



no cook meal ideas

B

Purchase boiled eggs, pair with pre-cooked turkey sausage links/patties or Morning Star Farms® breakfast sausage

B

Defrost 1/2 cup frozen berries in the microwave. Stir in one cup 0% fat plain Greek Yogurt

L

Defrost frozen bell pepper strips in microwave. Add pre-cooked chicken or kielbasa sausage, 1 tbsp salsa, 1 pinch cumin and heat approximately one minute. Add 2% cheese if desired.

L

Mix an envelope of pink salmon with 1 tsp light mayo, 1/2 tsp dried dill, salt and pepper to taste. Eat with cucumber slices. Add a cheese stick if not filling enough.

D

Bake pre-seasoned frozen fish and serve with bag of steamer veggies. Add extra seasonings to keep variety.

Tip: mix plain Greek yogurt with pickle relish for an easy 'tartar' sauce

D

Heat frozen cauliflower rice per package instructions. Remove to a bowl and add a dash of buffalo sauce. Meanwhile heat pre-cooked grilled chicken in the microwave and serve over cauliflower.

D

Drain 3 oz canned chicken. Add 1/8 slice of an avocado and mash together well. Season with salt and pepper to taste. Enjoy with raw veggies (ex: carrots, snow peas)