

15 MINUTE MEAL & SNACK IDEAS

Limited time to eat during your breaks? Try one of these 15-minute meal and snack ideas you can grab in the store or make at home and bring to work!



BREAKFAST SNACKS LUNCH

Core Bars

Garden Lites

Kodiak Cakes

Mighty Muffin

Mush

Perfect Bars

MAKE AT HOME

Avocado + Egg + Toast

Chia Pudding + Fruit

Eggs + Baby

Greens Wrap

Greek Yogurt Parfait

Kodiak Cakes

Overnight Oats

Protein Smoothie

BANANA PANCAKES:

1 mashed banana

1 egg

2 Tbsp flour

Top with your favorite nut butter instead of syrup!

Bada Bean Bada Boom

Beanitos + Guacamole

Biena Chickpeas

Cheese + Whole Grain Crackers

Cauliflower Crackers

Celery + Peanut Butter

Clio Bars

Cut Veggies + Tzatziki

Epic Bars

Hummus + Veggies

Greek Yogurt

Chobani Less Sugar,
Chobani Nut Butter, Fage,
Siggi's, Oikos Triple Zero

KIND Protein Bars

Lebby's Chickpeas

Nut Butter + Rice Cake

Nutter Puffs

Nutzo Bars

RX Bars

Skinny Dipped Almonds

Skinny Pop

Somersaults

Superseedz

Bagged Salad Kits + Salad Bar
Chicken or Hard Boiled Egg
Use 1/2 the dressing

Build Your Own Salad (Bar)
Add grilled chicken, fish, edamame, or egg for a protein boost.

Healthy Valley Soup + Whole Grain Crackers

Tuna Infusions + Bagged Salad or Cut Veggies

Quinoa Salad from Salad Bar + Shredded Rotisserie Chicken

Veggie Burgers + Bagged Salad

MAKE AT HOME

Cheese + Bean Quesadilla + Salsa

Grilled Chicken + Veggies + 1-minute Brown Rice

Mason Jar Salad

Black beans, corn, lettuce, diced tomatoes, shredded chicken.

Pita Pocket Pizzas

Pita Pocket, shredded mozzarella, chicken, roasted peppers

Zoodle Caprese Salad

Zoodles, Mozzarella, Tomatoes, Balsamic Vinegar + Olive Oil