

Quick, Easy Meal Ideas:

1) Mashed Chickpea + Avocado Sandwich

- *Suggestion: 1/2 can chickpeas + 1/2 avocado mashed
- *Squeeze lime juice on mixture to make it last for up to 2 days
- *Can add some sliced tomato, onion, and/or seasonings for flavor boost

2) Fruit + Yogurt + PB Smoothie

- *Protein powders CAN be expensive but look into ordering a healthier, more affordable PB powder:
 - PB2 (<https://pb2foods.com/>)
 - PBFit (<https://pbfit.com/product/pbfit-original/>); Note: also available at Costco!

3) Rice + Beans + Frozen Veg Stir-Fry

- *Cook in bulk to last several days

4) Black Bean + Avocado + Salsa Tacos

- *Add more toppings as desired

5) Overnight Oats

- *1/2 cup oats + 1 cup water/milk + fruit + yogurt

6) Stuffed Bell Peppers

- *Stuff with rice, beans, veggies & cook several at once for the week

7) Mashed Black Bean + Avocado Quesadilla

- *Can top with salsa