Quick Meal and/or Snack Options

**English Muffin**
English muffin or bagel with ham and cheese: toast muffin while getting ready and while still warm put cheese on it, add some ham.

**Oatmeal**
Microwave two packets of instant, Steele cut if possible, oatmeal with milk, not water. Add a handful of nuts – your choice, if you like add brown sugar and cinnamon and grab a fruit to go.

**Eggs**
2 hard boiled eggs, ham or deli meat, i.e. turkey or even cheese, two slices of whole wheat toast, mustard or whatever else you wish to have on it. Consider adding some raw vegetables maybe with a little dip.

**Yogurt**
Yogurt, preferably Greek because it’s higher in protein (plain), add fruit and nuts or handful of cereal or granola and that’s it.

**Cereal**
Cereal (Granola) and milk or cereal and yogurt, but go for the low sugar cereals not some of the higher sugared “children’s” cereal. Add fruit and/or nuts.

**P, B & J**
Peanut butter and jelly. Consider using almond butter or cashew butter to switch things up, fruit, and ideally milk to drink.

**Waffles**
Frozen whole wheat waffles, ham or nuts for protein and a little syrup and milk. Consider using two waffles to make a breakfast sandwich.

**Oat bran Muffin**
Oat bran muffins but check the label for sugar content. Add a protein, so eat with milk or yogurt.

**Hummus**
Consider hummus as a breakfast or lunch spread in place of cream cheese for extra protein.

**Beef Jerky**
Beef jerky’s along with english muffin, bagel or toast, hard boiled egg and juice.

**Grilled Cheese**
Grilled cheese on whole wheat toast, with tomato soup or a salad. Consider adding ham to the sandwich.

**Burrito**
Canned beans, rice, cheese – buy grated, bell peppers-chopped, and consider cooked, diced chicken or even canned salmon for protein, salsa.

**Smoothies**
Breakfast smoothie; plain, low fat greek yogurt, juice from 2-3 oranges, ice, any type of berry; strawberry, raspberry, blackberry, blueberry (frozen is fine but then don’t add ice), banana and then anything else you want such as peanut butter, spinach, kale, possibly celery and cherries (depitted) would be a wonderful addition.

**Breakfast Options**
- Breakfast burrito: corn or wheat tortillas, black beans or pinto beans, shredded cheese, microwavable eggs and salas.
- Lowfat cottage cheese, fruits, graham crackers and nuts (optional).
- Microwaveable soft pretzel with your eggs or cheese, rather than just toast and fruit or fruit juice.
Shopping List:

- English muffin or bagel
  - whole wheat is best

- Oatmeal
  - Steele cut instant plain or with nuts.

- Cereal
  - Not sweet children’s cereal.

- Oat bran or banana nut muffins
  - May be high in fat content.

- Graham crackers

- Whole wheat toast

- Frozen whole wheat waffles

- Soft pretzels – in freezer section

- Pita chips or pretzel chips

- Corn or wheat tortillas

- Rice

- Sweet Potatoes

- Eggs or egg substitute

- Chicken – frozen and/or rotissarie

- Slices deli meats:
  - chicken, turkey, roast beef or ham

- Hummus

- Canned beans:
  - navy, baked, black beans etc.

- Cottage cheese – low fat

- Cheese

- Nuts – any kind

- Trail mix – but better to make own

- Beef or other “jerky’s”

- Peanut butter, almond or cashew butter

- Milk 2%, skim or chocolate

- Yogurt
  - Greek is higher in protein

- Fruit: fresh, frozen or canned
  - but in juice not syrup

- Soups
  - make great additions to a meal or a snack

- Vegetables
  - buy fresh for two days and then frozen or canned for later in the week.

- Don’t forget the condiments