



Fast Snacks and Meals

Time: 30 seconds: high-energy ideas you can open and eat:

Liquid drinks/meals:

- Boost, Gatorade shake, etc. (in a can)
- Spirutein shake (in a container)
- Carnation Instant Breakfast (in a can)
- 6-ounce orange, orange-pineapple, or grapefruit juice cans
- 8-ounce cranberry, cran-grape, and cran-apple juices

Energy bars to have available at home and at school or work:

- CLIF bars
- LUNA bars
- EAS EDGE bars
- Balance bars
- Genisoy bars
- Spirutein bars
- Gatorade bars

Quick snacks you can take to school or work:

- Mix 1 box Quaker Oat Bran, Shredded frosted mini-wheats, or Shredded Wheat and Bran with 1 pound dried fruit (raisins, dried apples, dried apricots, or dried cranberries work well) and 1 pound almonds or nuts. Divide into ziplock bags and carry with you to work. Stores well.
- Pre-packaged cheese/cracker or peanut butter/cracker packs
- Single-serving yogurt
- Single-serving cheese sticks
- Fresh fruit
- Any dried fruit
- Nuts, seeds, and soy nuts
- Baby carrots
- Beef jerky
- Pop-top cans of tuna or salmon
- Whole grain crackers (i.e. Rye Krisps, whole grain graham crackers)
- Yogurts, Gogurts, mozzarella cheese sticks

Time: 3-5 minutes: Heat up or quickly cook and add a fruit/veggie:

- Pop-top single servings of spaghetti, chicken and noodles, ravioli, etc.
- Cans of soup with pop-tops: Healthy Choice, Campbell's Select, Progresso
- Nile Spice bean and pea soup cups: just add water
- Uncle Ben's Rice Bowls (frozen)
- Lean Cuisine Hearty Portions (frozen)
- Healthy Choice Frozen Meals and Bowls
- Ethnic Gourmet Rice Bowls (frozen)
- Smart Ones Meals and Bowls
- Amy's Frozen Meals
- Celentano Frozen Vegetarian Meals
- Lowfat Budget Gourmet Frozen dinners: try Mandarin Chicken or Beef Stroganoff
- Michelina's Lowfat Meals: try Black Bean Chili, Lasagna, or Teriyaki Chicken
- Stouffer's Lean Cuisine Meals: try Chicken Enchiladas, Baked Fish, or Glazed Chicken
- Chef's Choice Frozen Meals: try Shrimp Linguine, Beef Stir Fry

Time: 15-20 minutes: "You Put Together" Fast Meals:

- Ortega Frozen Skillet Solutions
- Green Giant Create A Meal
- El Paso Fajita Kit: add veggies and refried beans
- Chicken Helper: try Chicken Parmesan Pasta or Southwestern Chicken
- Rice and bean mixes in packages
- Lipton Rice dishes