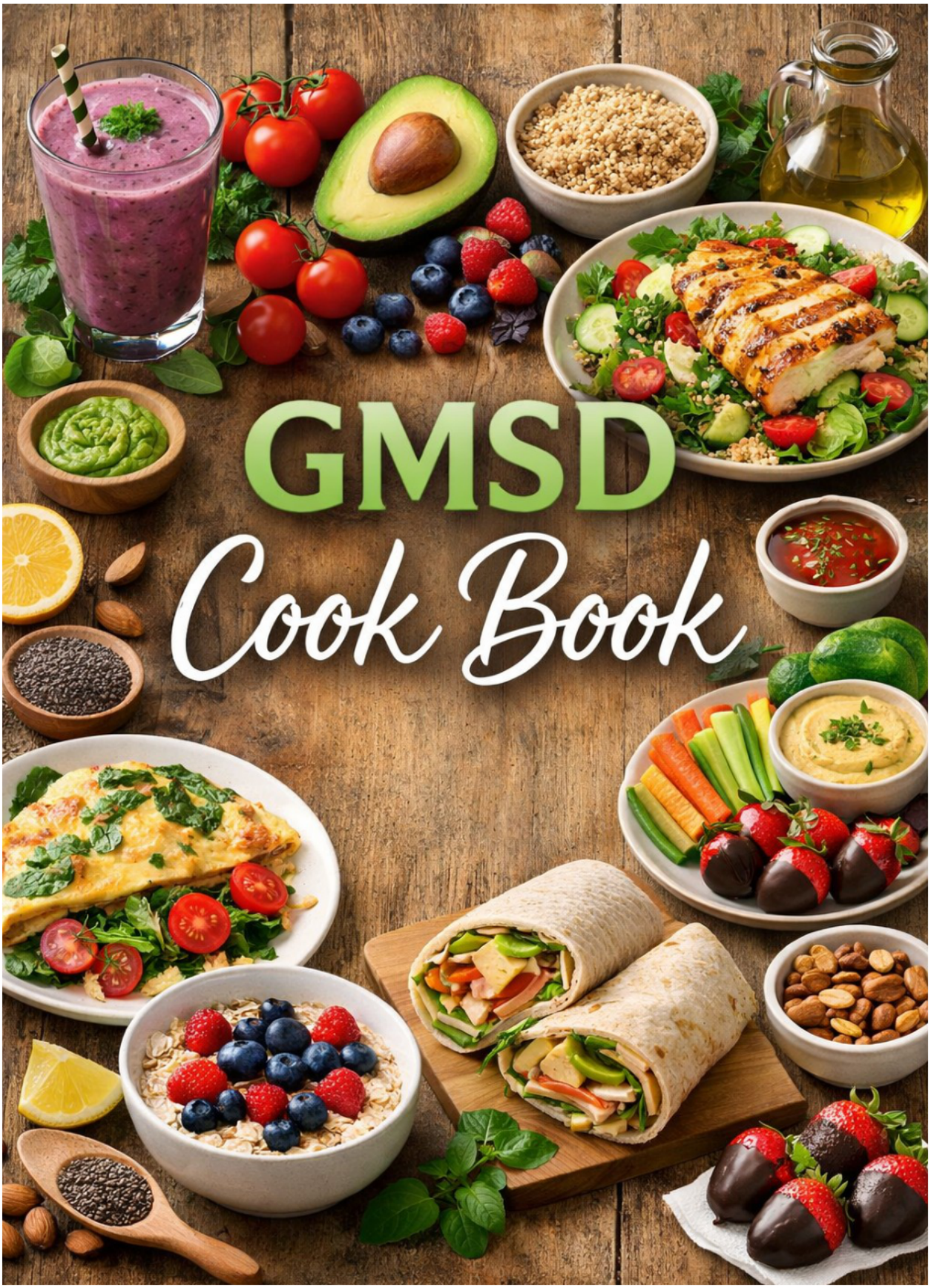

GMSD
Cook Book

About This Resource

Welcome to the GMSD Health Recipes Cook Book — Recipe Card Edition, created by the Germantown Municipal School District (GMSD) Department of Coordinated School Health (CSH). This cookbook was built to make healthy eating realistic for busy school employees and families — with practical recipes you can actually use on a weekday.

Inside, you'll find approachable meals, snacks, and simple favorites that prioritize energy, balance, and feel-good nutrition without being complicated or expensive. Many recipes include easy swap ideas and prep notes so you can adapt them to allergies, preferences, and your schedule.

Why this cookbook is valuable:

- Recipe cards that are easy to skim and follow (ingredients, steps, and quick tips).
- A Quick Browse Index to help you jump straight to a recipe when time is tight.
- Mix-and-match ideas, storage notes, and time-saving shortcuts to support meal prep.
- Sections for breakfasts, lunches, dinners, snacks, sauces, and more — plus extra volumes and tools.
- Next-level resources like shopping lists, meal plan templates, and build-your-own formulas.

Start small: pick one recipe to try this week, save your favorites, and keep this PDF handy for quick inspiration. Your health matters — and small, consistent choices add up.

Created by the GMSD Department of Coordinated School Health (CSH).

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Avocado Toast with Egg

Breakfast

Quick Labels: Breakfast | Quick | Vegetarian | Lean Protein | Whole

Ingredients

- 1 slice whole-grain bread
- ½ avocado, mashed
- 1 egg (poached, boiled, or scrambled)
- Salt and pepper to taste
- Optional: red chili flakes, cherry tomatoes, or arugula

Directions

1. Toast the bread until golden.
2. Spread the mashed avocado on the toast.
3. Top with the cooked egg and season with salt, pepper, and any optional toppings.

Allergen notes: Contains: egg, wheat/gluten. Swaps: use tofu scramble or chia/flax 'egg' in baking-style recipes (where it works); use gluten-free bread/wraps/pasta or serve over greens/rice.

Berry Green Smoothie

Breakfast / Smoothies

Quick Labels: Smoothie | Quick | Vegetarian

Ingredients

- 1 cup spinach or kale
- 1 cup unsweetened almond milk
- ½ cup frozen mixed berries
- 1 banana
- 1 tbsp chia seeds or flaxseeds
- [[PAGE 5]]
- Optional: 1 scoop protein powder

Directions

1. Blend all ingredients until smooth.
2. Pour into a glass and enjoy!

Allergen notes: Contains: dairy, tree nuts. Swaps: swap dairy milk/yogurt for unsweetened plant- based versions; use dairy-free cheese or omit cheese; use sunflower butter or seeds (pumpkin/sunflower) instead of nuts/nut butters.

Quinoa Salad with Chickpeas and Veggies

Lunch

Quick Labels: Salad | Quick | Vegetarian | Lean Protein | Whole Grains

Ingredients

- 1 cup cooked quinoa
- ½ cup canned chickpeas, rinsed and drained
- 1 cup chopped veggies (e.g., cucumber, bell pepper, cherry tomatoes)
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp garlic powder
- Salt and pepper to taste
- Optional: feta cheese or avocado

Directions

1. In a large bowl, combine quinoa, chickpeas, and veggies.
2. Drizzle with olive oil and lemon juice, then sprinkle with garlic powder, salt, and pepper.
3. Toss to combine and top with optional ingredients.

Allergen notes: Contains: dairy. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese.

Turkey and Hummus Wrap

Lunch

Quick Labels: Wrap/Sandwich | Quick | Lean Protein | Whole Grains

Ingredients

- 1 whole-grain tortilla or wrap
- 2 tbsp hummus
- 3-4 slices lean turkey breast
- ½ cup spinach or arugula
- ¼ avocado, sliced
- Optional: shredded carrots or cucumber slices

Directions

1. Spread hummus on the tortilla.
2. Layer turkey, spinach, avocado, and any optional veggies.
3. Roll tightly and slice in half.

Allergen notes: Contains: wheat/gluten. Swaps: use gluten-free bread/wraps/pasta or serve over greens/rice.

Greek Yogurt Parfait

Quick Start Guide

Quick Labels: Recipe | Quick | Vegetarian | Lean Protein

Ingredients

- 1 cup plain Greek yogurt
- ¼ cup granola (low-sugar)
- ½ cup fresh berries
- 1 tsp honey or maple syrup (optional)

Directions

1. Layer Greek yogurt, granola, and berries in a glass or bowl.
2. [[PAGE 7]]
3. Drizzle with honey or maple syrup if desired.

Allergen notes: Contains: dairy. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese.

Veggie Sticks with Guacamole

Plant-Based

Quick Labels: Recipe | Plant-Based | Lean Protein

Ingredients

- 1 cup mixed veggie sticks (carrots, celery, bell peppers)
- ½ cup guacamole (store-bought or homemade)

Directions

1. Arrange veggie sticks on a plate.
2. Serve with guacamole for dipping.

Allergen notes: No common top allergens detected (always double-check ingredient labels).

Dark Chocolate-Dipped Strawberries

Plant-Based

Quick Labels: Recipe | Plant-Based

Ingredients

- 1 cup fresh strawberries
- ½ cup dark chocolate chips (70% cacao or higher)
- 1 tsp coconut oil

Directions

1. Melt chocolate chips and coconut oil in the microwave in 30-second intervals, stirring in
2. between.
3. Dip strawberries into the melted chocolate and place on parchment paper.
4. Let cool in the fridge until the chocolate hardens.
5. [[PAGE 8]]

Allergen notes: No common top allergens detected (always double-check ingredient labels).

Banana "Ice Cream"

Dessert

Quick Labels: Better-For-You Dessert | Vegetarian

Ingredients

- 2 frozen bananas, sliced
- Optional: 1 tbsp peanut butter or cocoa powder

Directions

1. Blend the frozen banana slices in a food processor until creamy (add optional ingredients for
2. extra flavor).
3. Serve immediately as soft-serve or freeze for 1-2 hours for a firmer texture.

Allergen notes: Contains: dairy, peanut. Swaps: swap dairy milk/yogurt for unsweetened plant- based versions; use dairy-free cheese or omit cheese; use sunflower butter or seeds (pumpkin/sunflower) instead of nuts/nut butters.

Chia Seed Pudding

Quick Start Guide

Quick Labels: Recipe | Vegetarian

Ingredients

- ½ cup unsweetened almond milk
- 2 tbsp chia seeds
- 1 tsp honey or maple syrup
- ½ tsp vanilla extract
- Optional: fresh fruit or granola for topping

Directions

1. Mix almond milk, chia seeds, honey, and vanilla extract in a jar or bowl.
2. [[PAGE 9]]
3. Stir well and refrigerate for at least 4 hours or overnight.
4. Top with fresh fruit or granola before serving.

Allergen notes: Contains: dairy, tree nuts. Swaps: swap dairy milk/yogurt for unsweetened plant- based versions; use dairy-free cheese or omit cheese; use sunflower butter or seeds (pumpkin/sunflower) instead of nuts/nut butters.

Oatmeal with Fresh Fruit and Nuts

Breakfast

Quick Labels: Breakfast | Vegetarian | Whole Grains

Ingredients

- ½ cup rolled oats
- 1 cup water or unsweetened almond milk
- ¼ cup fresh fruit (e.g., berries, banana slices, or apple chunks)
- 1 tbsp chopped nuts (e.g., almonds, walnuts, or pecans)
- 1 tsp honey or cinnamon (optional)

Directions

1. Cook oats with water or almond milk according to package instructions.
2. Top with fresh fruit, nuts, and optional honey or cinnamon.

Allergen notes: Contains: dairy, tree nuts. Swaps: swap dairy milk/yogurt for unsweetened plant- based versions; use dairy-free cheese or omit cheese; use sunflower butter or seeds (pumpkin/sunflower) instead of nuts/nut butters.

Greek Yogurt Bowl

Quick Start Guide

Quick Labels: Bowl | Quick | Meal Prep | Vegetarian | Lean Protein

Ingredients

- 1 cup plain Greek yogurt
- ½ cup granola (low-sugar)
- [[PAGE 10]]
- ½ cup mixed berries
- 1 tsp honey or maple syrup (optional)
- 1 tbsp chia seeds or flaxseeds

Directions

1. Layer Greek yogurt, granola, and berries in a bowl.
2. Drizzle with honey or maple syrup if desired.

Allergen notes: Contains: dairy. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese. Meal Prep & Storage: Fridge: 3-4 days. Freezer: up to 2-3 months (if appropriate). Reheat until hot throughout.

Vegetable Egg Muffins

Breakfast

Quick Labels: Breakfast | Meal Prep | Freezer-Friendly | Vegetarian

Ingredients

- 6 eggs
- ½ cup chopped spinach
- ½ cup diced bell peppers
- ¼ cup shredded cheese (optional)
- Salt and pepper to taste
- Non-stick cooking spray

Directions

1. Preheat oven to 375°F (190°C) and grease a muffin tin with non-stick cooking spray.
2. In a bowl, whisk eggs and season with salt and pepper.
3. Stir in spinach, bell peppers, and optional cheese.
4. Pour the mixture evenly into the muffin tin cups.
5. [[PAGE 11]]
6. Bake for 15-20 minutes or until the eggs are set.

Allergen notes: Contains: dairy, egg. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese; use tofu scramble or chia/flax 'egg' in baking-style recipes (where it works). Meal Prep & Storage: Fridge: 4 days. Freezer: up to 2 months. Reheat: microwave 15-30 sec or warm in oven/toaster oven.

Whole-Grain Pancakes with Almond Butter

Quick Start Guide

Quick Labels: Recipe | Vegetarian | Whole Grains

Ingredients

- ½ cup whole-grain pancake mix
- ½ cup unsweetened almond milk
- 1 tbsp almond butter
- ¼ cup sliced bananas or berries

Directions

1. Prepare pancake batter according to package instructions using almond milk.
2. Cook pancakes on a non-stick skillet until golden on both sides.
3. Spread almond butter on top and add sliced bananas or berries.

Allergen notes: Contains: dairy, tree nuts. Swaps: swap dairy milk/yogurt for unsweetened plant- based versions; use dairy-free cheese or omit cheese; use sunflower butter or seeds (pumpkin/sunflower) instead of nuts/nut butters.

Sweet Potato Breakfast Hash

Breakfast

Quick Labels: Breakfast | Vegetarian | Lean Protein

Ingredients

- 1 small sweet potato, diced
- ½ cup chopped kale or spinach
- 1 egg
- 1 tbsp olive oil
- Salt and pepper to taste
- [[PAGE 12]]
- Optional: diced onion or bell pepper

Directions

1. Heat olive oil in a skillet over medium heat.
2. Add diced sweet potatoes and cook until tender, about 8-10 minutes.
3. Stir in kale or spinach and cook for another 2 minutes.
4. Push the mixture to one side of the skillet and crack the egg on the other side. Cook until the egg
5. reaches your desired doneness.
6. Season with salt and pepper and serve.

Allergen notes: Contains: egg. Swaps: use tofu scramble or chia/flax 'egg' in baking-style recipes (where it works).

Peanut Butter and Banana Toast

Breakfast

Quick Labels: Breakfast | Quick | Vegetarian | Whole Grains

Ingredients

- 1 slice whole-grain bread
- 1 tbsp natural peanut butter
- ½ banana, sliced
- Optional: chia seeds or a drizzle of honey

Directions

1. Toast the bread until golden.
2. Spread peanut butter on the toast and top with banana slices.
3. Sprinkle with chia seeds or drizzle with honey if desired.

Allergen notes: Contains: dairy, peanut, wheat/gluten. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese; use gluten-free bread/wraps/pasta or serve over greens/rice.

Overnight Chia Pudding

Quick Start Guide

Quick Labels: Recipe | Quick | Meal Prep | Vegetarian

Ingredients

- ½ cup unsweetened almond milk
- 2 tbsp chia seeds
- 1 tsp honey or maple syrup
- ½ tsp vanilla extract
- ¼ cup fresh fruit for topping

Directions

1. Mix almond milk, chia seeds, honey, and vanilla extract in a jar or bowl.
2. Stir well and refrigerate overnight.
3. Top with fresh fruit before serving.

Allergen notes: Contains: dairy, tree nuts. Swaps: swap dairy milk/yogurt for unsweetened plant- based versions; use dairy-free cheese or omit cheese; use sunflower butter or seeds (pumpkin/sunflower) instead of nuts/nut butters. Meal Prep & Storage: Fridge: 3-4 days. Keep toppings separate for best texture.

Spinach and Feta Wrap

Lunch

Quick Labels: Wrap/Sandwich | Quick | Vegetarian | Lean Protein

Ingredients

- 1 whole-grain tortilla
- 1 scrambled egg
- ½ cup fresh spinach
- 1 tbsp crumbled feta cheese
- 1 tsp olive oil

Directions

1. [[PAGE 14]]
2. Heat olive oil in a skillet and sauté spinach until wilted.
3. Add scrambled egg and cook until set.
4. Place the mixture on the tortilla, sprinkle with feta, and wrap tightly.

Allergen notes: Contains: dairy, egg, wheat/gluten. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese; use tofu scramble or chia/flax 'egg' in baking-style recipes (where it works).

Mediterranean Chickpea Salad

Lunch

Quick Labels: Salad | Quick | Vegetarian

Ingredients

- 1 cup canned chickpeas, rinsed and drained
- ½ cup cherry tomatoes, halved
- ¼ cup diced cucumber
- 2 tbsp crumbled feta cheese
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp dried oregano

Directions

1. In a bowl, mix chickpeas, cherry tomatoes, cucumber, and feta.
2. Drizzle with olive oil and lemon juice.
3. Sprinkle with oregano and toss to combine.

Allergen notes: Contains: dairy. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese.

Lentil and Vegetable Soup

Soups / Bowls

Quick Labels: Soup | Meal Prep | Freezer-Friendly | Plant-Based | Lean

Ingredients

- 1 cup cooked lentils
- 2 cups vegetable broth
- ½ cup diced carrots
- ½ cup diced celery
- ¼ cup chopped onion
- 1 tsp olive oil
- Salt and pepper to taste

Directions

1. Heat olive oil in a pot and sauté carrots, celery, and onion until softened.
2. Add lentils and vegetable broth.
3. Simmer for 10-15 minutes and season with salt and pepper.

Allergen notes: No common top allergens detected (always double-check ingredient labels). Meal Prep & Storage: Fridge: 4-5 days. Freezer: up to 3 months. Reheat: microwave 60-90 sec or warm on stovetop.

Tuna Salad Lettuce Wraps

Lunch

Quick Labels: Salad | Quick | Lean Protein | Seafood

Ingredients

- 1 can tuna in water, drained
- 2 tbsp Greek yogurt
- ¼ cup diced celery
- 1 tbsp Dijon mustard
- 4 large lettuce leaves (e.g., romaine or butter lettuce)

Directions

1. [[PAGE 16]]
2. Mix tuna, Greek yogurt, celery, and Dijon mustard in a bowl.
3. Spoon the mixture onto lettuce leaves and wrap.

Allergen notes: Contains: dairy, fish. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese; swap seafood for chicken, tofu, or beans.

Stuffed Bell Peppers

Quick Start Guide

Quick Labels: Recipe | Vegetarian | Lean Protein | Whole Grains

Ingredients

- 2 large bell peppers, halved and seeds removed
- 1 cup cooked brown rice
- ½ cup black beans
- ¼ cup diced tomatoes
- 1 tsp cumin
- ¼ cup shredded cheese (optional)

Directions

1. Preheat oven to 375°F (190°C).
2. In a bowl, mix brown rice, black beans, diced tomatoes, and cumin.
3. Stuff the mixture into the bell pepper halves and top with cheese if desired.
4. Bake for 20-25 minutes until peppers are tender.

Allergen notes: Contains: dairy. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese.

Baked Salmon with Roasted Vegetables

Quick Start Guide

Quick Labels: Recipe | Lean Protein | Seafood

Ingredients

- 2 salmon fillets (4-6 oz each)
- [[PAGE 17]]
- 2 cups mixed vegetables (broccoli, carrots, zucchini, etc.)
- 2 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp dried herbs (thyme, rosemary, or oregano)
- Salt and pepper to taste

Directions

1. Preheat the oven to 400°F (200°C).
2. Arrange the salmon fillets and vegetables on a baking sheet lined with parchment paper.
3. Drizzle olive oil over everything and sprinkle with garlic powder, herbs, salt, and pepper.
4. Bake for 15-20 minutes, or until the salmon is cooked through and vegetables are tender.
5. Serve warm.

Allergen notes: Contains: fish. Swaps: swap seafood for chicken, tofu, or beans.

Lentil and Vegetable Stir-Fry

Plant-Based

Quick Labels: Recipe | Plant-Based | Lean Protein

Ingredients

- 1 cup cooked lentils
- 2 cups mixed vegetables (bell peppers, snap peas, carrots, etc.)
- 1 tbsp olive oil
- 2 tbsp soy sauce (low sodium)
- 1 tsp sesame oil
- 1 tsp grated ginger

Directions

1. Heat olive oil in a large skillet over medium heat.
2. Add grated ginger and cook for 30 seconds until fragrant.
3. Toss in the mixed vegetables and stir-fry for 5-7 minutes.
4. [[PAGE 18]]
5. Add cooked lentils, soy sauce, and sesame oil, stirring to combine.
6. Cook for an additional 2 minutes, then serve hot.

Allergen notes: Contains: sesame, soy, wheat/gluten. Swaps: use gluten-free bread/wraps/pasta or serve over greens/rice; use coconut aminos or tamari (GF) and choose non-soy protein like chicken/beans.

Zucchini Noodles with Turkey Meatballs

Quick Start Guide

Quick Labels: Recipe | Lean Protein

Ingredients

- 3 medium zucchinis, spiralized
- 8-10 turkey meatballs (homemade or store-bought)
- 2 cups marinara sauce (low sugar)
- 1 tbsp olive oil
- 2 tbsp grated Parmesan cheese

Directions

1. Heat the marinara sauce in a saucepan and add the turkey meatballs. Simmer until heated
2. through.
3. In a separate skillet, heat olive oil over medium heat and add zucchini noodles. Cook for 2-3
4. minutes until slightly tender.
5. Serve the zucchini noodles topped with meatballs and marinara sauce.
6. Sprinkle with Parmesan cheese before serving.

Allergen notes: Contains: dairy. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese.

Zucchini Noodles with Pesto and Grilled Chicken

Quick Start Guide

Quick Labels: Recipe | Lean Protein

Ingredients

- 2 medium zucchinis, spiralized
- 1 grilled chicken breast, sliced
- 2 tbsp pesto (store-bought or homemade)
- [[PAGE 19]]
- Optional: cherry tomatoes and parmesan cheese

Directions

1. Heat a skillet over medium heat and sauté the zucchini noodles for 2-3 minutes until slightly
2. softened.
3. Toss with pesto and top with grilled chicken.
4. Add optional toppings like cherry tomatoes and parmesan cheese.

Allergen notes: Contains: dairy. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese.

Sweet Potato Pancakes

Quick Start Guide

Quick Labels: Recipe | Vegetarian | Lean Protein

Ingredients

- 1 cup mashed sweet potato (cooked)
- 2 eggs
- ¼ cup almond flour
- 1 tsp cinnamon
- ½ tsp vanilla extract
- Coconut oil for cooking

Directions

1. In a bowl, mix mashed sweet potato, eggs, almond flour, cinnamon, and vanilla
2. extract until smooth.
3. Heat a skillet over medium heat and add a small amount of coconut oil.
4. Pour 2-3 tablespoons of batter onto the skillet for each pancake and cook for 2-3
5. minutes per side until golden.
6. Serve warm with a drizzle of maple syrup or fresh fruit.

Allergen notes: Contains: egg, tree nuts, wheat/gluten. Swaps: use tofu scramble or chia/flax 'egg' in baking-style recipes (where it works); use gluten-free bread/wraps/pasta or serve over greens/rice.

Vegetable Lentil Stew

Plant-Based

Quick Labels: Recipe | Plant-Based | Lean Protein

Ingredients

- 1 cup cooked lentils
- 1 cup diced carrots
- 1 cup diced celery
- 1 cup diced tomatoes
- 2 cups vegetable broth
- 1 tsp thyme
- Salt and pepper to taste
- 1 tbsp olive oil

Directions

1. Heat olive oil in a large pot over medium heat. Add carrots and celery, and sauté
2. until softened.
3. Add diced tomatoes, cooked lentils, vegetable broth, thyme, salt, and pepper.
4. Simmer for 15-20 minutes, stirring occasionally.
5. Serve hot with a slice of whole-grain bread.

Allergen notes: No common top allergens detected (always double-check ingredient labels). [[PAGE 20]]

Stuffed Portobello Mushrooms

Quick Start Guide

Quick Labels: Recipe | Vegetarian | Whole Grains

Ingredients

- 4 large Portobello mushroom caps
- 1 cup cooked quinoa
- ½ cup diced tomatoes
- ¼ cup chopped spinach
- 2 tbsp grated Parmesan cheese (optional)
- 1 tsp Italian seasoning
- 1 tbsp olive oil

Directions

1. Preheat oven to 375°F (190°C). Brush mushroom caps with olive oil and place
2. them on a baking sheet.
3. In a bowl, mix cooked quinoa, diced tomatoes, spinach, Parmesan (if using), and
4. Italian seasoning.
5. Spoon the mixture into the mushroom caps.
6. Bake for 15-20 minutes or until the mushrooms are tender.

Allergen notes: Contains: dairy. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese.

Coconut Chia Pudding

Quick Start Guide

Quick Labels: Recipe | Vegetarian

Ingredients

- ½ cup coconut milk
- 2 tbsp chia seeds
- 1 tsp honey or maple syrup
- ¼ tsp vanilla extract
- Fresh mango or berries for topping
- [[PAGE 22]]

Directions

1. Mix coconut milk, chia seeds, honey, and vanilla extract in a jar or bowl.
2. Stir well and refrigerate for at least 4 hours or overnight.
3. Top with fresh mango or berries before serving.

Allergen notes: Contains: dairy. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese.

Grilled Lemon Herb Chicken Salad

Lunch

Quick Labels: Salad | Quick | Lean Protein

Ingredients

- 2 boneless, skinless chicken breasts
- 1 tbsp olive oil
- 2 tbsp lemon juice
- 1 tsp dried oregano
- 1 tsp garlic powder
- Salt and pepper to taste
- Mixed greens (spinach, arugula, lettuce)
- Cherry tomatoes, halved
- Cucumber, sliced
- Red onion, thinly sliced
- Feta cheese (optional)

Directions

1. Preheat grill or grill pan over medium heat.
2. In a small bowl, mix olive oil, lemon juice, oregano, garlic powder, salt, and pepper.
3. Brush the chicken breasts with the marinade and let sit for 10-15 minutes.
4. Grill the chicken for 6-8 minutes on each side until fully cooked (internal temperature
5. of 165°F).
6. Slice the chicken into strips.
7. Toss the mixed greens, cherry tomatoes, cucumber, and red onion in a bowl. Add the
8. grilled chicken slices on top and sprinkle with feta cheese if desired.
9. Serve with a light balsamic vinaigrette or dressing of choice.

Allergen notes: Contains: dairy. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese.

Chicken Zucchini Stir-Fry

Quick Start Guide

Quick Labels: Recipe | Lean Protein

Ingredients

- 2 boneless, skinless chicken breasts, diced
- 1 tbsp olive oil
- 2 medium zucchinis, sliced
- 1 red bell pepper, sliced
- 1 yellow onion, sliced
- 2 cloves garlic, minced
- 2 tbsp low-sodium soy sauce
- 1 tbsp honey
- 1 tsp grated fresh ginger
- Salt and pepper to taste
- Fresh cilantro for garnish (optional)

Directions

1. Heat olive oil in a large skillet or wok over medium-high heat.
2. Add diced chicken and cook until browned, about 5-7 minutes. Remove from the skillet
3. and set aside.
4. In the same skillet, add onion, bell pepper, zucchini, and garlic. Stir-fry for 5 minutes
5. until vegetables begin to soften.
6. In a small bowl, whisk together soy sauce, honey, and ginger.
7. Add the chicken back to the skillet along with the sauce mixture. Cook for an additional
8. 2-3 minutes, stirring to combine.
9. Season with salt and pepper to taste.
10. Garnish with fresh cilantro if desired and serve over brown rice or quinoa.

Allergen notes: Contains: soy, wheat/gluten. Swaps: use gluten-free bread/wraps/pasta or serve over greens/rice; use coconut aminos or tamari (GF) and choose non-soy protein like chicken/beans.

Baked Chicken with Sweet Potato and Broccoli

Quick Start Guide

Quick Labels: Recipe | Lean Protein

Ingredients

- 2 boneless, skinless chicken breasts
- 2 medium sweet potatoes, peeled and diced
- 1 head of broccoli, cut into florets
- 2 tbsp olive oil
- 1 tsp paprika
- 1 tsp garlic powder
- Salt and pepper to taste
- 1 tbsp fresh parsley, chopped (optional)
- [[PAGE 24]]

Directions

1. Preheat the oven to 400°F (200°C).
2. In a small bowl, combine olive oil, paprika, garlic powder, salt, and pepper.
3. Rub the chicken breasts with half of the seasoning mixture and set aside.
4. In a separate bowl, toss the diced sweet potatoes and broccoli florets with the remaining
5. seasoning mixture.
6. On a baking sheet, arrange the chicken breasts in the center, surrounded by the sweet
7. potatoes and broccoli.
8. Bake for 25-30 minutes, or until the chicken reaches an internal temperature of 165°F
9. and the vegetables are tender.
10. Garnish with fresh parsley and serve.

Allergen notes: No common top allergens detected (always double-check ingredient labels).

Grilled Pork Tenderloin with Apple Slaw

Quick Start Guide

Quick Labels: Salad | Lean Protein

Ingredients

- 1 pork tenderloin (about 1 lb)
- 1 tbsp olive oil
- 1 tbsp apple cider vinegar
- 1 tsp dried thyme
- 1 tsp garlic powder
- Salt and pepper to taste
- 2 cups shredded cabbage
- 1 apple, julienned
- 1 carrot, shredded
- 2 tbsp Greek yogurt
- 1 tbsp honey
- 1 tbsp lemon juice

Directions

1. Preheat the grill to medium-high heat.
2. Rub the pork tenderloin with olive oil, apple cider vinegar, thyme, garlic powder, salt,
3. and pepper.
4. Grill the pork tenderloin for 20-25 minutes, turning every 5 minutes, until the internal
5. temperature reaches 145°F. Let the meat rest for 5-10 minutes before slicing.
6. While the pork is grilling, prepare the apple slaw. In a bowl, combine cabbage, apple,
7. and carrot.
8. In a small bowl, mix Greek yogurt, honey, and lemon juice. Toss this dressing with the
9. cabbage mixture.
10. Serve the grilled pork slices alongside the apple slaw for a light, refreshing meal.
11. [[PAGE 25]]

Allergen notes: Contains: dairy. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese.

Pork and Vegetable Stir-Fry

Quick Start Guide

Quick Labels: Recipe

Ingredients

- 1 lb lean pork tenderloin, thinly sliced
- 1 tbsp olive oil
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 zucchini, sliced
- 1 onion, sliced
- 2 cloves garlic, minced
- 2 tbsp low-sodium soy sauce
- 1 tbsp rice vinegar
- 1 tbsp sesame oil
- 1 tsp grated fresh ginger
- 1 tbsp sesame seeds (optional)
- Fresh cilantro for garnish (optional)

Directions

1. Heat olive oil in a large skillet or wok over medium-high heat.
2. Add sliced pork to the pan and cook for about 5-7 minutes until browned and cooked
3. through. Remove the pork and set aside.
4. In the same pan, add bell peppers, zucchini, onion, and garlic. Stir-fry for 5 minutes
5. until the vegetables are tender-crisp.
6. In a small bowl, whisk together soy sauce, rice vinegar, sesame oil, and ginger.
7. Return the cooked pork to the pan, and pour the sauce mixture over the top. Stir
8. everything to combine and cook for an additional 2-3 minutes, until the sauce is heated
9. through.
10. Garnish with sesame seeds and fresh cilantro if desired. Serve over brown rice or
11. cauliflower rice for a healthy, balanced meal.

Allergen notes: Contains: sesame, soy, wheat/gluten. Swaps: use gluten-free bread/wraps/pasta or serve over greens/rice; use coconut aminos or tamari (GF) and choose non-soy protein like chicken/beans.

Slow Cooker Pork Carnitas (Healthy Style)

Quick Start Guide

Quick Labels: Recipe | Meal Prep | Lean Protein

Ingredients

- 2 lb pork shoulder or loin (trimmed of excess fat)
- [[PAGE 26]]
- 1 onion, quartered
- 4 cloves garlic, smashed
- 2 tsp cumin
- 1 tsp chili powder
- 1 tsp paprika
- 1/2 tsp oregano
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/2 cup low-sodium chicken broth
- 1 tbsp fresh lime juice
- Fresh cilantro and lime wedges for garnish
- Corn tortillas (or lettuce wraps for low-carb option)

Directions

1. In a small bowl, mix cumin, chili powder, paprika, oregano, salt, and pepper.
2. Rub the spice mixture all over the pork, making sure it's evenly coated.
3. Place the pork in a slow cooker, along with the onion, garlic, and chicken broth.
4. Cover and cook on low for 6-8 hours, or until the pork is tender and easily shreds with a
5. fork.
6. Once cooked, remove the pork from the slow cooker and shred it with two forks. Discard
7. the bones (if using pork shoulder) and excess fat.
8. Stir in lime juice and mix well.
9. Serve the carnitas in corn tortillas or lettuce wraps, and garnish with fresh cilantro and
10. lime wedges.

Allergen notes: No common top allergens detected (always double-check ingredient labels). Meal Prep & Storage: Fridge: 3-4 days. Freezer: up to 2-3 months (if appropriate). Reheat until hot throughout.

Italian Sausage and Vegetable Sheet Pan Dinner

Dinner

Quick Labels: Recipe | Lean Protein

Ingredients

- 4 lean Italian sausage links (preferably chicken or turkey sausage)
- 2 bell peppers, sliced
- 1 zucchini, sliced
- 1 red onion, sliced
- 1 cup cherry tomatoes, halved
- 2 tbsp olive oil
- 1 tsp dried oregano
- 1 tsp garlic powder
- Salt and pepper to taste
- Fresh basil or parsley for garnish

Directions

1. Preheat the oven to 400°F (200°C).
2. Place the sausage links on a baking sheet.
3. [[PAGE 27]]
4. In a large bowl, toss the bell peppers, zucchini, onion, and cherry tomatoes with olive
5. oil, oregano, garlic powder, salt, and pepper.
6. Spread the vegetables evenly on the baking sheet around the sausage.
7. Roast for 25-30 minutes, turning the sausages halfway through, until the sausage is fully
8. cooked (internal temperature of 160°F for pork sausage, or according to package
9. instructions for turkey/chicken sausage) and vegetables are tender.
10. Slice the sausage into rounds and serve with the roasted vegetables. Garnish with fresh
11. basil or parsley.

Allergen notes: No common top allergens detected (always double-check ingredient labels).

Healthy Italian Sausage and Spinach Stuffed Peppers

Quick Start Guide

Quick Labels: Recipe | Lean Protein | Whole Grains

Ingredients

- 4 large bell peppers, tops cut off and seeds removed
- 2 lean Italian sausage links (chicken or turkey), casing removed
- 2 cups fresh spinach, chopped
- 1/2 cup cooked quinoa or brown rice
- 1/4 cup low-fat mozzarella cheese, shredded (optional)
- 1/2 cup marinara sauce (low-sodium)
- 1 tbsp olive oil
- 1/2 tsp dried basil
- 1/2 tsp garlic powder
- Salt and pepper to taste

Directions

1. Preheat the oven to 375°F (190°C).
2. Heat olive oil in a skillet over medium heat. Add the sausage meat and cook until
3. browned, breaking it apart with a spoon as it cooks.
4. Once the sausage is fully cooked, add spinach to the skillet and cook until wilted, about 2
5. minutes.
6. Remove the skillet from heat and stir in quinoa or brown rice, marinara sauce, basil,
7. garlic powder, salt, and pepper.
8. Stuff each bell pepper with the sausage and spinach mixture, packing it tightly.
9. Place the stuffed peppers in a baking dish and cover with foil.
10. Bake for 30 minutes, then remove the foil and top each pepper with mozzarella cheese
11. (if using). Return to the oven for an additional 5-10 minutes until the cheese is melted
12. and bubbly.
13. Serve hot and enjoy a filling, healthy meal!

Allergen notes: Contains: dairy. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese.

Italian Sausage and Cauliflower Rice Skillet

Quick Start Guide

Quick Labels: Recipe | Meal Prep | Lean Protein

Ingredients

- 2 lean Italian sausage links (chicken or turkey), casing removed
- 1 medium head of cauliflower, grated or riced
- 1 tbsp olive oil
- 1 onion, diced
- 1 bell pepper, diced
- 1 can (14 oz) diced tomatoes (no salt added)
- 1 tsp dried oregano
- 1 tsp garlic powder
- Salt and pepper to taste
- Fresh parsley for garnish (optional)

Directions

1. Heat olive oil in a large skillet over medium heat. Add the sausage and cook, breaking it
2. up into small pieces, until browned and fully cooked.
3. Remove the cooked sausage and set aside.
4. In the same skillet, add diced onion and bell pepper. Sauté for 5 minutes until softened.
5. Add the cauliflower rice to the skillet and cook for another 5-7 minutes until the
6. cauliflower begins to soften.
7. Stir in the diced tomatoes, oregano, garlic powder, salt, and pepper. Simmer for 3-4
8. minutes, allowing the flavors to combine.
9. Return the cooked sausage to the skillet and stir everything together.
10. Cook for an additional 3-5 minutes, ensuring everything is heated through.
11. Garnish with fresh parsley before serving for a tasty, low-carb meal.

Allergen notes: No common top allergens detected (always double-check ingredient labels). Meal Prep & Storage: Fridge: 3-4 days. Freezer: up to 2-3 months (if appropriate). Reheat until hot throughout.

Black Bean and Quinoa Salad

Lunch

Quick Labels: Salad | Quick | Plant-Based | Lean Protein | Whole

Ingredients

- 1 can (15 oz) black beans, drained and rinsed
- 1 cup cooked quinoa
- 1 cup corn kernels (fresh, frozen, or canned)
- 1 red bell pepper, diced
- 1 small red onion, diced
- 1 avocado, diced
- 1/4 cup fresh cilantro, chopped
- 1 tbsp olive oil
- [[PAGE 29]]
- 2 tbsp lime juice
- 1 tsp cumin
- 1/2 tsp chili powder
- Salt and pepper to taste

Directions

1. In a large bowl, combine the black beans, cooked quinoa, corn, red bell pepper, red
2. onion, and avocado.
3. In a small bowl, whisk together olive oil, lime juice, cumin, chili powder, salt, and
4. pepper.
5. Pour the dressing over the salad and toss gently to combine.
6. Garnish with fresh cilantro and serve chilled or at room temperature.
7. This salad can be enjoyed on its own or as a side dish with grilled chicken or fish.

Allergen notes: No common top allergens detected (always double-check ingredient labels).

Tofu Stir-Fry with Vegetables

Quick Start Guide

Quick Labels: Recipe | Vegetarian | Lean Protein

Ingredients

- 1 block firm tofu, pressed and cut into cubes
- 1 tbsp olive oil or sesame oil
- 1 red bell pepper, sliced
- 1 zucchini, sliced
- 1 cup broccoli florets
- 1 carrot, julienned
- 2 cloves garlic, minced
- 2 tbsp soy sauce (low-sodium)
- 1 tbsp rice vinegar
- 1 tbsp honey or maple syrup
- 1 tsp grated fresh ginger
- 1/2 tsp chili flakes (optional)
- 2 tbsp sesame seeds (optional)
- Fresh cilantro or green onions for garnish (optional)

Directions

1. Heat olive or sesame oil in a large skillet or wok over medium heat. Add tofu cubes and
2. cook until golden brown on all sides, about 8-10 minutes. Remove tofu from the skillet
3. and set aside.
4. In the same skillet, add garlic and sauté for 1 minute until fragrant.
5. Add the bell pepper, zucchini, broccoli, and carrot. Stir-fry for 5-7 minutes until the
6. vegetables are tender but still crisp.
7. [[PAGE 30]]
8. In a small bowl, whisk together soy sauce, rice vinegar, honey, ginger, and chili flakes (if
9. using).
10. Return the tofu to the skillet and pour the sauce over the tofu and vegetables. Toss to
11. coat and cook for an additional 2-3 minutes.
12. Garnish with sesame seeds and fresh cilantro or green onions before serving. Serve over
13. brown rice or quinoa for a complete meal.

Allergen notes: Contains: sesame, soy, wheat/gluten. Swaps: use gluten-free bread/wraps/pasta or serve over greens/rice; use coconut aminos or tamari (GF) and choose non-soy protein like chicken/beans.

Edamame and Quinoa Salad

Lunch

Quick Labels: Salad | Quick | Plant-Based | Whole Grains

Ingredients

- 1 cup cooked quinoa
- 1 cup edamame (shelled, frozen or fresh)
- 1 cucumber, diced
- 1/2 red onion, finely diced
- 1/4 cup fresh parsley, chopped
- 1/4 cup lemon juice
- 1 tbsp olive oil
- 1 tsp Dijon mustard
- Salt and pepper to taste
- 1 tbsp sesame seeds (optional)

Directions

1. If using frozen edamame, cook according to package instructions. Drain and set aside to
2. cool.
3. In a large bowl, combine cooked quinoa, edamame, cucumber, red onion, and parsley.
4. In a small bowl, whisk together lemon juice, olive oil, Dijon mustard, salt, and pepper.
5. Pour the dressing over the quinoa and edamame mixture and toss gently to combine.
6. Garnish with sesame seeds (if using) and serve chilled or at room temperature.

Allergen notes: Contains: sesame, soy. Swaps: use coconut aminos or tamari (GF) and choose non- soy protein like chicken/beans; skip sesame/tahini; add olive oil + lemon for flavor.

Miso Soup with Tofu and Seaweed

Soups / Bowls

Quick Labels: Soup | Meal Prep | Freezer-Friendly | Plant-Based | Lean

Ingredients

- 4 cups low-sodium vegetable broth
- 2 tbsp miso paste (preferably white or yellow miso)
- 1 block firm tofu, cubed
- 1/2 cup dried seaweed (wakame or kombu)
- 2 green onions, sliced
- 1 tbsp soy sauce (low-sodium)
- 1 tsp grated fresh ginger
- 1/2 tsp garlic powder
- 1/2 tsp sesame oil (optional)

Directions

1. In a medium pot, bring the vegetable broth to a simmer over medium heat.
2. In a small bowl, whisk the miso paste with a few tablespoons of hot broth until
3. dissolved. Add this miso mixture to the pot and stir to combine.
4. Add tofu cubes, seaweed, green onions, soy sauce, ginger, garlic powder, and sesame oil
5. to the pot. Simmer for 5-7 minutes, allowing the flavors to combine and the tofu to heat
6. through.
7. Taste and adjust seasoning with additional soy sauce if desired.
8. Serve the miso soup hot, garnished with extra green onions or a sprinkle of sesame
9. seeds.

Allergen notes: Contains: sesame, soy, wheat/gluten. Swaps: use gluten-free bread/wraps/pasta or serve over greens/rice; use coconut aminos or tamari (GF) and choose non-soy protein like chicken/beans. Meal Prep & Storage: Fridge: 4-5 days. Freezer: up to 3 months. Reheat: microwave 60-90 sec or warm on stovetop. [[PAGE 31]]

Baked Lemon Herb Salmon

Quick Start Guide

Quick Labels: Recipe | Lean Protein | Seafood

Ingredients

- 4 salmon fillets
- 2 tbsp olive oil
- 1 lemon, sliced
- 2 cloves garlic, minced
- 1 tsp dried oregano
- 1 tsp dried thyme
- Salt and pepper to taste
- Fresh parsley for garnish (optional)

Directions

1. Preheat the oven to 400°F (200°C).
2. Place the salmon fillets on a baking sheet lined with parchment paper or aluminum foil.
3. Drizzle olive oil over the salmon and rub it in to coat evenly.
4. Sprinkle minced garlic, dried oregano, thyme, salt, and pepper over the fillets.
5. Place lemon slices on top of each fillet.
6. [[PAGE 32]]
7. Bake for 12-15 minutes, or until the salmon is cooked through and flakes easily with a
8. fork.
9. Garnish with fresh parsley before serving. Serve with steamed vegetables or quinoa for a
10. healthy meal.

Allergen notes: Contains: fish. Swaps: swap seafood for chicken, tofu, or beans.

Grilled Fish Tacos with Mango Salsa

Lunch

Quick Labels: Wrap/Sandwich | Lean Protein | Seafood

Ingredients

- 4 white fish fillets (tilapia, cod, or mahi-mahi)
- 1 tbsp olive oil
- 1 tsp chili powder
- 1 tsp cumin
- 1/2 tsp paprika
- Salt and pepper to taste
- 8 small corn tortillas
- 1 cup mango, diced
- 1/2 cup red onion, diced
- 1/4 cup fresh cilantro, chopped
- 1 lime, juiced
- 1/2 jalapeño, finely chopped (optional)
- 1/4 cup Greek yogurt (for topping)

Directions

1. Preheat the grill to medium-high heat.
2. Rub the fish fillets with olive oil and season with chili powder, cumin, paprika, salt, and
3. pepper.
4. Grill the fish for 3-4 minutes per side, or until fully cooked and flaky.
5. While the fish is grilling, prepare the mango salsa by combining diced mango, red onion,
6. cilantro, lime juice, and jalapeño (if using) in a bowl. Mix well.
7. Warm the corn tortillas on the grill or in a skillet for about 30 seconds on each side.
8. Once the fish is done, break it into chunks and assemble the tacos by placing the fish in
9. the tortillas, then topping with mango salsa and a dollop of Greek yogurt.
10. Serve with a side of fresh veggies or a simple salad.

Allergen notes: Contains: dairy, fish. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese; swap seafood for chicken, tofu, or beans.

Baked Cod with Roasted Vegetables

Quick Start Guide

Quick Labels: Recipe

Ingredients

- [[PAGE 33]]
- 4 cod fillets
- 1 tbsp olive oil
- 1 lemon, zest and juice
- 2 cloves garlic, minced
- 1 tsp dried rosemary
- Salt and pepper to taste
- 1 cup cherry tomatoes, halved
- 1 cup broccoli florets
- 1/2 red onion, sliced
- 1/2 cup bell pepper, diced
- 1 tbsp balsamic vinegar (optional)

Directions

1. Preheat the oven to 375°F (190°C).
2. Place the cod fillets on a baking sheet lined with parchment paper.
3. Drizzle olive oil, lemon juice, and zest over the fish, and sprinkle with garlic, rosemary,
4. salt, and pepper.
5. On the same baking sheet, arrange the cherry tomatoes, broccoli, red onion, and bell
6. pepper around the fish.
7. Drizzle the vegetables with a little olive oil and season with salt and pepper.
8. Bake for 15-20 minutes, or until the fish is opaque and flakes easily and the vegetables
9. are tender.
10. Optional: Drizzle balsamic vinegar over the roasted vegetables for added flavor.
11. Serve the baked cod with the roasted vegetables for a nutritious and balanced meal.

Allergen notes: Contains: fish. Swaps: swap seafood for chicken, tofu, or beans.

Sweet Potato and Chickpea Buddha Bowl

Plant-Based

Quick Labels: Bowl | Quick | Meal Prep | Plant-Based

Ingredients

- 1 large sweet potato, cubed
- 1 cup canned chickpeas, drained and rinsed
- 1 tbsp olive oil
- 1 tsp smoked paprika
- 1 tsp cumin
- Salt and pepper to taste
- 2 cups fresh spinach or mixed greens
- 1/2 avocado, sliced
- 1/4 cup hummus
- 1 tbsp tahini
- Juice of 1/2 lemon
- [[PAGE 34]]
- 1 tsp maple syrup or agave

Directions

1. Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. Toss the sweet potato cubes and chickpeas with olive oil, smoked paprika, cumin, salt,
3. and pepper. Spread evenly on the baking sheet.
4. Roast for 25-30 minutes, flipping halfway through, until the sweet potato is tender and
5. chickpeas are crispy.
6. Assemble the bowl: start with a base of spinach or mixed greens, then add the roasted
7. sweet potato, chickpeas, and avocado.
8. In a small bowl, whisk together tahini, lemon juice, maple syrup, and a splash of water
9. to thin. Drizzle the dressing over the bowl.
10. Top with hummus and serve immediately.

Allergen notes: Contains: sesame. Swaps: skip sesame/tahini; add olive oil + lemon for flavor. Meal Prep & Storage: Fridge: 3-4 days. Freezer: up to 2-3 months (if appropriate). Reheat until hot throughout.

Lentil and Vegetable Curry

Quick Start Guide

Quick Labels: Recipe | Vegetarian | Lean Protein | Whole Grains

Ingredients

- 1 cup dried lentils (green or brown), rinsed
- 1 tbsp coconut oil or olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 1-inch piece of ginger, grated
- 1 cup diced carrots
- 1 cup diced zucchini
- 1 can (14 oz) coconut milk (light)
- 1 can (14 oz) diced tomatoes
- 1 tbsp curry powder
- 1 tsp ground turmeric
- 1/2 tsp cumin
- Salt and pepper to taste
- 2 cups fresh spinach or kale
- Fresh cilantro for garnish
- Brown rice or quinoa, for serving

Directions

1. In a large pot, heat coconut oil over medium heat. Add onion, garlic, and ginger, and
2. sauté for 3-4 minutes until fragrant.
3. Add carrots, zucchini, lentils, coconut milk, diced tomatoes, curry powder, turmeric,
4. cumin, salt, and pepper. Stir well.
5. Bring the mixture to a boil, then reduce the heat to low and simmer for 25-30 minutes,
6. or until the lentils are tender.
7. [[PAGE 35]]
8. Stir in the spinach or kale and cook for another 2-3 minutes until wilted.
9. Serve over brown rice or quinoa, garnished with fresh cilantro.

Allergen notes: Contains: dairy. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese.

Zucchini Noodles with Pesto and Cherry Tomatoes

Plant-Based

Quick Labels: Recipe | Plant-Based

Ingredients

- 2 medium zucchinis, spiralized into noodles
- 1 cup cherry tomatoes, halved
- 1/4 cup fresh basil leaves
- 2 tbsp pine nuts (or walnuts)
- 2 tbsp nutritional yeast
- 1 clove garlic
- 2 tbsp olive oil
- Juice of 1/2 lemon
- Salt and pepper to taste

Directions

1. In a blender or food processor, combine basil leaves, pine nuts, nutritional yeast, garlic,
2. olive oil, lemon juice, salt, and pepper. Blend until smooth to make the pesto.
3. Heat a large skillet over medium heat and add the zucchini noodles. Cook for 2-3
4. minutes, tossing gently, until slightly softened.
5. Add the cherry tomatoes and cook for another 1-2 minutes.
6. Remove from heat and toss the noodles and tomatoes with the prepared pesto.
7. Serve immediately, garnished with additional basil leaves or pine nuts if desired.

Allergen notes: Contains: wheat/gluten. Swaps: use gluten-free bread/wraps/pasta or serve over greens/rice.

Ham and Veggie Egg Muffins

Breakfast

Quick Labels: Breakfast | Meal Prep | Freezer-Friendly | Lean Protein

Ingredients

- 6 large eggs
- 1/2 cup diced lean ham
- 1/4 cup diced red bell pepper
- 1/4 cup chopped spinach or kale
- 1/4 cup shredded low-fat cheese (optional)
- Salt and pepper to taste
- 1/4 tsp garlic powder
- 1/4 tsp smoked paprika (optional)

Directions

1. Preheat the oven to 375°F (190°C) and grease a muffin tin.
2. In a bowl, whisk together the eggs, salt, pepper, garlic powder, and smoked paprika.
3. Evenly distribute the diced ham, bell pepper, and spinach among the muffin cups.
4. Pour the egg mixture over the fillings, filling each cup about 3/4 full. Top with shredded
5. cheese if using.
6. Bake for 18-20 minutes, or until the eggs are set.
7. Let cool slightly before removing from the muffin tin. These can be refrigerated for up to
8. days for a quick breakfast or snack.

Allergen notes: Contains: dairy, egg. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese; use tofu scramble or chia/flax 'egg' in baking-style recipes (where it works). Meal Prep & Storage: Fridge: 4 days. Freezer: up to 2 months. Reheat: microwave 15-30 sec or warm in oven/toaster oven. [[PAGE 36]]

Ham and Lentil Soup

Soups / Bowls

Quick Labels: Soup | Meal Prep | Freezer-Friendly | Lean Protein

Ingredients

- 1 cup diced lean ham
- 1 cup dry lentils, rinsed
- 1 tbsp olive oil
- 1 onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 2 cloves garlic, minced
- 1 can (14 oz) diced tomatoes
- 4 cups low-sodium chicken or vegetable broth
- 1 tsp dried thyme
- 1 tsp smoked paprika
- Salt and pepper to taste
- 1 bay leaf
- Fresh parsley for garnish

Directions

1. [[PAGE 37]]
2. Heat olive oil in a large pot over medium heat. Add onion, carrots, celery, and garlic, and
3. sauté until softened, about 5 minutes.
4. Stir in the diced ham, lentils, tomatoes, broth, thyme, smoked paprika, and bay leaf.
5. Bring to a boil, then reduce the heat to low and simmer for 25-30 minutes, or until the
6. lentils are tender.
7. Remove the bay leaf and season with salt and pepper to taste.
8. Serve hot, garnished with fresh parsley.

Allergen notes: No common top allergens detected (always double-check ingredient labels). Meal Prep & Storage: Fridge: 4-5 days. Freezer: up to 3 months. Reheat: microwave 60-90 sec or warm on stovetop.

Ham and Spinach Quinoa Salad

Lunch

Quick Labels: Salad | Quick | Whole Grains

Ingredients

- 1 cup cooked quinoa
- 1/2 cup diced lean ham
- 2 cups fresh spinach, chopped
- 1/2 cup cherry tomatoes, halved
- 1/4 cup diced cucumber
- 1/4 cup crumbled feta cheese (optional)
- 2 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1 tsp Dijon mustard
- Salt and pepper to taste

Directions

1. In a large bowl, combine cooked quinoa, diced ham, spinach, cherry tomatoes,
2. cucumber, and feta cheese if using.
3. In a small bowl, whisk together olive oil, balsamic vinegar, Dijon mustard, salt, and
4. pepper to make the dressing.
5. Drizzle the dressing over the salad and toss to coat evenly.
6. Serve immediately or chill in the refrigerator for up to 1 day.
7. More Healthy Recipes
8. These additions include quick meals, meal-prep favorites, and lighter versions of classic comfort
9. foods. Mix and match to build breakfasts, lunches, dinners, snacks, and desserts that fit your
10. goals.
11. [[PAGE 38]]
12. Breakfasts & Smoothies

Allergen notes: Contains: dairy. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese.

Overnight Oats (Base Recipe + 4 Flavor Ideas)

Breakfast • Time: 5 min prep + chill • Servings: 1

Quick Labels: Breakfast | Quick | Meal Prep | Vegetarian | Lean

Ingredients

- 1/2 cup rolled oats
- 1/2 cup unsweetened milk of choice
- 1/4 cup plain Greek yogurt (optional for extra protein)
- 1 tbsp chia seeds
- 1 tsp honey or maple syrup (optional)
- Pinch of cinnamon
- Toppings (choose): berries, sliced banana, chopped nuts, nut butter

Directions

1. In a jar, stir together oats, milk, yogurt (if using), chia, sweetener, and cinnamon.
2. Refrigerate overnight (or at least 4 hours).
3. In the morning, add toppings. Add a splash of milk if you want it thinner.
4. Flavor ideas: (1) PB + banana, (2) Apple + cinnamon + walnuts, (3) Blueberry + lemon zest, (4)
5. Strawberry + dark chocolate chips (a few).
6. Tips / Variations:
7. Use quick oats for a softer texture.
8. Double the batch for meal prep.

Allergen notes: Contains: dairy. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese. Meal Prep & Storage: Fridge: 3-4 days. Keep toppings separate for best texture. Tags: Vegetarian | Servings: 1 | Time: 5 min prep + chill

Veggie Egg Scramble (10-Minute)

Breakfasts & Smoothies • Time: 10 minutes • Servings: 1

Quick Labels: Recipe | Quick | Vegetarian | Lean Protein

Ingredients

- 2 eggs (or 1 egg + 2 egg whites)
- 1 tsp olive oil
- 1/4 cup diced bell pepper
- 1/4 cup spinach
- 2 tbsp diced onion (optional)
- Salt and pepper to taste
- Optional: 1 tbsp salsa or feta

Directions

1. Heat olive oil in a skillet over medium heat.
2. Sauté pepper (and onion) for 2-3 minutes.
3. Add spinach and cook 30 seconds until wilted.
4. Whisk eggs, pour in, and scramble until set.
5. Season and top with salsa or feta if desired.

Allergen notes: Contains: dairy, egg. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese; use tofu scramble or chia/flax 'egg' in baking-style recipes (where it works). Tags: Gluten-free | Servings: 1 | Time: 10 minutes

Cottage Cheese Power Bowl

Breakfasts & Smoothies • Time: 5 minutes • Servings: 1

Quick Labels: Bowl | Quick | Meal Prep | Vegetarian

Ingredients

- [[PAGE 40]]
- 1 cup low-fat cottage cheese
- 1/2 cup berries
- 1 tbsp chopped walnuts or almonds
- 1 tsp honey (optional)
- Pinch of cinnamon

Directions

1. Add cottage cheese to a bowl.
2. Top with berries, nuts, honey (if using), and cinnamon.

Allergen notes: Contains: dairy. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese. Meal Prep & Storage: Fridge: 3-4 days. Freezer: up to 2-3 months (if appropriate). Reheat until hot throughout. Tags: Gluten-free, Vegetarian | Servings: 1 | Time: 5 minutes

Protein Banana Pancakes (3 Ingredients)

Breakfasts & Smoothies • Time: 15 minutes • Servings: 1-2

Quick Labels: Recipe | Quick | Vegetarian | Lean Protein | Whole

Ingredients

- 1 ripe banana
- 2 eggs
- 1/3 cup oats (or oat flour)
- Optional: 1/2 tsp cinnamon, 1 tsp vanilla

Directions

1. Mash banana in a bowl.
2. Whisk in eggs and oats (and optional cinnamon/vanilla).
3. Cook 2-3 tbsp batter per pancake on a non-stick skillet over medium heat, 2 minutes per side.
4. Tips / Variations:
5. Let batter sit 2 minutes to thicken.
6. [[PAGE 41]]
7. Top with berries instead of syrup most days.

Allergen notes: Contains: egg, wheat/gluten. Swaps: use tofu scramble or chia/flax 'egg' in baking-style recipes (where it works); use gluten-free bread/wraps/pasta or serve over greens/rice. Tags: Gluten-free | Servings: 1-2 | Time: 15 minutes

Savory Breakfast Burrito Bowl

Breakfasts & Smoothies • Time: 10-15 minutes • Servings: 1

Quick Labels: Bowl | Quick | Meal Prep | Freezer-Friendly | Vegetarian

Ingredients

- 1/2 cup cooked brown rice or cauliflower rice
- 2 eggs scrambled
- 1/2 cup black beans, rinsed
- 1/4 avocado, sliced
- 2 tbsp salsa
- Optional: shredded lettuce, Greek yogurt

Directions

1. Warm rice and beans in a bowl.
2. Top with scrambled eggs, avocado, and salsa.
3. Add lettuce and Greek yogurt if desired.

Allergen notes: Contains: dairy, egg. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese; use tofu scramble or chia/flax 'egg' in baking-style recipes (where it works). Meal Prep & Storage: Fridge: 3-4 days. Freezer: up to 2-3 months (if appropriate). Reheat until hot throughout. Tags: Gluten-free | Servings: 1 | Time: 10-15 minutes

Chocolate PB Protein Smoothie

Breakfast / Smoothies • Time: 5 minutes • Servings: 1

Quick Labels: Smoothie | Quick | Vegetarian

Ingredients

- 1 cup unsweetened milk of choice
- 1 frozen banana
- 1 tbsp natural peanut butter
- 1 tbsp cocoa powder
- 1 tbsp chia or ground flax
- Optional: 1 scoop protein powder

Directions

1. Blend everything until smooth.
2. Add ice or extra milk to adjust thickness.

Allergen notes: Contains: dairy, peanut. Swaps: swap dairy milk/yogurt for unsweetened plant- based versions; use dairy-free cheese or omit cheese; use sunflower butter or seeds (pumpkin/sunflower) instead of nuts/nut butters. Tags: Vegetarian | Servings: 1 | Time: 5 minutes [[PAGE 42]]

Green Apple Ginger Smoothie

Breakfast / Smoothies • Time: 5 minutes • Servings: 1

Quick Labels: Smoothie | Quick | Vegetarian

Ingredients

- 1 cup spinach
- 1 green apple, chopped
- 1/2 banana
- 1 cup water or unsweetened almond milk
- 1 tsp fresh grated ginger
- Juice of 1/2 lemon

Directions

1. Blend until smooth.
2. Taste and add more water if needed.
3. [[PAGE 43]]

Allergen notes: Contains: dairy, tree nuts. Swaps: swap dairy milk/yogurt for unsweetened plant- based versions; use dairy-free cheese or omit cheese; use sunflower butter or seeds (pumpkin/sunflower) instead of nuts/nut butters. Tags: Vegan | Servings: 1 | Time: 5 minutes

Baked Oatmeal (Blueberry Almond)

Breakfast • Time: 45 minutes • Servings: 6

Quick Labels: Breakfast | Meal Prep | Freezer-Friendly | Vegetarian

Ingredients

- 2 cups rolled oats
- 1 1/2 cups unsweetened milk of choice
- 2 eggs (or 2 flax eggs for vegan)
- 2 ripe bananas, mashed
- 1 tsp baking powder
- 1 tsp cinnamon
- 1 cup blueberries
- 1/4 cup sliced almonds

Directions

1. Preheat oven to 375°F (190°C).
2. Mix oats, milk, eggs, bananas, baking powder, and cinnamon.
3. Fold in blueberries. Pour into a greased baking dish.
4. Top with almonds and bake 30-35 minutes.
5. Tips / Variations:
6. Cut into squares for grab-and-go.

Allergen notes: Contains: dairy, egg. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese; use tofu scramble or chia/flax 'egg' in baking-style recipes (where it works). Meal Prep & Storage: Fridge: 4 days. Freezer: up to 2 months. Reheat: microwave 15-30 sec or warm in oven/toaster oven. Tags: Vegetarian | Servings: 6 | Time: 45 minutes

Smoked Salmon Avocado Rice Cake

Breakfasts & Smoothies • Time: 5 minutes • Servings: 1

Quick Labels: Recipe | Quick | Lean Protein | Seafood | Whole Grains

Ingredients

- 2 brown rice cakes
- 1/2 avocado, mashed
- 2 oz smoked salmon
- Everything bagel seasoning (optional)
- Squeeze of lemon

Directions

1. Spread avocado on rice cakes.
2. Top with salmon, seasoning, and lemon.

Allergen notes: Contains: fish, wheat/gluten. Swaps: use gluten-free bread/wraps/pasta or serve over greens/rice; swap seafood for chicken, tofu, or beans. Tags: Gluten-free | Servings: 1 | Time: 5 minutes

Strawberry Oat Smoothie

Breakfast / Smoothies • Time: 5 minutes • Servings: 1

Quick Labels: Smoothie | Quick | Vegetarian | Whole Grains

Ingredients

- 1 cup frozen strawberries
- 1/2 banana
- 1/4 cup rolled oats
- 1 cup unsweetened milk of choice
- 1 tbsp ground flaxseed

Directions

1. Blend until smooth. Add more milk to thin if needed.
2. [[PAGE 45]]

Allergen notes: Contains: dairy. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese. Tags: Vegan | Servings: 1 | Time: 5 minutes

Tropical Turmeric Smoothie

Breakfast / Smoothies • Time: 5 minutes • Servings: 1

Quick Labels: Smoothie | Quick | Vegetarian

Ingredients

- 1 cup frozen mango
- 1/2 cup pineapple
- 1 cup unsweetened milk of choice
- 1/2 tsp turmeric
- Pinch black pepper
- Optional: 1 scoop protein powder

Directions

1 Blend until smooth.

Allergen notes: Contains: dairy. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese. Tags: Vegetarian | Servings: 1 | Time: 5 minutes

Mason Jar Greek Salad (Meal Prep)

Lunch • Time: 10 minutes • Servings: 1

Quick Labels: Salad | Quick | Meal Prep | Vegetarian

Ingredients

- Dressing: 1 tbsp olive oil + 1 tbsp red wine vinegar + pinch oregano
- 1/2 cup chickpeas, rinsed
- 1/2 cup chopped cucumber
- [[PAGE 46]]
- 1/2 cup cherry tomatoes, halved
- 1/4 cup diced bell pepper
- 2 tbsp feta (optional)
- 2 cups mixed greens

Directions

1. Add dressing to the bottom of a mason jar.
2. Layer chickpeas, cucumbers, tomatoes, bell pepper, and feta.
3. Top with greens. Seal and refrigerate up to 3 days.
4. Shake into a bowl when ready to eat.
5. Tips / Variations:
6. Add grilled chicken for extra protein.
7. Keep greens dry for best freshness.

Allergen notes: Contains: dairy. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese. Meal Prep & Storage: Fridge: 2-3 days (keep dressing separate). Best within 24 hours for peak crunch. Tags: Vegetarian | Servings: 1 | Time: 10 minutes

Tuna + White Bean Salad

Lunch • Time: 10 minutes • Servings: 1-2

Quick Labels: Salad | Quick | Lean Protein | Seafood

Ingredients

- 1 can tuna in water, drained
- 1/2 cup cannellini beans, rinsed
- 1/4 cup diced celery
- 2 tbsp diced red onion
- 1 tbsp olive oil
- 1 tbsp lemon juice
- Pepper to taste
- Optional: chopped parsley
- [[PAGE 47]]

Directions

1. Mix all ingredients in a bowl.
2. Serve over greens, with whole-grain crackers, or in a wrap.

Allergen notes: Contains: fish. Swaps: swap seafood for chicken, tofu, or beans. Tags: Gluten-free | Servings: 1-2 | Time: 10 minutes

Chicken Caesar Salad (Lightened-Up)

Lunch • Time: 15 minutes • Servings: 1

Quick Labels: Salad | Quick | Lean Protein | Whole Grains

Ingredients

- 2 cups romaine, chopped
- 1 grilled chicken breast, sliced
- 2 tbsp plain Greek yogurt
- 1 tsp Dijon mustard
- 1 tsp lemon juice
- 1 tsp Worcestershire (optional)
- 1 tbsp grated Parmesan
- Pepper to taste
- Optional: whole-grain croutons

Directions

1. Whisk yogurt, Dijon, lemon, Worcestershire, Parmesan, and pepper for dressing.
2. Toss romaine with dressing and top with chicken.
3. Tips / Variations:
4. Add chickpeas for more fiber.
5. Use a small handful of croutons for crunch.
6. [[PAGE 48]]

Allergen notes: Contains: dairy, wheat/gluten. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese; use gluten-free bread/wraps/pasta or serve over greens/rice. Tags: Gluten-free | Servings: 1 | Time: 15 minutes

Turkey + Veggie Lettuce Wraps

Lunch • Time: 10 minutes • Servings: 1

Quick Labels: Wrap/Sandwich | Quick | Lean Protein

Ingredients

- 4 large lettuce leaves
- 4 oz lean turkey deli slices or leftover turkey
- 1/2 cup shredded carrots
- 1/2 cup cucumber sticks
- 2 tbsp hummus or mustard

Directions

1. Spread hummus on each lettuce leaf.
2. Add turkey and veggies, then roll like a wrap.

Allergen notes: No common top allergens detected (always double-check ingredient labels). Tags: Gluten-free | Servings: 1 | Time: 10 minutes

Mediterranean Tuna Stuffed Avocado

Lunches, Wraps & Salads • Time: 10 minutes • Servings: 1

Quick Labels: Recipe | Quick | Lean Protein | Seafood

Ingredients

- 1 avocado, halved and pitted
- 1 can tuna in water, drained
- 2 tbsp plain Greek yogurt
- 1 tbsp lemon juice
- 1 tbsp diced red onion
- [[PAGE 49]]
- Salt and pepper

Directions

1. Mix tuna, yogurt, lemon juice, onion, salt, and pepper.
2. Spoon into avocado halves and serve.

Allergen notes: Contains: dairy, fish. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese; swap seafood for chicken, tofu, or beans. Tags: Gluten-free | Servings: 1 | Time: 10 minutes

Veggie + Hummus Pita Pocket

Lunch • Time: 10 minutes • Servings: 1

Quick Labels: Wrap/Sandwich | Quick | Vegetarian | Whole Grains

Ingredients

- 1 whole-grain pita
- 3 tbsp hummus
- 1/2 cup cucumber, sliced
- 1/2 cup cherry tomatoes, halved
- Handful spinach
- Optional: feta or olives

Directions

1. Spread hummus inside pita.
2. Stuff with veggies (and feta/olives if using).

Allergen notes: Contains: dairy. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese. Tags: Vegetarian | Servings: 1 | Time: 10 minutes

Chicken + Quinoa Power Bowl

Lunches, Wraps & Salads • Time: 15 minutes • Servings: 1-2

Quick Labels: Bowl | Quick | Meal Prep | Lean Protein | Whole Grains

Ingredients

- 1 cup cooked quinoa
- 1 grilled chicken breast, sliced
- 1 cup roasted veggies (broccoli, peppers, zucchini)
- 1 tbsp olive oil
- 1 tbsp lemon juice
- Salt and pepper

Directions

1. Combine quinoa, chicken, and veggies in a bowl.
2. Drizzle with olive oil and lemon juice. Season to taste.

Allergen notes: No common top allergens detected (always double-check ingredient labels). Meal Prep & Storage: Fridge: 3-4 days. Freezer: up to 2-3 months (if appropriate). Reheat until hot throughout. Tags: Gluten-free | Servings: 1-2 | Time: 15 minutes [[PAGE 50]]

Black Bean + Corn Salsa Salad

Lunch • Time: 10 minutes • Servings: 4

Quick Labels: Salad | Quick | Plant-Based | Lean Protein

Ingredients

- 1 can black beans, rinsed
- 1 cup corn
- 1/2 cup diced tomatoes
- 1/4 cup diced red onion
- 1/4 cup chopped cilantro
- Juice of 1 lime
- 1 tbsp olive oil
- Salt and pepper

Directions

1. Mix everything in a bowl and chill 10 minutes if possible.
2. [[PAGE 51]]
3. Serve as a salad, taco topping, or side.

Allergen notes: No common top allergens detected (always double-check ingredient labels). Tags: Vegan, Gluten-free | Servings: 4 | Time: 10 minutes

High-Protein Pasta Salad (Whole Wheat)

Lunch • Time: 20 minutes • Servings: 4

Quick Labels: Salad | Plant-Based

Ingredients

- 2 cups cooked whole-wheat pasta (cooled)
- 1 cup diced cucumber
- 1 cup cherry tomatoes, halved
- 1/2 cup chopped bell pepper
- 1/2 cup chickpeas, rinsed
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp Italian seasoning
- Salt and pepper

Directions

1. Mix everything in a bowl.
2. Chill 30 minutes if possible for best flavor.

Allergen notes: Contains: wheat/gluten. Swaps: use gluten-free bread/wraps/pasta or serve over greens/rice. Tags: Vegan | Servings: 4 | Time: 20 minutes

Sheet Pan Chicken Fajitas

Dinners • Time: 30 minutes • Servings: 4

Quick Labels: Recipe | Lean Protein | Whole Grains

Ingredients

- 1 lb chicken breast, sliced
- 2 bell peppers, sliced
- 1 onion, sliced
- 1 tbsp olive oil
- 2 tsp fajita seasoning (or chili powder + cumin + garlic powder)
- Salt and pepper to taste
- Serve with: corn tortillas, lettuce wraps, or brown rice

Directions

1. Preheat oven to 425°F (218°C).
2. Toss chicken and veggies with olive oil and seasoning on a sheet pan.
3. Bake 18-22 minutes, stirring halfway, until chicken is cooked through.
4. Serve with tortillas or bowls and top with salsa.
5. Tips / Variations:
6. Add lime juice and cilantro at the end.
7. Swap chicken for shrimp (cook 8-10 minutes).

Allergen notes: No common top allergens detected (always double-check ingredient labels). Tags: Gluten-free | Servings: 4 | Time: 30 minutes [[PAGE 52]]

Turkey Chili (High-Protein)

Soups / Bowls • Time: 35 minutes • Servings: 4-6

Quick Labels: Soup | Meal Prep | Freezer-Friendly | Lean Protein

Ingredients

- 1 lb lean ground turkey
- 1 tbsp olive oil
- [[PAGE 53]]
- 1 onion, diced
- 2 cloves garlic, minced
- 1 bell pepper, diced
- 1 can (14 oz) diced tomatoes (no salt added)
- 1 can kidney or black beans, rinsed
- 2 tbsp chili powder
- 1 tsp cumin
- Salt and pepper to taste
- Optional: plain Greek yogurt, chopped green onion

Directions

1. In a pot, sauté onion and pepper in olive oil for 4-5 minutes.
2. Add garlic and turkey; cook until browned.
3. Stir in tomatoes, beans, chili powder, cumin, salt, and pepper.
4. Simmer 15-20 minutes. Top with Greek yogurt if desired.
5. Tips / Variations:
6. Add extra veggies like zucchini or carrots.
7. Freeze leftovers in single servings.

Allergen notes: Contains: dairy. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese. Meal Prep & Storage: Fridge: 4-5 days. Freezer: up to 3 months. Reheat: microwave 60-90 sec or warm on stovetop. Tags: Gluten-free | Servings: 4-6 | Time: 35 minutes

Garlic-Lemon Shrimp + Broccoli (15-Minute)

Dinners • Time: 15 minutes • Servings: 4

Quick Labels: Recipe | Quick | Lean Protein | Seafood | Whole Grains

Ingredients

- 1 lb shrimp (peeled, deveined)
- 3 cups broccoli florets
- 1 tbsp olive oil
- [[PAGE 54]]
- 2 cloves garlic, minced
- Zest + juice of 1 lemon
- Salt and pepper to taste
- Serve with: quinoa or brown rice (optional)

Directions

1. Steam or microwave broccoli until crisp-tender (about 3-4 minutes).
2. In a skillet, heat olive oil and sauté garlic 30 seconds.
3. Add shrimp, cook 2-3 minutes per side until pink.
4. Toss in broccoli, lemon zest/juice, salt, and pepper. Serve warm.

Allergen notes: Contains: shellfish. Swaps: swap seafood for chicken, tofu, or beans. Tags: Gluten-free | Servings: 4 | Time: 15 minutes

Cauliflower Fried Rice (Better-For-You)

Dinners • Time: 20 minutes • Servings: 4

Quick Labels: Recipe | Vegetarian | Lean Protein

Ingredients

- 4 cups cauliflower rice (fresh or frozen)
- 2 eggs, beaten
- 1 cup mixed veggies (peas/carrots/corn or stir-fry mix)
- 2 tbsp low-sodium soy sauce or coconut aminos
- 1 tsp sesame oil (optional)
- 2 green onions, sliced
- 1 tsp grated ginger (optional)

Directions

1. In a skillet, scramble eggs and set aside.
2. Add veggies and cauliflower rice; cook 5-7 minutes.
3. [[PAGE 55]]
4. Stir in soy sauce (and sesame oil/ginger).
5. Add eggs back in and top with green onions.
6. Tips / Variations:
7. Add cooked chicken, shrimp, or tofu for extra protein.

Allergen notes: Contains: egg, sesame, soy, wheat/gluten. Swaps: use tofu scramble or chia/flax 'egg' in baking-style recipes (where it works); use gluten-free bread/wraps/pasta or serve over greens/rice. Tags: Gluten-free | Servings: 4 | Time: 20 minutes

Baked Parmesan Crusted Chicken (Light)

Dinners • Time: 30 minutes • Servings: 2

Quick Labels: Recipe | Lean Protein

Ingredients

- 2 chicken breasts
- 1/4 cup grated Parmesan
- 1/4 cup whole-wheat breadcrumbs (or almond flour for gluten-free)
- 1 tsp garlic powder
- 1 tsp paprika
- Salt and pepper
- Cooking spray or 1 tsp olive oil

Directions

1. Preheat oven to 425°F (218°C).
2. Mix Parmesan, breadcrumbs, garlic powder, paprika, salt, and pepper.
3. Coat chicken with a light spray of oil, then press into crumb mixture.
4. Bake 18-22 minutes until cooked through.
5. Tips / Variations:
6. Serve with roasted veggies or a big salad.

Allergen notes: Contains: dairy, tree nuts, wheat/gluten. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese; use gluten-free bread/wraps/pasta or serve over greens/rice. Tags: High-protein | Servings: 2 | Time: 30 minutes

One-Pot Lemon Herb Pasta (Whole Wheat)

Dinners • Time: 25 minutes • Servings: 4

Quick Labels: Recipe | Meal Prep | Vegetarian

Ingredients

- 8 oz whole-wheat pasta
- 3 cups baby spinach
- 2 cloves garlic, minced
- 1 tbsp olive oil
- Juice + zest of 1 lemon
- 1/4 cup grated Parmesan (optional)
- Salt and pepper

Directions

1. Cook pasta according to package. Reserve 1/2 cup pasta water and drain.
2. In the pot, heat olive oil and sauté garlic 30 seconds.
3. Add spinach, pasta, lemon juice/zest, and a splash of pasta water; toss.
4. Season and top with Parmesan if desired.
5. Tips / Variations:
6. Add grilled chicken or chickpeas for more protein.

Allergen notes: Contains: dairy, wheat/gluten. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese; use gluten-free bread/wraps/pasta or serve over greens/rice. Meal Prep & Storage: Fridge: 3-4 days. Freezer: up to 2-3 months (if appropriate). Reheat until hot throughout. Tags: Vegetarian | Servings: 4 | Time: 25 minutes

Salmon Rice Bowl with Cucumber + Sriracha Yogurt

Dinners • Time: 25 minutes • Servings: 2

Quick Labels: Bowl | Meal Prep | Lean Protein | Seafood | Whole Grains

Ingredients

- 2 salmon fillets
- 2 cups cooked brown rice
- 1 cucumber, sliced
- Sauce: 1/4 cup Greek yogurt + 1 tsp sriracha + lime juice
- Optional: sesame seeds, green onion

Directions

1. Bake salmon at 400°F (200°C) for 12-15 minutes.
2. Build bowls with rice, cucumber, and salmon.
3. Drizzle sauce and top with sesame seeds/green onion.

Allergen notes: Contains: dairy, fish, sesame. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese; swap seafood for chicken, tofu, or beans. Meal Prep & Storage: Fridge: 3-4 days. Freezer: up to 2-3 months (if appropriate). Reheat until hot throughout. Tags: Gluten-free | Servings: 2 | Time: 25 minutes

Turkey Meatballs + Marinara (Meal Prep)

Dinners • Time: 35 minutes • Servings: 4

Quick Labels: Recipe | Meal Prep | Lean Protein | Whole Grains

Ingredients

- 1 lb lean ground turkey
- 1 egg
- 1/3 cup oats or breadcrumbs
- 1 tsp garlic powder
- [[PAGE 58]]
- 1 tsp Italian seasoning
- Salt and pepper
- 2 cups marinara (low sugar)

Directions

1. Preheat oven to 400°F (200°C).
2. Mix turkey, egg, oats, spices, salt, and pepper. Roll into meatballs.
3. Bake 15-18 minutes until cooked through.
4. Warm marinara and toss meatballs in sauce.

Allergen notes: Contains: egg, wheat/gluten. Swaps: use tofu scramble or chia/flax 'egg' in baking-style recipes (where it works); use gluten-free bread/wraps/pasta or serve over greens/rice. Meal Prep & Storage: Fridge: 3-4 days. Freezer: up to 2-3 months (if appropriate). Reheat until hot throughout. Tags: High-protein | Servings: 4 | Time: 35 minutes

Veggie-Loaded Turkey Taco Skillet

Lunch • Time: 25 minutes • Servings: 4

Quick Labels: Wrap/Sandwich | Meal Prep | Lean Protein

Ingredients

- 1 lb lean ground turkey
- 1 zucchini, diced
- 1 bell pepper, diced
- 1 can black beans, rinsed
- 1 cup salsa
- 2 tsp taco seasoning
- Optional: shredded lettuce, Greek yogurt, avocado

Directions

1. Cook turkey in a skillet until browned.
2. Add zucchini and bell pepper; cook 4-5 minutes.
3. [[PAGE 59]]
4. Stir in beans, salsa, and seasoning; simmer 5 minutes.
5. Serve with toppings.

Allergen notes: Contains: dairy. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese. Meal Prep & Storage: Fridge: 3-4 days. Freezer: up to 2-3 months (if appropriate). Reheat until hot throughout. Tags: Gluten-free | Servings: 4 | Time: 25 minutes

Baked Stuffed Sweet Potatoes

Plant-Based Favorites • Time: 45 minutes • Servings: 2

Quick Labels: Recipe | Vegetarian | Lean Protein

Ingredients

- 2 medium sweet potatoes
- 1 cup black beans, rinsed
- 1/2 cup salsa
- 1/4 avocado, diced
- Optional: Greek yogurt, cilantro

Directions

1. Bake sweet potatoes at 400°F (200°C) for 40-45 minutes (or microwave 6-8 minutes).
2. Split and fluff the inside with a fork.
3. Top with beans, salsa, avocado, and optional toppings.
4. Tips / Variations:
5. Meal prep: bake extra sweet potatoes for the week.

Allergen notes: Contains: dairy. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese. Tags: Vegan, Gluten-free | Servings: 2 | Time: 45 minutes

Crispy Tofu Buddha Bowl

Plant-Based • Time: 35 minutes • Servings: 2

Quick Labels: Bowl | Meal Prep | Plant-Based | Lean Protein | Whole

Ingredients

- 1 block firm tofu, pressed and cubed
- 1 tbsp olive or sesame oil
- 2 tbsp low-sodium soy sauce
- 1 tsp garlic powder
- 1 cup cooked quinoa or brown rice
- 2 cups mixed greens
- 1/2 cup shredded carrots
- 1/2 cucumber, sliced
- Sauce: 1 tbsp tahini + 1 tbsp lemon juice + water to thin

Directions

1. Toss tofu with oil, soy sauce, and garlic powder. Bake at 425°F for 20-25 minutes, flipping once.
2. Assemble bowl with grains, greens, veggies, and tofu.
3. Drizzle tahini-lemon sauce on top.

Allergen notes: Contains: sesame, soy, wheat/gluten. Swaps: use gluten-free bread/wraps/pasta or serve over greens/rice; use coconut aminos or tamari (GF) and choose non-soy protein like chicken/beans. Meal Prep & Storage: Fridge: 3-4 days. Freezer: up to 2-3 months (if appropriate). Reheat until hot throughout. Tags: Vegan | Servings: 2 | Time: 35 minutes

Lentil Taco Bowl

Plant-Based • Time: 15 minutes • Servings: 2-3

Quick Labels: Bowl | Quick | Meal Prep | Plant-Based | Lean Protein

Ingredients

- [[PAGE 61]]
- 1 cup cooked lentils
- 1 tsp olive oil
- 1 tsp chili powder
- 1/2 tsp cumin
- 1/2 cup salsa
- Serve with: lettuce, tomatoes, avocado, brown rice, or corn

Directions

1. In a skillet, warm lentils with olive oil, chili powder, cumin, and salsa for 5 minutes.
2. Build bowls with lettuce/veggies and top with lentil taco mix.
3. Tips / Variations:
4. Add Greek yogurt if not vegan.
5. Top with crushed tortilla chips for crunch (small handful).

Allergen notes: No common top allergens detected (always double-check ingredient labels). Meal Prep & Storage: Fridge: 3-4 days. Freezer: up to 2-3 months (if appropriate). Reheat until hot throughout. Tags: Vegan, Gluten-free | Servings: 2-3 | Time: 15 minutes

Chickpea 'Chicken' Salad

Lunch • Time: 10 minutes • Servings: 2

Quick Labels: Salad | Quick | Vegetarian | Lean Protein | Whole Grains

Ingredients

- 1 cup chickpeas, rinsed and drained
- 2 tbsp plain Greek yogurt or mashed avocado
- 1 tbsp Dijon mustard
- 1/4 cup diced celery
- 1 tbsp diced red onion
- Salt and pepper to taste
- Serve with: whole-grain bread, wraps, or lettuce cups
- [[PAGE 62]]

Directions

1. Mash chickpeas lightly with a fork.
2. Stir in yogurt (or avocado), Dijon, celery, onion, salt, and pepper.
3. Serve as a sandwich, wrap, or lettuce cups.

Allergen notes: Contains: dairy, wheat/gluten. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese; use gluten-free bread/wraps/pasta or serve over greens/rice. Tags: Vegetarian | Servings: 2 | Time: 10 minutes

Veggie Stir-Fry (Simple Sauce)

Sauces / Dressings • Time: 20 minutes • Servings: 2-3

Quick Labels: Recipe | Vegetarian | Lean Protein

Ingredients

- 2 cups mixed stir-fry veggies
- 1 tbsp olive or sesame oil
- 1 block firm tofu or 1 cup edamame (optional protein)
- Sauce: 2 tbsp low-sodium soy sauce + 1 tbsp rice vinegar + 1 tsp honey + ginger

Directions

1. Stir-fry veggies in oil 5-7 minutes.
2. Add tofu/edamame if using and cook until heated.
3. Pour in sauce and cook 1-2 minutes. Serve over brown rice.

Allergen notes: Contains: sesame, soy, wheat/gluten. Swaps: use gluten-free bread/wraps/pasta or serve over greens/rice; use coconut aminos or tamari (GF) and choose non-soy protein like chicken/beans. Tags: Vegan | Servings: 2-3 | Time: 20 minutes

Zucchini 'Pizza' Bites

Snack • Time: 20 minutes • Servings: 4

Quick Labels: Snack | Plant-Based

Ingredients

- [[PAGE 63]]
- 2 zucchinis, sliced into rounds
- 1/2 cup marinara (low sugar)
- 1/2 cup shredded part-skim mozzarella
- Italian seasoning

Directions

1. Preheat oven to 425°F (218°C).
2. Place zucchini rounds on a lined baking sheet.
3. Top each with marinara and mozzarella; sprinkle seasoning.
4. Bake 10-12 minutes until bubbly.

Allergen notes: Contains: dairy. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese. Tags: Vegetarian, Gluten-free | Servings: 4 | Time: 20 minutes

Slow Cooker Chicken Tortilla Soup (Light)

Soups / Bowls • Time: 10 min prep + slow cook • Servings: 6

Quick Labels: Soup | Quick | Meal Prep | Freezer-Friendly | Lean

Ingredients

- 1 lb chicken breast
- 1 onion, diced
- 1 bell pepper, diced
- 1 can (14 oz) diced tomatoes
- 1 can black beans, rinsed
- 1 cup corn (frozen or canned)
- 4 cups low-sodium chicken broth
- 2 tsp chili powder
- [[PAGE 64]]
- 1 tsp cumin
- Salt and pepper
- Toppings: cilantro, lime, avocado, crushed tortilla strips (optional)

Directions

1. Add all ingredients to slow cooker.
2. Cook on low 6-8 hours or high 3-4 hours.
3. Shred chicken in the pot and stir.
4. Serve with toppings.

Allergen notes: Contains: wheat/gluten. Swaps: use gluten-free bread/wraps/pasta or serve over greens/rice. Meal Prep & Storage: Fridge: 4-5 days. Freezer: up to 3 months. Reheat: microwave 60-90 sec or warm on stovetop. Tags: Gluten-free | Servings: 6 | Time: 10 min prep + slow cook

Tomato Basil Soup (Creamy Without Cream)

Soups / Bowls • Time: 30 minutes • Servings: 4

Quick Labels: Soup | Meal Prep | Freezer-Friendly | Vegetarian | Lean

Ingredients

- 1 tbsp olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 2 cans (14 oz) diced tomatoes
- 2 cups low-sodium veggie broth
- 1/2 cup plain Greek yogurt (stir in at end)
- 1 tsp dried basil (or 1/4 cup fresh basil)
- Salt and pepper

Directions

1. Sauté onion in olive oil 4-5 minutes, add garlic 30 seconds.
2. [[PAGE 65]]
3. Add tomatoes, broth, basil; simmer 15 minutes.
4. Blend carefully until smooth.
5. Let cool slightly, then stir in Greek yogurt. Season to taste.

Allergen notes: Contains: dairy. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese. Meal Prep & Storage: Fridge: 4-5 days. Freezer: up to 3 months. Reheat: microwave 60-90 sec or warm on stovetop. Tags: Vegetarian, Gluten-free | Servings: 4 | Time: 30 minutes

White Bean + Spinach Soup

Soups / Bowls • Time: 25 minutes • Servings: 4

Quick Labels: Soup | Meal Prep | Freezer-Friendly | Plant-Based | Lean

Ingredients

- 1 tbsp olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 4 cups low-sodium veggie broth
- 2 cans cannellini beans, rinsed
- 2 cups fresh spinach
- 1 tsp Italian seasoning
- Salt and pepper
- Optional: lemon juice

Directions

1. Sauté onion and garlic in olive oil 5 minutes.
2. Add broth, beans, and seasoning; simmer 10 minutes.
3. Stir in spinach until wilted. Add lemon juice if desired.

Allergen notes: No common top allergens detected (always double-check ingredient labels). Meal Prep & Storage: Fridge: 4-5 days. Freezer: up to 3 months. Reheat: microwave 60-90 sec or warm on stovetop. Tags: Vegan, Gluten-free | Servings: 4 | Time: 25 minutes

Hearty Vegetable Minestrone

Plant-Based • Time: 40 minutes • Servings: 6

Quick Labels: Recipe | Plant-Based | Lean Protein

Ingredients

- 1 tbsp olive oil
- 1 onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 2 cloves garlic, minced
- 1 can diced tomatoes
- 4 cups low-sodium veggie broth
- 1 can kidney beans, rinsed
- 1 zucchini, diced
- 2 cups spinach
- 1 tsp Italian seasoning
- 1 cup whole-wheat pasta (optional)

Directions

1. Sauté onion, carrot, and celery in olive oil 5 minutes. Add garlic 30 seconds.
2. Add tomatoes, broth, beans, zucchini, and seasoning; simmer 15 minutes.
3. Add pasta (if using) and cook until tender.
4. Stir in spinach until wilted.

Allergen notes: Contains: wheat/gluten. Swaps: use gluten-free bread/wraps/pasta or serve over greens/rice. Tags: Vegan | Servings: 6 | Time: 40 minutes

Roasted Sweet Potato Wedges

Plant-Based • Time: 35 minutes • Servings: 4

Quick Labels: Recipe | Plant-Based

Ingredients

- 2 medium sweet potatoes, cut into wedges
- 1 tbsp olive oil
- 1 tsp paprika
- 1/2 tsp garlic powder
- Salt and pepper

Directions

1. Preheat oven to 425°F (218°C).
2. Toss wedges with oil and seasonings.
3. Bake 25-30 minutes, flipping halfway, until crisp and tender.

Allergen notes: No common top allergens detected (always double-check ingredient labels). Tags: Vegan, Gluten-free | Servings: 4 | Time: 35 minutes

Simple Quinoa (Perfect Every Time)

Plant-Based • Time: 25 minutes • Servings: 4

Quick Labels: Recipe | Plant-Based | Whole Grains

Ingredients

- 1 cup quinoa, rinsed
- 2 cups water or low-sodium broth
- Pinch of salt

Directions

1. Bring water/broth to a boil.
2. Add quinoa, reduce to low, cover and simmer 15 minutes.
3. Remove from heat, rest 5 minutes, then fluff.
4. Tips / Variations:
5. Cook a double batch for the week.
6. [[PAGE 68]]

Allergen notes: No common top allergens detected (always double-check ingredient labels). Tags: Vegan, Gluten-free | Servings: 4 | Time: 25 minutes

Garlic Herb Roasted Broccoli

Plant-Based • Time: 20 minutes • Servings: 4

Quick Labels: Recipe | Plant-Based

Ingredients

- 4 cups broccoli florets
- 1 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp Italian seasoning
- Salt and pepper
- Optional: lemon zest

Directions

1. Preheat oven to 425°F (218°C).
2. Toss broccoli with oil and seasonings.
3. Roast 15-18 minutes until edges crisp. Add lemon zest if desired.

Allergen notes: No common top allergens detected (always double-check ingredient labels). Tags: Vegan, Gluten-free | Servings: 4 | Time: 20 minutes

Trail Mix (Better-For-You)

Plant-Based • Time: 5 minutes • Servings: 8 snacks

Quick Labels: Recipe | Quick | Plant-Based

Ingredients

- 1/2 cup almonds or walnuts
- 1/2 cup pumpkin seeds
- 1/3 cup unsweetened dried cranberries (or less)
- 1/3 cup dark chocolate chips (optional, small)
- [[PAGE 69]]
- Pinch of cinnamon

Directions

1. Mix everything in a jar.
2. Portion into small snack bags (about 1/4 cup each).
3. Tips / Variations:
4. Keep portions small - trail mix is calorie-dense.

Allergen notes: No common top allergens detected (always double-check ingredient labels). Tags: Vegetarian, Gluten-free | Servings: 8 snacks | Time: 5 minutes

Spicy Roasted Edamame

Plant-Based • Time: 30 minutes • Servings: 4

Quick Labels: Recipe | Plant-Based

Ingredients

- 2 cups shelled edamame (frozen, thawed and patted dry)
- 1 tbsp olive oil
- 1 tsp smoked paprika
- 1/2 tsp chili powder
- Salt to taste

Directions

1. Preheat oven to 400°F (200°C).
2. Toss edamame with oil and spices.
3. Roast 20-25 minutes, shaking pan halfway.

Allergen notes: Contains: soy. Swaps: use coconut aminos or tamari (GF) and choose non-soy protein like chicken/beans. Tags: Vegan, Gluten-free | Servings: 4 | Time: 30 minutes

Greek Yogurt Ranch Dip

Sides, Snacks & Desserts • Time: 5 minutes • Servings: 4

Quick Labels: Recipe | Quick | Vegetarian | Lean Protein

Ingredients

- 1 cup plain Greek yogurt
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp dried dill
- Salt and pepper
- Serve with: veggie sticks

Directions

1. Mix all ingredients in a bowl.
2. Chill 10 minutes if you have time, then dip veggies.

Allergen notes: Contains: dairy. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese. [[PAGE 70]] Tags: Vegetarian, Gluten-free | Servings: 4 | Time: 5 minutes

Greek Yogurt Berry 'Froyo' Bites

Snack • Time: 10 min prep + freeze • Servings: 6

Quick Labels: Snack | Quick | Vegetarian

Ingredients

- 1 cup plain Greek yogurt
- 1 cup mixed berries
- 1 tsp honey (optional)

Directions

1. Line a baking sheet with parchment.
2. Stir honey into yogurt if using.
3. Drop small spoonfuls of yogurt onto parchment, top with berries.
4. Freeze 1-2 hours until firm.

Allergen notes: Contains: dairy. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese. Tags: Gluten-free, Vegetarian | Servings: 6 | Time: 10 min prep + freeze

Peanut Butter Energy Balls

Sides, Snacks & Desserts • Time: 15 minutes • Servings: 12-14

Quick Labels: Recipe | Quick | Vegetarian | Whole Grains

Ingredients

- 1 cup rolled oats
- 1/2 cup natural peanut butter
- 1/3 cup honey
- 1 tbsp chia seeds
- 1/4 cup mini dark chocolate chips (optional)

Directions

1. Mix everything in a bowl until combined.
2. Roll into 1-inch balls.
3. Refrigerate 30 minutes to set.
4. Tips / Variations:
5. Swap peanut butter for sunflower seed butter for nut-free schools.

Allergen notes: Contains: dairy, peanut. Swaps: swap dairy milk/yogurt for unsweetened plant- based versions; use dairy-free cheese or omit cheese; use sunflower butter or seeds (pumpkin/sunflower) instead of nuts/nut butters. Tags: Vegetarian | Servings: 12-14 | Time: 15 minutes

Baked Cinnamon Apples

Plant-Based • Time: 25 minutes • Servings: 2

Quick Labels: Recipe | Plant-Based

Ingredients

- 2 apples, sliced
- 1 tsp cinnamon
- 1 tsp maple syrup (optional)
- [[PAGE 72]]
- 1 tbsp chopped nuts (optional)

Directions

1. Preheat oven to 375°F (190°C).
2. Toss apples with cinnamon and maple syrup (if using).
3. Bake 20 minutes until tender. Top with nuts if desired.

Allergen notes: No common top allergens detected (always double-check ingredient labels). Tags: Vegan, Gluten-free | Servings: 2 | Time: 25 minutes

Air Fryer Chickpeas (Crunchy Snack)

Snack • Time: 20-30 minutes • Servings: 4

Quick Labels: Snack | Plant-Based

Ingredients

- 1 can chickpeas, rinsed and dried well
- 1 tbsp olive oil
- 1 tsp paprika
- 1/2 tsp garlic powder
- Salt to taste

Directions

1. Toss chickpeas with oil and spices.
2. Air fry at 390°F (199°C) for 12-15 minutes, shaking halfway (or bake at 400°F for 25-30 minutes).

Allergen notes: No common top allergens detected (always double-check ingredient labels). Tags: Vegan, Gluten-free | Servings: 4 | Time: 20-30 minutes

Apple Nachos

Sides, Snacks & Desserts • Time: 5 minutes • Servings: 1

Quick Labels: Recipe | Quick | Vegetarian

Ingredients

- [[PAGE 73]]
- 1 apple, thinly sliced
- 1 tbsp peanut or almond butter
- 1 tsp chia seeds
- Optional: drizzle of honey, sprinkle of cinnamon

Directions

1. Arrange apple slices on a plate.
2. Drizzle nut butter (warm slightly to thin).
3. Top with chia seeds and optional honey/cinnamon.

Allergen notes: Contains: dairy, peanut, tree nuts. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese; use sunflower butter or seeds (pumpkin/sunflower) instead of nuts/nut butters. Tags: Vegetarian, Gluten-free | Servings: 1 | Time: 5 minutes

Chocolate Avocado Pudding

Sides, Snacks & Desserts • Time: 10 minutes • Servings: 2

Quick Labels: Recipe | Quick | Vegetarian

Ingredients

- 1 ripe avocado
- 2 tbsp cocoa powder
- 1-2 tbsp honey or maple syrup (to taste)
- 1/2 tsp vanilla
- Splash of milk of choice to blend (as needed)

Directions

1. Blend all ingredients until smooth and creamy.
2. Chill 20 minutes if possible.

Allergen notes: Contains: dairy. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese. Tags: Vegetarian, Gluten-free | Servings: 2 | Time: 10 minutes

Simple Lemon Vinaigrette (3-Minute)

Dressings, Sauces & Meal-Prep Staples • Time: 3 minutes • Servings: 6 (2 tbsp each)

Quick Labels: Recipe | Quick | Vegetarian

Ingredients

- 3 tbsp olive oil
- 2 tbsp lemon juice
- 1 tsp Dijon mustard
- Pinch of salt and pepper
- Optional: 1 tsp honey

Directions

1. Whisk or shake everything in a jar.
2. Taste and adjust lemon/salt as needed.

Allergen notes: No common top allergens detected (always double-check ingredient labels). Tags: Vegan, Gluten-free | Servings: 6 (2 tbsp each) | Time: 3 minutes

Creamy Cilantro Lime Sauce

Sauces / Dressings • Time: 5 minutes • Servings: 6

Quick Labels: Recipe | Quick | Vegetarian | Lean Protein

Ingredients

- 1/2 cup plain Greek yogurt
- Juice of 1 lime
- 1/4 cup cilantro
- 1 clove garlic
- Pinch of salt

Directions

1. [[PAGE 75]]
2. Blend or whisk until smooth.
3. Use on bowls, tacos, salads, or as a dip.

Allergen notes: Contains: dairy. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese. Tags: Gluten-free, Vegetarian | Servings: 6 | Time: 5 minutes

Peanut Ginger Sauce

Sauces / Dressings • Time: 5 minutes • Servings: 4

Quick Labels: Recipe | Quick | Vegetarian

Ingredients

- 2 tbsp natural peanut butter
- 1 tbsp low-sodium soy sauce
- 1 tbsp rice vinegar
- 1 tsp honey or maple syrup
- 1 tsp grated ginger
- Warm water to thin

Directions

1. Whisk everything, adding warm water until drizzle-able.
2. Use on stir-fries, bowls, or salads.

Allergen notes: Contains: dairy, peanut, soy, wheat/gluten. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese; use gluten-free bread/wraps/pasta or serve over greens/rice. Tags: Vegan | Servings: 4 | Time: 5 minutes

Homemade Taco Seasoning (No Packet Needed)

Lunch • Time: 3 minutes • Servings: Multiple uses

Quick Labels: Wrap/Sandwich | Quick | Plant-Based

Ingredients

- 1 tbsp chili powder
- [[PAGE 76]]
- 1 tsp cumin
- 1 tsp garlic powder
- 1 tsp paprika
- 1/2 tsp oregano
- 1/2 tsp salt (optional)

Directions

1. Mix and store in a small jar.
2. Use about 1-2 tbsp per pound of protein or per skillet meal.

Allergen notes: No common top allergens detected (always double-check ingredient labels). Tags: Vegan, Gluten-free | Servings: Multiple uses | Time: 3 minutes

Freezer Smoothie Packs (5 Combos)

Breakfast / Smoothies • Time: 15 minutes • Servings: 5 packs

Quick Labels: Smoothie | Quick | Meal Prep | Vegetarian | Whole

Ingredients

- Zip-top bags or containers
- Base add-in (each pack): 1/2 banana + 1 cup fruit/greens
- Combo ideas: (1) berry + spinach, (2) mango + pineapple, (3) peach + kale, (4) strawberry +
- oats, (5) cherry + cocoa
- To blend: add 1 cup unsweetened milk + optional protein powder

Directions

1. Add ingredients for each combo to separate freezer bags.
2. Freeze flat for easy storage.
3. When ready, dump into blender with milk and blend.

Allergen notes: Contains: dairy. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese. Meal Prep & Storage: Fridge: 3-4 days. Freezer: up to 2-3 months (if appropriate). Reheat until hot throughout. Tags: Vegan | Servings: 5 packs | Time: 15 minutes

Roasted Veggie Meal-Prep Tray

Plant-Based • Time: 30 minutes • Servings: 6 side servings

Quick Labels: Recipe | Plant-Based

Ingredients

- 2 bell peppers, chopped
- 1 zucchini, chopped
- 1 red onion, chopped
- 2 cups broccoli florets
- 1 tbsp olive oil
- 1 tsp garlic powder
- Salt and pepper

Directions

1. Preheat oven to 425°F (218°C).
2. Toss veggies with oil and seasonings on a sheet pan.
3. Roast 20-25 minutes, stirring once.
4. Use in bowls, wraps, salads, omelets, and pasta all week.

Allergen notes: No common top allergens detected (always double-check ingredient labels). Tags: Vegan, Gluten-free | Servings: 6 side servings | Time: 30 minutes

Chicken + Veggie Meal-Prep Boxes

Dressings, Sauces & Meal-Prep Staples • Time: 45 minutes • Servings: 4-6

Quick Labels: Recipe | Lean Protein | Whole Grains

Ingredients

- 2 lbs chicken breast
- 2 tbsp olive oil
- 2 tsp garlic powder
- [[PAGE 78]]
- 2 tsp paprika
- Salt and pepper
- 6 cups mixed veggies (broccoli, carrots, peppers)
- Cooked brown rice or quinoa (optional)

Directions

1. Season chicken with oil and spices; bake at 400°F (200°C) for 20-25 minutes.
2. Roast veggies on a separate tray 15-20 minutes.
3. Slice chicken and portion into containers with veggies and optional grains.
4. Tips / Variations:
5. Swap seasonings (Italian, fajita, lemon pepper) to keep it interesting.

Allergen notes: No common top allergens detected (always double-check ingredient labels). Tags: Gluten-free | Servings: 4-6 | Time: 45 minutes

No-Cook Snack Box

Snack • Time: 5 minutes • Servings: 1

Quick Labels: Snack | Quick | Vegetarian

Ingredients

- 1 hard-boiled egg
- 1/2 cup grapes or berries
- 1 string cheese or 1/4 cup nuts
- Veggie sticks
- 2 tbsp hummus

Directions

1. Pack items into a container.
2. Keep chilled until ready to eat.
3. [[PAGE 79]]

Allergen notes: Contains: dairy, egg. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese; use tofu scramble or chia/flax 'egg' in baking-style recipes (where it works). Tags: Gluten-free | Servings: 1 | Time: 5 minutes

Homemade Granola (Lower Sugar)

Even More Healthy Recipes • Time: 35 minutes • Servings: 10

Quick Labels: Recipe | Vegetarian | Whole Grains

Ingredients

- 3 cups rolled oats
- 1/2 cup chopped nuts
- 1/3 cup honey or maple syrup
- 2 tbsp olive or avocado oil
- 1 tsp cinnamon
- Pinch of salt
- Optional: dried fruit (add after baking)

Directions

1. Preheat oven to 325°F (163°C).
2. Mix oats, nuts, cinnamon, salt, honey, and oil.
3. Bake 20-25 minutes, stirring halfway.
4. Cool completely (it crisps as it cools). Add dried fruit if using.
5. Tips / Variations:
6. Use as a topping, not a bowl - portions add up.

Allergen notes: No common top allergens detected (always double-check ingredient labels). Tags: Vegetarian | Servings: 10 | Time: 35 minutes

Peanut Butter Banana Overnight Oats

Breakfast • Time: 5 minutes + chill • Servings: 1

Quick Labels: Breakfast | Quick | Meal Prep | Vegetarian | Whole

Ingredients

- 1/2 cup rolled oats
- 2/3 cup milk of choice (dairy or unsweetened almond)
- 1 tbsp chia seeds
- 1 tbsp peanut butter
- 1/2 banana, mashed
- Pinch of cinnamon
- Optional: 1 tsp honey or maple syrup; berries on top

Directions

1. Stir all ingredients in a jar or container.
2. Cover and refrigerate at least 4 hours (overnight is best).
3. Top with berries or sliced banana and enjoy.
4. Tips / Variations:
5. Use certified gluten-free oats if needed.
6. Add 1 scoop protein powder and an extra splash of milk for a higher-protein version.

Allergen notes: Contains: dairy, peanut, tree nuts. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese; use sunflower butter or seeds (pumpkin/sunflower) instead of nuts/nut butters. Meal Prep & Storage: Fridge: 3-4 days. Keep toppings separate for best texture. Tags: Vegetarian | Gluten-free option | Servings: 1 | Time: 5 minutes + chill

Veggie Egg Muffins (Meal-Prep Breakfast)

Breakfast • Time: 10 minutes prep + 18 minutes bake • Servings: 6 muffins

Quick Labels: Breakfast | Quick | Meal Prep | Freezer-Friendly

Ingredients

- 6 eggs
- 1/4 cup milk
- 1/2 cup diced bell pepper
- 1/2 cup spinach, chopped
- 1/4 cup onion, diced
- 1/3 cup shredded cheese (optional)
- Salt, pepper, and garlic powder

Directions

1. Preheat oven to 350°F (175°C). Spray a muffin pan.
2. Whisk eggs, milk, and seasonings. Stir in veggies (and cheese if using).
3. Pour into muffin cups and bake 16-20 minutes, until set.
4. Cool and store in the fridge up to 4 days.
5. Tips / Variations:
6. Swap in mushrooms, tomatoes, or leftover roasted veggies.
7. Reheat 20-30 seconds in the microwave.

Allergen notes: Contains: dairy, egg. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese; use tofu scramble or chia/flax 'egg' in baking-style recipes (where it works). Meal Prep & Storage: Fridge: 4 days. Freezer: up to 2 months. Reheat: microwave 15-30 sec or warm in oven/toaster oven. [[PAGE 81]] Tags: High-protein | Gluten-free | Servings: 6 muffins | Time: 10 minutes prep + 18 minutes bake

Greek Yogurt Parfait Jars

Even More Healthy Recipes • Time: 10 minutes • Servings: 2

Quick Labels: Recipe | Quick | Vegetarian | Lean Protein

Ingredients

- 2 cups plain Greek yogurt
- 1 cup mixed berries (fresh or frozen, thawed)
- [[PAGE 82]]
- 1/2 cup granola (or chopped nuts for lower sugar)
- 1-2 tsp honey or maple syrup (optional)
- 1 tsp lemon zest (optional)

Directions

1. Layer yogurt, berries, and granola in jars.
2. Add a drizzle of honey if desired. Refrigerate until ready to eat.
3. Tips / Variations:
4. Add cinnamon or vanilla extract to the yogurt for extra flavor.
5. Keep granola separate until serving to stay crunchy.

Allergen notes: Contains: dairy. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese. Tags: High-protein | Vegetarian | Servings: 2 | Time: 10 minutes

Savory Cottage Cheese Power Bowl

Even More Healthy Recipes • Time: 5 minutes • Servings: 1

Quick Labels: Bowl | Quick | Meal Prep | Vegetarian | Lean Protein

Ingredients

- 3/4 cup cottage cheese
- 1/2 cup cherry tomatoes, halved
- 1/4 cup cucumber, diced
- 1 tbsp everything bagel seasoning (or salt + pepper)
- 1 tsp olive oil
- Optional: 1 hard-boiled egg; avocado slices

Directions

1. Add cottage cheese to a bowl.
2. [[PAGE 83]]
3. Top with veggies and seasonings. Drizzle with olive oil.
4. Add egg or avocado for extra fuel if desired.
5. Tips / Variations:
6. Try Italian: basil + balsamic drizzle.
7. Try spicy: hot sauce + sliced jalapeno.

Allergen notes: Contains: dairy, egg, wheat/gluten. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese; use tofu scramble or chia/flax 'egg' in baking-style recipes (where it works). Meal Prep & Storage: Fridge: 3-4 days. Freezer: up to 2-3 months (if appropriate). Reheat until hot throughout. Tags: High-protein | Vegetarian | Gluten-free | Servings: 1 | Time: 5 minutes

Spinach Mushroom Breakfast Quesadilla

Breakfast • Time: 12 minutes • Servings: 1

Quick Labels: Breakfast | Quick | Vegetarian | Lean Protein

Ingredients

- 1 whole-wheat tortilla
- 1 egg + 1 egg white (or 2 eggs)
- 1/2 cup spinach
- 1/3 cup mushrooms, sliced
- 2 tbsp shredded cheese
- Salsa for serving

Directions

1. Saute mushrooms and spinach in a nonstick pan until softened.
2. Scramble eggs in the same pan. Combine with veggies.
3. Fill tortilla with egg mixture and cheese, fold, and toast in the pan 1-2 minutes per side.
4. Serve with salsa.
5. Tips / Variations:
6. Add black beans for extra fiber.
7. Make it ahead and reheat in a toaster oven.
8. [[PAGE 84]]

Allergen notes: Contains: dairy, egg, wheat/gluten. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese; use tofu scramble or chia/flax 'egg' in baking-style recipes (where it works). Tags: High-protein | Vegetarian | Servings: 1 | Time: 12 minutes

Turkey Hummus Veggie Wrap

Lunch • Time: 10 minutes • Servings: 1

Quick Labels: Wrap/Sandwich | Quick | Lean Protein

Ingredients

- 1 whole-wheat tortilla
- 3-4 slices deli turkey (low-sodium if possible)
- 3 tbsp hummus
- Spinach or romaine
- Shredded carrots, cucumber strips, and bell pepper slices

Directions

1. Spread hummus on tortilla.
2. Layer turkey and veggies. Roll tightly and slice in half.
3. Tips / Variations:
4. Swap turkey for grilled chicken or tofu.
5. Add a squeeze of lemon or a sprinkle of everything seasoning.

Allergen notes: Contains: wheat/gluten. Swaps: use gluten-free bread/wraps/pasta or serve over greens/rice. Tags: High-protein | Servings: 1 | Time: 10 minutes

Quinoa Taco Salad (Meal-Prep Friendly)

Lunch • Time: 25 minutes • Servings: 4

Quick Labels: Salad | Vegetarian | Lean Protein | Whole Grains

Ingredients

- 1 cup quinoa, rinsed
- 2 cups water or broth
- [[PAGE 85]]
- 1 can black beans, drained and rinsed
- 1 cup corn (frozen or canned, drained)
- 1 cup cherry tomatoes, halved
- 1 avocado, diced (add just before serving)
- 2 tbsp lime juice
- 1 tbsp olive oil
- 1-2 tsp taco seasoning
- Optional: salsa and plain Greek yogurt

Directions

1. Cook quinoa in water/broth per package directions; cool slightly.
2. Toss quinoa with beans, corn, tomatoes, lime juice, olive oil, and taco seasoning.
3. Top with avocado and serve with salsa/Greek yogurt if desired.
4. Tips / Variations:
5. Add chopped romaine to stretch it into a bigger salad.
6. Add grilled chicken for extra protein.

Allergen notes: Contains: dairy. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese. Tags: Gluten-free | High-fiber | Servings: 4 | Time: 25 minutes

Chicken Caesar Pasta Salad (Lightened Up)

Lunch • Time: 20 minutes • Servings: 6

Quick Labels: Salad | Lean Protein

Ingredients

- 8 oz whole-wheat pasta
- 2 cups cooked chicken, chopped
- 3 cups chopped romaine
- 1/3 cup grated Parmesan
- [[PAGE 86]]
- 1/2 cup plain Greek yogurt
- 2 tbsp lemon juice
- 1 tsp Dijon mustard
- 1 small garlic clove, minced
- Salt and pepper
- Optional: croutons

Directions

1. Cook pasta, rinse cool, and drain well.
2. Whisk Greek yogurt, lemon juice, Dijon, garlic, salt, and pepper to make a quick dressing.
3. Toss pasta with chicken, romaine, Parmesan, and dressing.
4. Tips / Variations:
5. Add cherry tomatoes or cucumbers for more crunch.
6. Keep romaine separate until serving for best texture.

Allergen notes: Contains: dairy, wheat/gluten. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese; use gluten-free bread/wraps/pasta or serve over greens/rice. Tags: High-protein | Servings: 6 | Time: 20 minutes

Sheet Pan Salmon + Asparagus + Potatoes

Even More Healthy Recipes • Time: 10 minutes prep + 18 minutes bake • Servings: 4

Quick Labels: Recipe | Quick | Lean Protein | Seafood

Ingredients

- 4 salmon fillets
- 1 lb baby potatoes, halved
- 1 bunch asparagus, trimmed
- 2 tbsp olive oil
- 1 lemon (zest + juice)
- 1 tsp garlic powder
- Salt and pepper
- [[PAGE 87]]

Directions

1. Preheat oven to 425°F (220°C).
2. Toss potatoes with 1 tbsp olive oil, salt, and pepper. Roast 15 minutes.
3. Add salmon and asparagus to the pan. Drizzle remaining oil, lemon, and seasonings.
4. Bake 12-15 minutes until salmon flakes and asparagus is tender.
5. Tips / Variations:
6. Swap asparagus for green beans or broccoli.
7. Use parchment for easy cleanup.

Allergen notes: Contains: fish. Swaps: swap seafood for chicken, tofu, or beans. Tags: Gluten-free | Heart-healthy | Servings: 4 | Time: 10 minutes prep + 18 minutes bake

Turkey Stuffed Bell Peppers

Even More Healthy Recipes • Time: 20 minutes prep + 25 minutes bake • Servings: 6 halves

Quick Labels: Recipe | Lean Protein | Whole Grains

Ingredients

- 3 bell peppers, halved and seeded
- 1 lb ground turkey
- 1 cup cooked brown rice or quinoa
- 1 cup marinara
- 1/2 cup onion, diced
- 1 tsp Italian seasoning
- 1/2 cup shredded cheese (optional)
- Salt and pepper

Directions

1. Preheat oven to 375°F (190°C). Place pepper halves in a baking dish.
2. Cook turkey with onion, seasonings, salt, and pepper. Stir in rice and marinara.
3. [[PAGE 88]]
4. Spoon filling into peppers. Cover with foil and bake 20 minutes.
5. Uncover, add cheese if using, and bake 5 more minutes.
6. Tips / Variations:
7. Add chopped spinach to the filling for extra veggies.
8. Freeze extras for quick lunches.

Allergen notes: Contains: dairy. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese. Tags: High-protein | Gluten-free | Servings: 6 halves | Time: 20 minutes prep + 25 minutes bake

One-Pot Lemon Garlic Shrimp + Orzo

Even More Healthy Recipes • Time: 25 minutes • Servings: 4

Quick Labels: Recipe | Meal Prep | Lean Protein | Seafood

Ingredients

- 1 lb shrimp, peeled and deveined
- 1 cup whole-wheat orzo
- 3 cups low-sodium broth
- 2 cups spinach
- 2 tbsp lemon juice
- 2 tsp minced garlic
- 1 tbsp olive oil
- Salt and pepper

Directions

1. Saute garlic in olive oil for 30 seconds.
2. Add orzo and broth; simmer 8-10 minutes, stirring occasionally.
3. Stir in shrimp and cook 3-4 minutes until pink.
4. Add spinach and lemon juice; season to taste.
5. [[PAGE 89]]
6. Tips / Variations:
7. Add cherry tomatoes for color and extra nutrients.
8. Swap shrimp for diced chicken (cook longer).

Allergen notes: Contains: shellfish, wheat/gluten. Swaps: use gluten-free bread/wraps/pasta or serve over greens/rice; swap seafood for chicken, tofu, or beans. Meal Prep & Storage: Fridge: 3-4 days. Freezer: up to 2-3 months (if appropriate). Reheat until hot throughout. Tags: Quick | One-pot | Servings: 4 | Time: 25 minutes

Slow Cooker Salsa Verde Chicken

Even More Healthy Recipes • Time: 5 minutes prep + 4-6 hours cook • Servings: 8

Quick Labels: Recipe | Quick | Meal Prep | Lean Protein

Ingredients

- 2 lb boneless skinless chicken breasts or thighs
- 1 jar salsa verde
- 1 tsp cumin
- 1 tsp garlic powder
- 1/2 tsp salt

Directions

1. Add chicken, salsa verde, and seasonings to a slow cooker.
2. Cook on LOW 6 hours or HIGH 4 hours.
3. Shred chicken and serve in bowls, tacos, or salads.
4. Tips / Variations:
5. Top with Greek yogurt, avocado, and cilantro.
6. Serve over cauliflower rice or brown rice.

Allergen notes: No common top allergens detected (always double-check ingredient labels). Meal Prep & Storage: Fridge: 3-4 days. Freezer: up to 2-3 months (if appropriate). Reheat until hot throughout. Tags: Meal-prep | Gluten-free | Servings: 8 | Time: 5 minutes prep + 4-6 hours cook

Veggie-Loaded Turkey Chili

Soups / Bowls • Time: 15 minutes prep + 35 minutes simmer • Servings: 8

Quick Labels: Soup | Quick | Meal Prep | Freezer-Friendly | Lean

Ingredients

- 1 lb ground turkey
- 1 onion, diced
- 2 bell peppers, diced
- 2 cloves garlic, minced
- 1 can diced tomatoes
- 1 can kidney beans, drained and rinsed
- 1 can black beans, drained and rinsed
- 2 tbsp chili powder
- 1 tsp cumin
- Salt and pepper

Directions

1. Brown turkey with onion in a pot. Add peppers and garlic; cook 3-4 minutes.
2. Add tomatoes, beans, and spices. Simmer 25-30 minutes.
3. Taste and adjust seasoning.
4. Tips / Variations:
5. Add zucchini or carrots for more veggies.
6. Top with avocado, cilantro, or a small sprinkle of cheese.

Allergen notes: No common top allergens detected (always double-check ingredient labels). Meal Prep & Storage: Fridge: 4-5 days. Freezer: up to 3 months. Reheat: microwave 60-90 sec or warm on stovetop. Tags: High-fiber | Freezer-friendly | Servings: 8 | Time: 15 minutes prep + 35 minutes simmer

Quick Beef & Broccoli Stir-Fry

Even More Healthy Recipes • Time: 20 minutes • Servings: 4

Quick Labels: Recipe | Whole Grains

Ingredients

- 1 lb flank steak, thinly sliced (or lean beef strips)
- 4 cups broccoli florets
- 2 tbsp soy sauce (or coconut aminos)
- 1 tbsp honey
- 1 tbsp rice vinegar
- 1 tsp sesame oil (optional)
- 2 cloves garlic, minced
- 1 tsp grated ginger (optional)
- Cooked brown rice for serving

Directions

1. Whisk soy sauce, honey, vinegar, garlic, and ginger.
2. Stir-fry beef 2-3 minutes; remove.
3. Stir-fry broccoli 3-4 minutes with a splash of water to steam.
4. Return beef, add sauce, and toss 1-2 minutes until glossy.
5. Tips / Variations:
6. Use frozen broccoli to make it even faster.
7. Add sliced bell peppers or snap peas.

Allergen notes: Contains: sesame, soy, wheat/gluten. Swaps: use gluten-free bread/wraps/pasta or serve over greens/rice; use coconut aminos or tamari (GF) and choose non-soy protein like chicken/beans. Tags: High-protein | Servings: 4 | Time: 20 minutes

Baked Ziti with Hidden Veggies

Even More Healthy Recipes • Time: 20 minutes prep + 25 minutes bake • Servings: 8

Quick Labels: Recipe | Vegetarian

Ingredients

- 12 oz whole-wheat ziti or penne
- 3 cups marinara
- 1 cup cottage cheese or ricotta
- 2 cups zucchini or spinach, finely chopped
- 1 cup shredded mozzarella (optional)
- 1 tsp Italian seasoning
- Salt and pepper

Directions

1. Preheat oven to 375°F (190°C). Cook pasta until just al dente.
2. Mix marinara, cottage cheese/ricotta, chopped veggies, seasoning, salt, and pepper.
3. Toss with pasta and spread in a baking dish. Top with mozzarella if using.
4. Bake 20-25 minutes until bubbly.
5. Tips / Variations:
6. Add cooked ground turkey for extra protein.
7. Chop veggies small so picky eaters barely notice.

Allergen notes: Contains: dairy. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese. Tags: Family-friendly | Servings: 8 | Time: 20 minutes prep + 25 minutes bake [[PAGE 92]]

Lentil Bolognese

Plant-Based • Time: 10 minutes prep + 30 minutes simmer • Servings: 6

Quick Labels: Recipe | Quick | Plant-Based | Lean Protein

Ingredients

- 1 cup dried lentils, rinsed
- 1 jar marinara (24 oz)
- 1 onion, diced
- 2 cloves garlic, minced
- [[PAGE 93]]
- 1 tsp Italian seasoning
- 2 cups water or broth
- Whole-wheat pasta or spaghetti squash for serving

Directions

1. Saute onion and garlic 3-4 minutes.
2. Add lentils, marinara, seasoning, and water/broth.
3. Simmer 25-30 minutes until lentils are tender.
4. Serve over pasta or spaghetti squash.
5. Tips / Variations:
6. Add chopped carrots and celery for extra veggies.
7. Freeze leftovers in portions.

Allergen notes: Contains: wheat/gluten. Swaps: use gluten-free bread/wraps/pasta or serve over greens/rice. Tags: Plant-based | High-fiber | Servings: 6 | Time: 10 minutes prep + 30 minutes simmer

Cauliflower Chickpea Curry

Even More Healthy Recipes • Time: 35 minutes • Servings: 6

Quick Labels: Recipe | Vegetarian

Ingredients

- 1 tbsp olive oil
- 1 onion, diced
- 2 tsp curry powder
- 1 can chickpeas, drained and rinsed
- 1 small head cauliflower, chopped
- 1 can light coconut milk
- 1 cup broth
- 2 cups spinach
- Salt to taste
- [[PAGE 94]]

Directions

1. Saute onion in olive oil 3-4 minutes; stir in curry powder for 30 seconds.
2. Add chickpeas, cauliflower, coconut milk, and broth. Simmer 20 minutes.
3. Stir in spinach until wilted. Salt to taste.
4. Tips / Variations:
5. Serve over brown rice or cauliflower rice.
6. Add diced sweet potato for extra sweetness and fiber.

Allergen notes: Contains: dairy. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese. Tags: Plant-based | Gluten-free | Servings: 6 | Time: 35 minutes

Tofu Peanut Noodles

Even More Healthy Recipes • Time: 25 minutes • Servings: 4

Quick Labels: Recipe | Vegetarian | Lean Protein

Ingredients

- 8 oz whole-wheat noodles or rice noodles
- 14 oz firm tofu, cubed
- 2 tbsp peanut butter
- 2 tbsp soy sauce
- 1 tbsp lime juice
- 1 tsp honey or maple syrup
- 1 tsp minced garlic
- 1 cup shredded carrots
- 1 cup sliced cucumber or bell pepper

Directions

1. Cook noodles and rinse cool.
2. Pan-sear tofu in a nonstick pan until golden.
3. [[PAGE 95]]
4. Whisk peanut butter, soy sauce, lime juice, sweetener, and garlic with a splash of warm water.
5. Toss noodles with sauce, tofu, and veggies.
6. Tips / Variations:
7. Add chili flakes or sriracha for heat.
8. Use edamame for even more protein.

Allergen notes: Contains: dairy, peanut, soy, wheat/gluten. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese; use gluten-free bread/wraps/pasta or serve over greens/rice. Tags: Plant-based | Servings: 4 | Time: 25 minutes

Minestrone Soup (Veggie-Packed)

Soups / Bowls • Time: 45 minutes • Servings: 8

Quick Labels: Soup | Meal Prep | Freezer-Friendly | Plant-Based | Lean

Ingredients

- 1 tbsp olive oil
- 1 onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 2 cloves garlic, minced
- 1 can diced tomatoes
- 6 cups broth
- 1 can kidney beans, drained and rinsed
- 1 cup small pasta or barley
- 2 cups spinach
- 1 tsp Italian seasoning
- Salt and pepper

Directions

1. [[PAGE 96]]
2. Saute onion, carrots, celery, and garlic 5 minutes.
3. Add tomatoes, broth, beans, pasta/barley, and seasoning; simmer 20 minutes.
4. Stir in spinach until wilted. Season to taste.
5. Tips / Variations:
6. Use frozen mixed veggies for speed.
7. Add Parmesan on top if desired.

Allergen notes: Contains: wheat/gluten. Swaps: use gluten-free bread/wraps/pasta or serve over greens/rice. Meal Prep & Storage: Fridge: 4-5 days. Freezer: up to 3 months. Reheat: microwave 60-90 sec or warm on stovetop. Tags: Plant-based | High-fiber | Servings: 8 | Time: 45 minutes

Chicken & Vegetable Barley Soup

Soups / Bowls • Time: 50 minutes • Servings: 8

Quick Labels: Soup | Meal Prep | Freezer-Friendly | Lean Protein

Ingredients

- 1 tbsp olive oil
- 1 onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 2 cloves garlic, minced
- 6 cups broth
- 1 cup pearl barley
- 2 cups cooked chicken, shredded
- 1 tsp thyme (or Italian seasoning)
- Salt and pepper

Directions

1. Saute onion, carrots, celery, and garlic 5 minutes.
2. [[PAGE 97]]
3. Add broth and barley; simmer 30 minutes until tender.
4. Stir in chicken and seasonings; simmer 5-10 more minutes.
5. Tips / Variations:
6. Swap barley for brown rice if needed.
7. Add spinach or kale at the end for more greens.

Allergen notes: No common top allergens detected (always double-check ingredient labels). Meal Prep & Storage: Fridge: 4-5 days. Freezer: up to 3 months. Reheat: microwave 60-90 sec or warm on stovetop. Tags: High-protein | Servings: 8 | Time: 50 minutes

Crunchy Roasted Chickpeas

Plant-Based • Time: 10 minutes prep + 30 minutes bake • Servings: 4

Quick Labels: Recipe | Quick | Plant-Based

Ingredients

- 1 can chickpeas, drained, rinsed, and patted dry
- 1 tbsp olive oil
- 1 tsp paprika
- 1/2 tsp garlic powder
- Salt to taste

Directions

1. Preheat oven to 400°F (200°C).
2. Toss chickpeas with oil and seasonings.
3. Roast 25-35 minutes, shaking pan halfway, until crunchy.
4. Cool completely for maximum crunch.
5. Tips / Variations:
6. Try cinnamon + a little sugar for a sweet version.
7. Store loosely covered to keep crisp.

Allergen notes: No common top allergens detected (always double-check ingredient labels). Tags: Plant-based | Gluten-free | Servings: 4 | Time: 10 minutes prep + 30 minutes bake

No-Bake Peanut Butter Energy Bites

Snack • Time: 10 minutes • Servings: 12 bites

Quick Labels: Snack | Quick | Vegetarian | Whole Grains

Ingredients

- 1 cup rolled oats
- 1/2 cup peanut butter
- 1/3 cup honey or maple syrup
- 1 tbsp chia seeds or ground flax
- 1/4 cup mini dark chocolate chips (optional)
- Pinch of salt

Directions

1. Mix all ingredients in a bowl until combined.
2. Roll into 12 balls and refrigerate at least 30 minutes.
3. Tips / Variations:
4. Use sunflower butter for nut-free classrooms.
5. Add cinnamon or vanilla for extra flavor.

Allergen notes: Contains: dairy, peanut. Swaps: swap dairy milk/yogurt for unsweetened plant- based versions; use dairy-free cheese or omit cheese; use sunflower butter or seeds (pumpkin/sunflower) instead of nuts/nut butters. Tags: Vegetarian | Meal-prep | Servings: 12 bites | Time: 10 minutes

Strawberry Chia Jam (No Added Sugar)

Even More Healthy Recipes • Time: 15 minutes • Servings: About 1 cup

Quick Labels: Recipe | Quick | Vegetarian

Ingredients

- 2 cups strawberries (fresh or frozen)
- 1-2 tbsp chia seeds
- 1 tsp lemon juice
- [[PAGE 99]]
- Optional: 1-2 tsp honey or maple syrup

Directions

1. Simmer strawberries in a small pot 8-10 minutes until soft.
2. Mash with a fork, stir in chia seeds and lemon juice.
3. Cool 10 minutes to thicken. Refrigerate in a jar.
4. Tips / Variations:
5. Use on toast, yogurt, oatmeal, or as a dip for apple slices.
6. Swap strawberries for blueberries or mixed berries.

Allergen notes: No common top allergens detected (always double-check ingredient labels). Tags: Plant-based | Gluten-free | Servings: About 1 cup | Time: 15 minutes

Greek Yogurt Power Bowl

Even More Healthy Recipes - Volume 4 • Time: 5 minutes • Servings: 1

Quick Labels: Bowl | Quick | Meal Prep | Vegetarian | Lean Protein

Ingredients

- 1 cup plain Greek yogurt (or dairy-free yogurt)
- 1/2 cup berries (fresh or frozen, thawed)
- 1 tbsp chopped nuts or seeds (almonds, walnuts, chia, or pumpkin seeds)
- 1 tbsp granola (optional)
- 1 tsp honey or maple syrup (optional)
- Pinch of cinnamon

Directions

1. Spoon yogurt into a bowl.
2. Top with berries, nuts/seeds, and granola (if using).
3. Drizzle with honey/maple (optional) and sprinkle cinnamon.
4. Tips / Variations:
5. Use vanilla extract instead of sweetener for less added sugar.
6. Swap berries for sliced banana + peanut butter drizzle.

Allergen notes: Contains: dairy. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese. Meal Prep & Storage: Fridge: 3-4 days. Freezer: up to 2-3 months (if appropriate). Reheat until hot throughout. Tags: Breakfast | High-protein | Servings: 1 | Time: 5 minutes

Veggie Egg Muffins (Grab-and-Go)

Breakfast • Time: 30 minutes • Servings: 12 muffins

Quick Labels: Breakfast | Meal Prep | Freezer-Friendly | Vegetarian

Ingredients

- 10 eggs
- 1/2 cup milk (or unsweetened almond milk)
- 1 cup chopped spinach
- 1/2 cup diced bell pepper
- 1/2 cup chopped onion
- 1/2 cup shredded cheese (optional)
- 1/2 tsp salt, 1/4 tsp pepper
- Cooking spray

Directions

1. Preheat oven to 350°F. Spray a 12-cup muffin pan.
2. Whisk eggs and milk. Stir in veggies, cheese (optional), salt, and pepper.
3. Pour evenly into muffin cups.
4. Bake 18-22 minutes, until set. Cool 5 minutes, then remove.
5. Tips / Variations:
6. Refrigerate up to 4 days or freeze up to 2 months.
7. Add cooked turkey sausage or mushrooms for variety.

Allergen notes: Contains: dairy, egg, tree nuts. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese; use tofu scramble or chia/flax 'egg' in baking-style recipes (where it works). Meal Prep & Storage: Fridge: 4 days. Freezer: up to 2 months. Reheat: microwave 15-30 sec or warm in oven/toaster oven. Tags: Breakfast | Meal prep | Gluten-free | Servings: 12 muffins | Time: 30 minutes

Apple Cinnamon Overnight Oats

Breakfast • Time: 5 minutes + chill • Servings: 1

Quick Labels: Breakfast | Quick | Meal Prep | Vegetarian | Lean

Ingredients

- 1/2 cup rolled oats
- 1/2 cup milk (or unsweetened plant milk)
- 1/3 cup plain Greek yogurt (optional for extra protein)
- 1 tbsp chia seeds
- 1/2 apple, diced
- 1/2 tsp cinnamon
- 1 tsp honey or maple syrup (optional)

Directions

1. Mix oats, milk, yogurt (optional), chia, and cinnamon in a jar.
2. Stir in diced apple.
3. Cover and refrigerate at least 4 hours (overnight is best).
4. Tips / Variations:
5. Add chopped walnuts for crunch.
6. Warm it for 30-60 seconds if you prefer hot oats.

Allergen notes: Contains: dairy. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese. Meal Prep & Storage: Fridge: 3-4 days. Keep toppings separate for best texture. Tags: Breakfast | Fiber-rich | Servings: 1 | Time: 5 minutes + chill

Green ‘No-Taste’ Smoothie

Breakfast / Smoothies • Time: 5 minutes • Servings: 1-2

Quick Labels: Smoothie | Quick | Vegetarian

Ingredients

- [[PAGE 103]]
- 1 banana (fresh or frozen)
- 1 cup frozen mango or pineapple
- 1-2 cups spinach
- 1 cup milk or unsweetened plant milk
- 1 tbsp peanut butter or almond butter (optional)
- Ice, as needed

Directions

1. Blend all ingredients until smooth.
2. Add ice or extra milk to reach your desired thickness.
3. Tips / Variations:
4. Add 1 tbsp ground flax or chia for extra fiber.
5. Swap spinach for kale if you like it stronger.

Allergen notes: Contains: dairy, peanut, tree nuts. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese; use sunflower butter or seeds (pumpkin/sunflower) instead of nuts/nut butters. Tags: Smoothie | Kid-friendly | Servings: 1-2 | Time: 5 minutes

Turkey + Hummus Crunch Wrap

Lunch • Time: 8 minutes • Servings: 1

Quick Labels: Wrap/Sandwich | Quick | Lean Protein

Ingredients

- 1 whole-wheat tortilla
- 3-4 slices turkey (or chicken)
- 2 tbsp hummus
- Handful spinach
- 1/4 cup shredded carrots
- Sliced cucumber or bell pepper
- Optional: mustard or hot sauce
- [[PAGE 104]]

Directions

1. Spread hummus on tortilla.
2. Layer turkey, spinach, carrots, and crunchy veggies.
3. Roll tightly and slice in half.
4. Tips / Variations:
5. Swap turkey for tuna or chickpeas for a plant-based version.
6. Add avocado for healthy fats.

Allergen notes: Contains: wheat/gluten. Swaps: use gluten-free bread/wraps/pasta or serve over greens/rice. Tags: Lunch | High-protein | Servings: 1 | Time: 8 minutes

Quinoa Taco Bowl

Even More Healthy Recipes - Volume 4 • Time: 25 minutes • Servings: 4

Quick Labels: Bowl | Meal Prep | Vegetarian | Lean Protein | Whole

Ingredients

- 1 cup quinoa (dry)
- 1 can black beans, rinsed and drained
- 1 cup corn (frozen or canned)
- 1 cup salsa
- 1 tsp cumin
- 1/2 tsp chili powder
- Toppings: shredded lettuce, diced tomatoes, avocado, Greek yogurt, lime

Directions

1. Cook quinoa according to package directions.
2. Stir in beans, corn, salsa, cumin, and chili powder. Warm 3-5 minutes.
3. [[PAGE 105]]
4. Serve with toppings and a squeeze of lime.
5. Tips / Variations:
6. Add cooked ground turkey or rotisserie chicken for extra protein.
7. Meal prep in containers for quick lunches.

Allergen notes: Contains: dairy. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese. Meal Prep & Storage: Fridge: 3-4 days. Freezer: up to 2-3 months (if appropriate). Reheat until hot throughout. Tags: Dinner | Meal prep | Gluten-free | Servings: 4 | Time: 25 minutes

Easy Lentil Veggie Soup

Soups / Bowls • Time: 35 minutes • Servings: 6

Quick Labels: Soup | Meal Prep | Freezer-Friendly | Plant-Based | Lean

Ingredients

- 1 tbsp olive oil
- 1 onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 3 cloves garlic, minced
- 1 1/2 cups dried lentils, rinsed
- 1 can diced tomatoes
- 6 cups low-sodium broth
- 1 tsp cumin, 1 tsp Italian seasoning
- Salt and pepper, to taste

Directions

1. Saute onion, carrots, and celery in olive oil 5 minutes. Add garlic 30 seconds.
2. Add lentils, tomatoes, broth, and seasonings.
3. Simmer 25-30 minutes until lentils are tender. Season to taste.
4. [[PAGE 106]]
5. Tips / Variations:
6. Add spinach at the end for extra greens.
7. Freeze leftovers in single servings.

Allergen notes: No common top allergens detected (always double-check ingredient labels). Meal Prep & Storage: Fridge: 4-5 days. Freezer: up to 3 months. Reheat: microwave 60-90 sec or warm on stovetop. Tags: Soup | Plant-based | Servings: 6 | Time: 35 minutes

Sheet-Pan Salmon + Roasted Veggies

Even More Healthy Recipes - Volume 4 • Time: 25 minutes • Servings: 4

Quick Labels: Recipe | Meal Prep | Lean Protein | Seafood

Ingredients

- 4 salmon fillets
- 3 cups mixed veggies (broccoli, zucchini, bell pepper)
- 1 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp paprika
- Salt and pepper, to taste
- Lemon wedges

Directions

1. Preheat oven to 425°F. Line a sheet pan.
2. Toss veggies with olive oil and seasonings; spread on pan.
3. Add salmon. Season lightly.
4. Bake 12-15 minutes until salmon flakes easily. Serve with lemon.
5. Tips / Variations:
6. Swap salmon for chicken breasts (cook 18-22 minutes).
7. Add a side of microwave brown rice for a fast meal.
8. [[PAGE 107]]

Allergen notes: Contains: fish. Swaps: swap seafood for chicken, tofu, or beans. Meal Prep & Storage: Fridge: 3-4 days. Freezer: up to 2-3 months (if appropriate). Reheat until hot throughout. Tags: Dinner | Heart-healthy | Servings: 4 | Time: 25 minutes

Air Fryer Chicken Fajitas

Even More Healthy Recipes - Volume 4 • Time: 20 minutes • Servings: 4

Quick Labels: Recipe | Lean Protein

Ingredients

- 1 lb chicken breast, sliced
- 1 bell pepper, sliced
- 1 onion, sliced
- 1 tbsp olive oil
- 1 tbsp fajita seasoning (or chili powder + cumin)
- Whole-wheat tortillas or lettuce cups

Directions

1. Toss chicken, peppers, and onions with oil and seasoning.
2. Air fry at 390°F for 12-15 minutes, shaking halfway, until chicken is cooked.
3. Serve in tortillas or lettuce cups.
4. Tips / Variations:
5. Top with salsa, avocado, and Greek yogurt.
6. Use shrimp for an even faster cook time (7-9 minutes).

Allergen notes: No common top allergens detected (always double-check ingredient labels). Tags: Dinner | Quick | Servings: 4 | Time: 20 minutes

Slow Cooker White Chicken Chili

Soups / Bowls • Time: 10 min prep + cook • Servings: 6

Quick Labels: Soup | Quick | Meal Prep | Freezer-Friendly | Lean

Ingredients

- 1 1/2 lbs chicken breast
- 1 can white beans, rinsed and drained
- 1 can corn, drained
- 1 onion, diced
- 1 can green chiles
- 4 cups low-sodium broth
- 1 tsp cumin, 1 tsp oregano
- Salt and pepper, to taste

Directions

1. Add all ingredients to slow cooker.
2. Cook LOW 6-7 hours or HIGH 3-4 hours.
3. Shred chicken, stir, and serve.
4. Tips / Variations:
5. Top with cilantro and a squeeze of lime.
6. Add a handful of spinach at the end.

Allergen notes: No common top allergens detected (always double-check ingredient labels). [[PAGE 108]] Meal Prep & Storage: Fridge: 4-5 days. Freezer: up to 3 months. Reheat: microwave 60-90 sec or warm on stovetop. Tags: Slow cooker | High-protein | Servings: 6 | Time: 10 min prep + cook

Black Bean + Sweet Potato Skillet

Even More Healthy Recipes - Volume 4 • Time: 25 minutes • Servings: 4

Quick Labels: Recipe | Meal Prep | Vegetarian | Lean Protein

Ingredients

- 1 tbsp olive oil
- 1 large sweet potato, diced small
- 1 can black beans, rinsed and drained
- 1 cup salsa
- 1 tsp cumin
- 1/2 tsp smoked paprika
- Optional: avocado, cilantro, Greek yogurt

Directions

1. Saute sweet potato in olive oil 10-12 minutes until tender (add splash of water if needed).
2. Stir in black beans, salsa, and seasonings. Warm 3-5 minutes.
3. Serve with toppings.
4. Tips / Variations:
5. Add cooked ground turkey if you want more protein.
6. Serve over greens or brown rice.

Allergen notes: Contains: dairy. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese. Meal Prep & Storage: Fridge: 3-4 days. Freezer: up to 2-3 months (if appropriate). Reheat until hot throughout. Tags: One-pan | Plant-forward | Servings: 4 | Time: 25 minutes [[PAGE 109]]

Cauliflower Fried Rice (Better Takeout)

Even More Healthy Recipes - Volume 4 • Time: 20 minutes • Servings: 4

Quick Labels: Recipe | Lean Protein | Seafood

Ingredients

- 4 cups cauliflower rice (fresh or frozen)
- 1 tbsp sesame oil or olive oil
- 2 eggs, beaten (optional)
- [[PAGE 110]]
- 1 cup mixed veggies (peas/carrots)
- 2 tbsp low-sodium soy sauce or coconut aminos
- 2 green onions, sliced
- Optional: cooked chicken, shrimp, or tofu

Directions

1. Saute veggies in oil 3-4 minutes.
2. Push veggies to the side; scramble eggs (optional) until set.
3. Add cauliflower rice and soy sauce. Cook 5-7 minutes.
4. Stir in green onions and optional protein.
5. Tips / Variations:
6. Add grated ginger or garlic for extra flavor.
7. Use brown rice for a higher-calorie, higher-carb option.

Allergen notes: Contains: egg, sesame, shellfish, soy, wheat/gluten. Swaps: use tofu scramble or chia/flax 'egg' in baking-style recipes (where it works); use gluten-free bread/wraps/pasta or serve over greens/rice. Tags: Dinner | Low-carb option | Servings: 4 | Time: 20 minutes

Zoodle Pesto Bowl (Chicken or Shrimp)

Even More Healthy Recipes - Volume 4 • Time: 15 minutes • Servings: 2

Quick Labels: Bowl | Quick | Meal Prep | Lean Protein | Seafood

Ingredients

- 3-4 cups zucchini noodles (zoodles)
- 1/3 cup pesto (store-bought or homemade)
- 1 cup cooked chicken or shrimp
- Cherry tomatoes, halved (optional)
- Parmesan (optional)
- [[PAGE 111]]

Directions

1. Warm zoodles in a pan 2-3 minutes (do not overcook).
2. Toss with pesto and protein.
3. Top with tomatoes and parmesan (optional).
4. Tips / Variations:
5. Mix half zoodles, half whole-wheat pasta for a balanced option.
6. Add spinach for extra greens.

Allergen notes: Contains: dairy, shellfish, wheat/gluten. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese; use gluten-free bread/wraps/pasta or serve over greens/rice. Meal Prep & Storage: Fridge: 3-4 days. Freezer: up to 2-3 months (if appropriate). Reheat until hot throughout. Tags: Dinner | Gluten-free option | Servings: 2 | Time: 15 minutes

Teriyaki Tofu Veggie Stir-Fry

Plant-Based • Time: 20 minutes • Servings: 4

Quick Labels: Recipe | Plant-Based | Lean Protein | Whole Grains

Ingredients

- 1 block extra-firm tofu, pressed and cubed
- 3 cups stir-fry veggies (broccoli, carrots, snap peas)
- 1 tbsp olive oil
- 1/4 cup teriyaki sauce (lower sugar if possible)
- 1 tsp sesame seeds (optional)
- Cooked brown rice, for serving

Directions

1. Saute tofu in oil 6-8 minutes, turning until lightly browned.
2. Add veggies and cook 5-6 minutes until crisp-tender.
3. Stir in teriyaki sauce. Heat 1-2 minutes. Serve over rice.
4. Tips / Variations:
5. Use chicken instead of tofu if preferred.
6. [[PAGE 112]]
7. Add sriracha for a spicy kick.

Allergen notes: Contains: sesame, soy. Swaps: use coconut aminos or tamari (GF) and choose non- soy protein like chicken/beans; skip sesame/tahini; add olive oil + lemon for flavor. Tags: Plant-based | Dinner | Servings: 4 | Time: 20 minutes

Tuna + White Bean Salad (No Mayo)

Lunch • Time: 10 minutes • Servings: 2

Quick Labels: Salad | Quick | Lean Protein | Seafood

Ingredients

- 1 can tuna (in water), drained
- 1 can cannellini beans, rinsed and drained
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1/4 cup diced red onion
- Salt and pepper, to taste
- Optional: chopped parsley

Directions

1. Mix tuna, beans, onion, olive oil, and lemon juice.
2. Season with salt and pepper. Add parsley if using.
3. Serve on greens, crackers, or whole-grain toast.
4. Tips / Variations:
5. Add diced cucumber or celery for crunch.
6. Use salmon packets as an alternative.

Allergen notes: Contains: fish. Swaps: swap seafood for chicken, tofu, or beans. Tags: Lunch | High-protein | Servings: 2 | Time: 10 minutes

Rainbow Slaw with Peanut-Lime Dressing

Sauces / Dressings • Time: 15 minutes • Servings: 6

Quick Labels: Salad | Quick | Vegetarian

Ingredients

- 4 cups coleslaw mix (or shredded cabbage)
- 1 cup shredded carrots
- 1 bell pepper, thinly sliced
- 2 green onions, sliced
- Dressing: 2 tbsp peanut butter, 1 tbsp lime juice, 1 tbsp soy sauce, 1 tsp honey, warm water to
- thin

Directions

1. Mix slaw, carrots, pepper, and green onions in a bowl.
2. Whisk dressing ingredients, adding warm water until pourable.
3. Toss and serve.
4. Tips / Variations:
5. Add edamame or shredded chicken to make it a full meal.
6. Use sunflower butter for nut-free spaces.

Allergen notes: Contains: dairy, peanut, soy, wheat/gluten. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese; use gluten-free bread/wraps/pasta or serve over greens/rice. Tags: Side or Lunch | Dairy-free | Servings: 6 | Time: 15 minutes

Roasted Red Pepper Tomato Soup

Soups / Bowls • Time: 25 minutes • Servings: 4

Quick Labels: Soup | Meal Prep | Freezer-Friendly | Plant-Based

Ingredients

- 1 tbsp olive oil
- 1 onion, diced
- [[PAGE 114]]
- 3 cloves garlic, minced
- 1 can crushed tomatoes
- 1 jar roasted red peppers, drained
- 2 cups low-sodium broth
- 1 tsp Italian seasoning
- Salt and pepper, to taste

Directions

1. Saute onion in olive oil 5 minutes. Add garlic 30 seconds.
2. Add tomatoes, red peppers, broth, and seasoning. Simmer 10 minutes.
3. Blend until smooth (carefully). Season to taste.
4. Tips / Variations:
5. Stir in Greek yogurt for creaminess without heavy cream.
6. Serve with a grilled whole-grain cheese sandwich.

Allergen notes: No common top allergens detected (always double-check ingredient labels). Meal Prep & Storage: Fridge: 4-5 days. Freezer: up to 3 months. Reheat: microwave 60-90 sec or warm on stovetop. Tags: Soup | Comfort food | Servings: 4 | Time: 25 minutes

Smashed Avocado Chickpea Salad Sandwich

Lunch • Time: 10 minutes • Servings: 2

Quick Labels: Salad | Quick | Plant-Based | Whole Grains

Ingredients

- 1 can chickpeas, rinsed and drained
- 1 avocado
- 1 tbsp lemon juice
- Salt and pepper, to taste
- Whole-grain bread or wraps
- Optional: diced celery or onion
- [[PAGE 115]]

Directions

1. Mash chickpeas and avocado together.
2. Stir in lemon juice, salt, pepper, and optional celery/onion.
3. Serve on whole-grain bread or in a wrap.
4. Tips / Variations:
5. Add a dash of garlic powder or paprika.
6. Serve with sliced cucumbers for extra crunch.

Allergen notes: Contains: wheat/gluten. Swaps: use gluten-free bread/wraps/pasta or serve over greens/rice. Tags: Lunch | Plant-based | Servings: 2 | Time: 10 minutes

One-Pot Lemon Garlic Orzo + Spinach

Even More Healthy Recipes - Volume 4 • Time: 20 minutes • Servings: 4

Quick Labels: Recipe | Meal Prep | Vegetarian

Ingredients

- 1 tbsp olive oil
- 3 cloves garlic, minced
- 1 cup orzo (or small pasta)
- 2 1/2 cups low-sodium broth
- 2 cups spinach
- 1 lemon (zest + juice)
- Salt and pepper, to taste
- Optional: parmesan

Directions

1. Saute garlic in olive oil 30 seconds.
2. [[PAGE 116]]
3. Add orzo and broth. Simmer 10-12 minutes, stirring occasionally.
4. Stir in spinach until wilted. Add lemon zest/juice; season to taste.
5. Tips / Variations:
6. Add canned white beans for extra protein.
7. Top with grilled chicken or salmon.

Allergen notes: Contains: dairy, wheat/gluten. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese; use gluten-free bread/wraps/pasta or serve over greens/rice. Meal Prep & Storage: Fridge: 3-4 days. Freezer: up to 2-3 months (if appropriate). Reheat until hot throughout. Tags: Dinner | Vegetarian | Servings: 4 | Time: 20 minutes

Crispy Roasted Chickpeas

Plant-Based • Time: 35 minutes • Servings: 4

Quick Labels: Recipe | Plant-Based

Ingredients

- 2 cans chickpeas, rinsed and drained
- 1 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp paprika
- Salt, to taste

Directions

1. Preheat oven to 400°F. Pat chickpeas very dry.
2. Toss with olive oil and spices.
3. Roast 25-35 minutes, shaking pan halfway, until crispy.
4. Tips / Variations:
5. Try cinnamon + a touch of honey for a sweet version.
6. Store loosely covered to keep crisp.

Allergen notes: No common top allergens detected (always double-check ingredient labels). Tags: Snack | Plant-based | Servings: 4 | Time: 35 minutes

Lemon Dill Salmon Salad (No Mayo)

Lunch • Time: 10 minutes • Servings: 2

Quick Labels: Salad | Quick | Lean Protein | Seafood | Whole Grains

Ingredients

- 2 salmon packets (or 1 can salmon), drained
- 1/3 cup plain Greek yogurt
- 1 tsp Dijon mustard
- 1 tbsp lemon juice
- 1 tbsp chopped dill (or 1 tsp dried)
- Salt and pepper, to taste
- Serve with whole-grain crackers or on a salad

Directions

1. Mix salmon, Greek yogurt, mustard, lemon juice, and dill.
2. Season to taste.
3. Serve on greens, crackers, or whole-grain toast.
4. Tips / Variations:
5. Add diced celery for crunch.
6. Try it in a whole-wheat wrap with spinach.

Allergen notes: Contains: dairy, fish. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese; swap seafood for chicken, tofu, or beans. Tags: Lunch | Heart-healthy | Servings: 2 | Time: 10 minutes

Sweet Potato ‘Nachos’

Even More Healthy Recipes - Volume 4 • Time: 30 minutes • Servings: 4

Quick Labels: Recipe | Vegetarian | Lean Protein

Ingredients

- 2 medium sweet potatoes, sliced into thin rounds
- 1 tbsp olive oil
- 1 tsp chili powder
- 1/2 tsp cumin
- Toppings: black beans, salsa, avocado, Greek yogurt, jalapenos

Directions

1. Preheat oven to 425°F. Toss sweet potato rounds with oil and spices.
2. Bake 20-25 minutes, flipping halfway.
3. Top with warm beans and your favorite toppings.
4. Tips / Variations:
5. Use an air fryer for extra crisp (390°F, 12-15 minutes).
6. Add shredded chicken for more protein.

Allergen notes: Contains: dairy. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese. Tags: Snack or Dinner | Gluten-free | Servings: 4 | Time: 30 minutes [[PAGE 118]]

Frozen Yogurt Berry Bark

Dessert • Time: 10 min prep + freeze • Servings: 8

Quick Labels: Better-For-You Dessert | Quick | Vegetarian

Ingredients

- 2 cups plain or vanilla Greek yogurt
- 1 tbsp honey (optional)
- 1 cup mixed berries
- 2 tbsp chopped nuts or granola (optional)

Directions

1. Line a baking sheet with parchment paper.
2. [[PAGE 119]]
3. Spread yogurt into an even layer. Drizzle honey (optional).
4. Top with berries and nuts/granola.
5. Freeze 2-3 hours. Break into pieces and store frozen.
6. Tips / Variations:
7. Use dairy-free yogurt if needed.
8. Add a sprinkle of cinnamon for extra flavor.

Allergen notes: Contains: dairy. Swaps: swap dairy milk/yogurt for unsweetened plant-based versions; use dairy-free cheese or omit cheese. Tags: Dessert | Protein boost | Servings: 8 | Time: 10 min prep + freeze

Banana Oat Cookies (3-Ingredient)

Dessert • Time: 20 minutes • Servings: 12

Quick Labels: Better-For-You Dessert | Freezer-Friendly | Plant-Based

Ingredients

- 2 ripe bananas, mashed
- 1 1/2 cups rolled oats
- 1/3 cup dark chocolate chips (or raisins)

Directions

1. Preheat oven to 350°F. Line a baking sheet.
2. Mix bananas, oats, and chips/raisins.
3. Scoop into 12 cookies and bake 12-15 minutes.
4. Tips / Variations:
5. Add cinnamon or vanilla for extra flavor.
6. Stir in chopped nuts if desired.

Allergen notes: No common top allergens detected (always double-check ingredient labels). Tags: Dessert | Kid-friendly | Servings: 12 | Time: 20 minutes

Next-Level Cookbook Tools

Meal plans, quick-finder indexes, and mix-and-match templates to make healthy eating easier for busy GMSD staff and families.

- Pick recipes by goal (high-protein, budget-friendly, quick + simple, packable lunches, plant-forward).
- Use the Recipe Finder to locate meals by main ingredient or cooking method.
- Follow a 4-week workweek meal plan (swap-friendly).
- Use master shopping lists and build-your-own templates to simplify planning.

Note: Page numbers listed below refer to the page numbers shown in this PDF.

How to Use This Appendix

If you are short on time, start with the goal lists and choose 2-3 breakfasts, 2-3 lunches, and 2-3 dinners for the week. Then use the shopping lists and templates to fill in the gaps.

- **Fastest way to find something:** use PDF search (Ctrl+F / Cmd+F) with keywords like *chicken*, *sheet pan*, *overnight*, or *salad*.
- **Swap-friendly:** meal plans are meant to be flexible. Any lunch can become a dinner and vice versa.
- **Packable lunches:** choose recipes labeled as salads, wraps, lettuce wraps, bowls, or jars.
- **Batch wins:** soups, chilis, slow cooker meals, and sheet pan dinners are easy leftovers.

Quick Labels

Many recipes include quick labels (for example: Quick, Meal Prep, Vegetarian, Lean Protein, Whole Grains). Use those labels as your 'filter' when picking meals.

Pick-Your-Goal Recipe Collections

Start here if you want curated picks. Each item includes the PDF page number.

High-Protein Picks

- Turkey Chili (High-Protein) (p. 53)
- Quinoa Salad with Chickpeas and Veggies (p. 6)
- High-Protein Pasta Salad (Whole Wheat) (p. 52)
- Greek Yogurt Parfait (p. 7)
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- Black Bean and Quinoa Salad (p. 29)
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Tip: Use PDF search (Ctrl+F / Cmd+F) for 'Quick Labels' on recipe pages to find more quick options.

4-Week Workweek Meal Plan

Week 1 (Workweek)

Swap any day with a recipe you like from the Goal Collections. Add fruit/veg and water with every meal when you can.

Day	Breakfast	Lunch	Dinner
Mon	Berry Green Smoothie p. 5	Turkey and Hummus Wrap p. 7	Turkey Chili (High-Protein) p. 53
Tue	Veggie Egg Scramble (10-Minute) p. 40	Mediterranean Chickpea Salad p. 15	Sheet Pan Chicken Fajitas p. 52
Wed	Overnight Oats (Base Recipe + 4 Flavor Ideas) p. 39	Tuna Salad Lettuce Wraps p. 16	One-Pot Lemon Herb Pasta (Whole Wheat) p. 57
Thu	Greek Yogurt Parfait p. 7	Veggie + Hummus Pita Pocket p. 50	Baked Stuffed Sweet Potatoes p. 60
Fri	Smoked Salmon Avocado Rice Cake p. 45	Turkey + Veggie Lettuce Wraps p. 49	Hearty Vegetable Minestrone p. 67

Snack ideas (choose 1-2/day if desired): fruit, nuts, yogurt, crunchy chickpeas, veggie sticks + hummus/guac, or an energy bite.

4-Week Workweek Meal Plan

Week 2 (Workweek)

Swap any day with a recipe you like from the Goal Collections. Add fruit/veg and water with every meal when you can.

Day	Breakfast	Lunch	Dinner
Mon	Sweet Potato Breakfast Hash p. 12	Grilled Lemon Herb Chicken Salad p. 23	Slow Cooker Salsa Verde Chicken p. 90
Tue	Savory Cottage Cheese Power Bowl p. 83	Chicken Caesar Pasta Salad (Lightened Up) p. 86	One-Pot Lemon Garlic Shrimp + Orzo p. 89
Wed	Tropical Turmeric Smoothie p. 46	Quinoa Taco Salad (Meal-Prep Friendly) p. 85	Veggie-Loaded Turkey Chili p. 91
Thu	Ham and Veggie Egg Muffins p. 36	Turkey Hummus Veggie Wrap p. 85	Baked Ziti with Hidden Veggies p. 92
Fri	Greek Yogurt Parfait Jars p. 82	Crunchy Roasted Chickpeas p. 98	Minestrone Soup (Veggie-Packed) p. 96

Snack ideas (choose 1-2/day if desired): fruit, nuts, yogurt, crunchy chickpeas, veggie sticks + hummus/guac, or an energy bite.

4-Week Workweek Meal Plan

Week 3 (Workweek)

Swap any day with a recipe you like from the Goal Collections. Add fruit/veg and water with every meal when you can.

Day	Breakfast	Lunch	Dinner
Mon	Whole-Grain Pancakes with Almond Butter p. 12	No-Cook Snack Box p. 79	Sheet Pan Salmon + Asparagus + Potatoes p. 87
Tue	Spinach Mushroom Breakfast Quesadilla p. 84	Slow Cooker Chicken Tortilla Soup (Light) p. 64	Quick Beef & Broccoli Stir-Fry p. 91
Wed	Peanut Butter Banana Overnight Oats p. 80	Chickpea 'Chicken' Salad p. 62	Cauliflower Chickpea Curry p. 94
Thu	Savory Cottage Cheese Power Bowl p. 83	Turkey + Veggie Lettuce Wraps p. 49	Lentil Bolognese p. 93
Fri	Baked Oatmeal (Blueberry Almond) p. 44	Quinoa Salad with Chickpeas and Veggies p. 6	Chicken & Vegetable Barley Soup p. 97

Snack ideas (choose 1-2/day if desired): fruit, nuts, yogurt, crunchy chickpeas, veggie sticks + hummus/guac, or an energy bite.

4-Week Workweek Meal Plan

Week 4 (Workweek)

Swap any day with a recipe you like from the Goal Collections. Add fruit/veg and water with every meal when you can.

Day	Breakfast	Lunch	Dinner
Mon	Overnight Chia Pudding p. 13	Edamame and Quinoa Salad p. 31	Tofu Peanut Noodles p. 95
Tue	Veggie Egg Muffins (Meal-Prep Breakfast) p. 81	High-Protein Pasta Salad (Whole Wheat) p. 52	Slow Cooker Chicken Tortilla Soup (Light) p. 64
Wed	Peanut Butter Energy Balls p. 72	Turkey Hummus Veggie Wrap p. 85	Turkey Stuffed Bell Peppers p. 88
Thu	Greek Yogurt Bowl p. 10	Quinoa Taco Salad (Meal-Prep Friendly) p. 85	One-Pot Lemon Herb Pasta (Whole Wheat) p. 57
Fri	Homemade Granola (Lower Sugar) p. 80	Tuna Salad Lettuce Wraps p. 16	Minestrone Soup (Veggie-Packed) p. 96

Snack ideas (choose 1-2/day if desired): fruit, nuts, yogurt, crunchy chickpeas, veggie sticks + hummus/guac, or an energy bite.

Master Shopping Lists

Use these as a starting point. Circle what you need for the week and add the recipe-specific items from your chosen pages.

Pantry & Shelf-Stable	Proteins (pick 2-4)
Oats, brown rice, quinoa, whole wheat pasta Canned beans/lentils, canned tuna/salmon Broth/stock, canned tomatoes Olive oil, vinegar, soy sauce Spices: garlic powder, chili powder, cumin, pepper Nut/seed butter, nuts/seeds Honey/maple syrup (optional)	Chicken (breast/thighs), turkey (ground/slices) Eggs, Greek yogurt, cottage cheese Tofu/tempeh Seafood (salmon/shrimp) as desired Beans/lentils (extra for budget weeks)
Produce (weekly rotation)	**Freezer & Convenience**
Spinach/greens, bell peppers, onions Garlic, lemons/limes Tomatoes/cucumbers, carrots Broccoli/cauliflower, zucchini Sweet potatoes, potatoes Berries/bananas (fresh or frozen) Avocado (optional)	Frozen fruit (smoothies) Frozen veggies (stir-fry, soups) Frozen cauliflower rice (optional) Whole grain tortillas/wraps Pre-cooked rice/quinoa packets (busy weeks) Rotisserie chicken (time saver)

Build-Your-Own Templates (Mix-and-Match)

When you do not want to follow a full recipe, use these quick formulas. Pair with a fruit/veg and water.

Balanced Bowl Formula

- Base: brown rice, quinoa, greens, or cauliflower rice
- Protein: chicken, turkey, tofu, beans/lentils, eggs, tuna/salmon
- Color: 2 veggies (fresh or roasted)
- Boost: salsa, hummus, avocado, nuts/seeds
- Sauce: vinaigrette, peanut ginger, lemon + olive oil

Wrap / Pita / Lettuce Wrap Formula

- Spread: hummus, Greek yogurt sauce, mustard, or guac
- Protein: turkey, chicken, tuna, tofu, beans
- Crunch: cucumber, bell pepper, carrots, cabbage
- Add-on: feta/cheese (optional), herbs, hot sauce
- Side: fruit or a simple salad

Stir-Fry / One-Pan Formula

- Pan: quick saute or sheet pan roast
- Protein + 2-3 veggies + a simple sauce
- Sauce ideas: soy + honey + garlic; peanut ginger; salsa verde
- Serve over rice/quinoa or in lettuce cups

Overnight Oats Formula

- Oats + milk of choice + chia (optional)
- Flavor: cinnamon + banana OR berries OR peanut butter
- Top: nuts/seeds or granola (watch portions)

Smoothie Formula

- Liquid + frozen fruit + greens (optional)
- Protein add: Greek yogurt, protein powder, nut butter, or chia
- Flavor: cinnamon, cocoa, turmeric, or vanilla

Snack Box Formula (desk-friendly)

- Protein: yogurt, cheese stick, nuts, tuna packet, roasted chickpeas
- Crunch: carrots, cucumbers, peppers
- Fruit: apple, berries, banana
- Optional: hummus/guac or whole grain crackers

You can repeat a few favorites every week. Consistency beats complexity.