

# OPTIONS FOR CONVENIENCE

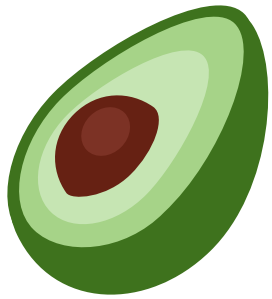
## Nutrition for Busy People



- Frozen meals: PC Blue Menu Protein Bowls, Frontera bowls, Healthy Choice Gourmet Steamers, Stouffer's FitBowls
- Baby carrots and tomatoes, snap peas, whole apples and bananas, etc.
- Pre-cut fruits and veggies (veg & fruit trays, spiralized vegetables, cauliflower rice)
- Bagged salads
- Frozen fruits and vegetables
  - Use in smoothies, add to pasta and soups, serve as a side dish with a meal
- Canned beans, chickpeas and lentils
  - Add to salads, soup, pasta, beans on toast, canned chili
- Tomato-based pasta sauce (lower sodium)
- Canned salmon and tuna
- Grocery store roasted chickens
- Meal kits: The Fresh20, Chef's Plate, Hello Fresh, Good Food
- Meal Delivery: Food For Thought, Meal Set Go, Prairie Box, Supper Central, Harman's Meal Service

# QUICK AND EASY BREAKFAST IDEAS

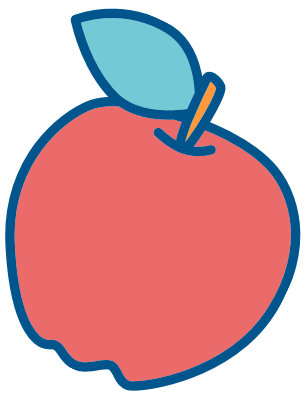
## Nutrition for Busy People



- Overnight oats with fruit
- Eggs with whole grain toast and tomato or other fruit/veg
- Whole grain cereal with milk, nuts/seeds and fruit
- Wrap with egg and/or hummus with veggies



- Toaster waffle topped with unsweetened Greek yogurt and low sugar jam with fruit



- Yogurt and granola with fruit
- Whole grain toast with fruit and a handful of nuts/seeds
- Smoothie: milk, frozen banana, other fruit, yogurt
- Supper leftovers

# QUICK AND EASY LUNCH IDEAS

Nutrition for Busy People

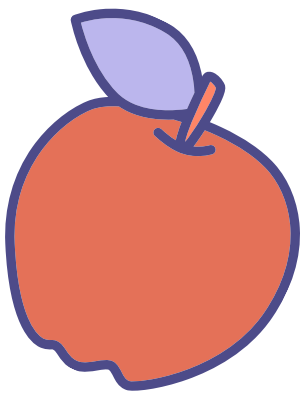
Mix and Match from the following categories:



1. Protein: Leftover meat, canned salmon or tuna, roasted chicken, roasted chickpeas or hummus/bean dip, cottage cheese, nuts/seeds, boiled egg



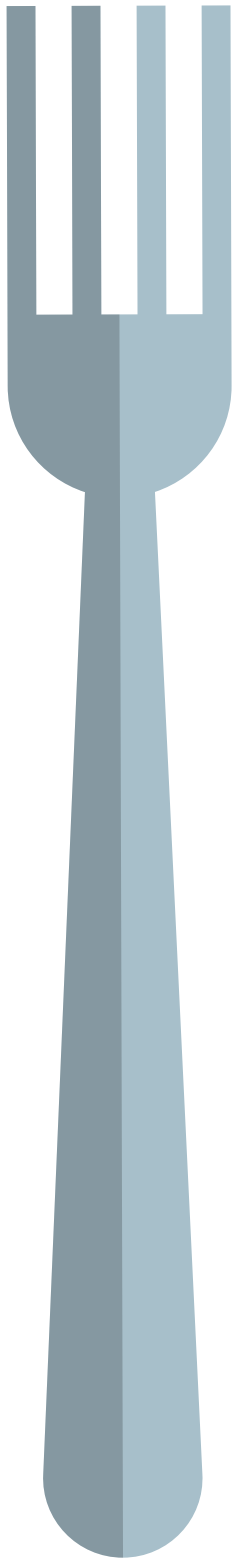
2. Starch/Grain: Whole grain wrap or bread, whole grain crackers, quinoa, pasta/noodles, brown rice or wild rice, potato/yam



3. Sides/fillings: Veggies (baby carrot, baby tomato, snap peas, cucumber, salad), fruit, Greek yogurt cup, cheese cubes

# QUICK AND EASY SUPPER IDEAS

Nutrition for Busy People



- Pita Pizzas
- Breakfast for supper
- Picnic: whole grain bread/crackers, cut up meat, hummus/beans/lentils, nuts/seeds, cheese, veggies, fruit- everyone serves themselves
- Thin crust veggie frozen pizza + bagged salad kit
- Grocery store roasted chicken + salad kit + whole grain bread
- BBQ chicken breast + salad kit + pita bread
- Whole grain pasta + low sodium tomato sauce + canned lentils