

1 CUP (6 OZ) GREEK YOGURT
TOPPING IDEAS: GRANOLA, FRUIT, HONEY, ETC — GET CREATIVE!

STRAWBERRY BANANA OATWEAL

INGREDIENTS

- o 1/2 CUP QUICK OATS
- O 1 CUP WATER
- O STRAWBERRIES
- O BANANAS
- O PINCH OF BROWN SUGAR

DIRECTIONS

- 1. IN A MICROWAVE SAFE MUG/BOWL, PLACE 1/2 CUP OATMEAL AND Q CUP WATER AND MICROWAVE FOR 1:45-2 MINUTES
- 2. ADD IN STRAWBERRY AND BANANA SLICES
- 3. ADD A PINCH OF BROWN SUGAR TO TASTE

OMELET IN A MUG

INGREDIENTS

- O 1 EGG / 2 EGG WHITES
- O SPLASH OF MILK
- SALT AND PEPPER
- COOKING SPRAY
- O OPTIONAL: CHEESE, DICED VEGGIES, COOKED HAM/TURKEY

DIRECTIONS

- 1. SPRAY A MICROWAVE SAFE MUG/BOWL WITH COOKIE SPRAY (OR OLIVE OIL/COCONUT OIL)
- 2. COMBINE INGREDIENTS
- 3. MICROWAVE 1 MINUTE. STIR, RETURN TO MICROWAVE 30 SECONDS $-\ 1$ MINUTE UNTIL SET



AVOCADO TUNA SALAD

INGREDIENTS

- 1 CAN TUNA (IN WATER)
- ½ AVOCADO
- SALT AND PEPPER
- OPTIONAL: CRANBERRIES, PECANS, ONIONS, CELERY, ETC

KALE SALAD

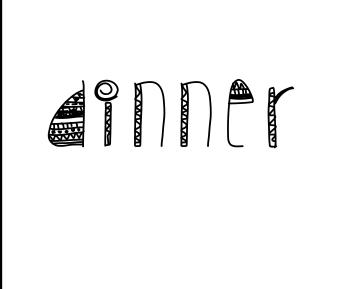
INGREDIENTS

- KALE (WASHED, STEMS REMOVED, CUT/TORN INTO PIECES
- CITRUS JUICE (LEMON, GRAPEFRUIT, ORANGE, TANGERINE, ETC)
- DRIZZLE OF OLIVE OIL
- SALT & PEPPER
- OPTIONAL: CRANBERRIES/DRIED FRUIT, NUTS/SEEDS, CHOPPED FRESH FRUIT, CHOPPED VEGGIES, AVOCADO, ETC

DIRECTIONS

- 4. MASSAGE THE KALE WITH CITRUS JUICE AND OLIVE OIL FOR AT LEAST A MINUTE
- 5. ADD IN MIX-INS AND TOSS
- 6. SALT AND PEPPER TO TASTE

THIS IS A GREAT SALAD TO MAKE EXTRA BECAUSE THE KALE WILL HOLD UP THE CITRUS AND WON'T GET SOGGY. IN FACT, THIS SALAD IS ALMOST BETTER AFTER SITTING FOR A WHILE, OR THE NEXT DAY. YOU WON'T NEED DRESSING, BUT YOU COULD TRY IT WITH A VINAIGRETTE OR TOUCH OF HONEY



BROWN RICE SOYAKI BOWL

INGREDIENTS

- MICROWAVEABLE BROWN RICE MEDLEY
- GRILLED CHICKEN STRIPS
- MIXED VEGGIES (FRESH OR FROZEN CAN BE MICROWAVED)
- SOYAKI SAUCE

DIRECTIONS

- 1. FOLLOW DIRECTION AND MICROWAVE THE BROWN RICE, VEGGIES AND CHICKEN
- 2. MIX, ADD A LITTLE OF THE SAUCE

BAKED STUFFED SWEET POTATO

INGREDIENTS

- SWEET POTATO
- LAUGHING COW CHEESE WEDGES
- GRILLED CHICKEN STRIPS
- MIXED VEGGIES (FRESH OR FROZEN CAN BE MICROWAVED)

DIRECTIONS

- 1. WASH AND CLEAN THE SWEET POTATO
- 2. POKE SWEET POTATO WITH A KNIFE ON DIFFERENT SIDES
- 3. MICROWAVE SWEET POTATO ON A PAPER TOWEL FOR 4-5 MINS (IF LARGE, MAY NEED MORE TIME)
- 4. FOLLOW THE DIRECTIONS AND MICROWAVE THE VEGGIES AND CHICKEN
- 5. CUT OPEN SWEET POTATO, SMEAR LAUGHING COW CHEESE WEDGE
- 6. ADD CHICKEN AND VEGGIES

PASTA

INGREDIENTS

- ½ CUP PASTA
- Q CUP WATER
- SAL
- OPTIONAL: MARINARA SAUCE, ALFREDO SAUCE, OLIVE OIL AND GARLIC, CHEESE
- 1. BOIL WATER/MICROWAVE FOR 1 MINUTE
- 2. ADD % CUP PASTA AND DASH OF SALT
- 3. MICROWAVE TIME VARIES DEPENDING ON TYPE OF PASTA AND HOW YOU WANT THE TEXTURE. START WITH 3-4 MINS AND ADD IF NEEDED
- 4. ADD OPTIONAL SAUCE, OLIVE OIL OR CHEESE



CHOCOLATE CHIP COOKIE IN A CUP

INGREDIENTS

- 1 TBSP BUTTER
- 1 TBSP GRANULATED WHITE SUGAR
- 1 TBSP FIRMLY PACKED DARK BROWN SUGAR
- 3 DROPS VANILLA EXTRACT
- SMALL PINCH KOSHER SALT
- 1 EGG YOLK
- SCANT % ALL PURPOSE FLOWER (SLIGHTLY LESS THAN % CUP)
- 2 HEAPING TBSP. SEMI SWEET CHOCOLATE CHIPS
- 1. MELT BUTTER IN MICROWAVE MAKE SURE NOT TO BOIL
- 2. ADD SUGARS, VANILLA AND SALT, STIR
- ADD FLOWER AND STIR AGAIN. MEASURE A SCANT, SLIGHTLY LESS THAN FULL,
 CUP ALL PURPOSE FLOWER
- 4. ADD CHOCOLATE CHIPS, GIVE FINAL STIR. MIXTURE SHOULD RESEMBLE COOKIE DOUGH
- 5. COOK IN MICROWAVE 40-60 SECONDS. DO NOT COOK PAST ONE MINUTE, CHECK FOR DONENESS STARTING AT 40 SECONDS.
- 6. SERVE WARM.

SIMPLE SUMMER APPLE DESSERT

INGREDIENTS

- 4 MEDIUM APPLES
- ½ TBSP. BUTTER, UNSALTED
- ¼ CUP OATS
- 4 TSP PACKED BROWN SUGAR

DIRECTIONS

- 1. CHOP APPLES
- 2. ADD INGREDIENTS TO MICROWAVE SAFE BOWL
- 3. MICROWAVE ON HIGH FOR 1 MINUTE
- 4. TAKE OUT AND S TIR
- 5. RETURN TO MICROWAVE FOR 3-4 MINUTES, OR UNTIL APPLES ARE TENDER.

