

# Shopping list

## Fruits & vegetables

Avocado	1
Baby spinach	2 cup
Carrot	6
Cilantro	2 tbsp
Corn	3 cup
Cucumber	4
Garlic	4 clove
Green bell pepper	1
Green lettuce	1 head
Lime	1/2
Mango	1
Navel orange	1/2
Orange bell pepper	1
Red bell pepper	2
Roma tomato	1
Russet potato	1
Tomato	4
White mushrooms	3
White mushrooms	8 oz
White onion	2
Zucchini	1

## Fish, meat & cheese

Boneless skinless chicken thighs	1 1/2 lb
Boneless, skinless chicken breast	1 1/2 lb
Ricotta cheese	2 cup
Shredded cheddar cheese	1 cup
Shredded mozzarella cheese	1 1/2 cup
Shredded parmesan cheese	1/2 cup
Shrimp, cooked	12 oz

## Cold

Egg	2
Unsalted butter	2 tbsp
Vanilla greek yogurt	1 1/4 cup
Whole milk	3 1/2 cup

## Bread

Bread of choice: sourdough, french, whole grain, or gluten-free	6 slice
---	---------

## Boxed & canned

Chipotle peppers in adobo sauce	1/3 cup
Jasmine rice	1 cup
Lasagna noodles	12 oz
Low sodium vegetable broth	5 cup
Pasta sauce	3 cup
Pureed pumpkin	1/2 cup
Quinoa	2/3 cup
Whole wheat crackers	1 oz

## Condiments & oils

Barbecue sauce	1/2 cup
Extra virgin olive oil	4 tbsp
Honey	2 tbsp
Ranch dressing	1 cup
White vinegar	1 cup

## Seeds, nuts & spices

Chili powder	2 tsp
Coarse salt	1 tsp
Coarsely ground salt	1/2 tsp
Cumin	2 tsp
Dried basil	1 tsp
Dried thyme	1 tsp
Oregano	1/2 tsp
Paprika	1 tsp
Pumpkin pie spice	1 tsp
Salt	3 1/2 tsp

## Baking

Almonds	1 cup
Chia seeds	1/2 cup
Walnuts	1/2 cup

## Frozen

## Other

Toppings for eggs as desired: shredded cheese, nutritional yeast, salsa, chopped peppers, etc.	0
Toppings for fajita bowls as desired: guacamole, sour cream, shredded cheese, salsa, and/or shredded lettuce	0
Toppings for yogurt as desired: berries, granola, or chopped nuts	0
Water	19 1/3 cup



# Barbecue Chicken Thighs

🕒 30 minutes 🍴 4 servings

## Ingredients

1 1/2 lb Boneless skinless chicken thighs  
1/2 cup Barbecue sauce (choose gluten-free for Celiac-friendly)

## Nutrition per serving (estimated)

Calories	250 kcal	Fat	7 g
Carbohydrates	14 g	Protein	33 g
Fiber	0 g	Sugar	8 g
Cholesterol	162 mg	Sodium	501 mg
Vitamin A	121 IU	Vitamin C	0 mg
Calcium	27 mg	Iron	2 mg

## Directions

1. Preheat the oven to 400°F and prepare a baking dish by spraying with cooking spray.
2. Arrange chicken thighs evenly in baking dish. Spread barbecue sauce evenly over each chicken thigh on all sides.
3. Bake chicken 20-30 minutes until it reaches an internal temperature of 165 degrees Fahrenheit. Use food thermometer for best results.

## Notes

### Total Time: 30-40 min

Prep time: 5-10 min | Cook time: 20-30 min

### Serving Size

6 ozs

### Pro Tip

Use a food thermometer for perfectly cooked chicken.

### Cooking Equipment

Baking dish

### Leftovers

Refrigerate in airtight container 3-5 days. Not recommended to freeze.



# Quinoa

🕒 15 minutes 🍴 4 servings

## Ingredients

2/3 cup Quinoa (uncooked, rinsed)

1 1/3 cup Water

1/4 tsp Salt

## Nutrition per serving (estimated)

Calories	104 kcal	Fat	2 g
Carbohydrates	16 g	Protein	4 g
Fiber	2 g	Sugar	0 g
Cholesterol	0 mg	Sodium	102 mg
Vitamin A	4 IU	Vitamin C	0 mg
Calcium	16 mg	Iron	1 mg

## Directions

1. Add quinoa to small saucepan and heat over medium heat. Toast quinoa for 3-4 minutes to improve flavor.
2. Add water and salt and bring to a boil, then reduce heat, cover, and simmer about 15 minutes until liquid has been absorbed.
3. Turn off heat and allow to rest 5 minutes, then fluff with a fork.

## Notes

### Total Time: 23-25 min

Prep time: 3-4 min | Cook time: 20 min

### Serving Size

1/2 cup

### Pro Tip

Rinse quinoa before cooking to remove saponin, a natural coating on quinoa which can make it taste soapy or bitter.

### Cooking Equipment

Small saucepan with lid

### Leftovers

Refrigerate in airtight container up to 5 days. Freeze up to a month; note - long freeze times can cause quinoa to dry out.



# Roasted Carrots & Onions

🕒 35 minutes 🍴 4 servings

## Ingredients

- 6 Carrot (medium, cut into matchsticks)
- 1 White onion (medium, cut into wedges)
- 2 tbsp Extra virgin olive oil
- 1/2 tsp Coarsely ground salt

## Nutrition per serving (estimated)

Calories	110 kcal	Fat	7 g
Carbohydrates	8 g	Protein	1 g
Fiber	3 g	Sugar	6 g
Cholesterol	0 mg	Sodium	355 mg
Vitamin A	15287 IU	Vitamin C	7 mg
Calcium	37 mg	Iron	0 mg

## Directions

1. Pre-heat oven to 400 degrees.
2. Cut carrots into 3-inch matchsticks and cut onion into wedges. Add to baking dish or sheet and toss with oil and salt.
3. Bake 25-30 minutes until soft and starting to brown, stirring once or twice during baking to ensure even cooking.
4. Note: vary cooking time for different oven temperatures as needed. For oven temp of 350-375, roast 30-35 minutes. For oven temp of 425-450, roast for 20-25 min.

## Notes

### Total Time: 35-40 min

Prep time: 10-15 min // Cook time: 25-30 min

### Serving Size

1 cup

### Pro Tip

add your favorite herbs or spice blend - such as taco seasoning or steak seasoning - to give this simple dish more variety.

### Cooking Equipment

Vegetable scrubber or peeler // Cutting board // Chef's knife // Baking dish or sheet

### Leftovers

Refrigerate in airtight container up to 5 days. Not recommended to freeze.

### Cut carrots into 3-inch long matchsticks

scrub carrots well with a vegetable brush or peel to remove all dirt. Trim ends of carrot and discard. Cut into 3-inch long pieces. Cut each 3-inch piece in half lengthwise, then lay flat-side down and cut in half again to make quarters.

### Slice onion into wedges

trim top and base off onion, then peel tough outer layers (usually top 1-2 layers). Slice in half lengthwise and lay the onion with the cut (flat) side face down. Slice the onion into thin wedges, about 1/4-inch thick.



# Spicy Corn Chowder

🕒 1 hour 🍴 6 servings

## Directions

1. Add butter to a large pot (for stove-top method) or sauté pan (for slow-cooker method) and begin to melt over medium heat. Meanwhile, dice onion and mince garlic; add to butter once melted. Sauté 8-10 minutes until onion becomes translucent.

2. While onion and garlic cook, cut potato into small 1/2-inch cubes. Add potato to onion and garlic. Stir in paprika and thyme to vegetables and continue to cook, stirring occasionally, about 10 minutes more while preparing rest of recipe.

3. Stove-top Method: chop chipotle peppers and set aside. Once potatoes have begun to brown, add vegetable broth to pot and stir to deglaze pan, scraping the bottom to incorporate any browned bits into the liquid. Add chopped chipotle peppers, half of corn, and salt to pot. Stir to combine and turn heat to high to bring to a boil. Once boiling, cover with lid, reduce heat, and simmer 30-45 minutes until potatoes are very soft.

4. Slow-Cooker Method: Chop chipotle peppers and add to slow cooker along with half of vegetable broth, half of corn, and all of salt. Add remaining broth to skillet with vegetables and stir to deglaze pan, scraping the bottom to incorporate any browned bits into the liquid. Transfer vegetables and liquid to slow cooker. Stir to combine, cover with lid, and cook on high 3-5 hours or on low for 6-10 hours.

5. Both methods: Once potatoes are fully cooked (soft enough to insert a fork), add milk and cheese. Use an immersion blender to blend until smooth. Stir in remaining half of corn and heat to a simmer before serving.

## Ingredients

2 tbsp Unsalted butter (sub vegan butter for dairy-free)

1 White onion (diced)

4 clove Garlic (minced)

1 Russet potato (large, diced; sub cauliflower for low-carb option)

1 tsp Paprika

1 tsp Dried thyme

1/3 cup Chipotle peppers in adobo sauce (1/3 cup = about 3.5 ozs)

5 cup Low sodium vegetable broth (divided for slow-cooker method; add extra water for longer cook time)

3 cup Corn (fresh, frozen, or canned; divided; 1 1/2 c. = 14.5 oz can; 1 medium ear of corn = about 1/2 cup kernels)

1 tsp Salt

2 cup Whole milk (wait to add until end; sub soy milk for dairy-free)

1 cup Shredded cheddar cheese (wait to add until end; sub plant-based cheese shreds for dairy-free)

## Nutrition per serving (estimated)

Calories	295 kcal	Fat	14 g
Carbohydrates	29 g	Protein	12 g
Fiber	5 g	Sugar	10 g
Cholesterol	39 mg	Sodium	713 mg
Vitamin A	1495 IU	Vitamin C	8 mg
Calcium	253 mg	Iron	1 mg

## Notes

### Total Time: 1-10 hrs

Prep time: 25-30 min | Cook time: 30-45 min (stove-top) OR 3-10 hrs (slow-cooker)

### Serving Size

1 1/2 cups

### Pro Tip

Use gloves or wash hands immediately after chopping chipotle peppers to avoid burning sensation on fingers. If less spicy dish is desired, use half the amount of chipotle peppers as recipe calls for. Sub cauliflower florets in place of potato for a lower-carb version of this recipe. Sub bacon in place of butter if desired.

### Cooking Equipment

Large pot OR sauté pan and slow-cooker | Cutting board | Chef's knife | Immersion blender

### Leftovers

Refrigerate in airtight container up to 5 days; flavor is better the next day. Freeze up to several months.

### Dice onion

trim top and base off onion, then peel tough outer layers (usually top 1—2 layers). Slice in half lengthwise and lay the onion with the cut (flat) side face down. Slice the onion into thin wedges, about 1/4-inch thick, then turn a quarter-turn and dice.

### Mince garlic

smash garlic clove: place flat edge of chef's knife on top of clove and press firmly with palm of the hand; remove papery skin. Cut clove into very thin slices. Stack slices and cut into very thin matchsticks. Turn a quarter-turn and mince finely.

### Cut potato into 1/2-inch cubes

scrub well with a vegetable brush to remove dirt but don't peel to retain nutrients. Slice potato lengthwise into 1/2-inch slices. Lay flat-side down and cut again lengthwise into 1/2-inch matchsticks. Turn a quarter-turn and cut into 1/2-inch cubes.



## Crusty Bread

🕒 1 minute 🍴 6 servings

### Ingredients

6 slice Bread of choice: sourdough, french, whole grain, or gluten-free

### Nutrition per serving (estimated)

Calories	77 kcal	Fat	1 g
Carbohydrates	12 g	Protein	3 g
Fiber	1 g	Sugar	2 g
Cholesterol	0 mg	Sodium	132 mg
Vitamin A	1 IU	Vitamin C	0 mg
Calcium	35 mg	Iron	1 mg

### Directions

1. Choose from sourdough, French, whole grain, gluten-free, or other type of baguette. Top with your desired spread or filling, or serve as a side to soups, salads or entrée.

### Notes

#### Total Time: 1 min

Prep time: 1 min // Cook time: 0 min

#### Serving Size

1 slice

#### Pro Tip

Instead of butter, try coconut oil, olive oil or flaxseed oil.



# Veggie Lasagna Roll-Ups

🕒 1 hour, 30 minutes 🍴 8 servings

## Ingredients

1 gallon Water  
1 tsp Salt  
12 oz Lasagna noodles (12 oz = 12 noodles; choose gluten-free for Celiac-friendly)  
1 Zucchini (small, diced into small 1/8-inch cubes)  
8 oz White mushrooms (roughly chopped into small pieces)  
2 cup Baby spinach (chopped)  
2 cup Ricotta cheese (2 cups = 15 ozs)  
1 cup Shredded mozzarella cheese  
1/2 cup Shredded parmesan cheese  
1 tsp Dried basil  
1/2 tsp Oregano  
3 cup Pasta sauce (3 cups = 24 oz jar)

## Nutrition per serving (estimated)

Calories	368 kcal	Fat	14 g
Carbohydrates	38 g	Protein	20 g
Fiber	4 g	Sugar	6 g
Cholesterol	48 mg	Sodium	1011 mg
Vitamin A	1574 IU	Vitamin C	14 mg
Calcium	305 mg	Iron	2 mg

## Directions

1. In a large pot, bring water and salt to a rolling boil. Add noodles and reduce heat until boiling gently. Cook per package instructions until noodles are soft. Drain noodles and set aside.
2. While noodles are cooking, prepare vegetables, setting aside each separately: dice zucchini into very small (1/8-inch) cubes, roughly chop mushrooms into very small pieces, and roughly chop spinach.
3. In a medium-sized bowl, mix together chopped spinach, ricotta cheese, mozzarella cheese, Parmesan cheese, basil, and oregano
4. Heat oven to 400 degrees Fahrenheit and prepare 9 × 13-inch baking dish by spraying with cooking spray. Add 1/2 c. spaghetti sauce to pan and spread evenly with back of a spoon.
5. Make roll-up: spread about 3 Tbsps cheese mixture over lasagna noodle. Sprinkle about 2 Tbsp. mushroom pieces and 1 Tbsp. zucchini pieces evenly over cheese. Carefully roll noodle into a spiral and place into baking dish horizontally with end of the noodle at the bottom, the open edges on the sides.
6. Continue making roll-ups with remaining noodles and arrange three across and four long in baking dish. Add any leftover vegetables or cheese between rolls, then top with remaining spaghetti sauce.
7. Cover with aluminum foil and bake 30-35 minutes, then remove foil and bake additional 10 minutes until bubbly.

## Notes

**Total time: 1 1/2 hrs**

Prep time: 45-50 min | Cook time: 40-45min

### Serving Size

1 1/2 pieces

### Pro Tip:

For a simpler option, make this as a traditional lasagna in layers instead of rolls. This is a large recipe which takes a lot of hands-on prep, but freezes well if made ahead of time. Too many servings? Make the whole recipe and freeze half. If using refrigerated rolls, bake 50 min covered, then 15-20 min more uncovered. For frozen, thaw overnight; bake at 350 degrees for 60 min covered, then increase to 375 and bake 15-20 min uncovered.

### Cooking Equipment

Large pot | Cutting board | Chef's knife | Mixing bowl | 9 × 13-inch baking dish

### Leftovers

Refrigerate in airtight container up to 5 days. Freeze before or after baking up to several months.

### Dice zucchini

trim ends of squash and discard. Cut in half lengthwise and lay flat side down. Cut into thin strips lengthwise, then turn a quarter turn and cut perpendicular 1/8-inch slices.

### Chop mushrooms

lay mushroom on its side and cut into 1/8-inch slices, including stems. Lay pieces flat and cut into slices again, then turn a quarter-turn and chop roughly.

### Chop spinach

stack spinach leaves into a pile and using chef's knife cut roughly into uneven bite-sized pieces.



# House Salad

🕒 15 minutes 🍴 8 servings

## Ingredients

1 head Green lettuce (roughly chopped)  
4 Tomato (medium, diced)  
2 Cucumber (diced)  
1 cup Ranch dressing (or Other Salad Dressing Of Choice)

## Nutrition per serving (estimated)

Calories	159 kcal	Fat	14 g
Carbohydrates	6 g	Protein	2 g
Fiber	2 g	Sugar	5 g
Cholesterol	8 mg	Sodium	282 mg
Vitamin A	916 IU	Vitamin C	13 mg
Calcium	37 mg	Iron	1 mg

## Directions

1. Chop lettuce, dice tomato and cucumber. Add to a large serving bowl and serve with dressing of choice.

## Notes

### Total Time: 15-20 min

Prep time: 15-20 min | Cook time: 0 min

### Serving Size

2 cups salad

### Pro Tip

Mix & Match any of the ingredients: Greens - spinach, baby kale, romaine, mixed greens | Toppings - sliced red onion, olives, grated or crumbled cheese, chopped bell peppers, shredded carrots, chopped celery, etc

### Cooking Equipment

Cutting board | Chef's knife | Large serving bowl

### Leftovers

Refrigerate salad in airtight container up to 5 days. Keep separate from dressing until ready to eat.

### Chop lettuce

Pull leaves off of base one at a time. Wash each leaf and pat dry. Cut white ends from base of each leaf, cut in half lengthwise, then coarsely chop into bite-sized pieces.

### Dice tomato

using very sharp or serrated knife, slice into 1/4-inch slices lengthwise. Lay slices flat, then slice into 1/4-inch wide strips. Turn a quarter-turn and slice perpendicular to dice.

### Slice cucumber

trim ends and discard, but do not peel (to retain nutrients). Cut in half lengthwise and lay flat side down. Cut into thin strips lengthwise, then turn a quarter turn and cut perpendicular slices to dice.



# Sheet Pan Chicken Fajita Bowls

🕒 30 minutes 🍴 4 servings

## Ingredients

- 2 Red bell pepper (sliced)
- 1 Orange bell pepper (sliced)
- 1 Green bell pepper (sliced; limit 1 green pepper or sub yellow or red for low fructan)
- 2 tbsp Extra virgin olive oil
- 1 1/2 lb Boneless, skinless chicken breast
- 2 tsp Cumin
- 2 tsp Chili powder
- 1 tsp Salt (divided)
- 1 cup Jasmine rice
- 2 cup Water

Toppings for fajita bowls as desired:  
guacamole, sour cream, shredded cheese,  
salsa, and/or shredded lettuce

## Nutrition per serving (estimated)

Calories	461 kcal	Fat	12 g
Carbohydrates	41 g	Protein	41 g
Fiber	4 g	Sugar	5 g
Cholesterol	109 mg	Sodium	815 mg
Vitamin A	3369 IU	Vitamin C	140 mg
Calcium	48 mg	Iron	2 mg

## Directions

1. Preheat oven to 425°F.
2. Slice bell peppers and add to a large baking sheet. Slice chicken breast against the grain of meat into long, thin strips. Add to baking sheet with peppers and toss with oil, cumin, chili powder, and half of salt.
3. Spread chicken and peppers evenly on baking sheet and bake 20-25 minutes until chicken reaches internal temperature of 165 degrees Fahrenheit.
4. Once chicken and vegetables are in the oven, rinse rice in cold water and add rice, water, and remaining salt to a small saucepan. Cover with lid and bring to a boil over high heat, then reduce heat and simmer 10-15 minutes until all water has been absorbed. Turn off heat and let rice sit another 5-10 minutes, then fluff with a fork and serve.
5. While chicken, vegetables, and rice cook, prep additional toppings as desired. Assemble bowls with rice as the base topped with chicken and vegetables, plus toppings as desired: guacamole, sour cream, cheese, salsa, and/or shredded lettuce.

## Notes

### Total Time: 30-35 min

Prep time: 10-15 min | Cook time: 20-25 min

### Serving Size

6 oz. chicken + 1 1/2 cups peppers + 3/4 cup rice

### Pro Tip

Skip the rice and serve chicken and vegetables over tortilla chips as nachos for a fun variation. Add other veggies as desired, such as sliced onion, mushrooms, or zucchini.

### Cooking Equipment

Cutting board | Chef's knife | Large baking sheet | Large bowl | Colander or mesh sieve | Small saucepan with lid

### Leftovers

Refrigerate in airtight container up to 5 days. Not recommended to freeze.

### Slice bell peppers

cut pepper in half lengthwise and with a paring knife cut around the stem to remove. Remove seeds and white membranes along inside of pepper. Slice lengthwise into 1/2-inch wide strips.

### Rinse white rice

Place white rice in a large bowl and add water to completely submerge rice. Stir the rice around with your hand or a spoon, then drain it through a colander or mesh sieve. Repeat once or twice until water is clear when drained.



## Mini Cracker Pizzas

🕒 6 minutes 🍴 1 serving

### Ingredients

1 oz Whole wheat crackers (recommend Triscuits or other large cracker so 1 oz = 6 crackers; sub gluten-free crackers for Celiac-friendly)

1 Roma tomato (thinly sliced)

3 White mushrooms

1/2 cup Shredded mozzarella cheese (sub plant-based shreds for dairy-free and vegan)

### Nutrition per serving (estimated)

Calories	314 kcal	Fat	17 g
Carbohydrates	21 g	Protein	18 g
Fiber	4 g	Sugar	4 g
Cholesterol	44 mg	Sodium	557 mg
Vitamin A	895 IU	Vitamin C	10 mg
Calcium	301 mg	Iron	2 mg

### Directions

1. Slice tomatoes crosswise and slice mushrooms thinly. Set aside.
2. Assemble mini pizzas: top 1 cracker with 1/2 Tbsp shredded cheese, tomato and mushroom slice, and another 1/2 Tbsp of cheese. Microwave 60-90 minute until cheese melts.

### Notes

#### Total Time: 6-7 min

Prep time: 5 min | Cook time: 1-2 min

#### Serving Size

6 mini "pizzas"

#### Pro Tip

substitute or add your favorite pizza toppings as desired: diced bell pepper, pepperoni, or Canadian bacon.

#### Cooking Equipment

Cutting board | Chef's knife | Microwave

#### Leftovers

Prep all ingredients, but wait to assemble and microwave until ready to eat (to prevent crackers from becoming soggy).

#### Slice tomato crosswise

with a paring knife, cut around stem and discard. Lay tomato on its side on cutting board. Use a sharp chef's knife or serrated knife to cut tomato crosswise into thin slices, about 1/4-inch thick.

#### Slice mushrooms

lay mushroom on its side and slice into 1/4-inch slices, including stems.



# Cucumber Slices

🕒 5 minutes 🍴 2 servings

## Ingredients

1 Cucumber

## Nutrition per serving (estimated)

Calories	18 kcal	Fat	0 g
Carbohydrates	2 g	Protein	1 g
Fiber	1 g	Sugar	2 g
Cholesterol	0 mg	Sodium	3 mg
Vitamin A	108 IU	Vitamin C	5 mg
Calcium	21 mg	Iron	0 mg

## Directions

1. Slice cucumber into rounds and serve.

## Notes

### Total time: 5 min

Prep time: 5 min | Cook time: 0 min

### Serving size

1/2 cucumber

### Pro Tip

if desired, dip cucumbers in your favorite sauce, spread, or dressing, such as ranch, buffalo sauce, or hummus.

### Cooking Equipment

Cutting board | Chef's knife

### Leftovers

Refrigerate in airtight container 1-2 days. Submerge in water and keep sliced cucumber up to 1 week in refrigerator; add lime and salt just before serving.

### Slice cucumber into rounds

Do not peel (to retain nutrients). Trim ends of cucumber and discard, then cut into 1/4-inch round pieces.



# Shrimp, Mango & Avocado Salad

🕒 20 minutes 🍴 2 servings

## Ingredients

12 oz Shrimp, cooked (tails removed)  
1 Cucumber (diced)  
1 Mango (cubed)  
1 Avocado (cubed)  
2 tbsp Cilantro (minced)  
1/2 Navel orange (juiced)  
1/2 Lime (juiced)  
1/4 tsp Salt (or more to taste)

## Nutrition per serving (estimated)

Calories	408 kcal	Fat	16 g
Carbohydrates	23 g	Protein	38 g
Fiber	19 g	Sugar	21 g
Cholesterol	274 mg	Sodium	505 mg
Vitamin A	1496 IU	Vitamin C	78 mg
Calcium	174 mg	Iron	2 mg

## Directions

1. Remove tails from cooked, cold shrimp and add to a medium serving bowl. Dice cucumber, cut mango into cubes, cube avocado, and mince cilantro; add to serving bowl with shrimp.
2. In a separate small bowl add juice from orange and lime and mix together with salt. Pour juice over shrimp mixture and stir gently to combine. Serve cold.

## Notes

### Total Time: 20 min

Prep time: 20 min | Cook time: 0 min

### Serving Size

2 cups

### Pro Tip

Add red pepper flakes for an extra kick of spice. Use this as a filling for wraps for a more filling meal.

### Cooking Equipment

Medium serving bowl | Paring knife | Cutting board | Chef's knife | Small bowl

### Leftovers

Best if served immediately. Not recommended to store for more than 2-3 hours.

### Dice cucumber

trim ends and discard, but do not peel (to retain nutrients). Cut in half lengthwise and lay flat side down. Cut into thin strips lengthwise, then turn a quarter turn and cut perpendicular slices to dice.

### Cut mango from pit

Using a paring knife, cut mango lengthwise in halves off the pit (leaving some mango flesh still on the pit): draw knife down flat side of pit to remove flesh. Peel remaining mango still on pit and cut off into small squares to use, as well.

### Cut mango into cubes

Lay mango on cutting board with skin-side down. Use paring knife to cut flesh into 1/4-inch squares, but don't cut through peel. Turn mango half inside-out (flesh is on outside and skin is on inside). Cut along skin of mango to cut off squares.

### Cut avocado into cubes

cut avocado in half lengthwise around pit and carefully remove pit. Hold avocado in non-dominant hand with flesh facing up. Use paring knife to cut flesh of avocado into squares inside shell. Use spoon to scoop out cubes from shell.

### Mince cilantro

cut leafy tops off stems (okay to include some stems). Stack leaves into a pile and chop into approximately 1/8-inch pieces.



# Microwave Egg Omelette

🕒 5 minutes 🍴 1 serving

## Ingredients

2 Egg

1 tbsp Whole milk (sub non-dairy milk for dairyfree)

1/8 tsp Salt

Toppings for eggs as desired: shredded cheese, nutritional yeast, salsa, chopped peppers, etc.

## Nutrition per serving (estimated)

Calories	135 kcal	Fat	9 g
Carbohydrates	1 g	Protein	12 g
Fiber	0 g	Sugar	1 g
Cholesterol	329 mg	Sodium	421 mg
Vitamin A	500 IU	Vitamin C	0 mg
Calcium	68 mg	Iron	2 mg

## Directions

1. Spray a small glass or microwave-safe bowl with cooking spray. Crack two eggs into bowl, add milk and salt and whisk gently with fork to break yolk and combine well. Microwave 1-2 minutes until egg is cooked through.
2. Serve egg with desired toppings.

## Notes

### Total time: 5 min

Prep time: 2-3 min | Cook time: 2 min

### Serving Size

1 egg omelette

### Pro Tip

Serve on English muffin as a homemade breakfast sandwich.

### Cooking equipment

Microwave safe bowl | Whisk or fork

### Leftovers

Refrigerate in airtight container up to 3 days. Do not freeze.



# Pumpkin Spice Chia Pudding

🕒 30 minutes 🍴 4 servings

## Ingredients

- 1/2 cup Chia seeds
- 1 1/2 cup Whole milk (sub soy milk or other non-dairy alternative as desired)
- 1/2 cup Pureed pumpkin
- 2 tbsp Honey (adjust to taste; sub maple syrup for vegan option)
- 1 tsp Pumpkin pie spice (or sub blend of cinnamon, nutmeg, and ground cloves)
- 1/4 cup Vanilla greek yogurt (sub coconut or soy yogurt for dairy-free)
- 1/2 cup Walnuts (chopped)

## Nutrition per serving (estimated)

Calories	311 kcal	Fat	19 g
Carbohydrates	19 g	Protein	10 g
Fiber	9 g	Sugar	16 g
Cholesterol	12 mg	Sodium	45 mg
Vitamin A	4939 IU	Vitamin C	2 mg
Calcium	287 mg	Iron	3 mg

## Directions

1. In a medium size mixing bowl combine chia seed, milk, pumpkin, honey, and pumpkin pie spice. Mix well to thoroughly combine, then cover with lid and refrigerate at least 20 minutes or overnight to thicken.
2. Chop walnuts and set aside at room temperature.
3. To serve, add 1/2 cup chia pudding to a bowl and top with a tablespoon of yogurt and two tablespoons of walnuts.

## Notes

### Total Time: 60 min

Prep time: 10-15 min | Cool time: 20+ min

### Serving Size

1/2 cup chia pudding + 1 Tbsp yogurt + 2 Tbsps walnuts

### Pro Tip

Prep this ahead of time, then divide between mason jars or resealable containers for an easy snack or breakfast on the go.

### Cooking Equipment

Medium mixing bowl | Optional: mason jars or reusable containers with lids

### Leftovers

Refrigerate up to 5 days. Keep walnuts separate to maintain crunch if desired.

### Chop walnuts

stack walnuts in a pile and using a chef's knife chop into small pieces, about 1/4-inch in size.



# Salt & Vinegar Almonds

🕒 1 hour, 30 minutes 🍴 4 servings

## Ingredients

1 cup Almonds (raw, whole)  
1 cup White vinegar  
1 tsp Coarse salt

## Nutrition per serving (estimated)

Calories	218 kcal	Fat	18 g
Carbohydrates	3 g	Protein	8 g
Fiber	4 g	Sugar	2 g
Cholesterol	0 mg	Sodium	583 mg
Vitamin A	0 IU	Vitamin C	0 mg
Calcium	100 mg	Iron	1 mg

## Directions

1. Add almonds and vinegar to a glass or ceramic bowl or jar (non-metal), making sure almonds are completely submerged. Soak almonds 1-2 hours, or longer for stronger vinegar flavor.
2. Once almonds have completed time to soak, heat oven to 325 degrees Fahrenheit.
3. Drain vinegar from almonds and discard. Add salt and toss to evenly coat almonds.
4. Spread almonds on a baking sheet, no more than one layer deep, and bake 15-20 minutes.
5. Remove from oven and allow to cool before serving.

## Notes

### Total time: 1 1/2 - 2 hours

Prep time: 1-2 hours | Cook time: 8-10 min

### Serving Size

1/4 cup almonds

### Pro Tip

for extra vinegar-y taste, use a spray bottle to mist almonds again with vinegar after they come out of the oven.

### Cooking Equipment

Glass or ceramic bowl or jar | Baking sheet

### Leftovers

Store in airtight container at room temperature up to a week.



# Flavored Greek Yogurt

🕒 5 minutes 🍴 1 serving

## Ingredients

1 cup Vanilla greek yogurt (or other flavor of choice; substitute coconut or soy yogurt for dairy-free and vegan)

Toppings for yogurt as desired: berries, granola, or chopped nuts

## Nutrition per serving (estimated)

Calories	130 kcal	Fat	0 g
Carbohydrates	13 g	Protein	18 g
Fiber	0 g	Sugar	11 g
Cholesterol	8 mg	Sodium	68 mg
Vitamin A	0 IU	Vitamin C	0 mg
Calcium	2 mg	Iron	0 mg

## Directions

1. Scoop into a bowl and enjoy plain, or add toppings as desired. Substitute other flavors as desired.

## Notes

### Total time: 5 min

Prep time: 5 min | Cook time: 0 min

### Serving size

1 cup

### Pro Tip

For dairy-free, use coconut, soy, almond, or cashew yogurt instead. Greek yogurt goes through an extra step of straining compared to regular yogurt, giving it a slightly different texture and higher protein content - great for breakfast or a snack between lunch and dinner!