

Too Tired to Cook? A Quick Meatless Meal

Here's a quick meal that is tasty, high in fiber and pretty much ready-made.

Sweet potato fries - choose an option below

- Frozen sweet potato fries, check the ingredient list for unnecessary ingredients like sugar
- Or use fresh cut sweet potato "fries" in the refrigerator section that you bake at home
- Or scrub, cut and cook your own in the microwave then dip in low-fat sour cream and Cajun spice mix. You can also slice them into rounds for [sweet potato nachos](#).

Lentil Soup

Lentil soup is jammed pack with fiber and can meet around 25% of your daily needs. Women under