

Recipes

Breakfast

Reach for options that are full of protein and fiber to fuel your day. If you're short on time in the morning, try some on-the-go options: hardboiled eggs, Greek yogurt with flaxseed, avocado toast, or overnight oats.

Mexican Breakfast Scramble (1 serving)

Ingredients:

- 1 link cooked chicken sausage, sliced
- 1/2 medium red bell pepper, cut into bite size strips
- 1/4 medium onion, sliced
- 1/2 fresh jalapeno pepper, seeded and chopped
- 2 eggs, lightly beaten
- 1 tablespoon grated reduced-fat Monterey Jack cheese
- Fresh cilantro sprigs



Instructions:

- Cook sausage, bell pepper, onion, and jalapeno in a large skillet over medium heat until the vegetables are tender and the sausage is browned.
- Add eggs and Monterey Jack to the skillet and cook until scrambled. If desired, top with fresh cilantro sprigs.

Mixed Berry Smoothie (1 serving)

Ingredients:

- 1 cup plain nonfat Greek yogurt
- 1 cup frozen mixed berries
- 2 tablespoons nonfat milk
- 1/2 tablespoon sweetener of choice



Instructions:

- Place all ingredients in a blender and blend until smooth!

Peanut Butter and Apple-Cinnamon Toast (1 serving)

Ingredients:

- 4 teaspoons creamy peanut butter
- 1 slice 100% whole wheat bread, lightly toasted
- 1/4 apple, cored and sliced
- Pinch ground cinnamon



Instructions:

- Spread peanut butter on toast. Arrange the apple slices over the peanut butter and sprinkle with cinnamon. Feel free to top with any unsalted nut of your choice!

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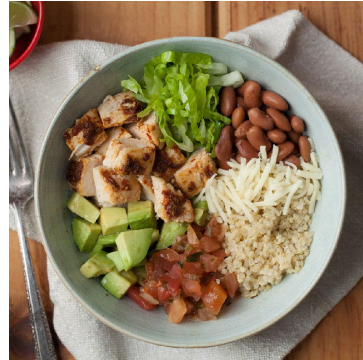
Lunch

Aim for a well balanced meal that includes a lean protein like chicken or beans, healthy fat such as avocado, fish or olive oil, and a complex carbohydrate.

Chipotle Chicken Quinoa Burrito Bowl (4 servings)

Ingredients:

- 1 tablespoon finely chopped chipotle peppers in adobo sauce
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground cumin
- 1 pound skinless chicken breast
- 2 cups cooked quinoa
- 2 cups shredded romaine lettuce
- 1 cup canned pinto beans, rinsed
- 1/4 cup pico de gallo
- 1/4 cup shredded lite Monterey Jack cheese



Instructions:

- Preheat broiler.
- Combine chipotles, oil, garlic powder, and cumin in a small bowl.
- Oil a rimmed baking sheet. Broil the chicken on the prepared baking sheet for 9 minutes. Turn, brush with the chipotle glaze, and continue cooking until thickest part of the chicken reads 165 degrees F. Cook 9 minutes more under the broiler. Transfer to a clean cutting board and chop into bite-size pieces.
- Assemble each burrito bowl with 1/2 cup quinoa, 1/2 cup chicken, 1/2 cup lettuce, 1/4 cup beans, 1/4 avocado, 1 tablespoon pico de gallo, and 1 tablespoon cheese.

Cobb Salad (1 serving)

Ingredients:

- 5 cherry tomatoes
- 1/2 avocado, diced
- 1 hardboiled egg, sliced
- 2 cups mixed greens
- 2 oz. chicken breast, shredded
- 1 oz. blue cheese or feta, crumbled



Instructions:

- Dice the tomatoes and avocado. Slice the hardboiled egg.
- Place the mixed greens into a large salad bowl or plate.
- Measure out the shredded chicken breast and blue cheese.
- Place tomatoes, avocado, egg, chicken, and cheese on top of the greens and top with dressing of your choice (blue cheese yogurt dressing, lite raspberry vinaigrette, simple oil and vinegar dressing).

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Dinner

Tip: to avoid having to cook every day, cook in bulk to have leftovers for lunch and the following dinner.

Lemon Chicken Pasta (1 serving)

Ingredients:

- 2 teaspoons extra-virgin olive oil
- 1 cup spiralized zucchini
- 1/2 cup shredded skinless rotisserie chicken breast
- 1/2 cup cooked whole-wheat spaghetti
- 2 tablespoons grated Parmesan cheese
- 1 teaspoon grated lemon zest
- 1 table spoon fresh lemon juice
- 1 tablespoon panko breadcrumbs, toasted



Instructions:

- Heat oil in a large nonstick skillet over medium heat. Add zucchini and cook for 1 minute.
- Add spinach and chicken and cook for 1 more minute. Remove from heat.
- Add cooked spaghetti, Parmesan, lemon zest, lemon juice, and toss to combine. Sprinkle with toasted panko, season with salt and pepper to taste, and serve.

Mushroom and Tofu Stir Fry (5 servings)

Ingredients:

- 4 tablespoons olive oil, divided
- 1 pound mixed mushrooms, sliced
- 1 medium red bell pepper, diced
- 1 bunch scallions, trimmed and cut into 2-inch pieces
- 1 tablespoon grated fresh ginger
- 1 large clove garlic, grated
- 1 (8 oz.) container baked or smoked tofu, diced
- 3 tablespoons oyster sauce



Instructions:

- Heat 2 tablespoons oil in a cast-iron skillet over high heat. Add mushrooms and bell pepper and cook, stirring occasionally until soft, about 4 minutes. Stir in scallions, ginger, and garlic, cook for 30 seconds more. Transfer the vegetables to a bowl.
- Add the remaining 2 tablespoons oil and tofu to the pan. Cook, turning once, until browned, 3 to 4 minutes. Stir in the vegetables and oyster sauce. Cook, stirring, until hot, about 1 minute. Serve with rice.

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Snacks

Zucchini Pizza Bites (6 servings)

Ingredients:

- 2 large zucchini
- 1/2 cup low-sugar tomato sauce
- 1 teaspoon oregano
- 2 cups mozzarella cheese
- 1/4 cup parmesan cheese
- Pizza toppings as desired



Instructions:

- Preheat oven to 450 degrees F. Line a baking pan with foil and set aside.
- Slice zucchini 1/4 inches thick and arrange on prepared baking sheet
- Top zucchini slices with pizza sauce, oregano, cheese, and your favorite pizza toppings.
- Bake 5 minutes or until zucchini is tender. Broil 5 minutes or until cheese is bubbly and melted.

No-Bake Blueberry Almond Energy Bites

Ingredients:

- 2/3 cup finely chopped raw almonds (unsalted)
- 1/3 cup dried blueberries
- 1 1/4 cup old-fashioned oats
- 1/2 cup almond butter
- 1/4 cup honey



- Instructions:
- In a large bowl, stir together all of the ingredients until completely combined.
- Use a spoon to scoop out the mixture, roll into balls, and place on a small baking pan.
- Place the snack bites into the refrigerator to set for 1 hour. Store in an airtight container for up to 1 week.