

MEAL PREP

SIMPLE MEAL IDEAS

- Grilled chicken, brown rice and sauteed vegetables
- Chicken fajitas, black beans, chips & salsa
- Stir fry with your choice of meat and veggies
- Turkey taco lettuce wraps
- Zucchini noodles with shrimp
- Pita wrap with turkey & cheese with hummus and celery on the side
- Taco/Burrito bowl
- Chicken, mashed potatoes, green beans
- Baked fish, green beans and coleslaw

PROTEIN + VEGGIE + STARCH = EASY MEAL PLAN

Protein Sources: Chicken, Turkey, Beef, Eggs, Fish, Etc.

Vegetable Sources: Green Beans, Broccoli, Spinach, Peppers, Brussels Sprouts, Cauliflower, Cucumber, Carrots, Asparagus, Kale, etc.

Starch Sources: Potatoes, Cereals, Oats, Brown Rice, Quinoa, Whole Grain Bread, Whole Grain Tortilla, Whole Grain Pasta, etc.

EGG AND VEGGIE MUFFIN RECIPE

Servings: 18

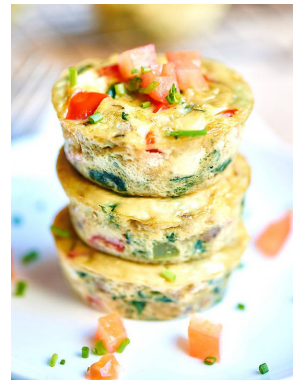
Ingredients:

- 9 eggs
- ¾ cup milk
- 1 ½ cup cheddar cheese
- ½ tsp. Salt
- ¼ tsp pepper
- 1 chopped zucchini
- 1/2 chopped red bell pepper
- 3 tbsp chopped red onion

Directions:

1. Heat oven to 350 degrees F.
2. Beat the eggs, milk, salt and pepper in large bowl until well-blended.
3. Add cheese, zucchini, bell pepper and onion; mix well
4. Spoon evenly into 18 greased muffin cups, about ¼ cup each
5. Bake for 20-22 minutes or until just set.
6. Cool on wire rack 5 minutes and then serve.

Variations: chopped ham, bacon bits, cubed tomatoes, mushrooms, etc. Change ingredients per taste.



CINNAMON APPLE AND WALNUTS (HOT) OVERNIGHT OATS RECIPE

Servings: 2

Ingredients:

- 1 cup of oats
- 2 cup of vanilla almond milk (or milk of your choice)
- 1 apple, chopped into small chunks
- ~ ½ cup walnuts, chopped
- ~ ¼ cup raisins (or dried fruit of your choice)
- A drizzle (~ 1 tsp.) of honey
- A pinch of salt
- 1 tsp. of cinnamon

Directions:

1. Mix ingredients together in a bowl. Cover and store in fridge overnight (or at least 4hrs later).
2. Cook in microwave for 4 minutes or cook on stove top with medium heat for 10-15 minutes. Stir occasionally.



BLUEBERRY ALMOND OVERNIGHT OATS (COLD) RECIPE

Servings: 1

Ingredients:

- 1/3 cup plain Greek yogurt
- ½ cup old-fashioned oats
- 2/3 cup milk of your choice
- 1 Tbsp chia seeds
- A pinch of salt
- Drizzle (~ 1 Tbsp.) of honey or maple syrup
- Toppings: blueberries & almonds

Directions:

1. In a sealable container, mix together ingredients. Cover and store in fridge overnight (or at least 4 hours).
2. Pull from fridge. Add blueberries and almonds (or toppings of your choice). Enjoy

