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# FIVE-MINUTE DINNERS NUTRITIONISTS EAT

EGG



SPINACH



BEANS



BLACK BEANS



BROCCOLI



BROWN RICE



WAFFLE



PEANUT BUTTER



BLUEBERRIES



FISH



CARROTS



GREEN BEANS



TOMATO



BASIL



MOZZARELLA



LETTUCE



AVOCADO



GRILLED CHICKEN



WRAP



DELI MEAT



ROMAINE



Women'sHealth