



QUICK

∞ **AND** ∞

EASY

FIBER RECIPES

Busy Weeknight Supper Recipes



These recipes will save the day when you only have 5, 15, or 25 minutes to get supper on the table.





Chunky Chickpea Salad

INGREDIENTS

- 1 (15 oz) can chickpeas/garbanzo beans, rinsed and drained
- ½ cup celery, diced small
- ¼ cup red onion, diced small
- ¼ cup fat-free mayonnaise
- 1 tablespoon mustard
- ¼ teaspoon celery salt, or salt to taste
- 2 tablespoons pickle relish

NUTRITIONAL INFO

Calories: 110 • Fat: 2g • Sodium: 490mg
Carbohydrate: 21g • Fiber: 5g • Protein: 5g

SERVINGS

4

SERVING SIZE

½ cup

DIRECTIONS

- 1 | Rinse and drain chickpeas.
- 2 | Add beans to food processor, and pulse until consistency is chunky.
- 3 | In bowl, combine chickpeas with remaining ingredients. Mix well.
- 4 | Serve on slice of whole wheat bread with 2 large slices of tomato and 1 outer romaine lettuce leaf (stem removed).

CHEF'S TIP

Store spread for up to 4 days in airtight container in refrigerator.

Make this diabetes-friendly by serving on Low Sodium Ezekiel 4:9 bread.

Brown Rice and Black Bean Bowl

INGREDIENTS

- 1 package frozen brown rice
- 1 can black beans low or no sodium, rinse and drain
- 1 cup corn frozen
- 5 black olives, sliced
- 1 cup salsa

NUTRITIONAL INFO

Calories: 420 • Fat: 3.5g • Sodium: 800mg •
Carbohydrate: 86g • Fiber: 11g • Protein: 15g

SERVINGS

3

SERVING SIZE

1 cup

DIRECTIONS

- 1 | Cook rice according to package directions.
- 2 | In mixing bowl, stir together beans, corn, olives, and salsa.
- 3 | Heat bean mixture on stove or in microwave until warm.
- 4 | Serve over rice.





Mediterranean Salad

INGREDIENTS

- 4 cups romaine lettuce mix
- ½ large tomato, diced
- 1 small seedless cucumber (or ¼th English cucumber), diced
- ¼ cup chopped onion
- ½ cup garbanzo beans, rinsed
- 2 tablespoons sliced Kalamata olives (or black olives) - optional
- ¼ cup diced feta cheese
- skinny greek dressing

Skinny Greek Dressing

- 2 teaspoons olive oil
- 2 tablespoons fresh lemon juice
- ½ teaspoon Italian seasoning
- salt and pepper, to taste

NUTRITIONAL INFO

Calories: 449 • Fat: 23g • Sodium: 730mg • Carbohydrate: 52g • Fiber: 12g • Protein: 19g

SERVINGS

1

SERVING SIZE

½ cup

DIRECTIONS

- 1 | In small bowl, make dressing by mixing together olive oil, lemon juice, and Italian seasoning. Set aside.
- 2 | Chop tomato and cucumber.
- 3 | Rinse garbanzo beans.
- 4 | In a large bowl, add romaine, tomato, cucumber, onion, garbanzo beans, olives, and feta cheese. Drizzle Skinny Greek Dressing on top, and mix well. Add salt and pepper to taste.

Skinny Pasta Bowl

INGREDIENTS

- 4 oz (2/3 cup dry pasta) whole wheat elbow pasta
- 1 cup broccoli (steamer microwave bag)
- 1/2 cup cannellini beans (canned, rinsed and drained)
- 1 cup cherry tomatoes, sliced

Skinny Pesto Ingredients

- 1 tbsp basil paste
- 1/4 tsp minced garlic
- 1/2 tsp shredded parmesan
- 1 tsp finely chopped walnuts
- 1/4 cup veggie stock

NUTRITIONAL INFO

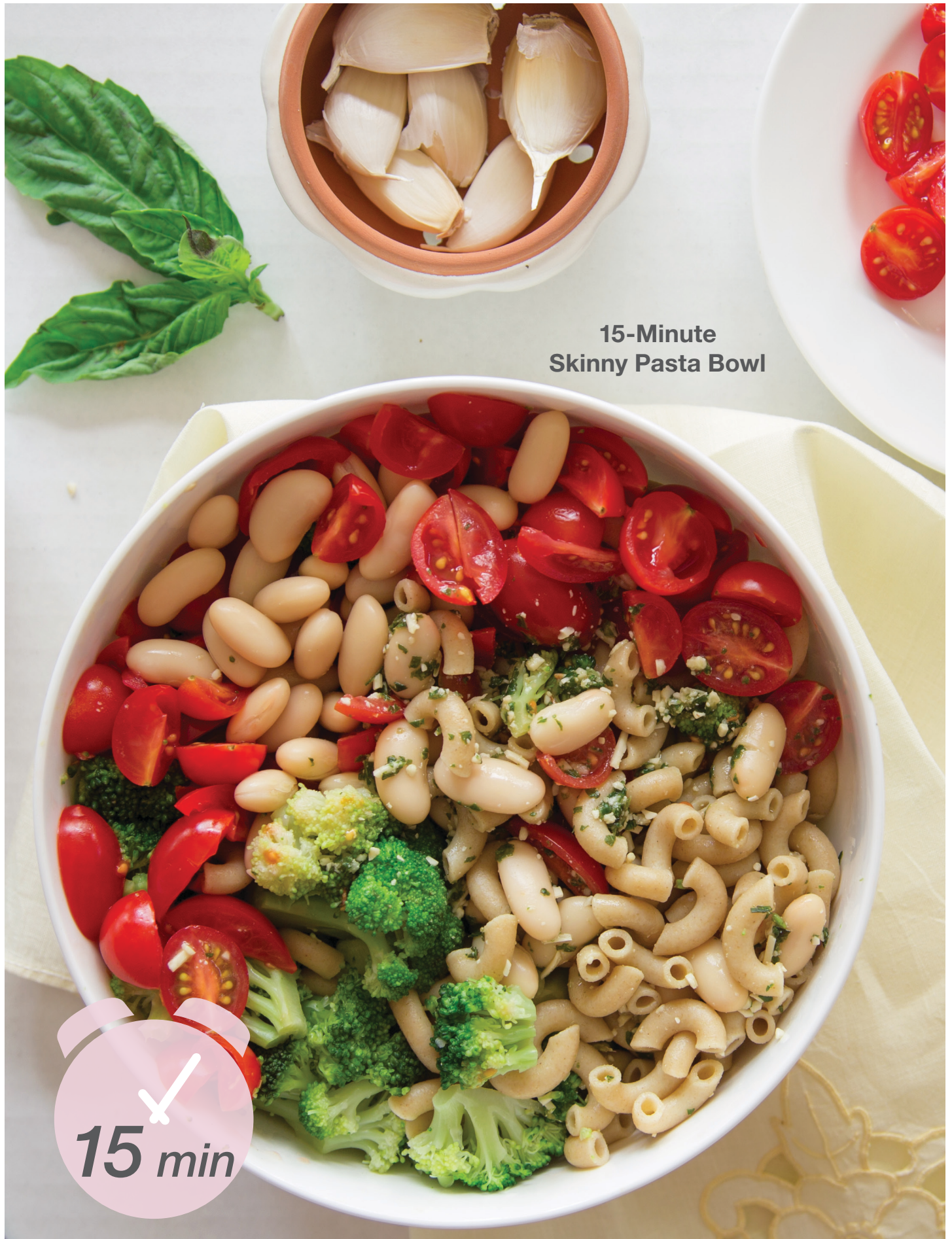
Calories: 419 • Fat: 3.5g • Sodium: 693mg
Carbohydrate: 65g • Fiber: 16g • Protein: 20g

SERVINGS

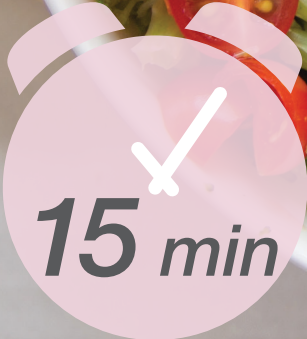
1

DIRECTIONS

- 1 | Bring water to a boil.
- 2 | Microwave broccoli according to package directions.
- 3 | Slice cherry tomatoes. Rinse and drain beans.
- 4 | Add pasta to boiling water and cook 6-7 minutes, or according to package directions.
- 5 | In small bowl mix all skinny pesto ingredients.
- 6 | Strain pasta and place in serving bowl. Add broccoli, sliced tomatoes, cannellini beans, and pesto. Mix well. Add salt and pepper to taste.

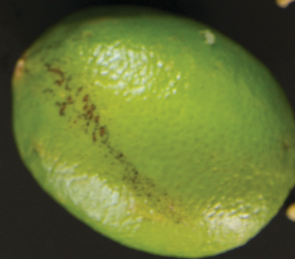


**15-Minute
Skinny Pasta Bowl**


15 min



**15-Minute
Burrito Bowl**



Burrito Bowl

INGREDIENTS

- ½ cup brown rice
- ½ cup black beans
- ¼ cup diced chicken
- ½ cup corn
- 1 cup cherry tomatoes, sliced
- juice from ½ lime
- ¼ of an avocado
- salt and pepper to taste

NUTRITIONAL INFO

Calories: 435 • Fat: 12g • Sodium: 432mg
Carbohydrate: 59g • Fiber: 17g • Protein: 24g

SERVINGS

1

DIRECTIONS

- 1 | Microwave frozen brown rice for 2 minutes and 30 seconds, or according to package directions.
- 2 | Rinse and drain beans. Thaw corn by rinsing under hot water for 30 seconds.
- 3 | Microwave chicken for 1 minute, or according to package directions.
- 4 | Slice tomatoes, avocado, and lime
- 5 | In serving bowl, combine rice, black beans, diced chicken, corn and sliced cherry tomatoes. Squeeze half the lime over the mixture. Mix well and enjoy. Salt and pepper to taste.



Easy Asian Lunch Salad

INGREDIENTS

- 4 cups coleslaw mix
- 1 cup edamame (green soybeans)
- 3 medium green onions, bulbs and top sliced
- 1 medium red bell pepper, diced
- 1 cup carrots, shredded
- 2 cloves garlic, minced
- 2 tablespoons honey
- 2 tablespoons vinegar
- 3 tablespoons low-sodium soy sauce
- 2 tablespoons peanut butter
- 2 teaspoons sesame seed oil

NUTRITIONAL INFO

Calories: 220 • Fat: 8g • Sodium: 520mg •
Carbohydrate: 29g • Fiber: 5g • Protein: 9g

SERVINGS

4

SERVING SIZE

2 cups

DIRECTIONS

- 1 | Place coleslaw mix in large bowl.
- 2 | Defrost edamame, and add to coleslaw.
- 3 | Add green onions, red bell pepper, and carrots.
- 4 | In small bowl, mix together minced garlic, honey, vinegar, soy sauce, peanut butter, and sesame oil until well blended.
- 5 | If serving immediately, add dressing to salad, toss, and serve. (If packing salad for lunch, divide vegetable mix into 4 equal portions and pack in plastic storage bags. Divide up salad dressing into 4 equal portions, and pack in separate dressing containers. Mix in with salad right before serving.)

CHEF'S TIP

Salad will keep well for a few days if refrigerated.

Sandwich Wrap Power Up

INGREDIENTS

- 1 - 100% whole wheat tortilla
- 4 T roasted red pepper hummus
- 2 slices turkey deli meat
- 2 T feta cheese
- 2 cups spinach
- 2 T olives
- ¼ cup diced cucumbers
- roma tomato, diced
- 2 rings red onion
- 2 kiwi

NUTRITIONAL INFO

Calories: 457 • Fiber: 19g

SERVINGS

1

SERVING SIZE

1
wrap

DIRECTIONS

- 1 | Lay tortilla on flat surface, and spread hummus onto tortilla.
- 2 | Add turkey, cheese, and veggies in center of tortilla.
- 3 | Fold up bottom edge of tortilla, and fold in sides to roll up into a wrap.
- 4 | Slice kiwi, and serve as a side.





On-the-Go Chili

INGREDIENTS

- 1 can low-sodium black beans, drained and rinsed
- 1 can low-sodium kidney beans, drained and rinsed
- 1 can low-sodium pinto beans, drained and rinsed
- 2 cans diced tomatoes petite, no salt added
- 1 (5 oz) can diced green chili peppers
- 1 (6 oz) can tomato paste
- 2 tablespoons chili powder
- 1 teaspoon paprika
- ½ teaspoon oregano
- 2 teaspoons cumin
- 2 teaspoons garlic powder

NUTRITIONAL INFO

Calories: 210 • Fat: 2g • Sodium: 500mg •
Carbohydrate: 39g • Fiber: 13g • Protein: 11g

SERVINGS

7

SERVING SIZE

1 cup

DIRECTIONS

- 1 | In large pot, combine all ingredients. Heat over medium-high heat for 10 minutes. (Or, cook in slow cooker on low for 8 hours, or on high for 3-4 hours.)

Southwest Salad Power Up

INGREDIENTS

- 3 cups Spring Mix lettuce
- Gardein Chick'n strips
- ¼ cup black beans
- ⅓ cup corn
- ¼ cup shredded carrots
- 1 T shredded cheese
- ¼ cup salsa
- 1 (100-calories) pack Wholly Guacamole
- 1 banana

NUTRITIONAL INFO

Calories: 462 • Fat: 14g • Fiber: 17g

SERVINGS

1

DIRECTIONS

- 1 | Prepare Gardein Chick'n strips according to instructions on package.
- 2 | Place lettuce on serving plate. Add Chick'n strips, black beans, corn, carrots, and cheese. Top with salsa and guacamole.
- 3 | Serve with banana as a side.





White Bean Chicken Chili

INGREDIENTS

- ½ pound chicken breast (approximately one medium-sized chicken breast)
- 5 cups water
- 1 pack white chili seasoning mix
- 2 cans low-sodium great northern beans, rinsed and drained
- 1 can Rotel tomatoes (or 1 can petite diced tomatoes, for a milder flavor)

NUTRITIONAL INFO

Calories: 300 • Fat: 1.5g • Sodium: 960mg • Carbohydrate: 41g • Fiber: 9g • Protein: 26g

SERVINGS

4

SERVING SIZE

2 cups

DIRECTIONS

- 1 | Boil chicken in 5 cups of water until done.
- 2 | Rinse and drain beans.
- 3 | Reserving the water/broth, remove finished chicken from pot to cool. Strain water/broth, or skim off anything that may be on top.
- 4 | Shred chicken breast.
- 5 | In large pot, combine broth and all remaining ingredients.
- 6 | Heat on medium-high heat until heated throughout. (Or cook in slow cooker on low for 4 hours.)
- 7 | Serve extra as leftovers, or freeze for a quick meal later on.

White Bean Pesto Soup

INGREDIENTS

- 2 (15 oz) cans cannellini beans, drained and rinsed
- 3 cups water
- 3 tablespoons basil pesto (or any other flavor)
- 3 cups fresh spinach

NUTRITIONAL INFO

Calories: 150 • Fat: 4.5g • Sodium: 135mg •
Carbohydrate: 21g • Fiber: 6g • Protein: 8g

SERVINGS

6

SERVING SIZE

1
cup

DIRECTIONS

- 1 | Drain and rinse beans. In pot, add beans and 3 cups water. Bring to a boil, reduce heat, and cook for 5 minutes.
- 2 | Add pesto, and cook for an additional 5 minutes. Add salt, if needed.
- 3 | Turn off heat. Stir in fresh spinach. Serve while hot.



What We Eat for Supper

When We've Had a Busy Day

You're not alone. We have those days, too, when we don't have the time—or energy—to make a big dinner. Here at Full Plate Living, we're opening up our kitchens to show

you what we eat on those busy nights. These go-to meals are quick and slimming—and they might just inspire a new weeknight favorite at your house.



"I freeze my homemade marinara sauce in two serving containers, and always keep spaghetti in the pantry and frozen broccoli florets or carrots on hand. Store-bought marinara sauce will work as an even faster variation of this meal. It makes for an easy spaghetti night and comes in handy if we ever have unexpected company. I make it more filling by blending half a can of red kidney beans into the sauce for extra fiber and protein."

Amy Hanus

Quick and Easy Spaghetti

INGREDIENTS

- 1 jar marinara sauce (homemade or your favorite store brand)
- 1 box whole wheat spaghetti
- 1 family-sized bag frozen broccoli florets
- 1 (15 oz) can kidney beans

DIRECTIONS

- 1 | Cook spaghetti according to package directions.
- 2 | Microwave broccoli according to package directions.
- 3 | Add half of beans and half of marinara sauce to blender. Blend on low until beans are chunky and well blended into sauce.
- 4 | Pour blended sauce and remainder of marinara sauce into microwave safe dish, and heat for 2 minutes.
- 5 | Serve 1 cup marinara sauce on top of 1.5 cups of pasta.
- 6 | Fill the rest of the plate with broccoli and any other fresh veggies you have on hand.



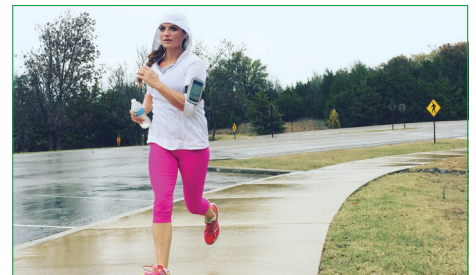
Lentil Bowl

INGREDIENTS

- 1 cup purple cabbage, shredded
 - 1 cup green cabbage, shredded
 - 1 tomato, diced
- 1 cup Brown and Wild Rice with Corn, Carrots & Peas
- ½ cup Melissa's Lentils
- ½ avocado
 - juice from ½ lemon
 - salt to taste

DIRECTIONS

- 1 | Microwave brown rice according to directions.
- 2 | Microwave lentils according to directions.
- 3 | In serving bowl, add shredded cabbage, tomato, rice, lentils, and avocado.
- 4 | Juice lemon on top of mixture.
- 5 | Salt to taste.



“I’m a lentil lover, so when I discovered already-cooked lentils at the local grocery store I did a happy dance. Melissa’s Lentils have become a permanent fixture in my fridge. They come in handy, especially on busy nights.

All I have to do is heat the lentils in the microwave, and I have an incredible meal on the table in minutes. Filling and slimming at the same time? I call that the perfect dinner without ever turning on the stove.”

Michelle Jones



Adult Ramen Noodles

INGREDIENTS

- frozen veggies of choice
- 1 package ramen noodles
- ½ seasoning packet from ramen noodles
- Sriracha sauce (optional)

DIRECTIONS

- 1 | In small pot, bring frozen veggies to boil and cook for 5 minutes.
- 2 | Add ramen noodles.
- 3 | Add seasoning, and remove from heat. Serve.



“When I’m short for time, I throw some frozen veggies in a pot of water, give them a few minutes to cook, then add ramen noodles to the boiling pot. It’s ready to eat in under 15 minutes.”

Kyle Young



“I’ve officially broken up with the drive-through ever since discovering [Protein Blends by Bird’s Eye](#). My favorite is the [California Style](#). Whole grains, veggies and beans in one bag? It’s a guilt-free meal I’m happy to ‘cook’ in the microwave for four minutes. By the time I’m done, dinner is basically on the table. One bag is enough to serve me, my husband, and our toddler, because we love large salads on the side. My favorite shredded salad is done in just a few minutes...usually while the main dish is warming up. My daughter will usually want a [Cutie](#) for a sweet ending to the meal.”

Michelle Jones

California Blend Freezer Dinner

INGREDIENTS

- ¼ purple cabbage head
- ¼ green cabbage head
- ⅓ bunch of kale
- 4 carrots
- 1 lemon
- 1 avocado
- salt

DIRECTIONS

- 1 | Use food processor to shred purple cabbage, green cabbage, kale, and carrots.
- 2 | Toss shredded veggies in salad bowl with juice from 1 lemon. Dice avocado, and massage into salad by hand. Salt to taste.
- 3 | Serve half the salad, ½ California Style bag, and a cutie per person.



Fajita Wrap

INGREDIENTS

- 4 (8-inch) whole wheat tortillas
- 1 medium onion, thinly sliced
- 1 medium red bell pepper, thinly sliced (optional)
- 8 oz turkey, cooked and shredded (optional)
- 1 (15 oz) can low-sodium black beans, rinsed and drained
- 1 cup frozen corn, thawed
- fajita seasoning

DIRECTIONS

- 1 | Rinse and drain black beans.
- 2 | Thinly slice onion (and bell pepper, if using), and sauté over medium heat in a bit of water and fajita seasoning until translucent.
- 3 | On tortilla, layer 1/4 cup sautéed onions (and peppers), 2 ounces shredded turkey (optional), 1/2 cup beans, and 1/4 cup corn.
- 4 | Wrap it up, and enjoy!



“Cooking while pregnant is a challenge. I try to cook a lot on my good days since I never know what days I’ll wish my house didn’t even have a kitchen. But that leaves us with a selection of leftovers. And that’s why wraps are so handy!

Somehow people who don’t normally like leftovers find them more palatable when they are wrapped in a tortilla, grilled to get those pretty lines (or microwaved when my nose is being picky) and topped with salsa, guacamole or any other light sauce that sounds appealing that day.

The kids love the peanut butter and berries wrap, but Paul and I find ourselves making the fajita wrap when it’s just the two of us eating.”

Amanda Martin

Peanut Butter Berry Wrap

INGREDIENTS

- 1 (8 inch) whole wheat tortilla
- 2 tablespoons peanut butter
- 1½ cup sliced strawberries
- ½ cup blueberries
- ½ cup sliced grapes

DIRECTIONS

- 1 | Slice strawberries and grapes.
- 2 | Spread peanut butter onto tortilla.
- 3 | Add berries and grapes to middle of tortilla. Roll up, and enjoy.



"I love this garbanzo bean sandwich spread. It is my go-to lunch or supper when I'm in a pinch. I almost always have the ingredients on hand--and the spread is portable if I need to pack it for lunch. The spread lasts several days, which means I don't have to think about what I'm going to pack for lunch the next day. I keep a loaf of Ezekiel 4:9 bread on hand. After toasting it, I spread the garbanzo salad on top. I usually bring a tomato and spinach to garnish my open-faced sandwich with. Fresh grapes or apples are my perfect finish to this meal."

Michelle Sinkler

Chickpea Salad Spread

INGREDIENTS

- 1 (15 oz) can chickpeas/garbanzo beans, rinsed and drained
- ½ cup celery, diced small
- ¼ cup red onion, diced small
- ¼ cup fat-free mayonnaise
- 1 tablespoon mustard
- ¼ teaspoon celery salt or salt to taste
- 2 tablespoons pickle relish

DIRECTIONS

- 1 | Rinse and drain chickpeas.
- 2 | Add beans to food processor, and pulse until consistency is chunky.
- 3 | In bowl, combine chickpeas with remaining ingredients. Mix well.
- 4 | On toasted bread, layer spinach, 2 tablespoons of spread, and tomato.



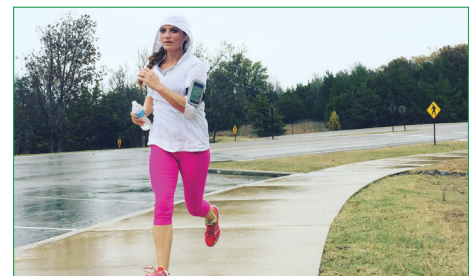
BBQ Chicken, Rice and Broccoli

INGREDIENTS

- 1 rotisserie chicken
- 1 bag frozen brown rice
- Head Country Original BBQ sauce
- 1 pint raspberries (fresh or frozen)

DIRECTIONS

- 1 | Microwave broccoli according to directions on bag.
- 2 | Microwave rice according to directions on bag.
- 3 | Assemble your plate: meat portion (the size of a deck of cards), 1 cup broccoli, 1 cup rice, drizzle of BBQ sauce, 1 cup raspberries).



“When my husband first started cooking he relied heavily on throw-together meals. One of his favorites? Chicken and rice. The rotisserie chicken was still warm when he got home, so all he had to do was microwave the rice and broccoli, and serve. He wasn’t a huge broccoli fan so he started chopping the broccoli, mixing it with the rice and drizzling BBQ sauce on top. Since I have a sweet tooth, we ended the meal by sharing a container of raspberries. This simple dinner is perfect as leftovers for lunch too.”

Michelle Jones



“Hardly ever having eaten beans growing up, it’s amazing to me how much I love them now. In fact, I like to call myself a bean pusher. There are so many kinds of beans that can be fixed in so many delicious ways. Beans are a perfect weight-loss food. I like to find ways to include them as part of every meal I eat.

I love to make a giant salad of various dark greens--like romaine, spring mix, raw kale--plus shredded carrots, chopped tomatoes, sunflower seeds, and at least one cup of cooked beans--such as black beans, navy beans or garbanzos. Mixed with avocado dressing, it’s yummy and keeps me satisfied for hours.

Diana Fleming

Black Bean Salad

INGREDIENTS

- 3-4 cups mixed leafy greens
- 1 cup shredded carrots
- ½ cup chopped cherry tomatoes
- 2 tablespoons sunflower seeds
- 1 cup black beans
- [Avocado Dressing](#)

DIRECTIONS

- 1 | Drain and rinse black beans.
- 2 | Slice tomatoes.
- 3 | In large mixing bowl toss leafy greens, carrots, tomatoes, sunflower seeds, black beans, and dressing. Enjoy!



“During the summer months I crave this pita sandwich. You can make it year-round, but I love it in the summer because I can find the produce fresh at my local farmer’s market. The flavors in this are just bursting at the seam. Every bite is delish! Toss in a piece of fruit, and you’ve got a filling and high-fiber meal.”

Amy Hanus

Pita Pockets

INGREDIENTS

- 1 whole wheat pita
- ¼ cup hummus
- 2 green leafy lettuce leaves or 1 cup spinach
- ¼ cup sliced or shredded carrots
- ¼ cup slices cucumber
- 4 mini sweet peppers, sliced
- 2 tablespoons feta
- 1 tablespoon [Paul Newman’s Lite Balsamic Vinaigrette](#) dressing

DIRECTIONS

- 1 | Cut pita in half. Open up one pita half carefully to keep a pocket.
- 2 | Fill half of pita with half of veggies, 1 tablespoon feta and ½ tablespoon dressing.
- 3 | Repeat with other half.



Quick and Easy Chili

INGREDIENTS

- 1 (15 oz) can black beans low-sodium, rinsed and drained
- 1 (15 oz) can kidney beans low sodium, rinsed and drained
- 1 (15 oz) can pinto beans low sodium, drained and rinsed
- 2 (15 oz) cans diced tomatoes petite, no salt added
- 1 (5 oz) can diced green chili peppers
- 1 (6 oz) can tomato paste
- 2 tablespoons chili powder
- 1 teaspoon paprika
- ½ teaspoon oregano
- 2 teaspoons cumin
- 2 teaspoons garlic powder

DIRECTIONS

- 1 | Combine all ingredients in large pot, and heat over medium-high heat for 10 minutes.
- 2 | Serve with a piece of cornbread (or crackers) and an apple.



“During the winter, one of our family's favorite go-to suppers when we need something quick is chili. What I like about our chili recipe is that it takes less than 15 minutes to make. We usually serve with fresh fruit, and if we have time we'll make some cornbread.”

Dan Braun



Healthy Nachos

INGREDIENTS

- 1 serving of chips (7-10, depending on brand)
- ½ cup - 1 cup beans of choice
- 2 tablespoons shredded cheese (optional)
- ½ cup frozen corn, thawed
- 1 large tomato, diced
- 2 tablespoons olives, sliced
- ½ cup frozen peas, thawed
- 1 cup fresh spinach

DIRECTIONS

1 | Place one serving of chips on plate, and use fist to crush them slightly.

2 | Warm up refried beans, and layer onto chips.

If you're a cheese lover, sprinkle about 2 tablespoons of cheese and microwave. If you'd rather make a healthier choice, skip the cheese.

3 | Add corn, diced tomatoes, sliced olives, peas, and spinach.

4 | If you skipped the cheese, dice up ½ an avocado and add as a topping for a bit more creaminess.



“My family loves Mexican food—from burritos to quesadillas and every other dish in-between. I’m a quick adaptor, so when we started eating healthier, I attacked Mexican dishes with gusto. We were able to transform our nachos in the most delicious of ways. Our family’s favorite toppings when I’m in a hurry are beans, corn, tomatoes, olives, peas, and spinach. .”

Amanda Martin



"I learned this quick and easy stew from a past co-worker. Since it didn't have a name, I named it after her. When I'm really pressed for time, this is my backup meal. Always. Works great for suppers and lunches alike. If I have avocado on hand, I like to add it as a garnish for a bit of creaminess."

Amy Hanus

Norita's Stew

INGREDIENTS

- 1 (15 oz) can petite diced tomatoes
- 1 (15 oz) can black beans, rinsed and drained
- 1 (15 oz) can corn, or vegetable mix
- 1 tablespoon ground cumin

DIRECTIONS

- 1 | In small pot, over medium heat, add all ingredients and bring to boil.
- 2 | Boil for 10 minutes.
- 3 | Serve.

* Makes 2 servings.

No-cook, No-bake, No-microwave Suppers

Some days a full supper feels like too much effort. These quick and easy light suppers are favorites among the Full Plate team.



Avocado Toast

DIRECTIONS

- 1 | On toasted piece of whole wheat bread, mash up 1/4th avocado.
- 2 | Add tomato slice and sprinkle with salt.
- 3 | Slice raw veggies and serve with 1 tablespoon hummus.



"I'm a fan of avocados. The picture pretty much says the rest. Avocado toast topped with tomato and a sprinkle of seasoned salt makes me extremely happy. I grab whatever fresh veggies we have on hand and hummus as a side dish. Cucumber and carrots are my favorites, but I've seen others enjoy red peppers, celery, broccoli, cauliflower and cherry tomatoes as well."

Paul Martin



Breakfast for Supper

DIRECTIONS

- 1 | 1 serving toasted wheat dry cereal
- 2 | 1 cup frozen berry mix (blueberries, raspberries and blackberries)
- 3 | 1 small handful low-salt roasted peanuts
- 4 | 1 cup low-fat milk of choice



“I typically eat a big breakfast in the morning and a big lunch around 2:00 p.m. Supper is my lightest meal of the day. But I love cereal. So this has become my go-to supper.

I really enjoy the flavor, texture and crunch of the cereal, berries and peanuts mixed together. I eat this meal at least four times a week for supper... on a good week maybe even more. :)”

Ricky Seiler



Fruit and Air-Popped Popcorn

DIRECTIONS

- 1 | Pop ¼ cup popcorn kernels in your air popper
- 2 | Slice up an apple
- 3 | Eat with 1-2 tablespoons peanut butter



“It is just Todd and I. Our dinners are light, if anything at all--sliced apples with almond butter and non-GMO popcorn. We air pop it ourselves. It may be not seem like much, but after we finish eating, we're always full.”

Michelle Sinkler



Full  Plate
LIVING