



## Grab and Go/Meal Prep Breakfasts

### Overnight Oats

- 1/3 cup plain, fat-free Greek yogurt
- ½ cup old-fashioned rolled oats
- 2/3 cup unsweetened milk of choice (cow, cashew, almond, soy, etc.)
- 1 tablespoon chia seeds or flax seeds
- 1/2 teaspoon vanilla extract
- 1/8 teaspoon salt
- 1 packet Stevia for sweetness, if desired
- ½ cup berries of choice

Whisk together all ingredients in a medium-sized mixing bowl. Spoon into a jar or container with a tight-fitting lid. Close and refrigerate for a minimum of 4 hours, but preferably overnight before eating the next morning. Top with berries.

### Egg and Oat Pancake

- 2 whole eggs
- 2 egg whites
- ½ cup old-fashioned rolled oats
- ½ cup berries of choice
- ½ cup avocado cubes
- Cinnamon

Pour egg whites and eggs into sprayed skillet or pan. Sprinkle oats over top of eggs and cook like a pancake. Top with berries, avocado, and cinnamon.

### Egg and Veggie Muffins

- 1 Tablespoon olive oil
- 2 cups chopped bell peppers (any color)
- 2 cups chopped onion
- 2 cups baby spinach roughly chopped
- 1 cup mushrooms
- ¼ cup cheese of choice (cheddar, feta, Colby, etc.)
- Salt and pepper to taste
- 4 whole eggs
- 4 egg whites

Pre-heat oven to 350 degrees. Spray the muffin tin with non-stick cooking spray. Mix the 4 whole eggs and 4 egg whites together in a bowl. Pour egg mixture into each muffin spot in the muffin tin. Mix all of veggies and cheese into each muffin spot with the eggs. Bake for 15-20 minutes, or until the tops are firm to the touch and eggs are cooked.

### Chia Seed Pudding

(Makes 2 servings)



- 6 Tablespoons chia seeds
- 2 cups unsweetened milk of choice (cow, cashew, soy, almond, etc.)
- ½ teaspoon vanilla extract
- 1 Tablespoon honey
- ½ cup mixed berries

In a bowl or mason jar, mix together chia seeds, milk, honey, and vanilla. If you're using a mason jar, you can put the lid on and shake the mixture to combine everything. Once the chia pudding mixture is well combined, let sit for 5 minutes. Give it another stir to break up any clumps. Cover and put the mixture in the fridge to "set-up" for 1-2 hours or overnight. The chia pudding should be nice and thick. If it's not thick, add more chia seeds, stir and refrigerate for another 30 minutes or so. When ready to serve, divide the mixture between two bowls, top the pudding with berries and enjoy.

### **Meal Prep Breakfast Burritos**

(Makes 12 burritos)

- 2 medium potatoes peeled and diced small
- 1 large red bell pepper seeded and diced
- 1 small red onion diced
- 1 tablespoon olive oil or avocado oil
- 1 teaspoon kosher salt divided
- 12 large eggs
- ¼ cup milk of choice (cow almond, soy, cashew, etc.)
- 2 tablespoons unsalted butter
- 12 (10- to 12-inch) whole wheat or sprouted flour tortillas, at room temperature
- Optional extras: salsa, cooked bacon, cooked sausage, cheese

Arrange a rack in the middle of the oven and heat to 400°F. Prepare space in the freezer for a baking sheet. Combine potatoes, peppers, and onions together in a medium bowl. Drizzle with the oil and ½ teaspoon salt and toss to coat. Transfer to an even layer on a baking sheet and roast until the potatoes are tender, about 20 minutes. While the veggies roast, whisk together the eggs, milk, and remaining ½ teaspoon salt until combined. Melt the butter in a 10-inch skillet (cast iron or nonstick would be ideal) over medium heat. Add the eggs and cook, stirring occasionally, until mostly set but still moist, 4 to 5 minutes. Remove from the heat. Let the eggs and roasted vegetables cool while you set up an assembly station — the eggs and vegetables should be room temperature for best assembly. Tear off 12 squares of aluminum foil. Place a tortilla on top of a piece of foil. Fill with 1/4 cup roasted vegetables, followed by 2 heaping tablespoons of the scrambled eggs, and any extra toppings. Roll the burrito tightly by folding the sides over the filling, then rolling from the bottom up. Wrap the burrito tightly in the aluminum foil and repeat with filling and folding the remaining burritos. Freeze the burritos in a single layer on a baking sheet — they'll freeze faster and more uniformly this way. Store frozen burritos in a gallon-sized zip-top freezer bag for longer-term freezing.

To eat: Unwrap and microwave on high for 1 to 2 minutes, until warmed through, or heat in a regular or toaster oven at 350°F for 12 to 15 minutes.



## On the Go/Meal Prep Lunches

### **Mock Taco Salad**

- 2-3 cups shredded lettuce
- 4 oz. 93% ground beef or turkey
- Taco seasoning
- 1 cup brown rice
- 2 Tbsp shredded cheddar cheese
- 2 tablespoons salsa or ¼ cup diced tomatoes
- 2 tablespoons plain fat-free Greek yogurt (optional)

Cook ground beef/turkey as directed, adding in taco seasoning and following directions on package. Cook rice as directed (can use quick rice like Uncle Ben's). Combine lettuce, salsa, tomatoes, and Greek yogurt in a portable container. Add in ground beef and brown rice. Sprinkle with cheese.

### **Salmon Salad (can substitute tuna or chicken)**

- 1 6-ounce can salmon packed in water, drained
- 3 tablespoons plain Greek yogurt
- 1 tablespoon lime or lemon juice
- 2 tablespoons chopped cilantro (optional)
- ½ jalapeno pepper, diced
- ¼ cup chopped avocado
- Pepper to taste
- Whole grain crackers or tortillas

In a medium bowl, mix together the yogurt, lime, jalapeno, and cilantro. Flake the salmon or tuna into the bowl and mix everything together. Gently fold the avocado into the mixture. Serve with whole grain crackers, on a multigrain wrap, or over a bed of your favorite leafy greens.

### **Sweet Potato and Turkey Sausage Bowls**

- 1 ½ cups sweet potato cubes
- 1 tablespoon olive oil
- Salt & pepper (generous)
- 4 oz. Italian turkey sausage
- 2 total cups of bell peppers, red onion, zucchini slices, and mushrooms
- 2-4 tablespoons hummus of choice (optional)

Cut sweet potatoes in cubes and toss with ½ tablespoon olive oil, salt and pepper. Pre-heat oven to 425°F. Arrange sweet potato cubes on a sprayed baking sheet, and bake for 15 minutes. Turn sweet potatoes and return to the oven for another 10 minutes, until they are easily pierced with a fork. Grill or cook turkey sausage for 10-15 minutes, piercing with a knife and turning every 2-3 minutes, until cooked through. Cook or grill veggies with ½ tablespoon olive oil until tender. Combine all ingredients together in a portable container. Add hummus on the side if desired.

### **Pork Loin or Chicken Stir Fry**



- 4 oz. pork loin or chicken breasts cut into thin strips
- 1 tablespoon olive oil
- Stir fry veggies of choice (mushrooms, bamboo shoots, peppers, carrots, etc.)
- 1 cup cooked brown rice
- Low-sodium soy sauce or light stir fry sauce

Heat ½ olive oil in skillet or pan. Cut raw pork loin into thin strips and cook on stovetop to 165°. Cook rice as directed. Heat other ½ olive oil in separate pan and cook veggies until tender. Combine veggies, rice, and pork loin and add in soy sauce or stir fry sauce. Toss until all is covered. Refrigerate and eat the next day if needed.

### **Honey Sriracha Meatballs**

(Makes 8 servings)

Meatballs:

- 2 lb. 93% lean ground beef or turkey
- 1 cup whole wheat panko breadcrumbs
- 2 eggs
- ¼ cup onions, chopped
- ½ tsp. garlic powder
- ½ tsp. salt
- ½ tsp. black pepper

Sauce:

- ¼ cup Sriracha
- 3 Tbsp reduced-sodium soy sauce
- 3 Tbsp rice vinegar
- 3 Tbsp honey
- 1 Tbsp ginger
- 3 cloves garlic minced
- ½ tsp. toasted sesame oil

Preheat oven to 375 degrees. In a large bowl, mix together beef, breadcrumbs, eggs, onions, garlic powder and salt/pepper until well combined. Shape mixture into 1½-inch balls (you'll make roughly 40 balls) and place spaced apart on prepared baking sheets lightly sprayed with cooking spray. Bake meatballs for 20 to 25 minutes, or until browned and cooked through. While the meatballs are baking, combine all the ingredients for the sauce in a small saucepan and bring to a boil over medium heat, whisking continuously. Reduce heat and simmer for 8 to 10 minutes (the sauce will start to thicken) then toss with the meatballs. Serve immediately over brown rice. Pair with side salad, cooked carrots or broccoli!



## Snacks

- Greek yogurt with berries and chia seeds
- Whole wheat bread or sprouted bread slice with mashed avocado
- Whole wheat bread or sprouted bread slice with nut butter and jelly
- Nuts – almonds, cashews, walnuts, macadamia nuts, peanuts, trail mix (individually package if needed)
- Jerky – <https://epicbar.com/>
- Raw veggies (carrots, cucumbers, celery, bell peppers, sugar snap peas) with hummus or other bean dip.
- Baked tortilla chips with salsa
- Tuna or salmon pouches with whole wheat crackers
- RX bar or Kize Bar
- Rice cakes with peanut butter
- Deli meat and cheese roll ups
- Hard boiled eggs with piece of fruit
- Peanut butter with celery sticks
- Popcorn with parmesan cheese and/or nutritional yeast
- Fruit of any kind
- Go Go Squeeze applesauce
- Oatmeal with nuts, seeds, dried fruit
- Rice cakes with peanut butter
- Pretzels with peanut butter
- Smoothie with fruit and Greek yogurt
- ½ baked sweet potato
- Baked chips
- Fig Bars
- Nature Valley Bar with but butter
- Fruit cups – mixed fruit, pineapple, peaches, pears, etc.