



Atrium Health.

In the Kitchen with LiveWELL

Stress Free Meals on a Budget



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Chicken Nachos

Melissa Moses – Atrium Health Wake Forest Baptist



Ingredients

2 cups shredded chicken

1 cup salsa

1 Bag tortilla chips

2 cups shredded cheese

1 can black beans

Chopped tomatoes

Black olives

Jalapeños

Green onion

Low fat sour cream

Preparation

Heat oven to 425

Line a baking sheet with foil

Place half bag of tortilla chips on pan

Top with a handful of shredded cheese

Top with half of the shredded chicken

Layer more chips, then chicken, then cheese

Bake around 8 minutes.

Once cheese is melted and the chips are a light brown color, remove from oven and top with your favorite toppings.

[Click HERE for Video](#)

Healthy Work Food

Cindy Vice – Atrium Health Floyd



MEALS	
<p><u>MAHI TACOS</u></p> <ul style="list-style-type: none"> • LOW CARB TORTILLA • MAHI OR FISH OF YOUR CHOICE • SHREDDED COLESLAW MIX • LOW FAT CHEESE • BOLTHOUSE FARMS CLASSIC YOGURT RANCH (2TBS) MIXED WITH HOTSAUCE 	<p><u>STUFFED BELL PEPPERS</u></p> <ul style="list-style-type: none"> • BELL PEPPERS • GROUND MEAT (LEAN) • CAULIFLOWER RICE/PORTIONED RICE • ONIONS • TOMATOES • LOW FAT CHEESE
<p><u>LOW CARB TORTILLA SANDWICH WRAP</u></p> <ul style="list-style-type: none"> • DELI MEAT OF YOUR CHOICE • DUKES LIGHT MAYO W/ OLIVE OIL (1TBS) • SHREWD FOOD PROTEIN PUFFS OR ATKINS PROTEIN CHIPS • SUGAR FREE JELLO 	<p><u>GRILLED CHICKEN / VEGGIES / RICE</u></p> <ul style="list-style-type: none"> • GRILLED CHICKEN (GROCERY STORES SELL TYSON PRE-GRILLED BAGS OF CHICKEN/STEAK) • VEGGIES OF CHOICE (GRILLED/STEAMED/BAKED) • RICE (CAULIFLOWER RICE/MEASURED RICE PORTION)

[Click HERE for Video](#)

<p><u>TACO BOWLS</u></p> <ul style="list-style-type: none"> • MEAT OF YOUR CHOICE (MEASURED) • SHREDDED LETTUCE • BLACK BEANS (RINSED, DRAINED & MEASURED) • CORN (RINSED, DRAINED & MEASURED) • LOW FAT CHEESE • LIGHT SOUR CREAM • SALSA 	<p><u>SHRIMP & ASPARAGUS</u></p> <ul style="list-style-type: none"> • SHRIMP • CRUSHED RED PEPPER • OLIVE OIL • ASPARAGUS • GARLIC • GINGER • LOW SODIUM SOY SAUCE • LEMON JUICE
<p><u>EGG ROLL BOWLS</u></p> <ul style="list-style-type: none"> • MEAT OF CHOICE • SHREDDED COLESLAW MIX • GARLIC • LOW SODIUM SOY SAUCE • TOASTED SESAME OIL • GINGER • GREEN ONIONS 	<p><u>SPAGHETTI</u></p> <ul style="list-style-type: none"> • LEAN GROUND BEEF • CLASSICO TOMATO BASIL SAUCE • BELL PEPPER • ONION • 1 TOMATO • SPAGHETTI SQUASH (IN PLACE OF NOODLES) • BANZA PROTEIN PASTA