

Veggie Egg Sandwich



INGREDIENTS

- 1 whole wheat English muffin
- 1 fried egg
- 1 slice pepper jack cheese, reduced fat 2%
- 1 slice tomato
- 1/4 cup baby spinach, rinsed

DIRECTIONS

1. To cook the egg: place a non-stick pan over medium heat and grease slightly with a few drops of olive oil (or coat with olive oil spray). Crack the egg into the non-stick pan and cook until egg white is fully opaque in color. Flip the egg over and cook on the other side. You can also steam cook the egg by placing it in the microwave (don't forget to cover it).
2. Toast English muffin and top with fried egg, cheese, baby spinach and sliced tomato.
3. Add pepper, basil or cayenne pepper for an extra kick.
4. Enjoy with a side of fresh cantaloupe or other fresh fruit.

FACT

Eggs are nutritionally dense and great additions to any healthy diet and weight loss program. They contain selenium, choline, vitamin B12, riboflavin and iron, as well as many other nutrients. A myth debunked: While eggs contain cholesterol, new research shows that eating them does not raise your cholesterol levels or increase the chances of heart disease.

I'm hungry...tell me more.

Our breakfast sandwich is quick (prepared in less than 15 minutes), tasty and balanced. It will help keep you feeling full until lunch.... preventing those mid-morning cravings.

NUTRITION INFO

Serving Size	1
Servings per recipe	1
Calories	259
Fat	11g
Saturated Fat	5g
Sodium	364mg
Carbohydrates	24g
Fiber	3g
Sugar	2g
Protein	16g

SWAPS

Use any reduced fat sliced cheese in place of pepper jack.

EXTRAS

- 1 cup cantaloupe (melon balls) = 60 calories

Easy Breakfast Burrito



I'm hungry...tell me more.

Why have a bowl of cereal when you can have a burrito for breakfast!? Our recipe combines scrambled egg whites, black beans, avocado and fresh salsa in a whole wheat tortilla. Tastes great with a side of fresh berries or melon.

NUTRITION INFO

Serving Size	1 taco
Servings per recipe	1
Calories	327
Fat	11g
Saturated Fat	1g
Sodium	413mg
Carbohydrates	38g
Fiber	11g
Sugar	2g
Protein	19g

INGREDIENTS

- 1 whole wheat tortilla - 8 inch (Brand used: Maria & Ricardo's)
- 1/2 t olive oil
- 1/4 c egg whites or 1 whole egg
- 1/4 c avocado, peeled and diced
- 1/4 c black beans, no salt added
- 2 T fresh salsa

DIRECTIONS

1. In a small sauté pan (preferably non-stick), heat olive oil on medium heat. Add egg whites or scrambled whole egg and cook fully.
2. Scoop scrambled eggs, avocado, black beans and salsa into whole wheat tortilla and enjoy! Serve with side of fresh berries or other fresh fruit.

FACT

An avocado is a fruit (actually a berry) and is one of the healthiest foods you can eat – full of potassium, Vitamin C and E, folic acid and heart-healthy monounsaturated and polyunsaturated fat. Avocados are ripe when they yield to light pressure, are lightly soft, and are dark in color. Not ripe? Put in a brown paper bag for 2-4 days (add an apple or a banana to speed up the ripening).

SWAPS

Small stone-ground corn tortillas (limit 2) can be used in place of whole wheat tortillas.

EXTRAS

- 1 cup strawberries = 60 calories
- 2 small corn tortillas = 80 calories

Hard Boiled Eggs Toast & Fruit



INGREDIENTS

- 2 slices sprouted whole grain bread, toasted (Brand used: Food for Life Ezekiel 4:9 Bread)
- 1 t butter or trans-fat free spread
- 2 hard boiled eggs (1 whole egg, 1 egg white)
- 1/2 large grapefruit

DIRECTIONS

1. Toast bread and top with butter or trans-fat free spread.
2. Top toast with sliced hard boiled eggs or leave eggs whole.
3. Serve with wedges of red grapefruit. Enjoy!

TIP

Prepare hard boiled eggs ahead of time to save valuable (and often limited) time in the morning. Refrigerate hard boiled eggs once cooked and store in refrigerator for up to 3 days.

FACT

Grapefruit is an excellent source of vitamin A (in the form of carotenoids) and vitamin C. It is also a good source of pantothenic acid, copper, dietary fiber, potassium, biotin, and vitamin B1. Note: Individuals taking cholesterol-lowering statins and some blood pressure medications should avoid grapefruit. If you're unsure, check with your doctor or pharmacist before eating.

Bread made the traditional way involves harvesting and processing the grain kernel into a refined flour. Sprouted bread, on the other hand, is made by sprouting the grain kernel in water and then grinding the freshly sprouted live grains into dough and baking it to make bread. Breads made from sprouted grains are minimally processed and are a good source of naturally occurring fiber and vitamins and minerals. Replacing your regular bread with sprouted bread will keep you satisfied longer!

I'm hungry...tell me more.

This breakfast recipe is great for a busy weekday morning when you have 10 minutes or less to eat before heading out the door. Packed with protein, fiber and essential vitamins and minerals, our recipe will give your body what it needs to start the day in the right direction.

NUTRITION INFO

Serving Size	1
Servings per recipe	1
Calories	342
Fat	10g
Saturated Fat	3g
Sodium	298mg
Carbohydrates	44g
Fiber	8g
Sugar	13g
Protein	19g

SWAPS

Instead of grapefruit, substitute a clementine orange, naval orange, sliced apple, pear or other fresh fruit.

EXTRAS

- 1 cup 1% milk = 110 calories

Refreshing Fruit Smoothie



INGREDIENTS

- 1 c milk, 1% low-fat
- 4 oz plain low-fat yogurt
- 1/2 medium banana, sliced
- 1/2 c frozen mixed berries or fresh berries, rinsed
- 1 t honey or agave

DIRECTIONS

1. In a blender or smoothie maker, combine milk, yogurt, banana, berries and honey or agave.
2. Blend on medium/high speed for 2-3 minutes until texture is smooth. Serve and enjoy!

TIP

Place sliced banana and/or fresh berries in a bowl or plastic baggie and freeze at least 1 hour ahead of use. Frozen fruit eliminates the need for ice and adds a nice frosty texture.

FACT

Some frozen fruit like wild blueberries can actually be more nutritious than when purchased fresh. Why? Some fresh-sold fruits are picked early to ensure they won't spoil during shipping and storage. Most fruit that is quick-frozen is picked at its peak.

I'm hungry...tell me more.

Our fruit smoothie combines plain non-fat yogurt, fresh frozen berries, banana and honey or agave. The recipe makes two servings so you can have one for breakfast and one for a quick and balanced afternoon snack.

NUTRITION INFO

Serving Size	8 oz
Servings per recipe	2
Calories	159
Fat	3g
Saturated Fat	1.5g
Sodium	106mg
Carbohydrates	25g
Fiber	3g
Sugar	18g
Protein	8g

SWAPS

You can use unsweetened almond milk or other unsweetened non-dairy milk in place of cow's milk. You can also swap frozen berries for tropical fruit like pineapple and mango.

EXTRAS

- 1 slice sprouted whole grain toast = 80 calories
- 1 hard boiled egg = 78 calories

Quinoa Steel Cut Oatmeal



I'm hungry...tell me more.

Our quinoa oatmeal recipe has lots of fiber and protein to keep you full all morning. And you can prepare it the night before to save time in the morning. Top with fresh berries and seeds for added vitamins and minerals.

NUTRITION INFO

Serving Size	~ 1 c
Servings per recipe	4
Calories	294
Fat	6g
Saturated Fat	1g
Sodium	46mg
Carbohydrates	51g
Fiber	8g
Sugar	20g
Protein	9g

INGREDIENTS

- 1/2 c steel cut oats, (quick cook)
- 1/2 c quinoa, uncooked
- 3 c water
- 1 T agave or honey
- 1/4 t cinnamon or all spice
- 1 c milk, 1%
- 1 T chia seeds
- 2 c pomegranate seeds

DIRECTIONS

1. In a small sauce pan combine steel-cut oats, well-rinsed quinoa, water, agave or honey and cinnamon or all spice. Cook over medium-low heat (about 15-20 minutes), stirring occasionally, until all the water has been absorbed.
2. Add milk, stir and continue to heat on low for another 5 minutes.
3. Serve topped with chia seeds and pomegranate seeds. Enjoy!

TIP

To save time in the morning, prepare this oatmeal the night before. In a medium sauce pan, bring the water to a boil, stir in oats and quinoa. Boil for 1-2 minutes. Remove from the heat and stir. Cover the pot and let it sit overnight, (about 8-12 hours). In the morning reheat oatmeal for 1-2 minutes, adding milk, agave or honey, and spices. Top with your favorite oatmeal toppings!

FACT

Quinoa is one of the most nutritious grains on Earth – it is a complete protein (meaning it contains all 9 essential amino acids) and is a good source of fiber, B-vitamins, and magnesium.

SWAPS

You can easily substitute other fruit or seeds in place of the pomegranate seeds and chia seeds. Goji berries, raisins, fresh raspberries or pumpkin seeds would also work.

EXTRAS

- 2 hard boiled eggs = 156 calories

Way Healthy Waffles



INGREDIENTS

- 1 whole wheat waffle
- 2 t butter or trans-fat free spread
- 1/2 banana, peeled and sliced
- 1/2 c blueberries, rinsed
- 1/2 c strawberries, rinsed and sliced
- 1/4 c cottage cheese, reduced or low-fat, no salt added

DIRECTIONS

1. Toast whole wheat waffle and top with butter or trans-fat free spread, cottage cheese and fruit. Enjoy!

FACT

If a product says it's 100% wheat, it does not necessarily mean its whole grain. It's only whole grain if the phrase "whole" or "whole grain" appears before the name of the grain in the ingredient list, as in "whole grain oats." Whole grains include whole wheat, wild rice, brown rice, whole oats, barley, quinoa, and oatmeal.

I'm hungry...tell me more.

The combination of flavors and textures in our recipe is refreshingly delicious and simple, and this meal can be easily transported for breakfast on the run!

NUTRITION INFO

Serving Size	1
Servings per recipe	1
Calories	365
Fat	13g
Saturated Fat	4g
Sodium	257mg
Carbohydrates	48g
Fiber	7g
Sugar	24g
Protein	14g

SWAPS

Not a fan of cottage cheese? Substitute plain, non-fat Greek yogurt. Swap freshly diced peaches, raspberries, blackberries or kiwi in place of bananas, blueberries or strawberries.

EXTRAS

- 1 c plain non-fat Greek yogurt = 133 calories
- 1 kiwi = 42 calories

Sunflower Protein Toast



INGREDIENTS

- 2 slices sprouted whole grain bread, toasted (Brand used: Food for Life Ezekiel 4:9 Bread)
- 1 T sunflower seed butter
- 1/2 c strawberries, rinsed and sliced
- 1 t honey or agave
- 1 T pistachios, shelled and unsalted

DIRECTIONS

1. Toast bread and top with sunflower seed butter, sliced strawberries, honey and pistachios. Enjoy!

FACT

Sunflower seed butter is a good option for anyone allergic to nuts who must avoid peanut butter. In fact, sunflower seed butter has significantly more unsaturated fat, magnesium, zinc, iron and vitamin E than peanut butter, according to the U.S. Department of Agriculture.

I'm hungry...tell me more.

Breakfast doesn't get much easier than this. This simple to prepare breakfast has lots of fiber, protein, heart healthy fats and hearty whole grains to keep you moving all morning long.

NUTRITION INFO

Serving Size	1
Servings per recipe	1
Calories	369
Fat	13g
Saturated Fat	1g
Sodium	214mg
Carbohydrates	48g
Fiber	11g
Sugar	13g
Protein	13g

SWAPS

Almost any nut or seed butter can be used in place of sunflower seed butter. Other options can include: almond butter, natural peanut butter, pecan butter, cashew nut butter...and the list goes on! You can also swap out strawberries for any other fresh fruit.

EXTRAS

- 1 T almond butter = 101 calories
- 1 T peanut butter = 105 calories
- 1 T cashew butter = 94 calories
- 1 c 1% milk = 110 calories

Tasty Tofu Scramble



INGREDIENTS

- 1/2 block extra firm tofu, rinsed and crumbled
- 2 t olive oil
- 1 t turmeric
- 1 t garlic powder
- 1/2 t black pepper
- 1/4 t sea salt
- 2 c baby spinach, rinsed
- 1 medium tomato, rinsed and diced
- 1 c roasted sweet potato

DIRECTIONS

1. In a small sauté pan (preferably non-stick), heat 1 t olive oil on medium heat. Add crumbled tofu and sauté 3-5 minutes until heated through and some of the water from the tofu has evaporated.
2. Add turmeric, garlic powder, sea salt and black pepper. Stir to combine seasonings. Remove from heat and set aside.
3. In a separate sauté pan (preferably non-stick), heat 1 t olive oil on medium heat and add baby spinach. Cover pan and allow spinach to cook for 2-3 minutes. Once wilted, but still bright green in color, remove spinach from pan.
4. Serve tofu scramble topped with freshly diced tomato, sautéed spinach, roasted sweet potato and optional side of freshly diced pineapple.

FACT

Did you know what turmeric is more than just a beautifully exotic root herb? It also has been shown to have cancer-fighting properties!

I'm hungry...tell me more.

Looking for a simple vegan breakfast? Look no further. Our tofu scramble might look like scrambled eggs, but it's the bright yellow turmeric that gives the tofu its glow. Packed with vitamins, minerals, anti-oxidants and protein, this breakfast is delicious and easy to prepare.

NUTRITION INFO

Serving Size	1/2 recipe
Servings per recipe	2
Calories	282
Fat	14g
Saturated Fat	2g
Sodium	298mg
Carbohydrates	21g
Fiber	4g
Sugar	5g
Protein	18g

SWAPS

In place of spinach you could substitute kale, collard greens, swiss chard or another dark leafy green.

EXTRAS

- 1 c pineapple chunks = 83 calories

Greek Yogurt Perfection



INGREDIENTS

- 1 c (8 oz) plain, non-fat Greek yogurt
- 1/2 c strawberries, rinsed and sliced
- 1/2 c pineapple, freshly diced
- 1 T sliced almonds, unsalted

DIRECTIONS

1. In a small cup or parfait dish, layer Greek yogurt, strawberries and pineapple, alternating between yogurt and fruit for each layer.
2. Top with sliced or slivered almonds. Enjoy!

TIP

A serving of almonds (1/4 cup) is a good source of fiber, vitamin B2 (riboflavin), and vitamin E. Almonds contain calcium too! There are 160 calories in 23 almonds. While many of these calories come from fat, it is primarily the healthy unsaturated fats and not the unhealthy saturated kind.

FACT

Of all tree nuts, almonds rank highest in protein, fiber, calcium, vitamin E, riboflavin and niacin content by weight. There are 160 calories in 23 almonds. While many of these calories come from fat, it is primarily the healthy unsaturated fats and not the unhealthy saturated kind.

I'm hungry...tell me more.

This breakfast eliminates the excuse, "I don't have time to eat breakfast." Ready in under 10 minutes, our yogurt parfait is packed with protein and full of flavor. Fresh strawberries and pineapple add natural sweetness, and sliced almonds add that essential crunch.

NUTRITION INFO

Serving Size	1
Servings per recipe	1
Calories	237
Fat	4g
Saturated Fat	0g
Sodium	142mg
Carbohydrates	26g
Fiber	4g
Sugar	20g
Protein	25g

SWAPS

Not a fan of Greek yogurt? Plain non-fat yogurt can be substituted for Greek. You can also use other combinations of fruit and nuts like mango, raspberries, banana, blackberries, chopped walnuts or pecans.

EXTRAS

- 1 small banana = 90 calories
- 1/2 c raspberries = 32 calories
- 1/2 c blackberries = 31 calories
- 1/2 c mango = 50 calories



INGREDIENTS

- 1/2 c walnuts, pieces
- 1/2 c seedless raisins
- 1 T unsweetened, shredded coconut

DIRECTIONS

1. In a food processor, combine walnuts and raisins and puree for 2-3 minutes on medium speed until the mixture is the consistency of a thick paste. Mixture should still be slightly chunky.
2. Roll fruit/nut mixture into small meatball sized shapes about 1/2 inch in diameter.
3. Spread 1 T of shredded coconut on a clean plate or work surface. Roll fruit/nut “cookies” in shredded coconut. Enjoy!

TIP

Energy cookies can be stored in the refrigerator for up to 2 weeks.

FACT

The US is the second largest producer of walnuts in the world, after China. 90% of the walnuts grown in the US come from California and are harvested in December. Unshelled walnuts should be stored in the refrigerator, although as long as you keep them in a cool, dry, dark place they will stay fresh for up to six months. Walnuts are an excellent source of omega-3 fatty acids.

I'm hungry...tell me more.

Our energy “cookies” are essentially mini energy bars in the shape of a cookie. With only three simple whole food ingredients, they are unlike any packaged/preserved cookie, and are great for a fast breakfast on the go or as an afternoon snack.

NUTRITION INFO

Serving Size	~ 5-7*
Servings per recipe	1
Calories	358
Fat	22g
Saturated Fat	4g
Sodium	4mg
Carbohydrates	34g
Fiber	4g
Sugar	22g
Protein	6g

*Cookies

SWAPS

This recipe works great with most dried fruit and nut combinations - hazelnuts mixed with dried cherries is a particularly delicious combo!

EXTRAS

- 1 c milk, 1% = 110 calories
- 1 hard boiled egg = 78 calories