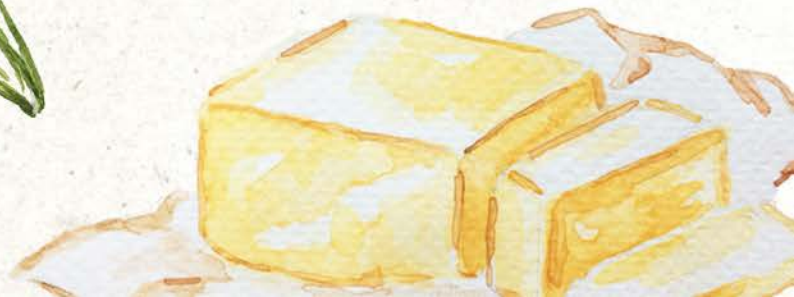




# APP EATZ



2024-25



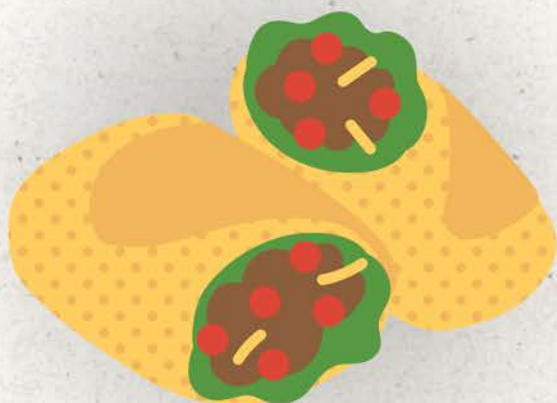


# THE MENU



No-cooking Required

Microwavable



oven



Stovetop



One Pot





*No cooking Required*





# OVERNIGHT OATS

## Ingredients:

- 1/2 cup old fashioned oats
- 1/2 banana, sliced
- 1/2 cup blueberries
- 1/2 cup almond milk

## Directions:

- Pour all ingredients into a mason jar/container with a lid
- With the lid on, shake until everything is mixed well
- Refrigerate over night

## Nutritional Information:

Calories: 370

Protein: 20g





# YOGURT PARFAIT BOWL

## Ingredients:

- 1 cup yogurt
- 1 small/medium banana
- 1/2 cup blueberries
- 1/2 cup raspberries
- 5 nuts of your choice
- 1 tbsp. nut butter

## Directions:

- Mix yogurt with cut banana slices, berries, nuts, + nut butter into a bowl
- Add any additional toppings of your choice

## Nutritional Information:

Calories: 210

Protein: 20g





# AVOCADO TOAST

## Ingredients:

- 2 slices of bread
- Half of a ripe avocado
- 1 medium tomato
- 1/2 tsp. lemon juice (optional)
- Salsa (optional)
- Salt + pepper

## Directions:

- Toast bread + cut avocado in half
- Smash avocado in a bowl + add in lemon juice (if you choose)
- Top the toasted bread with the avocado mix, sliced tomatoes, salt, pepper, + any additional toppings you would like to add

## Nutritional Information:

Calories: 179.4

Protein: 4.2g





# BANANA NICE-CREAM

## Ingredients:

- 2 frozen bananas
- 1 cup frozen mixed berries
- 1 cup of milk (your choice)
- Any additional toppings of your choice

## Directions:

- Place all ingredients into a blender + blend together until smooth
- Top off with toppings of your choice--dried fruits, nuts, or fresh fruits are recommended

## Nutritional Information:

Calories: 172

Protein: 2g





# PEANUT BUTTER CUPS

## Ingredients:

- 1 bag dark chocolate chips
- 2 tbsp. smooth peanut butter
- 1/2 tsp. salt
- 1 tbsp. coconut oil

## Directions:

- Place 1/2 of the chocolate chips + 1/2 tbsp. coconut oil in microwave for 15 minutes; stir until smooth
- Put a spoonful of the mixture into a baking cup pan + top with another tsp. of peanut butter in each cup
- Top with a tsp. of chocolate mixture
- Refrigerate until set

## Nutritional Information:

Calories: 75

Protein: 5g





# MIX FRUIT BLEND SMOOTHIE

## Ingredients:

- 1/2 cup frozen fruit of your choice
- 1/2 cup orange juice
- 1 handful of ice
- 1/2 tsp. honey
- 1/4 cup vanilla greek yogurt

## Directions:

- Place all ingredients into a blender
- Blend for 1–2 minutes or until smooth
- Pour + enjoy

## Nutritional Information:

Calories: 161

Protein: 5.5g





# POWER BERRY SMOOTHIE BOWL

## Ingredients:

- 1/2 cup orange juice
- 1/2 cup pomegranate juice
- 6 oz. mixed berry yogurt
- 1 cup unsweetened strawberries
- 1 cup baby spinach
- 1/2 banana, frozen + sliced
- 1/2 cup unsweetened blueberries
- 2 tbsp. ground flaxseed

## Directions:

- Place all ingredients into a blender
- Blend for 1–2 minutes or until smooth
- Pour + enjoy

## Nutritional Information:

Calories: 172

Protein: 5g





# SESAME CHICKEN VEGGIE WRAP

## Ingredients:

- 2 cups fresh baby spinach
- 1 cup thin sliced cucumber
- 1 cup sugar snap peas, chopped
- 1/2 cup shredded carrots
- 1/2 cup sweet red peppers, sliced
- 1 cup chicken breast, chopped + cooked
- Whole wheat tortillas

## Directions:

- In a large bowl, combine all ingredients + toss them together
- Place about 1/2 cup of the mix onto a tortilla + fold tortilla inwards to form a wrap

## Nutritional Information:

Calories: 214

Protein: 12g





# RISE N' SHINE PARFAIT

## Ingredients:

- 4 cups fat-free vanilla yogurt
- 2 medium peaches, chopped
- 2 cups fresh blackberries
- 1/2 cup granola

## Directions:

- In a large bowl, mix all ingredients together
- Layer the mix slowly into glasses until the entire mixture is gone

## Nutritional Information:

Calories: 259

Protein: 13g





# BRUNCH BANANA SPLITS

## Ingredients:

- 4 small bananas, peeled + halved
- 2 cups fat-free vanilla yogurt
- 1 cup raspberries
- 1/2 cup granola
- 2 tbsp. sliced almonds
- 2 tbsp. sunflower kernels
- 2 tbsp. honey

## Directions:

- Divide bananas among 4 shallow dishes
- Top the bananas with the remaining ingredients

## Nutritional Information:

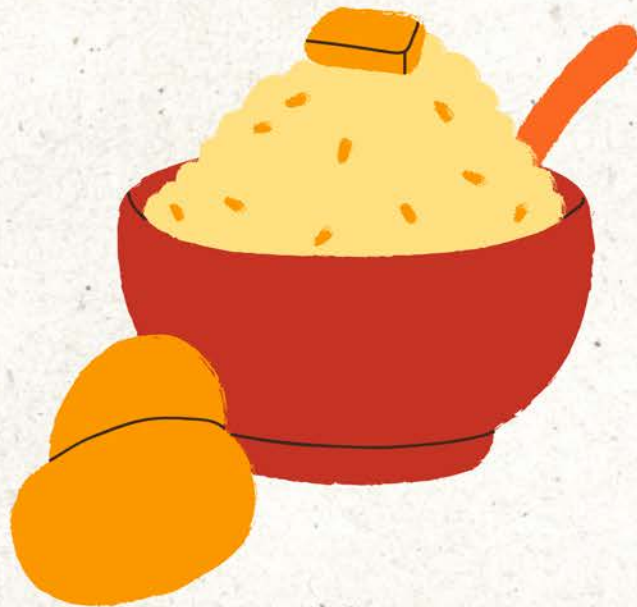
Calories: 340

Protein: 17g





*Microwaveable*





# ON-THE-GO BURRITO BOWL

## Ingredients:

- Brown rice (microwave package)
- Canned black beans
- 1 avocado
- 1 tomato
- Shredded cheese
- Plain greek yogurt

## Directions:

- Cook microwave rice according to package instructions
- Add black beans to the rice + microwave an additional minute
- Dice tomato + avocado
- Let rice cool for at least 1 minute + add toppings

## Nutritional Information:

Calories: 702

Protein: 47g





# SPINACH + FETA MASHED POTATOES

## Ingredients:

- 2 russet potatoes
- 2 tbsp. butter
- 1/2 cup milk
- 2 cups (packed) fresh spinach
- 2 oz. crumbled feta
- Salt + pepper

## Directions:

- Wash the potatoes + prick the skin with a fork
- Microwave on high for 6–8 minutes
- Let potatoes cool + chop
- Mix in all ingredients + top with feta cheese

## Nutritional Information:

Calories: 227

Protein: 4.3g





# BREAKFAST MUG

## Ingredients:

- 2 pieces of thin sandwich meat (optional)
- 1/4 cup chopped veggies
- 2 tbsp. shredded cheese
- 1 tbsp. butter
- 3 tbsp. milk
- 1 large egg
- Pinch of salt + pepper

## Directions:

- Add butter to the bottom of a large mug + microwave on high for 20 seconds
- Whisk in milk, egg, salt, + pepper with a fork
- Stir all ingredients into the mug + let sit for 1 minute
- Microwave for 90 seconds or until center is solid

## Nutritional Information:

Calories: 277

Protein: 15g





# SHAKSHUKA

## Ingredients:

- 1 tbsp. olive oil
- 200 ml. passata or canned tomatoes; whizzed to a paste
- 1 garlic clove, finely sliced
- 1 tbsp. red pepper salsa
- 1 egg
- 1 tbsp. chopped coriander + pita bread

## Directions:

- Brush microwave dish with oil + stir passata, garlic, + salsa together
- Add the egg + cover the bowl with a lid or cling wrap
- Microwave for 1 minute + then in 20 second bursts until the white is set; scatter coriander on top + serve on warmed pita

## Nutritional Information:

Calories: 244

Protein: 10g





# JAMBALAYA

## Ingredients:

- 1 can chopped tomatoes w/ garlic
- 1 can easy-cook rice
- 1 red pepper, chopped
- 2 spicy sausages, skinned + chopped
- 2 handfuls frozen sweetcorn
- Cajan seasoning

## Directions:

- Mix tomatoes + rice together
- Stir in sausage, pepper, sweetcorn, + cajun seasoning
- Cover bowl + microwave for 10 minutes; cook again uncovered for 12-15 minutes
- Take bowl out + cover
- Leave to stand for 5 minutes before serving

## Nutritional Information:

Calories: 537

Protein: 18g





# CHICKEN CURRY CUP-O-NOODLES

## Ingredients:

- 3 tsp. reduced sodium chicken bouillon paste
- 6 tsp. red curry paste
- 6 tbsp. coconut milk
- 1 1/2 cups frozen stir-fry veggie mix
- 9 oz. chicken breast, chopped + cooked
- 1 1/2 cups spiraled zucchini noodles
- 3 tsp. chopped cilantro
- 3 cups boiling water

## Directions:

- Split ingredients into 3 jars, cover + refrigerate up to 3 days
- When ready to use, add 1 cup boiling water + shake to combine
- Microwave in 1 minute increments for 2-3 minutes + enjoy

## Nutritional Information:

Calories: 235

Protein: 29g





# SOUTHWESTERN BEAN DIP

## Ingredients:

- 1 16 oz. can nonfat refried beans
- 1 15 oz. can black beans
- 4 scallions, sliced
- 1/2 cup salsa
- 1/2 tsp. ground cumin
- 1/2 tsp. chili powder
- 1/4 cup pickled jalapeños, sliced
- 1 cup shredded cheese
- 1/2 cup reduced fat sour cream
- 1 1/2 cups romaine lettuce, chopped
- 1 tomato + 1 avocado, chopped
- 1/4 cup black olives, sliced



## Nutritional Information:

Calories: 145

Protein: 7g

## Directions:

- Combine refried beans, black beans, scallions, salsa, cumin, chili powder, + jalapeños into a bowl
- Sprinkle cheese on top + microwave 3–5 minutes
- Spread sour cream on bean mix + top with remaining ingredients



# POTATO CHIPS

## Ingredients:

- 1 1/3 lbs. yukon gold potatoes  
unpeeled + washed
- 2 tsp. extra virgin olive oil
- 1/2 tsp. salt

## Directions:

- Slice potatoes into thin rounds + toss in a bowl with oil + salt
- Coat microwave plate with cooking spray + evenly space out potatoes in a single layer
- Microwave uncovered 2–3 minutes or until slices start to brown
- Flip slices + microwave another 2–4 minutes
- Allow to cool + enjoy

## Nutritional Information:

Calories: 141

Protein: 3g





# CREAMY MASHED CAULIFLOWER

## Ingredients:

- 1 head of cauliflower
- 4 cloves garlic, crushed + peeled
- 1/3 cup nonfat buttermilk
- 4 tsp. extra virgin olive oil
- 1 tsp. butter
- 1/2 tsp. salt
- Freshly ground pepper

## Directions:

- Steam cauliflower + garlic over boiling water; cover + steam 12–15 minutes
- Mix ingredients into soft cauliflower + garlic until smooth
- Serve while hot

## Nutritional Information:

Calories: 107

Protein: 5g





# GREEK ORZO STUFFED PEPPERS

## Ingredients:

- 4 bell peppers
- 1/2 cup whole-wheat orzo
- 1 15 oz. can of chickpeas
- 1 tbsp. extra virgin olive oil
- 1 medium onion
- 6 oz. baby spinach, chopped
- 1 tbsp. fresh oregano, chopped
- 3/4 cup crumbled feta cheese
- 1/4 cup sun dried tomatoes, chopped
- 1 tbsp. sherry vinegar
- 1/4 tsp. salt



## Nutritional Information:

Calories: 279

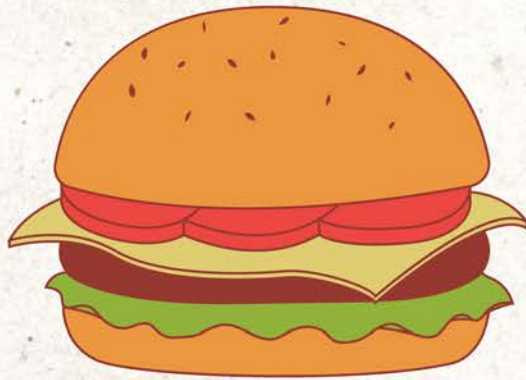
Protein: 12g

## Directions:

- Halve peppers, removing seeds + membrane; microwave in 1/2 inch of water for 7–9 minutes
- Boil orzo in a pot for 8–10 minutes; drain water when done
- Mash chickpeas into a chunky paste
- Heat oil in a skillet over medium heat, adding onions, spinach, + oregano
- Add the rest of the ingredients + cook for about 1 minute
- Divide mix into pepper halves + enjoy



stovetop





# TURKEY CHILI

## Ingredients:

- 1 lb. ground turkey
- 1 pack kinders chili seasoning
- 1 can diced tomatoes
- 1 can kidney beans
- 1/4 red onion
- Cilantro
- Shredded cheese
- Sour cream
- 1/4 cup water
- 1 cup uncooked rice

## Directions:

- Brown the turkey on the skillet; dice + add onion to browned turkey
- Mix in water, beans, + tomatoes once turkey is fully cooked
- Add kinders seasoning mix + stir
- Top with cheese + sour cream
- Serve over rice

## Nutritional Information:

Calories: 452

Protein: 43g





# CHICKEN + BROCCOLI RAMEN

## Ingredients:

- 1 package of ramen noodles
- 1/2 bag of steamable frozen broccoli
- 1 can chicken

## Directions:

- Cook ramen noodles according to package instructions
- Drain canned chicken + add into noodles
- Steam broccoli in microwave according to package instructions
- Drain noodles + chicken mix
- Top with half of steamed broccoli bag + serve

## Nutritional Information:

Calories: 219

Protein: 15g





# SPICY SAUSAGE + RICE

## Ingredients:

- 1 1/2 oz. package fully cooked spucy sausage, halved + sliced
- 1 tbsp. olive oil
- 2 medium yellow squash, chopped
- 2 medium zucchini, chopped
- 1 large sweet red pepper, chopped
- 1 medium onion, chopped
- 1 medium tart apple, sliced
- 1 garlic clove, minced
- 1/2 tsp. salt
- 1 package ready serve brown rice
- 1 15 oz. can black beans, rinsed + drianed
- 1/4 to 1/2 cup water



## Nutritional Information:

Calories: 285

Protein: 17g

## Directions:

- In a large skillet, cook sausage until lightly brown over medium heat; remove from skillet
- Heat oil in same skillet + sauté zucchini, squash, pepper, onion, apple, garlic, + salt until vegetables are tender, 5–7 minutes
- Add rice, beans, 1/4 cup water, + sausage
- Cook until heated throughout



# ITALIAN SAUSAGE VEGGIE SKILLET

## Ingredients:

- 4 cups uncooked whole wheat spiral pasta
- 1 lb. italian turkey sausage
- 1 medium onion, chopped
- 1 garlic clove, minced
- 2 medium zucchini
- 1 large sweet red pepper, chopped
- 1 large sweet yellow pepper, chopped
- 1 28 oz. can diced tomatoes, drained
- 1/4 tsp. salt
- 1/4 tsp. pepper



## Nutritional Information:

Calories: 251

Protein: 16g

## Directions:

- Cook pasta according to package directions + drain
- In a large skillet, cook sausage + onion over medium-high heat until sausage is no longer pink, 5-7 minutes
- Add in garlic + stir in for 1 minute
- Add in zucchini + peppers, cooking until crisp, 3-5 minutes
- Stir in tomatoes, salt, + pepper
- Cook until vegetables are tender + begin to release their juices, 5-7 minutes
- Serve with pasta



# SPICY TOMATO PORKCHOPS

## Ingredients:

- 1 tbsp. olive oil
- 4 boneless pork lion chops
- 1 large onion, chopped
- 1 8 oz. can tomato sauce
- 1/4 cup water
- 2 tsp. chili powder
- 1 tsp. dried oregano
- 1 tsp. worcestershire sauce
- 1/2 tsp. sugar
- 1/2 tsp crushed red pepper flakes



## Nutritional Information:

Calories: 328

Protein: 40g

## Directions:

- In a large skillet, heat oil over medium heat
- Brown pork chops on both sides; remove + keep warm
- In the same skillet, cook + stir onion until tender; stir in remaining ingredients
- Return pork to skillet + bring to a boil
- Reduce heat + let simmer 15–20 minutes or until tender
- Let stand for 5 minutes before serving



# SALSA BEAN BURGERS

## Ingredients:

- 1 15 oz. can black beans, rinsed + drained
- 3/4 cup panko bread crumbs
- 1 cup salsa, divided
- 1 large egg, lightly beaten
- 2 tbsp. fresh cilantro, minced
- 1 garlic clove, minced
- 2 tsp. canola oil
- 4 whole wheat hamburger buns

## Directions:

- In a large bowl, mash beans; mix in bread crumbs, 1/2 cup salsa, egg, cilantro, + garlic
- Shape the mixture into 4 patties; refrigerate for 30 minutes
- In a large skillet, heat oil over medium heat + cook burgers 3–5 minutes on each side
- Serve on buns with remaining salsa

## Nutritional Information:

Calories: 299

Protein: 12g





# WASABI BEEF FAJITAS

## Ingredients:

- 2 tsp. cornstarch
- 3 tbsp. reduced sodium soy sauce
- 2 tsp. prepared wasabi
- 2 tsp. fresh ginger root, minced
- 1 garlic clove, minced
- 2 tbsp. sesame oil, divided
- 1 lb. uncooked beef stir-fry strips
- 12 green onions with tops, cut in half lengthwise
- 1 large sweet red pepper, julienned
- 8 8 inch flour tortillas, warmed
- 1 cup coleslaw mix



## Nutritional Information:

Calories: 287

Protein: 17g

## Directions:

- In a small bowl, mix cornstarch, soy sauce, wasabi, ginger, + garlic until blended
- In a large skillet, heat 1 tbsp. oil over medium heat + add beef; stir-fry 4-6 minutes + remove from pan
- Stir-fry green onions + red peppers in same pan for 2-3 minutes until vegetables are crisp
- Stir cornstarch mix + add back into pan; bring to a boil, cooking + stirring 1-2 minutes or until sauce thickens
- Return beef + heat through; serve with tortillas + coleslaw mix



# CHORIZO + GRITS BREAKFAST BOWL

## Ingredients:

- 2 tsp. olive oil
- 1 12 oz. package fully cooked chorizo chicken sausage, sliced
- 1 large zucchini, chopped
- 3 cups water
- 3/4 cup quick-cook grits
- 1 15 oz. can black beans rinsed + drained
- 1/2 cup shredded cheddar cheese
- 6 large eggs



## Nutritional Information:

Calories: 344

Protein: 24g

## Directions:

- In a large skillet, heat oil over medium heat + add sausage, cooking for 2–3 minutes or until lightly browned
- Add zucchini + stir until tender, about 4–5 minutes; remove
- In a pot, bring water to a boil + stir in grits; cook covered until thickened for about 5 minutes
- Add cheese + beans into grits + stir until blended; remove from heat
- With a clean skillet, break + cook eggs until whites are set
- Serve by dividing grits + topping with chorizo mix + eggs



# HONEY CHICKEN STIR-FRY

## Ingredients:

- 2 tsp. cornstarch
- 1 tbsp. cold water
- 3 tsp. olive oil, divided
- 1 ob. boneless, skinless chicken breast
- 1 garlic clove, minced
- 3 tbsp. honey
- 2 tbsp. reduced-sodium soy sauce
- 1/8 tsp. salt + pepper
- 1 16 oz. package frozen broccoli stir-fry vegetable blend
- OPTIONAL: hot cooked rice

## Directions:

- Mix cornstarch + water until smooth
- In a large skillet, heat 2 tsp. oil over medium heat + stir-fry chicken + garlic for 1 minute
- Add in honey, soy sauce, salt, + pepper; continue stir-fry until chicken is no longer pink or 2-3 minutes; remove from pan
- In the same pan, stir-fry frozen vegetable blend 4-5 minutes
- Return chicken + add cornstarch mix; bring to a boil
- Cook + stir until thickened
- Serve with rice if chosen



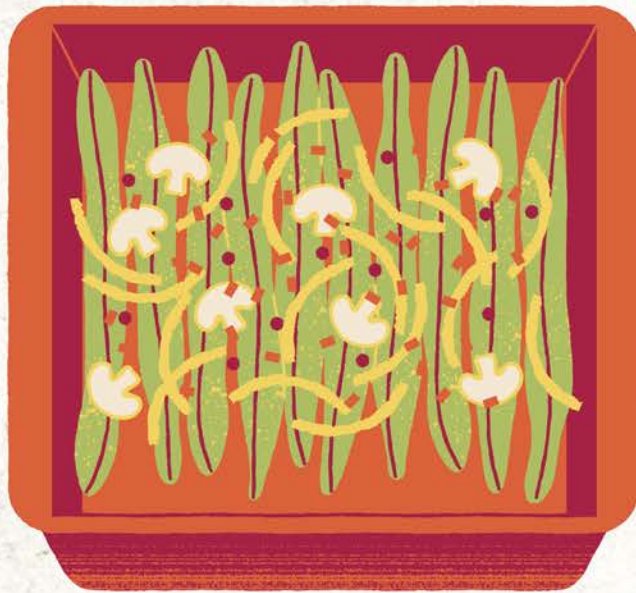
## Nutritional Information:

Calories: 249

Protein: 25g



oveh





# ROASTED VEGETABLES + CHICKEN SAUSAGE

## Ingredients:

- 2 four pack pre-cooked chicken sausages
- 1 large bag sweet bell peppers
- 1 head cauliflower
- 1 head broccoli
- 1 sweet onion
- 1 bag baby carrots
- Salt + pepper
- Olive oil



## Nutritional Information:

Calories: 298

Protein: 20.2g

## Directions:

- Preheat oven to 400 F; line baking sheet with aluminum foil
- Cut vegetables into bite sized pieces + toss together with olive oil + seasonings
- Lay + spread vegetables + sausages out on baking sheet
- Flip Sausages about 20–30 minutes into baking
- Bake for about 50–60 minutes or until vegetables + chicken have noticeably darkened



# BREAKFAST CASSEROLE

## Ingredients:

- 2 cups ham, cubed
- 6 eggs, beaten
- 6 slices bread, broken into pieces
- 2 cups shredded cheddar cheese
- 2 cups milk
- 1 tsp. salt
- 1 tsp. dry ground mustard

## Directions:

- Preheat oven to 375 F
- Chop the ham into cubes + crumble bread into small pieces
- Mix the bread, cheese + ham together ++ spread evenly in a greased casserole dish
- Crack + beat eggs
- Add milk, salt, + ground mustard to eggs + pour over ham mix
- Bake for about 40 minutes

## Nutritional Information:

Calories: 324

Protein: 20g





# CHICKEN CASSEROLE

## Ingredients:

- 1 rotisserie chicken
- 1 cream of chicken
- 1 cream of celery
- 1 cream of mushroom
- 1 cup water
- 1 cup milk
- 2 cups uncooked instant rice
- 1/4 tsp. onion powder
- 1/4 tsp. black pepper
- Grated parmesan cheese

## Directions:

- Preheat oven to 400 F + spray a casserole dish with non-stick cooking spray
- Shred chicken into bite size pieces + mix all ingredients into a mixing bowl
- Pour into dish with parmesan cheese + bake 40–50 minutes

## Nutritional Information:

Calories: 396

Protein: 18g





# CHICKEN PARMESAN

## Ingredients:

- 2 eggs
- 3 chicken breasts
- Grated parmesan cheese
- 2 bottles pasta sauces
- 1 package mozzarella cheese
- Panko bread crumbs
- Olive oil

## Directions:

- Preheat oven to 430 F
- Filet chicken breasts until flat + give each chicken breast an egg wash + coat with bread crumbs + parmesan on both sides
- Heat olive oil in a pan + fry chicken until golden brown on both sides
- Spray casserole dish with non-stick spray + pour pasta sauce into it, placing chicken on top + topping with mozzarella cheese
- Bake 15–20 minutes until chicken is cooked + cheese is bubbling

## Nutritional Information:

Calories: 324

Protein: 26g





# OVEN ROASTED VEGGIES

## Ingredients:

- 3 cups veggies of your choice
- 3 tbsp. olive oil
- 1 tsp. garlic powder
- Salt + pepper for taste

## Directions:

- Preheat oven to 425 F
- Toss veggies + olive oil together in a large bowl until veggies are evenly coated
- Spread out veggies on a baking pan, sprinkle garlic powder, salt, + pepper on top + stick in oven until crispy or lightly browned

## VEGGIE COOK TIMES @ 425 F

- Asparagus, green beans, zucchini, summer squash, bell peppers: 10–15 minutes
- Broccoli, cauliflower, brussel sprouts, tomatoes: 15–20 minutes
- Beets, potatoes, carrots: 30–45 minutes

## Nutritional Information:

Calories: 151

Protein: 2.2g





# VEGGIE PITA PIZZA

## Ingredients:

- 1 whole wheat pita
- 1/2 cup marinara sauce or pesto
- 1 cup mixed veggies of your choice
- 2 tbsp. shredded mozzarella

## Directions:

- Preheat oven to 350 F
- Take a whole wheat pita + spread marinara sauce on top
- Add cut up vegetables of your choice
- Sprinkle shredded cheese over top
- Bake in oven for 5–10 minutes or until cheese is melted

## Nutritional Information:

Calories: 623

Protein: 34g





# SPINACH TOMATO SUBS

## Ingredients:

- 2 pieces of whole wheat bread
- Mozzarella cheese, shredded or solid
- 1/2 cup of spinach
- 1 tomato
- 1 tbsp. Italian dressing
- OPTIONAL: fresh basil leaves

## Directions:

- Preheat oven to 425 F
- Set bread on baking sheet + drizzle a tbsp. of Italian dressing on top of the bread
- Start assembling with the rest of the ingredients + bake 5 minutes on each side until golden brown

## Nutritional Information:

Calories: 218

Protein: 9.8g





# PIZZA TURKEY MINI MEATLOAVES

## Ingredients:

- 1 1/4 lb. lean ground turkey
- 3 garlic + herb cheese wedges
- 1 zucchini, shredded
- 1/2 yellow onion, chopped
- 2 tbsp. garlic, minced
- 1 tbsp. pizza seasoning
- 5 tbsp. pizza sauce, divided
- 1 egg
- 1/4 tsp. salt
- Fresh parsley



## Nutritional Information:

Calories: 193

Protein: 15g

## Directions:

- Preheat oven to 425 F
- Combine all ingredients (except 3 tbsp. pizza sauce) in a large bowl
- Shape into 6 mini loaves + place on a baking sheet covered with foil + greased
- Top each with 1/2 tbsp. pizza sauce each
- Bake for 25–30 minutes
- Remove pan + turn on broil
- Add 1–2 tbsp. mozzarella on each loaf + broil 1–2 minutes



# GREEK CHICKEN + VEGGIES

## Ingredients:

- 2 tbsp. avocado or olive oil
- 2–3 cloves garlic, minced
- 2 tsp. dried oregano
- 2 1/2 tbsp. lemon juice
- 3/4 tsp. salt
- Black pepper
- 1 large zucchini, sliced
- 2 cups grape or cherry tomatoes
- 12 oz. canned artichoke hearts, drained + chopped
- 1 lb. boneless skinless chicken breasts



## Nutritional Information:

Calories: 248

Protein: 27g

## Directions:

- Preheat oven to 425 F + line a large baking sheet with parchment paper
- In a large bowl, combine oil, garlic, oregano, lemon juice, salt, + pepper ++ whisk together
- Add prepped vegetables + chicken to the bowl + toss until all vegetables + chicken pieces are evenly coated
- Spread chicken + vegetables out on the prepared baking sheet in a single later
- Bake for 20 minutes or until chicken is no longer pink in the center
- Drain excess liquid + enjoy



# CHICKEN SPINACH BURGERS

## Ingredients:

- 12 oz. ground chicken
- 7 oz. frozen spinach
- 2 eggs, divided
- 2 tbsp. breadcrumbs
- 2 tbsp. grated parmesan cheese
- 1/2 tsp. salt
- Extra virgin olive oil

## Directions:

- Preheat oven to 390 F + line a baking tray with parchment paper
- Defrost spinach in microwave, chop finely
- In a large bowl, mix ground chicken, chopped spinach, 1 egg, breadcrumbs, parmesan cheese, + salt
- Shape the mixture into patties + coat in egg ++ breadcrumbs
- Place chicken spinach burger on baking tray + drizzle with olive oil, baking for 15–20 minutes; flip halfway through
- Serve hot or at room temperature

## Nutritional Information:

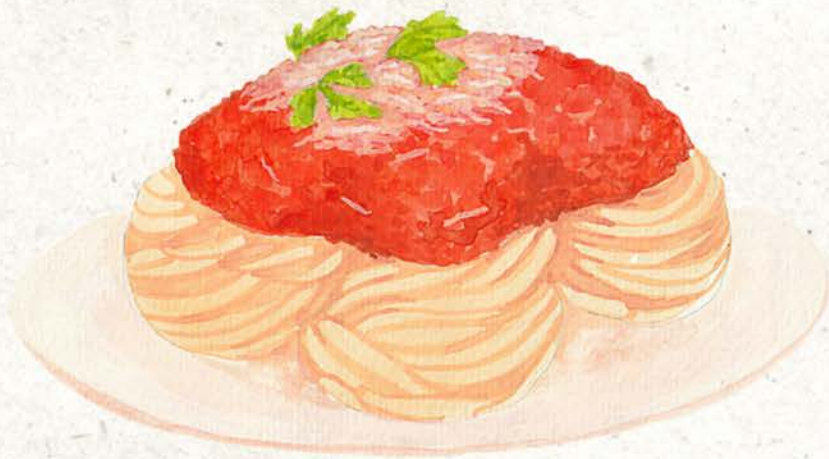
Calories: 87

Protein: 8.7g





one pot





# SPINACH + PARMESAN PASTA

## Ingredients:

- 2 cups vegetable broth
- 1 tbsp. olive oil
- 6 oz. fettuccine pasta
- 4 oz. frozen spinach, chopped
- 1 14 oz. can diced tomatoes
- 1/2 an onion, sliced
- 1/4 cup parmesan cheese

## Directions:

- Add all ingredients to a large pot
- Make sure all ingredients are submerged under the liquid + place a lid on top of the pot, turning the heat on high
- Once the pot comes to a full boil, remove the lid + turn down to medium heat
- Allow pot to continue to boil without a lid for 10–15 minutes
- Stir every few minutes to prevent pasta from sticking
- Sprinkle with parmesan before serving

## Nutritional Information:

Calories: 176

Protein: 6.8g





# VEGETARIAN STIR-FRY

## Ingredients:

- 2 eggs
- 1/2 cup mushrooms
- 1 cup broccoli
- 1/2 cup tofu
- Medium bell pepper

## Directions:

- Cut the veggies how you would prefer
- Add oil + scramble eggs in a pan
- Stir everything together in a skillet on medium heat

## Nutritional Information:

Calories: 373

Protein: 29g





# BROCCOLI PASTA

## Ingredients:

- 12 oz. dried pasta of your choice
- 2 broccoli heads
- 1 cup shredded cheese

## Sauce Ingredients:

- 2 tsp. lemon zest
- 2 tbsp. lemon juice
- 5 tbsp. extra virgin olive oil
- 1/3 cup parmesan, finely grated
- 2 cloves garlic, minced
- 1 tsp. mixed dried herbs
- 1/2 tsp. red pepper flakes
- 1 tsp. sugar
- 3/4 tsp. salt
- 1/2 tsp. pepper

## Directions:

- Cook pasta according to package directions
- Chop broccoli into small florets + add into pasta 1–2 minutes before finished
- Place sauce ingredients in a jar with a lid + add 1 cup of the pasta water into the jar once pasta is cooked
- Stir sauce + add cheese as desired into pasta + serve



## Nutritional Information:

Calories: 634

Protein: 23g



# BEEF + LENTIL SOUP

## Ingredients:

- 1 tbsp. olive oil
- 2 garlic cloves, finely chopped
- 1 onion, finely chopped
- 1 lb. ground beef
- 1 1/4 cups dried lentils
- 2 carrots
- 2 celery stalks
- 2 zucchinis
- 4 oz. green beans
- 28 oz. crushed canned tomato
- 4 cups beef stock
- 3 cups water

## Directions:

- Mix 2 1/2 tbsp. moroccan spice mix, 1 tsp. allspice, 2 tsp. cumin powder, 2 tsp. paprika, 3/4 tsp. black pepper, + 1/2 tsp. salt in a bowl
- Sauté the onion + garlic ++ immediately follow with browning the beef, breaking it up as you go
- Add some of the spice mix in to cook with the beef
- Add remaining ingredients + simmer for 25–30 minutes
- TIP: use the remaining spices to flavor the broth of the soup!



## Nutritional Information:

Calories: 401

Protein: 34g



# CHILI MAC N' CHEESE

## Ingredients:

- 1 tbsp. olive oil
- 2 garlic cloves, finely chopped
- 1 onion, finely chopped
- 1 red bell pepper, chopped
- 1 lb. ground beef
- 28 oz. crushed canned tomato
- 14 oz can red kidney beans
- 2 1/2 cups beef broth
- 8 oz. elbow macaroni pasta
- 2 cups shredded cheese
- 1/4 cup cilantro

## Directions:

- Heat oil in a large pot over high heat + add garlic + onion, cooking for 1 minute
- Add in the bell pepper + cook until the onion is translucent
- Add in beef + break it up as you go
- Once beef has browned, add in remaining ingredients, except for the cheese, + stir, bringing to a simmer before turning the heat down to medium
- Cover + cook 12 minutes, add cheese + allow it to melt; sprinkle with cilantro + serve



## Nutritional Information:

Calories: 768

Protein: 44g



# CHICKEN VEGETABLE RAMEN NOODLES

## Ingredients:

- 2 packages ramen noodles
- 1 tbsp. oil
- 2 garlic cloves, minced
- 1/2 onion, sliced
- 7 oz. chicken thighs, cut up
- 1 1/4 cups water
- 1 carrot
- 1 small red bell pepper, sliced
- 2 cups cabbage

## Sauce:

- 1 tbsp. dark soy sauce
- 1 tbsp. oyster sauce
- 2 tsp. hoisin sauce
- 1 tbsp. mirin

## Directions:

- Mix sauce; heat oil in a large skillet over high heat, adding onion + garlic to cook for 1 1/2 minutes
- Add chicken + cook until the outside is no longer pink; add in the sauce + cook for 1 minute; add additional ingredients
- Cook instant noodles + add in chicken + vegetables
- Add cabbage + toss until sauce coats everything



Nutritional Information:

Calories: 383

Protein: 15g



# CHICKEN ALFREDO PASTA

## Ingredients:

- 7 oz. chicken breast, cut in half
- Salt + pepper
- 1 tbsp. olive oil
- 8 oz. fettuccine
- 2 cups milk
- 1 1/2 cups chicken stock/broth
- 1 large garlic clove, minced
- 1/2 cup thickened/heavy cream
- 3/4 cup grated parmesan
- Parsley for garnish



## Nutritional Information:

Calories: 491

Protein: 33.3g

## Directions:

- Coat the chicken in salt + pepper; prepare a skillet large enough to fit pasta into
- Heat oil over medium to high heat + add chicken, cook 2 minutes each side or until golden + cooked through
- Let chicken rest + slice while cooking pasta
- Add milk, chicken broth, + garlic to simmer in pan; add in pasta
- Continue to stir every few minutes; after 9–10 minutes, add cream + parmesan ++ stir
- Simmer for about 2 minutes until sauce thickens; add chicken + season as needed



# CHICKEN + VEGETABLE RICE

## Ingredients:

- Chicken breast
- 2 tbsp. olive oil
- 1 brown onion, diced
- 2 garlic cloves, minced
- 3 zucchinis, cut into cubes
- 3 bunches asparagus, chopped
- 1 small lemon
- 2 cups frozen peas
- 2 oz. feta cheese, crumbled
- 1 cup long grain rice
- 1 3/4 cups chicken broth
- Salt + pepper

## Directions:

- Heat olive oil in a large pot over medium high heat; add + sauté garlic + onion for about 2 minutes
- Add rice + stir until grains are coated with oil; add chicken broth + bring to a simmer
- Place chicken on top of rice, cover the pot, + cook 5 minutes
- Add peas + zucchinis ++ cook an additional 5–8 minutes or until liquid is mostly absorbed by rice
- Remove the chicken + add asparagus, cook another 1–2 minutes
- Let stand for 5 minutes; shred the chicken + add back in
- Season with salt + pepper + squeeze lemon juice over top, serve



## Nutritional Information:

Calories: 328

Protein: 24.5g



# SPANISH CHICKEN + CHORIZO

## Ingredients:

- 4 chicken thigh fillets
- 8–12 baby potatoes
- 2 chorizo
- 2 cloves garlic, minced
- 1 small red bell pepper
- 1 small red onion, sliced
- 1 15 oz. can crushed tomatoes
- 1 tbsp. dried oregano
- 1/2 to 1 pack cherry tomatoes

## Rub:

- 2 tbsp. lemon juice
- 1 1/2 tbsp. paprika
- 1/4 tsp. cayenne or chili powder
- 1 1/2 tsp. salt
- Black pepper

## Directions:

- Preheat the oven to 350 F; use the rub to coat the chicken
- Boil or microwave potatoes until slightly undercooked
- Heat oil in a large pan over high heat, add chicken + cook until light brown or 1–2 minutes; remove from heat
- Add chorizo + fry until brown on each side + remove
- Add garlic, bell pepper, + onion to sauté 2 minutes; add in remaining ingredients, chicken, + chorizo
- Bake 30–40 minutes, serve



## Nutritional Information:

Calories: 773

Protein: 50.7g



# BEAN SOUP

## Ingredients:

- 1 can kidney beans
- 1 onion, diced
- 1 can sliced carrots
- 1 tbsp. olive oil
- 4–6 cups water
- 1/2 tsp. paprika
- 1/2 tsp. garlic powder
- 1/2 tsp. chili powder
- Salt + pepper

## Directions:

- Drain + rinse beans
- Fill crockpot with water + dump beans into pot; add in onions + carrots
- Add remaining ingredients + turn on high for 4 hours

## Nutritional Information:

Calories: 144

Protein: 6g





# COOKING TERMS

**A La Dente:** an Italian term used to describe the 'ideal' consistency of pasta when cooked; firm without being hard or chalky

**Sauté:** frying a food quickly in a little fat on high heat

**Simmer:** cooking food in a liquid just below the boiling point

**Skim:** removal of a substance from the surface of a liquid

**Sear:** the surface of the food is cooked at a high temperature until a brown crust forms

**Stir-Fry:** Chinese cooking technique where ingredients are fried in a small amount of hot oil while being stirred or tossed in a wok or deep pan

**Sweat:** gentle heat used to soften vegetables + gently draw out flavor



# TRADITIONAL VEGGIE CUTS

Slice



Dice



Chop

Cube



Mince