



Easy Lunch and/or Dinner Ideas

Fantastic Brand Items – usually located in the organic section of the grocery store – Great Stuff!

Vegetarian Chili – add 2 cans of white, black or navy beans and 1 can of diced tomatoes (I use the diced tomatoes with the green chilies by DelMonte) – Also, this is one point per serving if following weight watchers! Can eat this with WASA light rye crackers or light style bread

1 cup serving = 100 calories, 17 carbs, 4 grams fiber, 8 grams protein and 1 gram of fat

1 cup of chili with bread = 180 calories

Sloppy Joe Mix – soy based protein mix, easy to make – just add water, tomato paste and the mix – heat on stove and it's done! You can eat this without bread or with any of the bread varieties listed in the grocery list.

1 sandwich = 180 calories total

Taco Wrap – Fantastic Brand Taco filling – just add water and heat in microwave until water is absorbed. Put taco filling in low carb wrap with tomatoes, lettuce, 1 oz mozzarella and salsa

1 wrap – 300 calories

Healthy Pizza Bagel – 1 weight watchers bagel, 1 oz of nonfat mozzarella cheese and 1-2 TBSP of Ragu Light Tomato and Basil Sauce

Toast bagel and put on condiments – add dried basil and oregano to taste

1 pizza bagel = 250 calories

Amy's Brand Burrito – organic beans, rice & cheese or dairy free – Found in the freezer section of your grocery store

1 burrito = 280 calories total

Healthy PB&J – 2 slices of low-carb or light style bread, 2 TBSP of natural peanut butter and 1 TBSP of low sugar or sugar-free jelly

1 sandwich = 300 calories

Healthy PB and Fluff – 2 slices of low-carb or light tyle bread, 2 TBSP of natural peanut butter and 1 TBSP of ricemallow fluff (brown rice fluff) which you can find in the organic stores/ healthfood stores

1 sandwich = 300 calories

Chicken Tortilla Wrap – 1 low carb wrap, 1 oz purdue shortcuts southwest style, 1 oz nonfat mozzarella cheese, lettuce, tomato, 2 Tbsp salsa

1 wrap – 300 calories

** you can also make these for dinner with a side of fat-free refried beans

Italian Chicken Wrap – 1 low carb wrap, 1 oz Purdue Shortcuts Italian Style chicken, 1 oz nonfat mozzarella, 1-2 roasted red peppers (in water), lettuce, 1 TBSP of Balsamic and Basil Lowfat Dressing or any lowfat balsamic dressing

1 wrap – 300 calories

Turkey Bacon BLT – 2 slices of low carb bread or whole wheat bread from grocery list, Oscar Mayer Turkey Bacon (2 slices = 70 calories), tomato, lettuce, oregano

1 sandwich = 180 calories

Easy Italian Chicken with Pasta –

1 morningstar chicken patty italian style

½ cup low carb pasta

1 cup broccoli or spinach

½ cup sauce (if you don't make your own sauce, try Ragu Light Tomato and Basil or Don Peppino's which has a little kick to it but very good!)

Cook the chicken patty as directed, pasta as directed, steam vegetables

Combine together once cooked and add sauce

Serving: 1 person

1 serving = 320 calories

“Butter” Noodles with Broccoli –

½ cup low carb, quinoa or whole wheat pasta

I can't believe it's not butter spray – to taste

Dried Basil/ Oregano

A touch of salt

Pepper

1 cup steamed broccoli (fresh or frozen) – you can use the Ziploc

Steamer bags if you have them to avoid messing up another pot

Cook pasta, steam broccoli, add butter spray, basil, oregano, salt and pepper to taste

Serving: 1 person

1 serving = 275 calories

Healthy Pasta Salad –

2-3 oz of pasta or ½ cup of low-carb pasta for single serve
1 cup broccoli florets (steamed)
2 whole green onions, sliced (optional)
½ Tbsp of olive oil or reduced fat balsamic vinagerette
1 cup cherry or grape tomatoes, halved
½ Tsp fresh basil
¼ Tsp garlic powder
1 oz fat free mozzarella

Cook the pasta as directed, steam broccoli and chop green onions and tomatoes, combine when finished – mix well. Add mozzarella and spices – toss again. Chill before serving.

Serving: 1 person 1 serving = 450 calories

Black and White Bean Chili –

Misto with Olive Oil
1 cup diced onion
2 cups fat-free chicken broth, low sodium
6 ounces canned tomato paste
4 ounces of green chilies, chopped or 1 can of diced tomatoes with green chilies
1 Tsp cumin
16 oz canned black beans, drained and rinsed
16 oz canned navy, cannellini or pinto beans, drained and rinsed

In a large pot, spray with Misto and saute onions over med heat for 4-5 minutes. Add chicken broth, tomato paste, chilies, cumin and beans – bring to boil. Reduce heat to low and simmer for 10-15 minutes, stirring occasionally.

Serving: 2 people 1 serving = 202 calories

Pork Chop Baked with Apple and Sweet Potato-

6 oz lean boneless pork loin
1 medium sweet potato
1 medium apple

Preheat oven to 350 degrees. Slice sweet potato thinly. Quarter, core and slice apple into 8 pieces. On a large piece of foil, layer sweet potato slices, porkchop and thin apple slices. If desired, sprinkle a pinch of salt, pepper and cinnamon. Wrap well and bake for 40 minutes.

Can serve with no sugar applesauce and or sugar-free maple syrup

Serving: 6oz pork for 1 serving 1 serving = 415 calories