

Blueberry Oatmeal Pancakes



Protein



Fats



Carb



Vegetables



Extras

INGREDIENTS

- ½ cup old-fashioned oats (regular or gluten free)
- 1 (5.3 oz.) container lemon Greek yogurt
- 1 medium banana, roughly chopped
- 1 large egg
- ½ tsp vanilla
- ½ tsp ground cinnamon
- 1/2 tsp baking powder
- 2 tbsp unsalted butter, divided
- 1/3 cup frozen berries

INSTRUCTIONS

1. Place the oats, yogurt, banana, egg, vanilla, cinnamon and baking powder in a blender; process until smooth
2. Melt 1 tbsp butter in a large, nonstick frying pan over medium heat
3. When the butter is melted, drop ¼ cup of the batter into the pan and top with several berries. Repeat with a second ¼ cup of batter. Cook until bubbles form, ~1 1/2 - 2 mins. Flip, and cook for an additional 1 ½ - 2 minutes, or until browned to your liking
4. Repeat with remaining butter and batter.

SERVING SIZE

Recipe yields 4 pancakes + makes 2 serving



Turkey Taco Potatoes



Protein



Fats



Carb



Vegetables



Extras

INGREDIENTS

- 3 medium sweet potatoes
- 1 tbsp olive oil
- 1 lb. ground turkey or lean ground beef
- ½ tsp kosher salt
- ½ tsp black pepper
- ½ medium red onion, diced
- ½ yellow, orange, or red bell pepper, diced
- 1 tbsp taco seasoning
- ¼ cup chicken broth
- 1 cup frozen corn kernels
- 1 cup shredded Monterey jack cheese
- ¼ cup thinly sliced scallion greens
- 1 tsp chili powder

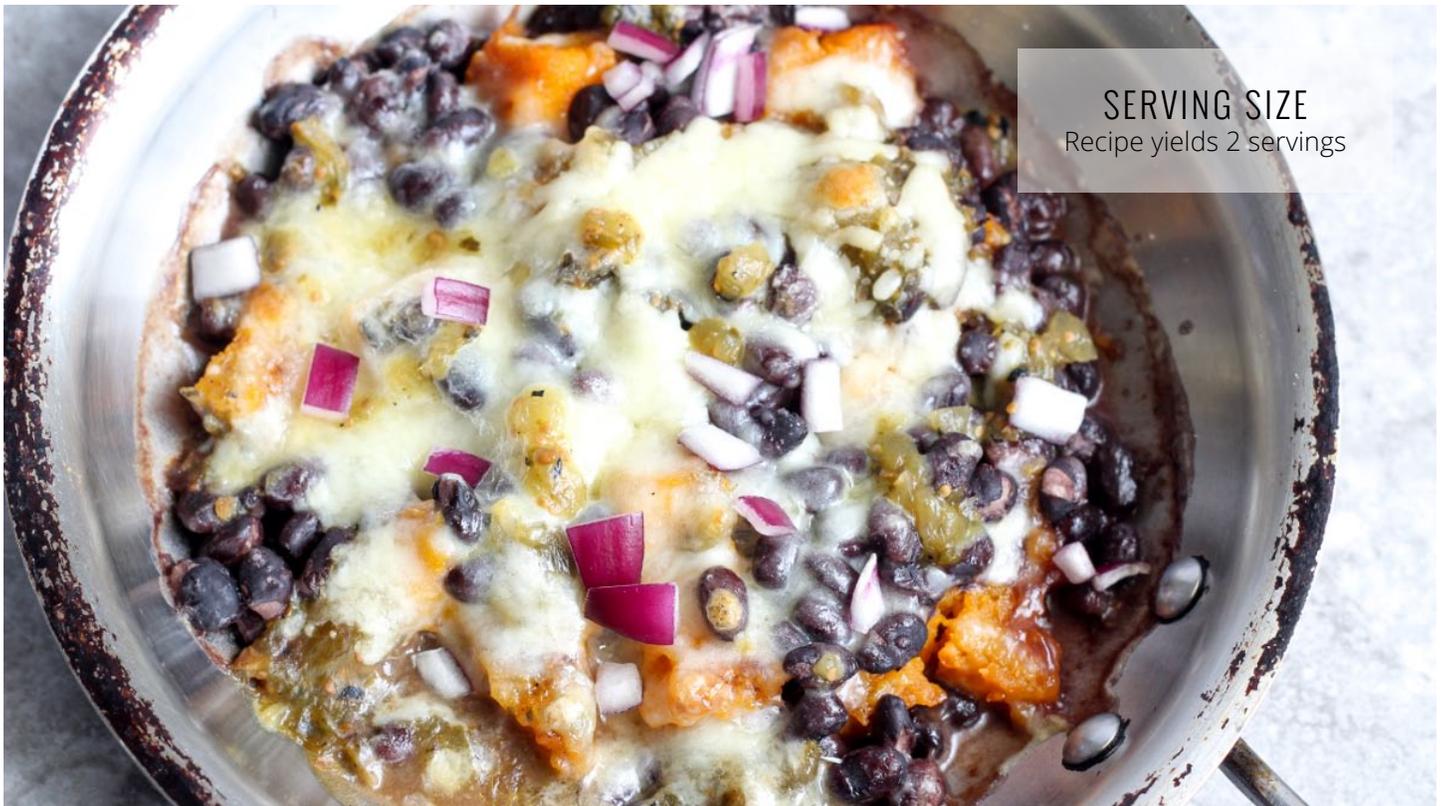
INSTRUCTIONS

1. Preheat oven to 375 degrees. Prick potatoes all over with the tines of a fork and place on a sheet pan; bake until tender, ~40-45 minutes. Reserve
2. Heat the olive oil in a medium skillet over medium heat
3. Add the turkey and break up with a slotted spoon; season with salt and pepper
4. Sauté until cooked through, ~5-8 mins
5. Add the onion and bell pepper to the pan; cook until softened ~5 mins
6. Add the taco seasoning and stir for 1 min
7. Stir in the broth and corn; cook for 5 mins
8. Halve the sweet potatoes lengthwise, and scoop out about half the flesh. Make sure to leave at least ½-inch shell
9. Place the potatoes on rimmed sheet pan, divide turkey mixture between the potatoes and top with cheese
10. Bake for 12-15 mins, or until cheese is melted; top with chili powder, and scallion greens

SERVING SIZE

Recipe makes 3 servings





Enchilada Skillet Bake



Protein



Fats



Carb



Vegetables



Extras

INGREDIENTS

- 1 tbsp olive oil
- 1 ½ cups cubed into ½-inch pieces butternut squash
- ¼ tsp kosher salt
- 1 small red onion, diced
- 2 tbsp diced jalapeño
- 1 clove garlic, diced
- 2 tsp ground cumin
- 1 tsp dried oregano
- 1 tsp chili powder
- ½ (15 oz.) can black beans, drained and rinsed
- 1 cup green chili enchilada sauce
- ½ cup shredded Monterey jack cheese

GARNISH

- 1 ½ tbsp green chilies
- 1 tbsp diced red onion

INSTRUCTIONS

1. Preheat oven to 425 degrees
2. In a medium oven-proof skillet heat the olive oil over medium heat until it shimmers
3. Add the squash and cook for 10 mins, stirring occasionally
4. When the squash is softened, stir in the onion and jalapeño; cook for 5 mins
5. Add the garlic, cumin, oregano, and chili powder and stir for 1 min
6. Stir in the black beans and enchilada sauce; cook for 5 mins
7. Top with cheese and bake for 8-10 mins, or until melted and lightly browned
8. Garnish with chilies and red onion



SERVING SIZE
Recipe yields 4 servings

Greek Quinoa Salad



Protein



Fats



Carb



Vegetables



Extras

INGREDIENTS

- 1 cup quinoa, rinsed
- 2 cups vegetable or chicken broth
- 1 large heirloom tomato, diced
- ½ English cucumber, diced
- ½ small red onion, diced
- ¼ cup olive oil
- ¼ cup lemon juice
- 2 tsp dried oregano
- 2 tsp dried parsley
- ½ tsp kosher salt
- ½ tsp black pepper
- Optional: ¼ cup crumbled feta cheese

INSTRUCTIONS

1. Place the rinsed quinoa in a medium saucepan with the broth
2. Bring to a boil over medium-high heat, cover, and reduce heat to low
3. Simmer for 15 mins and then remove from heat and let steam for 15 mins; fluff with a fork
4. Place parchment on a large, rimmed baking sheet and spread the cooked quinoa out in a single layer; let cool
5. Place cooled quinoa in large bowl with tomato, cucumber, and onion
6. In a small bowl whisk together the olive oil, lemon juice, oregano, parsley, salt and pepper
7. Drizzle over the salad, and stir well to coat.



SERVING SIZE
Recipe yields 2 servings

Chocolate Pudding (Dairy-free)



Protein



Fats



Carb



Vegetables



Extras

INGREDIENTS

- 1 ½ cups vanilla almond milk
- 3 tbsp cornstarch
- 2 tbsp water
- ¼ cup cocoa powder
- ¼ cup granulated sugar
- 2 tbsp dark chocolate chips

INSTRUCTIONS

1. Heat the almond milk in a medium sauce pan, over medium heat
2. In a small bowl whisk together the cornstarch and water
3. In a separate small bowl, whisk together the cocoa and sugar.
4. When the milk is just simmering, whisk in the cornstarch mixture. When the mixture is well combined, stir in the cocoa mixture
5. Simmer until mixture is thickened ~3-5 mins
6. Remove from heat and let cool
7. Refrigerate until cold and serve with chocolate chips.