

# **RECIPE: BLUEBERRY CINNAMON OATMEAL**

**PREP TIME: 10-15 MINUTES (SERVES 4)**

**DIFFICULTY: LOW**

## **INGREDIENTS:**

- **4 CUPS NON-FAT MILK**
- **2 CUPS OLD-FASHIONED OATS**
- **3 CUPS FROZEN BLUEBERRIES**
  - **TASTY TIP: BERRIES ARE A WONDERFUL SOURCE OF ANTIOXIDANTS AND ARE USUALLY CHEAPER WHEN BOUGHT FROZEN!**
- **CINNAMON TO TASTE**
- **4 TBSP PEANUT BUTTER**
  - **TASTY TIP: YOU CAN SUB ANY TYPE OF NUT BUTTER FOR THE SAME TASTY ADDITION!**

## **METHOD:**

- 1) MEASURE OUT INGREDIENTS IN LIQUID AND DRY MEASURING CUPS.**
- 2) BRING MILK TO A MEDIUM BOIL.**
- 3) ADD OATS TO THE MILK AND STIR; BRING HEAT DOWN TO MEDIUM HEAT.**
- 4) AFTER STIRRING, ADD BLUEBERRIES AND CINNAMON.**
- 5) COOK FOR ABOUT 5-6 MINUTES OR UNTIL PREFERRED THICKNESS.**
- 6) TAKE OFF HEAT AND STIR IN PEANUT BUTTER. ENJOY!**

# **RECIPE: TURKEY WRAP WITH MANDARIN ORANGES**

**PREP TIME: 10-15 MINUTES (SERVES 4)**

**DIFFICULTY: KID-FRIENDLY**

## **INGREDIENTS:**

- **1 LB DELI TURKEY OR PREFERRED SLICED TURKEY**
- **4-6 TBSP CREAM CHEESE**
- **4 HANDFULS OF MIXED GREENS**
  - **TASTY TIP: TO KEEP MIXED GREENS OR LETTUCE FRESH LONGER, ADD A DRY PAPER TOWEL INTO THE CONTAINER AND REPLACE AFTER EACH USE.**
- **4 WHOLE WHEAT TORTILLAS**
- **1 CAN OF MANDARIN ORANGES IN WATER**
  - **TASTY TIP: BUY CANNED FRUIT IN WATER INSTEAD OF JUICE/SYRUP TO REDUCE THE SUGAR CONTENT**

## **METHOD:**

- 1) SEPARATE DELI TURKEY INTO 4 OUNCE PORTIONS.**
- 2) LAY OUT 4 WHOLE WHEAT TORTILLAS ONTO PLATES.**
- 3) SPREAD 1-1.5 TBSP CREAM CHEESE ONTO EACH TORTILLA.**
- 4) LAY OUT TURKEY ONTO EACH TORTILLA.**
- 5) RINSE MIXED GREENS AND LAY OUT 1 HANDFUL OF MIXED GREENS ON TOP OF THE TURKEY ON EACH TORTILLA.**
- 6) ROLL TORTILLA INTO A WRAP AND SLICE INTO 4 PIECES.**
- 7) DRAIN AND RINSE MANDARIN ORANGES AND DIVIDE INTO FOUR SERVINGS, PLATE, AND ENJOY!**

# **RECIPE: GREEK CHICKEN BURGERS & GREEN BEANS**

**PREP TIME: 30-60 MINUTES (SERVES 4)**

**DIFFICULTY: MEDIUM**

## **INGREDIENTS:**

- **1 LB GROUND CHICKEN**
  - **TASTY TIP: YOU CAN SUBSTITUTE GROUND TURKEY OR BEEF FOR AN EASY CHANGE-UP!**
- **4 WHOLE WHEAT HAMBURGER BUNS**
  - **TASTY TIP: TRY USING LETTUCE INSTEAD OF HAMBURGER BUNS FOR A CRUNCH!**
- **1/2 RED ONION**
- **1 HANDFUL OF MIXED GREENS**
- **1 32 OZ CAN OF GREEN BEANS**

**OPTION: ADD BLACK PEPPER, SALT & GARLIC POWDER TO CHICKEN MIXTURE**

## **METHOD:**

**1) DICE HALF OF A RED ONION**

**2) MIX GROUND CHICKEN WITH DICED RED ONION AND SEASONINGS IF PREFERRED IN A BOWL**

**3) MAKE CHICKEN BURGER PATTIES (4)**

**4) PREPARE ON NON-STICK PAN WITH OLIVE OIL OR NONSTICK SPRAY; COOK ON MEDIUM-HIGH HEAT UNTIL FIRM AND COOKED THROUGH**

**5) RINSE AND DRAIN GREEN BEANS AND HEAT ON MEDIUM HEAT UNTIL WARM; SALT IF PREFERRED**

**6) ADD PREFERRED AMOUNT OF MIXED GREENS TO EACH BURGER AS WELL AS PREFERRED CONDIMENTS**

# **RECIPE: CELERY STICKS WITH CREAM CHEESE**

**PREP TIME: 10 MINUTES (SERVES 4)**

**DIFFICULTY: LOW**

## **INGREDIENTS:**

- **8 STALKS OF CELERY**
  - **TASTY TIP: CELERY CAN ADD A CRUNCH TO MOST MEALS, TRY IT IN CHICKEN SALAD!**
- **1/2-3/4 A BLOCK OF CREAM CHEESE**
  - **TASTY TIP: YOU COULD SWAP CREAM CHEESE FOR PEANUT BUTTER FOR A SWEETER TREAT!**

**OPTION: ADD SALT, PEPPER AND GARLIC POWDER TO TASTE**

## **METHOD:**

- 1) WASH 8 STALKS OF CELERY AND DRY THOROUGHLY**
- 2) CHOP LEAVES OFF OF STALKS AND CHOP STALKS INTO SMALLER PIECES**
- 3) HEAT CREAM CHEESE IN A SMALL MICROWAVE-SAFE DISH FOR 20-30 SECONDS UNTIL MIXABLE**
- 4) MIX IN SEASONINGS IF PREFERRED INTO CREAM CHEESE**
- 5) DIP CELERY STICKS AND ENJOY!**

# **RECIPE: BREAKFAST BURRITO WRAPS**

**PREP TIME: 20-30 MINUTES (SERVES 4)**

**DIFFICULTY: MEDIUM**

## **INGREDIENTS:**

- **4 WHOLE WHEAT TORTILLAS**
  - **6 EGGS**
  - **1 CUP GRATED CHEDDAR CHEESE**
  - **1 16 OZ CAN DICED TOMATOES**
    - **TASTY TIP: CANNED VEGETABLES ARE A GREAT ADDITION TO ANY MEAL WITHOUT THE EXTRA WORK OF CHOPPING!**
  - **1/2 PACK OF TURKEY BACON**
    - **TASTY TIP: TURKEY BACON IS A LOWER FAT ALTERNATIVE TO PORK BACON AND TASTES GREAT!**
- OPTION: ADD SALT AND PEPPER TO TASTE TO EGGS**

## **METHOD:**

- 1) DRAIN AND RINSE CANNED TOMATOES**
- 2) SCRAMBLE 6 EGGS IN A BOWL**
- 3) SCRAMBLE EGGS IN PAN, SET ASIDE**
- 4) GRATE 1 CUP OF CHEDDAR CHEESE**
- 5) COOK TURKEY BACON ON SKILLET OVER MEDIUM-HIGH HEAT UNTIL PREFERRED DONENESS, SET ASIDE**
- 6) SPRAY NONSTICK SPRAY ONTO PAN OR SPREAD OLIVE OIL ONTO PAN; PLACE TORTILLA ON PAN AND PUT EGGS, CRUMBLER BACON, CHEESE, AND TOMATOES**
- 7) FOLD OVER AND COOK UNTIL BROWN OR THE SIDE STICK TOGETHER**

# **RECIPE: CHICKEN SALAD PLATE**

**PREP TIME: 10-15 MINUTES (SERVES 4)**

**DIFFICULTY: LOW**

## **INGREDIENTS:**

- **1 12.5 OZ CAN WHITE CHUNK CHICKEN**
- **3 TBSP PLAIN GREEK YOGURT**
  - **TASTY TIP: YOGURT IN PLACE OF MAYO ADDS A TANGY SPIN TO CHICKEN SALAD!**
- **2 CUPS DICED APPLES**
- **1/4 CUP OF DICED CELERY**
- **CRACKERS OR MIXED GREENS**
  - **TASTY TIP: FOR A CRUNCH, USE THE CRACKERS TO SCOOP UP THE CHICKEN SALAD.**

**OPTION: SEASON WITH PEPPER TO TASTE**

## **METHOD:**

**1) DRAIN CHICKEN, WASH APPLE AND CELERY**

**2) DICE CELERY STALKS AND APPLE**

**3) ADD CHICKEN, CELERY, APPLE, AND 3 TBSP YOGURT TO A BOWL (OPTIONAL: ADD BLACK PEPPER) AND MIX TOGETHER**

**4) EQUALLY DISTRIBUTE CHICKEN SALAD TO FOUR PLATES  
OPTION: SCOOP ON TOP OF GREENS FOR A SALAD OR EAT WITH CRACKERS**



# **RECIPE: SPAGHETTI AND TURKEY MEAT SAUCE**

**PREP TIME: 20-30 MINUTES (SERVES 4)**

**DIFFICULTY: MEDIUM**

## **INGREDIENTS:**

- **1 LB GROUND TURKEY**
- **1/2 LB. OF WHOLE WHEAT SPAGHETTI NOODLES**
- **1 16 OZ CAN OF MUSHROOMS (NO SODIUM ADDED)**
- **1 16 OZ JAR OF MARINARA SAUCE**
  - **TASTY TIP: LOOK FOR MARINARA SAUCE WITHOUT ADDED SUGAR IF YOU PREFER A LESS SWEET SAUCE.**
- **1 MEDIUM GREEN BELL PEPPER**
  - **TASTY TIP: BELL PEPPERS HAVE A SIGNIFICANT AMOUNT OF VITAMIN C, WHICH ACTS AS AN ANTIOXIDANT THAT PROTECTS OUR BODY.**

**OPTIONAL: ADD PEPPER AND GARLIC POWDER TO TASTE**

## **METHOD:**

- 1) COOK PASTA ACCORDING TO BOX INSTRUCTIONS BASED ON 4 SERVING SIZE AMOUNTS**
- 2) BROWN TURKEY UNTIL DONE, DRAIN**
- 3) WASH AND DICE 1 MEDIUM GREEN BELL PEPPER, COOK ON MEDIUM HEAT UNTIL SOFT**
- 4) DRAIN 1 16 OZ CAN OF MUSHROOMS**
- 5) ADD TURKEY, SAUCE, MUSHROOMS, AND BELL PEPPER TO PAN; HEAT ON LOW UNTIL HOT**
- 6) DRAIN PASTA**
- 7) PLATE PASTA IN EVEN PORTIONS ON 4 PLATES, SCOOP MEAT SAUCE ON TOP AND ENJOY!**

# **RECIPE: GREEK YOGURT BOWLS**

**PREP TIME: 5 MINUTES (SERVES 4)**

**DIFFICULTY: KID-FRIENDLY**

## **INGREDIENTS:**

- **4 CUPS PLAIN GREEK YOGURT**
  - **TASTY TIP: GREEK YOGURT TYPICALLY CONTAINS MORE PROTEIN AND LESS SUGAR THAN OTHER YOGURT TYPES.**
- **4 CUPS FROZEN BLUEBERRIES**
  - **TASTY TIP: YOU CAN FREEZE YOGURT WITH FROZEN BERRIES FOR A TASTY, COLD TREAT ON HOT DAYS.**
- **8 TBSP PEANUT BUTTER**

**OPTION: ADD HONEY TO SWEETEN OR GRANOLA/CEREAL/NUTS FOR A CRUNCH**

## **METHOD:**

- 1) MEASURE OUT 1 CUP OF GREEK YOGURT INTO 4 BOWLS (1 CUP OF YOGURT PER BOWL)**
- 2) ADD 1 CUP OF FROZEN BLUEBERRIES TO EACH BOWL**
- 3) MELT 8 TBSP OF PEANUT BUTTER IN THE MICROWAVE; ABOUT 30-45 SECONDS**
- 4) DRIZZLE 2 TBSP OF PEANUT BUTTER ONTO EACH BOWL**
- 5) ADD OTHER TOPPINGS IF PREFERRED; ENJOY!**



# **RECIPE: TASTY OMELETTES**

**PREP TIME: 15-20 MINUTES (SERVES 4)**

**DIFFICULTY: MEDIUM**

## **INGREDIENTS:**

- **8 EGGS**
  - **TASTY TIP: FOR FLUFFIER SCRAMBLED EGGS ADD A SPLASH OF MILK BEFORE MIXING**
- **1 CUP SHREDDED CHEDDAR CHEESE**
- **1 16 OZ CAN DICED TOMATOES**
  - **TASTY TIP: FOR OMELETTES; YOU COULD SUB ANY VEGETABLE YOU WOULD LIKE IN PLACE OF TOMATOES**
- **1/2 PACKAGE OF TURKEY BACON**

**OPTIONAL: ADD BLACK PEPPER AND SALT TO TASTE**

## **METHOD:**

**1) SCRAMBLE 8 EGGS IN A LARGE BOWL; MIX IN SALT AND PEPPER IF PREFERRED**

**2) SEPARATE INTO EVEN AMOUNTS OF EGGS (4 BOWLS)**

**3) SHRED CHEDDAR CHEESE (1 CUP)**

**4) DRAIN 1 CAN DICED TOMATOES AND RINSE**

**5) COOK 1/2 PACKAGE OF TURKEY BACON ACCORDING TO PACKAGE; CRUMBLE**

**6) POUR 1 SERVING AMOUNT OF EGG INTO PAN ON MEDIUM HEAT; ADD TOPPINGS ON TOP OF EGG; LET COOK UNTIL EDGES ARE DONE/BROWN; FLIP HALFWAY OVER TO ONE SIDE AND CONTINUE TO COOK UNTIL PREFERRED DONENESS**

# **RECIPE: MARGHERITA PERSONAL PIZZAS**

**PREP TIME: 15-20 MINUTES (SERVES 4)**

**DIFFICULTY: LOW**

## **INGREDIENTS:**

- **4 WHOLE WHEAT TORTILLAS**
  - **TASTY TIP: YOU COULD USE PITA BREAD, NAAN BREAD, OR EVEN REGULAR BREAD AS PIZZA CRUST!**
- **3 ROMA TOMATOES**
- **1 16 OZ BAG MOZZARELLA CHEESE**
- **1 PACKAGE OF FRESH BASIL**
  - **TASTY TIP: YOU COULD USE DRIED BASIL OR ITALIAN SEASONING IF YOU DO NOT HAVE FRESH BASIL ON HAND**
- **1 16 OZ CAN/JAR OF MARINARA SAUCE**

## **METHOD:**

**1) PREHEAT OVEN TO 400 DEGREES**

**2) TOAST TORTILLAS FOR 3-4 MINUTES BEFORE ADDING TOPPINGS**

**3) SLICE ROMA TOMATOES INTO THIN SLICES**

**4) ADD PREFERRED AMOUNT OF MARINARA SAUCE TO EACH TORTILLA**

**5) ADD PREFERRED AMOUNT OF MOZZARELLA CHEESE TO EACH TORTILLA**

**6) ADD SLICES OF TOMATO AND TEAR BASIL AND ADD AS WELL**

**7) COOK PIZZAS ON PAN IN OVEN FOR AROUND 5-8 MINUTES UNTIL CHEESE MELTS**

# **RECIPE: BEEF FRIED RICE**

**PREP TIME: 20-30 MINUTES (SERVES 4)**

**DIFFICULTY: LOW**

## **INGREDIENTS:**

- **1 LB BEEF STEW MEAT**
  - **TASTY TIP: YOU COULD SUB CHICKEN OR VEGETABLES FOR A SWITCH UP TO THIS RECIPE**
- **1 CUP BROWN RICE**
  - **TASTY TIP: BROWN RICE HAS A BIT MORE FIBER THAN WHITE RICE, KEEPING YOU FULL FOR LONGER.**
- **1 16 OZ CAN PEAS AND CARROTS, NO SODIUM ADDED**
- **2-4 TBSP SOY SAUCE**
- **1 YELLOW ONION, DICED**
- **2 EGGS**

**OPTIONAL: ADD BLACK PEPPER, SALT, AND GARLIC POWDER TO TASTE**

## **METHOD:**

- 1) BROWN BEEF ON MEDIUM HEAT UNTIL COOKED THROUGH; SET ASIDE**
- 2) DICE ONION, SCRAMBLE EGGS IN SMALL BOWL**
- 3) COOK 1 CUP OF RICE ACCORDING TO PACKAGE INSTRUCTIONS**
- 4) DRAIN AND RINSE CAN OF PEAS AND CARROTS; COOK DICED ONIONS UNTIL TRANSPARENT AND THEN ADD PEAS AND CARROTS TO HEAT; REMOVE FROM HEAT AND SET ASIDE**
- 5) FRY COOKED RICE WITH 2-4 TBSP SOY SAUCE AND ADD VEGETABLES; PUSH RICE TO THE SIDE AND FRY EGG ON THE OTHER SIDE; AFTER EGG IS DONE, MIX RICE AND EGG TOGETHER ALONG WITH MEAT**
- 6) PLATE AND ENJOY!**

# **RECIPE: APPLE SLICES AND PEANUT BUTTER**

**PREP TIME: 5 MINUTES (SERVES 4)**

**DIFFICULTY: LOW**

## **INGREDIENTS:**

- **4 MEDIUM/LARGE APPLES**
  - **TASTY TIP: SLICE THIN AND MAKE APPLE "NACHOS" WITH INGREDIENTS**
- **8 TBSP PEANUT BUTTER**
  - **TASTY TIP: CAN SUB ANY TYPE OF NUT BUTTER IF YOU WANT A CHANGE!**

**OPTION: ADD CINNAMON FOR A TASTY TWIST**

## **METHOD:**

- 1) WASH 4 APPLES**
- 2) SLICE APPLES INTO PREFERRED THICKNESS**
- 3) DIP OR DRIZZLE PEANUT BUTTER ONTO SLICES, ENJOY!**