Add your favorite meal ideas here: