





























































Color Me Healthy Recipes

	 Freezer Friendly	 Quick Fix	 Grab & Go	 One Pot Wonder	 Menu Knock-off	 Make Ahead	 Cost Savings	Notes
all recipes: use butter instead of margarine								
Fifteen-Minute Soup								
Beef Stir Fry								use frozen Asian vegs to save time and \$
Beefy Skillet Dinner								replace half meat w/ cooked lentils
Cheese Spinach Noodles								
Chicken And Cheese Enchilada								add mashed white beans to shredded chicken
Chicken And Broccoli Quiche								make multiple at once
Chicken And Fruit Salad								make into a wrap w/ some greens
Oven Baked Chicken Nuggets								
Chicken Pasta Salad								enjoy hot or cold
Chicken Quesadillas								use precooked chicken; grilled, rotisserie
Impossibly Easy Cheeseburger P								replace half meat w/ cooked lentils
Easy Chicken Pot Pie								save time by using frozen vegetables
Easy Lasagna								replace half meat w/ cooked lentils
French Toast								make ahead breakfast option
Easy Fruit Salad								
Fruit Smoothies								incl protein/milk/yogurt; #3 is not so healthy
Garden Bow Tie Pasta								enjoy hot or cold

Color Me Healthy Recipes

	❄️ Freezer Friendly	🕒 Quick Fix	👐 Grab & Go	① One Pot Wonder	📖 Menu Knock-off	🌙 Make Ahead	\$ Cost Savings	Notes
	all recipes: use butter instead of margarine							
Mini Meatloaves	❄️					🌙	\$	replace half meat w/ cooked lentils
Oatmeal Raisin Muffins	❄️		👐			🌙		
Oven Fried Chicken Legs					📖			also oven fry pork chops
Oven Fries			👐		📖			sweet potatoes have > fiber and nutrition
Quick Pizza		🕒			📖	🌙		also try tortilla for thin crust pizza
Sandwich Wraps		🕒	👐		📖	🌙		for any meal
Sloppy Joes with Beans	❄️			①		🌙	\$	
Zesty Spinach Omelet		🕒		①	📖			great dinner option
Stuffed Bell Peppers	❄️					🌙	\$	replace half meat w/ cooked lentils
Super Stir Fry				①	📖	🌙		use whatever you have on hand
Tangy Citrus Chicken				①	📖	🌙		serve over brown rice
Tuna Burgers								try salmon, as well
Turkey Sloppy Joes	❄️			①		🌙	\$	ground turkey needs to be purchased as lean
Hearty Vegetables Salad		🕒	👐	①		🌙		better the next day