

Quick Meal Ideas

Getting started can be overwhelming. Check out these quick meal ideas to help you make balanced meals while you learn!

All carbohydrate counts are estimated based on standard ingredients. Your exact carbohydrate intake could vary based on brand selection, quantity of non-starchy vegetables or other low-carbohydrate items, or any additional ingredients.

Breakfast Ideas

Approximate Total Carbs (g)

Caprese Breakfast Sandwich (*Vegetarian)

2 slices whole wheat toast
 1 large egg, scrambled
 1 oz mozzarella cheese
 2 slices tomato
 Fresh basil leaves
 Black pepper

~ 30 grams

Nutty Banana Oatmeal (*Vegetarian)

½ cup cooked old fashioned oatmeal
 ½ cup milk (used to make oats or on side)
 1 small banana
 1 Tbsp roasted pecans
 Cinnamon

~ 45 grams

Island Yogurt Bowl (*Vegetarian)

1 cup plain Greek yogurt
 ¾ cup fresh pineapple chunks
 1 Tbsp unsweetened coconut
 1 kiwi, peeled and sliced
 2 Tbsp sliced almonds or roasted macadamia nuts

~ 45 grams

Quick Meal Ideas

Strawberry Cereal Bowl (*Vegan)

~ 30 grams

- 1 cup Cheerios original cereal
- 1 cup strawberries (halved)
- 1 cup soy or almond milk
- 2 Tbsp sliced almonds or roasted pecans

Cheesy Loaded Sweet Potato (*Vegetarian)

~ 30 grams

- 1 medium sweet potato, baked
- 1-2 large eggs, scrambled
- 1 oz sharp cheddar cheese
- 2 Tbsp diced tomato
- ¼ avocado, sliced

Peanut Butter Loaded Sweet Potato (*Vegan)

~ 45 grams

- 1 medium sweet potato, baked
- ½ banana
- 2 Tbsp peanut butter (no sugar)
- 2 Tbsp roasted pecans
- Cinnamon

Fiesta Breakfast Burrito (*Vegetarian)

~ 30 grams

- 2 large eggs, scrambled with 2 Tbsp each bell pepper, mushrooms, & onion
- 1 oz pepper jack cheese
- 1 flour tortilla (soft taco size)
- Hot sauce (no sugar added)

Peanut Butter Loaded Sweet Potato (*Vegetarian)

~ 45 grams

- 1 medium sweet potato, baked
- ½ banana
- 2 Tbsp peanut butter (no sugar)
- 2 Tbsp roasted pecans
- Cinnamon

Quick Meal Ideas

Banana Pudding Parfait (*Vegetarian)

~ 45 grams

1 cup plain Greek yogurt (*mixed with ¼ tsp – ½ tsp pure vanilla extract*)
½ banana
5 Nilla wafer cookies
2 Tbsp canned whipped topping

Big Breakfast

~ 45 grams

2 eggs, sunny side up
1 slice whole wheat toast
½ cup cooked grits with 2 Tbsp
shredded cheese on top
2 turkey sausage links or patties
1 medium orange or apple

Quick Meal Ideas

Lunch/Dinner Ideas

**Approximate
Total Carbs (g)**

Taco Dinner

~ 45 grams

2 (6 in) flour or corn tortillas
3 oz cooked ground taco meat
¼ cup shredded Mexican cheese
Non-starchy taco toppings (*lettuce, tomato, onion, etc.*)
½ cup cooked black beans
¼ cup salsa (*half for tacos/half for beans*)

Jalapeno Popper Burger

~ 45 grams

1 whole wheat hamburger bun
3 oz cooked burger (*beef, chicken, or turkey*) 1 oz cream cheese (*mixed with 1 tsp diced jalapenos and a dash of cumin*) Lettuce, tomato, onion ½ cup roasted potatoes 1 cup roasted cauliflower

Classic Chicken Broccoli Alfredo

~ 30 grams

1 cup cooked whole wheat pasta
½ cup alfredo sauce
3 oz grilled chicken
2 Tbsp shredded parmesan cheese
1 cup roasted broccoli

Loaded Baked Potato

~ 45 grams

1 medium baked potato
1 oz sharp cheddar cheese
1 slice bacon, cooked and crumbled
½ cup sauteed onions
2 Tbsp plain Greek yogurt
Black pepper

Quick Meal Ideas

Black Bean & Rice Bowl (*Vegetarian)

~ 30 grams

1/3 cup cooked brown rice
 ½ cup cooked black beans
 1 small tomato, diced
 ½ cup shredded lettuce
 2 Tbsp diced onion
 2 Tbsp plain Greek yogurt (*mixed with
 ½ tsp lime juice and ¼ tsp cumin*)
 Hot sauce (no added sugar)
 Fresh cilantro (optional)

Corn & Zucchini Quesadilla (*Vegetarian)

~ 45 grams

2 (6 in) flour tortillas
 1/3 cup shredded Mexican cheese ½ cup
 corn sauteed with 1 cup zucchini or
 summer squash (*use part of the mixture
 in the quesadilla and the rest on the
 side*)

Greek Pizza (Cold or Warm) (*Vegetarian)

~ 45 grams

6 in whole wheat pita
 ½ cup hummus of choice
 1 cup non-starchy veggies (*cucumber,
 red onion, tomato, spinach*)
 2 Tbsp feta cheese
 2 Kalamata olives
 Drizzle olive oil
 Fresh or dried dill

Quick Meal Ideas

Berry Good Turkey Sandwich

~ 45 grams

2 slices whole wheat bread
3 oz oven roasted deli turkey
1 oz chive cream cheese
1 cup strawberries *(4-5 slices on sandwich, the rest in salad on side)*
2 cups raw spinach
2 Tbsp red onion
½ tsp balsamic vinegar + ½ tsp olive oil

Greek Bowl (*Vegetarian)

~ 30 grams

1/3 cup cooked quinoa
2 Tbsp feta cheese
2 cups fresh spinach
¼ cup diced tomato
¼ cup diced cucumber
2 Tbsp red onion
15 grapes
2 Tbsp plain Greek yogurt *(mixed with ½ tsp lemon juice and dill)*

Garlic Butter Salmon & Veggies

~ 30 grams

4 oz salmon filet *(air fried, grilled, or baked with fresh garlic and butter)*
2/3 cup brown rice *(mixed with ¾ cup sauteed mushrooms and onions)*
1 cup boiled or roasted green beans