

EASY MEAL IDEAS

FROM YOUR **HARMONS** DIETITIANS

Need a meal idea but don't want to follow a recipe? We've got you!

These easy, mix-and-match meals can be made with ingredients you already have on hand. Use your favorite items, Harmons products, or look for Dietitians Choice tags throughout the store for better-for-you options like whole grains, low-sodium canned goods, low-fat dairy, and items low in added sugar.

Make as much or as little as you need, and adjust the ratios and ingredients to suit your taste and dietary needs.

BREAKFAST IDEAS

- Waffle with nut butter and fruit
- Oats (warm or cold) with milk, nuts, and fruit
- Toasted Harmons artisan bread with avocado and egg
- Scrambled eggs with diced potatoes, peppers, and onion
- Greek yogurt with granola and fruit



VEGAN AND VEGETARIAN IDEAS

- Rice topped with edamame, scrambled egg, and soy sauce
- Baked potato with vegetarian chili and cheese
- Personal pita pizza with sauce, cheese, and your favorite toppings
- Toasted Harmons artisan bread with ricotta, tomatoes, and a drizzle of flavored oil
- Rice with vegetables and tofu in simmer sauce
- Ramen or pad thai noodles with fried egg, vegetables, and a drizzle of peanut butter, chili oil, and soy sauce
- Pasta (made from beans, lentils, or grains) with marinara and steamed vegetables
- Falafel with Harmons hummus, vegetables, and naan or pita



Need help finding Dietitians Choice items in our stores?

Look for the shelf tags or ask one of our friendly in-store dietitians!
dietitian@harmonsgrocery.com



EASY MEAL IDEAS

FROM YOUR **HARMONS** DIETITIANS

SEAFOOD IDEAS

- Rice bowl with tuna, cucumber, seaweed, green onions, and chili crisp
- Harmons corn and black bean salad with precooked shrimp and avocado, served with tortilla chips
- Tuna sandwich with a side of fruit
- Sheet pan fish with potatoes and vegetables
- Flavored tuna pouch over a green salad
- Shrimp tacos with precooked shrimp, shredded cabbage, and taco sauce on corn tortillas



OTHER EASY MEALS

- Harmons pre-seasoned fajita mix with tortillas and Harmons guacamole
- Harmons pulled chicken with beans and Harmons salsa, served with tortillas
- Chicken salad with crackers and fruit
- Quesadilla with meat and cheese, topped with Harmons salsa and guacamole
- Snack plate with deli meats, cheese, crackers, and pre-cut vegetables
- Marinated chicken breast with a salad kit and grain side dish
- Canned soup or chili with a dinner roll



Need help finding Dietitians Choice items in our stores?
Look for the shelf tags or ask one of our friendly in-store dietitians!
dietitian@harmonsgrocery.com

