

Healthy Meals in a Hurry

Enjoy satisfying eats with this meal planning guide for fast meals.

Fresh Summer Salad

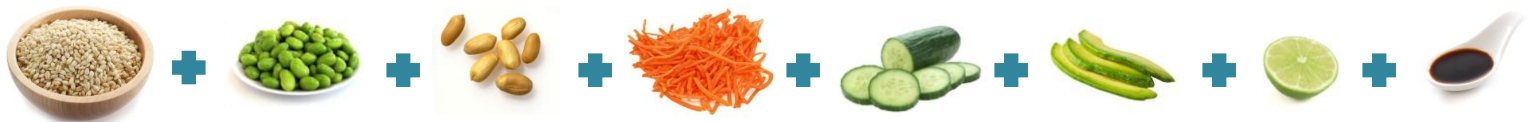
2 cups spinach + ½ cup quinoa + 3 oz chicken + 1 cup strawberries + ¼ avocado + 1 tsp oil + 1 tsp balsamic vinegar



Provides: 430 calories, 16 grams fat (3 grams saturated), 37 grams carbs, 34 grams protein, 9 grams fiber

Deconstructed Sushi Bowl

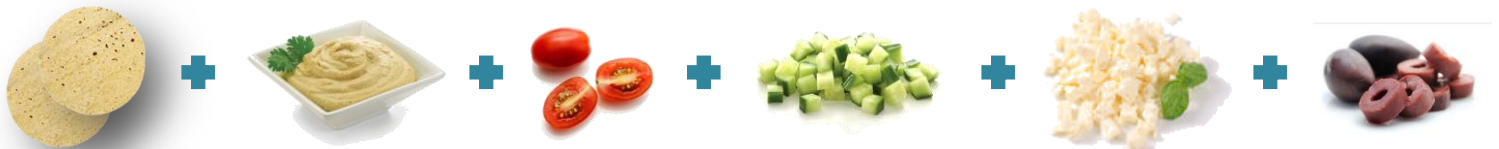
½ cup brown rice + ½ cup edamame + 15 peanuts + ½ cup sliced carrots + ½ cup sliced cucumber + ¼ avocado + lime juice + 1 tbsp low sodium soy sauce



Provides: 415 calories, 25 grams fat (4 grams saturated), 42 grams carbs, 15 grams protein, 10 grams fiber

Mediterranean Tacos

2 corn tortillas + ¼ cup hummus + ½ cup grape tomatoes + ½ cup cucumber + 2 tbsp feta crumbled + 1 tbsp chopped olives



Provides: 390 calories, 21 grams fat (4 grams saturated), 38 grams carbs, 13 grams protein, 6 grams fiber

Loaded Sweet Potato

1 sweet potato + ½ cup canned black beans + cabbage + bell pepper + 2 tbsp salsa + 2 tbsp shredded cheese + ¼ avocado



Provides: 385 calories, 11 grams fat (4 grams saturated), 54 grams carbs, 14 grams protein, 18 grams fiber

Omega-3 Packed Salad

2 cups greens + ½ cup corn + ½ can salmon + tomato + 5 walnuts + 2 tbsp light dressing + 1 slice whole grain bread



Provides: 350 calories, 13 grams fat (1 grams saturated), 38 grams carbs, 28 grams protein, 8 grams fiber