








SERVING SIZE
Recipe yields 3 servings

Easy Eggs Benedict

 Protein
  Fats
  Carb
  Vegetables
  Extras

INGREDIENTS

- 1 tbsp unsalted butter
- 4 large eggs
- ½ tsp kosher salt
- ½ tsp black pepper
- 4 slices Canadian bacon
- 2 English muffins
- 1 tbsp unsalted butter
- ¾ cup plain light Greek yogurt
- 1 tbsp full-fat mayonnaise
- 2 tsp grainy mustard
- 2 tsp lemon zest
- 1 tsp lemon juice
- 1 plum tomato, thinly sliced
- 2 tsp fresh chives

INSTRUCTIONS

1. Heat the butter in a large, nonstick skillet over medium heat. When the butter is melted, crack the eggs into the pan. Season with salt and pepper
2. Lower the heat to medium-low. Cook until the whites are set and lightly browned, and the yolk is still runny, about 3-4 minutes. Transfer eggs to a plate
3. Wipe the pan out with paper towels, and quickly fry the Canadian bacon on both sides. Reserve
4. Toast the English muffins
5. Heat the butter over medium-low heat in a small saucepan.
6. Whisk together the yogurt, mayonnaise, mustard, lemon zest, and lemon juice in a small bowl. Stir into the butter, and gently whisk for 20-25 seconds or until just warmed through
7. Divide the Canadian bacon, eggs, tomatoes, and sauce between the English muffins; top with chives



SERVING SIZE
Recipe yields 1 serving

Chickpea Sandwich



Protein



Fats



Carb



Vegetables



Extras

INGREDIENTS

- 1 (15 oz.) can chickpeas drained and rinsed
- 3 tbsp plain Greek yogurt
- 1 tbsp tahini
- 1 tsp turmeric
- ½ tsp kosher salt
- 1 large pita, halved
- 1 small plum tomato, halved and sliced
- 2 tbsp diced red onion
- 1 tbsp pepitas

INSTRUCTIONS

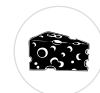
1. Place the chickpeas in a large bowl and lightly mash with a potato masher
2. Stir in the yogurt, tahini, turmeric, and salt; stir well to combine
3. Divide mixture between the pita slices, and top with tomato, onion, and pepitas



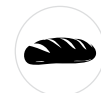
Crockpot Turkey Pita with Tzatziki Sauce



Protein



Fats



Carb



Vegetables



Extras

TURKEY INGREDIENTS

- 2 tbsp olive oil
- 1 tsp dried oregano
- ½ tsp seasoned salt
- ½ tsp black pepper
- 1 whole turkey breast
- ½ cup chicken broth

INSTRUCTIONS

1. In a small bowl combine the olive oil, oregano, seasoned salt, and pepper. Rub the mixture all over the turkey
2. Place turkey in a 4-6 quart slow cooker, and drizzle the chicken broth around the turkey
3. Cover, and cook on low for 8 hours, or on high for 4 hours. Let cool, and dice or shred the meat

TZATZIKI SAUCE INGREDIENTS

- 1 cup grated cucumber
- ½ cup plain Greek yogurt
- 1 tbsp olive oil
- 2 ½ tsp chopped fresh dill
- 1 ½ tsp lemon juice
- ½ tsp kosher salt
- ½ tsp garlic powder

INSTRUCTIONS

1. Whisk the ingredients together and refrigerate for 30 minutes

SANDWICH INGREDIENTS

- 1 pocket or 2 slices Pita bread
- Sliced tomato to preference
- Diced red onion to preference

INSTRUCTIONS

1. Serve the turkey and tzatziki in pita with tomatoes and red onion

ENTREES

Sweet Potato Nachos with Chili Cheese Sauce



Protein



Fats



Carb



Vegetables



Extras

INGREDIENTS

- 1 medium sweet potato, sliced into 1/8-inch rounds
- 1 tbsp olive oil
- 1 tbsp kosher salt
- 2 tsp chili powder
- 2 oz. multigrain tortilla chips
- ½ cup frozen corn
- ½ cup canned black beans, drained and rinsed
- ½ cup shredded Monterey jack cheese
- 2 tbsp roughly chopped cilantro

INSTRUCTIONS

1. Preheat oven to 375 degrees
2. Toss the sweet potatoes with oil, salt, and chili powder
3. Spread on a large, rimmed baking sheet fitted with parchment; bake for 12 minutes, flip, and bake for an additional 5 minutes.
4. Spread the tortilla chips onto a baking sheet, and top with sweet potatoes, corn, beans, and cheese. Bake for 10-12 minutes, or until the cheese has melted. Garnish with cilantro

CHILI CHEESE SAUCE INGREDIENTS

- 1 tbsp unsalted butter
- 1 tbsp all-purpose flour
- 1 cup milk
- 1/3 cup shredded Monterey jack cheese
- 2 tsp chili powder
- 1 tsp ground cumin

INSTRUCTIONS

1. In a small saucepan, heat the butter over medium heat. When it's melted, stir in the flour, and whisk for 1 minute
2. Pour in the milk, stir to combine, and bring the mixture to a gentle simmer. Add the cheese, and whisk until melted. Add the chili powder and cumin
3. Pour the cheese sauce over the nachos

Serving size: Recipe makes 2 servings



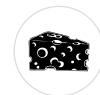


SERVING SIZE
Recipe yields 4 servings

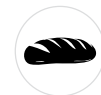
Berry Rice Pudding



Protein



Fats



Carb



Vegetables



Extras

INGREDIENTS

- 2 tbsp butter, divided
- 1 cup jasmine rice
- 2 cups water
- ½ tsp kosher salt
- 2 cups milk, divided
- 1/3 cup granulated sugar
- 1 large egg, whisked
- ½ cup frozen berries
- *Optional: dried raisins or cranberries

INSTRUCTIONS

1. Heat 1 tablespoon butter in a medium saucepan over medium heat. Add the rice and sauté the rice for 1 minute. Add the water and salt, and bring to a boil. Cover, reduce heat to low, and cook for 15 mins
2. Remove from heat and let steam, covered for 15 mins. Spread rice out on a parchment-lined baking sheet, and let cool for 10 mins
3. In a separate medium sauce pan over medium heat, combine the lightly cooled rice, 1 ½ cups milk, and the sugar
4. Bring to a light simmer and reduce heat to medium-low. Stir occasionally until the mixture is creamy, about 15-20 mins
5. Add remaining milk and butter, along with the egg and dried fruit, (if using). Stir for 2 minutes
6. Stir in the frozen berries, and let cook until warmed through, about 5 mins