MAIN MEALS

STIR-FRY

**Veggies** + **Protein** + **Grain** + **Sauce**
- Frozen mixed + Frozen edamame + Brown/white rice + Stir-fry sauce
- Frozen broccoli + Tofu + Egg noodles +
- Bell peppers + Chicken breast + Rice noodles +
- Carrots + Ground beef + Soba noodles +
- Mushrooms +

**Recipes:**
- Veggie stir-fried noodles
- Chicken stir-fry
- Vegan ramen stir-fry
- Easy stir-fry sauces

VEGGIE PASTA

**Grain** + **Sauce** + **Veggies** + **Protein**
- Rotini + Marinara + Frozen broccoli + Chickpeas
- Spaghetti + Pesto + Tomatoes + Canned white beans
- Linguini + Alfredo + Frozen spinach + Pre-cooked sausage
- Penne + Hummus + Mushrooms + Canned chicken
- Penne +

**Recipes:**
- Pasta Primavera
- Chicken sausage & broccoli
- Creamy hummus pasta
- Easy pesto pasta
- 5-ingredient pasta salad

MINI PIZZAS

**Base** + **Toppings**
- Pita bread + Pizza sauce + Chickpeas
- English muffin + Cheese + Onion
- Small tortilla + Chopped peppers + Chicken
- Frozen mixed veg + Canadian bacon + Olives
- Carrots + Sliced zucchini + Pineapple

**Recipes:**
- Basic cheese pizza
- Spinach feta pizza
- Hawaiian style pizza
- Vegan pizza 3 ways

FRIED RICE

**Grain** + **Veg** + **Protein**
- Brown rice + Frozen mixed veg + Egg
- White rice + Carrots + Frozen edamame
- Quinoa + Frozen peas + Tofu
- Riced cauliflower +

**Recipes:**
- Basic fried rice
- Kimchi fried rice
- Un-fried rice

VEGETARIAN QUESADILLA

**Grain** + **Veg** + **Protein**
- Corn tortilla + Canned corn + Shredded cheese
- Whole wheat tortilla + Bell peppers + Canned beans
- Flour tortilla + Mushrooms + (black, pinto, kidney)
- Baby spinach + Onion +
- Salsa +

**Recipes:**
- Sweet potato black bean
- 10-min quesadilla
- Make it vegan
- Cilantro yogurt dip

Tips: Try microwaveable whole grains to save time and add good-for-you nutrients like fiber!
**MAIN MEALS**

- **UPGRADED MAC & CHEESE**
  - 1 box mac & cheese w/ cheese packet
  - Veggies: Frozen peas, Baby spinach, Mushrooms, Frozen broccoli
  - Protein: Canned tuna, Canned chicken, Canned beans

- **CURRY IN A HURRY**
  - Protein: Canned chickpeas
  - Veggies: Cauliflower, Frozen broccoli, Frozen spinach, Potato, Green beans
  - Grain: Basmati rice, Brown rice, Pita bread, Naan
  - Sauce: Store-bought curry sauce, Coconut milk

- **POTATO EGG HASH**
  - Protein: Egg, Pre-cooked sausage, Black or pinto beans, Shredded cheese
  - Veggies: Potato, Sweet potato, Canned diced tomatoes, Fresh or frozen mixed veggies
  - Sauce: Salsa, Tomato sauce, Pesto, Hot sauce

- **UPGRADED RAMEN**
  - 1 package ramen noodles, discard flavor packet
  - Veggies: Frozen mixed veggies, Chopped fresh veggies
  - Protein: Soft-boiled egg, Frozen edamame, Tofu, Chicken, Beef

- **STUFFED POTATO**
  - Starch: Russet potato, Sweet potato, Yam
  - Veggies: Canned corn, Onion, Salsa
  - Protein: Canned beans (black, pinto, kidney, chickpeas), Shredded chicken

**Recipes:**
- Creamy cauli mac
- 10 boxed mac hacks
- Boxed mac 6 ways
- Semi-homemade curry
- Chickpea curry
- Green tofu curry
- Potato hash
- Southwestern vegan hash
- Clean-out-the-fridge ramen
- Upgraded instant ramen
- Dorm room ramen hacks
- Microwave stuffed sweet potato
- Vegan curried chickpea potato
- Chickpea spinach potato

**Tip:** Frozen and canned fruits & veggies are nutritious options that can make meal prep quicker & easier!

For more easy recipe ideas, visit wellness.sfsu.edu/healthy-recipes
SNACKS

PARFAIT

Yogurt + Yogurt
Greek yogurt Dairy-free yogurt

Fruit + Frozen berries
Canned peaches
Craisins
Diced kiwi

Toppings + Sliced almonds
Chopped walnuts
Granola

SWEET POTATO TOAST

Base + Thinly sliced sweet potato, roasted or toasted

Toppings + Mashed avocado
Nut butter
Nutella
Pesto + mozzarella

Hummus
Hard boiled egg
Tomato

LOADED NACHOS

Protein + Black or pinto beans
Cooked shredded meat
Shredded cheese

Veggies + Onion
Bell pepper
Jalapeno
Tomatoes
Canned corn

Sauce + Salsa
Hot sauce

MICROWAVE FRUIT CRISP

Fruit + Frozen berries
Sliced apples, pears or peaches

Crisp + Oats
Flour
Sliced nuts
Cinnamon
Butter

BEAN SALSA

1 can beans (black, pinto, black-eyed)
1 can corn (or 2 cups frozen, thawed)
1 cup salsa (tortilla or pita)

Chips

ROASTED SPICED CHICKPEAS

Base + Canned chickpeas

Oil + Olive oil
Vegetable oil
Canola oil

Spices + Cumin
Chili powder
Garlic
Ginger

Recipes:
- Basic fruit & yogurt
- Mix & match make-ahead
- Apple crisp
- Greek yogurt bowl

Recipes:
- Sweet potato toast 5 ways
- Savory & sweet: 9 ways

Recipes:
- Veggie microwave nachos
- Loaded sheet pan nachos
- Potato nachos

Recipes:
- Fruit crisp for one
- Vegan berry crisp
- Apple crisp

Recipes:
- Pineapple black bean salsa
- Avocado bean salsa
- 2-minute corn salsa

Recipes:
- Basic and customizable
- Taco seasoned
- Turmeric roasted

Tips: Snacks are great energy-boosters between meals. Pairing 2+ food groups creates a filling and nutritious snack!

For more easy recipe ideas, visit wellness.sfsu.edu/healthy-recipes