

## RECIPE: LOADED OATMEAL: SERVES 4

**PREP TIME: 8 MIN**

**DIFFICULTY: LOW**

### INGREDIENTS:

- **2 CUPS WHOLE GRAIN OLD FASHIONED OATS**
- **1 CUP FROZEN BLUEBERRIES**
- **1 CUP FROZEN RICED CAULIFLOUR**
- **2 BANANAS**
- **4 TBSP PEANUT BUTTER**

**\*OFFER 1 CUP OF LOWFAT MILK TO CHILDREN**

**\*ALWAYS START YOUR DAY WITH AN 8OZ GLASS OF WATER**

### METHOD:

- **BRING 4 CUPS OF WATER TO BOIL ON THE STOVE**
- **POUR IN 2 CUPS OF OATS AND STIR**
- **REDUCE TO A SIMMER**
- **SIMMER FOR 3 MINUTES STIRRING OCCASIONALLY**
- **ADD IN 1 CUP OF FROZEN RICED CAULIFLOWER**
  - **TASTY TIP: CAULIFLOWER IS HIGH IN FIBER AND B VITAMINS, YOU WON'T BE ABLE TO TASTE IT IN THE FINAL PRODUCT, BUT YOU WILL STILL BENEFIT FROM THE ADDED NUTRIENTS.**
- **SIMMER FOR 1 MINUTE LONGER**
- **PORTION INTO FOUR BOWLS- 1/2 CUP OF OATS EACH**
- **TOP WITH 1/4 CUP OF FROZEN BLUEBERRIES, 1/2 SLICED BANANA, AND 1 TBSP OF PEANUT BUTTER IN EACH BOWL**
  - **TASTY TIP: ADDING FRUIT SUCH AS BERRIES AND BANANAS ADDS NATURAL SUGAR AND FLAVOR WITHOUT CONTRIBUTING TO YOUR DAILY INTAKE OF ADDED SUGARS.**

**RECIPE: TUNA PITA POCKETS WITH CARROTS & APPLES: SERVES 4**

**PREP TIME: 10 MIN**

**DIFFICULTY: LOW**

**INGREDIENTS:**

- **4 WHOLE WHEAT PITA BREADS**
- **2 5OZ CANS OF CHUNK LIGHT TUNA IN WATER**
- **1/4 CUP NONFAT GREEK YOGURT**
- **3 CUPS OF BABY CARROTS**
- **4 APPLES SLICED**

**METHOD:**

- **OPEN CANS OF TUNA & DRAIN**
- **MIX TUNA WITH 1/4 CUP OF GREEK YOGURT**
  - **TASTY TIP: GREEK YOGURT IS A GREAT SUBSTITUTE FOR MAYONNAISE, IT HAS LESS FAT AND A HIGHER PROTEIN CONTENT. GREEK YOGURT IS A GREAT OPTION TO AVOID UNHEALTHY FATS.**
- **OPEN PITA POCKET AND STUFF WITH TUNA**
  - **TASTY TIP: TUNA IS A GREAT SOURCE OF OMEGA 3 FATTY ACIDS, AIM TO MAKE SEAFOOD YOUR MAIN SOURCE OF PROTEIN AT A MEAL TWICE A WEEK.**
- **SERVE WITH 1 CUP OF BABY CARROTS FOR ADULTS AND 1/2 CUP FOR CHILDREN AND 1 APPLE SLICED**

# RECIPE: OVEN CHICKEN NUGGETS AND FRIES: SERVES 4

**PREP TIME: 40MIN**

**DIFFICULTY: MEDIUM**

## INGREDIENTS:

- **2LB THAWED BONESLESS, SKINLESS CHICKEN BREAST**
- **4 SWEET POTATOES**
- **2 EGGS BEATEN**
- **4 SLICES OF WHOLE WHEAT BREAD**
- **2 14.5OZ CANS GREEN BEANS**

## METHOD:

- **PREHEAT OVEN TO 400**
- **CUT 4 SWEET POTATOES INTO CUBES OR WEDGES**
  - **TASTY TIP: WHEN ROSTING SWEET POTATOES, ROAST ADDITIONAL SERVINGS. STORE IN AN AIRTIGHT CONTAINER FOR UP TO 1 WEEK.**
- **PLACE ON LINED BAKING SHEET**
- **ROAST FOR 30-35MIN**
- **TOAST 4 SLICES OF WHOLE WHEAT BREAD UNTIL DARK BROWN**
- **PULSE IN FOOD PROCESSOR OR BLENDER TO MAKE FINE BREAD CRUMBS**
  - **TASTY TIP: IF YOU DO NOT HAVE EITHER PLACE, TOAST IN ZIPLOCK AND CRUSH WITH A CAN**
- **BEAT TWO EGGS IN BOWL**
- **CUT 2LBS OF CHICKEN BREAST INTO 1-2IN CUBES**
  - **TASTY TIP: THIS RECIPE MAKES EXTRA SERVINGS. CHICKEN WILL KEEP IN AIRTIGHT CONTAINER IN FRIDGE FOR UP TO 3 DAYS. THIS CHICKEN MAKES FOR A GREAT PROTEIN SOURCE AT LUNCH**
- **BREAD CHICKEN:**
  - 1. ROLL IN DRY BREAD CRUMBS**
  - 2. DIP IN EGG**
  - 3. COAT IN BREAD CRUMBS**
- **PLACE ON SHEET PAN & BAKE FOR 10-15MIN**
- **HEAT TWO CANS OF GREEN BEANS ON STOVE ACCORDING TO DIRECTIONS ON CAN**

**RECIPE: YOGURT BOWL: SERVES 4**

**PREP TIME: 5MIN**

**DIFFICULTY: KID FRIENDLY**

**INGREDIENTS:**

- **4 CUPS OF PLAIN NONFAT GREEK YOGURT**
- **2 CUPS WHOLE GRAIN VANILLA ALMOND GRANOLA**
- **2 CUPS OF RAISINS**

**METHOD:**

- **PLACE 1 CUP OF GREEK YOGURT IN 4 SEPARATE BOWLS**
  - **TASTY TIP: CHOOSE GREEK YOGURT OVER TRADITIONAL YOGURT BECAUSE IT CONTAINS TRIPLE THE AMOUNT OF PROTEIN.**
- **TOP EACH BOWL WITH 1/2 CUP GRANOLA AND 1/2 CUP OF RAISINS**
  - **TASTY TIP: ADD ANY FRUIT YOU HAVE ON HAND. A YOGURT BOWL THIS BOWL CAN EASILY BECOME A FRUIT DIP FOR APPLE SLICES TOO**

**RECIPE: CHEESY SPINACH EGG BAKE WITH ORANGE SLICES**  
**SERVES 4**

**PREP TIME: 30MIN**

**DIFFICULTY: MEDIUM**

**INGREDIENTS:**

- **8 EGGS**
- **8OZ FROZEN CHOPPED SPINACH**
- **1/2 CUP SHREDDED CHEDDAR CHEESE**
- **4 ORANGES SLICED**

**METHOD**

- **PREHEAT OVEN TO 375**
- **IN A LARGE BOWL, WHISK EGGS**
  - **TASTY TIP: ADDING 1/4 CUP OF MILK OR GREEK YOGURT CAN CREATE A FLUFFIER TEXTURE OF EGGS, BUT THIS STEP IS OPTIONAL**
- **DEFROST SPINACH ON A LOW SETTING IN THE MICROWAVE FOR 4 MINUTES**
- **SQUEEZE EXCESS WATER OUT OF SPINACH**
- **COMBINE WITH EGGS**
- **POUR EGG MIXTURE INTO NONSTICK BAKING PAN, AN 8X8 SQUARE PAN WORKS WELL**
  - **TASTY TIP: YOU CAN ALSO POUR EGG MIXTURE INTO CUPCAKE PANS FOR INDIVIDUAL EGG MUFFINS**
- **TOP WITH SHREDDED CHEDDAR CHEESE**
- **BAKE FOR 20-25 MINUTES, REMOVE FROM THE OVEN WHEN THE CENTER OF THE EGG BAKE IS FRIM**
- **SERVE WITH A SIDE OR ORAGNE SLICES**

**RECIPE: LEFTOVER OVEN CHICKEN & FRIES WITH APPLE SLICES: SERVES 4**

**PREP TIME: 20MIN**

**DIFFICULTY: LOW**

**INGREDIENTS:**

- 1 LB LEFTOVER OVEN CHICKEN NUGGETS
- LEFTOVER SWEET POTATO FRIES
- 14.5OZ CAN NO SUGAR ADDED SLICED PEARS
- 3 CUPS CARROTS
- 8TBSP HUMMUS

**METHOD:**

- PREHEAT OVEN TO 350
- REHEAT LEFTOVER CHICKEN AND SWEET POTATO FRIES IN OVEN FOR 15 MIN
  - TASTY TIP: REHEATING IN THE OVEN WILL PRESERVE THE CRUNCHY TEXTURE, IF SHORT ON TIME FEEL FREE TO REHEAT IN THE MIRCOWAVE
- PLACE SLICED PEARS, CARROTS AND 2TBSP OF HUMMUS ON EACH PLATE
  - TASTY TIP: HUMMUS IS A GREAT STAPLE TO KEEP IN THE FRIDGE, IT IS A SOURCE OF IRON AND MAGNESIUM
  - LOOK FOR CANNED FRUIT THAT DOESN'T HAVE ADDED SUGAR
- SERVE TOGETHER WITH REHEATED CHICKEN SWEET AND POTATO FRIES

# **RECIPE: CHICKPEA PASTA AND TURKEY MEAT SAUCE**

## **SERVES 4**

**PREP TIME: 30MIN**

**DIFFICULTY: MEDIUM**

### **INGREDIENTS:**

- **1LB 93% LEAN GROUND TURKEY**
- **8OZ CHICKPEA PASTA**
- **28OZ CAN OF TOMATO SAUCE**
- **10OZ SEASONING BLEND FROZEN VEGETABLE MIX**
- **12OZ FROZEN BROCCOLI FLORETS**

### **METHOD:**

- **IN A LARGE PAN, SAUTE FROZN SEASONING BLEND VEGETABLES FOR 5 MINUTES**
- **ADD 1LB OF LEAN GROUND TURKEY TO SAME PAN**
- **SAUTE UNTIL TURKEY IS NO LONGER PINK**
- **POUR IN CAN OF TOMATO SAUCE**
  - **TASTY TIP: A CAN OF TOMATO SUACE WILL HAVE LESS ADDED SUGAR THEN COMERICAL PASTA SAUCE. ADD YOUR OWN ITALIAN SEASONING IF YOU DESIRE**
- **TURN STOVE TO SIMMER AND COVER PAN WITH LID UNTIL READY TO SERVE**
- **BRING 6 QUARTS OF WATER TO A ROLLING BOIL**
- **ADD IN 8OZ OF CHICKPEA PASTA**
  - **TASTY TIP: CHICKPEA PASTA IS MORE NUTRIENT DENSE THAN REGULAR PASTA, IT IS HIGH IN BOTH FIEBER AND PROTEIN**
- **BOIL FOR 6 MINTUES**
- **STRAIN PASTA**
- **MICROWAVE 12OZ OF FROZEN BROCCOLI FLORETS FOR 7 MINUTES**
- **ASSEMBLE PLATES AND SERVE**

**RECIPE: GREEN SMOOTHIE WITH GRANOLA TOPPING**  
**SERVES 4**

**PREP TIME: 5MIN**

**DIFFICULTY: LOW**

**INGREDIENTS:**

- **4OZ FROZEN SPINACH**
- **2 FROZEN BANANAS**
- **10OZ CANNED PINEAPPLE CHUNKS**
- **2 CUPS 1% LOWFAT MILK**
- **VANILLA ALMOND GRANOLA**

**METHOD:**

- **COMBINE FROZEN SPINACH, FROZEN BANANA, PINEAPPLE CHUNKS, AND MILK IN BLENDER**
  - **TASTY TIP: ADDING FROZEN BANANA MAKES THE SMOOTHIE EXTRA CREAMY. FREEZE OVERRIPE BANANS FOR THIS PURPOSE INSTEAD OF THROWING THEM OUT**
- **BLEND UNTIL SMOOTH**
- **TOP WITH GRANOLA**
  - **TASTY TIP; SERVE IN A GLASS AND DRINK WITH A STRAW OR ADD LESS MILK FOR A THICKER SMOOTHIE THAT CAN BE SERVED IN A BOWL. TOP WITH GRANOLA AND ADDITIONAL SLICED FRUIT FOR A FUN SMOOTHIE BOWL THAT CAN BE EATEN WITH A SPOON**



**RECIPE: GREEK YOGURT BOWLS: SERVES 4**

**PREP TIME: 5MIN**

**DIFFICULTY: LOW**

**INGREDIENTS:**

- **4 CUPS OF GREEK YOGURT**
- **1 CUP OF FROZEN BLUEBERRIES**
- **2 CUPS OF VANILLA ALMOND GRANOLA**
- **2 CUPS CANNED PEACHS DRAINED**

**METHOD:**

- **PORTION 1 CUP OF YOGURT INTO 4 BOWLS**
- **TOP WITH 1/4 CUP OF FROZEN BLUEBERRIES**
- **TOP WITH 1/2 CUP OF VANILLA ALMOND GRANOLA**
  - **TASTY TIP: LOOK FOR A GRANOLA MADE WITH WHOLE GRAINS. ADDS LIKE ALMONDS ARE AN ADDITIONAL BONUS AS THEY PROVIDE HEALTHY FATS TO THE BODY.**
- **SERVE 1/2 CUP OF CANNED PEACHES IN YOGURT BOWL OR ON THE SIDE**
  - **TASTY TIP: LEFTOVER CANNED PEACHES CAN BE STORED IN A COVERED CONTAINER IN THE FRIDGE AFTER OPENING.**

**RECIPE: EGG SALAD SANDWICHES: SERVES 4**

**PREP TIME: 20MIN**

**DIFFICULTY: MEDIUM**

**INGREDIENTS:**

- **8 HARDBOILED EGGS**
- **1/4 CUP GREEK YOGURT**
- **1 15.5OZ CAN OF CANNELLINI BEANS**
- **8 SLICES OF 100% WHOLE WHEAT BREAD**
- **LEFTOVER CANNED FRUIT- PEACHES OR PINEAPPLE**

**METHOD:**

- **PLACE 8 EGGS IN MEDIUM SAUCEPAN AND COVER WITH WATER**
- **BRING WATER TO A BOIL WITH EGGS IN PAN. ONCE THE WATER IS BOILING BEGIN A TIMER FOR 10MIN**
- **REMOVE FROM STOVE AND RUN COLD WATER OVER THE EGGS TO STOP COOKING**
- **PEEL EGGS AND MASH IN BOWL WITH FORK**
  - **TASTY TIP: TO PEEL EGGS TAP EGG ON THE COUNTER TO BREAK THE SHELL. EGGS HAVE A THIN, CLEAR MEMBRANE UNDER THE SHELL, IF YOU FIND THIS MEMBRANE YOU CAN EASILY PEEL OFF THE SHEL.**
- **RINSE AND DRAIN CAN OF CANNELLINI BEANS**
  - **TASTY TIP: CANNED BEANS ARE AN EXCELLENT PANTRY STAPLE. THEY ADD PROTEIN, FIBER, AND VOLUME TO MEALS.**
- **ADD BEANS TO BOWL WITH EGGS**
- **ADD 1/4 CUP OF GREEK YOGURT**
- **MIX AND SPOON INTO SANDWHICH**
- **SERVE WITH ANY LEFTOVER PEACHES FROM BREAKFAST OR LEFTOVER PINEAPPLE CHUNKS FROM THE GREEN SMOOTHIES**

**RECIPE: CHICKEN FAJITA BOWLS: SERVES 4**

**PREP TIME: 45MIN**

**DIFFICULTY: MEDIUM**

**INGREDIENTS:**

- **1LB BONELESS SKINLESS CHICKEN BREAST SEASONED WITH TACO SEASONING**
- **1 CAN OF CORN**
- **1 CAN OF BLACK BEANS**
- **2 CUPS OF BROWN RICE**
- **1 CUP SHREDDED CHEDDAR CHEESE**

**METHOD:**

- **COOK BROWN RICE ACCORDING TO PACKAGE DIRECTIONS**
  - **TASTY TIP: BROWN RICE TAKES LONGER TO COOK THAN WHITE RICE, SO MAKE SURE TO ACCOUNT FOR NEEDING EXTRA TIME. BROWN RICE IS A WHOLE GRAIN AND IS FULL OF FIBER.**
- **CUT CHICKEN BREASTS INTO THIN STRIPS AND SEASON WITH TACO SEASONING**
- **SAUTE ON STOVE UNTIL FULLY COOKED (INTERNAL TEMPERTURE SHOULD BE 165F)**
- **RINSE AND DRAIN BLACK BEANS**
- **DRAIN CORN**
- **POUR INTO PAN WITH CHICKEN AND HEAT SLOWLY**
- **COMBINE CHICKEN, BEANS, CORN, AND RICE IN A BOWL**
- **TOP WITH SHREDDED CHEDDAR CHEESE**
  - **TASTY TIP: OUT OF CHICKEN? NO WORRIES, BROWN RICE AND BLACK BEANS CAN PROVIDE YOUR BODY WITH ALL THE NECESSARY AMINO ACIDS.**

## **RECIPE: PEANUT BUTTER AND BANANA TOAST: SERVES 4**

**PREP TIME: 5MIN**

**DIFFICULTY: KID FRIENDLY**

### **INGREDIENTS:**

- **4 SLICES 100% WHOLE WHEAT BREAD**
- **4TBSP PEANUT BUTTER**
- **2 BANANAS SLICED**
- **4 CUPS OF 1% LOWFAT MILK**

### **METHOD:**

- **TOAST BREAD IN TOASTER OR OVEN ON A LOW HEAT**
- **SPREAD 1 TBSP OF PEANUT BUTTER ON BREAD**
  - **TASTY TIP: PEANUT ALLERGY? LOOK FOR SUNFLOWER BUTTER. IT IS A NUT-FREE ALTERNATIVE THAT IS PACKED WITH PROTEIN.**
- **TOP WITH SLICED BANANA**
  - **TASTY TIP: THIS SNACK RECIPE COULD EASILY BE SERVED AS BREAKFAST.**
- **SERVE WITH 1 CUP OF 1% LOWFAT MILK**