

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

