



The Be Fit Minute

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Got 15 minutes? Find 5 Ways to Make Dinner

Short on time? Make dinner quickly with these minimal prep meal ideas.

A Well-Balanced Sandwich

2 slices whole grain bread + 1 slice cheddar + 1/3 apple + 2 slices turkey or ham + mustard + baby spinach



provides 390 calories, 10 grams fat (6 grams saturated), 54 grams carb, 6 grams fiber, 21 grams protein

Pasta Without Guilt

1/2 cup pasta + 1/2 cup canned white beans + 3/4 cup tomato sauce + 1/2 diced zucchini + 2 tbsp parmesan



provides 380 calories, 7 grams fat (2 grams saturated), 59 grams carb, 11 grams fiber, 15 grams protein

Protein-Packed Salad

Greens + 1 egg + 1/4 avocado + 1/2 can tuna + handful cherry tomatoes + 1 tsp oil + vinegar + 5 whole grain crackers



provides 400 calories, 21 grams fat (4 grams saturated), 27 grams carb, 7 grams fiber, 28 grams protein

Meatless Pita Pocket

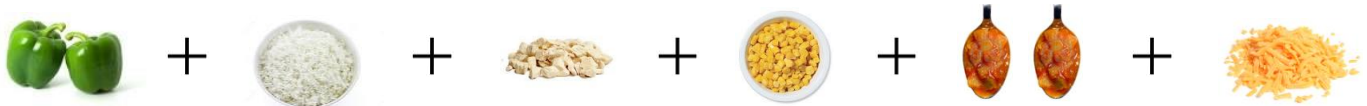
1 pita + 1 tbsp chopped olives + 1/4 cup hummus + 1 tbsp sunflower seeds + cucumber + carrot + tomato + lemon



provides 360 calories, 14 grams fat (2 grams saturated), 50 grams carb, 8 grams fiber, 13 grams protein

Leftover-Stuffed Peppers

2 peppers + 3/4 cup rice + 1/4 cup diced or shredded chicken + 1/4 cup corn + 2 tbsp salsa + 2 tbsp shredded cheese



provides 370 calories, 7 grams fat (3 grams saturated), 56 grams carb, 6 grams fiber, 21 grams protein

Still hungry?

Fill up with these portion-controlled, fiber-packed snacks. All options below have less than 100 calories each.

- 10 cashews
- 25 grapes
- 5 Triscuits
- 1/4 cup dried fruit
- 2 cups popcorn
- 1 cup blueberries
- 10 celery sticks with 1 tbsp salad dressing
- 1 tbsp peanut butter
- 25 cherry tomatoes
- 10 Frosted Mini Wheats
- 10 strawberries dipped in 1/4 cup Greek yogurt
- 5 chocolate-covered almonds
- 1 small frozen banana
- 1/2 whole wheat pita