

A decorative floral branch with green leaves, yellow flowers, and small orange berries, extending from the top right towards the center.

Fast Food for the Famished

A decorative floral branch with green leaves, yellow flowers, and small orange berries, extending from the bottom left towards the center.

Welcome
Be Our Guest

Brooke Prickett and Bev Boyd



A vertical decorative border on the right side of the page, featuring stylized green and yellow floral and leaf motifs. The design includes various green leaves, stems, and small yellow and orange flowers, creating a natural, garden-like feel.

Mason jars

Sealable plastic bags of different sizes

Packable utensil set

Cloth napkin

Dry erase marker (to write on container)

Sharpies for labeling plastic bags



Busy Bee *Breakfasts*



Tips and tricks for making it quick

- When making pancakes on the weekend-make extra. Freeze individually on a sheet pan and then place a piece of wax paper between to store in the freezer. Makes for easy take out.
- Make a large batch of smoothies, pour into muffin tins to freeze. Next time you want a smoothie, toss two or three smoothie cups into a blender for a quick and easy breakfast.
- Prep extra bacon, sausage, and veggies over the weekend to throw into eggs or tortillas.
- Use unsweetened frozen fruit in your smoothies ultra cool and frothy.
- Pour old-fashioned oatmeal ($\frac{1}{2}$ cup) and dried fruit with your favorite flavors into a mason jar and store in the cupboard. Add boiling water (1 cup) and stir. Let sit 10-20 minutes. Prep before you leave and, by the time you get to work, breakfast is ready!





[EGG CUPS](#)



[SLOW COOKER OATS](#)



[HAM, EGG ROLL-UP](#)



[SHEET PANCAKES](#)



[Make-Ahead Breakfast Bowls](#)



[Omelette in a Jar](#)



[Freezer Friendly Taquitos](#)



[Banana Chocolate Chip
Oatmeal Cups](#)

Crockpot Breakfast Casserole

INGREDIENTS

1 cup chopped green onions
1 red bell pepper, chopped
1 can (4 ounces) diced mild green
chilies
1/4 cup chopped fresh cilantro
1 pkg (30 ounces) frozen shredded
hash browns
1-1/2 cups shredded Cheddar cheese
12 eggs
1 cup milk
1/2 teaspoon salt
1/8 teaspoon pepper

INSTRUCTIONS

Cook sausage; cut into pieces and set aside.

In a bowl, combine the green onions, red pepper, chilies and cilantro; set aside.

Spray slow cooker with cooking spray.

Layer a third of the hash browns, sausage, green onion mixture and cheese. Repeat 2x.

In a large bowl, whisk the eggs, milk, salt and pepper; pour over casserole.

Cover and cook on low for 7-8 hours or until a thermometer inserted into the center reads 160°F.



Blue Blueberry Muffins

Ingredients:

$\frac{3}{4}$ cup melted butter

1 cup sugar

2 beaten eggs-whip with fork

2 t. of baking powder

$\frac{1}{2}$ t. Salt

1 cup fresh or frozen blueberries

$\frac{1}{2}$ cup blueberry pie filling

2 cups plus 1 T. flour

$\frac{1}{2}$ cup milk

Crumb Topping:

$\frac{1}{2}$ cup sugar

$\frac{1}{3}$ cup flour

$\frac{1}{4}$ cup softened butter



Blue Blueberry Muffins

Prepare muffin pans - baking cups or grease bottoms only

Mix butter and sugar, add beaten eggs, baking powder, and salt and mix thoroughly.

Put blueberries and 1 T. of flour in bag and shake to coat blueberries. Save for later.

Add 1 cup flour and half of milk, mix add remaining 1 cup flour and milk and mix.

Add blueberry pie filling and mix-dough will be slightly blue. Fold in the floured blueberries.

Fill muffin cups $\frac{3}{4}$ full - may make more than a dozen.

Crumb Topping

Mix flour and sugar and then add butter -cut in till crumbly. Sprinkle on top of muffins.

Bake at 375* for 25 - 30 minutes



Snacks in a Snap



Tips and tricks for making it quick

- Portion cut fruits, veggies, nuts, and other snacks into small baggies/containers ahead of time for smart and ready, portion-controlled snacks.
- Paper bag popcorn- 1/2t oil and ½ cup of popcorn, lunch bag- 2 ½-3 minutes-keep bag sitting up
- Choose your favorite variety of nuts, dried fruits, chocolate chips, etc. to make your own trail mix
- Make your own chips- 4 flour tortillas, cut into wedges, sprinkle with sugar and cinnamon-Bake 400* for 8-10 minutes
- Cut wonton wrappers into triangles, coat lightly with canola oil or spray-Bake 375* -10 minutes- sprinkle with powdered sugar- try other flavors-cocoa, chipotle chili powder, favorite seasoning- cool keep in airtight container-4 days





AVOCADO/CHIPS



TRAIL MIX



CINNAMON APPLES



CHOCOLATE BERRIES



Sweet and Salty Granola



Chocolate PB Banana Cups



Grab & Go Veggie Cups



Spicy Baked Chickpeas

Jalapeno Cheese Crackers

INGREDIENTS

- ✦ 5 medium jalapenos
- 2-3 tbsp olive oil
- 1/2 tsp onion salt or powder
- 6 -8 one ounce naturally aged cheese slices.
(parmesan works best, but swiss, provolone,
havarti all work)
- pepper
- tabasco or ranch sauce for dipping (optional)
- parchment paper



Jalapeno Cheese Crackers

INSTRUCTIONS

Preheat oven to 450F

Slice your jalapeno into thin slices. About half an inch thick.

Toss jalapeno slices with olive oil and onion powder, pepper, and arrange flat on baking tray with parchment paper.

Bake for 10 to 15 minutes or until jalapeno slices are crispier.

Remove jalapenos and let cool. Blot jalapenos with towel so you remove extra oil.

Place your oven at 400F now. Re-line your baking tray with parchment paper.

Take half of your cheese slice and cut in half or into 2-3 pieces.

Fold it around the jalapeno slice/ring. Make sure it's still flat.

Place on baking sheet with parchment paper.

Bake at 400 for about 6-7 minutes or until cheese is crispy. Provolone and havarti take around 10 minutes or so to bake crispy. Just depends on oven.

Remove from oven, let cool, then season with more pepper/sea salt if desired.

Serve with tabasco or ranch sauce. It's great!



Cherry Almond Chocolate Clusters

Ingredients:

1 cup whole roasted almonds, coarsely chopped

½ cup dried cherries, coarsely chopped

6 ounces dark chocolate or bittersweet chocolate (60%-70% cocoa solids) finely chopped

Instructions:

Toss together cherries and almonds in a bowl. Line a baking pan with wax paper.

Melt half of chocolate over a double boiler-remove and stir in remaining chocolate-set pan over a pot of warm not boiling water to keep chocolate the correct temperature.

Stir fruit/nut mixture into chocolate and drop by heaping tablespoons on the baking sheet. Refrigerate 20 minutes until set. Store and serve at room temperature.



Lazy Day, Laid Back Lunches



Tips and tricks for making it quick

- Seasoned meat 3 ways
- Mason jar salads
- Celery/veggies on end in plastic container with dressing/dip on bottom
- Marinade meats when you're packaging to freeze them
- Make a solution of 1/2 teaspoon ascorbic acid (found in the pharmacy or canning section of grocery stores) per 3 Tablespoons of water, or 1 Tablespoon fresh lemon juice in 4 cups (1 quart) water. Sprinkle or dip the fruit with the solution and let dry.
- Always make extra and package up right away for next day or freezer.
- Set aside a couple of hours on Sunday and do all prep for the week.





[LOW CARB PIZZA](#)



[ADULT LUNCHABLES](#)



[MAKE AHEAD WRAPS](#)



[SHEET KOREAN CHICKEN](#)



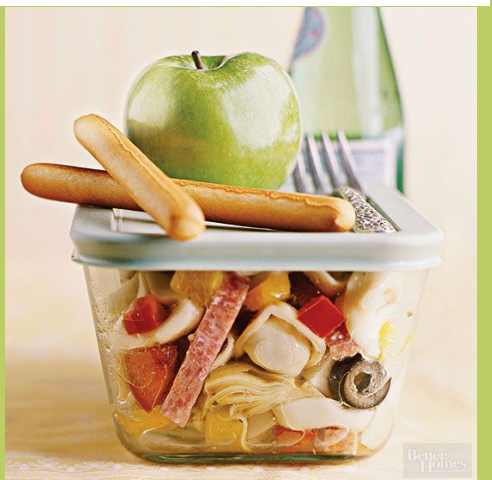
[Make and Freeze Fajitas](#)



[Homemade Cup of Noodles](#)



[Stuffed Taco Shells](#)



[Antipasto Tortellini Salad](#)

Asian Chicken Salad Lettuce Wraps

INGREDIENTS

2 cups chopped cooked chicken

4 green onions, diagonally sliced (1/4 cup)

1 can (8 oz) water chestnuts, drained, finely chopped

½ cup spicy peanut sauce (from 7-oz bottle)

1 tablespoon chopped fresh mint leaves

¼ teaspoon crushed red pepper flakes

24 small Bibb lettuce leaves (about 1 1/2 heads)

½ cup chopped roasted salted peanuts

INSTRUCTIONS

In medium bowl, mix all ingredients except lettuce and peanuts.

Spoon about 2 tablespoons chicken mixture onto each lettuce leaf. Sprinkle with peanuts.





Honey Sesame Chicken

Ingredients

Honey Sesame Sauce:

- ¼ cup chicken stock or water
- ¼ cup soy sauce (I use [reduced sodium](#))
- ¼ cup honey
- 1 tablespoon sesame oil
- ½ teaspoon red pepper flakes
- 1 teaspoon cornstarch

Chicken Lunch Bowls:

- ¾ cup uncooked rice
- 1 tablespoon olive oil
- 3 cups broccoli, chopped into small pieces
- 3 cups snap peas, cut into small pieces
- 2 large chicken breasts, cut into small pieces
- salt & pepper
- red pepper flakes (optional)
- sesame seeds (garnish)



Honey Sesame Chicken

INSTRUCTIONS

Shake together all honey sesame sauce ingredients and set aside.

Cook rice according to package instructions. Divide between 4 storage containers.

Heat olive oil in a large pan. Add broccoli and snap peas. Cook for 5 or so minutes, until bright green and tender. Add to the rice in the storage containers.

Add additional olive oil if necessary.

Add the chicken to the pan. Season with salt and pepper, and red pepper flakes (if desired). Cook for 7 or so minutes, until cooked through.

Add the sauce to the pan and simmer for 2 minutes, until thickened.

Add the chicken to the lunch containers and drizzle with sauce. Garnish with sesame seeds if desired.

Store in the fridge for up to 4 days.
Reheat to serve.



Laid back lunches

Mason jar salad

Adult lunchable

Frozen items (thaw in your lunch box)

Pepper bowls (ground turkey, pizzas)



Things that freeze well and those that don't

Freeze:

- Bacon bits-homemade
- Fruits-bananas, berries, peaches, grapes
- Cakes, muffins
- Soups
- Casseroles
- Veggies
- Hard cheeses- shredded cheddar
- Granola
- Meats

Don't Freeze:

- Dairy products-like soft cheeses
- Veggies and Fruits with high water content-lettuce, celery, cucumber, watermelon, tomatoes
- Mayonaise



RESOURCES

<http://mealpreponfleek.com/35-sheet-pan-recipes-will-change-life/>

<http://happymoneysaver.com/cold-lunches-in-a-day/>

<http://mealpreponfleek.com/25-grab-go-make-ahead-breakfast-ideas/>

<https://greatist.com/health/healthy-fast-breakfast-recipes>

<https://greatist.com/eat/healthy-breakfast-ideas-you-can-meal-prep>

<http://www.prevention.com/eatclean/healthy-lunches-to-eat-all-week/slide/7>

https://www.buzzfeed.com/sallytamarkin/insanely-good-snacks-you-can-make-ahead?utm_term=.ddgDM00bR#.emeVAQQp4

<http://ohsheglows.com/>

<http://www.godairyfree.org/news/healthy-packable-school-work-snacks>

<http://www.theleangreenbean.com/50-packable-lunch-ideas/>



Bon Appetite !

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