

# EASY MEALS

## Pizza

Frozen cheese pizza  
+Frozen vegetables (spinach, onion, mushrooms, peppers, broccoli, etc.)  
+Tomatoes  
+4-5 slices Canadian or turkey bacon

## Quesadillas or Tacos

Rotisserie chicken (shredded)  
+Flour or corn tortillas  
+Shredded cheese  
+Frozen vegetables  
+Salsa

## Pasta

Regular, whole wheat or 50/50 pasta  
+Spaghetti sauce  
+Chicken sausage (cooked)  
Serve with side salad (dark greens with vegetables OR any salad mix)

## Chicken Salad

Rotisserie chicken (shredded)  
+Mayonnaise  
+Celery and grapes, chopped  
+Whole wheat bread  
Serve with side of vegetable mix (from frozen section)

## Omelette

2-3 eggs  
+1/4-1/3 cup shredded cheese  
+Fresh or frozen vegetables  
Serve with bread, bagel, English muffin, or bagel for starch/grains

## Grilled Cheese

Whole wheat bread  
+1 slice of cheese  
+3-4 slices Canadian or turkey Bacon  
+Spinach  
+Tomatoes

## Pancakes or Muffins

Whole wheat/regular pancake mix or muffin mix made with milk  
+Fresh fruit (in batter)  
Serve with a scrambled egg or add peanut butter for protein

## Macaroni & Cheese

Whole wheat or regular Mac & Cheese mix made with low-fat milk and butter  
+Cooked vegetables (broccoli, cauliflower, spinach, etc.)

## Baked Potato

Plain baked potato  
+Shredded cheese, sour cream  
+Chopped Canadian or turkey bacon, rotisserie chicken (shredded), black or pinto beans  
+Chopped broccoli, salsa, chives

## Baked Fish & Rice

Frozen fish filet  
+Panko bread crumbs  
+Parmesan cheese  
+Pinch of salt, pepper, garlic powder  
+Lemon juice  
Add instant brown rice for starch/grains and vegetable medley (from frozen section)

Complete the meal with 8 oz. low-fat milk and a serving of fresh fruit!



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*Health Promotion and Wellness*

