

Dinner: Make It Quick!



Prepare Quick and Healthy Meals for your family using these ideas.

1. Make sandwiches and serve them with fruit and milk. Dinner does not have to be a hot meal.
2. Plan a weekend “Cook Off”. Prepare double batches of dinner meals on the weekend. Freeze them in microwaveable containers. Reheat the meal for a quick dinner during the week.
3. Purchase grocery store prepared chickens, pre cut vegetables, and salad bags of mixed greens. Put them together for a balanced dinner.
4. Prepare a 5 minute pizza. Place pizza sauce, mozzarella cheese, and Italian seasoning on an English muffin half. Put the pizza half into the toaster oven and broil.
5. Stock your pantry with grab and go foods. Items like canned tuna and salmon, reduced sodium soups, canned beans (black beans and kidney beans are great additions to tacos), spaghetti sauce and noodles.

(This information is for educational purposes only. Contact your healthcare provider if you have a medical concern or question.)

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