



DAVID BRALEY SPORT MEDICINE AND REHABILITATION CENTRE



QUICK PREP MEAL IDEAS

- Small can of flavoured tuna + handful of nuts/seeds + whole grain crackers + chopped vegetables
- Fried eggs + cheese + whole grain toast + sautéed tomatoes and spinach
- Whole grain wrap + hummus or avocado + sliced turkey + cheese + mixed greens
- Fruit smoothie made with Greek yogurt, a handful of greens, and ground flaxseed
- Pasta + pre-cooked chicken strips or leftover baked chicken + tomato sauce or canned diced tomatoes + spinach (stir into pasta while still hot)
- Canned soup or stew with meat protein or legumes and vegetables (example: chili or beef and barley) + whole grain toast + cheese
- Frozen chicken breasts or strips (baked) + brown rice + frozen vegetables (steamed in microwave with some water)