

## Simple Meal Ideas for Challenging Times



### Breakfast

- **Oatmeal and berries.** Add ½ c dry oats and 1 c water to microwave safe bowl. Microwave for 1 ½ to 2 min. Remove and stir. Add berries. Or place frozen or fresh berries in a crockpot at a low heat setting. Add a pat of butter and one serving of old-fashioned oats and water. Cover and cook on low for several hours (or overnight). This will give it the consistency of bread pudding. (The easier option is adding berries to warm oatmeal)
- **Hard-boiled egg.** Eat with a side of fresh or canned (packed in juice) fruit and a slice of whole wheat toast. Or slice half of an avocado and top toast with avocado and sliced boiled egg with side of fresh or canned (packed in juice) fruit.
- **Whole grain pancakes or waffles.** Read the ingredient label and look for the phrase “whole grain.” Top with fresh berries. For protein, also eat a handful of walnuts or almonds.
- **Yogurt parfait.** Mix together yogurt, nuts and fruit. Find yogurt that is low in added sugar.
- **Beefed up toast.** For healthy fat and some protein, spread peanut butter or almond butter on whole wheat toast. Enjoy fresh or canned (packed in juice) fruit on the side.
- **Poached egg.** Place egg on top of whole wheat toast and steamed asparagus.

### Lunch/Dinner

- **Quinoa salad.** Sauté or steam pre-chopped stir-fry vegetables (any variety, example is onion, pepper, broccoli mushrooms). Add sliced almonds or pecans and cooked quinoa. Toss with Italian salad dressing. Eat warm or cold. Keeps well refrigerated.
- **Eggs and red potatoes.** Add olive oil or canola oil to a skillet. Chop up potatoes into small chunks and add to skillet over a medium heat. Cover skillet for two minutes and stir. Then, pour beaten eggs over potatoes, add black pepper and toss until eggs are cooked and potatoes are soft. Season with fresh herbs and spices such as garlic, rosemary, oregano.
- **Vegetables and cottage fries.** Slice parboiled red potatoes. Heat olive oil or canola oil in a skillet and cook the potatoes at a medium heat. Top with any leftover vegetables and grated cheddar cheese. Cover, let steam and serve.

- **Southwest omelet.** Beat two eggs. Put 1 tablespoon olive oil in a skillet. Pour in the egg mixture, and add pepper jack cheese chunks and salsa or chili sauce. When eggs are firm, fold and serve with sliced avocado.
- **Salmon wrap.** Place canned salmon on a whole grain wrap or tortilla. Add chopped avocado, tomatoes, greens (bok choy sliced in ribbons, spinach, romaine lettuce) and plain yogurt or hummus. Wrap tightly, cut in half and serve. (can sub salmon with tuna or beans)
- **Baked or grilled salmon.** If salmon is frozen defrost first. Top each steak with tomatoes, sweet onion, dried or fresh basil, chopped garlic and one tablespoon extra-virgin olive oil. Wrap each piece of fish tightly in aluminum foil and place in the oven on a low heat (300 degrees). Cook for about 15 minutes. Fish is done when it is flaky but still moist.
- **Shrimp and pasta.** Heat a pat of butter and one tablespoon olive oil in a saucepan. Add chopped fresh herbs, garlic and a handful of shrimp (shelled and de-veined). Toss and cook until shrimp is done. Place on a bed of cooked pasta and top with chopped fresh tomatoes.
- **Beans and rice.** Drain and rinse a can of black, pinto or white beans. Heat in pan or microwave. Serve with cooked brown rice, oats or barley. Season with garlic, cumin, and or black pepper. Can also add salsa. Alternately, can add ingredients to crockpot and put on low to heat and serve later.
- **Shrimp and fresh greens.** Sauté fresh vegetables in a saucepan (you can buy pre-cut veggies), with olive or canola oil. Add cocktail shrimp, which can be bought peeled, cooked and chilled to use later. Serve on bed of greens with a berry vinaigrette salad dressing and lime slices.
- **Southwest chicken salad.** Cook boneless, skinless chicken breast on a medium heat in a skillet with olive or canola oil. Once chicken is cooked through add some salsa. Shred chicken and reserve in refrigerator to use for wraps, salad or soup.