

Mindless Eating

Quick and easy
(and somewhat healthy)

meal ideas and recipes

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Quick and Easy

Who has time to cook a big, complicated meal? Who has the money for bizarre specialty foods? The kids are hungry **now!** Scope out your cupboards and you'll probably see the ingredients for most of these dishes already in there. Just throw it together and eat.



For easy shopping, check out the shopping list for each recipe!

Breakfast

Eggs

Scrambled: crack 2 eggs into the pan, stir em up.

Basted: crack 2 eggs into the pan, pour just a splash of water over the yolks, cover pan until cooked

Sunny-side up: same as basted, but break the yolks when done!

Over-easy: crack 2 eggs into the pan, flip when the first side is done (without breaking the yolks), cook on second side until done

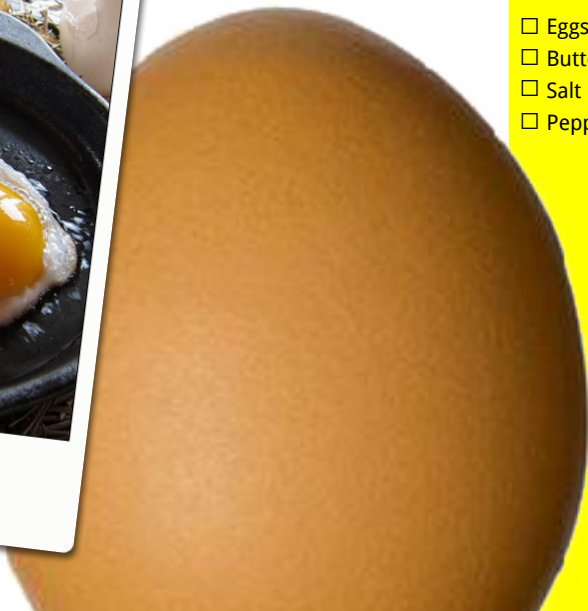
Over-hard: like over-easy, but break the yolks before flipping!





Shopping List

- ☐ Eggs!
- ☐ Butter
- ☐ Salt
- ☐ Pepper



Shopping List

- ☐ Apples
- ☐ Canned pineapple
- ☐ Grapes
- ☐ Blueberries
- ☐ Strawberries
- ☐ Oranges

- ☐ Other fruits you like!



In a hurry?
Grab a Greek yogurt.
High in protein!





Fruit Salad

Wash your apples, strawberries, grapes, and blueberries first! Drain canned pineapple, put pineapple into a very large bowl, and keep the juice. Chop up apples and dunk each slice in the pineapple juice before placing in the bowl (the juice stops the apples slices from turning brown!), peel and separate oranges and put slices in the bowl. Cut leaves off strawberries, slice in half to make them bite-size, throw them into the bowl. Separate grapes from stem and add to bowl. Finally, throw blueberries in.

Lunch

Hearty Chef Salad

Hard-boiled eggs: Place eggs in a pan with 1" of water covering them. Start with cold water to avoid cracking. Put on a burner on high until it comes to a rolling boil. Turn off stove and remove from heat. Cover pan and wait 12 minutes. Rinse eggs with cold water until they are cool to the touch. Crack and eat!

Place lettuce or romaine into a bowl. Add dressing and stir so each leaf is lightly coated. Cut up a hard-boiled egg and place on the leaves. Add tomatoes, black olives, ham chunks, etc. Top with shredded cheese.



High in protein, tons of veggies !

Shopping List

- ☐ Lettuce or romaine
- ☐ Shredded cheese
- ☐ Ham chunks
- ☐ Eggs
- ☐ Dressing
- ☐ Tomatoes

Shopping List

- ☐ Chicken
- ☐ Minute Rice
- ☐ Frozen broccoli
- ☐ Fresh mushrooms
- ☐ Cream of mushroom soup

Rice with Chicken and Broccoli

Cook chicken and dice into bite-size pieces. In a large pan, saute sliced mushrooms with olive oil until mushrooms are soft. Add cream of mushroom soup and broccoli. Simmer until broccoli is soft. Add chicken and stir. Allow simmer for about 10 minutes. Cook Minute Rice. Serve chicken and broccoli on top of rice.



Try on pasta too!

Dinner



(c) Cooking On the Side

Meatloaf

Cook Stove Top stuffing as directed on box, mix stuffing with ground beef and 2 eggs. Pour into a bread pan (line with aluminum foil for easy serving and clean-up!). Bake at 350 degrees for 1 hour.

Stove Top makes this recipe super quick and easy!

Shopping List

- ☐ Ground beef
- ☐ Stove Top stuffing
- ☐ Eggs



Shopping List

- ☐ Onion
- ☐ Olive oil
- ☐ Tomatoes
- ☐ Canned
tomatoes
- ☐ Black beans
- ☐ White beans
- ☐ Ground beef
for chili
- ☐ Cumin
- ☐ Allspice
- ☐ Chili powder
- ☐ Macaroni
(optional)

Chili

Saute chopped onion and ground beef in large pot with olive oil. When onions are translucent, add tomatoes, tomato sauce, green chilis, and spices. Let simmer 15 minutes. Add beans and macaroni (optional). Cover and simmer for 20 minutes.





make this "vegan", just
skip the meat!



Dessert

Fruit Cobbler

Pour the berries into a 9×9" pan. Sprinkle some sugar or cinnamon on it, if you want. Mix up the oatmeal with some water and olive oil until it gets some thickness to it. Spread the oatmeal over the fruit. Bake at 350 degrees F until the berries start bubbling or the oatmeal gets dark around the edges.

Healthier alternative: use berries for fruit (lower in carbs), weight control variety of oatmeal, Splenda

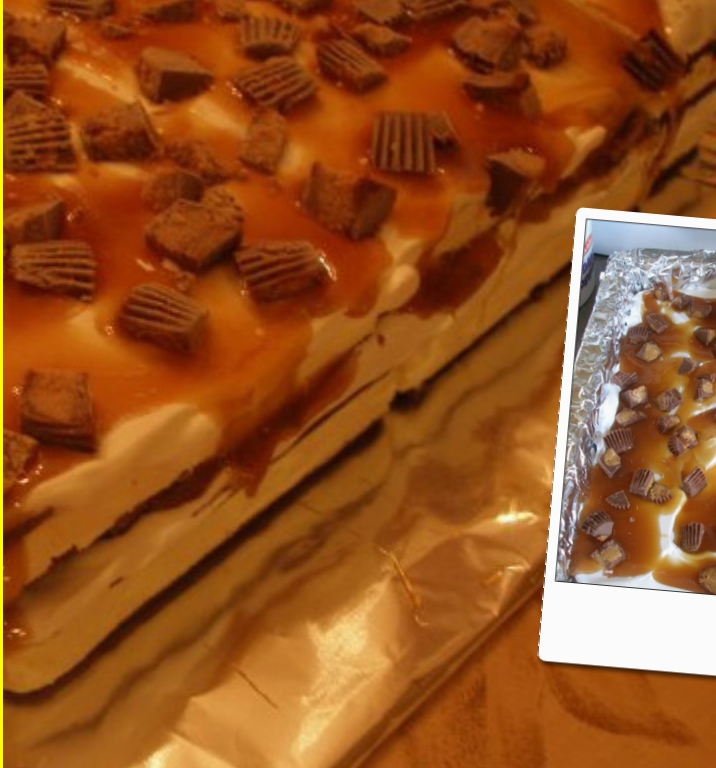


Shopping List

- ☐ Frozen fruit
- ☐ Quaker Instant Oatmeal:
 - Cinnamon flavor
- ☐ Cinnamon
- ☐ Granulated sugar/Splenda
- ☐ Extra virgin olive oil

Shopping List

- ☐ Ice cream sandwiches
- ☐ Cool Whip/ RediWhip
- ☐ Candy or chocolates



Ice Cream Sandwich Cake

Line a cake pan with aluminum foil for easy serving and clean-up. Put a layer of ice cream sandwiches along bottom. Top sandwiches with Cool Whip, and sprinkle busted up pieces of chocolate or candy on the Cool Whip. Do another layer of ice cream sandwiches, Cool Whip, and chocolate or candy pieces on top! Freeze.

Healthier alternative: use Skinny Cow brand ice cream sandwiches, low- or non-fat Cool Whip, and dark chocolate!



Snacks



Shopping List

- ☐ Club crackers
- ☐ Raisins
- ☐ Lightly salted almonds
- ☐ Popcorn
- ☐ Tuna
- ☐ Block cheese
- ☐ Baby pickles
- ☐ Baby carrots
- ☐ Greek yogurt
- ☐ Jello



