



Protein Coated Cinnamon Rolls

DOUGH INGREDIENTS

- 1 1/3 cup oat flour
- 1 1/2 tsp baking powder
- 2 tsp cinnamon
- 1/2 cup unsweetened almond milk
- 1 large organic egg
- 1/4 tsp kosher salt
- 1/4 cup unbleached all-purpose flour

FILLING INGREDIENTS

- 1/4 cup granulated sugar
- 2 tbsp cinnamon
- 2 tbsp ghee, melted

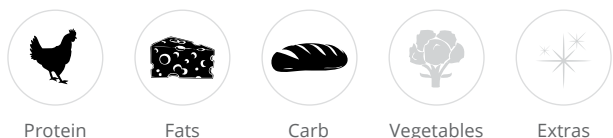
ICING INGREDIENTS

- 1/2 cup vanilla protein powder
- 1/4 cup unsweetened almond milk
- 1/2 tsp vanilla extract

INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. Grease a cake pan with cooking spray.
3. In a large bowl, combine all the dough ingredients except the all-purpose flour. Stir very well.
4. Sprinkle a work surface with the all-purpose flour. Using your hands, flatten the dough out into a long rectangle.
5. In a medium bowl, combine the filling ingredients. Sprinkle the mixture over the dough.
6. Using a bench scraper, bring the top and bottom of the dough over the filling and divide into 8 equal pieces.
7. Place the rolls into the cake pan, cut side down.
8. Bake for 15-16 minutes, or until cooked through.
9. Whisk together the icing ingredients, and drizzle over cinnamon rolls.

FOOD PLATE SECTIONS FULFILLED



Protein

Fats

Carb

Vegetables

Extras

SIDES

Veggie Loaded Mac'n'Cheese

INGREDIENTS

- 2 tbsp olive oil
- 1 garlic clove, diced
- 2 cups rotini pasta (brown rice, lentil, etc.)
- 2 cups baby arugula
- 1 cup roughly chopped jarred artichokes
- 1¼ cup vegetable or chicken broth
- 1 cup unsweetened almond milk
- ½ cup shredded parmesan
- ½ tsp Italian seasoning

INSTRUCTIONS

1. Heat olive oil in a large Dutch oven over medium heat. Stir in garlic and stir for 1 minute.
2. Add the pasta, arugula, artichokes, broth, milk, parmesan, Italian seasoning. Stir very well to combine.
3. Bring the mixture to a boil.
4. Reduce heat to medium-low, and cover. Stir the pasta every three minutes until cooked through, about 12-14 minutes.

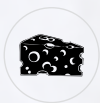
SERVING SIZE

Recipe makes 4 servings

FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras



Cauliflower Ziti Bake

INGREDIENTS

- 1 tbsp olive oil
- 1 lb. ground beef
- ½ tsp kosher salt
- ½ tsp black pepper
- 1 medium white onion, finely diced
- 2 tbsp tomato paste
- 1 can (28 oz.) diced tomatoes
- 1 tsp dried oregano
- 3 cups frozen cauliflower, cooked to package directions, and rinsed under cold water
- 1½ cups ricotta
- ½ cup shredded mozzarella
- 2 tbsp roughly chopped fresh basil

INSTRUCTIONS

1. Heat olive oil in a large frying pan. Add beef and break up into small pieces. Heat the olive oil in a large skillet over medium heat. Add the beef, and season with salt and pepper. Break the beef into small pieces and sauté until nearly done, about 5 minutes.
2. When the beef is no longer pink add the onion and cook until softened, about 5 minutes.
3. Add in the tomato paste, diced tomatoes, oregano, and cauliflower. Stir well to combine.
4. Grease a large baking pan with kitchen spray. Spoon the mixture into the pan. Top with ricotta and mozzarella.
5. Bake uncovered for 15-20 minutes, or until the cheese is bubbly and browned. Top with fresh basil.

SERVING SIZE

Recipe makes 4 servings

FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras



Cheeseburger Casserole

INGREDIENTS

- 2 cups dry rotini pasta (brown rice, lentil, etc.)
- 1 tbsp olive oil
- 1 lb. lean ground beef
- ½ tsp kosher salt
- ½ tsp black pepper
- 1 cup onions, finely chopped
- 28 oz. diced tomatoes
- 1 tbsp tomato paste
- ½ cup shredded cheddar cheese

INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. Cook pasta according to the package directions, drain, and run under cool water. Reserve.
3. Heat the olive oil in a large skillet over medium heat. Add the beef, and season with salt and pepper. Break the beef into small pieces and sauté until nearly done, about 5 minutes. When the beef is no longer pink, add the onion and cook until softened, about 5 minutes.
4. Stir in the pasta, diced tomatoes and tomato paste.
5. Grease a 9x13 baking dish. Spoon the mixture into the prepared pan. Top with cheese.
6. Bake uncovered for 10-12 minutes, or until cheese is bubbly and golden brown.

SERVING SIZE

Recipe makes 4 servings

FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras



Slow Cooker Meal Prep Chicken

INGREDIENTS

- 4 boneless chicken breasts
- ½ cup chicken broth
- ½ tsp kosher salt
- ½ tsp black pepper

INSTRUCTIONS

1. Place chicken in a 4-quart slow cooker.
2. Pour in broth, and season with salt and pepper (and any other desired seasoning).
3. Cover and cook on low for 6-7 hours, or on high for 3 hours.
4. Remove chicken from the slow cooker, and shred with 2 forks.

NOTE: use this meal prepped chicken as a base for all of your favorite shredded chicken recipes!

SERVING SIZE

Recipe makes 6 servings

FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras