

Your Employee Assistance Program is a support service that can help you take the first step toward change.

Healthy Meal Ideas for Breakfast, Lunch and Dinner

In the midst of a full and busy life, it's easy to let taking care of oneself take a backseat. All too often a quick trip to the drive-through becomes habit and health and energy suffers.

Think there's no time for a healthy meal? Let the ideas for quick, nutritious and portioned ideas prove that there is:

20 Ideas for a Quick, Healthy Breakfast				
1 bowl cereal 1 cup milk 1 banana	2 slices whole wheat toast 1 cup yogurt 1 orange	2 pieces French toast 1 tbsp syrup 1 cup strawberries 1/2 cup yogurt	1 whole wheat bagel 1 tbsp peanut butter 1 kiwi 1 cup milk	1 whole wheat pita 1 slice low fat cheese 1/2 cup raspberries 1 cup milk
1 multi-grain bagel 2 tbsp low-fat cream cheese ½ cup yogurt 1 orange	1 poached egg 1 whole wheat English muffin tomato slices 1 slice cheese	2 high-fiber waffles ½ cup yogurt 1 cup canned peaches	¾ cup granola 1 cup yogurt 1 cup strawberries & blueberries	1 multi-grain bagel with one egg cooked into center tomato slices 1 cup milk
1 package oatmeal 1 slice toast 1 cup milk 2 clementines	2 veggie breakfast links 1 bagel 2 apricots 1 cup milk	1 bran muffin ½ cup yogurt 1 banana	1 bowl of cereal 1 cup milk 1 fruit cocktail	2 slices of multi-grain bread 2 tbsp peanut butter 1 apple 1 cup milk
1 whole wheat English muffin ½ cup cottage cheese ¼ cantaloupe 1 cup milk	2 slices raisin toast 1 tbsp cream cheese 1 banana 1 cup milk	2 high fiber waffles 1 tbsp syrup 1 banana ½ cup yogurt	½ cup cereal ½ cup milk 1 slice multi-grain bread with 1 tsp cream cheese 1 orange	1 flaxseed muffin 1 apple 1 cup milk

Pair any of these ideas with a glass of water and enjoy a balanced lunch:

20 Ideas for a Yummy, Light Lunch				
1 smoked turkey with fruit chutney on whole wheat bread. 1 apple	1 tuna sandwich on rye bread 1 handful of baby carrots ½ cup yogurt	Chickpeas & couscous salad wrapped in a flour tortilla. 1 nectarine	1 ham, sliced mushrooms, mustard mayonnaise in whole wheat pita bread. 1 can pineapple	1 slice Italian pizza with cheese & tomato sauce. 1 pear
1 chicken in pita bread with chili sauce ½ cup apple sauce	1 vegetarian hot dog in bun (with garnishes & condiments) Sauerkraut 2 dates	½ cup hummus, spinach, carrots and tomato slices wrapped in a flour	1 egg salad on 7-grain bread 5 baby carrots 5 broccoli trees	1 Mexican burrito in flour tortilla 1 nectarine

		tortilla 1 kiwi		
1 veggie burger on whole wheat kaiser bun (garnish with tomato slices) 1 orange	2 cups vegetable bouillon with 1 cup vegetables (cooked from frozen) 1 whole wheat pita 1 slice cheddar cheese	1 salmon patty 1 cup pasta tossed with olive oil Carrots & cucumber 2 clementines	Grilled cheese sandwich on whole grain bread 1 large apple	½ tin of salmon on multi-grain bagel handful grapes
1½ cups cooked high fiber pasta with 1 green pepper, ½ onion sautéed. ½ pkg. veggie ground round. ½ jar tomato sauce	1 roasted vegetables & cheese sandwich in a multi-grain wrap. 1 canned fruit cocktail	1 peanut butter & banana sandwich on multi-grain bread. 1 cup milk	tofu spread on crusty bread. 1 pear	1 cup dark green lettuce, tomato slices, baby carrots. ¼ cup sunflower seeds 3 ounces grated mozzarella 1 whole grain roll

While it can be easy to over-eat or get into other bad habits at dinner time, the following ideas can help you and your family get out of a fast-food or TV dinner rut, and enjoy the taste and the health benefits of a balanced, nutritious meal. If you'd like more information on how to prepare these meals, consult a basic cookbook or search for recipes online.

20 Ideas for a Hearty, Healthful Dinner				
Macaroni & cheese with peas & carrots. 1 apple	2 cups lentil soup 1 slice crusty bread 1 salad with vinaigrette	1 tofu Loaf ¾ cup corn 1 cup mixed red & green peppers	3 slices lean ham tossed with dark green lettuce, tomatoes, carrots, shallots & peas. Vinaigrette 1 crusty roll	1 baked salmon with fresh dill & lemon juice. 1 cup brown rice Mixed frozen vegetables
2 tacos made with veggie ground round. ½ cup grated cheese Tomato slices	1 cup chicken salad 1 whole wheat pita 1 cup steamed broccoli	1 baked chicken breast 1 baked potato 1 cup green beans	1 mushroom & cheese omelettes 1 slice multi-grain bread 1 orange	3-4 oz. baked pork chop 1 cup pasta tossed with olive oil 1 cup steamed carrots
½ - 1 can mixed beans 1 slice crusty bread 5 baby carrots 1 red pepper cubed	3-4 oz. chicken strips stir fried with broccoli, carrots, snow peas. 1 cup oriental noodles	Dinner with a friend	1 cup Indian Dal 1 cup basmati rice 1 salad with vinaigrette	1½ cup pasta with carrots, peppers & onions 1 cup tomato sauce ½ cup skim mozzarella cheese
Baked oriental tofu 1 sweet potato sautéed with onions. 1 salad with vinaigrette	1 cup spinach with ¼ cup cashews, red onion, cherry tomatoes. 2 boiled eggs, sliced 1 multi-grain roll	3-4 oz. beef cooked in the oven. 1 baked potato. Steamed broccoli & cauliflower.	Lentil & bean casserole. Peas & carrots.	3-4 oz. grilled sole. 1 baked potato with light sour cream. ¾ cup corn niblets.

Use these ideas and get creative. Once you have a feel for appropriate portion sizes and healthful balance, have fun with your own creations. Make a little extra and share with a friend or freeze for later. Eating balanced meals is easier than you think!

© 2026 LifeWorks (US) Ltd.