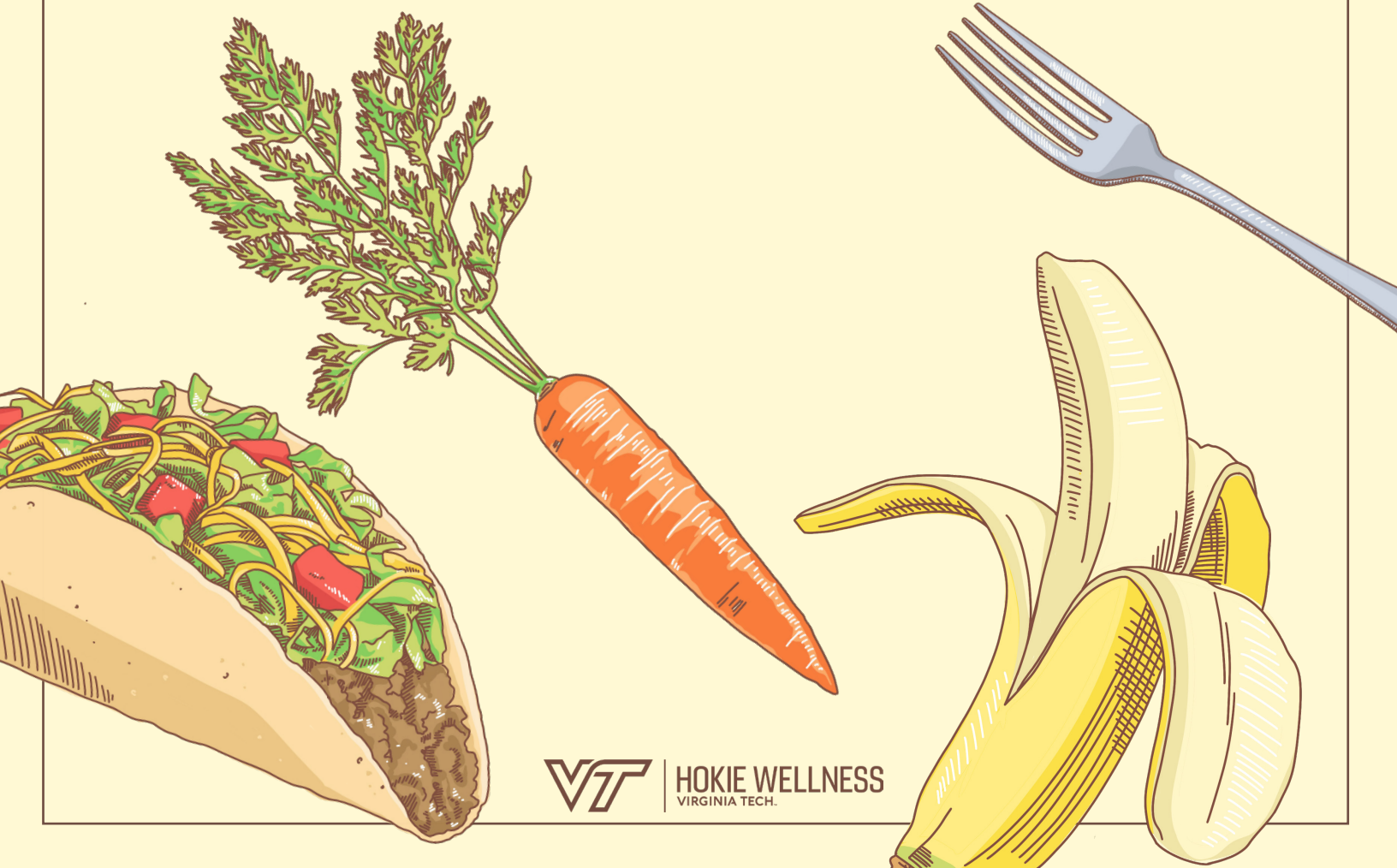




Easy Recipes

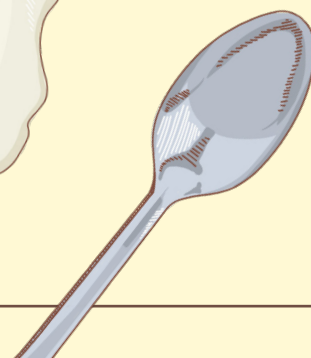
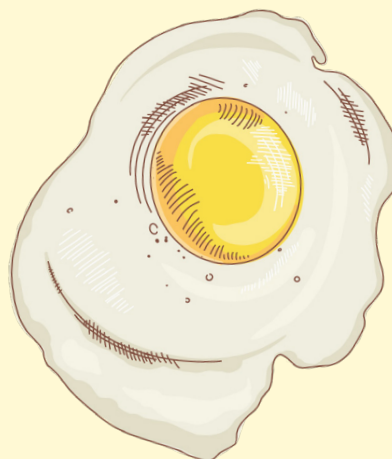
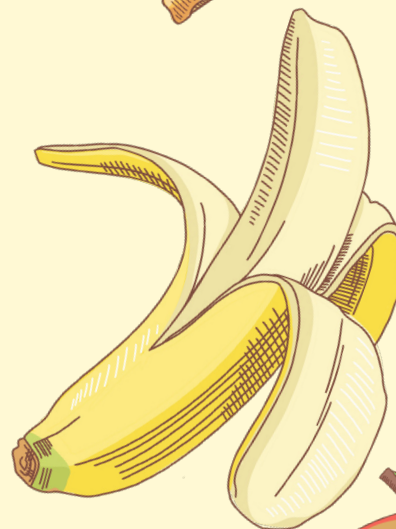
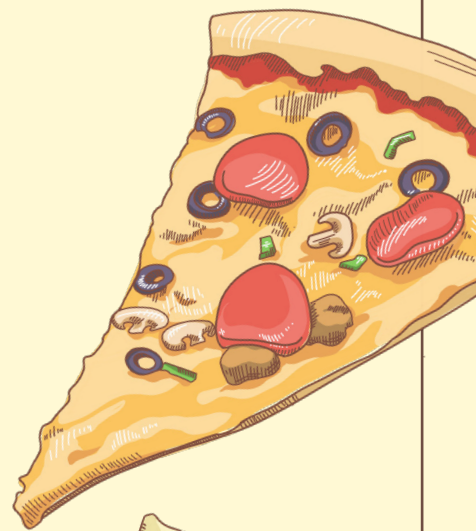
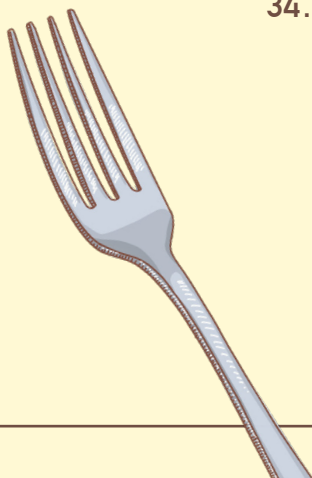
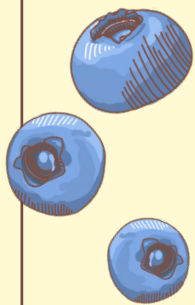
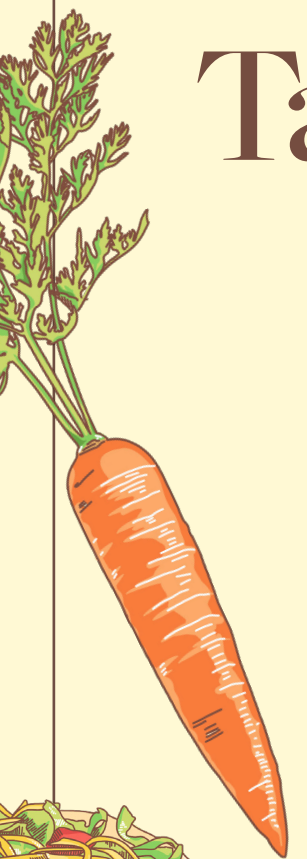
for hungry hokies who don't have time to cook



HOKIE WELLNESS
VIRGINIA TECH.

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4 Ingredient Pizza Bagels

Ingredients

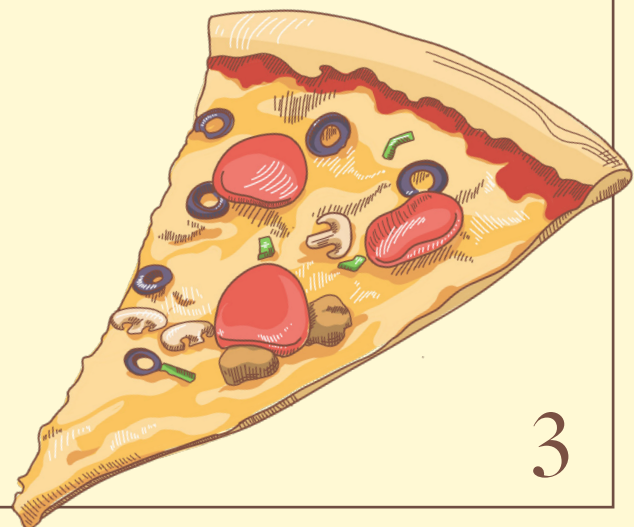
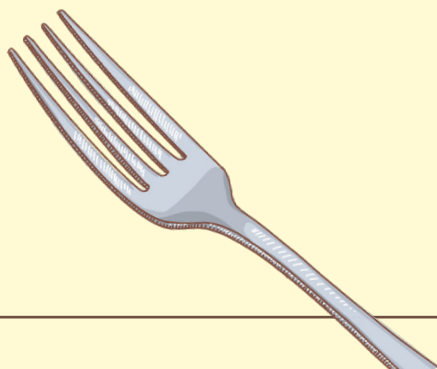
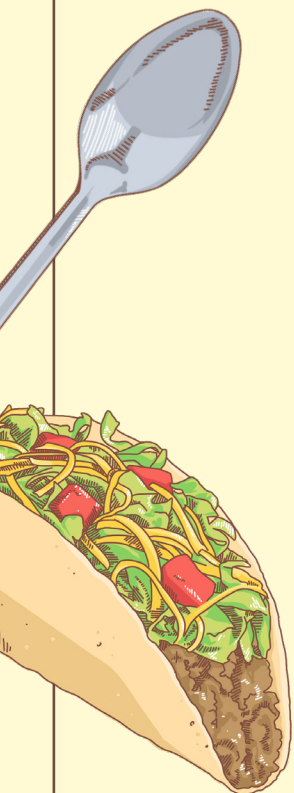
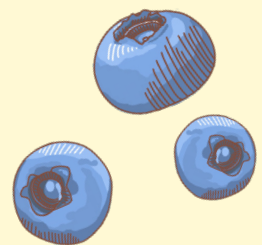
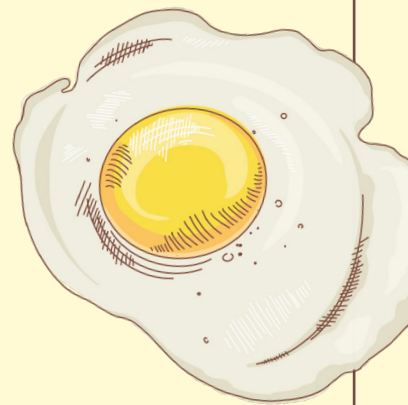
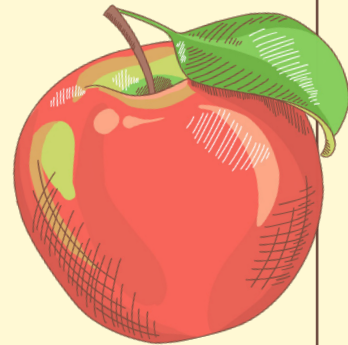
- Bagel (can also use pita bread)
- Pasta Sauce
- Shredded Cheese
- Other topping ideas: pepperoni, sausage, chicken, tomatoes, basil, olives, mushrooms

Directions

1. Start with two halves of a bagel.
2. Spread some sauce on the bagel halves.
3. Add the rest of the toppings to the bagel.
4. Microwave for 45 seconds to 1 minute.

Bonus Nutrition

- Opt for a whole-grain bagel or whole-grain pita bread.
- Add a source of protein and veggies to make it a balanced meal.



Microwave Quesadillas

Ingredients

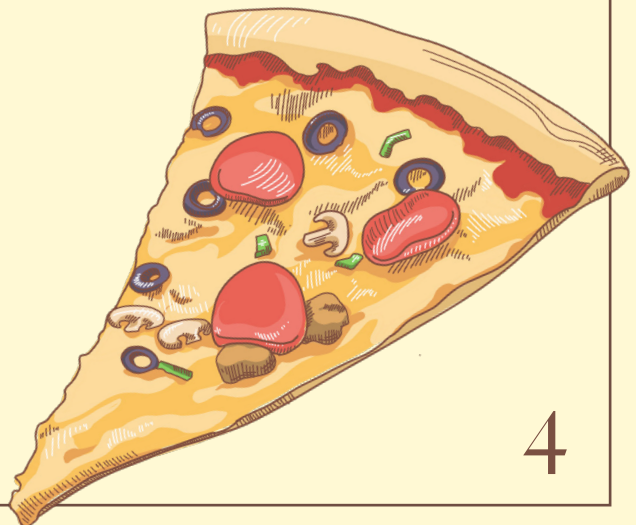
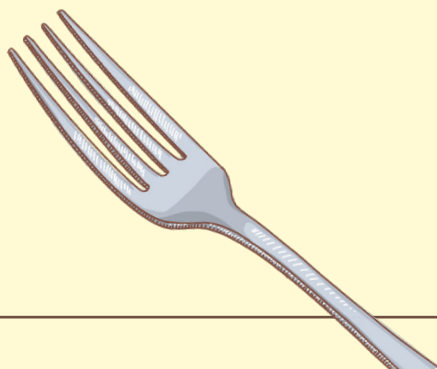
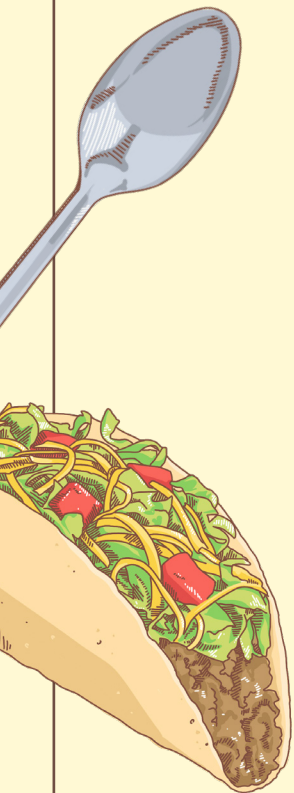
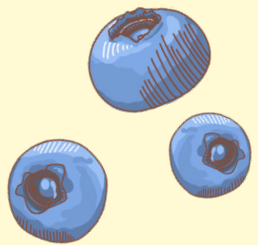
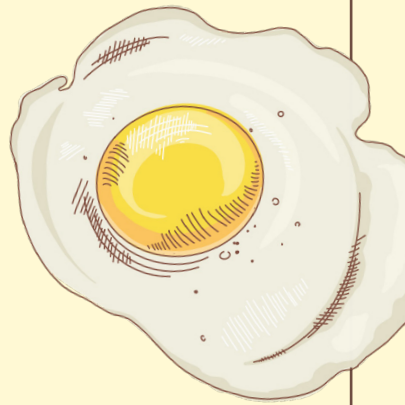
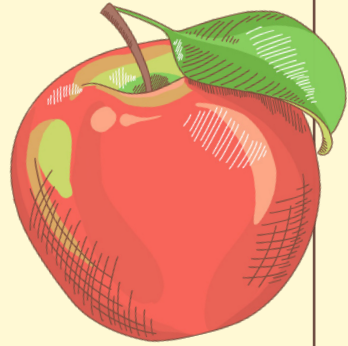
- Tortillas
- Cheese
- Filling ideas - ground meat, black beans, corn, peppers and onions, guacamole, tomatoes, salsa, sour cream

Directions

1. Lay the tortilla on a microwave-safe plate. Sprinkle a layer of cheese on the tortilla and add your fillings. Fold the tortilla in half and microwave for 1 minute.

Bonus Nutrition

- Opt for a whole-wheat tortilla.
- Add a source of protein and veggies to make it a balanced meal.



Quick Roll Ups

Ingredients

- Tortillas
- Cheese
- Deli meat

Vegetarian Options

- Try a hummus and cucumber or carrots combination

Other Flavor Combos

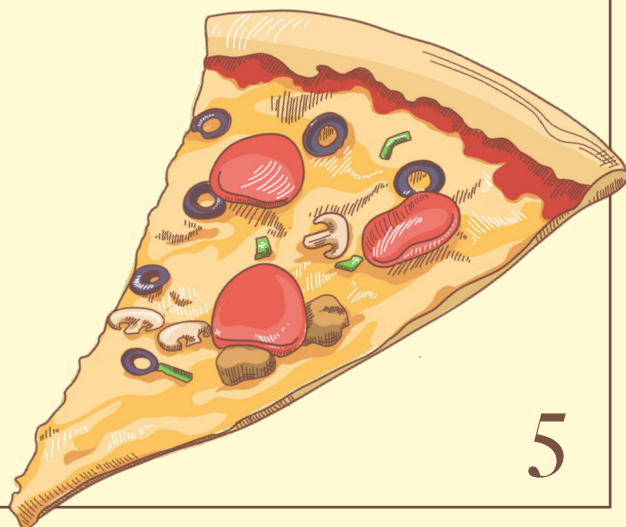
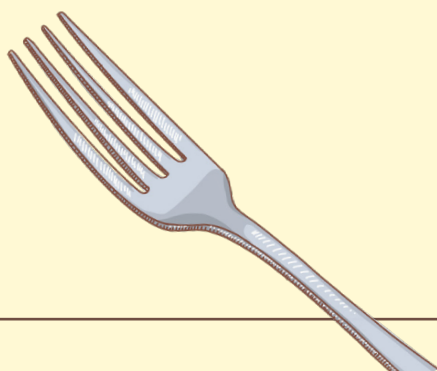
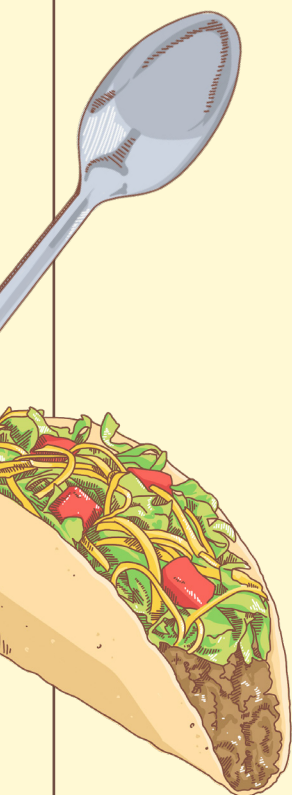
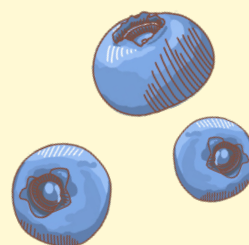
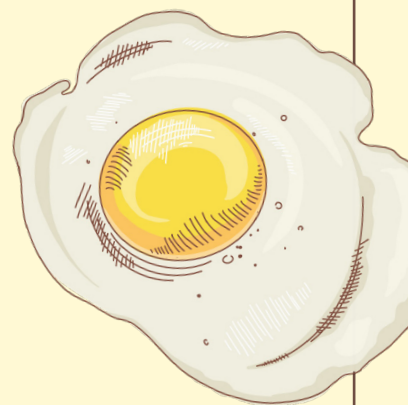
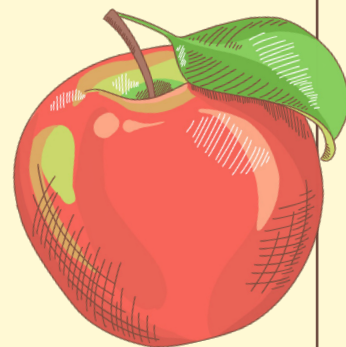
- Turkey and cheddar cheese
- Roast beef and swiss cheese

Directions

1. Lay the tortilla on a plate. Lay the toppings flat on the tortilla. Start at one end of the tortilla and roll it up.
2. Can eat it cold or hot. If you prefer it hot, microwave for 45 seconds – 1 minute.

Bonus Nutrition

- Opt for a whole-wheat tortilla.
- Add a source of protein and veggies to make it a balanced meal.



Easy Microwave Taco Bowls

Ingredients

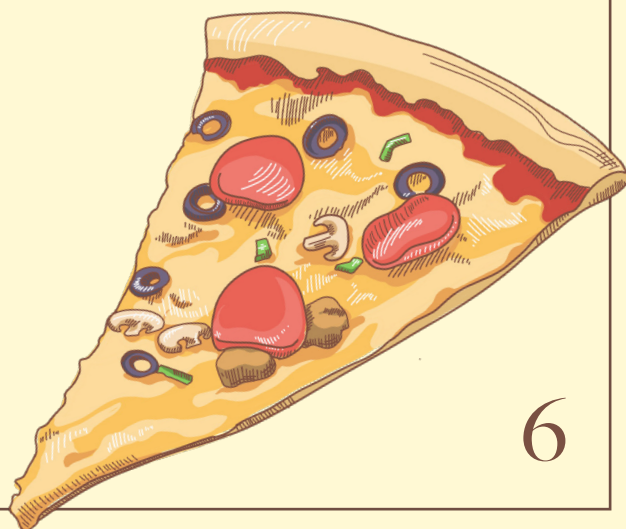
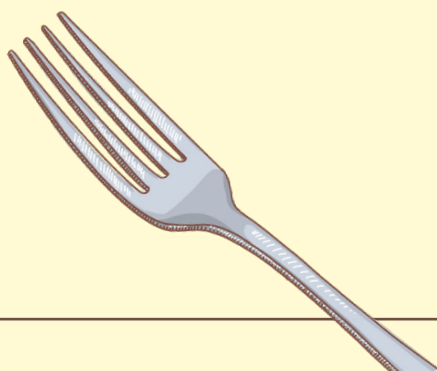
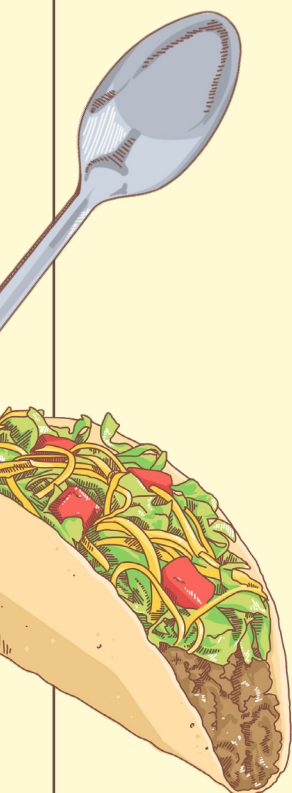
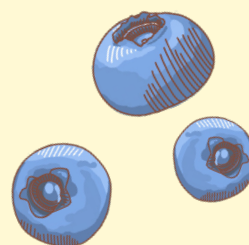
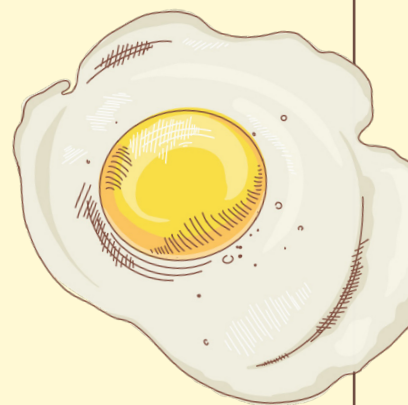
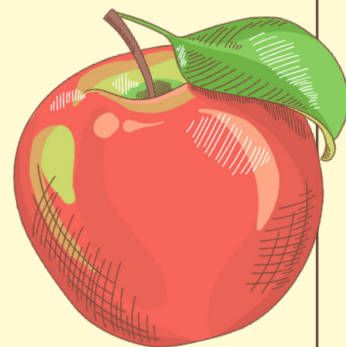
- Microwavable rice pouch
- Canned black beans
- Salsa
- Cheese
- Low-sodium taco seasoning
- Other topping ideas: chicken, ground turkey or beef, lettuce, corn, peppers and onions, avocado, hot sauce

Directions

1. Prepare the rice according to the package instructions
2. Add all of your toppings to a bowl and microwave for about 1-2 minutes.

Bonus Nutrition

- Opt for brown-rice if you want a whole grain option .
- Add at least one source of veggies to make it a balanced meal.



No-Cook Tuna Salad

Ingredients

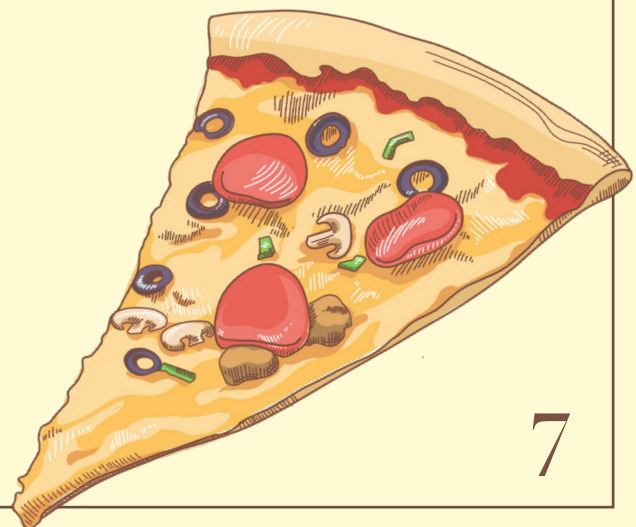
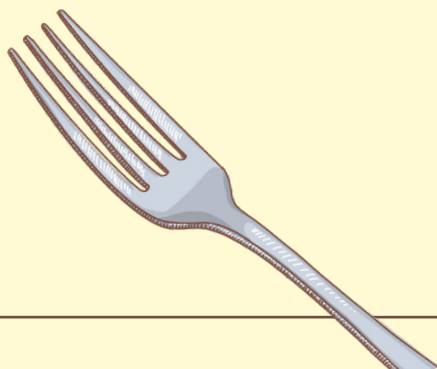
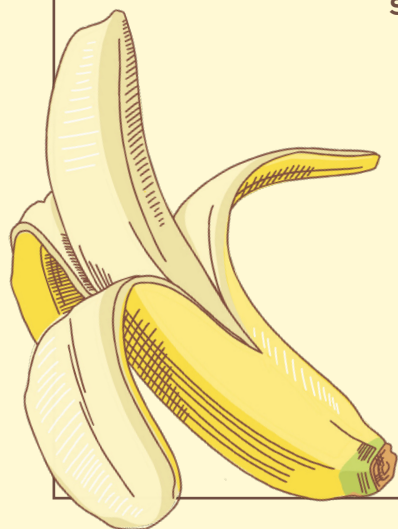
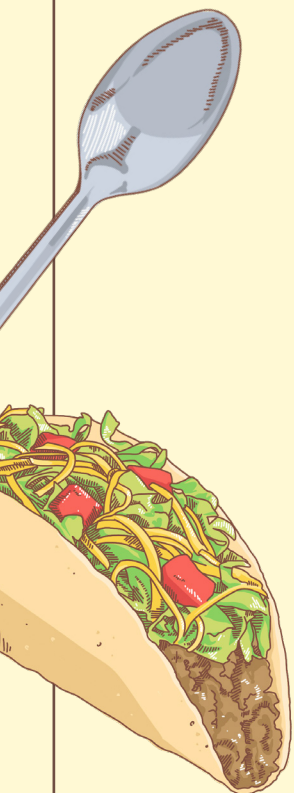
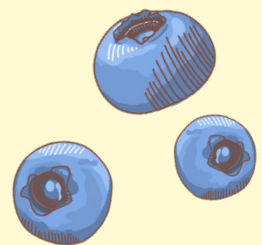
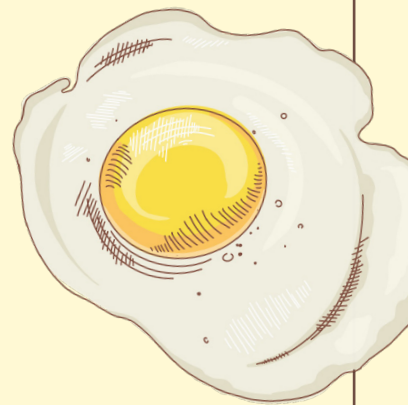
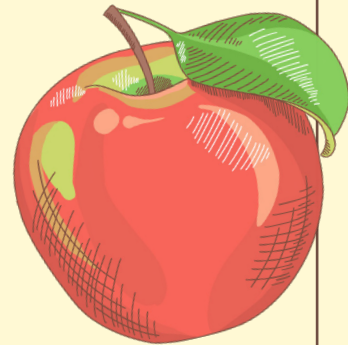
- Canned tuna
- Greek yogurt or mayonnaise
- Relish or pickles
- Celery
- Other ingredient ideas: add other veggies like red onion and carrots, try adding different seasonings like garlic powder or lemon pepper, or add a little mustard.

Directions

1. Chop all the veggies, or buy them pre-cut.
2. Remove tuna from package. If canned tuna, drain the water or oil from the package.
3. Add all the ingredients to one bowl and mix.
4. Add more or less of each ingredient to your liking. Season with salt and pepper to taste.

Bonus Nutrition

- Opt for greek-yogurt instead of mayo for an added source of protein and probiotics.
- Enjoy as a sandwich with whole grain bread, or as a snack with whole grain crackers.



No-Cook Chicken Salad

Ingredients

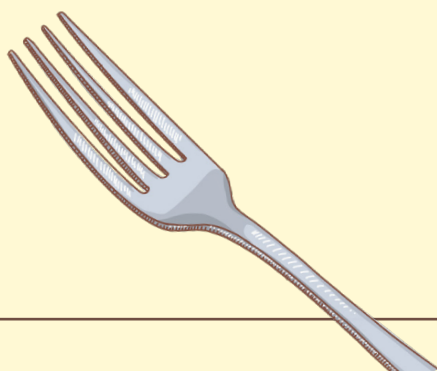
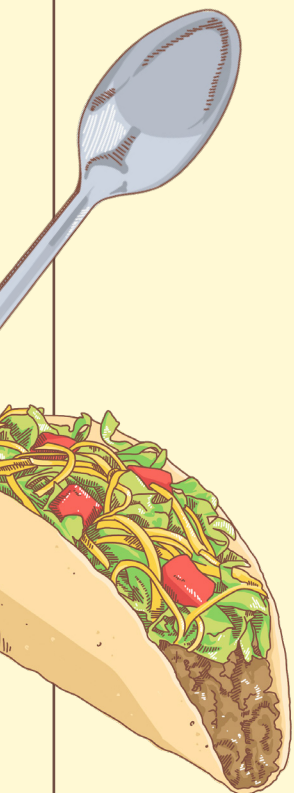
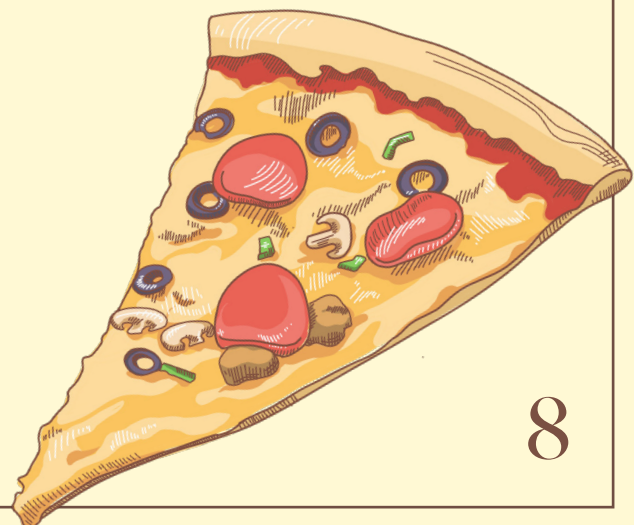
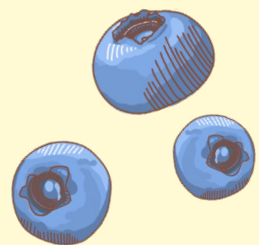
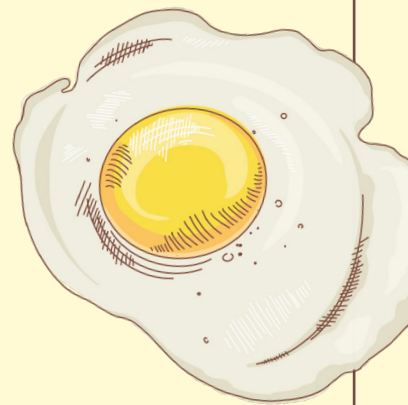
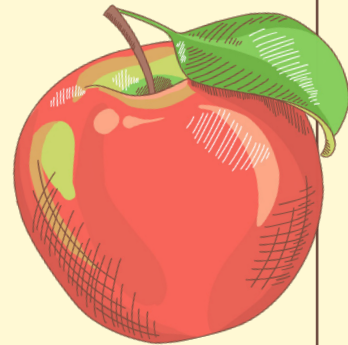
- Canned chicken
- Greek yogurt or mayo
- Celery
- Red onion
- Other ingredient ideas: add chopped grapes or apples for a sweeter taste, add mustard, or add chopped nuts (like almonds).

Directions

1. Chop all the ingredients, or buy them pre-cut.
2. Remove chicken from package. If canned chicken, drain the water or oil from package.
3. Add all the ingredients to one bowl and mix.
4. Add more or less of each ingredient to your liking. Season with salt and pepper to taste.

Bonus Nutrition

- Opt for greek-yogurt instead of mayo for an added source of protein and probiotics.
- Enjoy as a sandwich with whole grain bread, or as a snack with whole grain crackers.



No-Cook Bean Salad

Ingredients

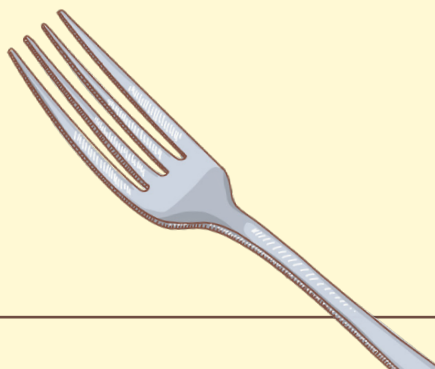
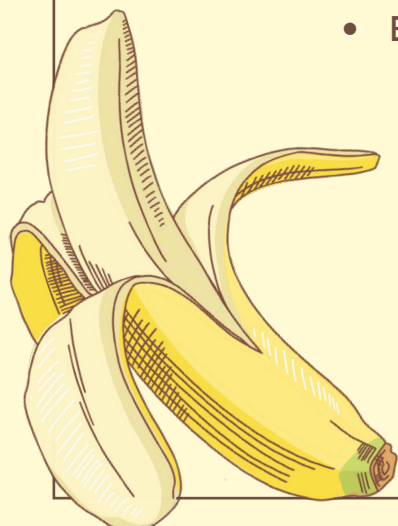
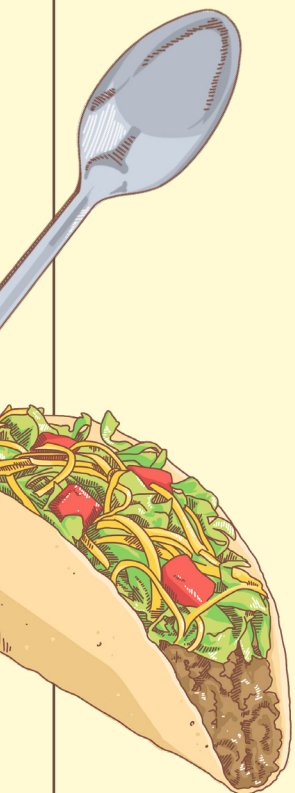
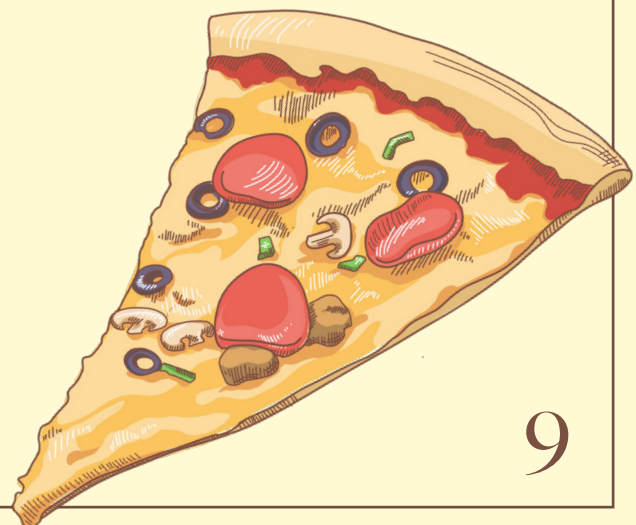
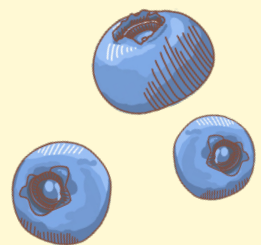
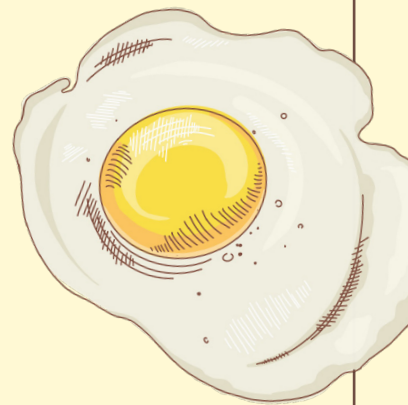
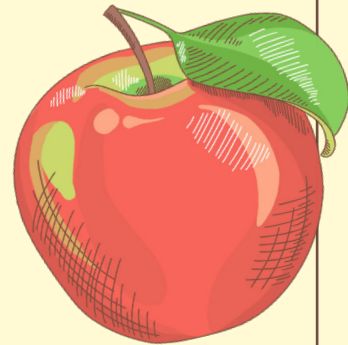
- Canned beans (chickpeas, kidney beans, pinto beans, black beans, etc.)
- Onion
- Olive oil
- Vinegar
- Other ingredient ideas: Add other veggies such as cucumbers, green bell peppers, tomatoes, corn, or avocado, add herbs such as parsley, dill or green onion. Try mixing different types of beans for added flavor.

Directions

1. Chop all the ingredients, or buy them pre-cut.
2. Open the can of beans. Drain the liquid from the can and then rinse the beans.
3. Add all the ingredients together into one bowl and mix.
4. Drizzle with olive oil and a splash of vinegar. Season with salt and pepper to taste.

Bonus Nutrition

- Add a variety of veggies and colors to the salad for a variety of vitamins and minerals.
- Enjoy with corn tortilla chips.



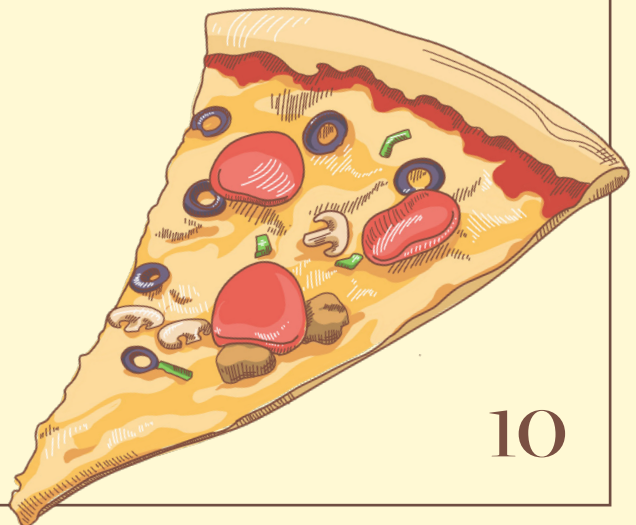
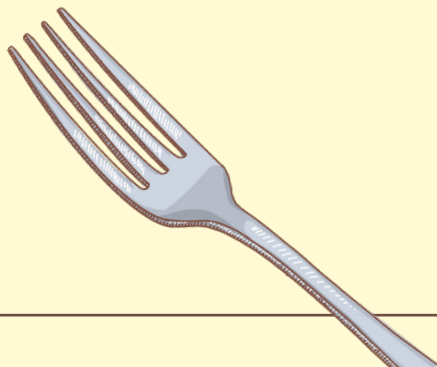
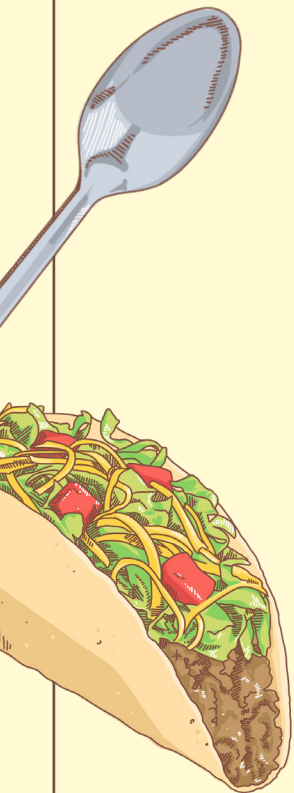
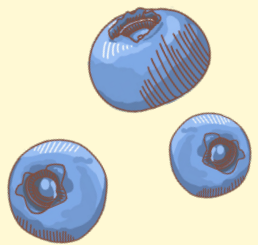
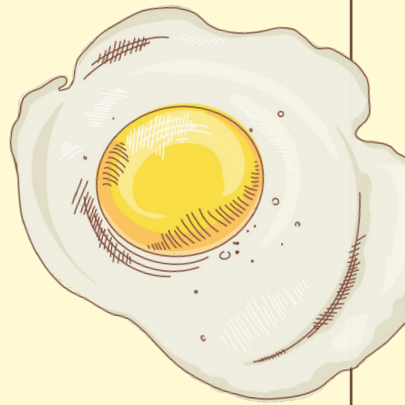
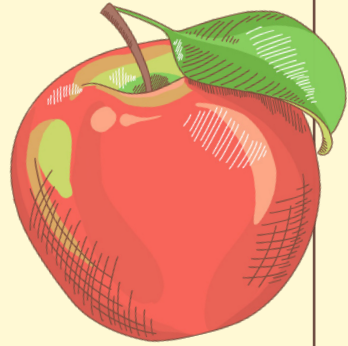
Egg Salad

Ingredients

- Hard boiled eggs (6)
- Greek yogurt or mayo (1/4 cup)
- Mustard (1-2 tablespoons)
- Red onion

Directions

1. Peel the shell off the hard-boiled eggs, then chop the hard-boiled eggs into small pieces.
2. Add all the ingredients together into one bowl and mix. Add more or less ingredients to your liking. Season with salt and pepper to taste.



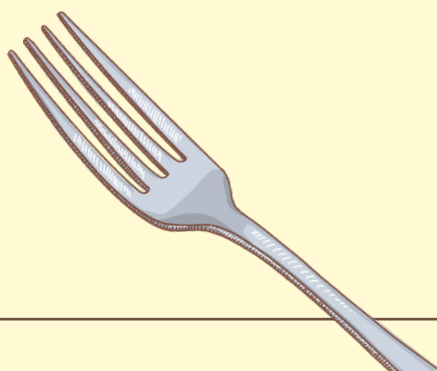
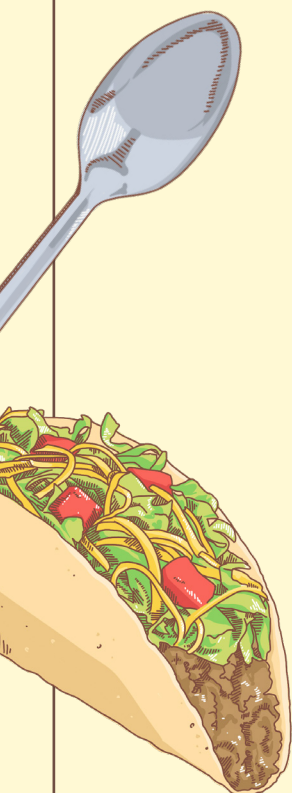
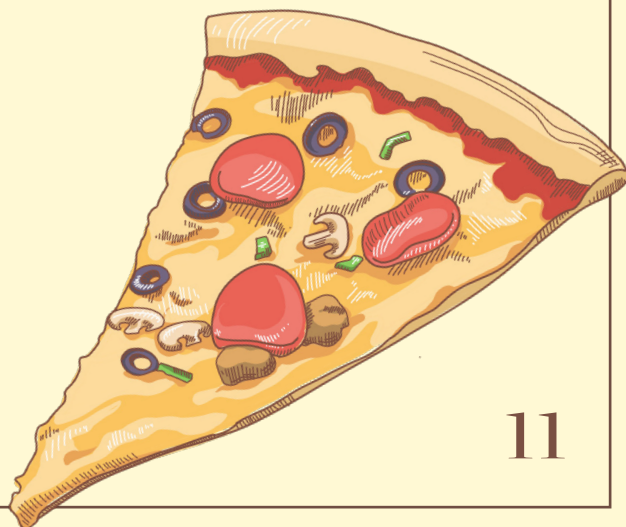
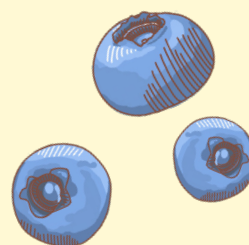
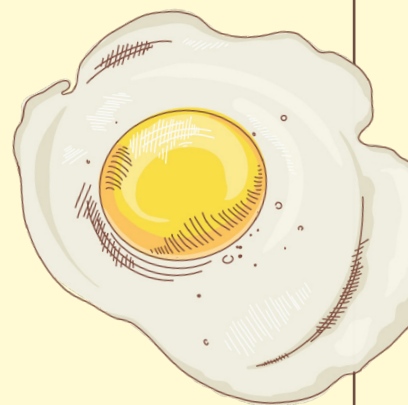
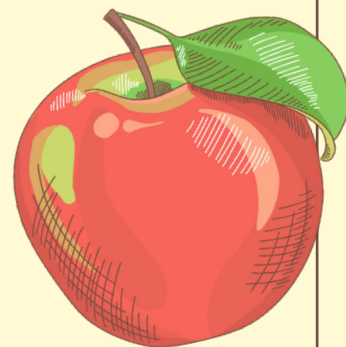
Coleslaw

Ingredients

- 1 bag coleslaw blend
- Greek yogurt or mayo (1/2-2/3 cup)
- Apple Cider Vinegar (1-2 tablespoons)
- Other ingredient ideas: sugar or honey, apples or dried cranberries.

Directions

1. Mix all ingredients together in a large bowl. May need to add more or less of each ingredient depending on your preference. Season with salt and pepper to taste.



Buffalo Chicken, Cauliflower, or Chickpeas

Ingredients

- 2 cups cooked chicken (rotisserie, canned, pulled, etc.) or cauliflower, or canned chickpeas
- 1 8 ounce pack of cream cheese, or greek yogurt (1/2 cup - 1 cup)
- 1/2 cup buffalo sauce
- Other ingredients: green onion and garlic powder.

Directions

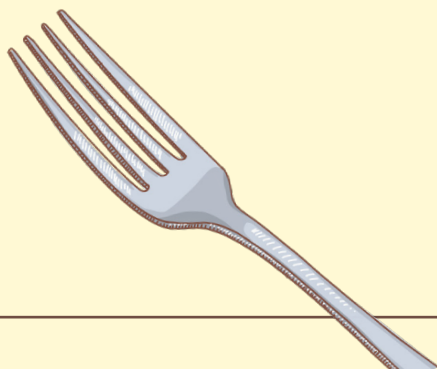
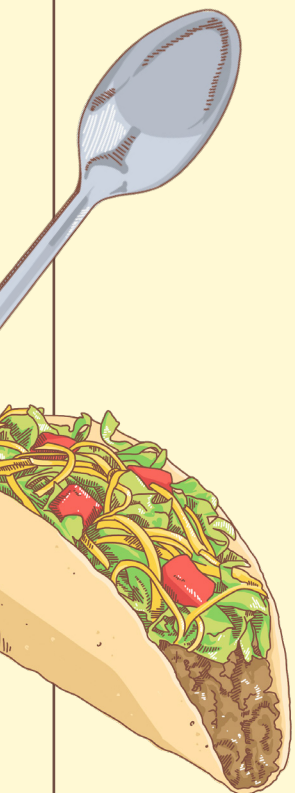
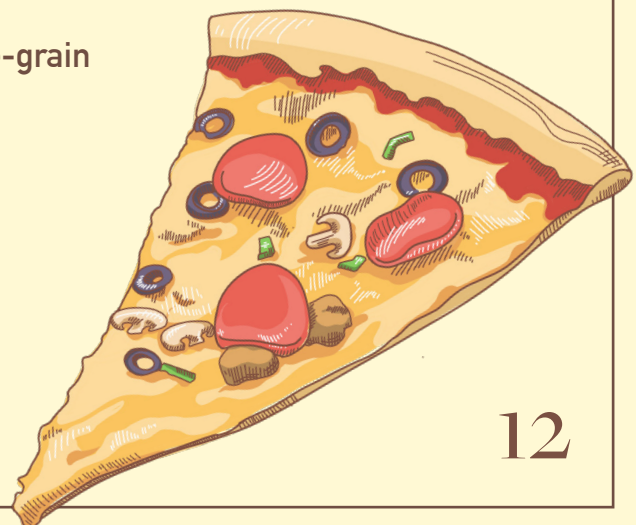
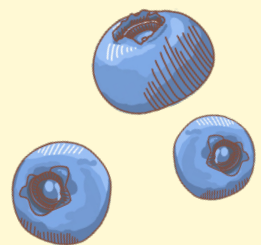
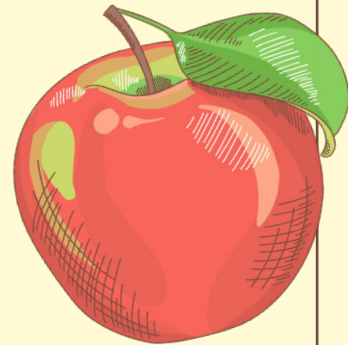
1. If using canned chickpeas, drain the liquid from the can and rinse the beans.
2. Add all the ingredients together into one bowl and mix. May need to add more or less of each ingredient to your liking.

Cooking Tips

- Use roasted cauliflower or roasted chickpeas for added flavor. Can also use steamed cauliflower. Enjoy with carrots and celery.

Bonus Nutrition

- Enjoy as a sandwich or a wrap on whole-grain bread or tortilla.
- Enjoy with carrots and celery.



Mug Pancake

Ingredients

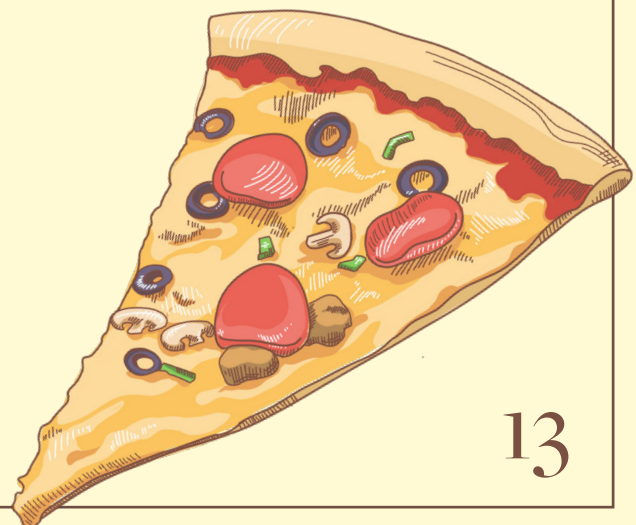
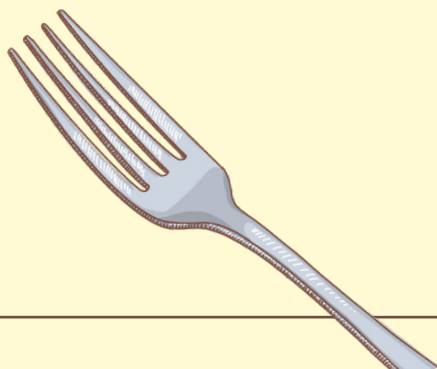
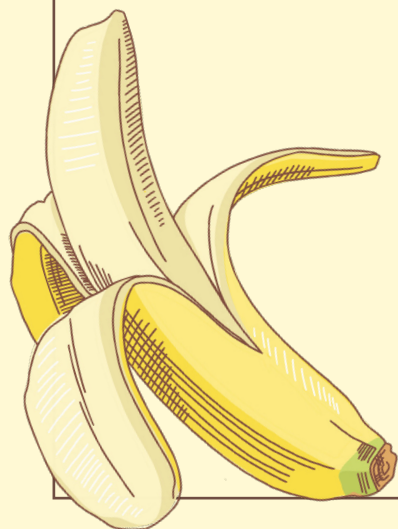
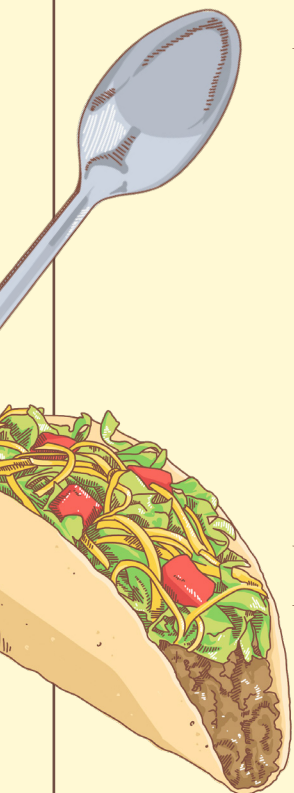
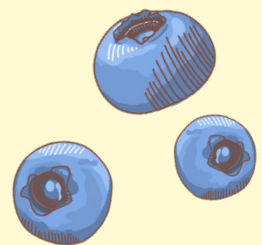
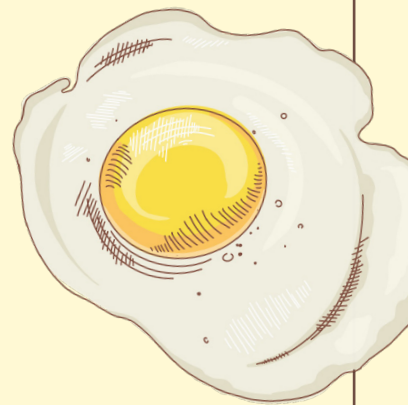
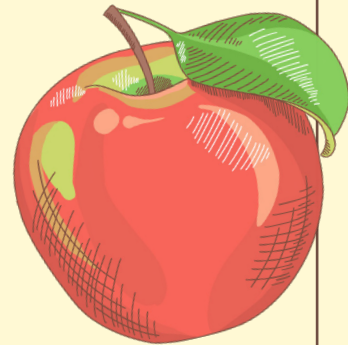
- Pancake mix (1/3 cup)
- Any kind of milk (3 tablespoons)
- Cooking spray
- Toppings ideas: fruit such as blueberries, strawberries, raspberries, and bananas. Chocolate chips, peanut butter (or other nut butters), walnuts, cinnamon, maple syrup.

Directions

1. Spray a microwave-safe mug or small bowl with cooking spray, or lightly grease with butter or oil.
2. Add pancake mix and milk to the mug or bowl and stir together. Add other toppings such as chocolate chips, berries, or cinnamon here.
3. Microwave for 90 seconds (the time will vary depending on your microwave). Continue to microwave in 15 second increments until the pancake is cooked to your desire. You may need to add more milk depending on your desired consistency.
4. Add any additional toppings.

Bonus Nutrition

- Try making a protein pancake version using Kodiak Cakes Power Cakes Flapjack and Waffle Mix. For this version, you will use 1/2 cup of pancake mix and 1/4 cup of milk.



Breakfast Sandwich

Ingredients

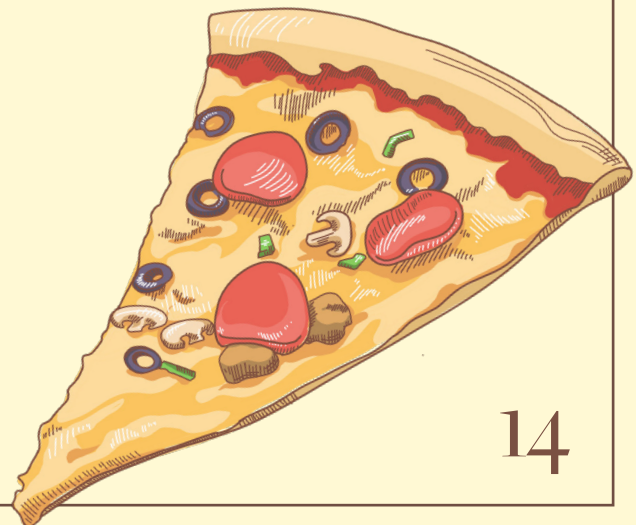
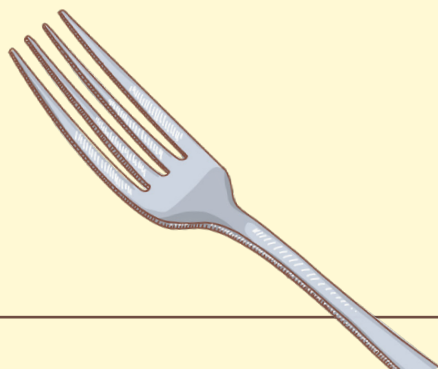
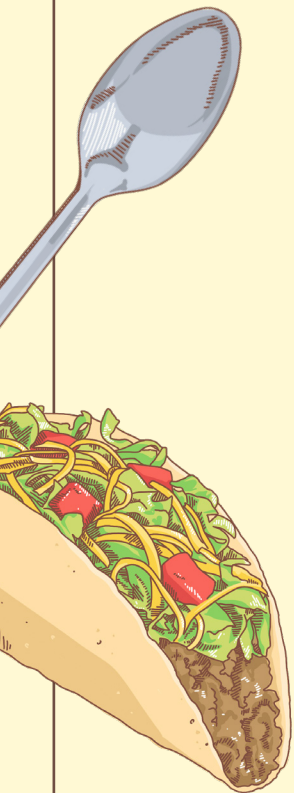
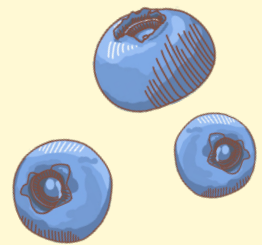
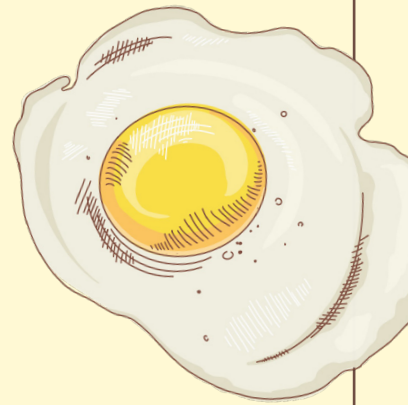
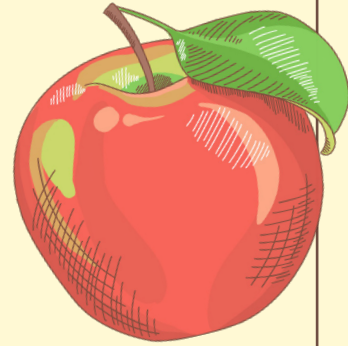
- Egg
- Cheese
- Bread (English muffin, sandwich bread, bagel, etc.)
- Other filling ideas: deli meat such as ham, turkey, or chicken, bacon, sausage patty or plant protein patty, tomatoes, lettuce, or feta and spinach.

Directions

1. Cook the egg to your liking.
2. Assemble the sandwich to your liking with the rest of the ingredients.
3. Can make these ahead of time and freeze them. Pop them in the microwave for about 1-2 minutes to heat up.

Bonus Nutrition

- Opt for a whole-grain version of the bread of your choice.
- Add in a source of veggies for a balanced meal.



Yogurt Parfait

Ingredients

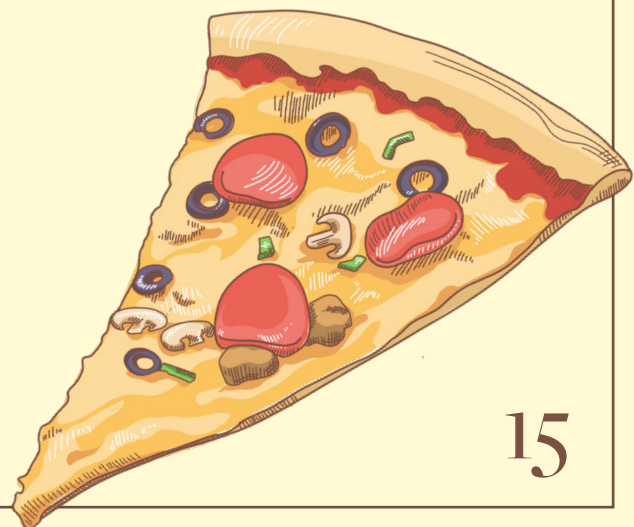
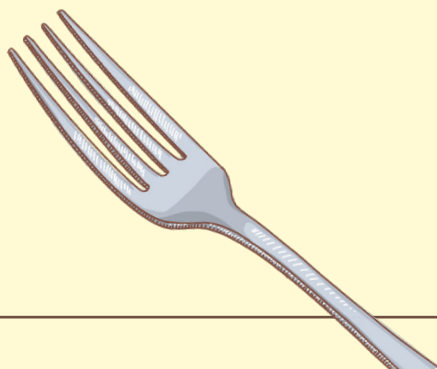
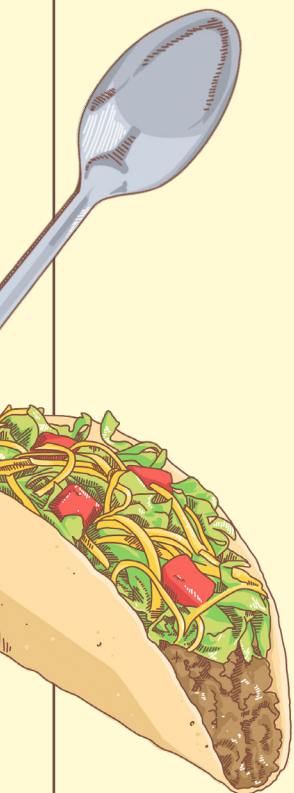
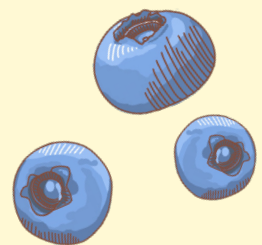
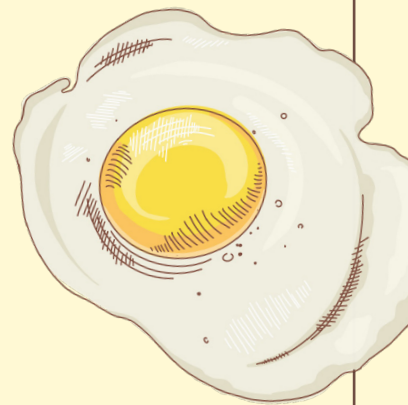
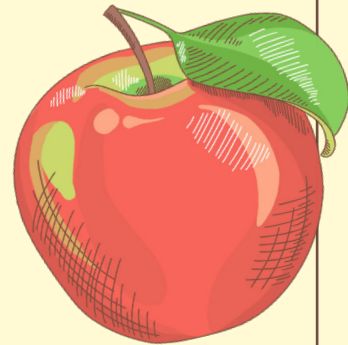
- Yogurt
- Fruit of your choice
- Granola
- Other topping ideas: nuts, honey, nut butter, fruit jam, chia seeds, flax seeds, chocolate chips, etc.

Directions

1. Put the greek yogurt in a bowl and add the toppings to your liking.

Bonus Nutrition

- Opt for low-fat greek yogurt for added protein.



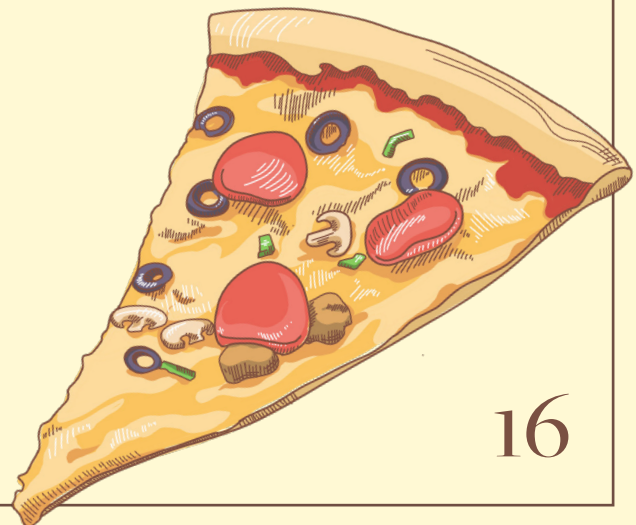
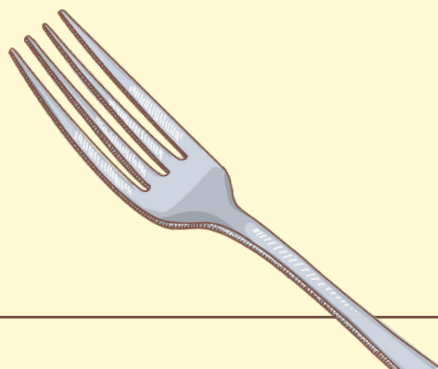
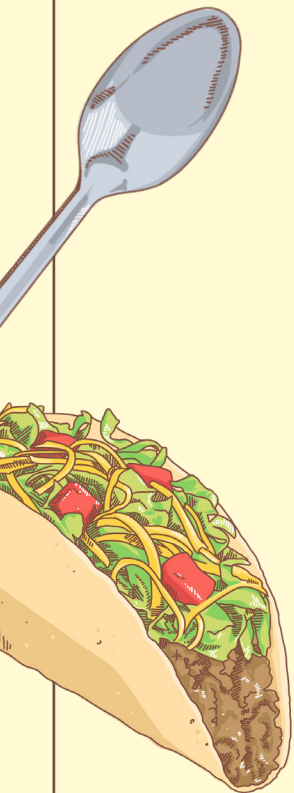
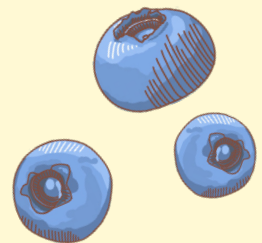
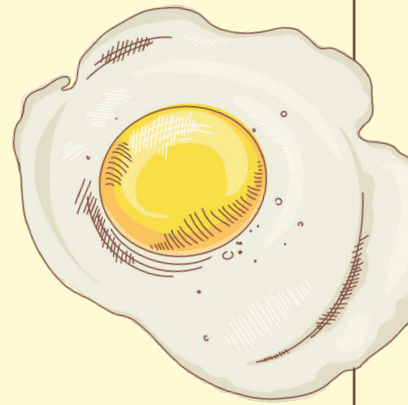
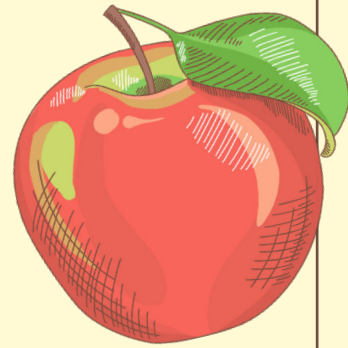
“Baked” Microwave Oatmeal

Ingredients

- Rolled oats or quick-cook oats (1/2 cup)
- Milk of your choice (2/3 cup)
- Topping ideas: blueberries, bananas, peanut butter, apples and cinnamon, berries and nuts, chocolate chips and nut butter, chia seeds, flax seeds, maple syrup, honey, etc.

Directions

1. Combine the oats and milk in a microwave safe bowl.
2. If using rolled oats, microwave for about 2 minutes. If using quick-cook oats, microwave for about 1 minute.



Easy Overnight Oats

Ingredients

- Rolled Oats (1/2 cup)
- Milk or other liquid of your choice (1/2 cup)
- Fruit
- Other fillings: maple syrup, honey, chia seeds, nut butter, greek yogurt, fruit jam or jelly, nuts, cinnamon, vanilla extract, chia seeds, and flax seeds.

Flavor Ideas

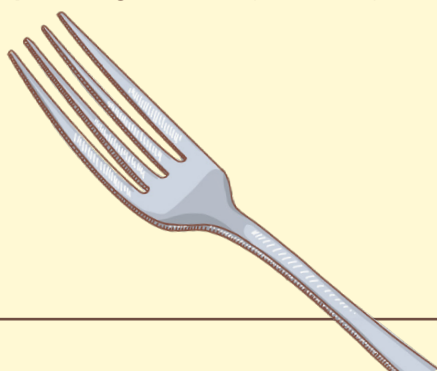
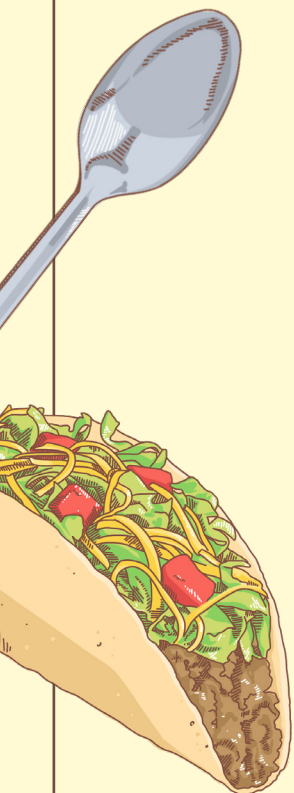
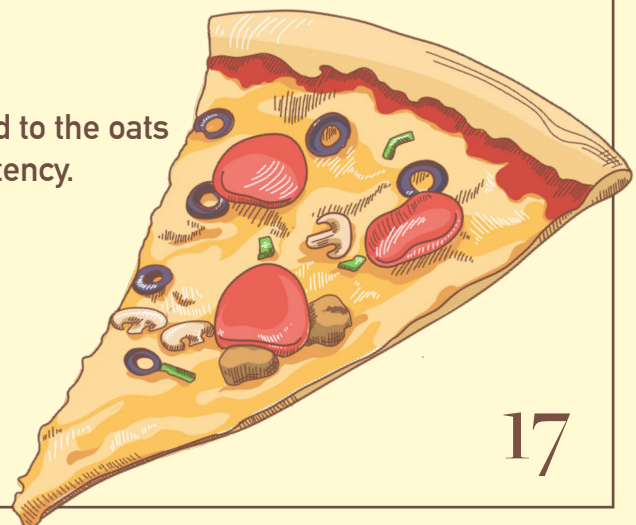
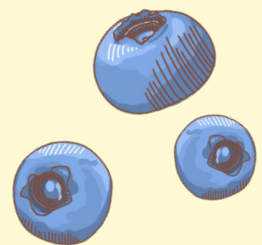
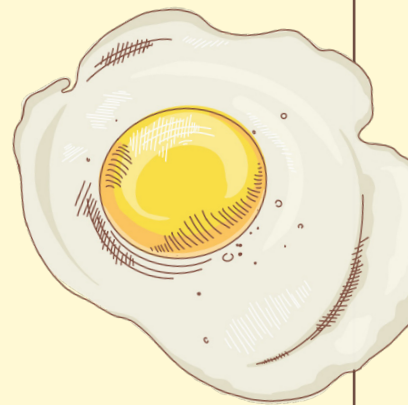
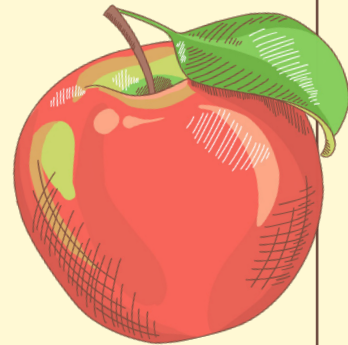
- Banana, cinnamon, and walnuts
- Peanut butter and raspberry jam
- Pineapple and shredded coconut
- Shredded carrot, shredded coconut, cinnamon, and pecans
- Apple and cinnamon
- Berries and chia seeds

Directions

1. Add all ingredients into a mason jar or other storage container. Cover the jar or container with a lid or plastic wrap. Stir well. Leave overnight in the fridge or for at least a couple hours. Can add toppings with the oats or immediately before serving.

Cooking Tips

- You may want to add more or less liquid to the oats depending on how you like your consistency.



Microwave Egg Breakfast Mug

Ingredients

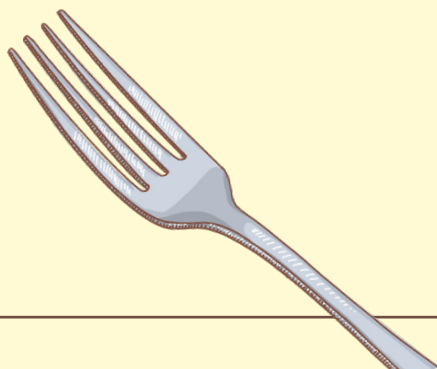
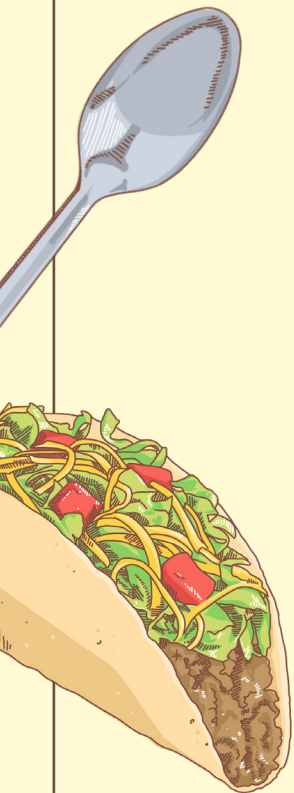
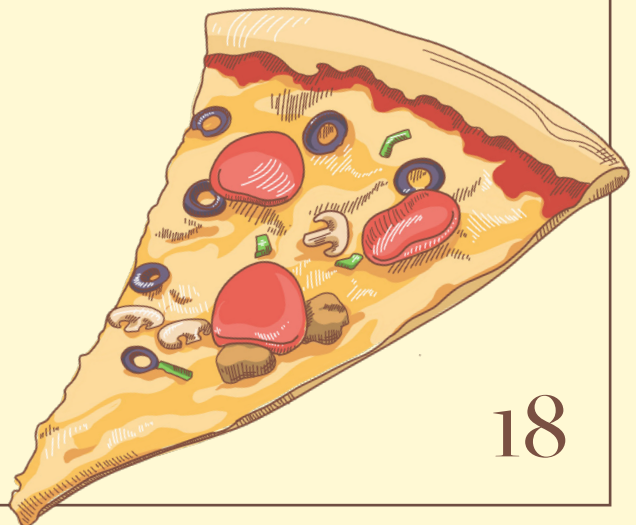
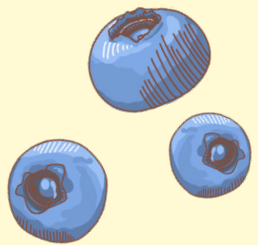
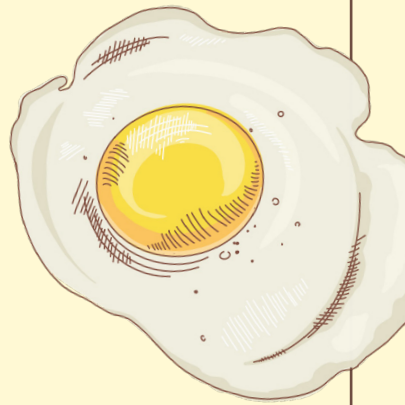
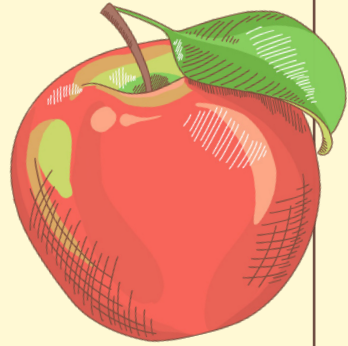
- 1-2 eggs
- Chopped veggies; onions, bell peppers, tomatoes, spinach, mushrooms, etc.
- Milk of your choice (2 Tablespoons)
- Cheese

Directions

1. Crack your egg(s) into a microwave safe bowl or mug. Stir in the milk and other toppings. Microwave for about 90 seconds, or until it is cooked completely.

Bonus Nutrition

- Add a variety of veggies to the eggs for added vitamins and minerals.
- Eat with a piece of whole-grain toast for a more balanced meal.



Banana Breakfast Skewers

Ingredients

- 1 banana (halved)
- Any kind of nut butter (2-3 tablespoons per half)
- Cereal of your choice (about 2/3 cup)
- Popsicle sticks/skewers/or plastic knives

Directions

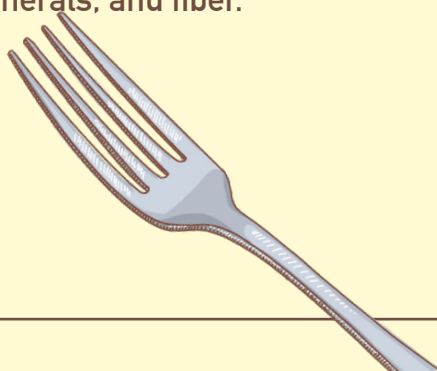
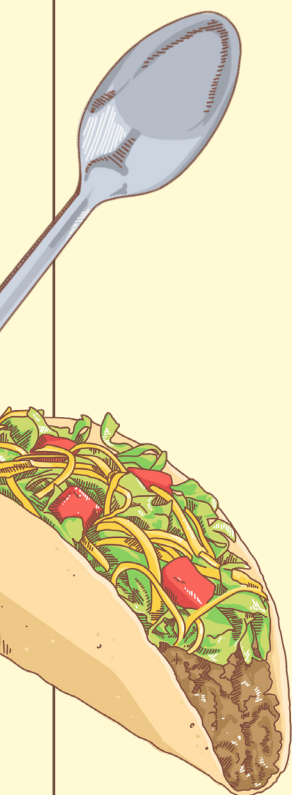
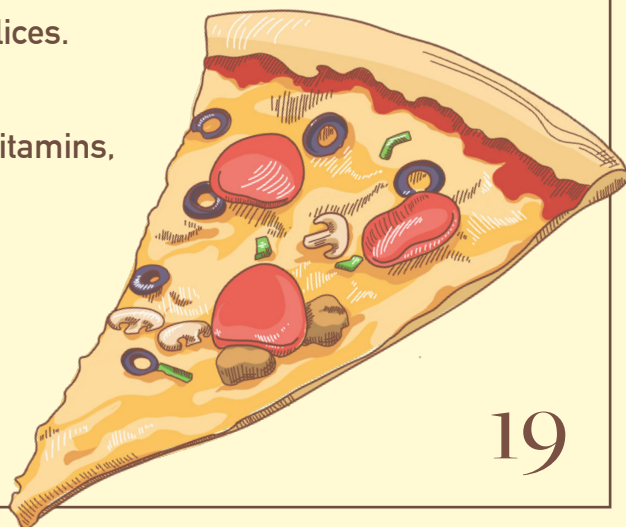
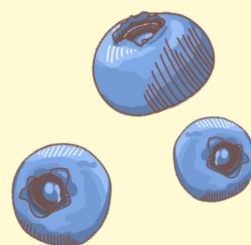
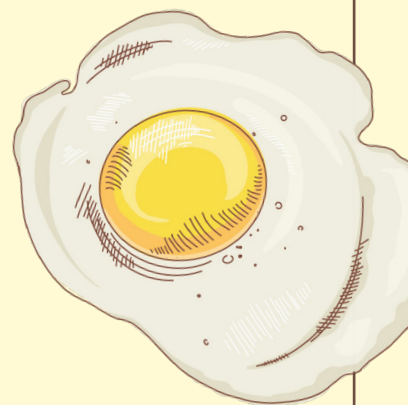
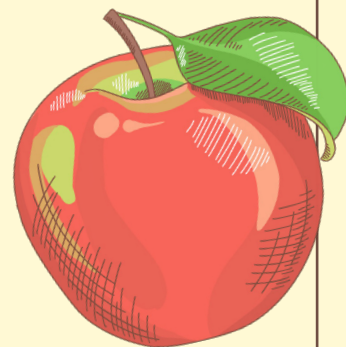
1. Stick the banana half on a popsicle stick/skewer/ plastic knife, or anything else that can hold the banana. A skewer/stick is not necessary, but it makes it easier to eat and hold.
2. Pour the cereal on a plate. Roll or smear the banana half in the nut butter of your choice and then roll it in the cereal of your choice. Add more or less of the ingredients to your liking.
3. You can enjoy it immediately, or store it in the freezer to enjoy later.

Cooking Tips

- You can follow the same steps to make chocolate covered bananas. Melt the chocolate of your choice in the microwave with a little bit of coconut oil. Microwave the chocolate in 30 second intervals and stir in between.
- You can also cut the banana into small slices.

Bonus Nutrition

- Choose a whole-grain cereal for added vitamins, minerals, and fiber.



Peanut Butter Banana Waffles

Ingredients

- Frozen waffle
- Peanut butter or other nut butter
- Banana (sliced)
- Other topping ideas: chocolate chips, berries, apple slices, cinnamon or a drizzle of honey.

Directions

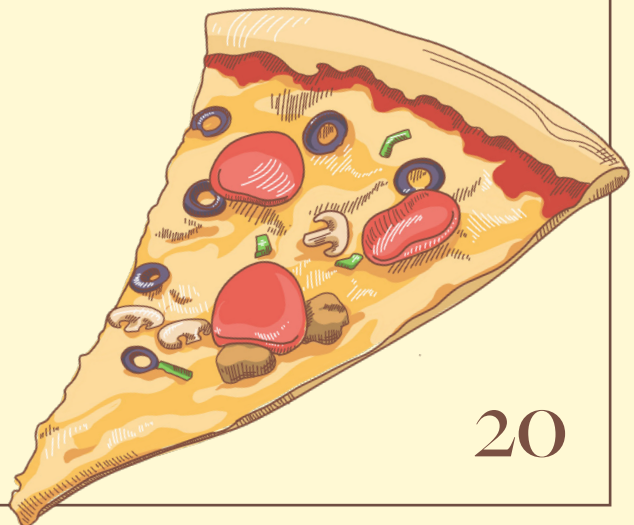
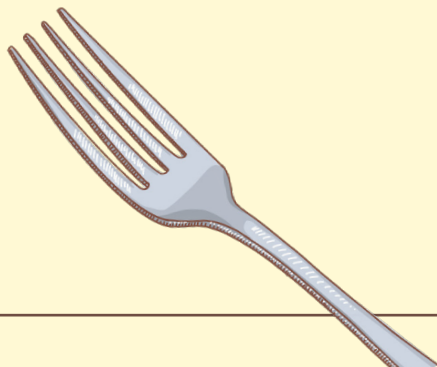
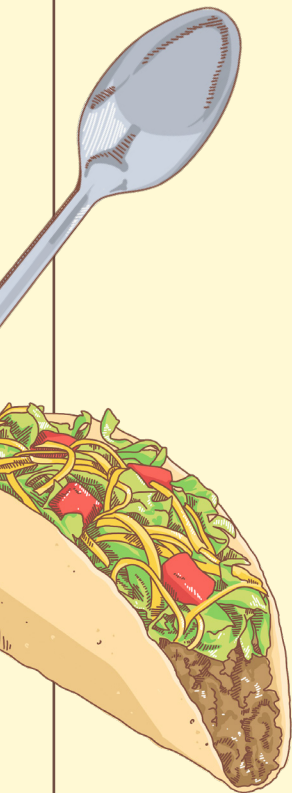
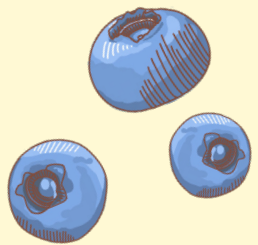
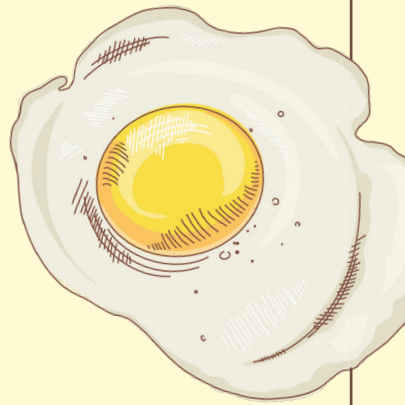
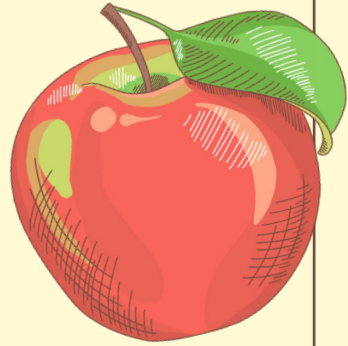
1. Cook the frozen waffle in a toaster according to the package directions.
2. Top with nut butter and banana slices (or other toppings).

Cooking Tips

- Can also use this recipe with other bread-like bases such as toast or an English muffin. You can also cut the banana into small slices.

Bonus Nutrition

- Opt for a whole-grain waffle, bread, or English muffin.



Easy “Baked” Potato

Ingredients

- Potato
- Butter
- Toppings of your choice: shredded cheese, sour cream, broccoli and cheese, spinach and feta, leftover taco meat or chili, mushrooms, chives, peppers and onions, etc.

Directions

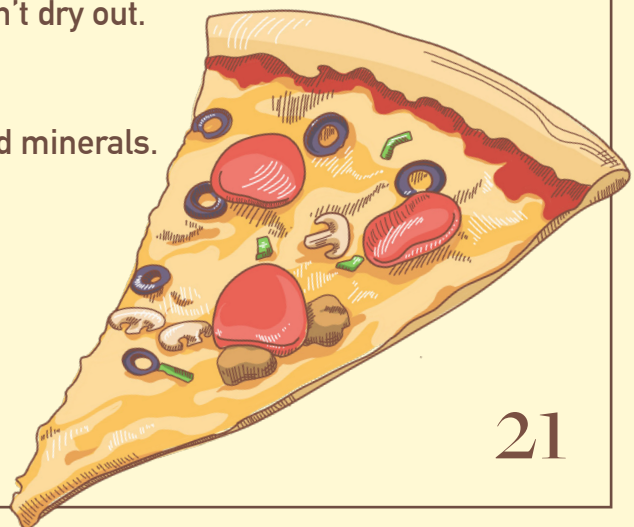
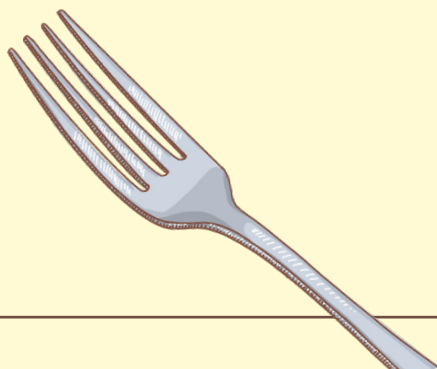
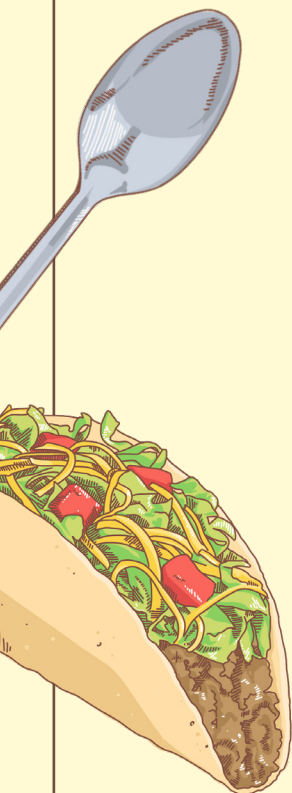
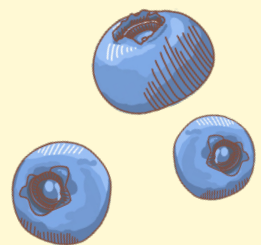
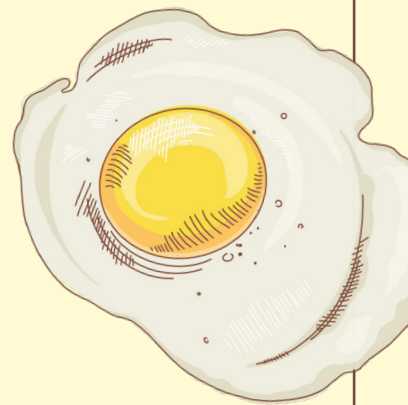
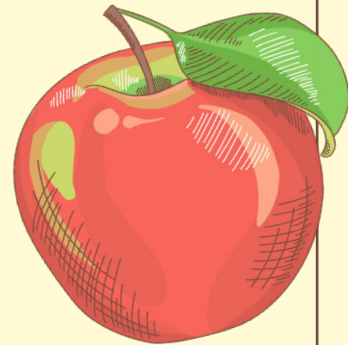
1. Puncture several holes around the entire potato with either a fork or knife.
2. Put the potato on a microwave-safe plate and microwave for 7 minutes. Flip the potato halfway through (around 3.5 minutes). Cooking time will vary depending on how large the potato is. If the potato needs to cook longer, microwave at 1 minute intervals.
3. Season with salt and pepper to taste and add your toppings.

Cooking Tips

- Place a damp paper towel over the potato while it is cooking in the microwave so that it doesn't dry out.

Bonus Nutrition

- Try a sweet potato for added vitamins and minerals.



Microwave Nachos

Ingredients

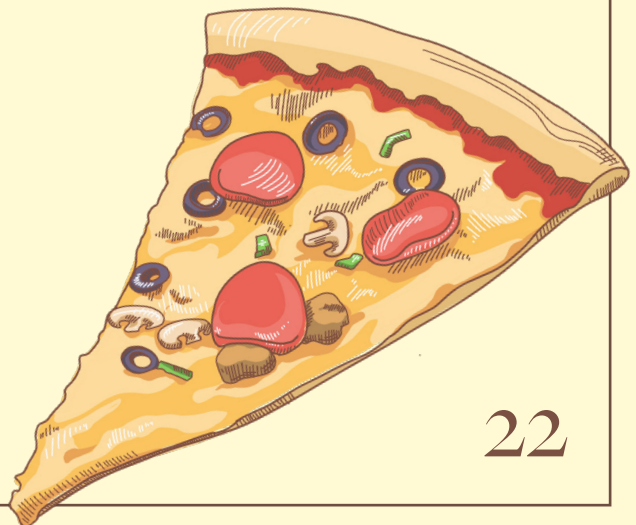
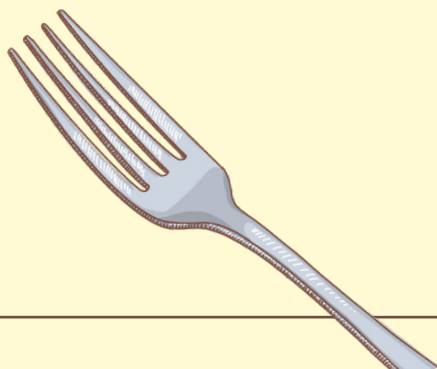
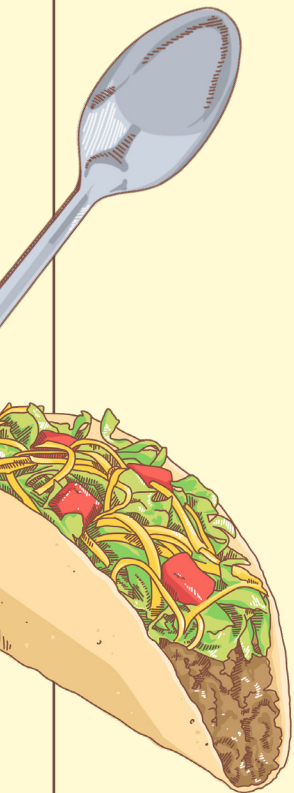
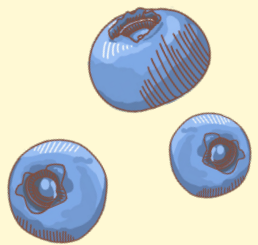
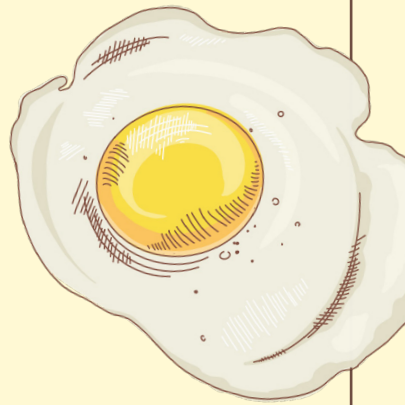
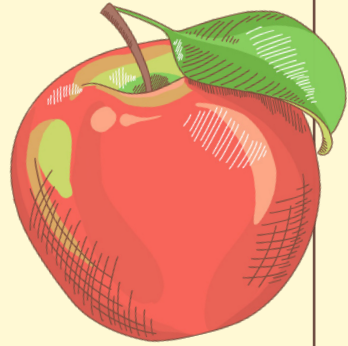
- Tortilla chips
- Shredded cheese
- Beans and/or other protein (shredded chicken, ground turkey or beef, etc.)
- Other toppings: sour cream, salsa, avocado, peppers and onions, etc.

Directions

1. Lay the chips down on a microwave safe plate. Sprinkle the cheese and other toppings on the chips. Microwave for about 1 minute.

Bonus Nutrition

- Add a source of protein and veggies to the nachos for a more balanced meal.



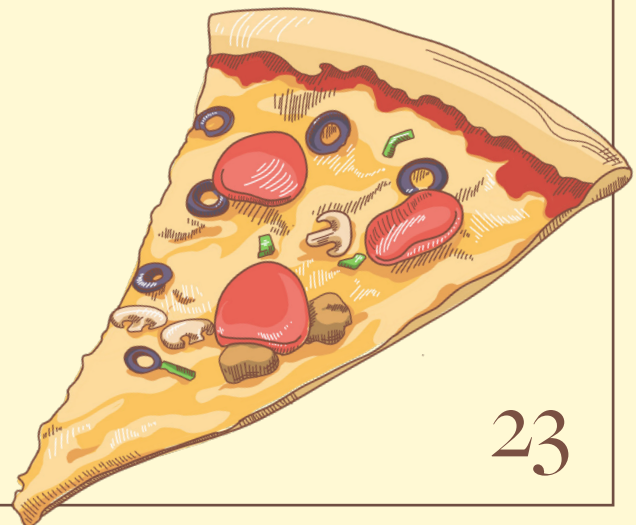
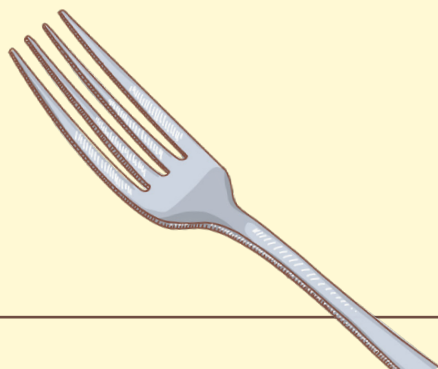
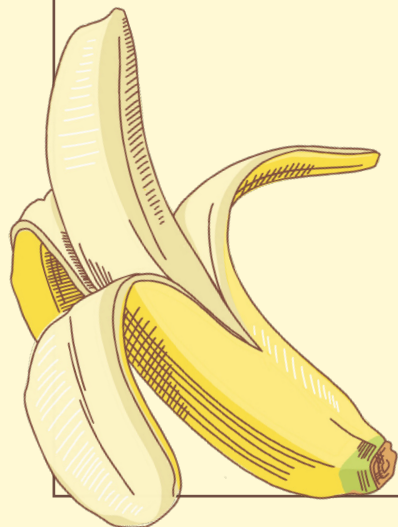
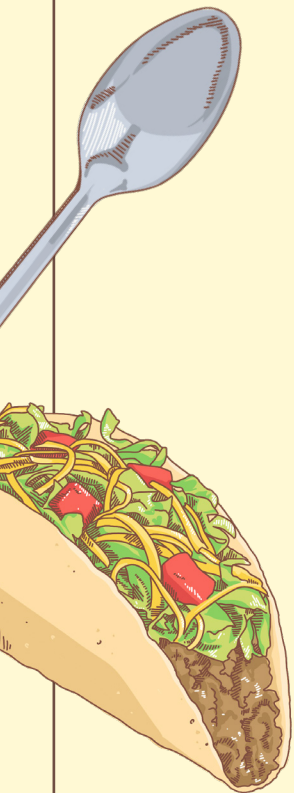
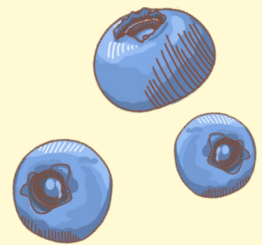
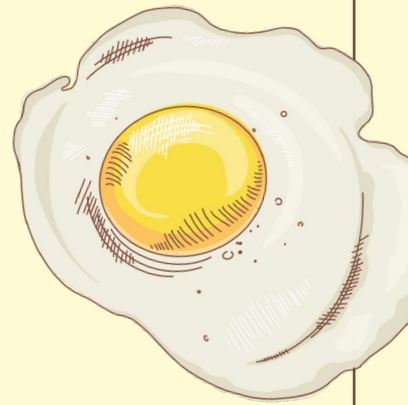
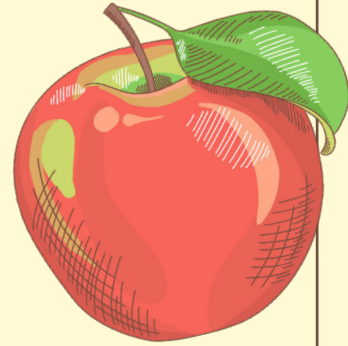
Microwave Stir-Fry

Ingredients

- Microwavable rice pouch
- Frozen or fresh veggies (peas and carrots, corn, green beans, edamame, spinach, peppers and onions, etc)
- Protein of choice (chicken, beef, tofu, hard boiled egg, etc.)
- Other topping ideas: soy sauce, sriracha, pineapple, sesame seeds, green onion.

Directions

1. Cook the rice according to the package directions.
2. If you are using frozen veggies, cook the veggies according to the package directions. If the frozen veggies are not in a microwavable pouch, then place the frozen veggies in a microwave safe dish, add 1-2 tablespoons of water and microwave for a couple minutes. Some veggies may take longer to cook than others.
3. Can heat up the protein separately, or microwave all the items together after the rice and veggies are done cooking.



Microwave Steamed Veggies

Ingredients

- Any kind of veggies
- Water
- Salt and pepper

Directions

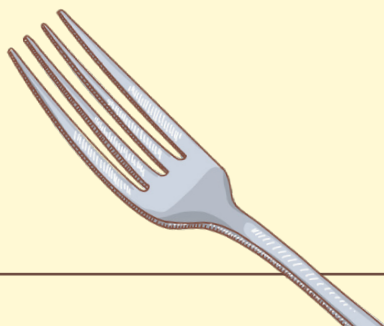
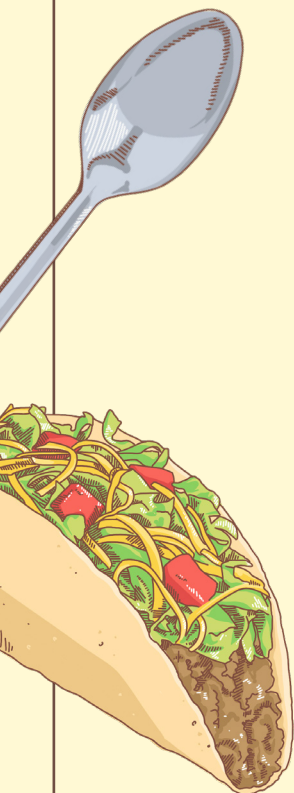
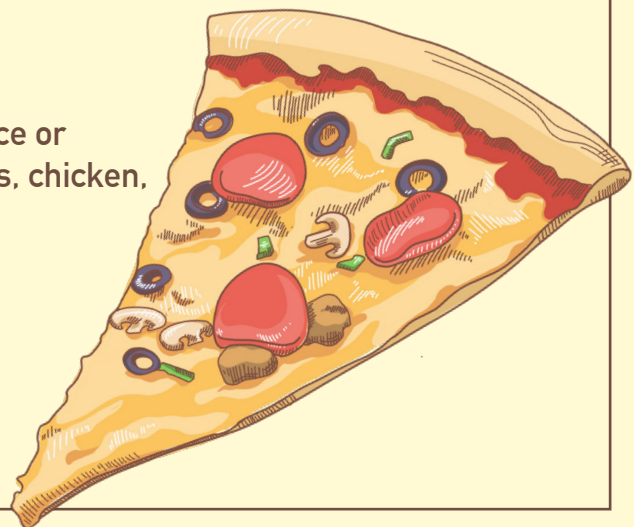
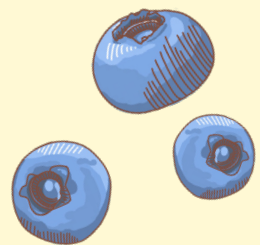
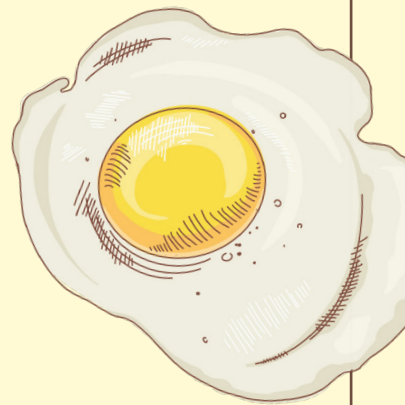
1. Add veggies to a microwave-safe dish and add a couple tablespoons of water. Cooking time will depend on the kind of veggie. See the guide below for cooking-time estimates. If the veggies are not cooked to your liking, continue to microwave at 1 minute intervals.
2. Season with salt and pepper (or other seasonings) to your liking. Can add a pad of butter for extra flavor.

Cooking Time Estimates

- Asparagus: 4-6 minutes
- Broccoli: 3-5 minutes
- Brussel Sprouts: 7 minutes
- Carrots: 5 minutes
- Cauliflower: 3-4 minutes
- Green Beans: 3-4 minutes
- Peas: 2-3 minutes
- Zucchini: 6-8 minutes

Bonus Nutrition

- Pair with a whole grain such as brown rice or quinoa and a protein source such as eggs, chicken, or beans to make a balanced meal.



Smoked Salmon Bagel

Ingredients

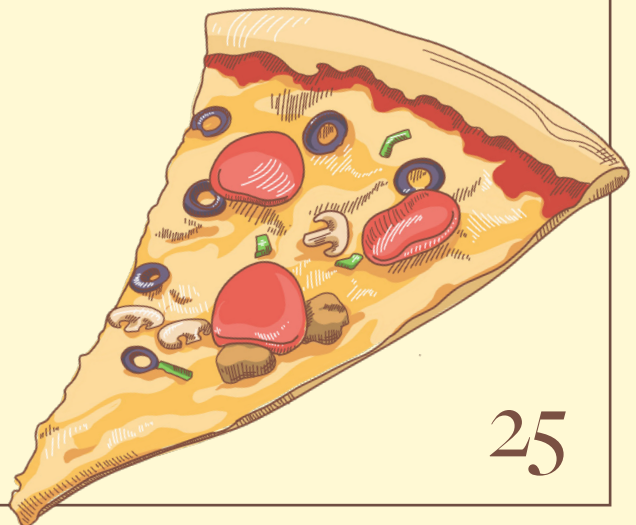
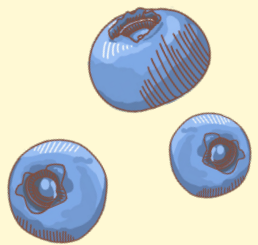
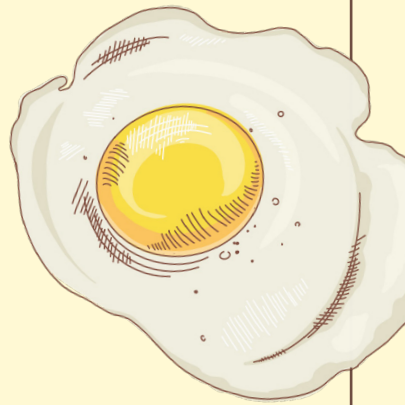
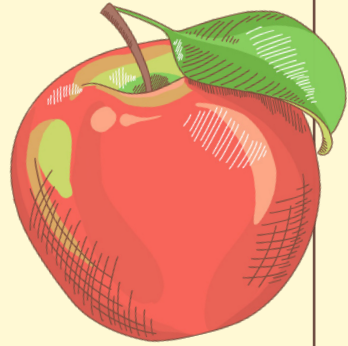
- Bagel
- Cream cheese
- Smoked salmon
- Tomato

Directions

1. Start with two halves of the bagel. Toast the bagel if you like.
2. Spread the cream cheese on the bagel halves, then layer with smoked salmon and tomato slices.

Bonus Nutrition

- Opt for a whole-grain bagel.



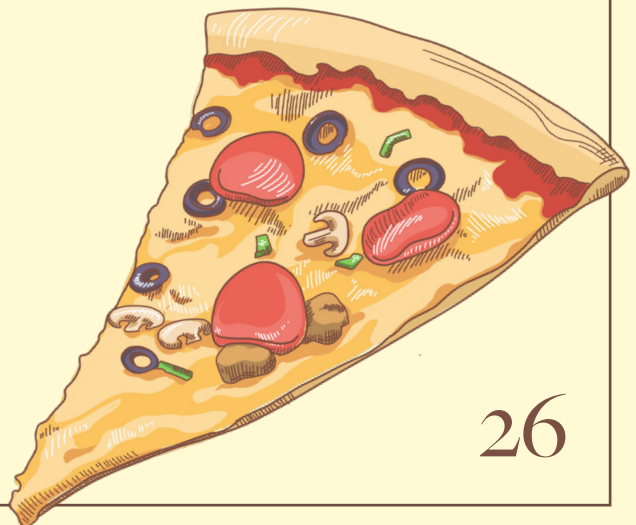
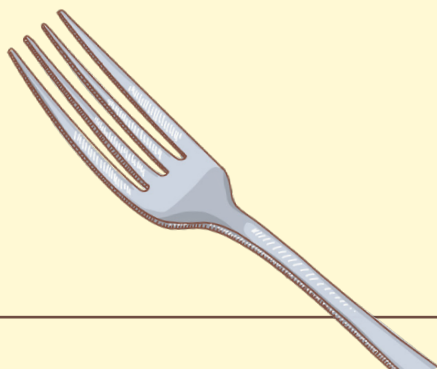
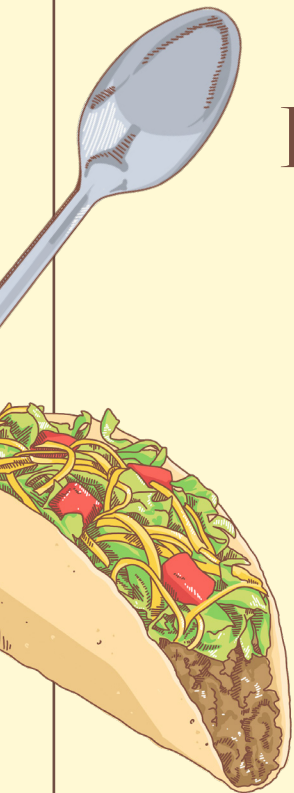
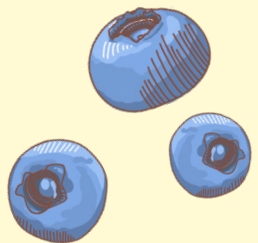
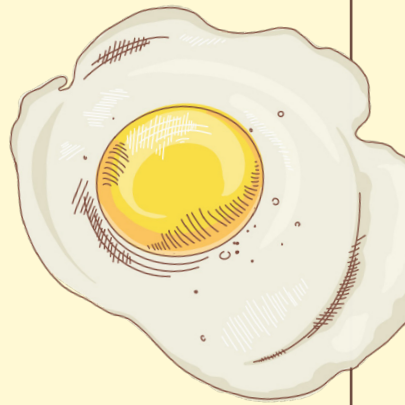
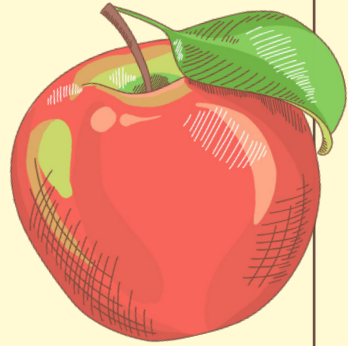
Easy Mexican Corn

Ingredients

- Canned, fresh, or frozen corn (1 10 ounce bag, or 1 10 ounce can)
- Feta or cotija cheese
- Sour cream or mayo (a couple tablespoons)
- Lime juice
- Low-sodium taco seasoning
- Other seasonings and toppings: salt and pepper, garlic powder, paprika, cayenne, chili powder, cilantro, green onion.

Directions

1. If using frozen corn, cook the corn according to the package directions.
2. Mix the ingredients together and add more or less of each ingredient to your liking.



Walking Taco

Ingredients

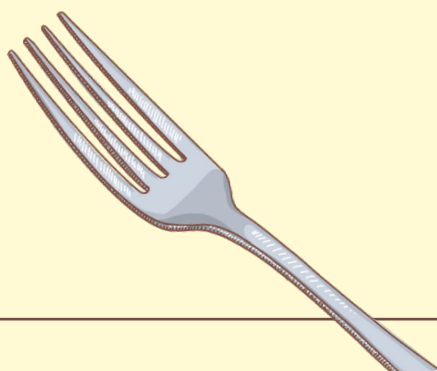
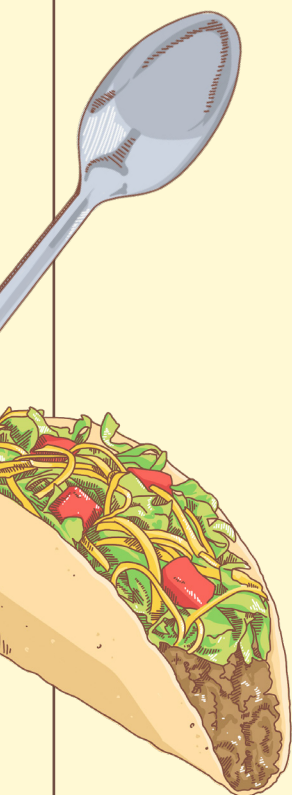
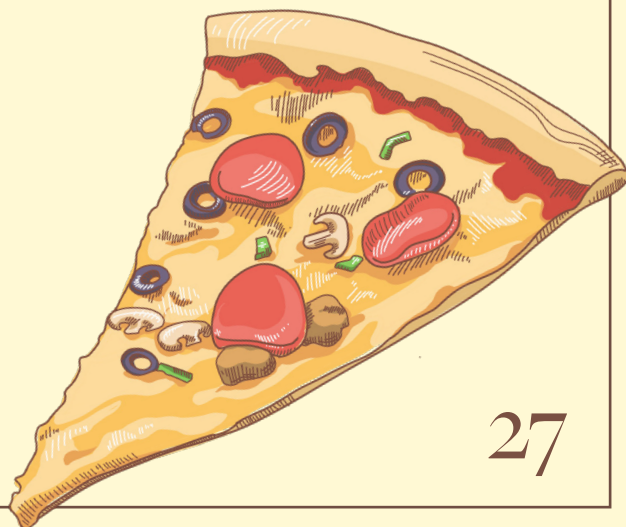
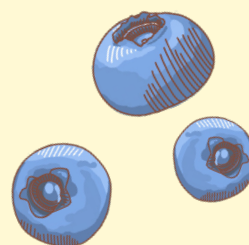
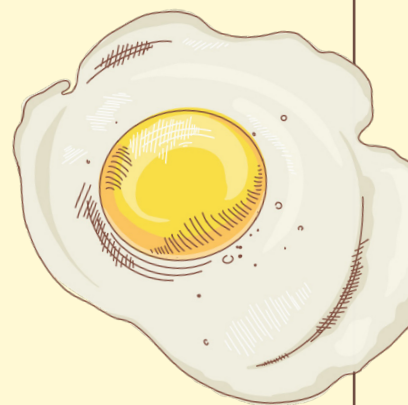
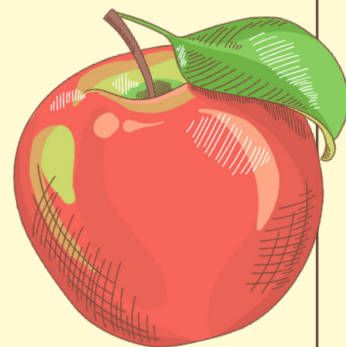
- Bag of chips (your choice)
- Canned beans
- Shredded cheese
- Low-sodium taco seasoning and toppings
- Other toppings: cooked ground beef, turkey, or chicken, lettuce, tomato, salsa, corn, sour cream, peppers and onions, hot sauce, cilantro, green onion, etc.

Directions

1. Drain and rinse the canned beans.
2. Open the bag of chips and remove half of the chips from the bag. Add your toppings into the bag.
3. Hold the bag shut with one hand and give it a good shake. You can either dump the ingredients out into a bowl or enjoy straight from the bag with a fork!

Bonus Nutrition

- Opt for corn tortilla chips.
- Try to include one source of protein and one source of veggies to make it a balanced meal.



Rockin Ramen

Ingredients

- Instant ramen
- Veggies (frozen or fresh): mushrooms, carrots, zucchini, bell peppers, green onion
- Cooked protein source: shrimp, chicken, beef, roast beef slices, tofu, diced ham, egg
- Sauces/condiments: soy sauce, hot sauce, sriracha

Directions

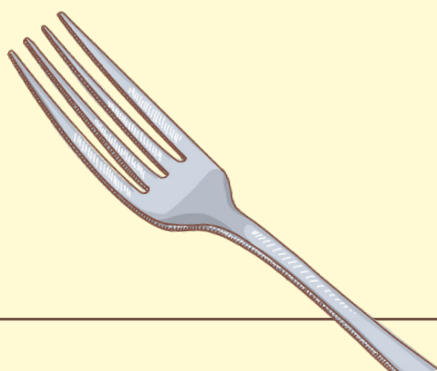
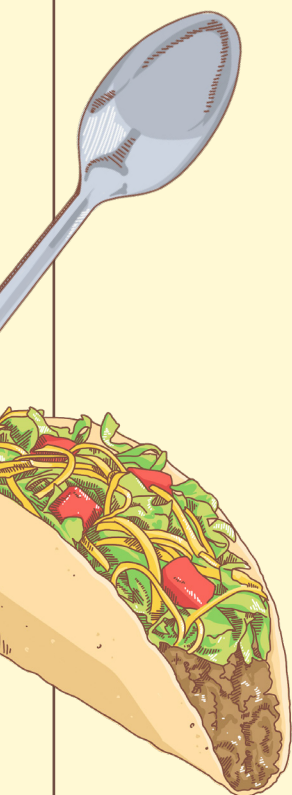
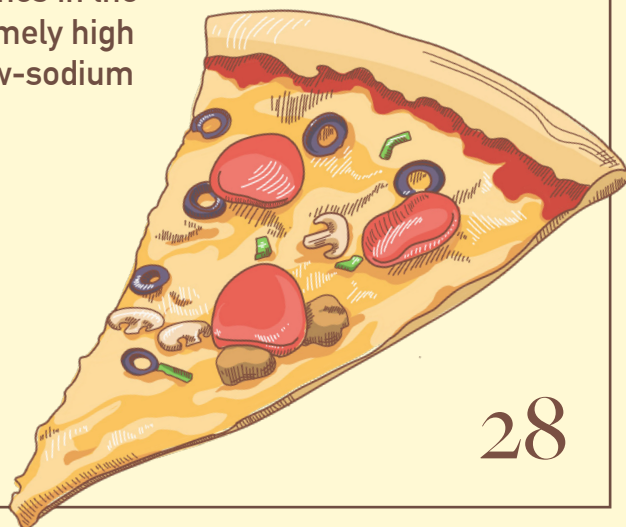
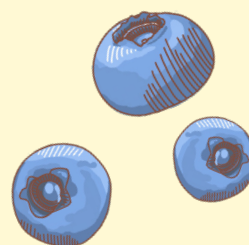
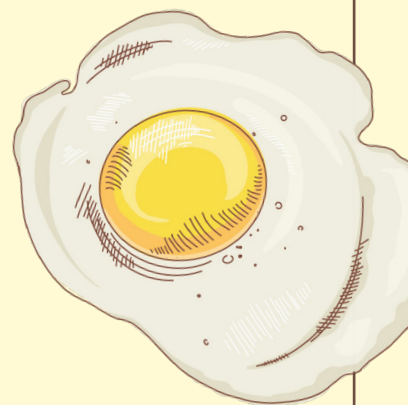
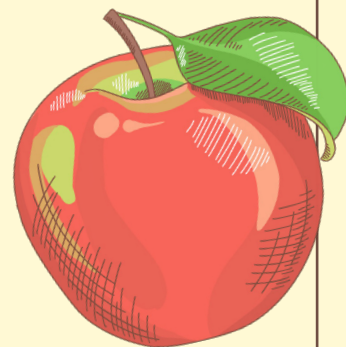
1. Cook the ramen noodles according to the package instructions.
2. If you are using frozen veggies, heat those up in the microwave.
3. Once everything is cooked, add all the ingredients together. You can add them separately or cook them together for another 30 seconds-1 minute in the microwave. Add any additional toppings.

Cooking Tips

- You can add an egg to the ramen while it is cooking in the microwave, or immediately after it is done cooking and stir. Be sure that the broth is hot enough for the egg to cook in. Can microwave at 30 second increments to get the eggs to your desired consistency.

Bonus Nutrition

- Do not use the seasoning packet that comes in the ramen package. These are usually extremely high in sodium levels. Instead you can add low-sodium broth for extra flavor.



Easy Broccoli and Rice

Ingredients

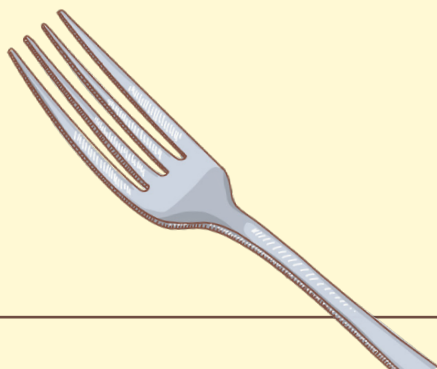
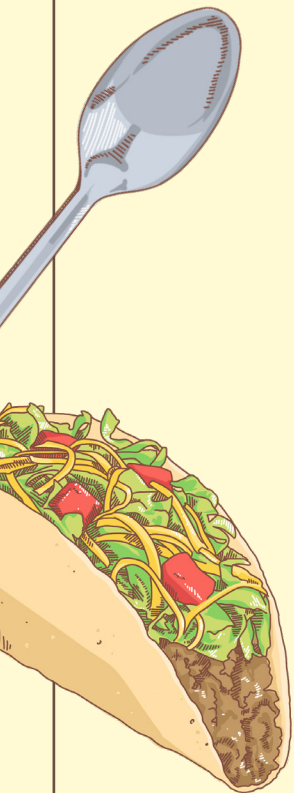
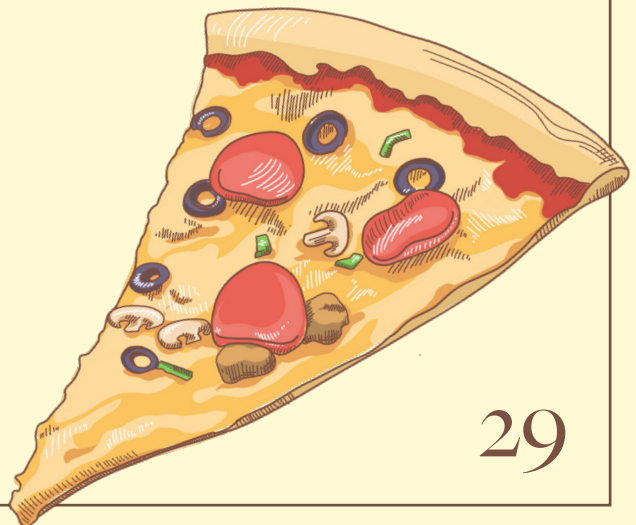
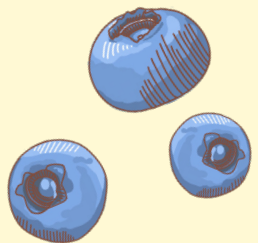
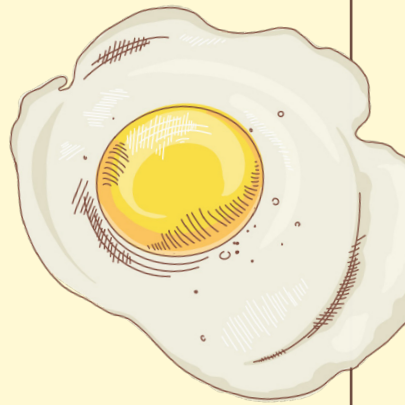
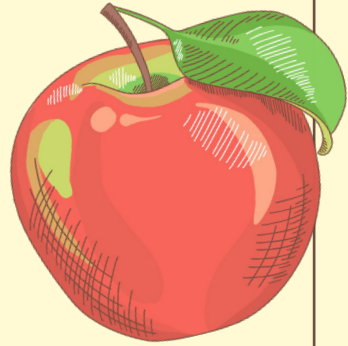
- Microwavable rice pouch
- Broccoli florets (fresh or frozen)
- Shredded cheese

Directions

1. Cook the rice according to the package directions.
2. Cook frozen broccoli according to package directions, or steam in the microwave (see how to steam fresh vegetables in the microwave guide for more details).
3. Add the rice, broccoli, and shredded cheese together with 1 tablespoon of water and microwave for 1 minute.

Bonus Nutrition

- Add a source of protein such as canned beans or cooked chicken, ground beef or turkey to make it a balanced meal.

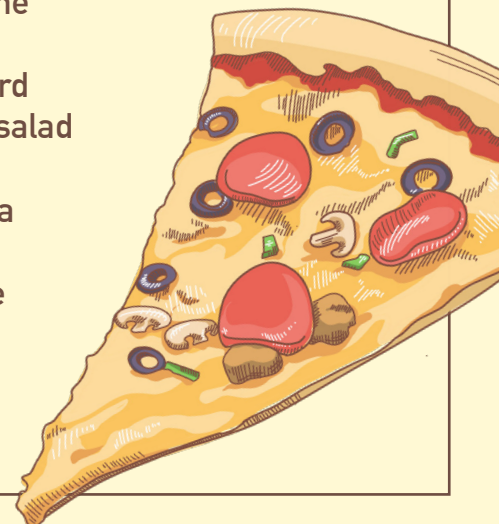
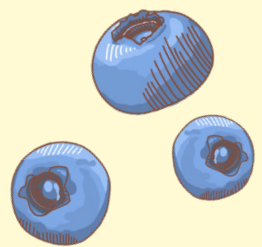
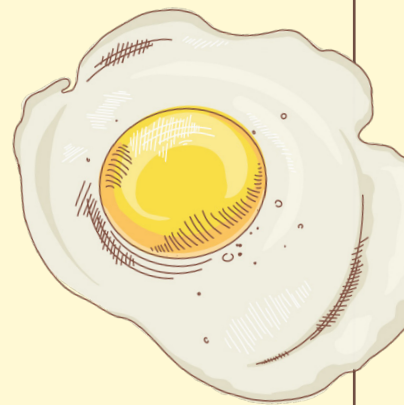
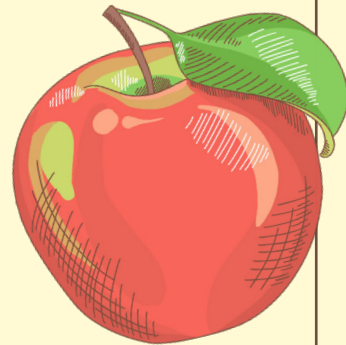


Easy Salad Ideas

- Quinoa, feta, olives, greek dressing
- Spinach, berries, feta, chopped nuts and balsamic vinaigrette
- Tomato, cucumber, avocado, olive oil drizzle + salt and pepper
- Shredded cabbage and/or coleslaw mix, mandarin orange or clementines, cucumber, ginger sesame dressing
- Spinach or kale, quinoa, black beans, red bell pepper, avocado
- Watermelon, cucumber, mint
- Kale, apple, chopped nuts or seeds, olive oil drizzle + lemon juice
- Romaine lettuce, pear, blue cheese, toasted pecans
- Brussel sprouts or kale, bacon bits, parmesan, and olive oil + lemon juice
- Cucumber, red onion, vinegar + olive oil + salt and pepper
- Spinach, avocado, quinoa, grapes, olive oil + lime juice
- Romaine lettuce, hard boiled egg, cheddar cheese, bacon bits, ranch dressing
- Lettuce, roasted chickpeas, parmesan, olive oil + lemon juice

Salad Tips

- Add a source of protein like grilled chicken, beans, or a sprinkle of chopped nuts to any salad to give it extra protein.
- Pre-slice your veggies beforehand so you can quickly throw a salad together, or buy pre-cut veggies at the store.
- Add dark leafy greens such as kale, arugula, collard greens, spinach, bok choy, or swiss chard to your salad base for extra vitamins and minerals.
- Mix in some leftover pasta or rice to any salad for a good source of carbs and energy.
- Salads are a great way to make use of old produce before it goes bad in your fridge.
- Salads are easily stored and portable in a lidded mason jar.

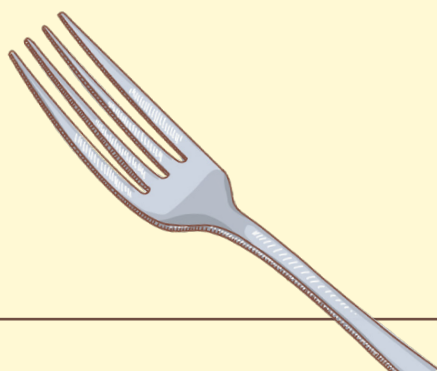
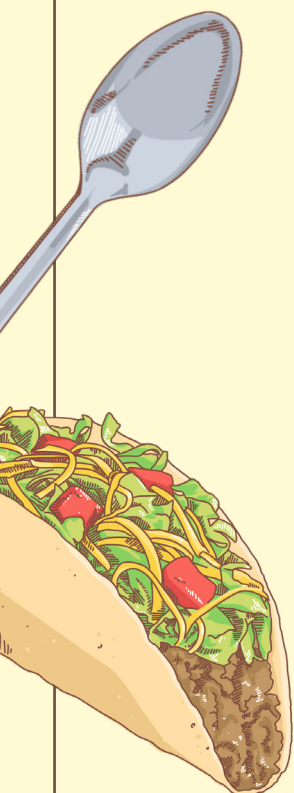
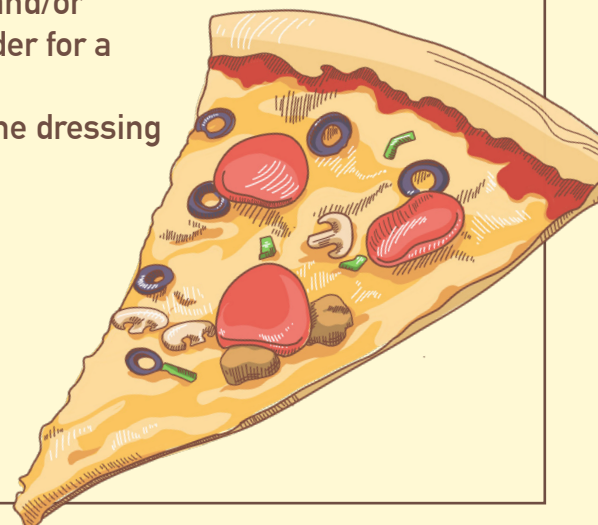
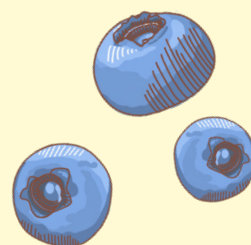
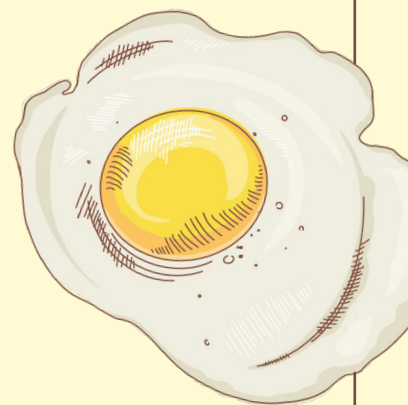
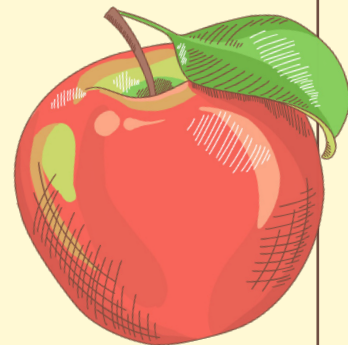


Easy Salad Dressing Ideas

- Olive oil + apple cider vinegar + dijon mustard + garlic
- Olive oil + balsamic vinegar + dijon mustard + maple syrup
- Peanut butter + soy sauce + maple syrup + garlic
- Olive oil + apple cider vinegar + lemon juice + fresh herbs (dill, cilantro, parsley, chives, etc.)
- Greek yogurt + mustard + honey + lemon juice
- Avocado + garlic + lemon juice + olive oil (combine in blender with a couple splashes of water, add salt and pepper to taste, optional to add fresh herbs)
- Greek yogurt + red wine or apple cider vinegar + olive oil + seasoning
- Seasoning Ideas: oregano, basil, parsley, dill, rosemary, thyme, garlic powder, salt and pepper
- Sesame oil + soy sauce + rice wine vinegar (or another vinegar) + olive oil
- Can add ginger or green onion (chives) for extra flavor

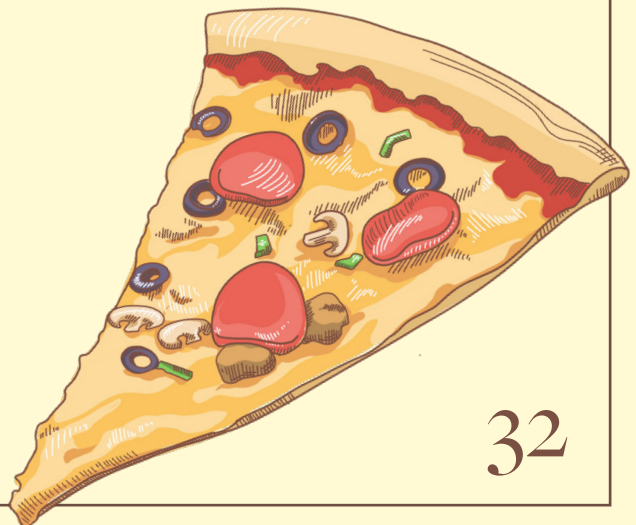
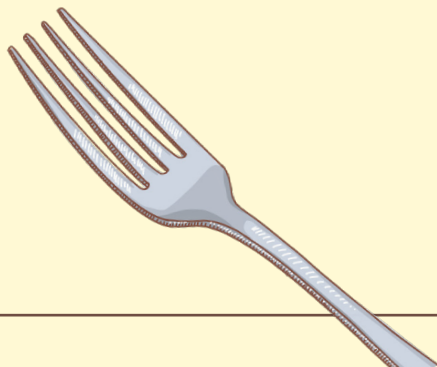
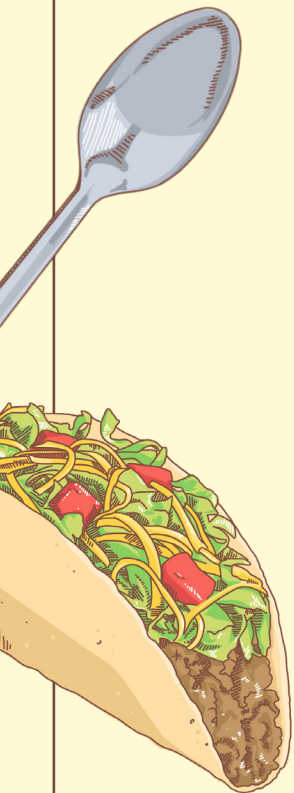
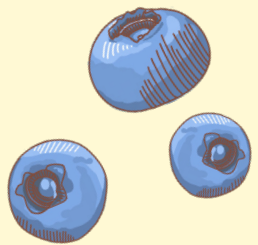
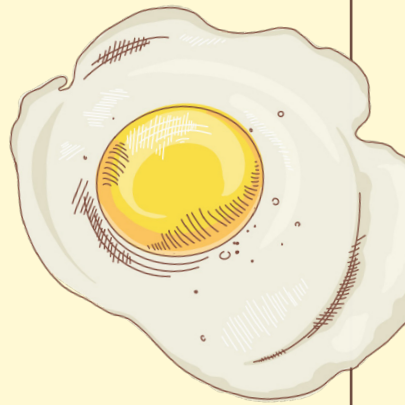
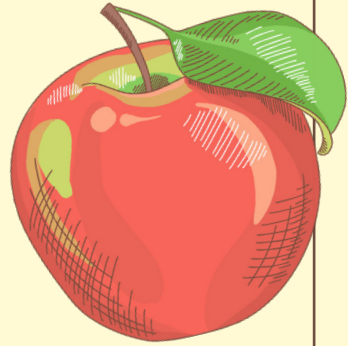
Dressing Tips

- Combine all ingredients together and add more or less of each ingredient to your taste preference.
- If you are in a pinch and don't have time to make a dressing, olive oil + lemon juice + salt and pepper is an easy and delicious addition to any salad.
- For a creamier dressing, add greek yogurt and/or avocado. Combine the ingredients in a blender for a smoother consistency.
- Try adding various herbs or seasonings to the dressing for added flavor.



Easy Sandwich Ideas

- Turkey, bacon, avocado, lettuce, tomato, mayo
- Chicken, mozzarella, tomato, basil
- Turkey, apple, cheddar
- Chicken, spinach feta
- Chicken, BBQ sauce, coleslaw
- Tuna salad
- Chicken salad
- Ham, swiss, cranberry sauce
- Cucumber, hummus, peppers
- Egg salad, avocado
- Buffalo chickpeas, carrots, celery, blue cheese
- Roast beef, peppers, onions, swiss cheese



Super Snack Combos

Super Snacks are a powerful combination of foods that keeps you energized and fueled throughout the day!
Simply choose one carb + one protein / heart healthy fat.

Proteins / Heart Healthy Fats

- Builds and repairs muscle and tissue
- Keeps you fuller for longer!
- Many sources of protein such as nuts, lean meats, low fat cheeses contain heart healthy fats that help the body with cellular function

Carbohydrates

- Gives you fast energy!
- Carbs provide your brain with glucose to energize your body and are the first of the three food groups to digest. Fuel your brain and your body.
- Packed full of essential nutrients like fiber, vitamins & minerals

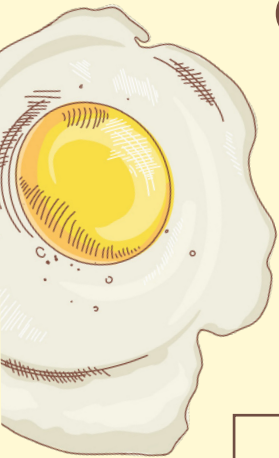
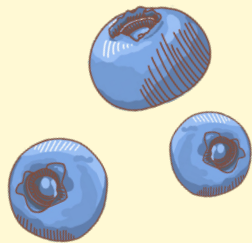
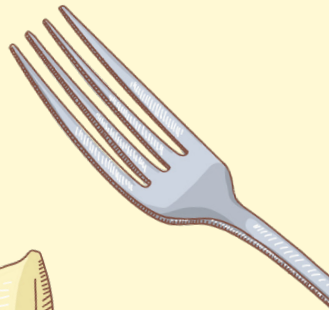
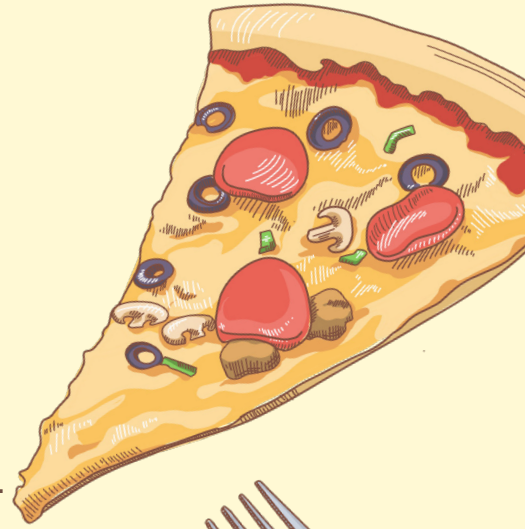
Create your super snack combo!

Proteins / Fats

Nuts / Trail Mix
Cheese
Peanut Butter / Nut Butter
Greek Yogurt
Hummus / Beans
Lean Meats
Boiled Egg
Avocados
Edamame
Tuna

Carbohydrates

Popcorn
Fresh Fruit
Granola/Oats
Pretzel Thins
Rice Cakes
Whole Grain Tortillas
Dark Chocolate
Whole Grain Crackers
Quinoa
Fresh Vegetables



Cooking Basics



Learn how to hold a knife



Learn how to cut onions



Learn about herbs

Learn tips on
kitchen organization



Learn about pantry
essentials part 1

Learn about pantry
essentials part 2



[Click to learn more cooking basics!](#)