



My Favorite Recipes BURRITO IN A JAR

Step 1

Liquids must be at the bottom. A healthy salsa is perfect

Step 2

Next, layer black beans. Add corn if you like (I do). I wash canned beans thoroughly and usually heat up frozen corn.

Step 3

For your 3rd layer, add brown rice or quinoa. Quick tip - Trader Joe's has amazing rice in their frozen section.

Step 4

Next up, layer your favorite add-on's. Mine are chopped tomatoes, some sliced avocado (always) and a bit of lettuce.

Step 5

Cilantro tops it off. I do not add cheese, but if you wish, this is when you should do so.

Healthy Tips

Skip sour cream and dressings in favor of avocado

My Favorite Recipes

OVERNIGHT STEEL CUT OATS

Step 1

Mix the following ingredients:

1 3/4 Almond milk

1 1/2 Tbs honey (or maple syrup)

1 1/2 Tbs Almond butter

1 cup uncooked steel cut oats

1/2 tsp kosher salt

Step 2

My adds:

1 scoop plant based protein powder
(vanilla)

1 tsp ground cinnamon

Consider: Chia seeds, dried or fresh
fruit

Step 3

Mix together all ingredients except
the oats. Once smooth, then add the
oats.

Step 5

Place your mixture in a mason jar and
seal. Refrigerate overnight or up to 4
days.

Healthy Tips

Use whichever milk product or
substitution suits you best!





My Favorite Recipes

NO BAKE CHOCOLATE ALMOND PROTEIN BALLS

Steps 1

- 1 1/2 cups oats
- 1 cup almond butter
- 1/3 chia seeds
- 1 tbsp cocoa powder
- 1/4 cup pistachios
- 1/4 chocolate chips
- 1 tsp vanilla extract

Steps 2

Mix together all ingredients in a medium bowl until well mixed

Roll into balls by hand, then place them on parchment paper within an airtight container

Steps 3

Try dusting the top with either coconut flakes or 1/2 tsp of cocoa powder for a little extra

Healthy Tips

The chocolate chips are little treat - skip them if you would like!



My Favorite Recipes

TURKEY & HUMMUS BENTO

Step 1

Assemble your ingredients:
4 slices of fresh turkey meat
1/2 cup sliced strawberries
1/2 sliced cucumbers
1/4 cup of hummus
3 slices of pepper
1/4 cup (vegan) cheese

Step 2

Consider adding:
Your favorite whole wheat crackers
Substitute your favorite dried fruit

Step 3

Assemble your ingredients into the bento box, seal and refrigerate.

Step 5

Bento boxes can be made in advance for the work or school week.

Healthy Tips

I like the vegan protein cheeses, but find a cheese you like best.