



## BREAKFAST OPTIONS

### Strawberry Banana OAT Smoothie

- 1 serving protein powder(vanilla) or Greek Yogurt
- Banana 1/2
- Strawberries 1/2 cup frozen
- Almond or coconut milk
- Vanilla extract
- Agave if needed
- ice/blend/serve
- add 1/2 cup OJ for extra citrus flavor

### Crunchy Granola with Greek Yogurt

- 3/4 cup roughly chopped pecans
- 2 cups old-fashioned oats
- 2 tsp ground cinnamon
- 1 tsp baking powder
- 3/4 tsp sea salt
- 1/4 tsp ground nutmeg
- 1 3/4 cups almond or coconut milk
- 1/3 cup maple syrup or honey
- 2 large eggs or flax eggs
- 3 tbsp coconut oil
- 2 tsp vanilla extract
- 2.5 cups fresh or frozen blueberries

#### Directions

- 375 degrees
- Grease a 9-inch square baking dish.
- combine the oats, toasted nuts, cinnamon, baking powder, salt and nutmeg
- separate dish-combine milk, maple syrup or honey, egg, coconut oil, and vanilla. Whisk until blended.
- Arrange the remaining berries evenly over the bottom of the baking dish (no need to defrost frozen fruit first). Cover the fruit with the dry oat mixture, then drizzle the wet ingredients over the oats. Pat down any dry oats resting on top.
- Scatter the remaining berries across the top
- Bake for 40-45 minutes (if using frozen berries, 45 to 50 minutes), until the top is nice and golden. Remove your baked oatmeal from the oven and let it cool for a few minutes

## LUNCH/DINNER OPTIONS

### Penne with Veggies and Black Beans

#### (Veg Option)

#### Ingredients

- 3/4 cup uncooked penne pasta
- 1/3 cup sliced zucchini
- 1/3 cup sliced fresh carrot
- 4 medium fresh mushrooms, sliced
- 1/2 small green pepper, thinly sliced
- 1/2 small onion, thinly sliced
- 1 small garlic clove, minced
- 1/4 tsp each dried basil, oregano, thyme, salt, pepper
- 2 tsp olive oil
- 1 cup canned black beans, rinsed and drained
- 1/4 cup chopped seeded tomato
- 2 tbsp shredded Parmesan cheese

#### Directions

- Cook pasta according to package directions
- Saute the zucchini, carrot, mushrooms, green pepper, onion, garlic and seasonings in 1 tsp oil
- Stir in the beans. Drain pasta; add to vegetable mixture. Add tomato and remaining olive oil. Mix it up!

### Balsamic Spinach Salad

#### Ingredients

- salmon fillet (6 oz)
- 2 tbsp balsamic vinaigrette
- 3 cups fresh baby spinach
- 1/4 cup cubed avocado
- 1/2 cup chopped walnuts
- 1/2 cup sunflower kernels
- 1/2 cup dried cranberries

#### Directions

- Drizzle salmon with 1/2 cup vinaigrette.
- Place on a broiler pan coated with cooking spray. Broil 3-4 in. from the heat for 10-15 minutes or until fish flakes easily with a fork
- Cut salmon into 2 pieces. Meanwhile, in a large bowl, toss spinach with remaining vinaigrette. Toss other ingredients in bowl with dressing and serve!

### Shrimp Avocado Greens

#### Ingredients

- 2 tbsp diced mango
- 1/2 cup diced pineapple
- 1.5 tsp olive oil or coconut
- 1 tsp rice vinegar
- 1 lime
- salt, pepper, crushed red pepper
- 3+ cups Bibb lettuce
- 1 cup diced/peeled cucumber
- 1/2 avocado
- 2tbsp chopped macadamia nuts, toasted
- 1/2 cup chopped red onion
- 1/2 cup chopped cilantro
- 2 tsp coconut oil
- 1.5 tbsp Caribbean jerk seasoning
- 6 raw large shrimp, peeled/deveined
- 6 sea scallops, halved

#### Directions

- Place the first 6 bulleted ingredients in a blender. Cover/process until blended
- Divide the lettuce, cucumber, avocado, nuts, onion and cilantro between 2 serving plates
- Combine oil and jerk seasoning
- Cook Stove top or grill over medium heat until shrimp turn pink and scallops are firm and opaque, 2-3 minutes on each side. Mix it all up and Serve!

## SNACKS

- Roasted Chick Peas
- Jerky (low sodium)
- Tuna and Cracker Kits (think less mayo, and healthy fats- Avocado)
- Pinwheels
  - whole grain tortilla
  - sliced low sodium sliced chicken
  - any veggies you desire
  - mustard
  - Wrap , roll, cut into small pinwheels TOGO