

Your dinner should include some type of protein. Beverly Pressey notes in her book, "Simple and Savvy Strategies for Creating Healthy Eaters," that having several nutritious menu ideas will help you prepare meals that are healthy and that you know your entire family is willing to eat.

Chicken breast is one of the most popular protein-rich foods. If you eat it without the skin, the majority of calories in it come from protein. Chicken breast is also very easy to cook, and tastes delicious if you do it right. Oats are among the healthiest grains on the planet. They are loaded with healthy fibers, magnesium, manganese, thiamin vitamin B1 and several other nutrients. Half a cup of raw oats has 13 grams, with calories. Cottage cheese is a type of cheese that is very low in fat and calories. It is loaded with calcium, phosphorus, selenium, vitamin B12, riboflavin vitamin B2 and various other nutrients. Greek yogurt, also called strained yogurt, is a very thick type of yogurt. It tastes delicious, has a creamy texture, and is high in many nutrients. One 6-ounce gram container has 17 grams of protein, with only calories. Just make sure to choose one without added sugar. Full-fat Greek yogurt is also very high in protein, but contains more calories. However, if you tolerate milk and enjoy drinking it, then milk can be an excellent source of high-quality protein. Milk contains a little bit of almost every single nutrient needed by the human body and can provide several impressive health benefits. It is particularly high in calcium, phosphorus and riboflavin vitamin B2. Broccoli is an incredibly healthy vegetable, loaded with vitamin C, vitamin K, fiber and potassium. Broccoli is also high in various bioactive nutrients believed to help protect against cancer. Calorie for calorie, it is very high in protein compared to most vegetables. Lean beef is very high in protein, and also tastes delicious. It is loaded with highly bioavailable iron, vitamin B12 and large amounts of other important nutrients. Tuna is a very popular type of fish. Like other fish, tuna is also very high in various nutrients and contains a decent amount of omega-3 fats. A cup g contains 39 grams of protein, with only calories. It is high in many vitamins, minerals and fiber, and is loaded with antioxidants. Quinoa has numerous health benefits. One cup g of cooked quinoa has 8 grams, with calories. Whey protein is a type of high-quality protein from dairy foods, shown to be very effective at building muscle mass, and may help with weight loss. Lentils are a type of legume. They are high in fiber, magnesium, potassium, iron, folate, copper, manganese and various other nutrients. Other High-Protein Legumes Ezekiel Bread Ezekiel bread is different from most other breads. It is made of organic and sprouted whole grains and legumes, including millet, barley, spelt, wheat, soybeans and lentils. Compared to most breads, ezeziel bread is very high in protein, fiber and various important nutrients. Pumpkins contain edible seeds called pumpkin seeds. They are incredibly high in many nutrients, including iron, magnesium and zinc. Other High-Protein Seeds Turkey Breast Turkey breast is similar to chicken breast in many ways. It consists mostly of protein, with very little fat and calories. It also tastes delicious and is high in various vitamins and minerals. One 3-ounce 85 g serving contains 24 grams, with calories. Fish is incredibly healthy, for various reasons. It is loaded with important nutrients, and tends to be very high in heart-healthy omega-3 fatty acids. Shrimp is a type of seafood. It is low in calories, but incredibly high in various nutrients, including selenium and vitamin B Like fish, shrimp also contains plenty of omega-3 fatty acids. A 3 ounce 85 g serving contains 18 grams, with only 84 calories. Brussels Sprouts The Brussels sprout is another high-protein vegetable, related to broccoli. It is one of the healthiest foods you can eat, and is very high in fiber, vitamin C and other nutrients. Half a cup 78 g contains 2 grams of protein, with 28 calories. Peanuts Peanuts are incredibly delicious. They are high in protein, fiber, magnesium and many studies show that they can help you lose weight. Peanut butter is also high in protein, just make sure not to eat too much as it is quite "more-ish. One ounce 28 g has 7 grams, with calories. The Bottom Line The importance of eating enough protein can not be overstated. It is the simplest, easiest and most delicious way to lose weight and have a better looking body.

Chapter 2 : What are some healthy proteins I can eat for lunch or dinner? | Protein - Sharecare

Protein is a staple nutrient in our diet, serving as a building block for cells and tissues throughout the body, fueling exercise sessions, and filling us up at mealtime. The Institute of.

Are you trying to eat more fruits, vegetables and whole grains to get plenty of vitamins, antioxidants and fiber? It may be time to add protein-rich foods like milk and lean meats, beans and nuts to that list of healthy foods. You may have read that Americans get too much protein over the course of a day. Most people are actually protein deficient for much of the day, with muscle synthesis at less than maximal levels. For the body to best use the protein we eat, we should shift our consumption from dinner to the daytime, increasing our portions at breakfast and lunch and decreasing them at dinner to provide a steady amount over the course of the day. More health benefits of eating the right amount of protein throughout the day: Protein affects how full we feel and how well we manage our weight. More even distribution of protein throughout the day is linked to chronic disease prevention, preservation of lean body mass and bone health. Protein is also great for bones. When people think of osteoporosis, they tend to think of calcium, but protein is also key in maintaining strong bones. Strong muscles, which are made of protein, help support healthy bones. Shift that big protein load from dinner to breakfast and lunch. Instead of eating 10 grams of protein for breakfast, 15 for lunch and 65 for dinner a common eating pattern for Americans, try to eat about 20 to 30 grams for each meal. Here is a sample set of menus for the day. Try any of these ideas, along with plenty of the fruits, vegetables and whole-grains you enjoy eating. For breakfast, eating an egg, a piece of toast with a tablespoon of peanut butter and a glass of milk will get you to about 20 grams of protein. Other good protein sources for breakfast include almonds and yogurt. Mix and match a few protein sources to get 20 grams. For lunch, a turkey sandwich with a glass of milk or a bean, cheese and rice burrito will get you to 25 to 35 grams of protein. At dinner, most people should try to reduce the amount of protein they eat to three ounces of meat. A diet that includes protein-rich food sources such as milk, dairy foods, lean meats, eggs, fish, poultry as well as plant sources like beans, nuts and seeds can help support weight loss, improve disease outcomes and support bone health. New research shows that higher protein intake is associated with greater bone mass and fewer fractures when calcium intake is adequate. This is just another reason why milk is so good for our bones—it delivers a package of nutrients that includes both calcium and protein, which you may not find in other calcium fortified beverages or supplements. Dietary protein distribution positively influences muscle protein synthesis in healthy adults. Role of dietary protein in the sarcopenia of aging. Am J Clin Nutr. Positive Approach Do you know what foods you should be eating?

Chapter 3 : A Grocery List for Lean Meats on a Low-Carb Diet | Healthy Eating | SF Gate

Dinner is one of the few moments a busy person affords to relax and enjoy a meal. However, because all dieticians teach us to make dinner a light and healthy meal, it comes as no surprise that a lot of people are researching good healthy foods to eat for dinner.

Protein is a staple nutrient in our diet, serving as a building block for cells and tissues throughout the body, fueling exercise sessions, and filling us up at mealtime. The Institute of Medicine recommends that men aim for 56 grams per day, and that women shoot for 46 grams. Plus, getting protein from a variety of sources helps to ensure a balanced diet and keeps saturated fat intake under control. Combine the soybean with whole wheat noodles, veggies, and a soy sauce dressing, and you have a takeout-inspired meal that kicks the protein count up to 18 grams a bowl. Eating Well Mushroom Risotto This creamy risotto tastes like a comfort-food indulgence, but with just calories and 14 grams of filling protein a bowl it makes a healthy and delicious weeknight meal. Mushrooms lend a savory, meaty flavor, while brown rice soaks up the tasty combo of white wine, balsamic vinegar, and parmesan cheese. You can still enjoy a burger and pack in 11 grams of protein by calling on lentils, nuts, and veggies. This vegetarian patty is full of flavor and cuts back on unhealthy saturated fats that typically creep up in the barbecue favorite. Enjoy it on a whole-wheat bun and tack on an additional 6 grams of protein. Eating Well Caramelized Onion and White Bean Flatbread Upgrade your standard pie by opting for whole-wheat dough and swapping sauce for a protein-packed white bean mash. Topped with Gouda cheese and a sprinkle of pumpkin seeds, each serving of this weekend favorite is packed with 13 grams of protein. Plus, at just calories per serving, you have extra room in your calorie count to serve it over a cup of brown rice " which adds an additional 5 grams of protein. The preparation takes all of five minutes: Throw the ingredients into a Dutch oven to cook for four hours. Nonfat cottage cheese, whole-wheat lasagna noodles, and Parmesan cheese kick the protein count up to 19 grams for less than calories per serving. Thinkstock Hummus and Veggie Pita Sandwich Sandwiches can still be on the menu without a drawer stocked with cold cuts. Layering the chickpea-based spread, creamy avocado, veggies, and Swiss cheese on a whole-grain pita packs in 11 grams of protein. The whole process takes just four minutes of prep time, so whip up an extra batch for a no-hassle brown bag lunch! This minute version packs in 18 grams of protein thanks to brown rice, beans, and cheddar cheese, while zesty herbs and spices add a punch of flavor. Thinkstock Mediterranean Frittata Mix things up with breakfast for dinner: In ten minutes you have a delicious dinner packed with 16 grams of protein.

Protein is an important nutrient for your body. Good sources of protein include meat, fish, chicken, eggs, dairy, beans, soy foods, nuts and seeds.

It happened just last week at the dentist when the receptionist noticed the letters after my name and said, "A dietitian! So, are you, like, vegan? At a recent breakfast event, a man looked at my name tag which listed my occupation and then at my plate and said, "A nutritionist eats eggs? Long story short, nutrition is very individual, and our needs are all different. The big picture is about balance, and an overall healthy diet can include room for occasional indulgences. So what about those most-of-the-time healthy habits that help you stay on track with your healthy-eating goals? Shutterstock While individual needs vary, most health experts agree that a healthy meal is generally one that provides a balance of nutrients and consists primarily of whole, minimally-processed foods. So what do healthy people eat for dinner? I tapped some of my fellow dietitians to share their go-to dinners and takeaway tips for keeping that evening meal healthy. Sometimes I add avocado or sauerkraut too. I always have frozen veggies on hand so they can be added to any meal in minutes. Pair with your favorite protein for a super-easy weeknight dinner. This Brussels sprouts recipe is one of her favorites. All you need [are] whole foods and fresh ingredients. I meal prep the chicken and quinoa, and the other items take less than five minutes. My secret ingredient is a dash of garlic powder in my omelettes for extra flavor without added salt. Simple tweaks can help you indulge in a healthier way. One of my favorite ways to do so is to make my Sweet Potato Cauliflower Pizza. Then I top that with cheese, roasted cauliflower, shallots, and fresh herbs. I add chickpeas or a veggie burger to the mix for some protein, and dress with olive oil and lemon juice. I always remind my patients that after a long day, the last thing they will want to do is spend a lot of time in the kitchen cooking so they need to have some quick, healthy ideas on hand. When you just want a snack Shutterstock Dietitian Elena Paravantes Hargitt loves the evening dinner ritual she shares with her husband. It is satisfying but not heavy. In the summer the salad is usually a classic Greek salad. Dinner time is a good time to reflect on the day, light candles, use pretty cloth napkins which are also environmentally friendly, and give thanks for the nourishing food you are going to enjoy. It is important to have the phones off during dinner or put them in a basket away from the dining room and really engage in conversation. This slow cooker ancient grain chili is a crowd-pleaser Brenner loves to serve with cilantro cream for a well balanced Meatless Monday meal " or for any night of the week. Life gets busy and messy, and having a few easy entree options in your back pocket can keep you sane and satisfied. Ingredients are always on hand. Only takes 15 minutes. To serve, "top them with some plain Greek yogurt and avocado slices for a little extra boost of protein and fat. A little thoughtful consideration before you feel those hunger pangs, will leave you feeling satisfied in more ways than one.

Chapter 5 : Healthy Foods to Eat for Dinner – GiTech

So even if you eat a burger for lunch and a couple of pork chops for dinner, you're still coming up short in the protein department. To help you reach your fitness and weight-loss goals, the researchers behind Zero Belly Cookbook uncovered and ranked these 30 best high-protein foods for metabolism.

What are some healthy proteins I can eat for lunch or dinner? Fish is also important. Eating two fish meals weekly, especially fatty fish such as salmon can help increase longevity. Canned salmon is an easy way to include fish at lunch. You can have it all in your salad by adding your favorite protein like chicken, lean beef, fish, etc. This is a great choice since it is an easy way to get your important, often-neglected vegetables and necessary protein. You can also include grilled chicken or turkey breast, shrimp, beans, chopped hard-boiled eggs and low-fat cheese. Olive oil or low-fat dressings will add additional flavor without too many calories. Soup containing meats like chicken, turkey or beef are also a good option for a lunch or dinner. Soups with meats can provide it all: Make sure that you choose a soup that is low in sodium, whenever possible. Another healthy option is a sandwich which could go along with your soup for a nice, big dinner. Choose whole wheat bread and make sure the meat is low fat as well. You can add lettuce and tomatoes or other vegetables to help increase your vegetable intake for the day. Low-fat cheese and low-fat mayo can be added as long as you stay within your total daily calorie limit. Use the Free Sharecare Fitness Application to get full menu examples and find the calories you need: [Click here for access](#): Lower calorie Pizza properly prepared can also be incorporated into your daily meal plan for lunch or dinner as a healthy option. Use whole-grain dough for the crust, vegetables, tomato sauce, lean cuts of meat and low-fat cheese. Basil and oregano can be sprinkled to add more flavor.

Chapter 6 : What healthy people eat for dinner

Let protein take center stage during dinner to lose weight. Swapping out starchy foods, like potatoes, for healthy proteins may help you shed pounds, according to research performed at Tufts University.

She started writing in and has been published in Teaching Tolerance magazine. Your dinner should include some type of protein. Your evening meal must carry you until breakfast, so it is important to include foods that provide nutrients such as protein and fiber. Beverly Pressey notes in her book, "Simple and Savvy Strategies for Creating Healthy Eaters," that having several nutritious menu ideas will help you prepare meals that are healthy and that you know your entire family is willing to eat. Keep track of new recipes you try, and soon you will have many nutritious dinner ideas at your fingertips. Choose a lean protein source, such as white-meat chicken, trimmed sirloin steak, fish or tofu. Add a drizzle of olive oil to a large wok or pot, add chopped meat or tofu and stir-fry until cooked through. Remove from pan and set aside. Add several types of vegetables to the pan. Include as many colors as possible to get vitamin C, vitamin A and fiber from your meal. Red bell peppers, carrots, squash, green onions, peas, asparagus and eggplant are all nutrient-dense choices. Stir-fry the vegetables until slightly tender, and add meat back to the pot. Stir in 1 or 2 tbsp. Wraps
Tortilla chicken wrap Photo Credit: Opt for whole-wheat tortillas because they provide more fiber than white ones. Choose a protein source to build your wrap on. Grilled chicken, shredded turkey and lean beef are all protein-packed choices. Shred or slice your meat and place it on a tortilla. Add vegetables like carrots, spinach, tomatoes and onions to chicken and drizzle with low-fat ranch dressing. Green onions, red bell peppers, broccoli and low-salt soy sauce goes well with beef. Chicken, cheese and salsa or turkey, avocado and low-fat cheese are additional fillings that are also nutritious. Soups and Stews
Chili con carne Photo Credit: Lean ground beef, garlic, onions, low-sodium canned tomatoes, low-sodium canned beans and low-fat cheddar cheese can be combined to prepare a chili that is packed with protein, fiber, calcium and vitamin C. Low-salt chicken broth, potatoes, carrots, onion, celery, corn and shredded chicken is a filling soup that supplies protein, potassium and vitamin A. Fish or shrimp can replace the chicken for a different taste. Brush chicken breasts, flank steaks or whole trout with olive oil, and sprinkle with salt and pepper. Grill over a medium flame until the meat is cooked through. Serve with a variety of grilled vegetables that have also been brushed with olive oil. Squash, asparagus, eggplant, red potatoes, tomatoes and onions grill well and provide fiber, potassium, vitamin A and vitamin C.

Chapter 7 : What to Eat for Dinner to Lose Weight - EatingWell

Whey protein is a type of high-quality protein from dairy foods, shown to be very effective at building muscle mass, and may help with weight loss. Protein content: Varies between brands.

Written by Kris Gunnars, BSc on August 1, The paleo diet is designed to resemble what human hunter-gatherer ancestors ate thousands of years ago. By following a whole food-based diet and leading physically active lives, hunter-gatherers presumably had much lower rates of lifestyle diseases, such as obesity, diabetes and heart disease. In fact, several studies suggest that this diet can lead to significant weight loss without calorie counting and major improvements in health. This article is a basic introduction to the paleo diet, providing a simple meal plan and other essential information. A Paleo Diet Meal Plan There is no one "right" way to eat for everyone and paleolithic humans thrived on a variety of diets, depending on what was available at the time and where in the world they lived. Some ate a low-carb diet high in animal foods, while others followed a high-carb diet with lots of plants. Consider this as a general guideline, not something written in stone. You can adapt all of this to your own personal needs and preferences. Here are the basics: Meat, fish, eggs, vegetables, fruits, nuts, seeds, herbs, spices, healthy fats and oils. Processed foods, sugar, soft drinks, grains, most dairy products, legumes, artificial sweeteners, vegetable oils, margarine and trans fats. The basic concept of the paleo diet is to eat whole foods and avoid processed foods. Foods to Avoid on the Paleo Diet Avoid these foods and ingredients: Sugar and high-fructose corn syrup: Soft drinks, fruit juices, table sugar, candy, pastries, ice cream and many others. Includes breads and pastas, wheat, spelt, rye, barley, etc. Beans, lentils and many more. Avoid most dairy, especially low-fat some versions of paleo do include full-fat dairy like butter and cheese. Soybean oil, sunflower oil, cottonseed oil, corn oil, grapeseed oil, safflower oil and others. Found in margarine and various processed foods. Usually referred to as "hydrogenated" or "partially hydrogenated" oils. Aspartame, sucralose, cyclamates, saccharin, acesulfame potassium. Use natural sweeteners instead. Everything labeled "diet" or "low-fat" or that has many additives. Includes artificial meal replacements. If you want to avoid these ingredients, you must read ingredients lists , even on foods that are labeled as "health foods. Base your diet on whole, unprocessed paleo foods: Beef, lamb, chicken, turkey, pork and others. Salmon, trout, haddock, shrimp, shellfish, etc. Choose wild-caught if you can. Choose free-range, pastured or omega-3 enriched eggs. Broccoli, kale, peppers, onions, carrots, tomatoes, etc. Apples, bananas, oranges, pears, avocados, strawberries, blueberries and more. Potatoes, sweet potatoes, yams, turnips, etc. Almonds, macadamia nuts, walnuts, hazelnuts, sunflower seeds, pumpkin seeds and more. Healthy fats and oils: Extra virgin olive oil, coconut oil, avocado oil and others. Sea salt, garlic, turmeric, rosemary, etc. Try to choose grass-fed, pasture-raised and organic if you can afford it. If not, just make sure to always go for the least-processed option. Summary Eat whole, unprocessed foods like meat, seafood, eggs, veggies, fruits, potatoes, nuts, healthy fats and spices. If possible, choose grass-fed and organic products. Modified Paleo Diets Over the past few years, the paleo community has evolved quite a bit. There are now several different versions of the paleo diet. Many of them allow some modern foods that science suggests are healthy. These include quality grass-fed butter and even some gluten-free grains like rice. Many people now think of paleo as a template to base your diet on, not necessarily a strict set of rules that you must follow. Summary You can also use the paleo diet as a starting point, adding in a few other healthy foods like grass-fed butter and gluten-free grains. The foods and beverages below are perfectly fine in small amounts: Quality red wine is high in antioxidants and beneficial nutrients. Quality dark chocolate is very nutritious and extremely healthy. Summary When following the paleo diet, you can indulge in small amounts of red wine and dark chocolate from time to time. When it comes to hydration, water should be your go-to beverage. Tea is very healthy and loaded with antioxidants and various beneficial compounds. Green tea is best. Coffee is actually very high in antioxidants as well. Studies show that it has many health benefits. Summary Water should be your drink of choice when following the paleo diet. Many people also drink tea and coffee. If a picture is worth a thousand words, a video is worth a million. This short video explains everything you need to know about the paleo diet. This sample menu contains a balanced amount of paleo-friendly foods. By all means,

adjust this menu based on your own preferences. Eggs and vegetables fried in coconut oil. One piece of fruit. Chicken salad with olive oil. Burgers no bun fried in butter, with vegetables and some salsa. Bacon and eggs, with a piece of fruit. Leftover burgers from the night before. Salmon fried in butter, with vegetables. Meat with vegetables leftovers from night before. Sandwich in a lettuce leaf, with meat and fresh vegetables. Ground beef stir-fry with vegetables. Eggs and a piece of fruit. Leftover stir-fry from the night before. A handful of nuts. Fried pork with vegetables. Steak with vegetables and sweet potatoes. Bacon and eggs with a piece of fruit. Leftover steak and vegetables from the night before. Baked salmon with vegetables and avocado. Grilled chicken wings with vegetables and salsa. There is usually no need to track calories or macronutrients protein, carbs or fat on the paleo diet, at least not in the beginning. However, if you need to lose a lot of weight, it is a good idea to cut carbs somewhat and limit your intake high-fat foods, such as nuts. If you want more examples of easy paleo meals, read this article: [Summary You can make a variety of delicious meals using paleo-friendly foods.](#) Above is a sample menu of what one week on the paleo diet might look like. There really is no need to eat more than three meals per day, but if you get hungry, here are some paleo snacks that are simple and easily portable:

Chapter 8 : 10 High-Protein Dinner Recipes - No Meat Required | Everyday Health

Looking for good high-protein foods for breakfast? This seasoned pork sausage can turn scrambled eggs into a flavor-packed meal. It's also great for lunch or dinner in pasta dishes, soups, and salads.

Meat is a suitable option because it contains many important nutrients, including iron, zinc and magnesium. When shopping for meats, select cuts with no visible fat and only a few grams of fat per serving. This minimizes your saturated fat intake, which supports your weight-management efforts. Skinless Poultry Skinless poultry, which includes the white meat of chicken, turkey and Cornish hens, is very lean. Lean meat is any cut of meat with less than 10 grams of fat per 3-ounce serving, according to the U.S. Department of Agriculture. One 2- to 3-ounce serving of skinless poultry contains under 3 grams of fat. Poultry cuts are among the leanest meats you will find at most grocery stores. Broil, bake or grill these cuts, and eat them with green salads or a medley of non-starchy vegetables, such as broccoli, cauliflower and asparagus, to create a low-carb meal. Beef Cuts Beef cuts are high in many important nutrients, including iron and vitamin B. Beef can be healthy if you only consume lean cuts and eat it in moderation. Beef cuts with "round" or "loin" in the name are leaner than "chuck," because they come from the part of cows that is less fatty. Tenderloin, top loin, sirloin tip and ground round are examples of lean beef products. Always choose meat that is between 90 to 95 percent lean to keep your fat intake low. The percentage is printed on most beef packages. Pork and Lamb Like beef, a pork or lamb cut with "loin" in its name is low in fat. Pork center loin, pork tenderloin and lamb tenderloin contains under 3 grams of fat per serving. One serving is 2 to 3 ounces in weight and equivalent in size to a deck of cards. Most pork and lamb cuts have visible fat, which you can trim off with a sharp knife. Combine pork and lamb cuts with lightly steamed peppers and diced zucchini for a delicious, low-carbohydrate, low-fat meal. Preparing Meats to Keep Them Lean Always steam, grill, poach, bake or broil lean meats to keep their fat content low. Sauteing or frying lean meats in oil dramatically increases the fat content, even if you use healthy oils, such as olive or coconut oil. Avoid battering your meats or adding creamy sauces. Lightly season lean meats using herbs such as rosemary, sage and thyme to make them delicious and to keep the fat and carb content low. If it is within your budget, choose lean cuts that are free-range, organic or grass-fed, since most commercial cuts contain antibiotics and hormones.

Dinner: pick high-protein pasta Thanks to new varieties made from protein-rich foods like edamame, lentils, and chickpeas, pasta doesn't have to be a carb bomb.

Brush the fish lightly with olive oil and season with freshly ground pepper and other dried herbs. Chop up your favorite non-starchy vegetables and serve them over a bed of greens. Add some rotisserie chicken breast, cottage cheese or another reduced-fat cheese. Have your salad with a side of whole wheat garlic bread or some fresh fruit. Use rotisserie chicken or defrost and roast up some frozen chicken. Fill a corn or whole wheat tortilla with shredded chicken, tomatoes, lettuce, fresh cilantro and black beans. If you want, top it all with a spoonful of salsa and some non-fat plain Greek yogurt. Scramble up a few eggs for dinner. Throw in a slice of whole wheat toast with some trans free margarine. Try pasta primavera vegetables with pasta. Add frozen vegetables to pasta during the last 3 minutes of cooking. Drain the water and then toss with a two tablespoons of light salad dressing and cooked diced chicken. Or, toss in pasta sauce if you prefer a red sauce. Stir fry is another easy option! Keep a frozen vegetable stir-fry medley in your freezer. Add some frozen shrimp or heated chicken and serve over brown rice, quinoa or whole farro. Make a veggie flatbread. Bake in the oven until the cheese melts. In the morning, toss some canned beans, canned tomatoes, tomato sauce, and frozen corn in a crockpot with some cumin, chili powder and garlic. Cover and cook on low for hours to make a chili that will be ready when you get home. You can also add other vegetables that you have on hand like diced onions, bell pepper or carrots. Prefer to follow a recipe? Here are some quick and tasty dinner recipes from Recipes for Healthy Living. If you want to receive more free recipes like these each month, sign up for our Recipes for Healthy Living e-newsletter.