

10 CONVENIENCE MEALS IN 10 MIN OR LESS



For less time, money and calories than a typical drive-thru meal, dinner can be on the table in a flash using a combination of these convenience foods. There is no longer an excuse to not have a healthy meal at home, even on those busy evenings!

1. Rotisserie Chicken with Mashed Sweet Potatoes and Steamed Asparagus



2. Chicken Noodle Soup with Spinach Salad



3. Crispy Fish Tacos with Guacamole and Broccoli Slaw



4. Stir-Fried Chicken and Vegetables with Brown Rice



5. Salmon Burger with Guacamole and Roasted Broccoli



6. Omelet with Spinach, Mozzarella and Canned Tomatoes and Hash Browns



7. Kid-Friendly Chicken Strips with Oven Fries and Cheesy Broccoli



8. Spinach Quesadillas with Creamy Tomato Soup



9. Tofu Scramble with Roasted Butternut Squash Cubes



10. Black Bean, Spinach and Sweet Potato “Burrito Bowl” w/ Guacamole, Salsa and Cheese



10 EVEN MORE CONVENIENCE MEALS IN 10 MIN OR LESS

LifeStyle
MEDICAL CENTERS

1. Summer Salad Sandwiches with Veggies



2. Greek Chicken Wraps



3. Pulled Chicken BBQ sandwich with Garlic Mashed Cauliflower



4. Chicken Sausage Flatbread



5. Entrée Salad topped with Salmon



6. Asian "Rice" and Chicken Bowl



7. Lentils and Chicken Sausage with Salad



8. Chicken, Sweet Potato, and Cheesy Broccoli



9. Chicken Meatball with Veggie Noodles and Marinara Sauce



10. Tex-Mex Bowl



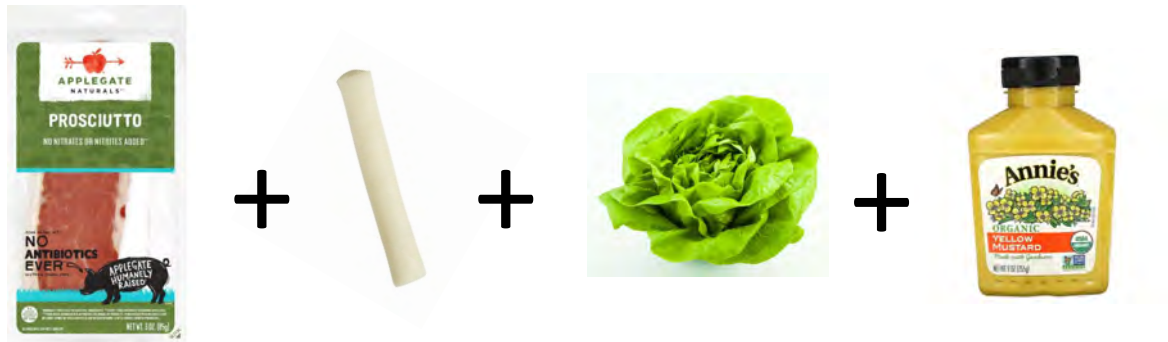
Topping Options:



10 LOW CARB CONVENIENCE MEALS IN 10 MIN OR LESS

LifeStyle
MEDICAL CENTERS

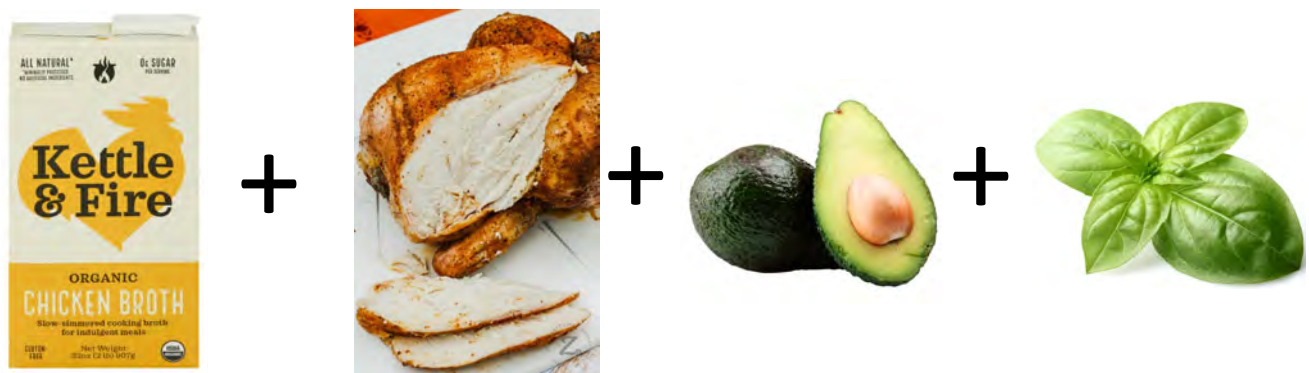
1. Prosciutto with String Cheese, Bibb Lettuce and Mustard



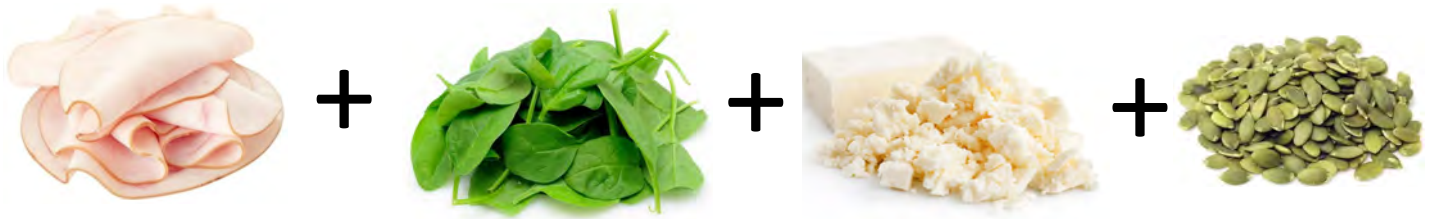
2. Lox (smoked salmon) with Cream Cheese and Cucumber Sushi



3. Bone Broth with Rotisserie Chicken, Avocado and Basil



4. In-house Deli Meat with Spinach and Feta Cheese



5. Canned Tuna with Romaine Lettuce and Avocado Oil Mayo



6. Turkey Sausage with Kale and Parmesan



7. Cauliflower Rice, Sesame Seeds and Bell Pepper with low-sodium Tamari



8. Canned Salmon with Steamable Brussels Sprouts and Arugula



9. Greek Yogurt, Nut Butter and Chia Seeds



10. Hard Boiled Egg with Spinach Salad



10 PLANT BASED MEALS IN 10 MIN OR LESS

LifeStyle
MEDICAL CENTERS

For less time, money and calories than a typical drive-thru meal, dinner can be on the table in a flash using a combination of these convenience foods while sticking to a plant based diet. There is no longer an excuse to not have a healthy meal at home, even on those busy evenings!

1. Tofu Asian Stir-Fry



2. Pesto Pasta with Steamed Lentils



3. Black Bean Quesadilla



4. Burrito Bowl



5. Apple Cinnamon Breakfast Bowl



6. Cocoa Banana Smoothie



7. Mixed Berry Overnight Oats



8. Snack Plate



9. Breakfast Waffle



10. Lentil Soup with Steamed Broccoli and Triscuits



FAST FOOD ALTERNATIVES



Satisfy your fast food cravings with these healthy alternatives. These options are great for on-the-go or easy to prepare ahead of time so you can enjoy your favorite foods without the excess calories.

Pizza

One slice of Papa John's large cheese pizza has 292 calories and 12g of fat.

One slice of Domino's large cheese pizza has 288 calories and 11.6g of fat.



One slice of CiCi's pizza has only 160 calories.



Make your own English muffin Pizza! Use a multigrain muffin for a treat under 200 calories.

French Fries

A medium fries from McDonald's has 340 calories, 144 calories of fat.

A medium fries from Wendy's has 420 calories and 420mg of sodium.



Alexia Sweet Potato Fries have only 140 calories per serving and are easy to prepare!



Roasted chickpeas have 150 calories in 1/2 C serving. Buy them at your local supermarket or make them fresh at home.

Burger

A McDonald's Big Mac has 563 calories and 33g of fat, that is 50% of the recommended daily value, based on a 2000 calories diet.

The Wendy's Baconator has 930 calories and 1890mg of sodium.



Try a turkey burger for lower fat, lower calorie alternative.
(150cal, 105mg sodium)



Make your own burger using 98% lean ground beef, and enjoy with a multigrain sandwich thin.

Tacos and Burritos

A Crunchwrap Supreme from Taco Bell has 530 calories, 1200mg sodium, and 21g of fat.

A burrito from Moe's with toppings such as sour cream, pico, and shredded cheese can reach up to 1200 calories and almost 2000mg of sodium.



Get your friends or family involved in a make your own taco night! Try some tasty chicken or ground turkey tacos with fresh toppings for a low calorie option.

The Evol Chicken Fajita Burrito is a quick and easy on-the-go meal (370 cal, 16g protein)

Coffee

A grande Café Mocha with whole milk and whip cream from Starbucks has 400 calories and 19g of fat.

Just one tablespoon of creamer and one tablespoon of sugar adds 70 calories.

Skipping the high calorie toppings like whipped cream and swapping for nonfat milk saves on calories. (Nonfat iced vanilla latte-150 cal)



Try a sugar free creamer or almond milk. (1 Tbsp unsweetened almond milk: 2 cal) calories.

Buffalo Wings

An order of 5 wings from Applebee's has 260 calories and 6g of fat.

Buffalo Wings from Papa Johns have 160 calories for only 2 wings.



Try something new like Spicy Buffalo Cauliflower Bites. (~120 cal per cup)



Chose grilled chicken tenders with buffalo sauce for a reduced calorie and lower fat option. (1 buffalo chicken tender: 65cal, 1g fat)

Breakfast Sandwiches

The Chicken Biscuit from Chick-fil-a has 440 calories and 1210mg sodium; that's 80% of the recommended daily amount of 1500mg.

A McDonald's sausage egg biscuit has 530cal and 34g of fat.



Make your own grab and go sandwich using bagel thins, egg, and chicken sausage. A whole wheat bagel thin is high in fiber and only 110 calories.



Try a healthy breakfast sandwich swap out to reduce calories and save some money. Jimmy Dean Delights: Canadian Bacon, egg white and cheese on honey wheat English muffin (230cal, 5 g fat)

Easy Recipes

Buffalo Chicken Tenders



Ingredients:

- 1/2 tsp paprika
- 1/2 tsp garlic powder
- 1/2 tsp chili powder and/or cayenne
- 1/8 tsp black pepper
- 6 tbsp whole wheat Italian seasoned breadcrumbs
- 1/4 cup panko
- olive oil spray
- 2 tbsp Frank's Hot Sauce
- 2 tsp olive oil
- 1 lb skinless chicken breast, cut into bite-sized pieces

Directions:

1. Preheat oven to 425°F. Spray a baking sheet with olive oil spray.
2. Combine garlic powder, paprika, chili powder, black pepper, bread crumbs and panko in a medium bowl and toss well.
3. Place the hot sauce in another medium bowl with the oil. Dip the chicken into the hot sauce mix, then into the crumbs and place on the baking sheet. Spray the top with olive oil spray then bake 8 - 10 minutes. Turn over then cook another 4 - 5 minutes or until cooked through.
4. Serve with celery sticks and low-fat blue cheese dressing if desired.

<http://www.skinnytaste.com/2014/10/baked-buffalo-chicken-nuggets.html>

Spicy Buffalo Cauliflower Bites



Ingredients:

- 1 cup water
- 1 cup all purpose flour
- 2 tsp garlic powder
- 22 oz (6 1/2 cups) cauliflower florets
- 3/4 cup Franks Hot Sauce
- 1 tbsp melted unsalted butter

Directions:

1. Preheat the oven to 450°F. Lightly spray a large non-stick baking sheet with oil.
2. Combine the water, flour, and garlic powder in a bowl and stir until well combined.
3. Coat the cauliflower pieces with the flour mixture and place on the baking sheet; bake for 20 minutes.
4. While the cauliflower is baking, combine the hot sauce and butter in a small bowl.
5. Pour the hot sauce mixture over the baked cauliflower and continue baking for an additional 5 minutes.

<http://www.skinnytaste.com/2013/01/spicy-buffalo-cauliflower-bites.html>

Hamburger



Ingredients:

- 2lbs lean ground beef
- 1 egg, lightly beaten
- 1/2 C grated onion
- 2 tsp hot pepper sauce
- 2 tsp Worcestershire sauce
- 1/4 tsp black pepper
- 3/4 C rolled oats
- Multigrain sandwich thin

Directions:

1. Preheat grill to medium high heat.
2. In a large bowl, combine all ingredients and shape into 6 patties.
3. Grill patties over medium high heat for 10 to 20 minutes, or to desired doneness.
4. Enjoy in a sandwich thin!

Chicken Taco



Ingredients:

- 1 tsp. olive oil
- 1 medium onion, chopped
- 1 lb. raw chicken breast, boneless, skinless, cut into 1-inch cubes
- 2 cloves garlic, finely chopped
- ½ tsp. ground cumin
- Sea salt and ground black pepper (to taste; optional)
- 8 (6-inch) whole wheat tortillas, warm
- ¼ cup coarsely chopped fresh cilantro

Directions:

1. Heat oil in large skillet over medium-high heat.
2. Add onion and chicken; cook, stirring frequently, for 3 to 5 minutes, or until onion is translucent and chicken is no longer pink.
3. Add garlic and cumin; cook, stirring frequently, for 1 to 2 minutes, or until well blended.
4. Season with salt and pepper if desired.
5. Top tortillas evenly with chicken mixture; garnish with cilantro.
6. Serve immediately.

Travel Goodies

Traveling for vacation does not have to be the end of your lifestyle changes. All it takes is a little prep, imagination, and creativity to stay on track. Pack enough snacks for the trip there and back to help reduce fast food eats.

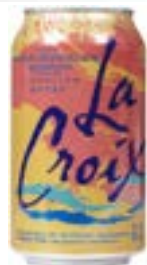
Pack in Style

Start with the vessel of your choice and fill'er up! Below are some ideas on what you might need for a road trip:

- Tackle box
- Sectioned tupperware
- Mason jars
- Ziplock bags
- Silicone muffin cups
- Small plastic cups with lids
- Hand sanitizer
- Baby wipes



Inspiration!



Proteins



Fruits



Veggies



Other

