



Quick, Easy Food Ideas



Do not worry about eating whole meals; just try to have a substantial snack every few hours. Between snacks, just sip juices or sodas.

Quick, Easy Food Ideas
Toaster waffle with ice cream
Instant oatmeal with honey
Peanut butter Nab crackers and juice
Snack pudding with cereal topping
16 oz. Cranberry juice and a granola bar
Sustacal and banana shake
Macaroni-and-cheese frozen dinner
Tomato juice and cheese and crackers
Slice of pecan pie
Grilled cheese sandwiches
Tortilla chips and bean spread
Tofu-pineapple-lemonade “shake”
Apple, microwaved with granola and maple syrup
Hamburger and rice, with marmelade and ginger
Hummus and bread and vegetables
Ramen noodle soup with added tuna/ham/turkey