

Recipes			
Breakfast			
Option 1	Option 2	Option 3	
Protein Packed Breakfast Sandwich	Apple Cinnamon Breakfast Bowl	German Oven Pancake	
This protein Packed Vegetarian Breakfast sandwich serves 1, and takes 7 minutes to prepare and make. Uses english muffin, 1 egg, 1/4 cup black beans, chili powder, salt, pepper, garlic powder, 1/4 avocado, cheddar cheese, and hot sauce.	Apple Cinnamon Breakfast Bowl. Serves one. Takes 10 minutes cook time total. Ingredients needed are, apple, cottage cheese, granola, chia seeds, ground cinnamon, nut butter, honey.	German Oven Pancake serves four and takes 17minutes to make. It requires all purpose flour, eggs, milk, butter, and sugar. Its cooked and served in a cast iron skillet.	
Prep Time: 2 minutes	Prep Time: 10 minutes	Prep Time: 5 minutes	
Cook Time: 5 minutes	Cook Time: N/A	Cook Time: 12 minutes	
Additional Time: N/A	Additional Time: N/A	Additional Time: N/A	
Ingredients:	Ingredients:	Ingredients:	
English Muffin (toasted)	1 medium apple chopped	1/2 cup all purpose flour	
1/4 cup black beans	1/2 cup 2% fat cottage cheese	3 large eggs	
Pinch of Chili Powder	1/2 cup granola	1/2 cup milk	
Pinch of Garlic Powder	1 Tbs Chia Seeds	3 tbs melted butter divided	
1/4 Avocado	1/4 tsp ground cinnamon	1 tbs sugar	
1 large egg	1 tbs nut butter	1/4 tsp salt	
1/2 ounce cheddar cheese grated	1 tbs honey		
Hot Sauce			
Salt and Pepper			
Instructions:	Instructions:	Instructions:	
Toast English Muffin	In a small bowl, mix all of the ingredients.	Preheat oven to 400 degrees farenheit	
Whisk Egg in a bowl and microwave on high for one minute. Remove egg, and fold into a circle shape to match muffin size. Top with cheese and microwave for another 12 seconds.	Mix Well. Top with Cinnamon	Whisk eggs, milk, 2 Tbs melted butter, salt and sugar. Add the flour and stir until well mixed.	
Mash black beans (drained and rinsed) with chili powder, garlic and a pinch of salt and pepper to taste.	Serve Immediately. Or save for later in the fridge.	Add 1 tbs melted butter to bottom of cast iron skillet.	
Spread black bean mash on muffin and top with avocado. Place cheesy egg on top, and add a dash of hot sauce. Top with other half of English Muffin.		Pour batter into skillet and bake for 12-18 minutes or just until the edges start to brown.	

Serve Immediately. Or wrap in foil and take on the go!		Top with whatever desired toppings you'd like. We suggest berries, whip cream, or chocolate chips and chocolate sauce.	
		Serve in skillet immediately.	
Lunch			
Option 1	Option 2	Option 3	
Peanut Sauce Rice Noodles	Sheet Pan Turkey Melts	Taco Pizza Rolls	
Peanut Sauce Rice Noodles is a Thai dish. It makes 2 servings and calls for peanut butter, soy sauce, sesame oil, brown sugar, chili paste, apple cider vinegar, garlic (minced), ground ginger, water and rice noodles.	Turkey Melts allow for flexibility of 1 serving to any many. They require: sourdough bread, sliced turkey breast, swiss cheese, white cheddar cheese, dijon mustard, chive and onion cream cheese spread, butter lettuce.	Taco Pizza Rolls serves six. It needs, ground beef, taco seasoning, refrigerated pizza crust, water, mexican blend shredded cheese, and optional toppings like, sour cream, tomatos, lettuce or guacamole.	
Prep Time: 2 minutes	Prep Time: 5 minutes	Prep Time: 10 minutes	
Cook Time: 10 minutes	Cook Time: 5 minutes	Cook Time: 25 minutes	
Additional Time: N/A	Additional Time: N/A	Additional Time: N/A	
Ingredients:	Ingredients:	Ingredients:	
1/4 cup smooth peanut butter	sour dough bread sliced	1/2 lb ground beef	
1/4 cup low sodium soy sauce	Sliced Turkey Breast	taco seasoning	
1 tsp sesame oil	Swiss Cheese	refrigerated classic pizza crust	
2 tbs packed brown sugar	White Cheddar Cheese	3 tbs water	
1/2 tsp chili paste	Dijon Mustard	1 cup mexican blend shredded cheese	
1 Tbs apple cider vinegar	Chive and onion cream cheese spread	Optional Ingredients:	
2 cloves garlic minced	Butter Lettuce (roughly chopped)	tomato	
1/4 tsp ground ginger		lettuce	
3 tbs water		sour cream	
8 oz noodles fettucine, lo mein or other		guacamole	
Instructions:	Instructions:	Instructions:	
Cook noodles according to instructions on the package	Turn on oven broiler and prepare baking sheet with grease or parchment paper.	Preheat oven to 400 degrees farenheit and prepare a cooking sheet by lightly spraying it with cooking spray.	
Whisk all ingredients in a small bowl until mixed well and smooth	Spread a dollop of dijon mustard and cream cheese on the sandwich slices	In a medium skillet, cook and brown beef until no longer pink and drain.	
Give it a taste, do you need more chili paste? If so, add a bit more until you reach desired taste.	Top one side with cheese, and the other with turkey slices	Add taco seasoning and water to the meat mixture in the skillet. Cook for 2-3 more minutes. Set aside.	

Heat mix in microwave for 30 seconds until desired temperature.	Broil for 5-7 minutes until bread starts to turn golden and cheese is bubbling.	Unroll pizza dough onto a flat surface into the shape of a rectangle.	
Pour over noodles and toss to coat.	Remove from heat and top desired side with lettuce.	Spread taco meat out evenly across the pizza dough. Topping with the cheese blend.	
Serve immediately.	Combine both halves to form a sandwich.	From the long end of the pizza dough, roll dough tightly into a roll.	
	Slice in half and serve immediately.	Using a serrated knife, make 1 inch slices along the roll, this should make about 18 rolls.	
		Place rolls on prepared baking sheet. Bake for 10-12 minutes or until tops are golden brown.	
		Serve immediately and top with desired toppings	
Dinner			
Option 1	Option 2	Option 3	
Hawaiian Barbeque Pineapple Tacos	Hamburger Soup	Mediterranean Flatbread	
Hawaiian Barbeque Pineapple Tacos makes 8 servings and requires precooked chicken, crushed pineapple, salt and pepper, barbecue sauce, lime, cilantro and six inch tortillas.	This recipe makes 6 servings and needs: olive oil, ground beef, sweet onion, garlic cloves minced, tomato paste, carrots, celery, bell pepper, gold potato, crushed tomatoes (fire roasted preferred), beef broth, kosher salt, ground pepper, italian seasoning, bay leaf, green beans.	Mediterranean Flatbread makes 2 servings. It requires flatbread crusts, olive oil, spinach pesto, shredded mozzarella, halved grape tomatoes, red onion, black olives, artichoke hearts, crumbled feta, dried oregano, and salt.	
Prep Time: 2 minutes	Prep Time: 15 minutes	Prep Time: 10 minutes	
Cook Time: 10 minutes	Cook Time: 45 minutes	Cook Time: 15 minutes	
Additional Time: N/A	Additional Time: N/A	Additional Time: N/A	
Ingredients:	Ingredients:	Ingredients:	
4 cups precooked chicken (shredded or diced)	2 Tbs Olive Oil	2 flatbread crusts	
1 cup crushed pineapple (undrained)	1lb ground beef	2 Tbs olive oil	
2 cups plain barbecue sauce	1 large sweet onion diced to 1/2inch	1/2 cup spinach pesto	
8 (6inch) tortillas	2 cloves garlic minced	8 oz shredded mozzarella	
salt and pepper to taste	3 Tbs tomatoe paste	1 cup halved grape tomatoes	
1 lime (to garnish)	2 large carrots diced to 1/2 inch	1/2 cup thinly sliced red onion	
1 small bundle cilantro	2 stalks celer, thinly sliced	2.25 oz can thinly sliced black olives	
	1 bell pepper, seeds and stem removed and diced to 1/2 inch	1 cup quartered artichoke hearts	
	12 oz yukon gold potato diced to 1/2inch	1/2 cup crumbled feta	

	1(14oz) can crushed tomatoes (fire roasted)	1 tsp dried oregano	
	4 cups beef broth	kosher salt	
	1 tsp kosher salt		
	1 tsp ground pepper		
	1 Tbs italian seasoning		
	1 bay leaf		
	8 oz green beans		
Instructions:	Instructions:	Instructions:	
Place shredded chicken, barbecue sauce and crushed pineapple in a skillet on medium heat.	Heat dutch oven over medium high heat. Add the olive oil and heat until it shimmers.	Preheat oven to 500 degrees.	
Season with salt and pepper.	Add the ground beef and saute, stirring frequently to break into pieces. Saute until brown.	Brush flat bread crusts with olive oil.	
Stir well and bring to simmer over medium heat for 10 minutes, stirring often, until juices have thickened.	Add the onion and saute until soft. About 5-7 minutes	Divide pesto between the crusts and spread evenly.	
Warm tortillas in microwave for 10 seconds	Add the garlic, stirring continuously for 1 minute.	Divide shredded cheese and spread across top	
Fill immediately with chicken mixture	Add the tomato paste and work into the beef and onions until the color deepens, about 2 minutes.	Add tomatoes, onion, black olives, artichoke hearts, feta, and oregano and a pinch of salt.	
Top with a squeeze of lime and sprinkle of cilantro	Add the carrot, celery, bell pepper and potatoes	Bake for 5-10 minutes until veggies are tender and the cheese is melted.	
Serve Immediately	Top with the pureed tomatoes, beef broth, salt, pepper, and italian seasoning. Stir mixing all ingredients well, and top with a bay leaf.	Garnish with fresh chopped parsley and arugula and enjoy!	
	Increase the heat to high, and bring the soup to a boil.		
	Once boiling, reduce heat to medium and simmer until potatoes are tender. About 20 minutes.		
	Add the green beans and stir for 5 minutes until cooked through.		
	Add salt and pepper to season. And serve immediately.		
Snacks			
Option 1	Option 2	Option 3	
Everything Bagel Kielbasa Bagel Bites	Pickle Roll ups	Hearty Black Bean Quesadillas	
These bagel bites make a dozen bites. They need smoked kielbasa, crescent roll dough and everything but bagel seasoning	This recipe makes about 30 bites, or 10 "wraps". It needs: cream cheese, dry ranch seasoning, jar of dill pickles and a half pound of deli ham thinly sliced.	This makes 10 Quesadillas or 40 Quesadilla slices. It requires black beans, frozen corn, red onion, garlic, cilantro, cheddar cheese, taco seasoning and tortillas.	
Prep Time: 7 minutes	Prep Time: 10 minutes	Prep Time: 5 minutes	

Cook Time: 12 minutes	Cook Time: N/A	Cook Time: 10 minutes	
Additional Time: 5 minutes cooling	Additional Time: N/A	Additional Time: N/A	
Ingredients:	Ingredients:	Ingredients:	
12 oz package smoked kielbasa (either horse shoe shape or two sausage links)	8 oz cream cheese room temperature	1 (15 oz) can of black beans	
8 count crescent roll dough	2 Tbs dry ranch seasoning	1 cup frozen corn	
1-2 tsp everything but bagel seasoning	16 oz dill pickle whole with ends trimmed	1/2 cup red onion	
	1/2 lb deli ham thinly sliced	1 clove garlic	
		1/4 cup bunched cilantro (1/2 cup chopped)	
		2 cups shredded cheddar cheese	
		1 Tbs. taco seasoning	
		10 flour tortillas	
Instructions:	Instructions:	Instructions:	
Preheat oven to 350 degrees fahrenheit	In a bowl combine the cream cheese and ranch seasoning	Drain the black beans and add them to a bowl along with the frozen corn.	
Divide the crescent dough into 2 separate pieces (each dough section should have four triangles). Press down the dough a bit and mesh your seems together.	Set the ham out in a single layer and pat dry with a paper towel.	Finely dice the onion, mince the garlic, and roughly chop the cilantro.	
Place one half of your kielbasa on top of crescent dough towards the bottom of the dough.	Spread the cream cheese mixture evenly over the slices of ham, all the way to the edges.	Add the onion, garlic, cilantro, shredded cheddar and taco seasoning to the bowl with corn and black beans.	
Roll the dough up and around your kielbasa covering it completely.	Cut the ends off the pickles and pat dry with a paper towel. Then place on the cream cheese layer.	Stir until everything is combined and coated in seasoning.	
Then cover it with half of the everything bagel seasoning. Rolling it around on the cutting board to make sure it is completely covered.	Tightly roll the pickle up in the ham, use toothpicks if needed to keep the roll together.	Place a half of a cup on one side of each tortilla and fold over.	
Cut the Kielbasa roll into 11 equal slices.	Cut the ham rolls into 3/4 inch pieces and serve!	Cook in a skillet over medium heat on each side of the tortilla until brown and crispy. And the cheese filling has melted.	
Prepare a cookie sheet lightly sprayed with cookie spray, or parchment paper.	If saving for later, put on a plate and cover in plastic wrap, leave in the fridge until ready to serve.	Slice into triangles then serve.	
Place the slices on the cookie sheet and pop in the oven to bake for 9-12 minutes until the crescent dough is lightly golden brown.			
When ready, remove from oven and let cool for 5 minutes. (*Note- Cooling is important here, as the kielbasa won't stick to the crescent roll if you do not let them cool and they will fall apart.)		*Note- You can freeze quesadillas to use in the future, by placing a piece of parchment between them once they are fully cooled, and place them in a ziplock bag. They are good for up to three months frozen. When reheating either: 1-2 minutes in the microwave checking often, or in a skillet on low heat.	

Once cool, serve with ketchup and mustard for dipping! Enjoy!

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