



Easy 10 MINUTE MEALS

EASY 10-MINUTE MEALS

It's lunchtime, and you're short on time - but the usual yogurt or peanut butter sandwich just isn't cutting it today. You want something quick, delicious, and nutritious. So, what are your best options?

PROTEIN

Cottage cheese /
yogurt

Hummus

Boiled egg

Nut butter

Chicken

Salmon

Tuna

VEGGIE/FRUIT

Sliced cucumbers

Grape tomatoes

Sliced apples

Berries

Avocado

Baby spinach

Clementines

WHOLE GRAIN

Crackers

Crisp bread

Pita

Quinoa

Brown rice

English muffin

Whole grain bread

COTTAGE CHEESE TOAST



1 = 140 calories, 22g carbs, 7g protein, 2g fat

INGREDIENTS

2 Tbsp cottage cheese
1 slice whole grain bread
Toppings as desired

DIRECTIONS

Spread the cottage cheese on a slice of whole grain toast.

Sprinkle with a seasoning if desired (such as Everything But the Bagel).

Experiment with different toppings such as sliced avocado, smoked salmon, thinly sliced fruit or berries.

GRAIN BOWL



1 bowl = 503 calories, 75g carbs, 18g protein, 17g fat

INGREDIENTS

1 cup cooked quinoa
1/3 cup canned beans,
rinsed and drained (try
chickpeas, black beans
or kidney beans)
1/2 cup cucumber slices
1/2 cup grape tomatoes
sliced
1/4 avocado, chopped

Hummus Dressing:

3 Tbsp hummus
1 Tbsp roasted red
pepper, finely chopped
1 Tbsp lemon juice
1 Tbsp water, plus
more as needed

DIRECTIONS

Make a dressing by combining hummus, roasted red pepper, and lemon juice. Stir in water to reach desired consistency for a dressing. Arrange the quinoa, beans, cucumbers, tomato and avocado in a wide bowl. Top with dressing. Stir to combine.

Optional toppings: toasted almonds, sesame seeds, pumpkin seeds, feta cheese

PROTEIN PACKED TUNA



½ recipe = 258 calories, 3g carbs, 19g protein, 1g fat

INGREDIENTS

7 oz can tuna, drained

½ cup nonfat plain
Greek yogurt

½ cup diced celery
(or water chestnuts)

1 Tbsp minced
red onion

DIRECTIONS

*Combine all ingredients and stir well.
Serve with crackers, pita bread or
veggies.*

Save the other half for another day!

BLACK BEAN SOUP



½ recipe = 291 calories, 41g carbs, 18g protein, 7g fat

INGREDIENTS

1 – 15 oz can black beans, rinsed and drained

½ cup salsa

(mild or spicy, as you like)

½ cup broth

(vegetable or chicken)

¼ tsp salt *(or to taste)*

¼ cup shredded Cheddar cheese

1 Tbsp sour cream or plain Greek yogurt

(optional)

DIRECTIONS

Mash black beans in a small bowl.

Stir salsa into the beans; transfer mixture to a small saucepan and place over medium heat.

Pour broth into the saucepan; stir.

Bring the liquid to a simmer and cook until the liquid reduces slightly and thickens to your preferred texture, 10 to 15 minutes.

Season the soup with salt.

Sprinkle Cheddar cheese over the soup and stir to melt.

Continue to cook until heated through, 1 to 2 minutes more.

Divide between 2 bowls and top each portion with a dollop of sour cream.

WHITE BEAN SALAD



½ recipe = 151 calories, 23g carbs, 8g protein, 4g fat

INGREDIENTS

1 15 oz can white beans, drained but not rinsed

2 Tbsp chopped red onion

Squeeze lemon juice

2 tsp wine vinegar
(red or white)

1 Tbsp olive oil

½ tsp Italian seasoning
(or seasonings of choice)

¼ tsp salt and freshly ground pepper,
(or to taste)

DIRECTIONS

Combine all of the ingredients together and stir.

You can enjoy it right away – or let chill so the flavors meld. This lasts well in the fridge.

Optional: chopped avocado, celery, water chestnuts, halved grape tomatoes... and more!