



Microwave-Less Meals

Preparing your meals saves time, money, and sanity. But what can you eat when you know you'll be in the car or training all day, with no microwave in site? Pack your cooler with these quick and delicious meals, of course!

Wraps

Grilled Veggie and Hummus Wrap

600 cal 37g pro 43g carb 32g fat 12g fiber
Sautee red onion, red bell pepper, and eggplant slices in 1 Tbsp olive oil. Spread 2 Tbsp hummus on 1 whole grain flatbread or wrap. Sprinkle with 1 Tbsp feta cheese and chopped parsley.

Caprese Chicken Wrap

440 cal 30g pro 33g carb 23g fat 5g fiber
Top a whole grain flatbread with 1 sliced tomato, 1 oz mozzarella cheese, 3 oz rotisserie chicken, and a few torn basil leaves. Sprinkle with black pepper, ½ Tbsp olive oil and ½ Tbsp white wine vinegar.

Chicken Caesar Wrap

425 cal 32g pro 40g carb 16g fat 5g fiber
Combine ½ Tbsp lemon juice, ½ Tbsp low fat mayo, 1 Tbsp shredded parmesan cheese and 1 minced garlic clove. Spread on a whole grain wrap and top with 4 oz grilled chicken. Sprinkle with black pepper and wrap.

Turkey Cobb Flatbread Wrap

323 cal 26g pro 33g carb 11g fat 7g fiber
Spread 1 Tbsp low fat blue cheese dressing on 1 whole grain flatbread. Add 2 oz think sliced roasted turkey, ¼ cup chopped to tomato, ¼ cup shredded romaine, and ¼ avocado. Roll up tightly and enjoy.

Mango Chutney Chicken Wrap

410 cal 32g pro 74g carb 18g fat 5g fiber
Combine 1 Tbsp Greek yogurt, ½ tsp curry powder, 1 Tbsp mango chutney and a sprinkle of black pepper, spread on 1 whole grain naan bread. Top with ½ spring mixed greens and 4 oz rotisserie chicken. Wrap tightly and enjoy.

Greek Salad Pita Pocket

400 cal 13g pro 45g carb 20g fat 7g fiber
Fill a whole wheat pita with 1 Tbsp olive oil, 1 Tbsp red wine vinegar, 1 plum tomato, ¼ cup diced cucumber, ¼ sliced red onion, ¼ cup chopped green bell pepper, ¼ cup feta cheese, and 1 Tbsp chopped parsley. Add chicken if desired.

Avocado Chicken Salad Wrap

250 cal 15g pro 23g carb 21g fat 5g fiber
Makes 4 wraps. Combine ½ cup non-fat plain Greek yogurt, 1 mashed avocado, 1 cup cooked chicken, ½ tsp salt, 1/8 tsp pepper, ½ tsp garlic powder, ½ cup chopped celery, ¼ cup diced red onion, 1 tsp lime juice, and ¼ cup chopped grapes.

Pro Tips

- Soggy wrap? Create a lettuce barrier between the tortilla and wrap ingredients.
- Save on the rotisserie chicken. Toss 5 boneless chicken breast and ¼ cup broth in a crockpot, cook on low for 8 hours and shred.



Super Sides

Fruit

- Whole fruit
- Apple sauce pouch
- ¼ c dried fruit
- Fruit cups or canned fruit in 100% juice

Veggies

- Carrots and hummus
- Snap peas, cucumbers, celery, bell peppers
- Low sodium olives
- Salsa

Grains

- Whole grain crackers
- Popcorn
- Mini rice cakes
- Low sugar, whole grain banana bread

Dairy/Protein

- Cheese stick
- Low sugar yogurt
- Peanut butter
- Tuna
- Nuts

Created by
Megan Lutz,
RDN, LDN, CPT



Green Salads

Avocado Caprese Salad

350 cal 10g pro 10g carb 25g fat 8g fiber
Combine 2 cups arugula or spring mix, 1 sliced Campari tomato, half of an avocado (sliced), and 1 oz mozzarella. Toss with 1 Tbsp olive oil, 1 Tbsp balsamic vinegar, and 1 Tbsp fresh basil.

Cranberry Walnut Salad

460 cal 21g pro 32g carb 30g fat 11g fiber
Combine 2-3 cups romaine lettuce, 3 Tbsp low sugar dried cranberries, 3 Tbsp chopped walnuts, and 3 oz chicken. Toss with 1 Tbsp olive oil and 1 Tbsp balsamic vinegar.

Italian Salad with Chicken

250 cal 19g pro 6g carb 17g fat 2g fiber
Combine 2-3 cups chopped romaine lettuce, ½ chopped roma tomato, ½ onion (sliced), and 1 Tbsp parmesan cheese. Toss with 1 Tbsp olive oil, 1 Tbsp red wine vinegar, and ½ tsp Italian seasoning. Add 3 oz chicken if desired.

Margarita Chicken Salad

370 cal 21g pro 25g carb 22g fat 6g fiber
Combine 2 cups romaine lettuce with ¼ cup chopped tomatoes, ¼ cup chopped bell pepper, ¼ cup black beans, ½ chopped red onion, ¼ cup corn, and 3 oz chicken. Toss with 1 Tbsp olive oil, ½ Tbsp lime juice, ½ tsp agave nectar, and a pinch of cilantro/salt/pepper/cumin.

Grain Salads

Mexican Pasta Salad with Avocado Dressing

1 cup 290 cal 8g pro 37g carb 13g fat 6g fiber
Blend ½ avocado, ¼ cup light mayo, 2 Tbsp lime juice, 1 clove garlic, ½ tsp salt, and ¼ tsp cumin. In a bowl, combine 3 cups cooked whole wheat fusilli pasta, 1 cup halved cherry tomatoes, ½ cup black beans, ½ cup corn, ½ cup shredded cheddar cheese, ¼ diced red onion, and ¼ cup fresh cilantro. Toss with dressing and enjoy.

Pear Quinoa Salad

¾ cup 250 cal 7g pro 29g carb 13g fat 5g fiber
Microwave 1 pouch quick cooking quinoa according to package directions. Add 2 tbsp olive oil, 1 Tbsp pear or balsamic vinegar, ¼ cup fresh chives, ¼ tsp salt and pepper, 2 diced ripe pears, and ¼ cup chopped walnuts or pecans. For extra protein, add shredded chicken. Enjoy hot or chilled.

Something Sweet

Chocolate Banana Overnight Oats

285 cal 8g pro 48g carb 8g fat 9g fiber
In a mason jar, combine ½ cup rolled oats, ½ Tbsp cocoa powder, 1/8 tsp cinnamon, 1 tsp chia seeds, ¼ tsp vanilla extract, ½ cup almond milk, and ½ chopped banana. Stir and sit in fridge overnight. Add additional sweetener or almond milk to taste.

Peanut Butter Banana Roll Up

465 cal 14g pro 69g carb 19g fat 9g fiber
Spread 2 Tbsp creamy peanut butter on a 8-10 inch whole grain tortilla. Top with 1 sliced banana and sprinkle with 2 Tbsp granola. Roll up and enjoy!

Pumpkin Spice Overnight Oats

270 cal 10g pro 41g carb 12g fat 10g fiber
In a mason jar, combine ¼ cup quick oats, ½ cup almond milk, 2 tbsp pumpkin butter, 1 tsp chia seeds, cinnamon, pumpkin pie spice, and ½ chopped banana. Stir and sit in fridge overnight. Add additional sweetener or almond milk to taste.

Fruit Dip

90 cal 3g pro 19g carb 0g fat 0g fiber
Combine 32 oz vanilla light and fit yogurt, 1 8 oz nonfat cool whip, and 1 packet no sugar added vanilla pudding. Serve with fruit. Makes 5 cups, serving size is ½ cup.

