

BANANA PROTEIN PANCAKES

COOK TIME: 5 MINUTES

MAKES 2 PANCAKES



Ingredients:

- 3 eggs
- 1 banana, mashed
- Pinch of salt
- Cinnamon to taste
- 2 tablespoons peanut butter
- Fruit to top, optional

Directions:

Mash banana in a small bowl with a fork. Crack 3 eggs into the bowl and whisk together with a fork until the eggs are fully scrambled and evenly mixed with the banana. Add 1 pinch of salt and cinnamon to taste.

Grease a pan with cooking spray and set the heat to medium. Pour half of the mix into the pan to form a pancake. Let the pancakes cook on the first side until the underside is golden brown (lift a corner and peek), and the edges are set but the middle is still loose.

Gently work a spatula about halfway under the pancake, then lift and flip the pancake back down on the skillet on its other side. Some of the loose batter will probably spill onto the skillet as you do this- just be sure to lay the pancake on top of the spill.

Cook on the other side for about 1 minute or until egg is cooked through. Repeat with the other half of the batter.

Top each pancake with a tablespoon of peanut butter and fruit if desired.

Recipe Highlight: double protein from eggs and peanut butter.

DOUBLE PROTEIN PARFAIT

PREP TIME: 5 MINUTES

SERVES 1



Ingredients:

- 3/4 cup plain Greek yogurt
- 2 tablespoons peanut butter
- 1/2 cup blueberries or other fruit of choice
- 1 teaspoon cinnamon
- Optional toppings:
 - 1-2 teaspoon chia seeds
 - 1 tablespoon chopped nuts
 - 1 teaspoon honey

Directions:

In a small bowl, add Greek yogurt, peanut butter, and cinnamon. Stir.

Top with blueberries or fruit of choice, and any other desired toppings.

Cover and store in the fridge.

Recipe Highlight: *Yogurt and peanut butter combine to provide a double protein breakfast*



EGG AND VEGGIE SCRAMBLE

COOK TIME: 15 MINUTES

MAKES 1 SERVING

Ingredients:

3 eggs

1/4 cup milk

1 small clove of garlic, minced

1 cup spinach

*1 cup halved cherry tomato or
chopped tomato

*1/8 cup shredded cheese

1/2 tablespoon olive oil

1/4 teaspoon salt

Pepper to taste

Chili powder to taste, optional

*Substitute any with any veggie of
choice

*Cheese is optional

Directions:

Chop garlic and chop tomatoes (or any other veggie of choice) into bite-sized pieces.

In a medium bowl, combine eggs, milk, salt, pepper, and any other spices of choice. Whisk with a fork until well-mixed.

Heat oil over medium-high heat and add garlic to the pan, stirring for about 1 minute until toasty and fragrant.

Add spinach and veggies cooking for about 1 minute or until veggies are soft. Remove from pan.

Turn the heat down to medium-low, and pour egg mixture. Stir until eggs are scrambled to personal preference. Turn off the heat and stir in the cheese until melty.

Top with veggies.



MUFFIN TIN FRITTATAS

PREP TIME: 15 MINUTES
COOK TIME: 15 MINUTES

MAKES 8 FRITTATAS
SERVING SIZE 2 FRITTATAS

Ingredients:

1 1/2 teaspoons olive oil
1/2 cup milk
8 eggs
1 bell pepper or veggie of choice
1 cup zucchini or veggie of choice
1/2 an onion, chopped
3/4 cup shredded cheese
1/2 teaspoon salt
1 teaspoon oregano
1/2 teaspoon chili powder (optional)
1/2 teaspoon garlic powder
Pepper to taste

Directions:

Preheat oven to 375°F. Chop onion and veggies of choice. Heat oil in a large pan over medium-high heat.

Add onion and harder veggie (ex. bell pepper, broccoli) and sauté for 5 minutes, stirring occasionally. Add softer veggie (ex. zucchini, spinach) and saute for another 3 minutes. Remove from heat.

Whisk eggs in a mixing bowl and add milk, salt, oregano, garlic powder, chili powder, pepper.

Grease muffin tins with cooking spray or put some olive oil on a paper towel. Spoon veggies evenly into each cup. Pour 1/3 cup egg mixture into each cup, leaving room for the eggs to rise. Sprinkle cheese in each cup. Use a fork to gently mix each cup.

Bake for about 15 minutes or until the eggs puff up.

Store in the fridge for up to 4 days or freeze in bags of 2 or individually wrapped. To reheat, microwave on high 1-2 minutes.

Recipe Highlight: Add in some chopped ham or turkey for extra protein and flavor! Make a batch ahead and freeze for a week of quick breakfasts.

OVERNIGHT OATS

PREP TIME: 5 MINUTES

SERVING SIZE: 1 8 OZ JAR

Ingredients:

1/4 cup oats

1/2 cup milk

1/4 teaspoon salt

1 teaspoon cinnamon

2 teaspoons chia seeds (optional)

1/2 cup fruit of choice

Top with 1 tablespoon peanut butter or chopped nuts for extra protein, or a drizzle of honey for a touch of sweetness

Directions:

Combine all the ingredients in a jar the night before.

Cover the jar and gently shake until the contents are mixed.

Leave the sealed jar in the refrigerator overnight (at least 4-5 hours).

You can add fruit during preparation or in the morning before eating.

Feel free to add nuts, peanut butter, or any other ingredient of your choice.

Recipe Highlight: Quick and nutritious, perfect for busy mornings!



SMOOTHIE BUILDER

PREP TIME: 5 MINUTES

MAKES 1 SERVING

<i>Fruit Base:</i>	<i>Liquid:</i>	<i>Thickener:</i>	<i>Veggie:</i>	<i>Add-Ins:</i>
1/2 cup sliced or chopped, fresh or frozen	1/2 cup	Up to 1/2 cup	1/2 cup fresh 1/4 cup frozen	1 teaspoon - 1 tablespoon
Banana	Milk	Ice	Cucumber	1 scoop protein powder
Strawberries	Unsweetened plain almond milk	Plain Greek yogurt	Kale	1 teaspoon cinnamon
Raspberries	Unsweetened plain coconut milk	Avocado	Spinach	1 teaspoon vanilla extract
Blueberries	Unsweetened plain soy milk		Basil	1 teaspoon citrus zest
Peach			Mild flavor leafy green	1 teaspoon unsweetened coconut flakes
Mango				1 teaspoon chia or flax seed
Pineapple				1 tablespoon nut butter
Cherry				Splash of 100% fruit juice (about 1 tablespoon)



BURGER MAC AND CHEESE

COOK TIME: 30 MINUTES

6 SERVINGS

Ingredients:

2 cups whole wheat macaroni
1 bell pepper
1 small yellow onion
3 cloves garlic
1 cup shredded cheddar cheese
1 pound ground turkey or lean beef
1 can (14 oz) diced tomatoes, no salt added
1 tablespoon dried thyme or oregano
1/2 teaspoon salt
Pepper to taste

Directions:

Cook macaroni according to package.

While macaroni is cooking, dice bell pepper. Peel and finely chop onion and garlic (tip: holding the knife flat, crush the garlic clove to make peeling and chopping easier). Set aside.

In a large pan, add olive oil and the onion and garlic. Sautee until fragrant, about 2 minutes. Add the ground turkey or beef, cooking for about 10 minutes while breaking it up with a spatula. Add the bell pepper and cook 5 more minutes or until the meat is no longer pink on the inside.

Strain macaroni and run under cool water. Add the macaroni to the pan with tomatoes, thyme, salt, and pepper and cover with cheese. Cover and cook over medium heat until the cheese is melted, about 5-7 minutes.

Recipe Highlight: Store in individual containers in the fridge up to 4 days for a grab-and-go, microwaveable lunch



BANANA OAT BREAKFAST BARS

PREP TIME: 15 MINUTES
COOK TIME: 45 MINUTES

SERVES 8

Ingredients:

2 cups rolled oats

1/2 cup pecan pieces (optional)

1 teaspoon baking powder

2 teaspoons cinnamon

1/2 teaspoon salt

3/4 cup (2) ripe bananas, mashed

1 3/4 cups milk of choice (2%, almond, oat)

1/4 cup maple syrup or honey

1 tablespoon vanilla extract

For serving: banana slices, peanut butter

Directions:

Preheat the oven to 375°F. Grease an 8x8 or 9x9-inch baking dish with cooking spray.

In a medium bowl, mix the rolled oats, walnut pieces, baking powder, cinnamon, and salt. Pour these ingredients into the greased baking dish.

In the same bowl, mash the bananas. Add the milk, maple syrup (or honey), and vanilla, and mix with a fork to evenly combine all the ingredients.

Pour the mixture into the dish and bake for 40 to 45 minutes, until the top looks golden and the bars are set. Let cool for at least 10 minutes out of the oven. Cut into bars and top each one with 1 tablespoon of peanut butter and 3 banana slices before serving.

Recipe Highlight: with protein from nuts, peanut butter, and milk, and fiber, vitamins, and minerals from banana and oats, these bars are a nutrient-dense grab-and-go

Store in the fridge for up to 1 week.

CRISPY CHICKPEA SALAD

PREP TIME: 15 MINUTES

MAKES 2 SALADS

COOK TIME: 25-30 MINUTES



Ingredients:

Chickpeas:

- 16 oz can chickpeas, drained and rinsed
- 1/2 teaspoon oregano
- 1/2 teaspoon parsley
- 1/4 teaspoon garlic powder
- Dash of paprika
- Dash of sea salt
- Pepper to taste

Salad:

- 1 head romaine lettuce
- 1 medium cucumber, diced
- 1/2-1 pint cherry tomatoes, halved
- 2-4 oz feta or goat cheese, crumbled
- 1 small shallot or red onion, thinly sliced

Dressing:

- Zest of 1/2 a lemon
- 1/4 cup lemon juice
- 1/8 cup olive oil
- 1 tablespoon maple syrup or honey
- 1/4 teaspoon oregano

Directions:

For the chickpeas:

Preheat oven to 400°F

Place chickpeas on large baking sheet with sides and pat dry with paper towel. Drizzle with olive oil.

Sprinkle herbs over chickpeas and toss to coat evenly.

Bake for 25-30 minutes or until crispy.

For the dressing:

Combine lemon zest, juice, herbs, and sweetener in a bowl, tupperware, or jar. Add in olive oil while whisking. Add salt and pepper to taste.

For the salad:

Toss lettuce, cucumbers, tomatoes, shallot or onion, cheese, chickpeas, and dressing

Note: *If making salad for individual portion or ahead, add dressing when ready to eat to avoid soggy leaves. Store chickpeas in a tupperware in the fridge.*



TURKEY MEATBALL SUBS

ABOUT 10-12 MEATBALLS

Ingredients:

For the meatballs:

1 pound ground turkey
1 large egg
1 teaspoon garlic powder
1 teaspoon oregano
Pinch of salt
Pepper to taste

24 oz can of crushed tomatoes
(choose no salt added if possible)

For the subs:

1 package sliced mozerella cheese, full fat
Whole wheat rolls or bread (look for 100% whole wheat or whole grain)

Directions:

If using oven, preheat oven to 400°F.
Place all ingredients for the meatballs other than the tomato sauce in a large bowl and mix until just combined.

Shape turkey mixture into 1 inch balls
Empty tomato sauce into a baking dish (oven) or pot (stovetop)

Place meatballs in tomato sauce

Cook meatballs on the stove **or** oven (choose one)

Stove: boil, covered, for 10 minutes. Remove lid and cook 5 more minutes over medium heat to reduce sauce.

Oven: bake for 20-25 minutes.

To assemble the sub:

Place two slices of cheese on your roll.

Slice 4 meatballs in half and lay flat on top. Drizzle with sauce from the meatballs. Microwave for 45 seconds to reheat and melt the cheese.