

RECIPE: BREAKFAST BURRITO

PREP TIME: 15-20 MINUTES(SERVES 4)

DIFFICULTY: MEDIUM

INGREDIENTS:

4 large flour tortillas

8 eggs

1 cup shredded Mexican blend cheese

Can of spinach

Can of Rotel

Tasty Tip: Make your own salsa for less sodium

METHOD:

1. Place a skillet on medium heat on the stove. And another large pan to medium to high heat.
2. Crack all the eggs in a bowl and beat with a fork.
3. Dump the can of spinach into the hot pan and let it get warm. Then pour the eggs into pan. Let the eggs sit then stir every minute to break apart for about 4 minutes. Once the eggs are cooked pour the can of rotel and let it simmer.
4. Place a tortilla on the warm skillet and flip after 1 minute.
5. Fill the burrito with egg mixture and 1/4 cup cheese
Tasty Tip: make extra burritos and freeze for up to 2 months

RECIPE: BBQ CHICKEN SANDWICH

PREP TIME: 20 MINUTES(SERVES 4)

DIFFICULTY: MEDIUM

INGREDIENTS:

2 -12.5 oz cans Chicken

Bottle of BBQ sauce

8 slices of whole wheat bread

Tasty tip: keep bread in a cool place to prevent mold from growing

Half a head of cabbage

Tasty Tip: Add steamed cabbage to another meal

2 cans of corn

METHOD:

1. In a medium sized pan, empty the drained cans of chicken. Pour half of the BBQ sauce in the pan and stir until it is evenly distributed. Allow it to heat up.
2. Heat up the corn in a small pot over medium heat. Add a little splash of water to help keep moisture.
3. Cut the cabbage into thin slices, so that it looks shredded.
4. Toast the bread then assemble sandwiches by evenly distributing chicken and cabbage. Add more BBQ sauce if needed.
5. Serve with corn on the side.

RECIPE: SPAGHETTI

PREP TIME: 30 MINUTES(SERVES 4)

DIFFICULTY: MEDIUM

INGREDIENTS:

- 1 lb Ground turkey
- 1 yellow onion
- 1 lb spaghetti noodles
- 24 oz Marinara
- 2 zucchini

Tasty Tip: If zucchini is on sale shred more and freeze for future use.

METHOD:

1. Place a large pot of water to boil. Once boiling add pasta and stir occasionally. Follow direction on box for the cook time.
 2. Dice the onion and cook until tender in large pan. Add the ground turkey to pan. Stir occasionally.
 3. Using a cheese grater, shred the zucchini. Then add to the pan with Turkey.
 4. Once turkey is cooked pour the marinara sauce into pan and let simmer for 3 minutes. Then add cooked pasta noodles.
 5. Plate and enjoy
- Tasty Tip: Add a side salad to increase vegetable intake

RECIPE:EASY BANANA PUDDING

PREP TIME: 10 MINUTES, (SERVES 4)

DIFFICULTY: EASY(KID FRIENDLY)

INGREDIENTS:

1 package of Vanilla pudding

Tasty Tip: choose sugar free for lower calories

4 bananas

Tasty Tip: Do not cut the bananas too early or they will turn brown. Or add a spoonful of orange to prevent browning.

METHOD:

1. Mix pudding according to box instructions. Let sit for 4-6 hours in refrigerator.
2. Slice bananas and mix into pudding.
3. Divide equally and enjoy

RECIPE:OVERNIGHT OATS

PREP TIME: 5 MINUTES(SERVES 4)

DIFFICULTY: EASY (KID FRIENDLY)

INGREDIENTS:

- 1 Cup Old Fashion Oats
- 1 Cup of water
- 2 cups of Vanilla Greek Yogurt
- Topping:
Canned Peaches

Tasty Tip: make extra to add to tomorrow's smoothie bowls

METHOD:

1. In a large container mix oats, water and yogurt.
Place in fridge over night.
2. After 7-8 hours in the fridge serve the oatmeal with peaches on top.

Tasty Tip: Add what ever fruit you have available (frozen berries, bananas, strawberries, etc)

Or to add texture add nuts

RECIPE: BLACK BEAN QUESADILLA

PREP TIME: 20 MINUTES(SERVES 4)

DIFFICULTY: MEDIUM

INGREDIENTS:

4 Large flour tortillas

2 cups of Shredded Mexican Cheese

2 cans of black beans

10 oz bag of Frozen Bell Peppers

Packet of Taco Seasoning

Tasty Tip: create your own salt-less seasoning by mixing cumin, chili powder, garlic powder, and onion powder

METHOD:

1. Heat up a pan and place bell pepper in pan. Add a splash of water to help speed up the defrosting. Once peppers are soft add in the black beans and packet of taco seasoning. Stir.
2. Heat up another skillet and place tortilla for 20 seconds then flip. Once the tortilla has soften add 1/2 cup of cheese and a scoop of black bean mixture. Fold and place back on skillet for 15 secs each side.
3. Cut into thirds and enjoy.

Tasty tip: Use left over black bean mixture for breakfast burritos or omelette

RECIPE: BAKED CHICKEN , SWEET POTATIOS AND GREEN BEANS

PREP TIME: 60 MINUTES(SERVES 4)

DIFFICULTY: MEDIUM

INGREDIENTS:

2lbs of Chicken breast

Tasty Tip: Cook 4lbs of chicken to have ready for lunch tomorrow, chicken salad

2 sweet potatoes

2 cans green beans

Garlic Powder (amount is to preference)

Olive oil

METHOD:

1. Preheat oven to 350 degrees F.

2. Peel and dice sweet potatoes

3. Place chicken breast on sheet pan and season with olive oil and garlic powder. On the other half of the pan put the sweet potatoes. Bake in oven for 40-45 minutes

Tasty Tip: leave the skin of potatoes for added nutrients and fiber

4. Drain and rinse green beans. Heat up in pan and season with garlic powder.

5. Slice chicken and serve with sweet potatoes and green beans. Enjoy!

RECIPE:CHEESE AND CRACKERS

PREP TIME: 15-20 MINUTES(SERVES 4)

DIFFICULTY: MEDIUM

INGREDIENTS:

4 Sticks of String Cheese

Tasty Tip: Buy block cheese to reduce plastic waste

7 crackers each person

Tasty Tip: Choose whole wheat crackers for added nutrients and fiber

METHOD:

1. Simply eat the cheese with crackers.

RECIPE: SMOOTHIE BOWL

PREP TIME: 15 MINUTES(SERVES 4)

DIFFICULTY: EASY

INGREDIENTS:

Frozen Berry mixture

2 cups of Vanilla Greek Yogurt

6oz Pineapple Juice

Topping: Choice of nuts, Peanut butter, bananas, left over overnight oat, etc.

Tasty Tip: add spinach to get a serving of vegetables

METHOD:

1. In a blender add the frozen berries, yogurt and juice. Blend until smooth but thick enough to have an sherbet like consistency.

Tasty Tip: Place blender in the freezer for a couple minutes if the smoothie gets too runny

2. Pour in bowl and top with topping of choice.

RECIPE: CHICKEN SALAD

PREP TIME: 25-30 MINUTES (SERVES 4)

DIFFICULTY: MEDIUM

INGREDIENTS:

- 2 lbs of cooked chicken breast (from the day before)
 - 2 cans veggie blend
 - 2 russet potatoes
 - 1 cup Mayo & 2 tbsp Mustard
 - Bread or Crackers
- Tasty Tip: add jalapeño juice for added flavor and no added calories

METHOD:

1. Cube potatoes and boil for 20 minutes or until soft
2. Shred chicken.
Tasty Tip: Use a hand held mixer to help quicken the shredding process
3. Mix chicken, potatoes, veggie blend, mayo and mustard. Season with salt and pepper.
4. Serve as a sandwich or with crackers.

RECIPE: BREAKFAST FOR DINNER

PREP TIME: 45 MINUTES(SERVES 4)

DIFFICULTY: MEDIUM

INGREDIENTS:

10 eggs

4 Slices whole wheat bread

Tasty Tip: If bread is close to expiration date, freeze it and use for this recipe.

2 tsp Cinnamon

2 Russet Potatoes

1 can Apple sauce

METHOD:

1. Cube potatoes and heat in pan with 1/4 cup of water. Cook until soft and season with desired seasoning
2. Beat two eggs with 2 tsp of cinnamon. Cut bread into 4 slices and coat in egg mixture.
3. On a nonstick pan cook the bread sticks for ~2 minutes each side.
4. Beat 8 eggs and scramble in the pan.
Tasty tip: Use the same pan as french toast for easier clean up.
5. Serve scrambled eggs, french toast and potatoes.
And use applesauce in place of syrup.

RECIPE: APPLES AND PEANUT BUTTER

PREP TIME: 5 MINUTES (SERVES 4)

DIFFICULTY: EASY

INGREDIENTS:

4 Apples (choose your preference)

Tasty Tip: rub lemon juice on sliced apples to prevent browning

4 tbsp of Peanut Butter

Tasty Tip: try to choose a peanut butter without hydrogenated oils, it is better for heart health

METHOD:

1. Slice the apples in 8 pieces.
2. Serve each apple with a 1 tbsp of peanut butter.