



BREAKFAST OPTIONS

- **Breakfast Smoothie Style**
 - 1 serving protein powder OR 1/2 cup PLAIN Greek Yog
 - 1 cup spinach
 - 2 tbsp Almond Butter
 - 1 tbsp chia seed
 - 1 tsp cinnamon
 - Strawberries 1/2 cup
 - 1 cup almond milk IF NEEDED
 - ice/blend/serve
- **On the GO**
 - 2 boiled eggs
 - 1/2 cup berries any kind
- **Overnight Oats**
 - Plain Greek Yogurt 1/2 cup
 - Rolled Oats 1/2 cup
 - Flaxseed 1 Tbsp
 - walnuts 1/4 cup
 - Blueberries 1/4 cup
 - honey or natural maple syrup 2 tbsp
 - 1 tbsp natural peanut butter
 - cinnamon **Important to use
- **Avocado Toast**
 - 2 boiled eggs
 - 1 Slice whole Grain Toast
 - Avocado 1/2 mashed
 - salt, pepper, cayenne
- **Lunch Lettuce Wraps**
 - Grilled or Baked Chicken
 - Lettuce to fold everything in
 - onion 1/4
 - cucumber 1/2
 - spinach 1/2 cup
 - hummus and /or mustard or hot sauce with a dab of ranch

LUNCH/DINNER OPTIONS

- **Cauliflower and Chickpea Coco Curry- NO MEAT option**
 - **Ingredients:**
 - 1 large Cauliflower
 - 2 tablesppons of coconut oil
 - 1/2 Red Onion
 - 1 pepper
 - 1 small jalepeno
 - 4 Cloves Garlic (minced or chopped)
 - 1 tbsp curry powder
 - 1 can no sodium diced tomato
 - 1 can cocnut milk
 - 2 cans chickpeas
 - 1 lime
 - 1/3 cup cilantro-optional
 - salt, pepper
 - 1 cup whole grain quinoa or rice
 - **How to cook:**
 - Chop Cauliflower, red onion, jalapeno, garlic, pepper into small pieces
 - put 1 tbsp of coconut oil in crockpot
 - rinse/drain chickpeas before adding to crockpot
 - put quinoa, all veggies, and spices in crockpot
 - Cook on medium-high in crockpot for 1 hour or until taste
- **Crockpot Salsa Chicken Wraps**
 - **Ingredients:**
 - Chicken Breasts 6-8oz
 - 1-2 cups Chunky Salsa
 - Chicken Stock Low Sodium 1/2 cup
 - Garlic, Onion, Green Chilis (chop)
 - Head of Lettuce
 - Avocado
 - Lime
 - **How to prep/cook:**
 - Place the chicken breasts OR Chop into strips before placing into a slow cooker
 - Pour in 2 cups chunky salsa and stock
 - add chopped vegetables listed above
 - Cover on medium/high for 2 + hrs during work time
 - whole grain wraps to throw chicken in
 - add chicken, lettuce, avocado to wrap and enjoy Mex Style
 - Serve with a squeeze of fresh lime juice- optional

Easy Light & Lean Salad

- **Ingredients:**
- Atlantic Mackerel (5oz)
- Spring Mix 2 cups
- Chopped Cucumber, tomato, Red Onion, Olives,
- Chopped Almonds 1/4 cup
- Lemon Vinaigrette (lemon juice, olive oil, garlic powder, salt pepper)- EASY shake it up!
- **How to make:**
- 1. Bake or grill salmon 425 -20+ min-Add sea salt & pepper
- 2. Chopped all veggies
- 3. Put in bowl and mix it up!

Cool Lunch Mix up

- **Ingredients:**
- 1 chopped sweet potato(5oz)
- Spring Mix or spinach chopped 2 cups
- Zucchini Squash 1/2 chopped
- 1/2 small jar beets (chopped)
- Broccoli 1/4 cup raw chopped
- Balsamic glaze(2 tbsp olive oil, garlic powder, salt pepper, Red Vinegar 1/4 c, 2 tsp honey)- EASY shake it up!
- **How to make:**
- Chopped all veggies
- Put in bowl and mix it up!

SNACKS

- 1 whole grain rice cake, 2 tsp nut butter, cinnamon, agave drizzle
- Fresh Veggies and hummus
- Nuts & seeds (1/4 cup)