

Energizing Recipes

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Breakfasts:

Basic Overnight Oats Base

Base ingredients:

½ cup milk of choice

½ cup rolled oats

¼ cup Greek yogurt

½ mashed banana (optional, added for sweetness. Can also use honey)

Mix ins of your choice- berries, nut butters, shredded veggies, cinnamon, nuts, seeds, cocoa powder, coffee

Directions:

1. Mashed banana in a jar or Tupperware
2. Add milk, rolled oats and yogurt. Mix together
3. Add mix ins of choice
4. Refrigerate overnight
5. In the morning stir or shake and Enjoy!

Banana Peanut Butter Overnight Oats

Author: Helena Giaume, UConn Alum

Prep time: 10 mins cook time: overnight

Yield: 1 Mason jar (double recipe to have two pre made breakfasts!)

DESCRIPTION Old fashioned oats soaked overnight and prepped for busy mornings

INGREDIENTS

- ¾ cup old fashioned oats
- 1/2 banana, sliced
- ¾ cup almond milk/milk of choice
- 1 tsp of cinnamon
- 1 tbsp smooth peanut butter
- 1 tbsp chia seeds
- 2 tbsp plain greek yogurt

- 1 tbsp honey (per your preference)
-

INSTRUCTIONS

1. Put oats, chia seeds, cinnamon in mason jar and stir so that they are all incorporated
2. Add in milk, greek yogurt, peanut butter, and honey and stir until fully incorporated – if the mixture looks dry or is too thick, add water or milk
3. Add banana slices on top – they may brown a little overnight, this is normal! To prevent it, add a squeeze of lemon juice to the banana slices
4. Put in the fridge overnight and enjoy it in the morning!

NOTES

I generally use a pint-sized mason jar for my overnight oats, but you can put them in a Tupperware, or any other reusable container for storage!

Use whatever is most convenient for you!

Hint: I order my mason jars online or get them for super cheap at Walmart!

PHOTO

<https://jessicainthekitchen.com/peanut-butter-banana-overnight-oats/>



Pumpkin Pie Overnight Oats

Author: Helena Giaume, UConn Alum

Prep time: 10 mins cook time: overnight

Yield: 1 Mason jar (double recipe to have two pre made breakfasts!)

DESCRIPTION Old fashioned oats soaked overnight and prepped for busy mornings

INGREDIENTS

- 3/4 cup old fashioned oats
- 3 tbsp pumpkin puree (unsweetened, usually from a can)
- 1/2 cup almond milk/milk of choice

- 2 tsp of cinnamon
 - 1 tsp pumpkin pie spice (or nutmeg if you have it)
 - 1 ½ tbsp chia seeds
 - 2 tbsp plain greek yogurt
 - 1 ½ tbsp honey (per your preference)
-

INSTRUCTIONS

1. Put oats, chia seeds, cinnamon in mason jar and stir so that they are all incorporated
2. Add in milk, greek yogurt, pumpkin puree, and honey and stir until fully incorporated
– if the mixture looks dry or is too thick, add water or milk
3. Add some more cinnamon on top if you want!
4. Put in fridge overnight and enjoy in the morning!

NOTES

I generally use a pint-sized mason jar for my overnight oats, but you can put them in a Tupperware, or any other reusable container for storage!

Use whatever is most convenient for you!

Hint: I order my mason jars online or get them for super cheap at Walmart!

PHOTO

<https://www.platingpixels.com/vegan-pumpkin-pie-overnight-oats/>



Chocolate and Strawberries Protein Overnight Oats

Author: Helena Giaume, UConn Alum

Prep time: 10 mins cook time: overnight

Yield: 1 Mason jar (double recipe to have two pre made breakfasts!)

DESCRIPTION Old fashioned oats soaked overnight and prepped for busy mornings

INGREDIENTS

- ½ cup old fashioned oats
 - 1-2 scoops chocolate protein powder
 - 1 tsp unsweetened cocoa powder
 - ½ cup almond milk/milk of choice
 - ¼ cup strawberries, sliced
 - 1 ½ tbsp chia seeds
 - 2 tbsp plain greek yogurt
 - Optional: 1 tbsp dark chocolate chips
-

INSTRUCTIONS

1. Put oats, chia seeds, protein powder in mason jar and stir so that they are all incorporated
2. Add in milk, greek yogurt, chocolate chips, and stir until fully incorporated – if the mixture looks dry or is too thick, add water or milk
3. Add sliced strawberries on top after mixing
4. Put in fridge overnight and enjoy in the morning!

NOTES

I generally use a pint-sized mason jar for my overnight oats, but you can put them in a Tupperware, or any other reusable container for storage!

Use whatever is most convenient for you!

Hint: I order my mason jars online or get them for super cheap at Walmart!

PHOTO

<https://dashingdish.com/recipe/brownie-batter-overnight-protein-oatmeal/>



The best protein pancakes

Author: pinch of yum

Prep time: 10 mins cook time: 10 mins total time: 20 minutes

Yield: 12-16 pancakes

DESCRIPTION Protein Pancakes! Super easy with no refined grains or refined sugar. Just oats, banana, and eggs!

INGREDIENTS

- 2 cup oats
- 2 banana
- 3 eggs
- 1 cup almond milk/milk of choice
- 2 1/2 teaspoons baking powder
- pinch of salt, tsp of cinnamon
- 3 scoops protein powder
- 4 tablespoons flax meal

INSTRUCTIONS

1. Run everything through the blender on medium low speed until very well mixed.
2. Heat a nonstick griddle to medium high heat. Add batter in small circles – about 1/4 cup per pancake. Sprinkle with blueberries or chocolate chips if you want. When the edges start to look dry (2-3 minutes), flip and cook another minute or two on the other side.
3. Let cool completely and then use a gallon freezer zip-lock to store pancakes in the freezer for up to 2 months

NOTES

If the pancakes are falling apart, you may need to turn the heat up. We consistently get pancakes that hold and flip when the heat is at a high enough level and when we use a nonstick pan. You can also add more or less flax to get the consistency just right



for you! Additionally, I kept the batter in individually portioned jars for easy ready-made breakfast. You can also refrigerate or freeze cooked pancakes.

Easy Make-Ahead Denver Omelet Cups

<https://sofabfood.com/make-ahead-denver-omelet-cups/>

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Ingredients

- 6 whole eggs
- 1 tbsp olive oil
- 1 cup red bell pepper, chopped
- 1 cup green bell pepper, chopped
- 1/2 cup sweet onion, chopped
- 1 cup cubed ham, chopped smaller
- 1/2 cup shredded cheese, Mexican mix or cheddar
- Salt and pepper, to taste

Instructions

1. Preheat the oven to 350°F. Lightly spray a clean muffin pan with olive oil and set aside.
2. In a small skillet, heat about 1 tbsp of olive oil. Add onion and bell pepper and sauté until slightly softened. Add ham to lightly sear the edges and remove from heat.
3. In a large mixing bowl or measuring cup (a pour spout is best), whisk the eggs until smooth. Add salt and pepper to taste.
4. Add the sautéed veggies and ham and mix to combine.
5. Distribute the egg mixture between the 12 muffin cavities until about 3/4 full, making sure the veggies and ham are evenly distributed.
6. Sprinkle the tops with shredded cheese and bake for about 15 minutes until the tops are just firm, the edges lightly browned, and the eggs are cooked through.
7. Let cool for several minutes and serve immediately with salsa or hot sauce. Store leftovers in an airtight container in the fridge for up to 5 days or the freezer for up to 3 months. Thaw and microwave to reheat.

Hints: Can swap ham and veggies for your favorites!

Smoothie Bowls

<https://minimalistbaker.com/favorite-smoothie-bowl-5-minutes/>



Prep time: 5 minutes

Smoothie Bowl:

- 1 heaping cup organic or regular frozen mixed berries
- 1 small banana (sliced, frozen)
- 2-3 tbsp light coconut/almond milk
- (optional) 1 scoop plain or vanilla protein powder

Toppings:

- 1 tbsp. Shredded unsweetened coconut
- 1 tbsp Chia seeds
- 1 tbsp hemp seeds
- Granola (optional)
- Fruit (optional)
- Or anything of your choice

Instructions:

1. Add frozen berries and banana to a blender and blend on low until small bits remain - see photo.
2. Add a bit of coconut or almond milk and protein powder (optional), and blend on low again, scraping down sides as needed, until the mixture reaches a soft serve consistency (see photo).

3. Scoop into 1-2 serving bowls (amount as original recipe is written // adjust if altering batch size) and top with desired toppings (optional). I prefer chia seeds, hemp seeds, and coconut, but strawberries, granola, and a nut or seed butter would be great here, too!
4. Best when fresh, though leftovers keep in the freezer for 1-2 weeks. Let thaw before enjoying.

Cheerio Breakfast Bars

<https://spoonuniversity.com/recipe/cheerio-breakfast-bars-recipe>

Prep time: 10 minutes

Cook time: 1 hour

Servings: 12

Ingredients:

- 3 cups cheerios
- ½ cup honey
- ¾ cup peanut butter

Directions:

1. Line an 8x8 pan with aluminum foil
2. In a saucepan, mix honey and peanut butter and heat on medium until combined
3. Remove from stove top and add cheerios
4. Mix until cheerios evenly coated
5. Move mixture to pan and spread evenly
6. Refrigerate bars for an hour before cutting them into bars (about 12 servings)
7. Enjoy!

Avocado Toast with a Fried Egg

Prep time: 5-10 Minutes

Servings: 1

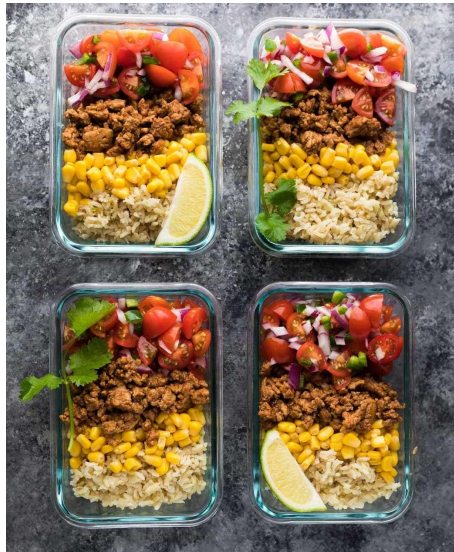
Ingredients:

- 1 slice whole wheat toast
- ¼ avocado
- 1 egg
- Optional: sprinkle salt and pepper

Instructions:

1. Toast bread
2. Mash avocado in bowl with a fork, mix with seasonings of choice and lay evenly over bread,
3. Make over easy egg in a pan on medium heat with oil/cooking spray of choice and put on top of bread with avocado. Super yummy and easy!
4. Other ways to customize:
 - a. Salt, pepper, garlic and onion powder to taste
 - b. Garlic salt
 - c. Pickled onions and tomato
 - d. Everything but the bagel seasoning
 - e. Salt, red pepper flakes, and honey

Lunches/Dinners:



Turkey Taco Lunch Bowls (Meal Prep)

Prep Time 20 min **Cook Time** 50 mins **Total Time**
1 hr 10 mins

These turkey taco lunch bowls contain turkey taco meat, corn, brown rice, avocado, and salsa. Tons of flavor for little effort and your lunches will be ready for four days!

Course: Lunch
Cuisine: Meal Prep
Servings: 4

Ingredients

Rice

- 3/4 cup uncooked brown rice
- 1/8 tsp salt
- zest of 1 lime

Turkey

- 3/4 lb lean ground turkey
- 2 tablespoons taco seasoning of choice

Salsa – from a jar of your choice

Other:

- one 12 oz/341 mL can corn kernels drained & rinsed
- 1/4 cup shredded cheese cheddar or mozzarella
- 1/2 avocado, sliced or diced

Instructions

1. Cook brown rice according to package directions, adding the lime zest and salt to the cooking water.
2. Cook turkey over medium heat, tossing in the taco seasoning and breaking it up as you cook. Cook for 10 or so minutes, until cooked through.
3. To assemble lunch bowls:

- a. 1/4 portion of cooked rice (roughly ½ cup)
- b. 1/2 cup corn kernels
- c. 1/2 cup cooked taco meat
- d. 1/4 portion of salsa (just over ½ cup)

https://sweetpeasandsaffron.com/wprm_print/18659/

CHICKEN AND VEGGIE PASTA SALAD

CREAMY CHICKEN & VEGGIE PASTA SALAD - CHICKEN, PASTA AND HEALTHY VEGETABLES ARE COATED WITH A TANGY, CREAMY LEMON PASTA SALAD

DRESSING. **PREP** 15 mins **COOK** 15 mins **TOTAL** 30 mins **YIELD** 4 servings

INGREDIENTS

CHICKEN PASTA SALAD

- 1 pound chicken breasts (about 2 cups shredded)
- 16 ounces small pasta, like farfalle or rotini
- 1 cup small broccoli florets
- 1 cup diced cucumber
- ½ pint grape tomatoes, halved or quartered
- Salt & pepper

PASTA SALAD DRESSING

- 1/2 cup mayonnaise
- 1/2 cup plain Greek yogurt
- 1/2 cup grated Parmesan cheese
- 3 tablespoons lemon juice
- 1 teaspoon lemon zest
- 1 tablespoon olive oil
- 1 clove garlic, minced
- ½ teaspoon black pepper
- ½ teaspoon kosher salt



INSTRUCTIONS

1. Heat a tablespoon of olive oil in a large skillet over medium heat. Season chicken with salt and pepper and add to the skillet. Cook for about 4 minutes per side, or until no longer pink. Set aside to cool before slicing.
2. Meanwhile, cook pasta to al dente according to package directions. Rinse and set aside to cool.
3. In a blender, add dressing ingredients and pulse until thoroughly combined. Set aside.

4. In a large bowl, toss pasta with half of the dressing. Add chicken and veggies and toss with remaining dressing. Season with black pepper.

<https://www.yellowblissroad.com/creamy-chicken-and-veggie-pasta-salad/>



Chicken & Quinoa Stuffed Peppers

Recipe By: Swanson®

"These delicious cheese-topped stuffed red peppers get flavor, texture and fiber goodness from a tasty combination of quinoa, spinach and creamy mushroom soup. They're easy to prepare and packed with veggie goodness."

Ingredients

- 1 1/3 cups Swanson(R) Unsalted Chicken Stock (could use a different brand)
- 2/3 cup uncooked quinoa, rinsed
- 1 pound 98% fat-free ground chicken breast or 99% fat-free ground turkey breast
- 1 clove garlic, minced
- 1 medium onion, chopped
- 1 (10 ounce) package chopped frozen spinach, thawed and well drained
- 1 (10.5 ounce) can Campbell's(R) Healthy Request(R) Condensed Cream of Mushroom Soup
- 1/3 cup grated Parmesan cheese, divided
- 4 medium red bell peppers, cut in half lengthwise and seeded

Instructions

- Set the oven to 350 degrees F.
- Heat the stock and quinoa in a 1-quart saucepan over high heat to a boil. Reduce the heat to low. Cover and cook for 13 minutes or until the quinoa is tender.
- Cook the chicken, garlic and onion in a 12-inch nonstick skillet over medium-high heat until the chicken is cooked through, stirring often to separate meat. Stir in the spinach, soup, quinoa and 3 tablespoons cheese.
- Place the pepper halves into a 11x8x2-inch baking dish. Spoon the chicken mixture into the pepper halves.
- Bake for 30 minutes or until hot. Sprinkle with the remaining cheese.
- Bake for 5 minutes or until the cheese is melted.



Sheet Pan Chicken Fajitas

Ingredients

- 1 1/2 pounds of chicken breast tenders
- 1 yellow bell pepper sliced into 1/4 inch slices
- 1 red bell pepper sliced into 1/4 inch slices
- 1 orange bell pepper sliced into 1/4 inch slices
- 1 small red onion sliced into 1/4 inch slices
- 1 1/2 tablespoons of extra virgin olive oil
- 1 teaspoon of kosher salt
- several turns of freshly ground pepper
- 2 teaspoon of chili powder
- 1/2 teaspoon of garlic powder
- 1/2 teaspoon of onion powder
- 1/2 teaspoon of ground cumin
- 1/2 teaspoon of smoked paprika
- lime
- fresh cilantro for garnish
- tortillas warmed

Instructions

1. Preheat oven to 425 degrees.
2. In a large bowl, combine onion, bell pepper, chicken tenders, olive oil, salt and pepper and spices.
3. Toss to combine.
4. Spray baking sheet with non-stick cooking spray.
5. Spread chicken, bell peppers and onions on baking sheet.
6. Cook at 425 degrees for about 20 minutes, until chicken reaches 165 degrees. Then turn oven to broil and cook for additional 1-2 minutes just letting the veggies pick up some color. Watch carefully to make sure they don't start to burn.
7. In the last five minutes of cooking, not while the broiler is on, let tortillas wrapped in foil warm in the oven.
8. Squeeze juice from fresh limes over fajita mixture while hot and top with fresh cilantro.
9. Serve in warm tortillas.

<https://www.number-2-pencil.com/sheet-pan-chicken-fajitas-6/>

Oven Baked Chicken Breast

Prep Time: 5 mins

Cook Time: 18 mins

Total Time: 23 mins

Servings: 4

Ingredients

- 4 chicken breasts , 150 - 180g / 5 - 6 oz each (Note 1)
- 2 tsp olive oil

Seasoning:

- 1 1/2 tbsp brown sugar
- 1 tsp paprika
- 1 tsp dried oregano or thyme , or other herb of choice
- 1/4 tsp garlic powder
- 1/2 tsp each salt and pepper

Garnish, optional:

- Finely chopped parsley



Instructions

- Preheat oven to 425F/220C (standard) or 390F/200C (fan / convection).
- Pound chicken to 1.5cm / 0.6" at the thickest part - using a rolling pin, meat mallet or even your fist (key tip for even cooking + tender chicken).
- Mix Seasoning.
- Line tray with foil and baking paper. Place chicken upside down on tray. Drizzle chicken with about 1 tsp oil. Rub over with fingers. Sprinkle with Seasoning.
- Flip chicken. Drizzle with 1 tsp oil, rub with fingers, sprinkle with Seasoning, covering as much of the surface area as you can.
- Bake for 18 minutes, or until the surface is golden per photos and video, or internal temperature is 165F/75C using a meat thermometer.
- Remove from the oven and immediately transfer chicken to serving plates.
- Wait 3 - 5 minutes before serving, garnished with freshly chopped parsley if desired

One Pan Balsamic Chicken and Veggies

Servings: 4 Servings

Prep Time: 10 minutes

Cook Time: 13 minutes

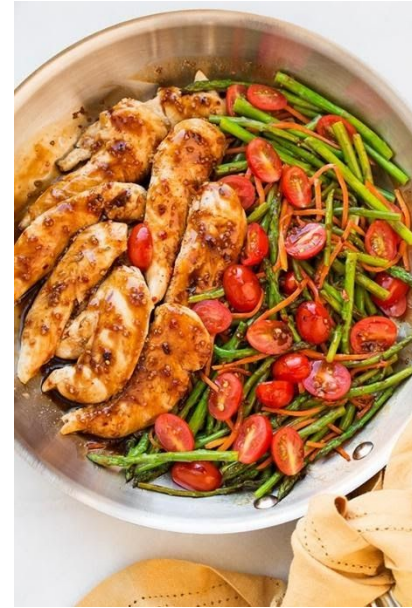
Total Time: 23 minutes

Ingredients

- 1/4 cup + 2 Tbsp Italian salad
- 3 Tbsp balsamic vinegar
- 1 1/2 Tbsp honey
- 1/8 tsp crushed red pepper flakes (more or less to taste)
- 1 1/4 lbs chicken breast tenderloins
- 2 Tbsp olive oil
- Salt and freshly ground black pepper
- 1 lb fresh asparagus , trimmed of tough ends, chopped into 2-inch pieces (look for thinner stalks. Green beans are another good option)
- 1 1/2 cups matchstick carrots
- 1 cup grape tomatoes , halved

Instructions

1. In a mixing bowl whisk together salad dressing, balsamic vinegar, honey and red pepper flakes, set aside.
2. Heat olive oil in a 12-inch skillet over medium-high heat. Season chicken with salt and pepper to taste, then place chicken evenly in the skillet.
3. Cook about 6 - 7 minutes, rotating once halfway through cooking, until chicken has cooked through (meanwhile, chop asparagus and tomatoes). Add half the dressing mixture to skillet and rotate chicken to evenly coat.
4. Transfer chicken to a large plate or a serving platter while leaving sauce in the skillet. Add asparagus and carrots to skillet, season with salt and pepper to taste and cook, stirring frequently, until crisp tender, about 4 minutes. Transfer veggies to a plate or platter with chicken.
5. Add remaining dressing mixture to skillet and cook, stirring constantly, until thickened, about 1 minute. Add tomatoes to chicken and veggies and drizzle dressing mixture in pan over top (or return chicken and veggies to pan and toss to coat)



Recipe from: <https://www.cookingclassy.com/one-pan-balsamic-chicken-veggies/>

Beef Bolognese



Yield: serves 4

Ingredients

- 2 tablespoons extra-virgin olive oil
- 3 carrots, peeled and finely chopped
- 2 celery sticks, finely chopped
- 1 yellow onion, finely chopped
- 3 cloves garlic, minced
- 1 pound grass-fed ground beef 90% lean, or use ground chicken or turkey if just as lean (ground turkey/chicken breast)
- 1 (32-ounce) can whole tomatoes
- 3 cups baby spinach, chopped
- 1 teaspoon dried basil
- 1/4 to 1/2 teaspoon red pepper flakes, optional, if you like spice
- 12 ounces spaghetti or 1 cup rice, cooked according to package directions (or baked potatoes or spaghetti squash)
- handful of fresh basil leaves, torn, optional

Preparation

1. Heat the oil in a large saucepan over medium heat. Add the carrots, celery, onion, garlic, and 1/2 teaspoon of salt and cook, stirring frequently, until the vegetables are soft but not brown, about 5 minutes.
2. Add the beef and cook until lightly browned, stirring frequently while breaking up the meat into bite size pieces, about 5 minutes. Add the tomatoes (along with their juices), spinach, basil, red pepper flakes, if using, and remaining 1/2 teaspoon salt.

3. Bring to a simmer and cook uncovered, stirring occasionally and breaking up the tomatoes with a wooden spoon, until the sauce thickens, about 30 minutes.
4. Meanwhile, cook the pasta or rice according to the package directions (or bake 4 potatoes or 1 spaghetti squash).
5. Taste the sauce and add more salt and red pepper, if needed. Ladle generously over the pasta (or rice, potatoes, or spaghetti squash) and top with fresh basil, if desired.

<http://www.summertomato.com/bolognese-recipe>

SHRIMP FRIED RICE MEAL PREP

YIELD: 6 SERVINGS PREP TIME: 20 MINUTES COOK TIME: 40 MINUTES TOTAL TIME: 1 HOUR

No need to order takeout anymore! Your favorite fried rice dish is packed right into meal prep boxes for the entire week!

INGREDIENTS:

- 1 1/2 cups brown rice
- 1 pound green beans, trimmed
- 3 tablespoons reduced sodium soy sauce
- 1 tablespoon sesame oil
- 1 tablespoon freshly grated ginger
- 1/4 teaspoon white pepper, optional
- 2 tablespoons olive oil
- 1 1/2 pounds medium shrimp, peeled and deveined
- Kosher salt and freshly ground black pepper, to taste
- 2 cloves garlic, minced
- 1 onion, diced
- 2 carrots, peeled and grated
- 1/2 cup corn, frozen, canned or roasted
- 1/2 cup frozen peas
- 2 green onions, thinly sliced

INSTRUCTIONS:

1. In a large saucepan of 3 cups water, cook rice according to package instructions; set aside.
2. In a large pot of boiling salted water, blanch green beans until bright green in color, about 2 minutes. Drain well and cool in a bowl of ice water. Drain well and set aside.
3. In a small bowl, whisk together soy sauce, sesame oil, ginger and white pepper, if using; set aside.
4. Heat olive oil in a large skillet or wok over medium high heat. Add shrimp, and cook, stirring occasionally, until pink, about 2-3 minutes; season with salt and pepper, to taste; set aside.
5. Add garlic and onion to the skillet, and cook, stirring often, until onions have become translucent, about 3-4 minutes.
6. Stir in carrots, corn and peas. Cook, stirring constantly, until vegetables are tender, about 3-4 minutes.
7. Stir in rice, green onions and soy sauce mixture. Cook, stirring constantly, until heated through, about 2 minutes. Stir in shrimp.
8. Place rice mixture and green beans into meal prep containers.



This delicious recipe brought to you by **DAMN DELICIOUS**
<https://damndelicious.net/2017/03/10/shrimp-fried-rice-meal-prep/>

Pan-Roasted Salmon



[Print](#)

Prep time 15 mins

Cook time 15 mins

Total time 30 mins

Author: A Sweet Pea Chef

Recipe type: Easy

Serves: 4

Ingredients

- 4 6-oz. salmon fillets, skin on
- 1 tbsp. olive oil
- 2 tbsp. brown sugar
- 2 tsp. kosher salt
- 1 tsp. ground black pepper
- ½ tsp. ground cumin
- ¼ tsp. dry mustard
- ⅛ tsp. ground cinnamon

Instructions

- Preheat the oven to 350 degrees.
- Combine the brown sugar, salt, pepper, cumin, dry mustard and cinnamon in a small bowl and set aside.
- Rinse the salmon in running water to remove any loose scales and then gently pat them dry using a paper towel. Remove all excess water prior to adding the rub.
- Rub the spice mixture on the top side (non-skin) of the salmon fillets.
- Heat an oven-proof fry pan over high heat. Add the olive oil to the pan and allow it to get hot. Place the fillets, rub-side down, in the hot oil. The fish should sizzle.
- When the fish releases easily (doesn't stick to the pan) and the rub side is nicely browned, about 2-4 minutes, carefully flip the fillets over and transfer the pan to the oven.
- Roast the salmon until it flakes easily with a fork (insert a fork and gently twist -- if the fish looks flaky, it's ready), about 5-8 minutes.

Maple Roasted Salmon

Ingredients:

- 4 ounces of salmon
- 1 tbsp maple syrup
- 1/2 tbsp soy sauce
- 1/4 clove of garlic, minced
- Black pepper, garlic salt to taste

Instructions:

1. In a small bowl, mix the maple syrup, soy sauce, garlic, garlic salt, and pepper
2. Place salmon in a shallow glass baking dish, and coat with the maple syrup mixture. Cover the dish, and marinate salmon in the refrigerator for 30 mins, turning once.
3. Preheat the oven to 400 degrees F.
4. Place the baking dish in the preheated oven, and bake salmon uncovered 20 minutes, or until easily flaked with a fork.

<https://www.allrecipes.com/recipe/51283/maple-salmon/>

One Pot Black Bean Enchilada Pasta

One Pot Black Bean Enchilada Pasta is an easy vegetarian weeknight dinner. Made in just one pot!

Course One Pot Dinner

Cuisine Mexican

Prep Time 10 minutes

Cook Time 15 minutes

Total Time 25 minutes

Servings 4

Ingredients

- 4 cups small pasta shapes
- 1 can black beans
- 1 yellow pepper diced
- 1 red pepper diced
- 1 cup sweet corn
- 1 can diced tomatoes
- 1 cup enchilada sauce
- 1-2 tbsp taco seasoning
- 4 cups water or broth
- 1/2 cup shredded cheddar plus extra to top (optional)
- cilantro, cherry tomatoes, lime wedges to serve (optional)

Instructions

1. Place all ingredients except for the cheese and garnishes in a large pot. Cover and bring to a boil. Uncover and simmer until pasta is done, about 15 minutes.
2. Stir in cheese, add more on top if you like. Serve with cilantro, diced tomatoes and lime wedges.

<https://www.savorynothings.com/one-pot-black-bean-enchilada-pasta/>





15-Minute Mediterranean Chickpea Salad (Meal-Prep Friendly)

PREP TIME: 15 MINS

TOTAL TIME: 15 MINS

SERVES: 4

INGREDIENTS

Chickpea Salad

- 1 1/2 cups chickpeas, drained and dried
- 1 cup cubed cherry tomatoes
- 1/2 large red onion, chopped
- 1 cup cubed English cucumber
- 1/4 cup feta cheese, crumbled or **vegan**

Tofu feta

- 1/2 cup chopped parsley, stems removed

Balsamic Vinaigrette

- 1/4 cup extra virgin olive oil

- 1 tablespoon balsamic vinegar
- 2 teaspoons lemon or lime juice
- 1 teaspoon dijon mustard
- 1/2 teaspoon sea salt
- 1/4 teaspoon ground black pepper

INSTRUCTIONS

- In a large mixing bowl, add the chickpeas, cherry tomatoes, red onions, cucumber cubes, feta cheese and parsley.
- Pour the vinaigrette over the salad and toss again to combine.
- OPTIONAL, but makes a delicious difference: Cover the salad and let sit for 30 minutes to up to an hour so that all the ingredients are completely soaked in and the flavours combined. Serve and enjoy!

<https://jessicainthekitchen.com/15-minute-mediterranean-chickpea-salad-meal-prep/>

Easy vegetarian chili recipe

Prep Time: 15 mins *Cook Time:* 40 mins *Yield:* 6-8 servings

DESCRIPTION

This delicious Easy Vegetarian Chili Recipe is our family's go-to, one pot dinner. It's full of healthy vegetables and is so easy to make. It's perfect for a Meatless Monday vegan meal.

| vegan + gluten-free |

INGREDIENTS

- 2 tablespoons oil
- 1 large onion, diced
- 4 cloves of garlic, finely minced
- 1-3 tablespoons chili powder (more will be spicier)
- 2 tablespoons of cumin
- 1 teaspoon oregano
- 1/4 – 2 teaspoons of chili flakes (the more chili flakes the spicier it will be)
- 2 peppers, diced (I used 1 red and 1 yellow pepper)
- 2 carrots, diced
- 3 stalks of celery, diced
- 2 – 28oz cans of whole tomatoes and their juice (use your hands to roughly crush the tomatoes)
- 1/4 cup vegetable stock
- 2 can of beans, drained and rinsed (I used kidney and white beans)
- 2 cup of frozen corn (you could use fresh but frozen is easy and works great)
- Salt to taste (you'll need quite a lot)
- Optional toppings: sour cream, cheddar cheese, cilantro, diced avocados or green onion.

INSTRUCTIONS

1. Heat oil in a large pot over medium-high heat. Add onion and sauté for about 3 minutes. Add garlic and sauté 1 minute more. Add spices and cook stirring for about 30 seconds.
2. Add peppers, carrots, and celery and cook for about 5 minutes, or until they just start to soften. Add tomatoes and their juice, and veg stock and bring to a simmer. Once the chili begins to simmer, reduce the heat to medium-low. You want the chili to be at a low simmer with the lid off.
3. Continue to cook the chili, stirring occasionally, for 20 minutes. Add beans and corn and let the chili return to a simmer. Cook for 5 more minutes or until the corn and beans have heated through.
4. Generously salt to taste.
5. Serve on its own or topped with one (or all!) of the delicious toppings.
6. Enjoy!



<https://www.theendlessmeal.com/easy-vegetarian-chili-recipe/>

SMASHED CHICKPEA & AVOCADO SALAD SANDWICH

- **Prep Time:** 10 min
- **Total Time:** 10 min
- **Yield:** Serves 3

INGREDIENTS

- 1 1/2 cups cooked chickpeas or 1 can (15 oz.), drained and rinsed
- 1 avocado, seed removed
- 1 small carrot, diced
- juice of 1 lemon
- dollop of [hummus](#), optional
- dash or two of garlic powder
- mineral salt + fresh cracked pepper, to taste

TO SERVE

- leafy greens
- 6 slices bread of choice
- red onion slices optional
- sliced tomatoes, optional

INSTRUCTIONS

In a medium size bowl, add chickpeas and roughly mash with the back of a strong fork. Add avocado and mash together well. Add in carrots, lemon juice, hummus, garlic powder, salt and pepper, mix to combine.

Layer your bread slices with leafy greens, onion and a nice helping of the mash. Top with the remaining slice and enjoy!



Recipe <https://simple-veganista.com/mashed-chickpea-avocado-sandwic/#tasty-recipes-8628>

Broccoli Pesto

INGREDIENTS

1 head broccoli, florets removed and blanched
1 c. fresh basil leaves
1/2 c. extra-virgin olive oil
1/4 c. freshly grated Parmesan
1/4 c. almonds
1 clove garlic, minced
1 tsp. kosher salt

DIRECTIONS

1. In the bowl of a food processor, combine broccoli, basil, and oil and pulse until combined. Add Parmesan, almonds, garlic, and salt and blend until combined.
2. Store in an airtight container up to 1 week.
3. Serve with your favorite pasta

Roasted Asparagus with Lemon

Yield: 4 servings

Ingredients:

- 2 pounds asparagus, bottoms trimmed
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- Zest of 1 lemon
- 2 tablespoons lemon juice

Directions:

1. Preheat the oven to 425 degrees F. Line the baking sheet with foil or parchment paper.
2. Place asparagus on a baking sheet. Drizzle oil, salt, and pepper over top. Roast 15 minutes, move around, then roast another 15 minutes (until the level of golden brown and caramelization you like).
3. Toss with lemon zest and juice.



Snacks:

Peanut Butter Oatmeal Energy Bites

<https://tasty.co/recipe/peanut-butter-energy-bites>

Ingredients:

- $\frac{2}{3}$ cup creamy peanut butter
- 1 cup old fashioned oats, plus extra for rolling
- 1 $\frac{1}{2}$ tablespoons honey
- $\frac{1}{4}$ cup mini chocolate chips, plus extra for rolling
- $\frac{1}{4}$ cup flax seed, optional

Instructions (makes 16 balls):

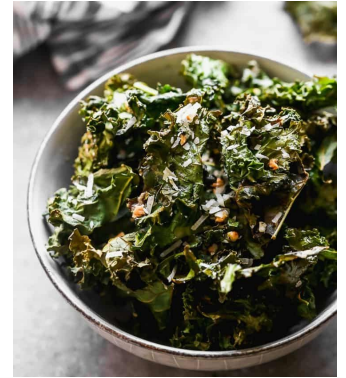
1. Mix all ingredients in a bowl until well-combined.
2. Cover with plastic wrap and chill in the refrigerator for at least 30 minutes.
3. Once done chilling, roll into approximately 1 inch (2.5 cm) balls. (Cover hands in a light layer of butter or oil to facilitate rolling and avoid getting sticky hands.)
4. Lay out a thin layer of oats and chocolate chips on a cutting board or work surface and roll the balls in the mixture. Finish off by rolling each ball between your hands to pack in the oats and chocolate chips.
5. Enjoy!

Garlic and Parmesan Kale Chips

<https://tastesbetterfromscratch.com/garlic-and-parmesan-kale-chips/>

Ingredients:

2 bunches fresh kale
5-6 cloves garlic , minced
sea salt , to taste
3 teaspoons olive oil
1/4 cup freshly grated parmesan cheese



Instructions:

1. Remove large stems from kale. Chop into chunks and wash well. (I use a salad spinner, which works really great for removing all the water from the kale.) Dry really well! This will make all the difference in allowing the kale to bake up crispy, instead of "steaming" because of water droplets.
2. Place kale in a large bowl. Toss with olive oil, sea salt, and garlic.
3. Lay flat on a large baking sheet. For best results, don't overcrowd the baking sheet. (Make these in two batches if necessary).
4. Bake at 300 degrees F for 10 minutes, then rotate the pan and bake for an additional 10-15 minutes or until crisp. Allow to cool for a few minutes on the baking sheet, then sprinkle with parmesan cheese.
5. Serve warm or store in an airtight container to save.

4-Ingredient Banana Bread Mug Cake

<https://thebigmansworld.com/healthy-1-minute-banana-bread/#wprm-recipe-container-25484>

Ingredients:

½ medium, overripe banana, mashed
1 tbsp flour
1 tbsp almond butter (or nut/seed butter of choice)
2-3 tbsp milk of choice
1 tbsp chocolate chips (optional)



Instructions:

1. Grease a microwave safe bowl or mug.
2. In a small mixing bowl, combine your mashed banana and coconut flour and mix very well. Add your nut butter of choice and mix into it- It should be a VERY thick batter.
3. Using a tablespoon at a time, add milk of choice until you reach a thick batter. Stir through the chocolate chips if desired.
4. Microwave for 1 minute, or until cooked through.

Note: After cooling, the mug cake may also be covered and refrigerated for up to 3 days, or frozen up to 2 months.

Homemade Hummus (serve with vegetables or crackers)

<https://www.inspiredtaste.net/15938/easy-and-smooth-hummus-recipe/>

Ingredients:

- 1 (15-ounce) can chickpeas or 1 1/2 cups (250 grams) cooked chickpeas
- 1/4 cup (60 ml) fresh lemon juice (1 large lemon)
- 1/4 cup (60 ml) well-stirred tahini
- 1 small garlic clove, minced
- 2 tablespoons (30 ml) extra-virgin olive oil, plus more for serving
- 1/2 teaspoon ground cumin
- Salt to taste
- 2 to 3 tablespoons (30 to 45 ml) water
- Dash ground paprika or sumac, for serving



Instructions:

1. Add the tahini and lemon juice into a food processor and process for 1-2 minutes, scraping down sides of the bowl every 30 seconds or so.
2. Add in olive oil, cumin, garlic clove and a dash of salt (or more to taste), and process for another 30 seconds or until well-blended.
3. Add half the can of rinsed and drained chickpeas, process for 1 minute, and scrape down sides.
4. Add the remaining chickpeas, and process until a thick, smooth texture is reached.

Homemade Trail Mix: 3 Variations



<https://www.walderwellness.com/healthy-homemade-trail-mix/>

Prep time: 10 minutes

Each recipe makes 5 cups trail mix

Ingredients

Tropical Trail Mix:

- 1 cup raw cashews
- 1/2 cup raw almonds
- 1/2 cup unsweetened coconut chips
- 2 cups unsweetened dried mangos, chopped
- 1/2 cup banana chips

Chocolate Raspberry Trail Mix:

- 3 cups plain popcorn
- 1 cup raw pecans
- 1/2 cup raw almonds
- 1/2 cup dark chocolate chips or pieces
- 1 cup freeze-dried raspberries

Ginger Apricot Trail Mix:

- 1 cup raw hazelnuts
- 1 cup raw pistachios
- 1/2 cup raw cashews
- 1/2 cup raw pumpkin seeds
- 1 cup dried apricots, chopped
- 1/3 cup crystallized ginger, chopped

Instructions

- Combine ingredients into a large mixing bowl and stir everything together well.
- Store in glass jars or Tupperware, and portion out for snacks as desired!

Notes

*Each recipe will make approximately 4-5 cups of trail mix.

*When purchasing ingredients, be sure to choose unsweetened or unsalted varieties!

*Trail mix will keep for a few weeks, but it will likely be eaten before then

Apple Nachos

<https://simple-veganista.com/apple-nachos/>

Ingredients:

2 apples of choice

¼ – ⅓ cup natural nut butter (peanut, almond, sunflower, etc.)

Small handful chocolate chips

Small handful shredded coconut

Small handful slivered almonds (optional)

Sprinkle of cinnamon

1 tbsp lemon juice

Optional toppings: hemp hearts, cacao nibs, raisins/currants, ground cardamom, maple syrup



Instructions:

Apples: Wash, core and cut your apples into ¼ inch slices. Lay apple quarters on a flat surface with the inside of the apple facing up, carefully slice your apple into ¼ inch slices, even ½ inch slices are good too. Place apple slices in a small bowl with the lemon juice, toss to coat.

Nut butter: Heat your nut butter just until warmed and somewhat runny. Use a small silicon bowl placed in a small pot with just enough water to reach half way up the side of the silicon bowl, and heat water on low and gently heat the nut butter until warm and drizzle-able. Alternatively, warm in the microwave for 20 – 30 seconds.

Assemble: On a serving plate, lay your apple slices in a single layer around the outside edge, then layer another small layer over those but towards the inside center of the plate. Drizzle the nut butter on top in whatever way you like. Top with chocolate chips, coconut flakes, almonds and sprinkle of cinnamon (or whatever you've chosen to use as your toppings).

Tips for Healthy Eating on a Budget

1. Buy in bulk

Try buying your staple items like pasta, oats, nuts and seeds, and flour in bulk to save money and avoid unnecessary trips to the grocery store. Shopping in the bulk aisle is often a lot more cost-effective than buying packaged or individual items.

2. Buy frozen items

Frozen fruits and veggies retain their nutritional value while allowing you to buy large quantities for a low value. This way, you can enjoy your favorite fruits and veggies even when they're not in season, and for a fraction of the price.

3. Meal prep!

Before the start of the week, try making some recipes to have on hand for quick meal or snack options. Consider roasting a pan of veggies, boiling a pot of rice, or making a soup to have throughout the week. Try make-ahead recipes that can be stored in the freezer to save refrigerator space and freeze individual portions so you only have to thaw one meal or portion at a time. Try recipes that can be served cold if you don't have access to a microwave.

4. Start small

If you're new to meal-prepping, consider beginning with one or two recipes that you can make-ahead to have later. You do not need to prep an entire day's worth of food to experience the benefits of meal-prepping. Start simple such as washing and cutting up some vegetables to use in salads or to snack on throughout the day.