

# 31 Easy, Healthy Meal Ideas from SparkRecipes®

We know you're busy, so whether you prepare side dishes like brown rice, sweet potato fries, and broccoli from scratch or take some help from the supermarket is up to you. What's important is that you're eating your whole grains and veggies!

Make sure every meal includes at least one veggie (we love the green and leafy ones!), a cup of milk, and a piece of fruit.

Click on any recipe link to see the full recipe, add it to your planner, or even create a recipe makeover to suit your needs.

## May 2012



**1** **Save money! Make [Chef Meg's Better than Takeout Chicken Fried Rice](#) instead of ordering in.**

**2** Cook up [Southwestern Chicken Soup](#) with warm corn tortillas

**3** **Craving comfort food? Try [Tuna Casserole](#), made healthier!**

**4** Stir Greek yogurt into Wednesday night's leftover soup, for a creamy meal makeover

**5** **Treat yourself:** Order healthier takeout or go out to dinner, but [be sure to check out SparkPeople's Dining Guide first!](#)



**6** **[Chef Meg's Shrimp Creole](#) over [Chef Meg's Slow Cooker Rice](#), with a side of okra**

**7** **Breakfast for dinner.** Per person: 1 egg and 1 egg white scrambled with 1-2 cups chopped veggies, 1 piece breakfast meat, 1 slice whole-grain toast. Add fruit and milk!

**8** **Dinner's ready when you are:** [Slow Cooker Balsamic Chicken](#) with asparagus



**9** **[Light and Spicy Scalloped Sweet Potatoes](#) with rotisserie or grilled chicken, and a side salad**

**10** We can't get enough of [Chef Meg's Not-Fried Shrimp with Japanese Cocktail Sauce](#), paired with baked potato wedges

**11** [Chef Meg's Simple Quinoa and Vegetables](#) makes a light dinner. Bulk it up with canned low-sodium tuna or salmon.

**12** **Family movie night:** [Chef Meg's Greek Nachos \(Layered Pita Dip\)](#) Top with cubes of grilled chicken to boost the protein!

**13** **Mother's Day:** Let the kids cook for the whole family!

**14** **Meatless Monday:** [Baked Falafel](#) with whole-wheat pitas. Don't forget the tomatoes and [Chef Meg's Cool-as-a-Cucumber Raita](#)

**15** **Dinner in a dash:** [Chef Meg's Super Fast Pork and Veggie Stir Fry](#) with brown rice.

**16** **Get your Omega-3s:** [Chef Meg's Orange-Miso Grilled Salmon](#). Pair it with couscous or brown rice and a green veggie.

**17** **Breakfast for dinner again:** [Chef Meg's Not-So-Southern Sausage Gravy and Chef Meg's Buttermilk Biscuits](#) with a veggie and egg white omelet.



**18** **Make tonight a fiesta with [Chef Meg's Creamy Green Enchiladas](#).**

**19** **Homemade pizza night:** [12 Guiltless Pizza Recipes](#).

**20** Beef up your dinner with [Chef Meg's Grilled Garlic Citrus Flank Steak!](#) Add on a baked sweet potato topped with chives and Greek yogurt.



**21** **[Slow-Cooker Salsa Chicken](#) Try 1 of 10 New Takes on Our Most Popular Recipe.**

**22** **Quick supper:** [Chef Meg's Eggs Nested in Spicy Tomato Sauce](#).

**23** **Leftover Slow-Cooker Salsa Chicken** as nachos, served over baked tortilla chips.

**24** **Eat like a kid again:** PBJs on whole-wheat bread with carrot sticks, low-fat dip, and grape.

**25** **Taco night!** Choose lean ground beef and use [Chef Meg's Taco Seasoning](#) to slash sodium. Our favorite toppings? Low-fat Cheddar, onions, peppers, spinach, tomatoes, cilantro, pickled carrots...

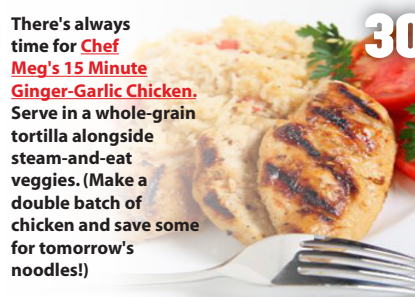
**26** **Pantry night:** Low-sodium canned soup with [Coach Nicole's Grown Up Grilled Cheese](#)

**27** **Home late!** Pair a low-fat frozen dinner with extra veggies and a cup of milk.

**28** **Memorial Day** Fire up the BBQ! Try [Chef Meg's Tangy Chicken Burgers](#) and and serve with [Chef Meg's Crunchy Cole Slaw](#)



**29** **Salad night! [Serve up one of these springtime salads.](#)**



**30** **There's always time for [Chef Meg's 15 Minute Ginger-Garlic Chicken](#). Serve in a whole-grain tortilla alongside steam-and-eat veggies. (Make a double batch of chicken and save some for tomorrow's noodles!)**

**31** [Chef Meg's Nutty Noodles](#) topped with last night's chicken