

## Quick and Easy Ideas for Lunch and Dinner

*From bevobites.com*

Carbohydrate	Protein	Vegetable	Recipe
Whole Wheat Tortilla	Refried or Black Beans, Cheese	Spinach, Tomato, Peppers, Onions, Salsa	Microwave or heat the tortilla, beans and cheese. Add veggies and serve with salsa.
Whole Wheat Pita	Tuna or Lunch Meat	Lettuce, Tomato, Cucumber, Sprouts, Avocados	Combine veggies and meat into the pita. Add a spicy mustard or light mayo for added flavor.
Garbanzo Beans, Crackers	Chicken or Cottage Cheese	Variety Bag of Salad	Add beans and chicken or cottage cheese to the salad. Complete with a light salad dressing and all your favorite veggies.
Lasagna Noodles (8 Noodles)	Cottage Cheese, Parmesan Cheese	Spinach, Pasta Sauce	Cook 1 c. spinach, drain and stir together with 1 c. cottage cheese, 2 T. parmesan cheese. Spread mixture along each noodle. Cover with sauce and bake at 350 degrees F for 20 minutes.
Couscous or Rice	Tofu, Chicken or Lean Beef	Frozen Vegetable Stir Fry Mix, Garlic, Onion	In a skillet over medium heat, sauté meat or tofu in 1-2 tsp. Canola oil and garlic. Add veggies. Cook 2-3 minutes. Add 1 tsp. cornstarch (dissolved in 1-2 T. cold water) and 1-2 tsp. soy sauce. Cook another 2-3 minutes. Serve over couscous or rice.
Baked Potato (with the skin)	Cottage Cheese, Chicken, Yogurt	Frozen Mixed Veggies	Bake a potato. Microwave veggies 2-3 minutes and add to the baked potato along with the cheese. Top with salsa or marinara sauce.
Whole Wheat Bagel or English Muffin	Peanut Butter or Sandwich Meat	Veggie Sticks with Low-Fat Dip	Make your bagel into a sandwich using peanut butter and jelly or lunch meat with all your favorite toppings.
Pasta	Cheese and Yogurt for Dessert	Squash, Broccoli, Spinach, Onion, Peppers or Frozen Veggie Mix	Bring water to a boil. Add pasta and veggies and cook until tender. Drain and top with your favorite sauce. Add Parmesan or mozzarella cheese: have yogurt for desert.