

One "WHOLE" Week of Recipes

Looking for some easy recipes to stay full, satisfied, and on track?

Enjoy these specially-selected recipes to mix up your breakfasts, lunches, and dinners!



Need a recipe for breakfast?
Kickstart your day with this 5-
minute meal!

Savory Oatmeal with Roasted Veggies



GRAB YOUR INGREDIENTS

1/2 cup quick oats
1/2 cup almond milk
1/2 cup water
1 bell pepper, chopped
8 oz bella mushrooms,
diced
1 garlic clove, minced
2 oz peppadew peppers



ROAST YOUR VEGGIES

Preheat your oven to 425.
Add chopped peppers, mushrooms & garlic to a sheet pan, add a dash of olive oil, salt & pepper. Roast until tender (15 min).
Once done, add chopped peppadew peppers.



COOK YOUR OATS

In a pan over medium heat, boil water and almond milk. Add oats and a dash of salt. Bring to a boil and reduce, stirring occasionally for 5 min or until absorbed.



ASSEMBLE YOUR BOWL

Add your oats to a bowl, then top with the roasted veggies and peppadew peppers. Top with arugula, parmesan cheese, scallions or avocados!



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Breakfast Scramble with Berries



GRAB YOUR INGREDIENTS

1-2 Eggs, cracked and
seasoned lightly with s/p
(or herbs!)

Vegetables of choice:
handful of spinach,
chopped mushroom,
sliced red peppers,
leftover roasted broccoli,
onions, you name it!



SAUTE YOUR VEGGIES

Heat your pan, then add
your veggies and a small
amount of water. Cook
until the water has
evaporated (1-2 min) and
veggies have
softened/warmed.



COOK YOUR EGGS

In the same pan, add
your eggs (for a veggie
scramble), or set aside
your veggies and add
your cracked eggs. Cook
until white is opaque and
yolk is desired
consistency.



PREPARE YOUR BERRIES

While your eggs cook,
rinse a handful of fresh
berries (blueberries,
cherries, strawberries,
raspberries!)

Serve eggs and veggies
together and enjoy with
berries!

Need a recipe that's quick and delicious?
Work this easy sheet pan recipe into
rotation -- great for now...and later!

Greek Chicken Whole Grain Bowl



CREATE YOUR GREEK MIX

Preheat oven to 425F.
In a small bowl, combine 1.5T oregano, 1T basil, 0.5T dill, 1T garlic powder, 1T onion powder, 0.5t salt, 1.5t pepper. you name it!



PREP YOUR SHEET PAN

On a lined sheet pan (silpat or aluminum foil), add chicken (rinsed, dried, and cubed), sliced lemon, sliced red onion, cubed zucchini, diced red pepper. Drizzle with olive oil or grapeseed oil and season with Greek mix. Squeeze lemon overtop.

With about five minutes left, add grape tomatoes to the tray.



MAKE YOUR GRAIN

In a sauce pan, pour in 1/2 C quinoa (well rinsed in a sieve) or brown rice. Add 1.5 C water.
Bring to a boil, then simmer until grain is tender (quinoa cooks faster than rice). Drain any remaining water. Set aside.



ASSEMBLE YOUR BOWLS

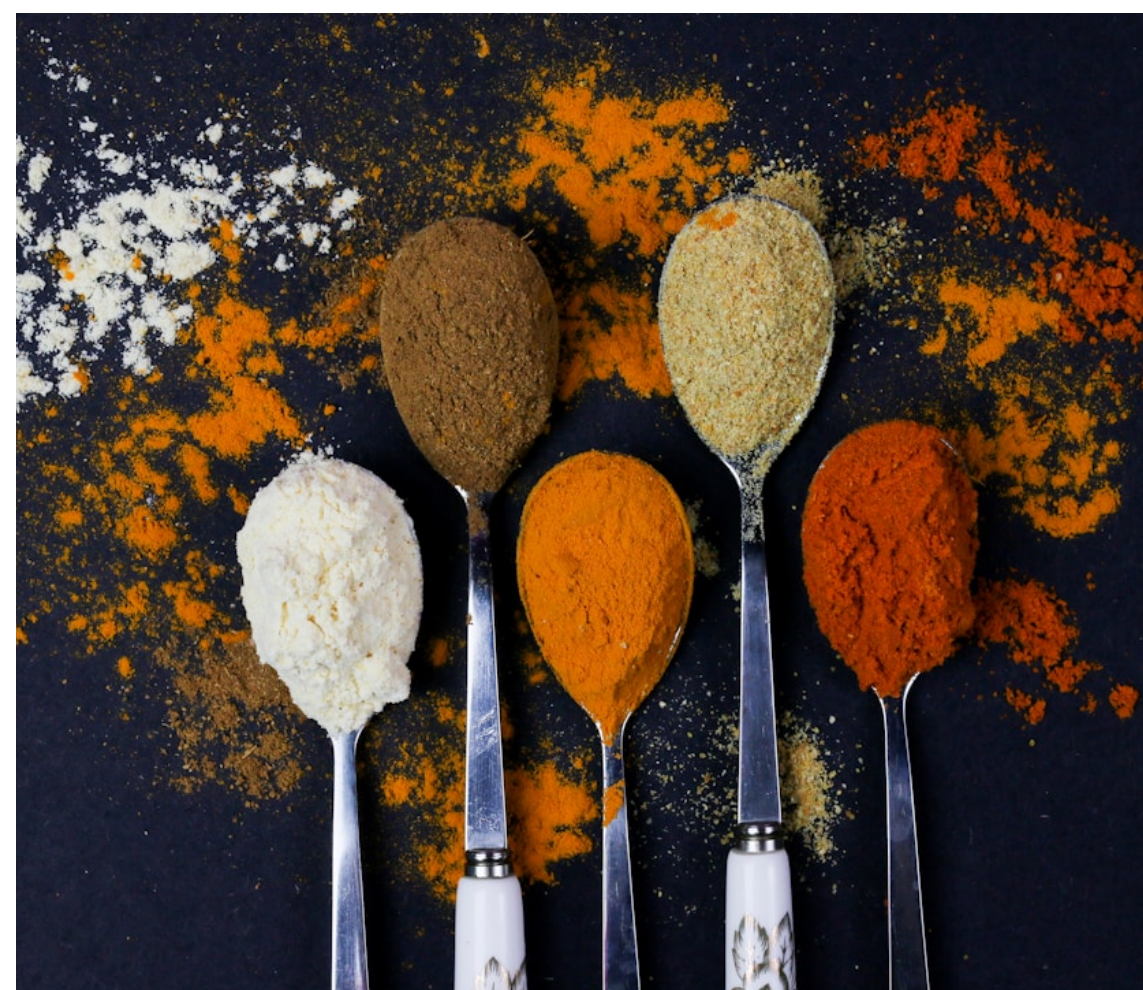
Add 1/2 cup of grain to the bottom of your bowl. Top with the roasted chicken and veggies. Add an extra lemon wedge for more flavor!

Also great to prepare in advance and bring for lunch!



Meal Prep makes packing lunches a cinch. This easy process quickly creates 4 ready-to-grab lunches or dinners!

Deconstructed Turkey Tacos



DIY TACO SPICE MIX

In a small bowl, mix one tsp each of the following: garlic powder, chili powder, paprika, cumin, salt. Add 1/2 tsp oregano and cayenne (optional). Mix well.



COOK YOUR TURKEY

In a non-stick pan, saute 1/2 a chopped onion until soft. Add 1 lb ground turkey breast. Cook until browned. Add 1 tsp tomato paste and stir to coat. Add the spice mix and 1/4 cup of water. Simmer 15 minutes, stirring occasionally.



MAKE YOUR GRAIN

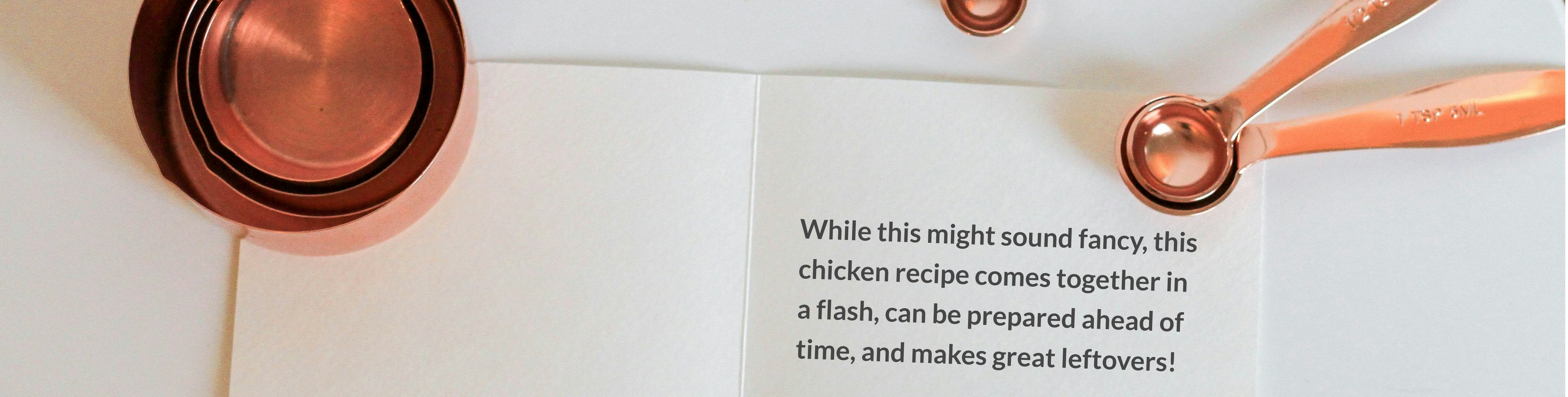
In a sauce pan, pour in 1/2 C brown rice. Add 1.5 C water. Bring to a boil, then simmer until grain is tender. Drain any remaining water. Set aside.



ASSEMBLE YOUR BOWLS

Add the sauteed turkey and brown rice to a bowl. Add in extras, like shredded lettuce, fresh/frozen corn, tomatoes, cilantro, avocados, lime juice and onions!

Try packing four or five containers for lunch at work!



While this might sound fancy, this chicken recipe comes together in a flash, can be prepared ahead of time, and makes great leftovers!

Lemon Roasted Chicken with Potatoes and Rosemary



PREP YOUR VEGGIES

Preheat oven to 400F.
Prepare your vegetables and chicken: cube 1 lb of baby potatoes, 1/2 onion, diced; and 1 lemon, sliced. Wash and pat dry 1 lb chicken breasts.



CREATE THE MARINADE

In a small jar or bowl, combine 1/3 C olive oil, 2 cloves garlic minced, 1 T fresh rosemary or 2 tsp dry, 1/2 tsp crushed red pepper flakes, 1 1/2 tsp salt, 1/2 tsp fresh ground pepper, and the juice from one lemon.



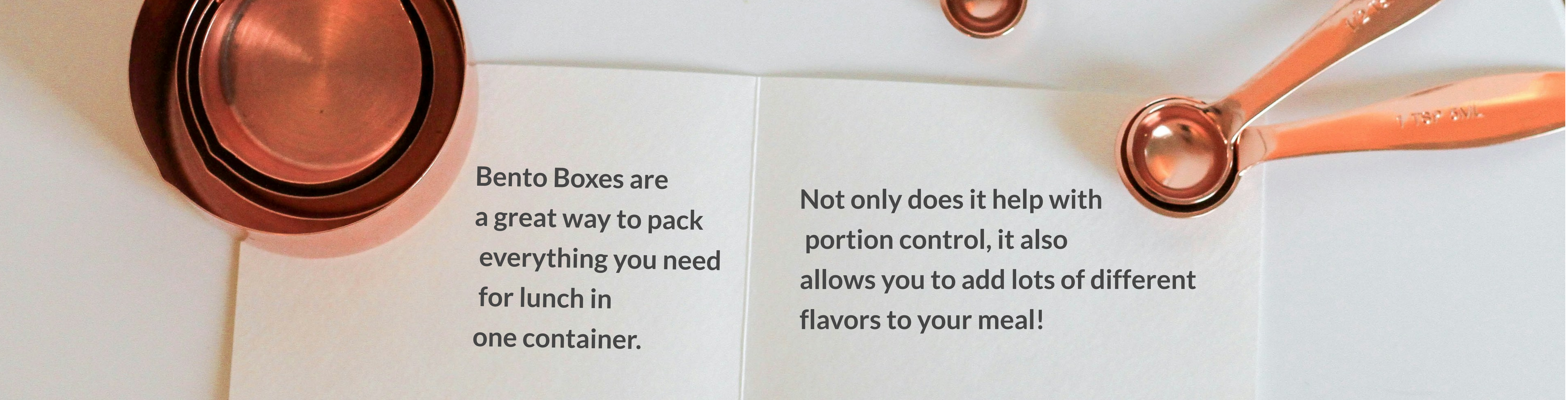
ASSEMBLE THE DISH

In a pyrex/glass baking dish, mix diced veggies and spread evenly. Top the veggies with the chicken. Drizzle the marinade over the top of the chicken and vegetables. Add salt and pepper, to taste.



COOK AND ENJOY

Place the baking dish in the heated oven for 1 hour or until chicken is cooked through. Enjoy! This dish can be prepped, covered and refrigerated up to 24hrs in advance to make dinner a snap!



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Not only does it help with
portion control, it also
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Bento Box Lunches



VEGAN BENTO

Rinse a can of beans, then add in cherry tomatoes, cucumbers, green & black olives, fresh parsley, brown rice, olive oil and s/p. Scoop a portion into a bento box with half an avocado, a lemon wedge, celery and carrots, and 2T hummus.



PROTEIN BENTO

Start by hard-boiling an egg and slicing it in half. In a separate well of your bento, place sliced apples and 2T of nut or seed butter. Leftover herb-roasted chicken can be added cold - with a handful of cherry tomatoes (or even some baby greens!)



GREEK BENTO

Make your salad by mixing a small cucumber, chickpeas, cherry tomatoes, fresh parsley, green and black olives, extra virgin olive oil, s/p. To complete your meal, add 1/2 cup brown rice, a lemon wedge, and a few bunches of grapes!



ENERGY BOOST BENTO

Slice an apple and add 2T nut or seed butter. In a separate square, scoop some plain Greek yogurt and top with your favorite chopped nuts and a bit of natural honey or 100% maple syrup. Add lots of fresh berries and enjoy!

Need a recipe that's quick and delicious? Work this easy sheet pan recipe into rotation -- great for now...and later!

Lemon Garlic Halibut



PREP YOUR VEGGIES

Preheat oven to 350F.

Rinse and dry baby greens or other veggie (blanched broccoli, zucchini, or asparagus would go well with this dish!)



MIX YOUR MARINADE

In a small bowl, mix the olive oil, lemon juice, smoked paprika, red pepper flakes, garlic, dill, black pepper, and sea salt.



COOK THE FISH

In a large casserole dish, arrange 1lb rinsed and dried halibut fillets. Pour the marinade over the fish, then top with chopped tomatoes and chopped fresh parsley. Marinate for 10min - 2 hrs in fridge, depending on time.



PLATE YOUR MEAL

Bake the fish for 20 minutes or until cooked through. On your plate, place a fillet of fish with some of the chopped tomatoes. Complete with greens or vegetable!

Recipe: JoCooks.com
Photos: Salu-salo.com

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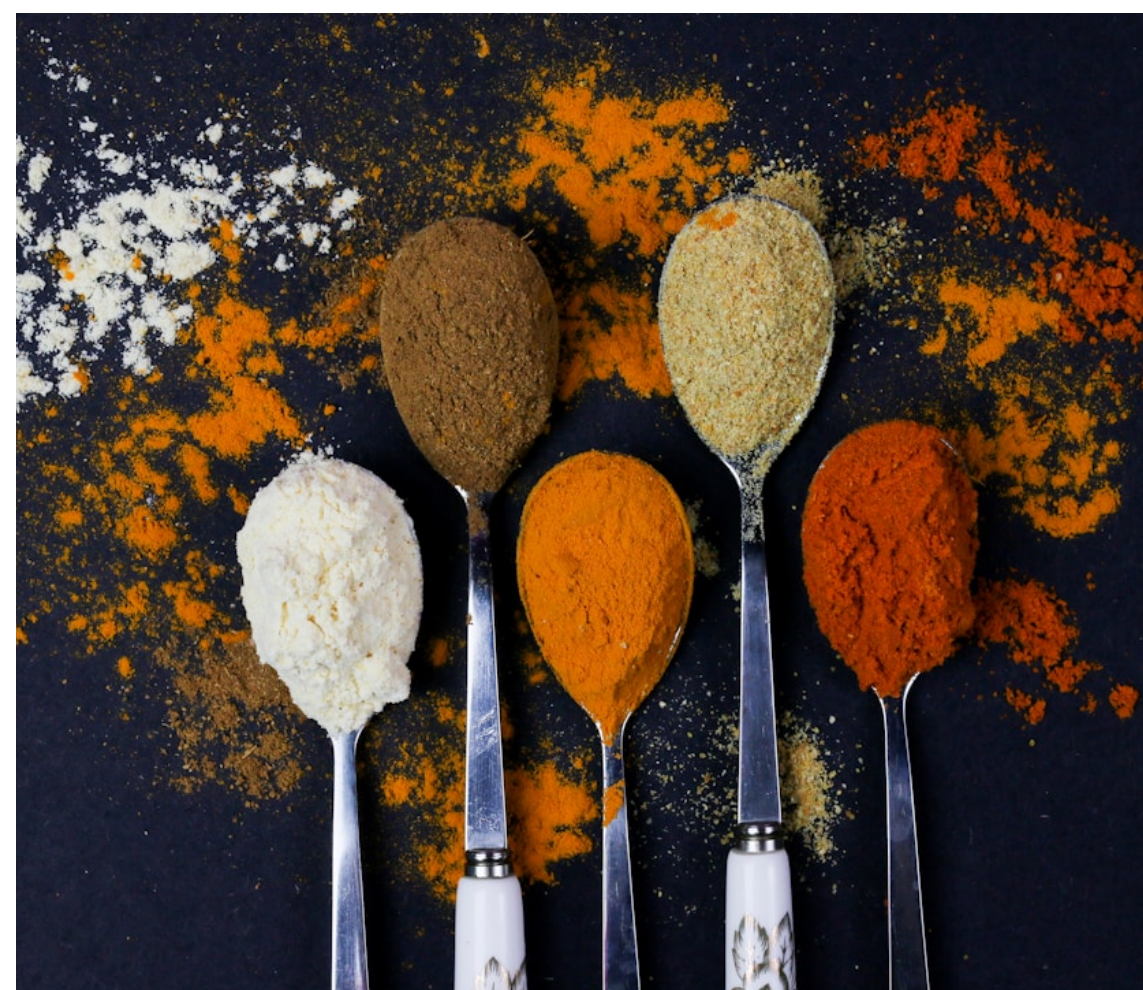
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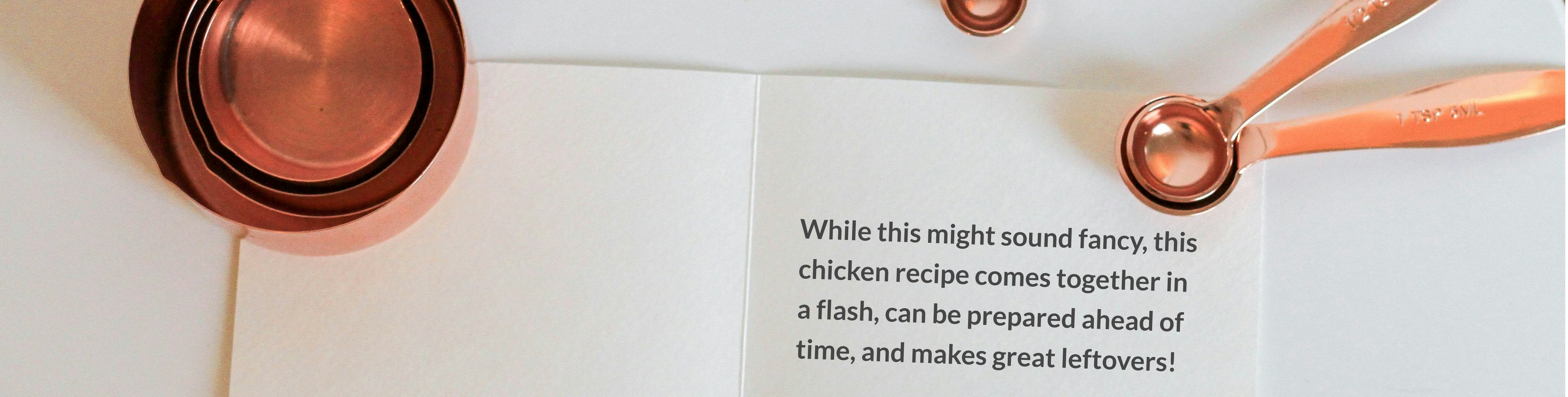
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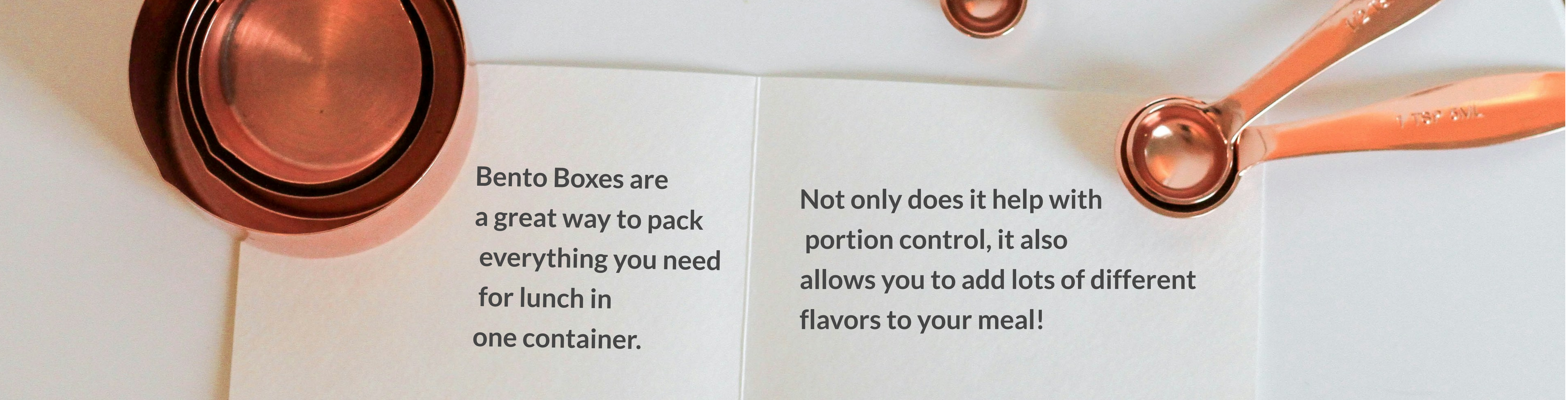
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