

# No-Cook Meal Prep Monday

*If you have a week where meal prep seems not feasible, make your grocery list full of some of these options! Remember to choose a protein, fruit or veggie and whole grain or other nutrient dense starch for meals and a protein plus one other food group for snacks*

## Quick, nutrient dense starch options:

**Tumaro's low-carb whole wheat wrap** -pair with any of the protein option listed below PLUS some non-fat plain Greek yogurt mixed w/ any of the seasoning herb options below

**Canned beans** - mix a ½ cup w/ tuna or chicken for a high fiber starch w/ additional protein or add to salads as your starch- a can opener is the only thing needed!

**Light whole grain Wasa Crackers** -top w/ tuna or chicken salad or seasoned cottage cheese and top w/ a tomato

**Sweet or Regular Potato** -Choose a small potato, poke holes all over w/ a fork and wrap in a paper towel. Microwave for 7-8 min and you have a baked potato! Pair w/ a protein and veggie from below or top w/ leftover homemade, high protein chili

## Minimal Prep Fruits/Veggies:

**Fruit:** Berries, pre-cut melon, grapes or whole fruit such as oranges or apples or even grab a bag of frozen fruit to thaw out before eating (pair with plain Greek Yogurt and a splenda or already flavored Yogurt listed below or try w/ cottage cheese or eat separate with light string cheese w/ deli turkey wrapped around it)

**Baby carrots** (great w/ non-fat plain Greek yogurt or cottage cheese seasoned w/ any seasonings below as a dip or great as a side dish to your main protein meal

**Steam-able frozen veggies** – season w/ Mrs. Dash (see below) for a perfect side dish for lunch or dinner- you just need a microwave!

**Broccoli Slaw**—I know we mention this a lot but we love it because it is so versatile! Use as a salad itself or put on top of other greens. Add to omelets, sandwiches & wrap or put in a bowl w/ 1-2 tbsp of water, cover and microwave for 1 ½ -2 min to steam. Once steamed to your desired consistency, top with tomato sauce and an easy protein option until warm and top with a small amount of parmesan cheese and you have broccoli slaw pasta! See the no cook stir fry recipe in this album!

**Bagged dark greens**- such as baby spinach, romaine, arugula or my favorite bagged salad is the large **Sweet Kale mixed salad by Eat Smart** (spotted at Costco, Sam's Club, Acme, Stop & Shop, and Giant!). It has, Kale, green cabbage, broccoli, Brussels sprouts, chicory, roasted pumpkin seeds and dried cranberries. The dressing is 80 calories for 1 Tbsp and 7 g of fat so because we like the seeds and cranberries more we omit the dressing and use 2 Tbsp of the seeds and cranberries instead of 1 Tbsp and just add plain balsamic vinegar for dressing. This totals to 110 calories, 4 g of fat, 12 g carbs. The bag stays fresh all week and no chopping or prepping needed! Add a quick protein from below and viola! You have a nutrient-dense meal!

## Protein

### **Morning Star Mediterranean Chickpea Patties -**

- See our September 2014 newsletter at [www.capitalhealth.org/weightloss](http://www.capitalhealth.org/weightloss) for a great easy recipe for these to prep at work or home—you just need a microwave!

**Pre-cooked Edamame** -often found in the produce sections—pre-cooked, shelled edamame is perfect to add to tuna or chicken salad for additional protein and fiber. Try it added into seasoned non-fat plain Greek yogurt or low-fat cottage cheese, add as an additional protein if needed to a salad or just as a protein snack to pair w/ a fruit or veggie- *½ cup = 189 calories, 8 g fat, 15 g carbs, 16.9 g protein and 8 g of fiber*

**Canned Tuna, Chicken or Salmon or try Starkist Tuna Creations** (these come in flavors such as sweet and spicy (our favorite!), lemon pepper, hickory smoked and others!—no seasoning needed and they range from 90-110 calories. With any of these canned/packaged proteins, We like to mix in 2 TBSP non-fat plain Greek yogurt sometimes for a low-calorie and fat deli salad and 1 or 2 of the herbs/seasoning/dressing options to the right->

**Trader Joe's Heat and Serve Grilled Chicken -** Some pre-cooked grilled chicken to me isn't always the best but I love Trader Joe's Heat and serve—Great to add into a low-cal wrap, pair w/ beans or edamame and seasoning, or top onto a salad)

**Non-fat Greek Yogurt ,Low-fat cottage or ricotta cheese**-spice up with seasonings to the right and use as dip, use instead of mayo or w/ 1 tsp of mayo for tuna or chicken salad , or use as spread for sandwiches and wraps). Make it sweet by adding your own fruit and preferred

sugar substitute. When choosing already sweetened non-fat Greek yogurt brands avoid brands with 'fruit on the bottom'.

**Shrimp cocktail**—Buy a small ring of shrimp cocktail to put on a salad or pair w/ veggies for a meal or to have as a snack w/ cocktail sauce!

**Turkey Pepperoni** – add into salads for protein, eat w/ low-fat cheese for a snack, or use as a protein for broccoli slaw pasta! For 70% less fat than regular pepperoni and 9 g of protein per serving you'll never go back to regular—the sodium is high per serving so watch your sodium intake when using these during the day

## Seasonings/Herbs/Dressings/Condiments

**Mrs. Dash Seasoning Blends** come in so many flavors to season foods w/o salt you are bound to find one you like! Also try **Mrs. Dash Table Blends**--these are the perfect way to add a delicious "finishing touch" to meals in place of salt and pepper. Great for the dinner table or to keep at work. They come in spicy pepper & garlic, sweet southern BBQ, lemon and herb, and roasted garlic and herb!

**"Herbs in a tube"** as we call them but the **'Stir in Paste' by Gourmet garden** you can find in the produce sections to allow fresh herbs to be at your fingertips without all of the prepping and chooping- add parsley, dill , ginger ,red chile and more to non-fat Greek yogurt or cottage cheese for a sauce, mix into veggies or tuna/chicken salads or add as is to plain protein just by squeezing them out of as tube! Also great to mix w/ low-fat ricotta cheese and stuff into an egg instead of the yolk!

**Salsa**- one of our favorite low-calorie, zero-fat condiments--mix w/ homemade deli salads, add to wraps, spice up plain protein or use as a dressing for salad!

**Jarred Tomato Sauce**—pack a jar to pair w/ steamed broccoli slaw, top off plain chicken meat or fish, mix w/ low-fat cottage or ricotta cheeses or use as a dipping sauce for a boring low-fat string cheese- choose one that is 50 calories or less per serving

**Vinegar or lemons** -use as an dressing for salads that is almost zero calories!

**Mustard**—Zero calories per serving and another great way to stretch out a tsp of mayo for spreads or for deli salads and makes a perfect dipping sauce for low-sodium lunch meat and low-fat cheese roll-ups. Honey Mustard is not zero calorie so make sure to read the label.