Five Minute Meals

Ideas for preparing quick, high-carbohydrate meals.

**Sandwiches:**
Lean roast beef, ham, Turkey, chicken
Mozzarella cheese

To make a balanced meal, add fruit, a vegetable or salad, milk, and frozen yogurt.

**Meals using leftovers:**

**Meal #1**
Chili on a baked potato
Hard roll with margarine
Fresh or raw veggies
Fruit
Milk
Pudding

**Meal #2**
Leftover cold meat on a bun
Lettuce salad with dressing or raw veggies
Fresh or canned fruit in light syrup
Milk
Gingersnaps

**Meals From Scratch**

**Meal #1**
Omelet with vegetables
Whole grain bagel or english muffin
Fruit (fresh)
100% fruit juice or milk

**Meal #2**
Grilled cheese sandwich
Tomato soup with crackers
Fresh fruit
Milk or 100% fruit juice

**Meal #3**
Lowfat cottage cheese with fresh or canned fruit in light syrup
Bread or dinner roll
Tomato or V-8 juice
Pudding made with milk

**Meal #4**
Refried beans & cheese in a flour tortilla
Salsa, tomatoes & lettuce, avocado slices
Fresh fruit
Lowfat chocolate milk