

THE ULTIMATE
MEAL
PREPARATION GUIDE

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Table of Contents

Main Dish

Grain or Pasta Bowls	5
Freezer Slow Cooker Meals	7
Salad in a Jar	11
Soups	13

Snack

Power Ups	19
Chia Seed Pudding	21
Oatmeal Energy Balls	23

Breakfast

Overnight Oats	27
Smoothie Packs	29
Egg Muffins	31
Granola	33

Recipes and photos have been adapted from the following:

Spinach Pesto imperfectlybalancedsara.com • **Beef on Rice** lecremedelacrumb.com • **Pork Carnitas** isabeleats.com • **Avocado Cilantro Lime Dressing** gimmedelicious.com • **Lemon Vinaigrette** downshiftology.com • **Overnight Oats** superhealthykids.com • **Chia Seed Pudding** asimplifiedlifeblog.com • **Egg Muffins** beautyandthebenchpress.com • **White bean Dip** plantandvine.com • **Greek Yogurt Fruit Dip** foodwithfeeling.com • **Chicken Tacos** kristineskitchenblog.com • **Steak Fajitas** fitslowcookerqueen.com • **Seasoned Chicken and Green Beans** themagicalslowcooker.com • **Maple Dijon Glazed Chicken** mommysfabulousfinds.com • **BBQ Cranberry Chicken** mommysfabulousfinds.com • **Chicken Teriyaki** mommysfabulousfinds.com • **Beef Stroganoff** numstheword.com • **White Chicken Chili** gimmesomeoven.com • **Zuppa Toscana** BYUPendulumCourt.com • **Vegetable Soup** wonkywonderful.com • **Wild Rice Soup** todayscreativelife.com • **Easy Butternut Squash Soup** yummyhealthyeasy.com • **Healthy Potato Soup** houseofyumm.com

MAIN DISH



GRAIN OR PASTA BOWLS

Meal prep is easy with grains and pasta! Match any taste preferences with beneficial nutrients.

Directions:

Cook any variety of whole grain or whole grain pasta and portion it out into individual containers for the week. In the morning, add sautéed or steamed vegetables along with some sauce and protein. You can use a frozen vegetable mix to make things easier and quicker. You can also use leftover protein (chicken, beef, pork, etc.) from previous meals.

Pasta or Grain <i>1 cup</i>	+	Vegetables <i>1/2 cup</i>	+	Protein <i>1/2 cup</i>	+	Sauce <i>2/3 cup</i>
Whole Grain Pasta (Spaghetti, rotini, bow-tie, ziti, etc.)	•	Carrots	•	Chicken	•	Marinara
	•	Squash	•	Turkey	•	Olive Oil
	•	Onions	•	Meatballs	•	Spinach Pesto*
	•	Bell Peppers	•	Beans	•	White Sauce*
.....	•	Broccoli	•	Fish	•	
Brown Rice	•	Cauliflower	•	Pork	•	Teriyaki
Quinoa	•	Spinach	•	Beef	•	Garlic Lemon
Wild Rice	•	Peas	•		•	Sriracha
	•		•		•	

*Spinach Pesto

- 4 heaping cups spinach
- 5 garlic cloves
- Juice of ½ a lemon
- ¼ cup Parmesan cheese
- ¼ cup olive oil
- 1 teaspoon salt

Blend all ingredients until everything is fully incorporated and pureed.

*Simple White

- ¾ cup milk
- 1 tablespoon flour
- 1 tablespoon butter
- Salt and pepper to taste

In a small saucepan, melt butter and add flour over medium heat. Stir continuously until mixture is a light brown. Add milk and whisk until smooth. Season according to taste. Add cheese if desired.



FREEZER SLOW COOKER MEALS

Make extra batches of meals you already love, try some new ones, and freeze them for later. Let the slow cooker do the work for you so you can actually enjoy mealtime!

Tips:

- Make sure to thaw your frozen slow cooker meal overnight so it will fit in the slow cooker.
- If a recipe calls for lots of broth, water or other liquid, take note of that on the freezer bag and add it the day you intend to cook the meal.
- Make sure to label and store your meals with any necessary cooking instructions, the date and any ingredients to add before cooking.
- Meals can normally last up to 3 months in the freezer.
- When freezing, lay your full freezer bags on a cookie sheet first, so they will freeze flat for easier storage.

BBQ Pulled Pork

- 2-2.5 pounds pork shoulder or loin
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/4 teaspoon pepper
- 1/2 teaspoon paprika
- 3/4 cup BBQ sauce
- 1/4 cup water

Place all ingredients in the slow cooker and cook on low for 8-10 hours or until the pork is at least 145°F and it begins to fall apart easily. Shred the pork and add any additional BBQ sauce if desired and serve on hamburger buns or rolls.

Freezer Instructions: Combine all ingredients in a gallon-sized, freezer bag and store in the freezer. The day before you plan to cook it, place in the fridge to thaw overnight and cook according to instructions.

Steak Fajitas

- 2 pounds sliced beef (skirt steak, rump skirt or flank steak work)
- 1-2 bell peppers, sliced
- 1 onion, sliced
- 2 cups salsa or diced tomatoes
- 2 tablespoons fajitas seasoning

Add all ingredients to slow cooker and stir to mix. Cook on high for 2-3 hours or on low for 4-6 hours or until meat reaches 145°F. Serve with tortillas and other toppings of choice.

Freezer Instructions: Place all ingredients in a freezer, gallon sized bag and store in the freezer. The day before you plan to cook it, place in the fridge to thaw overnight and cook according to instructions.

FREEZER SLOW COOKER MEALS CONTINUED...

Chicken and Green Beans

- 2 pounds boneless, skinless chicken breasts
- 1/2 pound fresh green beans, trimmed (about 2.5 cups)
- 1 1/4 pound diced red potatoes
- 1/3 cup fresh lemon juice
- 1/4 cup olive oil
- 1 teaspoon oregano
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon onion powder
- 1/2 teaspoon garlic powder

Combine all ingredients in a slow cooker and cook on high for 3-4 hours or on low for 6-8 hours or until chicken is 165°F.

Freezer Instructions: Combine all ingredients in a gallon-sized, freezer bag and store in the freezer. The day before you plan to cook it, place in the fridge to thaw overnight and cook according to instructions.

Chicken Tacos

- 2 pounds boneless, skinless chicken breasts
- 1 tablespoon taco seasoning
- 1 cup salsa

Place chicken in the bottom of the slow cooker. Sprinkle with taco seasoning and spoon salsa over the top of the chicken. Cook on low for 3-4 hours or on high for 2 hours or until chicken reaches 165°F. Remove chicken to plate and shred. Add back to chicken some of the liquid from the slow cooker (start with 1/4 c. and add more as desired). Serve in tortillas with your favorite taco toppings.

Freezer Instructions: Combine all ingredients in a freezer, gallon sized bag and freeze. The day before you plan to cook it, place in the fridge to thaw overnight and cook according to instructions.

Pork Carnitas

- 2 1/2 pounds pork shoulder (or pork roast)
- 1 tablespoon lime juice
- 2 teaspoons salt
- 2 teaspoons cumin
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- 1 teaspoon oregano
- 1 teaspoon onion powder
- 1/2 teaspoon pepper
- Taco fixings (lettuce, tomato, cheese, etc.)

Cut the pork shoulder into large, four inch chunks and place them in the slow cooker. Add the lime juice, salt, cumin, chili powder, garlic powder, oregano, onion powder and pepper. Mix thoroughly to coat the meat with all the seasonings. Cover and cook on high for 4 hours or on low for 7-8 hours until done (145°F). When tender, shred the meat by pulling apart with two forks. Mix in fresh cilantro if desired and serve on tortillas with your favorite taco fixings.

Freezer Instructions: Combine all ingredients in a freezer, gallon sized bag and freeze. The day before you plan to cook it, place in the fridge to thaw overnight and cook according to instructions.

BBQ Cranberry Chicken

- 2 pounds boneless, skinless chicken breasts
- 1/2 cup onion, finely chopped
- 16 oz. whole cranberry sauce
- 1 cup BBQ sauce

Combine all ingredients together in the slow cooker and cook on high for 3-4 hours and on low for 6-7 hours or until chicken is 165 °F.

Freezer Instructions: Combine all ingredients in a gallon-sized, freezer bag and store in the freezer. The day before you plan to cook it, place in the fridge to thaw overnight and cook according to instructions.

Beef on Rice

- 2 pounds beef chunks (beef roast, or stew meat)
- 1 onion, chopped
- 1 teaspoon Italian seasoning
- 2-3 teaspoons salt, to taste
- 1 teaspoon pepper, to taste
- 4 cups low sodium beef broth

-
- 1/4 cup cold water
 - 3 tablespoons cornstarch

Combine the first six ingredients in your slow cooker and cook on low for 8 hours or on high for 4 hours, or until beef is done (145°F). About 10-15 minutes before serving, transfer contents of the slow cooker to a large stockpot and bring to a boil on the stove. In a separate bowl, whisk together the water and cornstarch and add to the large stockpot and stir until thickened. Serve over rice. Sprinkle with chopped parsley if desired.

Freezer Instructions: Combine first five ingredients together in a gallon-sized freezer bag. Label bag with remaining three ingredients. When you are ready to cook, thaw overnight in the fridge. Add the beef broth and the contents of the freezer bag to your crockpot and cook in the slow cooker for 4 hours on high, or 8 hours on low. About 10-15 minutes before serving, transfer contents of the slow cooker to a large stockpot and bring to a boil. In a separate bowl, whisk together the water and cornstarch and add to the large stockpot and stir until thickened. Serve over rice.

Maple Glazed Chicken

- 2-3 boneless, skinless chicken breasts
- 1/2 cup Dijon mustard
- 1/4 cup maple syrup
- 1 tablespoon apple cider vinegar

Combine all ingredients in a slow cooker and cook on high for 3-4 hours or on low for 6-8 hours or until chicken is 165°F.

Freezer Instructions: Combine all ingredients in a gallon-sized, freezer bag and store in the freezer. The day before you plan to cook it, place in the fridge to thaw overnight and cook according to instructions.

Chicken Teriyaki

- 1 Small bag of baby carrots
- Half of an onion, sliced (you can use a red or yellow onion)
- 1 20 oz. can crushed pineapple
- 2 garlic cloves
- 2-3 boneless, skinless chicken breasts
- 1/2 cup teriyaki sauce

Place all ingredients in the slow cooker and cook on low for 6-7 hours or until chicken reaches 165°F. Serve over your favorite kind of rice.

Freezer Instructions: Combine onion, crushed pineapple, garlic, chicken and teriyaki sauce in a gallon-sized freezer bag and store in freezer. Make sure to note that you will need a small bag of baby carrots. The day before you plan to cook it, place in the fridge to thaw overnight. Cook contents of the freezer bag plus the carrots in a slow cooker for 6-7 hours or until chicken reaches 165°F. Serve over your favorite kind of rice.

Beef Stroganoff

- 1 pound of stew meat
- 1 can cream of onion soup
- 1 can cream of mushroom soup
- 1/2 cup sour cream
- 4 oz. can sliced mushrooms

Place meat and soups in the slow cooker and cook on low for 3-4 hours or until meat is 145°F. Prepare egg noodles to serve stroganoff with. Add the soup cream and mushrooms to meat mixture just before serving.

Freezer Instructions: Combine meat and soups in a gallon-sized, freezer bag and store in freezer. Make a note of all other ingredients on the bag. The day before you plan to cook it, place in the fridge to thaw overnight. Cook on low for 3-4 hours or until meat is 145°F. Prepare egg noodles to serve stroganoff with and add the sour cream and mushrooms to meat mixture just before serving.



Make Ahead

SALAD IN A JAR

Salads in a jar are a great way to prepare ahead of time to get extra servings of vegetables. They are super portable and customizable.

Directions:

Layer the jar with the dressing at the bottom, veggies and extras next, then protein foods, with the greens on top. When you are ready to eat just empty the contents into a bowl and enjoy.

Dressing	+	Vegetables	+	Protein	+	Greens
<i>Bottom Layer</i>		<i>Middle Layer</i>		<i>Middle Layer</i>		<i>Top Layer</i>
Lemon Vinaigrette*		Bell Peppers		Beans		Spinach
		Corn		Ham		Kale
Avocado Cilantro Lime*		Cucumbers		Turkey		Lettuce
		Tomatoes		Chicken		Bok Choy
Italian Vinaigrette		Carrots		Boiled Eggs		Arugula
Dressing of Choice		Cauliflower		Cheese		Chard
		Broccoli		Almonds		Beet Greens
				Pumpkin Seeds		

*Lemon Vinaigrette

- 1/3 cup olive oil
- Juice of 2 lemons (approx. 1/3 cup)
- 1 teaspoon Dijon mustard
- 1/2 teaspoon honey
- 1-2 garlic cloves, minced
- Salt and pepper to taste

Add all ingredients to a small bowl and whisk together until well combined. Keep in an airtight container for up to 1 week.

*Avocado Cilantro Lime

- 1 avocado
- 1 clove garlic
- 1/4 cup chopped cilantro
- 1/4 cup plain Greek yogurt
- 1 tablespoon lemon juice
- 3 tablespoons olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Place all ingredients in a food processor or blender and process till smooth. Thin the salad dressing with water.



SOUPS

Soups can be some of the easiest recipes to make! They are a great way to use up leftovers, and increase your vegetable intake. They even taste better the next day! There are some great healthy soup recipes out there, but don't be afraid to create your own healthy recipes too. Most soup recipes can be made in bulk and stored in a refrigerator or in small containers in the freezer to eat over the course of a week.

Tips:

- Avoid overcooking your vegetables and/or noodles. Different types of vegetables take varying amounts of time to cook. For example, carrots and potatoes take longer to cook than peas and onions.
- Cut the same type of vegetable all the same size for even cooking.
- Salt your soup after tasting it. Many stocks and broths already have plenty of salt in them, and you do not want an overly salty soup.

Chicken Noodle Soup

- 1 tablespoon butter or canola oil
- ½ cup sliced carrots
- ½ cup chopped celery
- 1 teaspoon garlic powder
- 4 cups chicken stock
- ¾ cup cubed or shredded cooked chicken
- 6 ounces uncooked egg noodles

1. In a large soup pot, add butter or oil, carrots and celery. Sauté until vegetables become slightly tender.
2. Add chicken broth and garlic powder. Bring everything to a boil and cook for 5 minutes.
3. Add egg noodles and cook for 10 minutes or until noodles are al dente.
4. Add chicken and cook an additional 2-3 minutes. Add salt and pepper to taste.

Taco Soup

- 1 pound ground turkey or hamburger
- 1 cup diced onion
- 1 taco seasoning packet
- 2 cans diced tomatoes
- 1 can corn, drained
- 1 can black beans, rinsed
- ½ cup water

1. In a skillet, cook ground turkey or hamburger and onions together until meat is done (165°F). Drain off any excess grease.
2. In a stock pot, combine rest of ingredients and add meat and onions.
3. Allow to simmer for 20 minutes.
4. Serve with cheese and tortilla chips.

*Optional: add a Ranch dressing seasoning packet.



SOUPS CONTINUED...

White Chicken Chili

- 6 cups chicken stock
- 4 cups cooked, shredded chicken
- 2 15 oz. cans Great Northern Beans, drained
- 2 cups salsa verde
- 2 teaspoons cumin

• Add all ingredients together in a large stock pot and heat until boiling, then cover and reduce to a simmer for at least 5 minutes.

• *Can also be used for a freezer slow cooker meal*

Zuppa Toscana

- ½ pound Italian Sausage
- 1 pound baker potatoes
- ½ cup chopped onion
- 1 ½ teaspoon minced garlic
- 2 cups chicken broth
- 2 cups water
- ½ teaspoon red pepper flakes
- ½ bunch kale
- ½ cup heavy cream

• Cook sausage in frying pan until done. Drain off any excess grease. Scrub potatoes and chop into bite-sized pieces. Combine potatoes, onions, garlic, broth, water and red pepper flakes. Cook until potatoes are tender. Add cooked sausage and simmer for 7-8 minutes. Add kale and cream and simmer until cream is heated through.

Easy Butternut Squash Soup

- 1 tablespoon oil
- 2 garlic cloves, minced
- 1 onion, diced
- 1 butternut squash, peeled and diced into cubes
- 32 oz. chicken broth
- 1-2 teaspoons salt

In a large pot, heat the oil, onion and garlic over medium heat and cooked until onions are soft (about 5 minutes). Add butternut squash and chicken broth and bring to a boil, then cover and simmer for 15-20 minutes or until the squash is soft. Allow mixture to cool slightly and use either an immersion blender or a normal blender to blend the soup until smooth. Season with salt to taste.

Healthy Potato Soup

- 1 tablespoon oil
- 1/2 onion, diced
- 1 teaspoon garlic powder
- 1 head cauliflower, chopped
- 3 cups chicken stock
- 1 pound diced potatoes

Add oil, onion and garlic powder to a large pot and sauté for 3-5 minutes. Add cauliflower chicken broth and salt and bring to a boil and simmer for about 10 minutes until the cauliflower is soft. Using an immersion blender or a regular blender, blend the mixture until smooth. Transfer cauliflower mixture back to large pot (if you used a regular blender), otherwise just add diced potatoes, cover and allow to simmer for 15 minutes or until the potatoes are done. Top with cheese, bacon, green onions or sour cream.

Vegetable Soup

- 1 onion, chopped
- 3 celery stalks, chopped
- 1 bell pepper, chopped
- 3 tablespoons oil
- 2 teaspoons garlic powder
- 1 15 oz. can diced fire roasted tomatoes
- 24 oz. tomato pasta sauce
- 32 oz. vegetable stock
- 4 cups water
- 1 tablespoon Italian seasoning
- 1 can kidney beans, drained and rinsed
- 1 cup corn (canned or frozen)
- 1 cup frozen peas and carrots
- 2-3 cups baby spinach

In a large soup pot, combine oil, onion, celery, bell pepper and garlic powder and sauté for 1 minute. Then add tomatoes, tomato pasta sauce, vegetable stock and water and simmer for 15 minutes. Then add beans, corn, peas and carrots, and spinach and simmer for 10-15 minutes.

Wild Rice Soup

- One box wild rice mix (Uncle Ben's, Rice-A-Roni, etc.)
- 3-4 cups total of carrots, onion and celery (chopped)
- 1 1/2 teaspoons garlic powder
- 4 tablespoons oil
- 6 cups chicken broth
- 2 cups shredded cooked chicken

In a large pot, sauté carrots, celery, onions, garlic powder in oil for about 3 minutes. Add only the rice from the boxed rice mix to the pot and continue to sauté for another 3 minutes. Add chicken broth and bring to a boil. Add chicken and about 2 tablespoons of the seasoning mix from the boxed rice mix and boil for 5-10 minutes.

SNACK



POWER UPS

Prepare healthy snacks for the whole week! You can mix and match satisfying power up pairings to fruits and vegetables.

Directions:

Cut up and divide into containers on prep day. You can use Tupperware, snack or sandwich bags or other containers. Grab a bag or container of these satisfying snacks on your way out the door!

Fruits <i>1 cup</i>	+	Pairing <i>1/8 cup</i>	•	Vegetables <i>1 cup</i>	+	Pairing <i>1/8 cup</i>
Apples		Peanut Butter	•	Tomatoes		Mozzarella Cheese
Grapes		Low-Fat Greek Yogurt	•	Cucumbers		Deli Meat
Peaches		String Cheese	•	Carrots		Hummus
Banana		Low-Fat Cottage Cheese	•	Bell Peppers		Low-Fat Dressing
Blueberries		Greek Yogurt Dip	•	Celery		Boiled Egg
Strawberries			•	Jicama		Greek Yogurt Dip *
Raspberries			•	Cauliflower		
Oranges			•	Broccoli		

White Bean Dip*

*Greek Yogurt Dip

- 1 cup Greek yogurt
- 1 tablespoons maple syrup
- Sprinkle cinnamon
- 2 tablespoons nut butter

In a medium bowl, combine all of the ingredients by whipping them together with a spoon. Keep whipping until the yogurt is fluffy and all of the ingredients are fully combined.

*White Bean Dip

- 1 (15-ounce) can white beans, drained and rinsed
- 3-4 cloves garlic
- 2 tablespoons fresh lemon juice
- 1/3 cup olive oil
- 1/3 cup fresh Italian parsley leaves, destemmed and roughly chopped
- Salt and pepper to taste
- 1 tablespoon dried oregano

Put the beans, garlic, lemon juice, olive oil, and parsley in small food processor or blender. Pulse until the mixture is coarsely chopped, or desired consistency. Season with salt and pepper, to taste. Transfer the puree to a small serving bowl.



Make Ahead

CHIA SEED PUDDING

Chia seed pudding can be a satisfying and nutritious snack during the day or a delicious dessert. Chia seeds are full of omega-3 fatty acids which are good for your heart and for decreasing inflammation.

Directions:

Make a double or triple batch of this pudding and portion it out into individual servings for the week. Combine the base, seeds and sweetener and let sit for 3 minutes, stir occasionally after it sets and portion it out. The day you want to enjoy the pudding, add fruit or other toppings for an easy grab and go snack!

Base <i>1 cup</i>	+	Chia Seeds <i>1/4 cup</i>	+	Sweetener <i>1 tablespoon</i>	+	Toppings <i>1/2 cup</i>
Milk of your choice		Chia Seeds		Maple Syrup		Strawberries
Almond Milk				Honey		Blueberries
Soy Milk				Stevia		Raspberries
Rice Milk				Brown Sugar		Sliced Almonds
				Agave Nectar		Cinnamon
						Sliced Banana

Blueberry Pudding

- 1 cup milk
- 1/4 cup chia seeds
- 1 tablespoon honey
- 1/4 cup raspberries
- 1/4 cup blueberries

In a bowl combine chia seeds, milk and honey. Let sit for about 3 minutes, stir occasionally, add fruit and enjoy now or portion a larger batch into smaller containers.

Strawberry Banana Pudding

- 1 cup milk
- 1/4 cup chia seeds
- 1 tablespoon pure maple syrup
- 1/4 cup sliced strawberries
- 1/4 cup sliced bananas

In a bowl combine chia seeds, milk and maple syrup. Let sit for about 3 minutes, stir occasionally, add fruit and enjoy now or portion a larger batch into smaller containers.



OATMEAL ENERGY BALLS

Oatmeal energy balls can be a great snack suitable for any time of day! They are super portable and customizable to match your taste preferences. Make a batch at the beginning of the week and have them available for whenever you need a quick energy snack.

Directions:

Combine all ingredients together and place the mixture in the fridge for 30 minutes to help it stick together. After it has chilled, roll into balls (about 1 heaping tablespoon of mixture) and store in the fridge.

Oats	+	Nut Butter	+	Sweetener	+	Extras
<i>1 cup</i>		<i>1 tablespoon</i>		<i>1/4 cup</i>		<i>1 tablespoon</i>
Old Fashioned Oats		Peanut Butter		Honey		Ground Flax Seeds
		Almond Butter		Pure Maple Syrup		Ground Chia Seeds
		Cashew Butter		Agave Syrup		Raisins
						Chocolate Chips
						Craisins
						Chopped Walnuts
						Sliced Almonds
						Dried Blueberries
						Yogurt Chips
						Chopped Dates

Coconut Energy Balls

- 1 cup old-fashioned oats
- ½ cup peanut or almond butter
- ¼ cup honey
- ½ cup ground flax seed
- 2/3 cup unsweetened coconut flakes
- You can add about 1-2 tablespoons of any other “Extras” to customize each batch
- In a large bowl, mix together all ingredients. Place mixture in the fridge for about half an hour to help the mixture stick together and hold its shape once formed into balls. Once chilled, take 1 tablespoon of mixture and form into a ball. Repeat with rest of mixture. Store in an airtight container for up to 2 weeks in the fridge, or store in the freezer for up to 2 months.

BREAKFAST



Make Ahead **OVERNIGHT OATS**

Overnight oats make a great breakfast! Prepare these ahead of time for a nutritious dish that's perfect for busy mornings.

Directions:

Just put oats, milk, and sweetener combined in refrigerator overnight. Add nuts and fruit in the morning and you're ready to get on your way. You can use frozen fruit instead of fresh, just add it to the oats the night before.

Base <i>2 cups</i>	+	Sweeter <i>1 teaspoon</i>	+	Fruit <i>1/4 cup</i>	+	Nuts or Seeds <i>1 tablespoon</i>
Old Fashioned Oats (1 cup)		Honey		Blueberries		Almonds
&		Pure Maple Syrup		Strawberries		Walnuts
Milk or milk substitute (1 cup)		Agave		Apples		Sunflower Seeds
		Brown Sugar		Raisins		Pecans
				Bananas		Cashews
				Craisins		Chia Seeds
				Raspberries		
				Cherries		

Oats & Cherry Oatmeal

- 1 cup old fashioned oats
- 1 cup milk (of your choice)
- 1 teaspoon honey
- 1/4 cup frozen cherries
- 2 tablespoons Greek yogurt

Let the oats, milk, honey, and cherries sit in the fridge overnight. Add Greek yogurt in the morning.

Banana Pancakes Oatmeal

- 1 c. old fashioned oats
- 1 c. milk (of your choice)
- 1 teaspoon pure maple syrup
- 1/4 c. sliced bananas
- 1/4 teaspoon cinnamon
- 1 tablespoon chopped walnuts

Let the oats, milk, and maple syrup sit in the fridge overnight. Add rest of ingredients in the morning.

Choc. Coconut
8/29

Tropical
8/29

Very Berry
8/29

Choc. Mint
8/29

Green
8/29

Green
8/29

Make Ahead SMOOTHIE PACKS

Smoothies can be a quick and easy way to boost your fruit and vegetable intake as well as provide a tasty and nutritious breakfast!

Directions:

You can combine the leafy greens and fruit in individual bags and freeze them. Then you can pull them out in the mornings and add your choice of liquid and extra boosts.

Liquid Base <i>1 cup</i>	+	Leafy Greens <i>1 cup</i>	+	Ripe Fruit <i>1 ½ cup</i>	+	Extra Boost <i>Optional</i>
Water	•	Spinach	•	Mango	•	Chia Seeds
Almond Milk	•	Kale	•	Berries	•	Hemp Seeds
Coconut Water	•	Romaine	•	Avocado	•	Flax Seeds
100% Fruit Juice	•	Bok Choy	•	Peach	•	Greek Yogurt
Soy Milk	•	Swiss Chard	•	Pineapple	•	Almond Butter
Milk	•	Collard Greens	•	Zucchini	•	Acai Powder

Classic Green Smoothie

Freeze:
 • 1 cup leafy greens
 • 1 cup mango
 • 1 cup pineapple
 • 1 cup banana

Day of Add:
 • 1 cup water

Blend until smooth.

Strawberry Banana Smoothie

Freeze:
 • 1 cup spinach
 • ¾ cup strawberries
 • ¾ cup banana

Day of Add:
 • 1 cup orange juice
 • 1 cup water
 • 2 tablespoon Greek yogurt

Blend until smooth.



Make Ahead

EGG MUFFINS

Looking for a satisfying and savory on the go breakfast? These egg muffins can be made in advance and then reheated quickly as you are heading out the door.

Directions:

Spray muffin tin and preheat oven to 350°F. Cook raw proteins in a skillet until done and let cool. Divide protein foods and vegetables among 12 muffin spots. Combine eggs, milk and seasonings in a mixing bowl and whisk until combined. Fill muffin tins with egg mixture until $\frac{3}{4}$ full. Bake for 25 minutes or until eggs have set.

Base	+	Protein	+	Vegetables	+	Seasonings
<i>All of Below</i>		<i>1/2 pound</i>		<i>6 ounces</i>		<i>1 tsp. total</i>
12 Eggs	.	Ground Turkey	.	Broccoli	.	Garlic salt
2 tablespoons	.	Sausage	.	Onions	.	Paprika
of milk	.	Ground Sausage	.	Bell Peppers	.	Onion powder
1 cup of hash	.	Ham	.	Tomatoes	.	Salt
browns	.	Deli Turkey	.	Olives	.	Pepper

Turkey and Broccoli Egg Muffins

- $\frac{1}{2}$ pound turkey sausage
- 12 eggs
- 6 oz. broccoli florets, chopped
- 1 cup hash browns
- 2 tablespoons milk
- $\frac{1}{2}$ teaspoon garlic salt
- $\frac{1}{2}$ teaspoon paprika
- Salt and pepper to taste

- Spray muffin tin and preheat oven to 350°F. Cook sausage in a skillet until done and let cool.
- Divide cooked sausage, chopped broccoli and hash browns among 12 muffin spots. Combine eggs, milk and seasonings in a mixing bowl and whisk until combined. Fill muffin tins with egg mixture until about $\frac{3}{4}$ full. Bake for 25 minutes or until eggs have set.



Make Ahead

GRANOLA

Granola makes an awesome breakfast, snack or an addition to lunch! There is lots of room for personalization in this recipe so dig in and try a batch!

Directions:

First mix the dry ingredients (mix and match to total 6 cups). Add wet ingredients and whisk together. Then add seasonings. Line a rimmed baking sheet with parchment paper, then spread your granola mixture out in an even layer. Bake at 300°F for 40 to 45 minutes, gently stirring every 15 minutes, until the granola is golden-brown and mostly dry. Remove from oven and stir the fruit into the hot granola. Let the whole thing cool completely before digging in.

Dry Ingredients	+	Wet Ingredients	+	Seasonings	+	Fruit
3 cups oats		1/2 cup sweetener		2-3 tablespoons		1-2 cups
3 cups other		1/2 cup oil				
Rolled Oats		Honey		Cinnamon		add after baking
Chopped Pecans		Agave Nectar		Vanilla		Dried Cherries
Pumpkin Seeds		Maple Syrup		Cardamom		Cranberries
Sesame seeds		Olive Oil		Nutmeg		Raisins
Flax Seeds		Sunflower Oil		Salt		Sliced Dried
Coconut Flakes		Egg White				Apricots
		(bind & gloss)				Dried
						Blueberries

Basic Granola

3 cups rolled oats	1 cup coconut flakes	1 teaspoon salt
½ cup pumpkin seeds	½ cup honey	½ cup raisins
½ cup sesame seeds	½ cup canola oil	½ cup raisins
½ cup sliced almonds	1 tablespoon vanilla	½ cup dried cherries
½ cup chopped walnuts	1 tablespoon cinnamon	

Mix all dry ingredients together. In a separate bowl, whisk together the wet ingredients and seasonings. Combine wet and dry ingredients in a large mixing bowl. Line a rimmed baking sheet with parchment paper and transfer contents of mixing bowl to the baking sheet. Bake at 300°F for 40-45 minutes, stirring every 15 minutes. Remove from oven and fold in dried fruit.

BYU WELLNESS