

# LOW-FAT QUINOA IDEAS

Diced, cooked chicken breasts are a great addition to any of these recipes!

To warm, cooked quinoa, add:

## MEDITERRANEAN QUINOA SALAD:

chopped cucumbers	garnish of low-fat feta	diced red onion
diced tomatoes	chopped roasted red peppers	low-fat vinaigrette

## SOUTHWEST QUINOA SALAD:

black beans	diced tomatoes	salsa
corn	chopped roasted red peppers	

## BALSAMIC CHICKEN QUINOA:

juice of 1/2 lemon	halved grape tomatoes	low-fat balsamic vinaigrette
grilled chicken breasts	chopped, fresh flat-leaf parsley	

## QUICK CORN QUINOA:

juice of 1/2 lemon	chopped green onions
fresh corn kernels	salt & pepper

## CUCUMBER QUINOA SALAD:

To cooked quinoa add:	diced red onion	low-fat vinaigrette
chopped cucumbers	fresh, chopped basil	fresh, chopped basil

# snack LUNCH IDEAS

---

COMBINE YOUR FAVORITE SNACKS FOR AN EASY LUNCH:

- boiled eggs
- deviled eggs
- cottage cheese w/ fruit or fresh veggies
- protein shakes
- small portions of leftovers
- deli meat
- smoked salmon
- favorite cheeses
- sliced cucumbers with ranch dressing
- sliced cucumbers spread with cream cheese and dipped in salsa
- mini bell peppers
- nuts & seeds
- fresh fruit
- olives
- sliced tomatoes sprinkled w/ salt
- sliced avocado

# SWEET POTATO IDEAS

---

## Topping Ideas:

- grated fresh ginger, garlic, and scallions
- black beans, onions, cilantro, lime juice
- black beans & salsa
- light Laughing Cow cheese
- Just Like Brown Sugar (or other brown sugar substitute) w/ 1 teaspoon butter
- cooked chicken breast, 0% Greek yogurt, hot sauce, and green onions
- cooked, taco-seasoned lean ground turkey, 0% Greek yogurt, and diced tomatoes
- low-fat chili
- sautéed kale, white beans, and minced garlic
- green chile
- baked chicken breasts baked with chipotle seasoning

# DELI-MEAT ROLL-UP IDEAS

## CHOOSE 1 FOR ROLLING:

- deli turkey
- deli roast beef
- deli chicken
- deli ham
- pastrami
- prosciutto
- capicola ham
- very thinly sliced zucchini

## CHOOSE 1 OR 2 FOR SPREADING:

- cream cheese
- flavored cream cheese (add dill, parsley, or other favorite seasoning)
- Laughing Cow spreadable cheese
- mayonnaise
- chipotle mayonnaise
- mustard
- salad dressing (thicker is better)

## CHOOSE FILLINGS:

- cheese
- cucumbers, cut into matchsticks
- carrots, cut into matchsticks
- jicama, cut into matchsticks
- thinly sliced tomatoes
- thinly sliced onions
- thinly sliced bell peppers
- dill pickles
- lettuce

# salad IDEAS

## SALAD BASE:

romaine	cabbage	butter lettuce	red leaf lettuce
baby spinach	coleslaw mix	green leaf lettuce	kale

## NEUTRAL VEGGIES:

cucumbers	bell peppers	radishes	green beans
tomatoes	mushrooms	red onions	broccoli

## LOW-CARB ADD-ONS:

- olives
- avocado
- cheese
- seeds
- nuts
- eggs
- steak
- chicken thighs
- smoked salmon
- ground beef
- deli meat
- salami
- bacon
- berries

## LOW-FAT ADD-ONS:

- quinoa
- fruit
- roasted sweet potatoes
- brown rice
- lean deli meat
- chicken breasts
- boiled egg whites
- low-fat cottage cheese
- corn
- beans
- chickpeas
- barley
- farro
- baked corn chips