

# breakfast

## GREEK YOGURT PARFAIT

1 CUP (6 OZ) GREEK YOGURT

TOPPING IDEAS: GRANOLA, FRUIT, HONEY, ETC – GET CREATIVE!

## STRAWBERRY BANANA OATMEAL

### INGREDIENTS

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

### DIRECTIONS

1. IN A MICROWAVE SAFE MUG/BOWL, PLACE 1/2 CUP OATMEAL AND 1 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

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

### DIRECTIONS

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

# lunch

## AVOCADO TUNA SALAD

### INGREDIENTS

- 1 CAN TUNA (IN WATER)
- $\frac{1}{2}$  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

# dinner

# 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

- $\frac{1}{2}$  CUP PASTA
- 1 CUP WATER
- SALT
- OPTIONAL: MARINARA SAUCE, ALFREDO SAUCE, OLIVE OIL AND GARLIC, CHEESE

1. BOIL WATER/MICROWAVE FOR 1 MINUTE
2. ADD  $\frac{1}{2}$  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  $\frac{3}{4}$  ALL PURPOSE FLOUR (SLIGHTLY LESS THAN  $\frac{3}{4}$  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
  3. ADD FLOUR AND STIR AGAIN. MEASURE A SCANT, SLIGHTLY LESS THAN FULL,  $\frac{3}{4}$  CUP ALL PURPOSE FLOUR
  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
- $\frac{1}{2}$  TBSP. BUTTER, UNSALTED
- $\frac{1}{4}$  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 STIR
5. RETURN TO MICROWAVE FOR 3–4 MINUTES, OR UNTIL APPLES ARE TENDER.

