



Tactical Fueling Guide

Kimi Maines, MS, RD, CSSD, LD



Table of Contents

• Nutrition Periodization	pg 3
• Sports Dietitian Fueling Resources	pg 4
• Athlete's Plates	pg 5
• Meal Prep Tips & Techniques	pg 6-7
• Recommended materials	pg 8
• Produce 101	pg 9
• Produce Storage & Longevity	pg 10
• Ingredients Based Grocery list	pg 11
• Meal Prep Hacks	pg 12
• Cookbook & Recipes	pg 13-41
Breakfast	pg 13-19
Lunch	pg 20-26
Dinner	pg 27-34
Snacks	pg 35-41
• Substitutions	pg 42

Nutrition Periodization

Base/Prep Phase

During this phase, focus on establishing a solid nutritional foundation. Emphasize nutrient-dense whole foods, including lean proteins, complex carbohydrates, healthy fats, and a wide variety of fruits and vegetables. Adequate hydration is crucial at all times. The goal here is to get the metabolism to respond predictably as you continue to adjust stimulus (training/calories)

Train-up Phase

As you progress towards specific training goals, adjust your macronutrient ratios to support your activities. For instance, if you're focusing on strength and muscle building, slightly increase your protein intake to aid in muscle repair and growth. Conversely, if you're focusing on endurance, adjust your carbohydrate intake to provide sustained energy.

Event Phase

This phase is all about fine-tuning your nutrition to optimize performance during critical events or assessments. Consider adjusting your timing and portion sizes to ensure optimal energy levels, hydration, and nutrient availability before, during, and after your activities. For a tactical athlete, this might look like attending an academy or school or training event or deployment.

Transition Phase

This period allows your body to recover and recharge. Adjust your nutrition accordingly by incorporating restorative foods, prioritizing quality sleep, and paying attention to your overall well-being. This phase is vital for preventing burnout and supporting your long-term success.

Sports Dietitian Fueling Resources

1

Fort Jackson Commissary

4716 Commissary Way

M – 11:00 – 18:00

T & Sa – 08:30 – 20:00

W – F – 09:30 – 20:00

Sun – 10:30 – 20:00

<https://www.commissaries.com/rewards-and-savings/savings-center/featured-items-sales-flyer>

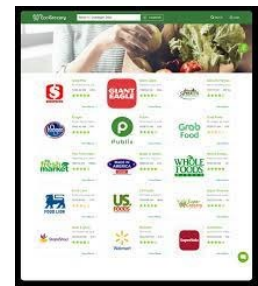


2

Grocery delivery & pick-up services

Save time & money

Build & stick with a grocery list



3

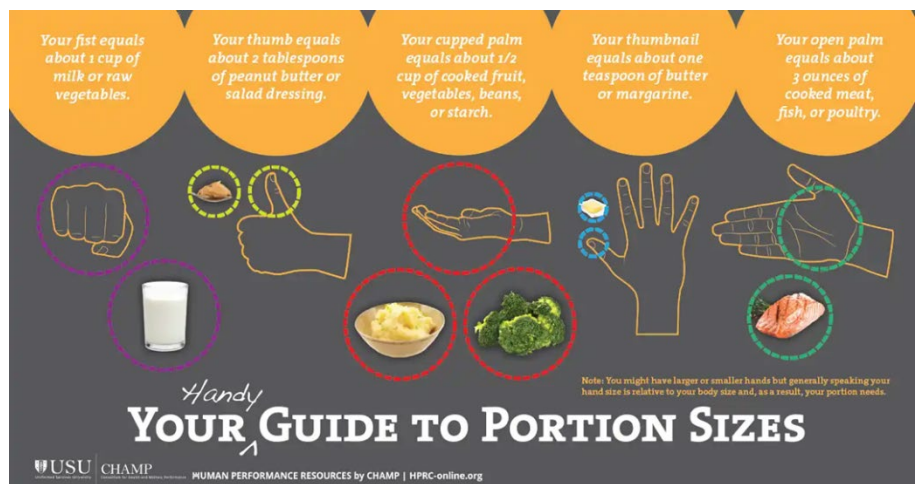
Warfighter Nutrition Guide

<https://www.hprc-online.org/nutrition/warfighter-nutrition-guide>

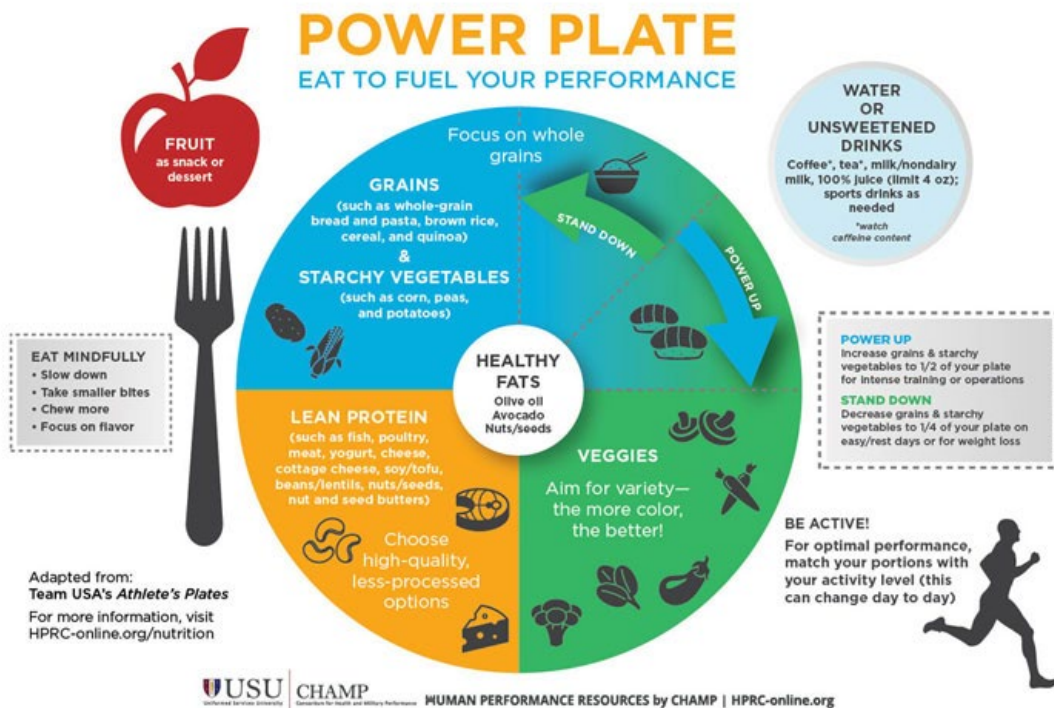


4

Hprc-online.org



Athlete's Plates



Easy Training Plate

Why:

Weight loss, weight maintenance

When:

Low activity/sedentary days, <1 hour of physical activity

What:

Focus on nutrient dense foods that are satiating and promote overall health and wellness

Moderate Training Plate

Why:

Weight maintenance, recovery

When:

1 – 2 hours physical activity, recovery meal from moderate-hard training session

What:

Slightly increased serving size of grains/starches to fuel extra activity/performance needs

Hard Training Plate

Why:

Weight gain, carb-loading, recovery

When:

2+ hours training, foot-marches, ACFT prep

What:

Increased serving size of grains/starches to fuel extra activity/performance needs.
Decreased serving size of fruits/veggies to minimize gastrointestinal distress.

Meal Prep Tips & Techniques

Tip/Technique	How To	Examples
Wash & chop	<p>Mix 2 cups water, ¼ cup lemon juice, & ¼ cup vinegar in a spray bottle. Spray fresh produce and rinse well under cold water.</p> <p>Cut/chop veggies & fruit on a clean cutting board. Store in airtight containers and place in produce drawer.</p>	<p>Wash & chop celery, carrots, & bell peppers. Pull out and add to a sauté pan for stir fries.</p> <p>Wash and slice apples and celery to snack on with peanut butter.</p> <p>Wash and chop cauliflower and broccoli to roast with parmesan.</p>
Sauté/stir fry	<p>Place a large (10-12 inch) sauté pan or wok over medium heat. Let warm up to temp.</p> <p>Drizzle oil of choice in pan, then place veggies &/or protein in pan.</p> <p>Cover with a lid to cook food thoroughly.</p> <p>Sauté over medium heat, stirring with a spatula occasionally until cooked to desired softening.</p>	<p>Omelet: Heat a 10-inch pan over medium heat. Place ½ tbsp butter in pan. Whisk 2 eggs & chopped veggies in a bowl. Add to pan and cover for 3 minutes.</p> <p>Teriyaki chicken/beef: Heat 10-inch pan over medium heat. Lightly drizzle with olive oil and add chicken. Cover with lid and stir with spatula every 4 minutes. Add teriyaki shortly before done cooking. Continue to stir fry until chicken is cooked thoroughly.</p> <p>Fajita veggies: Heat a 10-inch pan over medium heat. Drizzle with avocado oil. Add sliced bell peppers and onions. Season with cumin, salt and paprika. Cover with lid and sauté for 5-7 minutes.</p>
Microwave	<p>Add food contents to a microwave safe bowl – either bpa-free plastic or a glass bowl/container.</p> <p>DO NOT PUT metal of any sort in the microwave.</p> <p>Cover contents with a paper towel or silicone lid.</p> <p>Microwave according to package directions or heat every for 1-2 minutes until thoroughly cooked.</p>	<p>Oatmeal: Place ½ cup dry oats or oatmeal package into a glass bowl. Add 1 cup water. Cover with paper towel and heat for 1 minute. Stir and heat for another 30-60 seconds until done.</p> <p>Instant rice: Place 1 cup instant rice in a glass bowl. Add 1 cup water or chicken broth. Cover with a paper towel or silicone lid. Microwave for 3 minutes. Remove and stir. Continue to microwave for 2 minutes at a time until done. Add soy sauce or taco seasoning to flavor.</p>

Boiling	<p>Place a medium – large size pot filled $\frac{3}{4}$ with water.</p> <p>Cover with lid and bring to boil on high heat.</p> <p>If cooking a grain or beans, rinse with cold water.</p> <p>Add a generous amount of salt and the pasta/grain of choice.</p> <p>Bring down to medium heat and cover with lid. Stir occasionally and continue to cook with lid on until done.</p>	<p>Pasta: 7-9 min cooking time.</p> <p>Rice: 15-20 min cooking time.</p> <p>Quinoa: 15-20 min cooking time.</p> <p>Beans: 20-30 min cooking time.</p>
Roasting/baking	<p>Preheat oven to desired temperature.</p> <p>Line a baking pan/sheet with tinfoil or a nonstick silicone mat. Spray tinfoil with pam spray. Lay veggies or meat on tray and season.</p>	<p>Vegetables: 400F for 30-45 minutes</p> <p>Chicken: 375F for 35-45 minutes</p> <p>Fish: 300F for 20-30 minutes</p> <p>Potatoes: 400F for 30-35 minutes</p>
Baking	<p>Use a meat thermometer to measure internal cooking temp of meats to test for absolute doneness.</p>	<p>Safe minimal internal temperatures:</p> <p>Veal, pork, lamb, beef – 145F</p> <p>Ground meats – 160F</p> <p>Ground poultry – 165F</p> <p>Ham – 145F</p> <p>Poultry – 165F</p> <p>Eggs – 160F</p> <p>Fish – 145F</p>
Crockpot/slow-cooking	<p>Tips:</p> <ul style="list-style-type: none"> - Pick the right meat: beef chuck, short ribs, pork shoulder, spareribs, rump roast, sirloin roast or chicken breast/thighs - Don't overcrowd the crock pot: do not fill more than $\frac{2}{3}$ full - Defrost frozen ingredients before cooking - Add dairy products last: within last 5-10 minutes of cooking (on low) 	<p>Chicken: Place chicken in slow cooker over carrots and onions, breast side up; sprinkle with seasoning mixture. Cook, covered, on low 4-5 hours or until a thermometer inserted in thigh reads at least 170°.</p> <p>Beans: Put 2 cups dried beans into a bowl and soak overnight in cold water. The next day, drain the beans and discard the cooking water. Put soaked beans back into the slow cooker and add enough water to cover beans by 2 inches. Turn cooker to HIGH and cook for 3-4 hours until tender. Drain beans.</p>

Recommended Materials

- 1,2, or 3 compartment meal prep containers
- Large food storage containers with lids/covers
- Stove/ burner
- Medium or large frying pan
- 9 x 13-inch baking pan (medium-large pan)
 - Alternative: large aluminum baking pan
- Large baking sheet/pan
- Wooden or plastic spatula
- Measuring cups (1/4 – 1 cup)
- Rice cooker
 - Alternative: Instant pot, instant rice (ingredient)
- Medium or large stove pot with lid
- Strainer
- Small, medium, and large microwave safe mixing bowls



For free kitchen resources, check out the Fort Jackson Lending Closet!

[Fort Jackson](#) | [Loan Closet Info & Programs](#) | [MilitaryINSTALLATIONS \(militaryonesource.mil\)](#)

Loan Closet Overview

A loan closet is a program that allows service members, families and loved ones to borrow durable equipment or resources especially as they are awaiting their household good. This program varies by service so check out the below information to see what is offered at this installation.

Items Available

The Relocation Readiness Program Loan Closet offers basic household items for temporary loan to families awaiting the arrival of their household goods shipment.

Some of our Lending Closet items include:

- Air Fryers
- Pots and pans
- Dishes and silverware
- Irons and ironing boards
- Toasters
- Coffee pots
- Portable Beds

We do not provide baby items, bed linens, pillows or towels

Call 803-751-5256, option 3 for assistance.

Produce 101

Spring →

Apples
Apricots
Asparagus
Avocados
Bananas
Broccoli
Cabbage
Carrots
Celery

Collard Greens
Garlic
Herbs
Kale
Kiwifruit
Lemons
Lettuce
Limes
Mushrooms

Onions
Peas
Pineapples
Radishes
Rhubarb
Spinach
Strawberries
Swiss Chard
Turnips

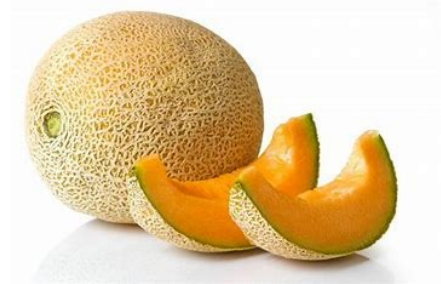


Summer →

Apples
Apricots
Avocados
Bananas
Beets
Bell Peppers
Blackberries
Blueberries
Cantaloupe
Carrots
Celery

Cherries
Corn
Cucumbers
Eggplant
Garlic
Green Beans
Herbs
Honeydew Melon
Lemons
Lima Beans
Limes

Mangos
Okra
Peaches
Plums
Raspberries
Strawberries
Summer Squash
Tomatillos
Tomatoes
Watermelon
Zucchini



Fall →

Apples
Bananas
Beets
Bell Peppers
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Celery
Collard Greens
Cranberries
Garlic

Ginger
Grapes
Green Beans
Herbs
Kale
Kiwifruit
Lemons
Lettuce
Limes
Mangos
Mushrooms
Onions
Parsnips

Pears
Peas
Pineapples
Potatoes
Pumpkin
Radishes
Raspberries
Rutabagas
Spinach
Sweet Potatoes & Yams
Swiss Chard
Turnips
Winter Squash



Winter →

Apples
Avocados
Bananas
Beets
Brussels Sprouts
Cabbage
Carrots
Celery
Collard Greens
Grapefruit

Herbs
Kale
Kiwifruit
Leeks
Lemons
Limes
Onions
Oranges
Parsnips
Pears

Pineapples
Potatoes
Pumpkin
Rutabagas
Sweet Potatoes & Yams
Swiss Chard
Turnips
Winter Squash

Produce Storage & Longevity

When to eat

- Asap (2-5 days)
 - Fruits: apricots, berries, mangoes, peaches, plums, and ripe bananas.
 - Veggies: cooking greens (bok choy, chard, kale, and spinach), cucumbers, and tomatoes.
 - Fresh herbs: basil, chives, and other leafy condiments.
- Soonish (5-7 days)
 - Fruits: cherries, oranges, grapes, and pears.
 - Vegetables: bell peppers, eggplant, broccoli, Brussels sprouts, cabbage, cauliflower, green beans, sweet corn, lettuce, mushrooms, summer squash, and baby potatoes.
- No-hurry (1-2 weeks)
 - Fruits: apples, lemons, and limes.
 - Vegetables: beets, carrots, ginger, onions, large potatoes, sweet potatoes, turnips, and butternut squash.



How to store

- Countertop fruits and veggies
 - Fruits: citrus, bananas, melons, and pineapple.
 - Vegetables: garlic, onions, winter squash, and potatoes.
 - Avocado, peaches, and plums: allow to ripen on the counter. Then, put in the fridge just before it reaches full ripeness.
- Herbs and spices:
 - Basil, mint, and cilantro: trim the stems and stick them in a mason jar filled with two inches of water. Keep them out of sunlight.
 - Ginger: Store in an air-tight zip lock bag.
- Speeding up ripening:
 - Fruit: ripen fruit is on the counter, at room temperature, and inside a paper bag.
 - Keep the bag out of direct sunlight, so you don't accidentally turn it into a brown greenhouse and stew your fruit. Don't use sealed plastic bags either; the poor fruit needs to breathe.
 - If your indoor humidity is low, the fruit can lose moisture. You can reduce this effect by placing it in a vented bowl or metal colander.



Ingredients-Based Grocery List

Produce – fresh, frozen or canned in 100% fruit juice

- Veggies:
 - Broccoli, cauliflower, carrots, zucchini, peppers, squash, onions, tomatoes, cucumber, spinach, spring mix, mushrooms
- Fruit:
 - Apples, bananas, grapes, oranges, berries, pineapple, kiwi, peaches, pears, mango, & melons

Meat/Plant-based Protein

- Ground beef, chicken, or turkey
- Chicken breast or thighs, sausage links
- Pork: lean sausage, pork chops, bacon
- Fish: salmon, tilapia, cod, catfish, or tuna
- Eggs
- Extra firm tofu
- Tempeh
- Shelled edamame

Grains/starches

- Hot cereal: oatmeal, grits, cream of wheat
- Brown or white rice
- Bread: Whole wheat bread, tortillas, English muffins, bagels
- Whole wheat pasta products
- Cold cereal: cheerios, Chex, Life, Kashi
- Beans: Pinto, black beans, lentils, chickpeas, white beans
- Potatoes, sweet potatoes, tater tots, hashbrowns






Dairy

- Yogurt: Greek or regular
- Milk: any % fat
- Dairy alternative: Soy, Lactaid, or Fairlife
- Cheese: slices, shredded
- Sour cream

Fats

- Oils: Olive, avocado, or coconut
- 100% butter or Ghee
- Avocado
- Nuts and seeds

Meal Prep Hacks

Start here	Base – Grains/starches	Protein	Greens	Toppings
Oriental 	Jasmine rice Udon noodles Egg noodles Ramen	Teriyaki chicken Sirloin beef strips Edamame	Shredded carrots Frozen broccoli Shredded cabbage Bean sprouts	Sesame seeds Crushed peanuts Chili sauce Thai peanut sauce Siracha Soy sauce
Mediterranean 	Quinoa Farro Chickpeas	Lemon pepper chicken Orange-glazed salmon Sauteed shrimp Crumbled tempeh	Diced tomatoes Diced green zucchini Mushrooms Chopped red or green onions	Tzatziki sauce Yogurt dill sauce Black olives Capers Sundried tomatoes Olive oil Greek vinaigrette
Italian 	Farro Fusilli noodles Spaghetti Rotini	Italian meatballs Ground beef Ground turkey Prosciutto Baked cod	Diced tomatoes Yellow squash Mushrooms Chopped kale	Olive oil Balsamic glaze Cesar dressing Alfredo Marina
Spanish 	Spanish rice (jasmine w/ taco seasoning) Black beans Corn tortillas	Grilled chicken Ground beef Ground turkey Crockpot chuck roast	Diced bell peppers Chopped red or white onion Corn	Salsa Sour cream Sliced avocado Crushed tortilla chips Enchilada sauce
Indian 	Basmati rice w/ parsley Roasted sweet potatoes Chickpeas	Haloumi cheese Turkey meatballs Grilled harissa chicken Grilled lamb	Diced bell peppers Grilled eggplant Frozen cauliflower	Curry sauce Tiki Masala sauce Curry seasoning

Blueberry Chia Overnight Oats

Oatmeal is a great breakfast choice that is going to keep you full and energized for hours. Oatmeal is a complex carbohydrate that is also high in protein and carbohydrates. Chia seeds contain heart-healthy, unsaturated fats and are a great source of omega-3's (an essential fat that helps to decrease inflammation).

Ingredients:

2.5 cups	Quick or regular oats
4 cups	Milk or dairy-free alternative milk
½ cup	Chia seeds
2 ½ cups	*Frozen blueberries (sub-any
1 Tbsp	Cinnamon
½ cup	*Chopped or sliced almonds (sub-any nut or seed)
1/3 cup	*Almond butter (sub-any nut or seed butter)
5 servings	<i>Optional:</i> vanilla protein (whey or vegan) or peanut butter powder



Directions:

1. Container suggestions: small round Tupperware or mason jars
2. Portion out ½ cup of dry oats, 1 tsp of cinnamon & 1 Tbsp of chia seeds into meal prep container. (*if adding protein powder, do this step here)
3. Pour milk or milk alternative over oatmeal & chia seeds until all oatmeal is covered. Shake the container to mix.
4. Portion ½ cup of frozen berries into each container.
5. Top each container with 1 Tbsp whole/sliced nuts & 1 Tbsp of nut butter.

Substitutions:

*Frozen blueberries	any frozen fruit or fresh banana slices
*Sliced almonds	chopped walnuts, peanuts, pecans or pepitas
*Almond butter	any nut or seed butter

Nutrition facts: **Calories** 510 (650 with protein powder) **Carbs** 52 g
Protein 22 g (47 with protein powder) **Fat** 25 g **Fiber** 15 g

Protein Berry Parfait

Greek yogurt is an excellent source of complete protein. It contains both whey (a fast-digesting protein) and casein (a slow digesting protein), both of which offer unique nutritional benefits when it comes to reaching your health and fitness goals. Fun fact: Greek yogurt also contains probiotics, which are essential to your gut health. Your gut health comprises 70% of your overall immunity, and regularly eating probiotics is the best way to maximize that aspect of your health.



Ingredients:

3 ¾ cups	Vanilla/fruit flavored Greek yogurt or plant-based yogurt
2 ½ cups	*Sliced strawberries and blueberries
1 ¼ cups	Granola or whole grain crunchy cereal (i.e. Kashi, Chex, Cheerios)
1 ¼ cups	*Chopped walnuts
¼ cup	*Optional: Honey

Directions:

1. Container suggestions: Small round Tupperware or mason jars.
2. Portion out ¾ cup of vanilla Greek yogurt into each container.
3. Wash and rinse strawberries and blueberries thoroughly. Slice into small pieces.
4. Portion ¼ cup of granola (or cereal) into each container.
5. Add ½ cup sliced berries to each container and top with ¼ cup of chopped nuts.
6. *Optional: drizzle ½ Tbsp of honey over berries & nuts.

Substitutions:

*Berries	sliced banana or berry varieties
*Chopped walnuts	chopped pecans, almonds or seeds
*Honey	maple syrup, agave, date sugar

Nutrition facts: Calories 450 Carbs 31 g Protein 25 g Fat 27 g Fiber 7 g

Lean Mean Breakfast Sammich

No more wasting time sitting in the fast-food drive through for 15 minutes on your way to work. This high-protein and nutrient dense breakfast sandwich is simple, quick and cheap to prep! Eggs are a great source of protein, iron, B vitamins (energy/metabolism), and choline (cell health). Adding a heart-healthy fat, like avocado, is a great way to add a kick of flavor and boost satiety.



Ingredients:

5	*Whole wheat English muffins
2 ½	Avocadoes, sliced
1	Large tomato, thinly sliced
1 cup	Spinach
5 slices	*Fresh cheddar cheese
10	*Eggs
Dash	Salt & Pepper

Directions:

1. Container suggestions: Small square Tupperware or tinfoil squares.
2. Kitchen tools: Oven or toaster oven. If using oven, preheat to 400F.
3. In a non- stick pan, over medium heat, cook 10 eggs to desired consistency (over hard, etc...)
4. Place whole wheat English muffins on a baking pan over a tin foil sheet. Place a square of cheese on one half of the muffin. Place in the oven or toaster oven for 3-5 minutes.
5. Wash and slice the tomato into 5 slices. Wash and cut the avocado in half, slice into 4 pieces each side, and scoop out with a spoon.
6. When cheese has melted, take the baking pan out of the oven and let cool for 10 minutes. When muffins have cooled, place a fried egg over the cheese, and layer with a slice of tomato, avocado, and lastly, another fried egg on top.
7. Reheat upon eating.

Substitutions:

*Wheat muffin	whole wheat bagel or tortilla
*Cheddar cheese	any fresh, sliced cheese
*Eggs	firm tofu, crumbled and scrambled

Nutrition Facts: Calories 380 Carbs 31 g Protein 18 g Fat 22 g Fiber 8 g

Banana Protein Muffins

Bananas are a rich source of potassium and simple carbohydrates for quick energy. One banana supplies half of your daily amount of recommended potassium! Potassium is an electrolyte that is involved in heart health by working to regulate blood pressure and aiding in proper heart and muscle contractions. Cramps? Eat a banana!



Ingredients:

1 cup	Whole wheat flour
½ cup	Vanilla or non- flavored Protein powder (Whey, hemp, soy, pea, etc)
1 tsp	baking powder
½ tsp	baking soda
¼ tsp	Salt
1 Tbsp	Cinnamon
3 Large	Extra Ripe or De- thawed frozen bananas, mashed
1 Large	Egg
1 Tbsp	Oil
1 tsp	Vanilla extract
¼ cup	Honey
¼ cup	*Optional: chopped nuts

Directions:

1. Preheat oven to 425F. Prepare a muffin pan with cooking spray.
2. In a large mixing bowl, combine mashed bananas (a blender may be useful) with egg, oil, honey and vanilla. Stir until mixture is smooth.
3. In a separate bowl, combine the dry ingredients- flour, protein powder, baking powder, baking soda, salt and cinnamon. Make a hole in the center of the flour mixture and add wet ingredients. Gently stir until combined... don't overmix.
4. Spoon batter into the prepared muffin tins. Top batter with nuts if you desire. Bake muffins for 5 minutes at 425F. Reduce heat to 350F and bake for another 13-15 minutes.
5. Remove the muffins from the oven and allow to cool for 10 minutes on a wire rack.
6. These muffins will stay good in an airtight container on the counter for 3 days, then move to refrigeration.

Nutrition Facts (per muffin): Calories 110 Carbs 15 g Protein 5 g Fat 3.5 g Fiber 2 g
--

Garden Omelet Bites

Eggs are nature's most biologically available protein source, meaning that we absorb, digest and utilize all of the protein that the egg delivers. The iron is a rich source of nutrients as well-including iron, chromium and essential fats. These bites are a great way to sneak in some veggies if you are a picky eater and go great with a whole wheat English muffin or piece of whole wheat toast.



Ingredients:

7 Large	Eggs
½ cup	Chopped bell pepper (any color)
¼ cup	Chopped onion (any color)
1 cup	Chopped spinach (fresh)
¼ tsp	Salt & pepper
1 tsp	Cumin powder
¼ cup	Milk or milk alternative
½ cup	Shredded cheese (any kind)
2 1/2	Sliced avocado
2 Tbsp	*Optional: salsa

Directions:

1. Preheat oven to 400F. Prepare a muffin pan with cooking spray.
2. Wash produce and pat dry. Finely chop peppers, onion and spinach. Set aside.
3. In a large bowl, whisk together eggs, milk, and seasonings.
4. Pour egg batter into muffin tin, leaving 1 cm for the egg to rise.
5. Bake the egg bites for 10- 12 minutes at 400F. Upon removing from the oven, immediately sprinkle with cheese of choice.

Nutrition Facts (per bite): Calories 100 Carbs 3.5 g Protein 5 g Fat 7.5 g Fiber 2 g

Loaded Avo Toast

This meal might be a hot topic right now, but don't succumb to normalcy. By adding additional toppings such as tomatoes, fried eggs and parmesan cheese, you are not only packing on some flavor, but additional nutrients too!

Ingredients:

5 slices	Whole grain toast or bagel
2 whole	Avocado, mashed
2 tsp	Garlic powder
Dash	Salt & pepper
2 whole	Tomatoes, thinly sliced
5	Eggs, fried
½ cup	Parmesan cheese



Directions:

1. Cut avocados in half and spoon out into a medium bowl. Mash with a fork until only small chunks are visible.
2. Add in garlic powder, salt and pepper. Evenly mash into avocado.
3. Wash and thinly slice tomatoes into round pieces.
4. Heat a pan over medium heat. Once hot, spray with non-stick spray and crack in an egg. Fry to your preference.
5. Pop 1 slice of bread into the toaster.
6. Remove the bread when browned, add ⅓ cup of mashed avocado, 2 slices of tomatoes, the fried egg and sprinkle with parmesan cheese.
7. Pair the avo toast with a bowl of berries or small fruit.

Nutrition facts: Calories 340 Carbs 35 g Protein 14 g Fat 15 g Fiber 9 g

Bomb.com Breaky Burrito

Everything tastes better wrapped in a tortilla with cheese! Skip the Burgerking lines and save money with this savory and satisfying breakfast burrito!

Ingredients:

1 ½ cups	8 or 10-inch whole wheat tortillas
1 cup	Eggs, scrambled
2	Potatoes O'Brien,
frozen 2 ½ cups	Bell pepper, chopped
¼ tsp	Cumin
½ Tbsp	Salt & pepper
45 pieces	Avocado, sliced
1 ¼ cup	Shredded cheese (any kind)
1 Tbsp	Salsa



Directions:

1. Wash and diced bell pepper into ½ inch pieces.
2. Heat a large skillet over medium heat. Once hot, lightly coat with non-stick spray. Add peppers, potatoes, cumin and salt/pepper. Sauté for 3 minutes.
3. Add eggs into skillet and scramble with potatoes and peppers until fully cooked.
4. Lay out a tortilla. Sprinkle ¼ cup of cheese. Top with ½ cup of eggs & potatoes.
5. Halve and slice an avocado. Spoon out ¼ onto the eggs.
6. *optional: add salsa (before or after wrapping burrito)
7. Carefully fold the sides of the tortilla first and then roll into a tight burrito.

Nutrition facts: Calories 450 Carbs 38 g Protein 20 g Fat 14 g Fiber 7 g

Quik-Eeezy Quesadilla

This cheesy concoction hits the spot every time! Loaded with veggies and protein, this quesadilla packs in the protein and nutrients, while ditching the extra calories and fat.

Ingredients:

5	10-inch whole wheat tortillas
2 cans	Canned chicken breast
1 can	Canned corn
2	Tomatoes, diced
1 can	Canned black beans, drained
2 cups	Spinach
1 ¼ cup	Shredded cheese (whatever kind)
1 cup	Salsa



Directions:

1. Open and drain chicken and black beans.
2. Wash and dice tomatoes into ½ inch pieces.
3. Heat a large skillet over medium heat. Coat with non-stick spray.
4. While heating, assemble your quesadilla by placing ¼ cup of cheese on one half, then ¼ cup chicken breast, 2 tbsp of corn, ¼ cup black beans, some spinach and some tomatoes.
5. Sprinkle a little bit more cheese on top to hold together. Fold over the other half of the tortilla. Place in heated skillet. Cover with lid and cook for 1 ½ minutes. Flip sides and cook for another 1 ½ minutes.
6. *optional: top with salsa &/or sliced avocado.

Nutrition facts: Calories 360 Carbs 37 g Protein 15 g Fat 15 g Fiber 7 g

Fresher- than- Chipotle Bowls

Don't get me wrong, Chipotle is a fast and healthy option when it comes to choosing fast food places. However, \$10 here and there really adds up. These bowls cost \$1.50 per meal, don't have added oils and are packed with high protein and half your daily recommended fiber! Pairing brown rice with beans supplies you with a complete protein, which means this bowl packs in two complete proteins for you (the other is chicken).



Ingredients:

1 ½ cups	Dry rice or instant brown rice (same nutritional content)
2 ½ cans	Black or pinto beans
2	Peppers, chopped (any color)
2 ½ cans	Corn
¼ tsp	Salt
½ Tbsp	Cumin powder or taco seasoning
5	Large chicken breasts (raw, frozen or pre-cooked)
2 ½	Avocado
1 Tbsp	Oil
2 cups	*Optional: Romaine lettuce, chopped
¼ cup	*Optional: Salsa

Directions:

1. Container suggestions: 5, 2 compartment container or large rectangular Tupperware.
2. If cooking chicken from raw or frozen, preheat oven to 400F. Lightly oil a baking pan and lay out chicken breasts, drizzle with a bit more oil. Once heated, cook chicken breasts for 22- 25 minutes.
3. If cooking rice, follow directions on package for rice cooker or stove top (same direction for using instant rice). Add cumin and salt to the water, or taco seasoning.
4. Once chicken is cooked, let cool for 10 minutes.
5. Wash and chop peppers into ½ inch pieces, set aside.
6. Open cans of corn and beans, drain and set aside.
7. Cut chicken into 1- inch pieces on a clean cutting board and set aside.
8. Portion out ¾ cup of rice into each container. Next, portion ½ cup beans and ½ cup corn and ¼ cup of the chopped peppers on top of the rice. Lastly, portion 1 cup of the cut chicken on top, or, if using a two- compartment container, place the chicken on the smaller side.

Nutrition facts: Calories 670 Carbs 82 g Protein 42 g Fat 19 g Fiber 18 g
--

Grown-UP Grilled Cheese

Who says you are too old for a grilled-cheese! Un-bore your sandwich by adding veggies, protein and different cheeses. The tricky part will be keeping it out of your kiddos' hands!

Ingredients:

5 whole thins	Whole wheat sandwich thins
20 5 slices each	Turkey slices (I suggest cracked black pepper) Provolone, cheddar, pepper-jack
2	Tomatoes, thinly sliced
1 package	Sliced white mushrooms
1 ½ cups	*optional: greens - spinach/arugula/kale



Directions:

1. Heat a large skillet over medium heat. Lightly coat with non-stick spray.
2. While pan is heating, wash and thinly slice tomatoes.
3. On one slice of bread, place 1 slice of cheddar and 1 slice of provolone cheese, 4 slices of turkey, 2 slices of tomato, a few mushrooms and top with 1 slice of pepper jack cheese. Place other slice of bread on top.
4. Place the sandwich in the heated pan and cover with a lid. Cook for 1 ½ minutes each side.

Nutrition facts: Calories 360 Carbs 35 g Protein 30 g Fat 18 g Fiber 9 g

Tuna Fisherman Boats

Are you sick and tired of canned tuna and crackers? Try out these protein-packed and

Ingredients:

2 bunches	Romaine lettuce bunches
2 whole	Red bell pepper, sliced
1	Red onion, chopped
1 bag	Matchstick carrots
5 cans	Canned tuna
½ cup	Mayo



Directions:

1. Thoroughly rinse and peel romaine leaves. Keep intact as much as possible.
2. Wash and chop peppers into thin, length wise strips.
3. Chop red onion into ¼ inch pieces.
4. Drain tuna cans and dump into a large mixing bowl.
5. Add mayo, chopped onion and carrot sticks. Mix well.
6. To assemble tuna boat, place 2 spoonful's of tuna mix into a leaf. Top with 3 slices of bell pepper and sprinkle with carrots.
7. Enjoy 2 boats for a serving. Serve with a side of fruit.

Nutrition facts: Calories 300 Carbs 15 g Protein 30 g Fat 17 g Fiber 3 g

Rainbow Pita Pizza

Satisfy your endless hankering for ooey, gooey cheese pizza with this veggie and color-filled concoction. The best part... it only takes 5 minutes to prepare!

Ingredients:

5 whole	Whole wheat pita bread
2 cups	Marinara sauce
2 large	Bell peppers, chopped (any color)
1/2 cups	Red onion, chopped
1 pint	Mushrooms, sliced
1 ½ cups	Fresh or canned tomatoes (diced/drained)
1 can	Black olives (pieces or cut in half)
1 ½ cups	Mozzarella cheese (whole milk based)



Directions:

1. Preheat oven to 400 F.
2. Line a pizza-baking pan or large baking pan with tinfoil. Lightly coat with non-stick spray.
3. Wash bell peppers and tomatoes.
4. Chop bell peppers and red onion into ½ inch pieces. Slice tomatoes into ½ inch pieces.
5. Place the whole pita bread on a plate or sanitized counter space. Place 2-3 large spoonful's of marinara sauce and use the bottom of the spoon to spread the sauce around the pita.
6. Evenly sprinkle the peppers, onion, tomatoes, mushrooms and olives over the pizza.
7. Top with ¼ cup of cheese.
8. Bake for 6-8 minutes.

Nutrition facts: Calories 370 Carbs 45 g Protein 15 g Fat 18 g Fiber 9 g

Healthy Hawaiian Bowl

This bowl offers a healthy version of a traditional Hawaiian dish- with higher fiber, protein and vitamin C. The protein (shrimp) can be substituted with tuna, salmon, lean beef or chicken to suit your taste preferences, while keeping the bowl high in lean protein. Brown rice is a great whole grain to incorporate at lunch because it gives you longer, sustained energy to tackle the rest of your day. It is also higher in protein and fiber than its counter- part, white rice.



Ingredients:

1 ½ cups	Dry rice or instant brown rice (same nutritional content)
1 cup	Green beans, raw or frozen
2	Peppers, chopped (any color)
2 ½ cups	Pineapple, canned or fresh
¼ tsp	Salt
½ Tbsp	Chinese five spice
45 pieces	Shrimp, cooked
1 ¼ cup	Peanut halves
1 Tbsp	Oil
½ cup	Teriyaki sauce
½ cup	*Optional: chopped green onion

Directions:

9. Container suggestions: 5, 2 compartment container or large rectangular Tupperware.
10. Wash and chop peppers into ½ inch pieces, set aside.
11. Wash and chop green beans into 1- inch pieces, set aside.
12. If cooking shrimp (or other protein) from raw or frozen, remove from the freezer and let defrost in the fridge overnight. To cook, lightly oil a pan over medium heat. Once heated, cook shrimp, peppers and green beans with a vented cover. Season with salt, Chinese five spice and oil when cooking.
13. If cooking rice, follow directions on package for rice cooker or stove top (same direction for using instant rice). Add a pinch of salt to the water.
14. Once shrimp is cooked, let cool for 10 minutes.
15. Open cans of pineapple and set aside. If using fresh pineapple, cut into ½ inch pieces.
16. Portion out ¾ cup of rice into each container. Next, portion 1 ½ cups of the shrimp and veggie mix into the smaller portion. Lastly, portion ½ cup of cut pineapple on top of the shrimp.

Nutrition facts: Calories 645 Carbs 80 g Protein 37 g Fat 22 g Fiber 9 g

Turkey and Taters

Unleash the spirit of Thanksgiving with this ground turkey and sweet potato meal prep! Ground turkey is a leaner alternative to ground beef, and packs a ton of flavor! Season with garlic and onion to load even more flavor, as well as two awesome sources of prebiotics. Prebiotics are the foods that feed the probiotics (good bacteria) that live in your intestines (gut). Do you think that walnuts and almonds are only good in salads? Think again! Topping dishes with chopped nuts is an excellent tactic to add texture and heart-healthy fats to almost any recipe, and can be used to off-set the monotony that seems to plague conventional meal-preps.



Ingredients:

5 medium	Sweet potatoes
5 cups	Green beans, raw or frozen
2 lbs	Ground turkey
1 Tbsp	Garlic powder
½	Red onion, finely chopped
¼ tsp	Nutmeg & cinnamon, each
¼ tsp	Salt
1 ¼ cup	Chopped walnuts
1 Tbsp	Oil

Directions:

1. Container suggestions: 5, 2 compartment container or large rectangular Tupperware.
2. Preheat oven to 450F.
3. Wash and chop green beans into 1- inch pieces, season with garlic powder, set aside.
4. Wash sweet potatoes and cut into ¼ inch- thick fries. Lightly drizzle a baking sheet with oil. Line the cut potatoes evenly across the baking pan. Drizzle lightly with oil, and season with salt, nutmeg and cinnamon. Bake the fries at 450F for 20 minutes, turning them halfway through.
5. If turkey is frozen, remove from the freezer and let defrost in the fridge overnight. To cook, lightly oil a pan over medium heat. Once heated, cook veggies and garlic for 5 minutes. Add turkey to pan and cover for 5 minutes. Continue cooking the turkey and veggies until the turkey is golden brown.
6. Once turkey is cooked, let cool for 10 minutes.
7. Portion out 1 (about 5- 6 pieces) sweet potato into the large portion of the meal prep container. Top with ¼ cup chopped walnuts.
8. Portion out 1 cup of the ground turkey and veggie mix into the smaller portion of the prep container.

Nutrition facts: Calories 490 Carbs 40 g Protein 33 g Fat 25 g Fiber 10 g

Mac & Meatballs

Pasta is not a "bad" food. Whole wheat pasta is full of protein, fiber, vitamins and minerals. The texture is a bit denser and chewier, which promotes greater satiety and gives you longer lasting carbs for sustained energy. Marinara sauce is a great source of lycopene, an antioxidant that is essential to eye health and helps to protect against prostate cancer and heart disease.



Ingredients:

2 ½ cups	Whole wheat macaroni noodles
2 ½ cups	Marinara sauce (your preferred choice- I suggest one with olive oil and no sugar added)
20	Turkey or lean beef meatballs
½	Red onion, finely chopped
5 cups	Cauliflower florets (raw or frozen)
¼ tsp	Salt
1 Tbsp	Oil
1 can	*Optional: black olives

Directions:

1. Container suggestions: 5, 2 compartment container or large rectangular Tupperware.
2. Follow package directions for cooking macaroni.
3. While macaroni is cooking, finely chop ½ of a red onion and set aside.
4. To cook meatballs: heat a large saucepan over medium heat and lightly coat with olive oil. Once heated, add red onions and sauté for 3 minutes.
5. Add meatballs to the pan and drizzle with a bit more oil. Cover with a vented lid and cook according to package. When meatballs are nearing done, add marinara sauce and cover for a remaining 5 minutes.
6. In a microwave or steamer, steam cauliflower for 10 minutes.
7. When macaroni is drained and cooled, pour back into pot and drizzle with oil, tossing all the noodles so each gets coated.
8. Portion out 1 cup of macaroni into the large portion of the prep container. Top with 4 meatballs.
9. Portion out 1 cup of steamed cauliflower into the smaller portion of the prep container (add

Nutrition facts: Calories 430 Carbs 54 g Protein 23 g Fat 14 g Fiber 7 g

Health Nut Bowl

Tilapia is a super source of lean protein, and very reasonably priced! It can take on the flavor of whatever you cook it with, so it is a great fish to experiment new flavors with. This dish pairs it with savory and citrus notes, however you can grill it with pineapple and orange slices, as well as bread it and bake it for some other variations. Quinoa is a whole grain that has received a lot of attention for its high protein and fiber content. It can be a pain to cook, so if you find this challenging, opt to a pre-cooked and packaged quinoa (you can find these at Wal-Mart and the commissary) or substitute for brown rice.



Ingredients:

5 large	Frozen or fresh Tilapia filets
2 cups	Dry quinoa (or 3 $\frac{3}{4}$ cups of pre-cooked quinoa)
1	Lemon, thinly sliced into rounds
2 Tbsp	Dill or parsley, dried
5 cups	Green beans, raw or frozen
1 $\frac{1}{4}$ cups	Sunflower seeds, raw or roasted
$\frac{1}{4}$ tsp	Salt and pepper
1 Tbsp	Oil

Directions:

1. Container suggestions: 5, 2 compartment container or large rectangular Tupperware.
2. If fish is frozen, place in fridge for 8 hours to defrost.
3. Preheat oven to 400F. Spray a large baking sheet or drizzle with oil to coat. Line tilapia out evenly across pan.
4. Wash the lemon and slice into round, thin pieces. Place 2 pieces over the tilapia. Sprinkle with dill or parsley. Place in the oven and bake for 10- 12 minutes.
5. Once quinoa is cooked, set aside to cool. Drizzle with olive oil and stir to coat the grain.
6. In the microwave or steamer, steam green beans for 10 minutes.
7. Once tilapia is cooked, set aside to cool.
8. Portion out $\frac{3}{4}$ cup of quinoa into the large portion of the meal prep container. Place a tilapia filet (with or without lemon slices) on top of the quinoa. Sprinkle with salt and pepper.
9. Portion out 1 cup of green beans into the smaller portion of the container. Top with a very small amount of oil and sprinkle with 2 Tbsp of sunflower seeds for a good source of omega 3's.

Nutrition facts: Calories 585 Carbs 60 g Protein 40 g Fat 25 g Fiber 12 g
--

Pesto Chicken Stuffed Peppers

Did you know that just half of one bell pepper gives you your entire days' worth of vitamin C? Not only is vitamin C essential for your immune system, but it is also a precursor for the building of collagen, the protein that supports muscle tissue and partly makes up tendons, ligaments and skin.

Ingredients:

5 large	Frozen or fresh chicken breasts
2 cups	Dry quinoa (or 3 ¾ cups of pre-cooked quinoa)
5 large	Bell peppers (yellow, orange or red)
2 stalks	Green onions
¾ cups	Pesto
¼ cup	Lemon juice
1 tsp	Salt and pepper
¼ cup	*Optional: chopped parsley



Directions:

1. If chicken is frozen, place in fridge for 8 hours to defrost.
2. Bring a pot of water to a boil. Reduce to a gentle simmer, add chicken and cover. Let simmer until chicken is cooked through, about 15 to 20 minutes. Remove chicken and shred into pieces using two forks.
3. While your chicken cooks, cook your quinoa according to the directions on the package. Fluff with a fork and set aside.
4. Preheat your oven to 375°F (191°C).
5. Cut the tops off of the peppers and discard the seeds and ribs. Place peppers upside down in baking dish and add 2 Tbsp water. Cover with foil and bake for 25 minutes.
6. While peppers are baking, combine the cooked quinoa, shredded chicken, green onion, pesto, lemon juice and sea salt. Mix well and set aside.
7. Remove the peppers from the oven. Carefully remove the foil and turn right-side up. Drain any excess water from the baking dish.
8. With the peppers sitting upright, spoon equal amounts of the pesto chicken filling into each. Cover with foil again, then bake for an additional 20 minutes, or until filling is warmed through and peppers are very tender.
9. Remove the stuffed peppers from the oven and let cool for 10- 15 minutes.
10. *substitute zucchini for peppers if desired. Scoop out about 1 cm to make zucchini boat.

Nutrition facts: Calories 600 Carbs 60 g Protein 40 g Fat 25 g Fiber 15 g
--

Greek Chicken Pizza

Chickpeas are a legume known for their high fiber and protein content. Not only are they nutrient dense, but they are used to make a variety of tasty foods, like hummus, crispy salad toppers and can be added to baked goods to moisten them and add flavor.



Ingredients:

5 small	Frozen or fresh chicken breasts
1 can	Chickpeas (garbanzo beans)
1 large	zucchini
2 cups	Fat free plain Greek yogurt
2 Tbsp	Fresh dill (or dried)
2 Tbsp	Olive oil
5 whole	Whole wheat pitas
1 ¼ cup	Shredded mozzarella
1 tsp	Salt

Directions:

1. If chicken is frozen, place in fridge for 8 hours to defrost.
2. Bring a pot of water to a boil. Reduce to a gentle simmer, add chicken and cover. Let simmer until chicken is cooked through, about 15 to 20 minutes. Remove chicken and shred into pieces using two forks.
3. Preheat the oven to 450 F.
4. Drain and rinse chickpeas thoroughly. Once rinsed, transfer to a small mixing bowl.
5. Pour olive oil and salt into chickpeas and toss the beans until coated. Evenly distribute on a small baking pan. Bake for 8-10 minutes.
6. In another small mixing bowl, combine plain Greek yogurt, dill and salt using a large spoon to make homemade Tzatziki sauce.
7. Wash and finely dice a zucchini and set aside.
8. Lay out whole wheat pitas and top with 2 large spoonful's of tzatziki. Then evenly distribute shredded chicken, zucchini, crispy chickpeas and mozzarella cheese.

Nutrition facts: Calories 565 Carbs 55 g Protein 50 g Fat 18 g Fiber 9 g

Balsamic Glazed Chicken

Chicken doesn't have to be boring, nor should it be! Chicken is a great source of high- quality protein that can be prepared many ways, such as grilling, baking, boiling, roasting and frying. Depending on your nutrition goals, the way you prepare this meat can either

help or hinder your progress. For a lower calorie chicken option, stick with chicken breast and low- fat marinades (as featured in this recipe) and opt for baking, grilling or roasting.



Ingredients:

5	Frozen or fresh chicken breasts
1 ½ cups	Brown rice (uncooked)
2 large (5 cups)	Broccoli crowns, chopped (you can use fresh or frozen)
2 Tbsp	Dijon mustard
¼ cup	Balsamic vinegar
2 Tbsp	Olive oil
1 Tbsp	Dried oregano
1 tsp	Black pepper
1 Tbsp	Honey
1 tsp	Garlic powder
1 tsp	Salt

Directions:

1. Preheat oven to 400°F and line a baking sheet with parchment paper.
2. Place chicken in the center of the baking sheet and arrange the broccoli in a single layer around the chicken. Drizzle oil over chicken and veggies then add half of the salt, pepper and garlic powder. Using your hands, toss or rub the spices evenly all over the chicken and the broccoli. Bake in the oven for 15 minutes.
3. Using a rice cooker, cook rice according to package (or use instant brown rice).
4. Meanwhile, whisk the Dijon mustard, balsamic vinegar, oregano, honey and remaining salt together. Set aside.
5. After the chicken has baked for 15 minutes, remove from oven and brush half the Dijon mixture on top of the chicken and lightly over the broccoli. Return to oven and bake for 10 more minutes.
6. After 10 minutes, repeat step 4 with remaining Dijon mixture. Place back into the oven and continue to bake for 5 to 10 more minutes, or until chicken is cooked through and broccoli is very tender.
7. Remove from oven and serve immediately. Your plate should have 1 chicken breast, 1 cup of broccoli and ½ cup brown rice.

Nutrition facts: Calories 360 Carbs 35 g Protein 30 g Fat 11 g Fiber 4 g

Triple Threat Protein Bake

Incorporating one plant- based meal per week improves your health, grocery expenses and the environment. This recipe includes three super sources of plant- based protein and complex carbs. Combining a whole grain (quinoa) and a legume (black bean) makes a complete protein- meaning it contains all the essential amino acids our bodies require to repair and build muscle tissue.



Ingredients:

2 large	Sweet potatoes (yams)
1 can	Black beans
¾ cup	Quinoa (uncooked)
1 large	Bell pepper of choice
2 stalks	Green onion
2 Tbsp	Olive oil
2 tsp	Chili powder
2 tsp	Cumin
2 tsp	Salt
1 1/3 cup	Vegetable broth
2 ½	Sliced avocados
1 lime	Juiced
¼ cup	*Optional: chopped cilantro

Directions:

1. Preheat oven to 375°F.
2. Drain and thoroughly rinse the black beans, set aside.
3. Wash and cut the sweet potato into 1- inch pieces.
4. Wash and cut the bell pepper into 1- inch pieces.
5. In a large baking dish, add the sweet potatoes, black beans, quinoa, pepper, onion, chili powder, cumin, garlic and sea salt. Stir well to combine and then add the broth.
6. Cover the baking dish with foil and bake for 40 minutes or until the broth has absorbed completely, the quinoa is fluffy and the sweet potatoes are tender. Remove from the oven.
7. Let the quinoa bake sit for 5 minutes before dividing between plates. Top each plate with lime juice, cilantro and avocado.

Nutrition facts: Calories 360 Carbs 35 g Protein 30 g Fat 11 g Fiber 4 g

Fit Friendly Fried Rice and Chicken

Panda Express has got no chance against this more nutritious and fresh spin on fried rice! Less oil, sugar free, full of fiber and goal-friendly.

Ingredients:

1 ½ cups	Brown rice (uncooked) or instant rice
12-16 oz bag	Frozen mixed veggies (corn, carrots, peas)
¼ cup	Oil (sesame, oil or avocado)
5 medium	Eggs
5 medium	Chicken breast (raw or precooked)
2 Tbsp	Soy sauce
2 Tbsp	Sesame seeds
1 ½ Tbsp	Chinese 5 spice or fried rice seasoning



Directions:

Rice:

1. Cook rice in a rice cooker or microwave instant rice according to package directions.
2. Heat a large skillet pan or wok on the stove over medium heat until hot. Drizzle oil over pan.
3. Empty bag of frozen veggies. Use a spatula to stir.
4. Once veggies are almost thawed, crack in eggs. Scramble with veggies.
5. Once eggs are scrambled, add rice and 5-spice (or fried rice seasoning packet).

Chicken:

6. Heat another large skillet pan or wok over medium heat until hot. Drizzle oil over pan.
7. Using kitchen scissors, cut the chicken breast into 1-inch pieces over the skillet and let them fall into the pan.
8. Add soy sauce and sesame seeds. Drizzle with a little more oil. Use a spatula to stir.
9. Cover chicken with a lid and let sauté for 8-10 minutes. Remove lid occasionally to stir.
10. Divide ⅔ cup of fried rice into meal-prep containers. Top with ⅔ cup of chicken.
11. Optional: sprinkle with 2 Tbsp of chopped peanuts.

Nutrition facts: Calories 480 Carbs 45 g Protein 30 g Fat 16 g Fiber 7 g

BurgerQueen and Pauper Fries

You can't beat a juicy, homemade burger and crispy fries! This leaner and more nutritious version of your McD's favorite is high in fiber, protein and vitamin A. Sweet potato fries boast higher fiber and protein than regular fries. Making them at home is also more friendly on your waistline and wallet.

Ingredients:

5	Whole wheat hamburger buns
5	90% lean burger patties (beef or turkey)
5 medium	Yams/sweet potatoes
2 Tbsp	Spinach
¼ cup	Tomatoes, sliced
5	Cheese slice (whatever kind)
2 Tbsp	Olive oil
1 Tbsp	Avocado, sliced
1 tsp	Honey mustard/mustard/hot sauce
1 Tbsp	Salt & pepper



Directions:

1. Preheat oven to 400°F and line a baking pan with parchment paper.
2. Wash & cut the yams into fry shapes. Evenly lay across the baking pan and drizzle with olive oil, salt & pepper. Bake at 400 F for 35-40 minutes.
3. While fries are baking, cook/grill burger patties. To test for doneness, poke the middle of a patty to check the color.
4. Wash and thinly slice the tomatoes.
5. Once the fries and burgers are done, assemble your burger with 1 slice of cheese, sliced avocado, your condiments of choice, small handful of spinach and 2 slices of tomato. Pair with a handful of sweet potato fries.

Nutrition facts: Calories 650 Carbs 75 g Protein 305g Fat 18 g Fiber 12 g
--

Beetles n' Bugs on a Log

Ingredients:

5	3 celery stalks, washed and cut into thirds
¼ cup	Peanut butter
1/3 cup	Raisins
1/3 cup	Chocolate covered raisins
¼ cup	Chopped peanuts



Directions:

1. Place celery pieces on a steady, clean surface.
2. Evenly spread ½ Tbsp of peanut butter into the celery.
3. Place about 4-5 raisins and chocolate covered raisins on the peanut butter, alternating placement of the two toppings.
4. Sprinkle chopped peanuts over the remaining empty spots of peanut butter.
5. Enjoy 4 stalks of celery for a serving.

Pantry Party Trail Mix

No more picking out the raisins and only eating the peanut M&Ms! Try this recipe on for size! Homemade trail mix is an excellent option to save money, help you stick within your calorie goals, and enjoy a customized snack exactly the way that YOU prefer! Homemade trail mix is also a great way to satisfy indulgent cravings without sacrificing the added sugar and other empty calories. Rather than consuming an entire package of M&Ms, just throw in a small handful to mix in with the other power-packed, nutrient dense ingredients.



Ingredients:

1 cup	*Cinnamon Chex cereal
1 cup	*Blueberry Cheerios
1 cup	*Roasted, salted almonds
1 ½ cups	*Pretzel twists
¾ cup	*Dried blueberries
½ cup	Sunflower seeds
½ cup	Dark chocolate chips
½ cup	Unsweetened coconut flakes

Directions:

1. Set out all ingredients and measuring cups.
2. In an extra-large mixing bowl, combine all ingredients.
3. Using your hands or a large wooden spoon, toss ingredients to evenly distribute.
4. Set out 5 plastic sandwich bags.
5. Using a 1 and ½ cup measuring device, portion out 1 ½ cups of the trail mix into baggies.

Cake-5-Ways

What if you were told that you could have your cake...AND eat it too!? Rice cakes are a tasty, whole grain snack to include as pre- or post-workout fuel, or to enjoy during the day. Most of the rice cakes that are available at grocery stores are made from brown rice. They are easy to pack, fast to eat, and can hold a variety of toppings! The real question is... are you a sweet or savory type of person?



Ingredients:

10	Rice cakes (plain or salted)
½	Avocado, mashed
2 Tbsp	*Peanut butter
2 Tbsp	*Almond butter
2	*Large eggs
2 slices	Heirloom or Roma tomato
1	Large banana, sliced
4 whole	Sliced strawberries
2 Tbsp	*Plain or onion & chive cream
2 Tbsp	cheese
6 pieces	*Red pepper hummus
1 Tbsp	Sliced cucumber
1 Tbsp	Roasted, salted sunflower seeds
Dash	*Unsweetened coconut flakes
Dash	Cinnamon
Dash	Ground pepper
	Paprika

Cake Combos: Top 2 rice cakes with the following combinations

Sweet

- Peanut butter + sliced banana + cinnamon
- Almond butter + sliced strawberries + unsweetened coconut flakes

Savory

- Mashed avocado + fried egg + paprika & salt
- Onion & chive cream cheese + sliced cucumber + ground pepper
- Red pepper hummus + sliced tomato + sunflower seeds

ChocoOat Energy Bites

Ingredients:

4 cups	Dry oats (quick or old-fashioned)
¾ cup	Semi-sweet chocolate chips
1 ½ cups	*Unsweetened peanut butter
¼ cup	*Slivered almonds
1 cup	*Raisins
½ cup	Honey
1/3 cup	Ground flax seed
1 Tbsp	Cinnamon
Dash	Salt



Directions:

1. Line a large baking sheet pan with parchment paper or non-stick spray.
2. Spoon out peanut butter into a microwave-safe bowl and heat for 45 seconds.
3. Remove peanut butter from microwave and add in honey. Stir thoroughly for 30 seconds or until honey is dispersed throughout the peanut butter. Set aside.
4. In a large mixing bowl, combine oats, chocolate chips, almonds, raisins, flax seed, cinnamon and salt. Use hands or a large mixing spoon to evenly distribute ingredients.
5. Slowly pour the peanut butter and honey into the oat mixture, stirring frequently with a mixing spoon.
6. Once the peanut butter, honey, and dry ingredients are completely mixed together, use your hands to roll the dough into balls with a 1 ½ inch diameter.
7. Place ChocoOat balls onto the sheet pan. Place in the fridge for 2 hours to harden.
8. To pack with you for snacks, wrap the balls in cling wrap or store in a small, plastic Tupperware.

Nutty Carrot Cake Bars

Ingredients:

1 cup	*Whole wheat flour
1 cup	White flour
1 tsp	Baking soda
1 ½ tsp	Baking powder
2 large	Eggs
2 Tbsp	Ground flax seed
½ cup	*Maple syrup
½ cup	Plain Greek yogurt
1 cup	Raisins
1 cup	Shredded carrots
1 cup	Applesauce
½ cup	*Chopped walnuts
½ cup	Chopped pecans
1 Tbsp	Cinnamon
Dash	Salt



Directions:

1. Preheat oven to 375°F and line a 9 x 13 baking pan with parchment paper or non-stick spray.
2. In a large mixing bowl, combine flours, baking soda, baking powder, cinnamon, salt, raisins, carrots, and flax.
3. In a medium mixing bowl, whisk together applesauce, eggs, and Greek yogurt.
4. Slowly add the mixed wet ingredients to the dry ingredients, stirring frequently until completely mixed (no chunks).
5. Add in maple syrup, walnuts, and pecans and stir until completely mixed.
6. Pour the batter into the baking pan, using a spatula to even the contents.
7. Bake for 25-30 minutes, or until a fork/knife/toothpick comes out clean after testing.
8. *Once cooled, slice into 12 squares. A serving size is one square.

Snacky Sushi

Ingredients:

5	Medium (8 inch) whole wheat tortillas
½ cup	*Almond butter
1/3 cup	*Craisins
¼ cup	*Chopped peanuts
2 Tbsp	Chia seeds
5 medium	Bananas, peeled
2 Tbsp	Honey
Sprinkle	Cinnamon



Directions:

1. Measure out and place all portioned ingredients on a clear preparation surface.
2. Using a plate or cutting board to assemble the sushi, place the tortilla flat on the board.
3. Using the rounded side of a cereal spoon, evenly spread 2 Tbsp of almond butter over the tortilla.
4. Place the peeled banana about a ¼ distance from the top of the tortilla.
5. Sprinkle a few craisins, chopped peanuts and chia seeds over the area close to the banana.
6. Lightly drizzle honey over the banana and a light sprinkle of cinnamon.
7. Spin the tortilla so that the top of the wrap is now the bottom (closest to you). Tightly roll the tortilla over the banana, making sure that the other contents stick to the almond butter and do not fall out.
8. Using a sharp knife, slice the tortilla into 1-inch pieces, resembling sushi.

Real Quik Wrap

Ingredients:

5	8-inch whole wheat tortillas
⅓ cup	Ranch or mayo
20 slices	Turkey slices
1 cup	Spinach
5 slices	Cheddar cheese
1 ½ whole	Avocado, sliced into quarters



Directions:

1. Lay tortilla on a sanitized food prep surface, such as a cutting board or plate.
2. Spread 2 Tbsp of ranch or mayo over the entire tortilla.
3. Place 4-5 spinach leaves over the hummus. Layer 4 slices of turkey over the spinach and place 1 slice of cheese on top.
4. Halve the avocado and remove the pit. Scoop out ¼ avocado slices and place on top of cheese.
5. Carefully and tightly roll the tortilla making sure the contents stay inside the wrap.
6. Cut in half and pack in tinfoil or a rectangular, plastic Tupperware.

Substitutions

Each household has their favorite staples. These are foods that are familiar, easy to cook with, reasonably priced, and versatile. Examples of these include rice, beans, bread, chicken, eggs, butter, and vegetable oil. These foods can easily be substituted with items that keep the dish intact, but can pack a new flavor and/or texture component to the dish.

Pro-Tip

Are you new to brown rice, whole wheat pasta or a certain vegetable? Try mixing the old food with the new!

For example, make stir-fried rice with ½ cup jasmine rice and ½ cup brown rice.

Proteins

Chicken → *tofu, *tempeh, sirloin steak, pork chops

Ground turkey → chicken, *black bean burger

Turkey meatballs → *falafel, beef meatballs

Salmon → *teriyaki tofu, tilapia, cod, shrimp, tuna

Mozzarella → feta, ricotta, parmesan, *nutritional yeast

Eggs → *extra firm (crumbled) tofu, *mashed chickpeas, *edamame

Fats

Olive oil → avocado, EVOO

Coconut oil → peanut, sesame
Peanut butter → almond or cashew butter

Sunflower seeds → pumpkin seeds

Butter (for baking) → Greek yogurt, avocado

Grains

Rice → quinoa, barley, millet, farro, cous cous

Potato → sweet potato, purple sweet potato, fingerling potatoes

Whole Wheat wrap → whole wheat pita bread, whole wheat pizza crust

Macaroni pasta → whole wheat spaghetti or penne, rice noodles, soba noodles

**Denotes plant-based substitutions*