

Nutritious Foods for Busy People - Ideas for Meals, Snacks, and Beverages

This guide has been created to provide ideas for quick, healthy foods and drinks (including brand names), to replace fast foods and highly processed foods. Choose high fiber (at least 3 grams of fiber & at least 8 grams whole grain per serving -- careful with gluten) bread/cereal/crackers. Have large portions of fruits & veggies each time you eat. Use lots of herbs & spices. Sprinkle mixture of hemp seed, ground flaxseed, and chia seed on everything (keep refrigerated in shaker container). Buy organic whenever possible. *items shine a little brighter

Breakfast

*Eggs (can hard boil in advance) and toast with kiwi Good Culture cottage cheese and pineapple with pumpkin pie spice

Dave's Killer bread or Eureka bread toasted with peanut or cashew butter. Alternatively, try avocado with tomato on your toast.

Lifestream Flax Plus or Vans or Kodiak Cakes or Kashi GF waffle with almond butter and berries

Unbagel or Thomas or Western 100% Whole Wheat bagel with cream cheese and grapes

Whole grain toast and Canadian bacon or Applegate turkey bacon.

Thomas Better Start Light Multigrain English muffin with peanut butter and jelly (try 100% fruit spreads or local honey) and apricots

*Living Prana BrainCakes pancake and waffle mix

Shredded wheat (with less than 7 grams of added sugar), Quaker Protein instant oatmeal, Old Fashioned Oats, Kodiak Cakes instant oatmeal, Wheaties, Original Cheerios, Raisin Bran, Kashi, Bear Naked Granola or Nature's Path Granola, Basic 4, Wheat Chex, All Bran, Grape Nuts, Great Grains, Bran Buds. Kashi GO has a grain free version and so does O Organics granola. Try sprinkling nuts and dried/fresh fruit on top.

*Low sugar Chobani greek yogurt with berries. Mix kefir or plain yogurt in for more probiotics. Cow's milk can be inflammatory. May consider almond, soy, coconut, cashew, goat or sheep milk yogurt. Buy plain and sweeten yourself with fruit, local honey, real maple syrup, or coconut sugar.

*Eggs and peppers and mushrooms in Siete Tortilla

*Smoothie options(can blend in a shaker bottle) --

Base: milk/greek yogurt/kefir/soy milk/flaxmilk/almond milk with pea protein/100% juice. (can soak ½ cup nuts in 1 cup water overnight, blend next day to create nut milk)

Add: fruit/veggies/avocado/nut butter/seeds/nuts/protein powder/cocoa powder/ginger/cinnamon/quinoa/acai superfruit packs with no sugar.

Excellent protein powders are Paleovalley Bone Broth Protein, Tone It Up Organic, and Organifi Complete Protein Powder, Manitoba Organic Hemp Yeah, Truvani, Kose plant protein powder, and Evolution. Sunfoods brand has some really great super powders.

*Apple or banana with peanut butter or almond butter or cheese

Silk Protein Greek Style yogurt with mango & shredded coconut

*Bellwether Farms sheep milk plain yogurt

Kite hill plain unsweetened almond milk yogurt

*New Earth Superfoods Super-Probiotic coconut yogurt unsweetened

Lunch

Thomas Better Start English muffin topped with marinara sauce, feta cheese, veggies

Tuna, ham, egg salad, or turkey sandwich with primal kitchen mayo, tomato, avocado

*Pre-washed bagged salad greens with tuna, pistachios, vinegar & oil

Peanut or cashew butter and banana sandwich with baby carrots

*Make enough soup to last a few days:

meat/fish, broth, tofu, beans, onion, garlic, veggies, and lots of herbs and spices

***Dinner leftovers with veggies or salad**

*Beans & quinoa (or another whole grain) with yellow pepper, zucchini, onions

Ham & veggies & hummus in high fiber wrap or whole grain tortilla

Applegate uncured turkey hotdog with spinach salad

California Rolls (look for brown rice) and edamame

Frozen meals are high in sodium and nutrient poor ---

look for Kashi, Eating Right brands, or Amy's

***Pre-made green salads with sardines**

*Pasta (made with any type of bean or whole grain) salad with diced chicken or turkey, olives, carrots, broccoli, spices, and olive oil

*Wild-caught Salmon Burgers 365

Dinner

***Make homemade Pesto & store in a mason jar in the fridge. Will stay fresh for a month. Can use as a spread on sandwiches or pizza; a sauce on pasta, any grain, potatoes, eggs, etc. Blend in blender: 5 oz jack cheese, 5 cloves garlic, 8 cups basil/spinach/parsley/kale, juice of one**

lemon, generous amount of herbs and spices, 1/3 cup olive oil.

*Baked potato w/ olive oil, broccoli, salsa

**Try roasted veggies with your meal: cut into ~2" cubes, toss in organic coconut or avocado oil, Bragg Organic apple cider vinegar, season with herbs and spices, bake at 425*

Tuna melt or egg salad sandwich with a peach

*Sashimi sushi or salmon avocado roll (with brown rice) and seaweed salad

*Bean, cheese, kale, and guacamole in a high fiber wrap with brussel sprouts

Quesadilla (in Siete tortilla or Mission Whole Wheat with quinoa & chia tortilla) & corn on cob

*Tacos made with soft corn tortillas, chicken or ground turkey cooked with herbs and spices, guacamole, lettuce, tomato & salsa

Dr Praeger's Perfect Burger or Trader Joe's Quinoa Cowboy veggie burger on whole grain bun with waldorf salad

*Tempeh with stir fried veggies

*Pre-washed bagged salad mix with turkey, veggies, mandarin oranges, garbanzo beans, and slivered almonds with primal kitchen dressing

*Ronzoni Healthy Harvest pasta or quinoa pasta with marinara or pesto, Butcher Shop Meatballs,

cauliflower, and mushrooms

*Marinate and bbq salmon & veggies (Get great fish delivered from Wild Alaskan Company)

*Steamed veggies topped with cut-up ham & goat cheese *Perdue organic breaded chicken breast tenders (come fully cooked) with Explore chickpea pasta, olive oil, and lemon

*Chili with ground turkey, beans, stewed tomatoes, grated carrots, veggies, herbs and spices

Boboli 100% whole wheat pizza crust or Caulipower frozen pizza crust with marinara, low sodium Hormel turkey pepperoni, cheese, and veggies

*Pork loin (comes marinated-- just bake or bbq) and quinoa cooked with green beans and salsa

*Banza chickpea pizza with green salad

Snacks

*Check out PaleoValley for their highly nutritious beef/turkey sticks and superfood bars

Triscuits with cheese or low sodium Hormel turkey pepperoni

*Raw veggies with low sodium bean dip or hummus

*Fruit and string cheese

*Edamame or soy nuts

Brami Sea Salt & Vinegar Snacking Beans

Spicy Fiesta Sprouted Flax Snax

Seapoint Farms Dry Roasted Edamame

Trader Joe's Beet Chips or Bare Baked Crunchy Carrot Chips Saffron Road

Crunchy Chickpeas or Biena Chickpea Snacks

*Plain greek yogurt (sweetened with your own juice or blended fruit) with seeds or nuts on top. Blend in kefir for greater probiotic power.

*Hard boiled egg w/ coleslaw (can buy bagged slaw and coleslaw dressing)

*Celery, carrots, apple, banana with peanut or almond butter

RW Garcia Flaxseed tortilla chips and low sodium bean dip, guacamole, or salsa

Popsicles made with fruit juice

Chocolate soy/flax milk (can mix cocoa powder in plain soy or flax milk for less fat & sugar)

Tart frozen yogurt or greek frozen yogurt with nuts on top (mix together cocoa, protein powder, chia/flax/hemp seed and mix in)

Fiber One Brown Sugar Toaster Pastries can substitute for Pop Tarts

*Berries in soy or flax milk

Orville Redenbacher Smart Pop popcorn or Skinny Pop or

Simple Truth Organic popcorn

*Nuts are wonderful (nuts in the shell can help with portion control). Spitz, Bigs, Chinook are lower sodium sunflower seeds. Great low sodium nuts can be ordered on My Gerbs and nuts.com. Try many varieties of trail mix. Can mix ½ unsalted nuts and ½ salted nuts together.

Mary's gluten-free crackers or fruit with nut butter
(Justin's almond butter comes in mini travel packs)

*Kale chips or Seneca apple chips

*Gimme roasted seaweed snacks

Flat Earth baked fruit crisps or Snapea Crisps or Golden Harvest (similar to chips)

Lays potato chips or Fritos are better than Cheetos or Doritos

Bars: Nature Valley Fruit & Nut, Kashi, Kind, Lara, Rx, Clif Nut Butter, Nature Valley Protein, Core Bar (sold in refrigerated section), Luna

Dry cereal (see breakfast options)

Fruit snacks that are 100% fruit (usually only sold at health food stores)

Make your own trail mix with your favorite low sodium nuts/dried fruit/low sugar cereal

*Jicama and yellow peppers with hummus

Lenny & Larry's complete cookie or graham crackers (can bake with Hu

baking chocolate chips)

Good Culture cottage cheese with fresh fruit or Simple Mills crackers

Smashed avocado on Siete tortilla

Beverages:

*Water (can add sliced
lemon/lime/mango/berry/cucumber, etc)

*Sparkling (carbonated) water (can add small amount 100% juice to
create substitute for soda)

*Brewed teas (buy tea bags & use caution with unusual
ingredients), go to www.piquetea.com for amazing
teas. Hibiscus tea can lower blood pressure.
Saffron tea from seeborganics.com can help with
anxiety, depression, and hormone balance.

Premium organic coffee (try with vanilla soy or
flaxmilk)

***100% fruit juice**

Milk, soy milk, flaxseed milk, almond/cashew milk with
pea protein, oat milk with pea protein,

Raw Farm dairy products, raw milk, raw kefir.

--Search for healthy recipes that look good to you:

recipes.heart.org/en

www.diabetes.org/nutrition/meal-planning/quick-meal-idea

www.cancer.org/healthy/eat-healthy-get-active/eat-healthy/find-healthy-recipes

www.cookinglight.com/food/recipe-finder

T.Colin Campbell Center for Nutrition Studies

Doctor's Kitchen app (enter nutrition/health goals – gives recipes)

www.nutritionstudies.org Bob's Red Mill

www.bobsredmill.com/recipes/

The Kitchen www.thekitchen.com

Dr Andrew Weil www.drweil.com

www.realfooddietitians.com

World's Healthiest Foods www.whfoods.org

www.fitnessblender.com (free recipes & workouts)

Sharon Palmer, RDN (vegan recipes and cookbooks)

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