



5 UBER EASY MEALS



These super fast meals can be made in less time than it takes to order fast food! Keep your kitchen stocked with these items and take the stress out of meals!

All the meals (well, except the salad) are to be served with a side of salad or other vegetables.

TUNA MELTS

- 1/2 tin of tuna, packed in water
- 1 tbsp low fat mayonnaise
- 1 tbsp finely cut green onion
- 1 -2 slices whole grain or other high fibre bread
- 1/4 cup grated cheddar, mozzarella, or Monterey Jack

Optional: thin slices of apple

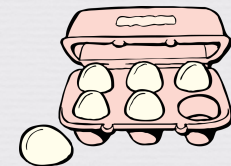
1. Mix the tuna, mayonnaise, and green onions.
2. Place mixture on 1 or 2 slices of bread, depending on appetite.
3. Optional: Layer apple slices on top of tuna.
4. Top with cheese.
5. Bake at 300F for 5 - 10 mins until cheese melts.

ALL-DAY EGGS

- 2 large or 3 small eggs
- 1 -2 tsp oil (if needed)
- 1 -2 tbsp grated cheese of choice
- 1 tbsp finely cut green onion
- 1 -2 slices whole grain or other high fibre bread

Optional: spinach, mushrooms, or other vegetables on hand. Left over steamed vegetables work great.

1. Scramble eggs.
2. Heat oil in fry pan over medium heat.
3. Add eggs to pan.
4. Add green onions and vegetables.
5. Stir until egg still moist.
6. Top with cheese.
7. Serve with 1 -2 slices bread, depending on appetite.





BIT O'PASTA



Choose pasta stuffed with a protein source such as chicken, beef, or cheese.

- 350 gram package* stuffed pasta - such as ravioli, tortellini, agnoloti
- 1/2 cup pre-made tomato sauce (eg. Newman's Own, Simply Organic)

Optional: grated parmesan or other cheese

1. Cook pasta according to package directions.
2. Heat tomato sauce in saucepan.
3. Top pasta with sauce.
4. Optional: Top with cheese.

*NOTE: This meal makes enough for 2. If cooking for 1, set aside half the pasta for the next day's lunch.

FILL 1/2 YOUR PLATE W/ VEGGIES

Pre-washed lettuce or other greens are readily available in most groceries. A simple olive oil + balsamic vinegar dressing works wonders. Cut-up raw veggies can be used instead with or without a dip. Baby carrots or snap peas make it that much easier! Use fresh + local + organic whenever possible but if it isn't no worries! Frozen or canned work, too!

QUESADILLAS

Start with a small amount of any cheese you enjoy. Add any combination of ingredients you have on hand. Below is just a suggestion - mix + match as desired! Serve with salsa.

- Flour or corn tortillas
- grated or crumbled cheese
- green onions
- black beans or other beans
- black olives
- roasted red peppers
- lean deli-meats
- cut-up veg (leftovers work well!)

1. Place tortilla on a warm skillet.
2. Sprinkle cheese and other ingredients as desired over half the tortilla.
3. Fold tortilla in half.
4. Flip tortillas and warm other side.

because health should be simple + fun

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SIMPLY SALAD



Remember to have a good source of protein!

- lettuce or other greens
- cut up any other vegetables you have on hand - eg. green onions, grated carrots, dices red peppers, cucumbers, broccoli, etc.
- Add either one or more of the following proteins: hard boiled egg, tuna, salmon, walnuts, almonds, tofu, left over meats
- Berries or cut up fresh fruit or dried fruit can add pizzazz to your salad.
- Dress salad with your favourite dressing or with lemon juice, olive oil, + balsamic vinegar.
- Serve with a small bun.