



Fueling the Active Family

Lee Hyrkas, RD, CDCES, NASM-CPT

**Registered Dietitian
Performance Nutrition Specialist**

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Credentials:

- Registered Dietitian (RD)
- Certified Diabetes Educator
- Certified Personal Trainer (CPT)
 - National Academy of Sports Medicine



Education:

- University Wisconsin Green Bay (UWGB)
 - Bachelor of Science in Human Biology
 - Emphasis: Nutritional Science/Dietetics

Contact Info:

- Lee.hyrkas@bellin.org or 920-430-4728

Simple Shopping List

Lean Protein:

- Chicken breast or thighs
- Fish, tuna packets
- Eggs, egg whites
- Natural peanut butter
- Greek yogurt, cottage cheese cups
- Tofu, tempeh, TVP
- Beans (black, kidney, pinto, etc.)
- Nut & seed pouches
- Kefir, drinkable yogurt
- Dairy free milk or milk



Quality Carbs:

- Sprouted grain bread
- Wraps
- Oatmeal
- Sweet potatoes, squash
- Teff, amaranth, quinoa
- Canned beans (black, kidney, etc.)
- Protein noodles (Barilla®)
- Kodiak pancake mix
- Bean pastas (Banza®, lentil)
- Brown rice, wild rice



Produce:

- Fruits (berries, apples, citrus, grapes)
- Fresh vegetables (cucumbers, peppers)
- Steam bag vegetables
- Canned beans (black, pinto, etc.)
- Frozen fruit
- Sauerkraut

Healthy Fats:

- Nuts & seeds
- Avocados (fresh or frozen)
- Salad dressing (yogurt based)
- Hummus or guacamole
- Eggs
- Natural nut butters

Snack Ideas

Pantry:

- Dried fruit or Crispy Fruit® or fruit pouches
 - Dates, figs, cherries, etc...
- That's it® bars
- Roasted chickpeas or edamame
- Nuts and seeds
- Nut butters
- Oatmeal packers (Better Oats®)
- Granola bars (Nature Valley®, Kodiak®)
- Energy bars (RX®, KIND®, Larabar®, etc.)
- Popcorn or popcorn chips
- Pretzels or crackers
- Fig bars
- Mini bagels or English muffins
- Whole grain tortillas
- Trail mix
- Root chips or bean chips
- Lean jerky or mini turkey sticks
- Dark chocolate
- Barbara's® cereal

Refrigerator:

- Energy bites
- Greek yogurt or cottage cheese cups
- Kefir or drinkable yogurt
- String cheese or Laughing Cow® cheese
- Boiled eggs or egg bites
- Fruit and vegetables
- Hummus or guacamole cups
- P3® or Balanced Break® packs
- Uncrustable sandwiches
- Lean deli meat
- Protein drinks (Fairlife, etc...)

Freezer:

- Frozen fruit
- Peeled bananas or Banana Babies
- Frozen fruit bars
- Veggies Made Great muffins
- Kodiak® waffles
- Wyman's Just Fruit®

Protein Bar Better Bites

- Quest® Bar
- gomacro® Bar
- RXBar®
- Built® Bar
- Kirkland® Protein Bar
- think!® Protein Bar
- Perfect® Bar



High Protein Snacks

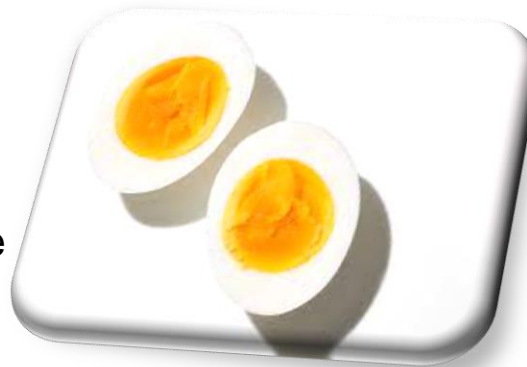
Snack 1:

- 1 cup cottage cheese
- 3-4 Tbsp. sunflower seeds or pepitas



Snack 2:

- 1 string cheese
- 1 stick lean jerky
- 20-30 pistachios



Snack 3:

- 1 hardboiled egg
- 1/3 cup dry roasted edamame

Snack 4: (Avocado Boat)

- 1/2 large avocado
- 1 tuna packet mixed with salsa – Add to the pitted avocado.



Snack 5:

- Bottled protein drink
- Piece of fruit or dish of berries

Additional Snacks

Idea 1:

- 1 banana
- 1 tortillas
- 1-2 tbsp. nut butter



Idea 2:

- 1/3 cup dry roasted bean snacks
- 1 small package freeze dried fruit
- 3-5 cups popcorn



Idea 3:

- 1/3 cup freeze dried fruit
- 1/4 cup pepitas or sunflower seeds

Idea 4:

- 1 cup raw vegetables (peppers, carrots, etc.)
- 1/4 cup yogurt based salad dressing



Pre-Workout Snacking

(~1-2 hours prior)

Carbohydrates: ~20-30 grams

Protein: ~10-20 grams

Sample Snacks:

- Banana
- Greek yogurt cup with 2-3 Tbsp. granola
- 2 graham crackers or rice cakes with nut butter, glass of milk
- 1/2 English muffin with peanut butter
- 1 packet oatmeal with powdered peanut butter
- Small bowl of cereal with Fairlife® milk or bottled protein drink
- Cottage cheese cup with fruit
- 3-4 dates, string cheese



Energy Drink Alternatives

Water Joe®

Amino Energy®

BUBBL'R®

Coffee or tea

Liquid IV® Energy

Extreme Sport Beans®

Crystal Light® with Caffeine



Post Workout Snacking

Protein: ~20-30 grams

Carbohydrates: ~30-60 grams



Sample Snacks:

- 2 hardboiled eggs, string cheese
- Greek yogurt cup with 2-3 Tbsp. granola, piece of fruit
- Protein drink (Premier®, Fairlife®, etc.), piece of fruit
- Eggs with English muffin and avocado
- Homemade smoothie (fruit, milk or yogurt, protein powder)
- Bowl of cottage cheese, fruit
- Chobani® drinkable yogurt or Kefir, 1/4 cup pepitas or sunflower seeds
- Protein bar

Meal Time Beverages

Milk

Goat milk

Dairy free milk

- **Ripple®**, **Silk® Protein**, oat milk, etc...



Kefir or oat kefir

Kombucha tea

100% juice



Protein drink

- **Fairlife®**, **Premier®**, **Quest®**, **Orgain®**, etc...

Between Meal Beverages

True Lemon® drink packets

LaCroix® water

Good Earth® tea

Stur® water enhancer

bubly® flavored water

bia®

BUBBL'R®

Hint®



Meal Planning Tips

Pick 1-2 days per week for meal prep.

- Example: Sunday & Wednesday



Perform marathon cooking.

- Cook meats, vegetables and grains in large batches


Pre-portion lunches into microwavable containers.

- May reduce daily stress

Keep track of easy meals.

- Try to come up with at least 2-3 go to meals for breakfast, lunch and dinner.

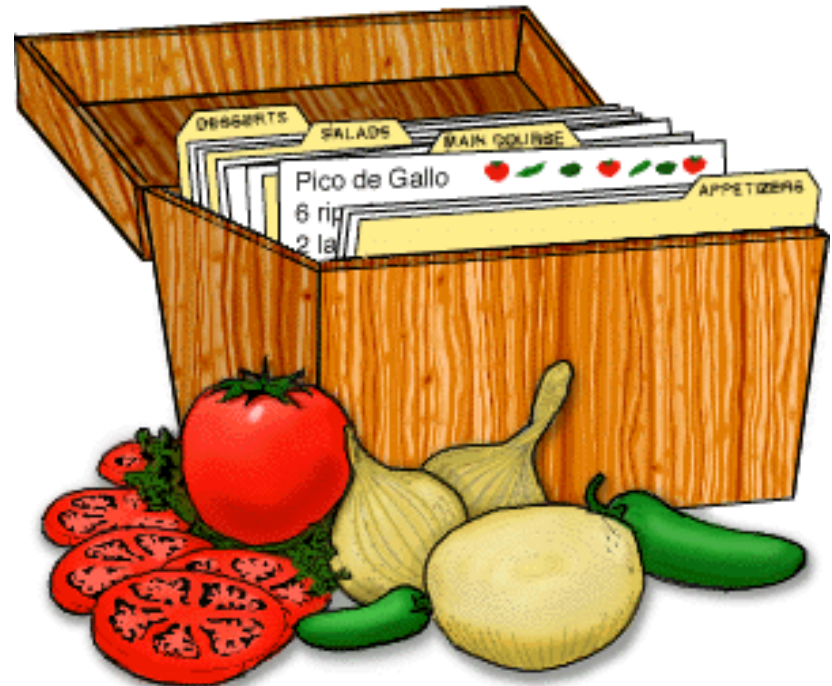
Utilize Your Tools Wisely

- **Grill for easy clean-up.**
 - **Microwave for side dishes.**
 - **Crock-pot for freezer bag meals.**
 - **Instant Pot® for last minute meals.**
 - **Multi-rack steamers for all-in-one cooking.**
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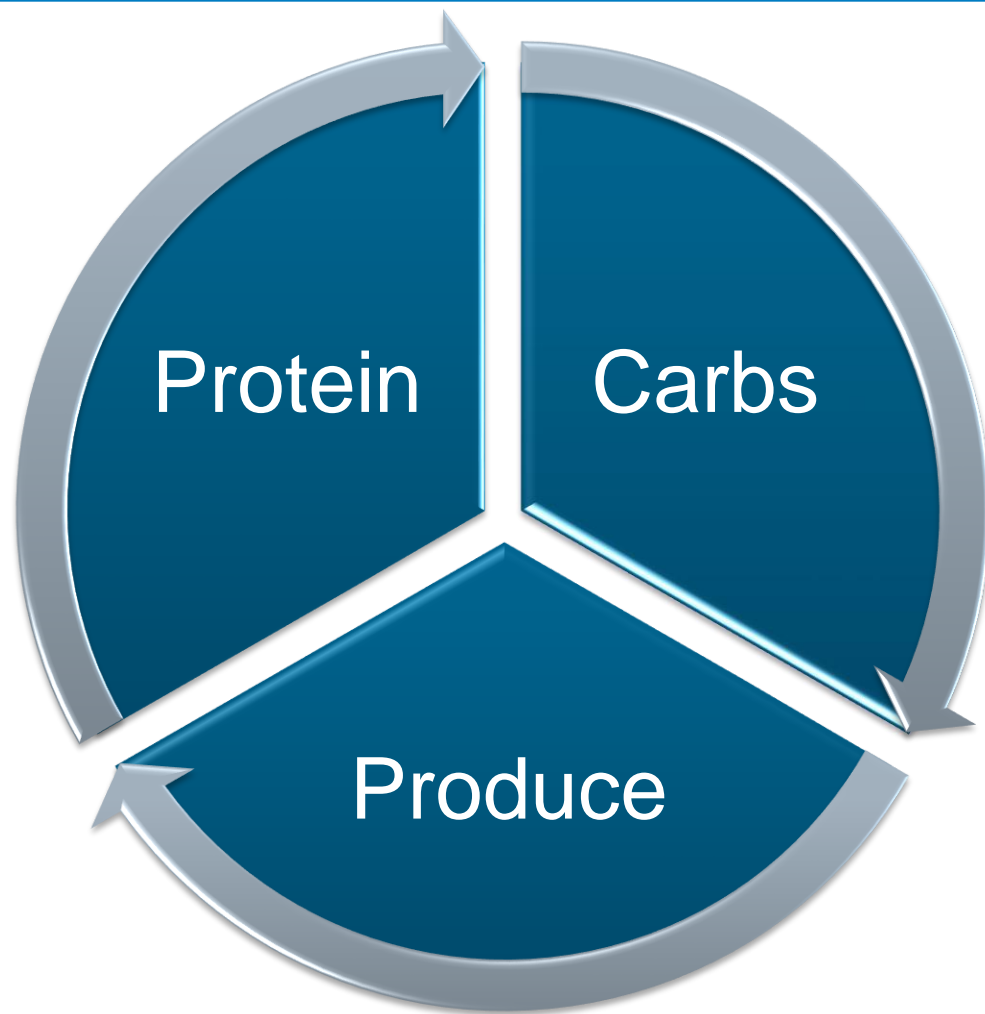


Recipe Websites

- Fitmencook.com
- Skinnytaste.com
- Minimalistbaker.com
- Theproteinchef.co
- Budgetbytes.com
- Chopchopfamily.org/recipes/



Building a Winning Meal



Quality Protein

(0.7-1 g/lb./day)

Choose lean protein sources. (~20-30 grams per meal)

- Loin, tenderloin, round cuts meat
- Lean ground meat (90/10, 95/5)
- Skinless chicken or turkey
- Pork chops or pork loin
- Wild game
- Fish and seafood
- Eggs
- Beans, nuts, seeds, tofu, tempeh, TVP (vegetarian friendly)
- Dairy products (milk, yogurt, cheese)



Non-lean meats. (low in protein)

- Pepperoni, sausage, bacon, greasy meats



Quality Tested Protein Supplements

- Optimum Nutrition® Gold Standard Whey Protein
- Ascent® Whey
- Muscle Milk® 100% Whey Protein
- Dymatize® 100% Whey Protein
- Vega Sport® or Orgain® Protein
- Tera's® Whey
- PB2® Protein Powder
- Quest® or Premier® Protein Powder



Time Saving Options

Canned Chicken Breast

Tune Pouches

Rotisserie Chicken

Lightly Breaded or Non-Breaded Chicken Tenders

Tempeh or Ready to Eat Tofu (Tossables®)

Eggs or Liquid Egg Whites

Greek Yogurt or Cottage Cheese



Premium Carbs

(1 - 3 g/lb./day)

- 1/2 small whole grain bagel or 1 mini bagel
 - 6" Kodiak pancakes or Kodiak® waffles
 - 1/2 cup cooked whole wheat or bean pastas
 - 1 slice whole grain bread (\geq 2-3 g fiber)
 - 1 slice sprouted grain bread or sourdough
 - 1/2 cup cooked oatmeal or cream of wheat
 - 1/2 cup cooked quinoa or teff
 - 1/2 cup cooked brown rice or wild rice
 - 2 whole grain rice cakes
 - 5 whole grain crackers (Triscuit®, Mary's Gone Crackers®, etc.)
 - 1/2 cup beans (black, pinto, etc.), lentils
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Easy Additions

Kodiak® Pancakes or Waffles

Dave's Killer Bread® or Sprouted Grain Bread (Angelic®)

The Little Potato Company®

Seeds of Change® Grain Pouches



Barilla Protein Plus® Noodles or Bean Pasta

Canned Beans or Bagged Lentils

Easy Produce Options

Have more of these options around the house.

- Pre-cut veggies, fruit cups, halos, carrot sticks, bagged radishes, veggie or fruit trays, steam bags, etc...



Lower Fiber Produce

Fruit

- Applesauce
- Fruit cocktail
- Canned peaches
- Melon
- Grapefruit
- Pineapple
- Strawberries
- Dates
- Cuties
- Skinless fruit

Vegetables

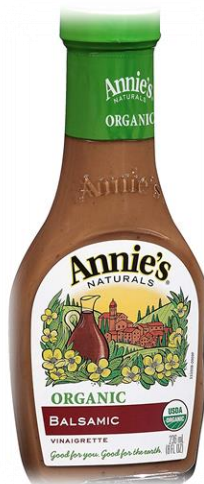
- Carrots
- Spinach
- Green beans
- Ice berg lettuce
- String beans
- Tomato sauce
- Vegetable juice



Flavor Enhancers ☺

Have more of these options around the house.

- O'Dang®, Bolthouse®, Skinnygirl®, Annie's®, OPA®, hummus, guacamole



Healthy Fats

(minimum 0.3 g/lb./day)

Nuts & Seeds

- Almonds, walnuts, pistachios
- Peanut butter, almond butter
- Flax, hemp, chia, sunflower seeds



Oils

- Extra virgin olive oil, avocado oil, peanut oil, canola oil, flax seed

Others

- Avocado, fish, olives, yogurt based dressings, butter made with olive oil

Fun Meal Ideas

Protein Pancakes (Homemade or Kodiak)

Gyros (Chicken, Beef or Lamb)

Homemade Mini Pizzas

Skillet Meals

Loaded Potato Bar

Sheet Pan Chicken Sausage & Vegetables



Sheet Pan Chicken Sausage

Recipe

Ingredients:

- 16 oz. chicken or turkey sausage
- 2 sweet potatoes, diced into cubes
- 2 cups broccoli florets
- 1 red pepper, chopped
- 1 Tbsp. minced garlic
- 2 Tbsp. avocado oil
- 1 Tbsp. Italian or taco seasoning
- Sea salt, to taste
- Pepper, to taste



Directions:

- Pre-heat oven to 400F.
- Line a sheet pan with parchment paper.
- Sliced sausage into 1" coins.
- Place sausage, diced sweet potato, broccoli, chopped red pepper into a medium sized mixing bowl.
- Drizzle ingredient with oil and add the garlic and spices.
- Transfer the sausage and vegetables to the sheet pan.
- Bake for 20 minutes. Stir the ingredients halfway through cooking.

Recipe Info:

- Serves ~4

Egg Roll Stir-Fry

Recipe

Ingredients:

- 1 lb. lean ground beef or chicken (optional)
- 14 oz. package coleslaw
- 1/2 large yellow onion, diced
- 5-6 green onion, diced
- 3-4 Tbsp. sesame seeds, toasted or non-toasted
- 1 tsp. ground ginger
- 2 Tbsp. rice vinegar
- 4-5 Tbsp. low sodium soy sauce or Braag Liquid Aminos
- 1 - 2 tsp. sriracha sauce
- 4-5 cloves garlic, minced
- Black pepper, to taste
- 2-3 Tbsp. sesame seed oil
- 1 package frozen cauliflower rice



Directions:

- Heat sesame seed oil in a large pan over medium-high heat. Add the yellow onion and sauté until caramelized.
- Microwave cauliflower rice for 3 minutes. Pour cauliflower rice into the pan.
- Add the remaining ingredients, except for the green onions. Sauté until cabbage is tender. Add the green onion and remove pan from the heat source.
- If you would like to add meat to the stir-fry, add 1 lb. of lean ground chicken, pork or beef when you sauté the onion.

Pesto Pizza

Recipe

Ingredients:

- Joseph Lavash bread or gyro pita
- Pesto sauce
- Red onion, diced
- Fresh mozzarella cheese, sliced
- Roma tomatoes, sliced
- Yellow or orange pepper, diced
- Mushrooms, sliced
- Jarred artichoke hearts, chopped
- Pepper, to taste



Directions:

- Preheat oven to 350F.
- Place lavash wrap on a pizza pan and put in the oven for ~5 minutes, or until it begins to turn golden brown. Take out of the oven, and top with light coating of pesto sauce. Add the cheese, vegetables and tomato slices. Season with pepper.
- Bake for an additional 6-8 minutes. Enjoy!

Crock-Pot Ideas

Chicken or Bean Tortellini Soup

Quinoa Enchilada

Tacos

Balsamic Beef Roast

Peanut Butter Pork Tenderloin

Peach French Toast



Crock-Pot Tips

Never cook from frozen!

- Thaw freezer meals & meats prior

Cook on low if using dairy products.

- Cream, cheese, milk, sour cream, etc...
- Prevents dairy products from curdling

Sauté or grill veggies for extra flavor.

- Onions, peppers, mushrooms, etc...

Don't over cook chicken.

- 5-6 hours on low.
- Consider programmable crock-pot.



Spicy Peanut Butter Pork

Recipe

Ingredients:

- 1.5 lb. pork tenderloin
- 1/4 cup natural crunchy peanut butter (Save until the end.)
- 1/4 cup Bragg's liquid amino or low sodium soy sauce
- 1/2 cup low sodium beef or chicken stock
- 1/4 or 1/2 tsp. Crushed red pepper flakes
- 2 Tbsp. Rice vinegar
- 2 or 3 garlic cloves, minced
- 1/4 cup chicken stock
- Black pepper, to taste
- 1 large yellow onion, diced
- 1 red pepper, diced (optional)
- 1 Tbsp. Avocado oil



Directions:

- Preheat a medium skillet over medium-high heat. Add the avocado oil and onion. Sauté onion until caramelized.
- Add the pork, caramelized onion, chicken stock, soy sauce, vinegar, garlic, pepper flakes, red pepper, and black pepper to a large zip lock bag. Mix well.
- Allow pork to marinate for at least 6 hours or overnight.
- Place pork and marinade into a crock-pot and cook on low for 6 hours. Add the peanut before serving. Enjoy!
- If using an Instant Pot, cook on high pressure for 28 minutes. Allow to naturally release for 10 minutes.

Serves ~4-5

Quinoa Enchilada Casserole

Recipe

Ingredients:

- 2 (15 oz.) can black beans, drained and rinsed
- 1 cup frozen corn, thawed
- 2 (10 oz.) cans mild or medium red enchilada sauce, divided
- 1 yellow onion, diced
- 1 yellow pepper, diced
- 1 red pepper, diced
- 1 (10 oz.) can diced fire roasted tomatoes and green chiles
- 1 cup uncooked quinoa
- 1/2 cup vegetable broth
- 4 oz. Neufchatel cream cheese
- 3/4 – 1 cup reduced-fat shredded cheese
- 1 tsp. garlic powder
- 1 tsp. cumin
- 1-2 tsp. chili powder
- Dash of dried cilantro
- Pepper – to taste
- 1 Tbsp. avocado oil or canola oil
- Toppings (optional): chopped cilantro, diced tomatoes, diced avocado, Greek yogurt



Directions:

- Preheat a medium skillet over medium-high heat. Add the avocado oil and onion. Sauté onion until caramelized.
- Add the diced peppers and garlic to the skillet. Sauté until peppers are soft. Transfer to the crock pot.
- Add the beans, one can of enchilada sauce, corn, cream cheese, broth, diced tomatoes with green chiles, quinoa and spices to the crock pot. Mix well.
- Add the second can of enchilada sauce.
- Top with shredded cheese and set the crock pot to low. Cook for 6-7 hours. Enjoy!

Serves ~5-6

Tortellini Soup

Recipe

Ingredients:

- 6-7 cups low-sodium chicken or vegetable stock
- 1 package/bag tortellini
- 1 (28 oz.) fire roasted crushed tomatoes
- 2 (15 oz.) cans black beans, drained and rinsed
- 1 large yellow onion, diced
- 2-3 stalks celery, diced
- 2 large carrots, diced
- 3-4 Tbsp. minced garlic
- 1-2 tsp. dried oregano
- 1-2 tsp. dried basil
- 1/2 tsp. sea salt
- Black pepper – to taste
- 1-2 Tbsp. red wine vinegar
- 1 Tbsp. oil

Directions:

- Heat 1 tbsp. oil in a skillet on medium-high heat. Sauté the onion until caramelized. Add the garlic when the onion is almost caramelized. Sauté for another minute.
- Spray the inside of a crock-pot with non-stick cooking spray. Transfer the onion and garlic to the crock-pot
- Add vegetable broth, tortellini, tomatoes, beans, celery, carrots, vinegar, and spices to the crock-pot. Mix well.
- Set crock-pot on low and allow soup to cook for 6-8 hours.

Recipe Info:

- Serves 6-8



Casserole Ideas

Taco Casserole

Stir-Fry Casserole

Cowboy Tuna Noodle Casserole (cold dish)

Grape and Broccoli Casserole (cold dish)

Veggie Tot Casserole

Enchiladas (shrimp, chicken, beef)



Enchiladas

Recipe

Ingredients:

- 12-16 oz. diced chicken or shredded rotisserie chicken
- 1 (15 oz.) can black beans, drained and rinsed
- 1 (28 oz.) can mild or medium red enchilada sauce, divided
- 4.5 oz. can diced green chiles, drain excess liquid
- 1/2 yellow onion, diced
- 1 red pepper, diced
- 6 oz. Neufchatel cream cheese
- 2 tsp. garlic powder
- 2 tsp. chili powder
- 1 tsp. cumin
- 1 tsp. oregano
- Pepper – to taste
- 1 Tbsp. avocado oil or canola oil
- 1 cup shredded cheese
- Flour tortillas
- Toppings (optional): chopped cilantro, diced tomatoes, salsa, diced avocado, Greek yogurt



Directions:

- Preheat a medium skillet over medium-high heat. Add the avocado oil, red pepper and onion. Sauté onion until caramelized.
- Transfer the onion and pepper mixture to a medium mixing bowl.
- Add the chicken, cream cheese, beans, spices, 1/2 cup shredded cheese, green chiles and 1/2 cup enchilada sauce to the mixing bowl. Mix well.
- Spread a light layer of enchilada sauce on the bottom of a large casserole dish. Save the rest of the enchilada sauce for on top of the enchiladas.
- Fill tortillas with the enchilada mixture. Fold the wraps and place into the casserole dish. Once the dish is full, pour the remaining sauce over the enchiladas.
- Top 1/2 cup shredded cheese. Bake at 350F for ~25 minutes. Enjoy!

Asian Casserole

Recipe

Ingredients:

- 1 or 1.5 lb. lean ground beef or pork
- 2 (1 lb.) frozen stir-fry veggies
- 1 can bamboo shoots, drained
- 1 can water chestnuts, drained and sliced
- 1 can baby corn, drained
- 1/2 large yellow onion, diced
- 1/2 container mini Bella mushrooms, sliced
- 1 can healthy request cream of chicken soup (You could use cream of mushroom instead.)
- 1 package cauliflower rice medley
- 1/4 cup Braags liquid aminos or coconut aminos
- 2 garlic cloves, minced
- Black pepper - to taste



Directions:

- Preheat large skillet over medium-high heat. Add 1 Tbsp. Oil to the pan.
- Sauté the mushrooms and onions until onions are caramelized. Transfer to a large mixing bowl.
- Microwave cauliflower rice for 3 minutes. Add to the mixing bowl.
- Add the ground meat and garlic to the pan and cook until meat is browned. Transfer to the large mixing bowl.
- Add the frozen stir-fry veggies to the pan and sauté until soft. Transfer to the bowl.
- Add the baby corn, bamboo shoots, water chestnuts, cream of chicken soup, soy sauce and black pepper to the bowl. Mix well.
- Preheat oven 350F. Transfer ingredient to a large casserole dish. Bake for 20 minutes. Enjoy!

Recipe Info:

- Serves ~5-7

Cowboy Tuna Salad

Recipe

Ingredients:

- 2 - 15 oz. can black beans, drained and rinsed
- 2 - 12 oz. cans albacore tuna, drained
- 2 - 10 oz. cans Rotel diced tomatoes with
- green chilies, drain excess liquid
- 1/2 or 3/4 box barilla protein plus pasta, boiled and water drained
- 1 large orange or red pepper, diced
- 1 cup frozen corn, thawed
- 3 Tbsp. Dried chopped onions (found in the seasoning aisle)
- 1/3 cup canola or avocado oil
- 1/2 cup apple cider vinegar
- 2 Tbsp. Lemon juice
- 3 Tbsp. Honey or maple syrup
- 1/2 tsp. Salt
- Pepper, to taste



Directions:

- Mix all ingredients in a large mixing bowl.
- Transfer to a storage container that has a lid.
- Allow to sit for at least 5-6 hours in the fridge.

Recipe Info:

- Serves ~6-8

Dessert Ideas

Greek Yogurt Fruit Bars

Banana Ice Cream

Protein Fluff

Chia Pudding

Sweet Potato Brownies

Avocado Pudding

Protein Jell-O



Joker Jell-O®

Recipe

Ingredients:

- 4 cups water
- 2 large boxes (0.6 oz.) sugar-free lime Jell-O®
- 2 cups unsweetened vanilla almond milk
- 1.5 or 2 scoops protein powder (vanilla, chocolate or unflavored)

Directions:

- Heat water in a medium sized sauce pan until it reaches a boil.
- Remove from the heat source and stir-in the Jell-O® powder.
- Stir continuously for 2 minutes.
- Mix together the protein powder with almond milk in a shaker cup.
- Pour the protein mixture into the Jell-O® and mix well.
- Transfer the Jell-O® to a large casserole dish.
- Allow to chill in the refrigerator for at least 3-4 hours.

Nutritional Information:

- Entire Recipe: ~400 calories, 64 g protein



Pistachio Pudding

Recipe

Ingredients:

- 10 oz. container Truwhip Topping
- 2 (1 oz.) boxes sugar-free pistachio pudding
- 24 oz. container low-fat cottage cheese
- 20 oz. can crushed pineapple
- 1-2 cups pitted cherries, sliced in half
- 15 oz. can mandarin orange, drain excess liquid

Directions:

- Place all ingredients into a large mixing bowl. Mix well.
- Allow pudding mixture to chill in the fridge for at least 4-6 hours before serving.

Portion Size:

- ~3/4 cup

Chocolate Chia Pudding

Recipe

Ingredients:

- 2 cups milk or nut milk
- 1/2 cup chia seeds
- 1/2 or 1 tsp. pure vanilla extract
- 2 Tbsp. maple syrup or honey
- 8-10 pitted dates
- 3 Tbsp. cocoa powder
- 1/4 tsp. cinnamon (optional)



Directions:

- Place all ingredients into a blender.
- Blend until ingredients are well mixed.
- Allow mixture to chill in the fridge for at least 4 hours before serving.

Portion Size:

- ~1/2 cup

Recipe Index



Protein Pancakes

Recipe

Ingredients:

- 1/4 cup uncooked oatmeal
- 1 egg or 1/2 cup egg whites
- 1/4 cup cottage cheese or yogurt
- 1/2 scoop vanilla or chocolate protein powder
- 1/2 – 1 tsp. cinnamon

Directions:

- Place all ingredients into a blender or food processor.
- Blend until mixture forms a smooth batter. If batter is too thick, add ~1 Tbsp. water.
- Spray a frying pan with non-stick cooking spray. Pre-heat pan on medium-low heat for ~3-5 minutes.
- Take ~1/2 cup portions of the pancake batter and drop into the frying pan. Cook for ~2-3 minutes or until edges are golden brown. Flip pancake and cook for additional ~1 minute or until edges are golden brown

Nutrition: (whole recipe)

- ~250 calories, 9 g fat, 18 g carbohydrate, 30 g protein

Optional Toppings:

- Berries (blueberries, strawberries, etc.)
- Light syrup or sugar-free syrup
- Pure maple syrup or honey
- Applesauce
- Greek yogurt or cottage cheese
- Nuts or seeds
- Peanut butter or almond butter



Crockpot French Toast

Recipe

Ingredients:

- 9 slices whole grain bread
- 3 eggs
- 1.5 cups milk or milk alternative
- 1 tsp. vanilla extract
- 1/2 tsp. cinnamon
- Dash of sea salt

Filling:

- 3 cups sliced peaches
- 1 Tbsp. Honey or maple syrup
- 1 tsp. cinnamon

Directions:

- Spray crockpot with non-stick cooking spray or use crockpot liners for easy cleanup.
- In a small bowl, mix together the filling ingredients.
- Slice the bread into 4 triangles per slice.
- Layer some of the bread on the bottom of the crockpot. Add 1/4 of the peach filling over the bread. Repeat this process until you have three layers of bread. Add the remaining peach filling on top.
- Whisk together eggs, milk, cinnamon and vanilla extract. Pour egg mixture over the bread and peach filling.
- Set crockpot to low and cook for 4 hours or until the bread has soaked up the liquids.

Optional Toppings:

- Nuts or seeds
- Greek yogurt or cottage cheese



Slow Cooker Tacos

Recipe

Ingredients:

- *4-5 chicken breast, thawed
- *1/2 yellow onion, diced
- *14.5 oz. can diced tomatoes (any variety)
- *4.5 oz. can diced green chiles
- *1/2 cup fresh cilantro or 2.5 Tbsp. dried cilantro
- *3 Tbsp. homemade taco seasoning or 1 store packet

Directions:

*Spray a slow cooker pot with non-stick cooking spray. Sauté onion in a small pan with 1 tbsp. oil. Transfer sautéed onion to the slow cooker. Place chicken into the slow cooker. Coat chicken breast with taco seasoning.

*Add the tomatoes and green chiles to the slow cooker.

*Cook on low for 6-7 hours. Take chicken out and shred using two forks. Put shredded chicken back into the slower cooker and mix well. Add the fresh cilantro. Enjoy!

Recipe Info:

- Serves ~4-5



Balsamic Beef Roast

Recipe

Ingredients:

- 2-3 lb. beef roast
- 1/2 cup balsamic vinegar
- 1 medium yellow onion, diced
- 2-3 Tbsp. honey or maple syrup
- 2-3 Tbsp. Worcestershire sauce
- 1/2 cup low-sodium beef stock
- 3-4 cloves garlic, minced
- Black pepper - to taste
- 1/4 tsp. cayenne pepper (optional)
- 1 Tbsp. avocado or canola oil



Directions:

- Preheat a medium skillet over medium-high heat. Add the avocado oil and onion. Sauté onion until caramelized. Transfer to the crock pot.
- Place beef into a crock pot. Add remaining ingredients.
- Cook on low for 6-7 hours. Take beef out and shred using two forks. place back into the crock pot and allow to cook for an additional 30 minutes.

Recipe Info:

- Serves ~5-6

Veggie Tot Casserole

Recipe

Ingredients:

- 1 package Green Giant® veggie tots
- 1 package Green Giant® rice cauliflower
- 1 lb. lean ground beef
- 1 medium yellow onion, diced
- 3 stalks celery, diced
- 1 small container portobello mushrooms, diced
- 1 cup frozen green beans, thawed
- 1 cup frozen peas and carrots, thawed
- 3/4 cup sweet corn
- 2 tsp. powdered garlic
- 2 Tbsp. Worcestershire sauce
- 3/4 cup reduced fat shredded cheese
- 10 oz. can healthy request cream of celery soup
- Black pepper - to taste



Directions:

- Sauté onion, celery and mushrooms until soft. Drain excess liquid. Transfer to a mixing bowl.
- Brown the ground meat. Transfer to mixing bowl.
- Thaw the frozen veggies and add to the mixing bowl.
- Heat frozen cauliflower rice in the microwave for 3 minutes. Add to the mixing bowl.
- Add Worcestershire sauce, garlic, pepper and cream of celery soup. Mix well. Transfer to a casserole dish. Top with shredded cheese. Place veggie tots over the top of the casserole.
- Bake at 375F for 40-45 minutes. Enjoy!

Recipe Info:

- Serves -5-8

Easy Taco Casserole

Recipe

Ingredients:

- 1 lb. lean ground beef or turkey (90/10)
- 10 oz. can diced green chilies and tomatoes
- 4.5 oz. can diced green chilies
- 15 oz. can black beans – rinse and drained
- 15 oz. can kidney beans – rinse and drained
- 1/2 cup frozen sweet corn – thawed
- 20-25 Beanito® chips or tortilla chips – bottom layer for the casserole
- 3/4 cup shredded Mexican cheese or cheddar cheese
- ~2.5 Tbsp. homemade taco seasoning or 1 packet Mrs. Dash taco seasoning mix



Optional Sides/Toppings:

- Plain Greek yogurt – Replacement for sour cream.
- Guacamole
- Salsa
- Salad or roasted vegetables
- Diced green onion

Directions:

- Pre-heat oven to 350°F
- Spray a large casserole dish with non-stick cooking spray. Layer the bottom of the casserole dish with Beanito® chips.
- Pre-heat a non-stick skillet on medium high heat. Spray skillet with non-stick cooking spray.
- Add lean ground meat to the skillet and dice into small pieces. Drain excess grease as the meat cooks. Cook until the meat is browned.
- Add taco seasoning or Mrs. Dash taco seasoning mix to the meat and mix well.
- Toss in the beans, tomatoes, green chilies, corn and 1/4 cup of shredded cheese. Stir until ingredients are combined. Reduce heat to medium-low and allow the mixture to cook on the stovetop for a few minutes.
- Transfer skillet ingredients into a large casserole dish. Sprinkle the remaining shredded cheese evenly over the top of the casserole.
- Bake at 350°F for ~20 minutes.

Serves ~5-6

(~372 calories, 13.5 g fat, 33 g carbs, 27 g protein)

Broccoli Salad

Recipe

Ingredients:

- 1 cup chopped pecans
- 1 lb. broccoli, cut broccoli florets away from the stem
- 1/2 box barilla protein plus farfalle pasta, boiled and water drained
- 1 cup whole milk Greek yogurt
- 2-3 Tbsp. sugar or sugar substitute or maple syrup
- 1/3 cup diced red onion
- 1/3 – 1/2 cup red wine vinegar
- 2 cups red grapes, halved
- 6-7 slices cooked turkey bacon or center cut bacon, crumbled
- 1/2 tsp. Salt
- Pepper, to taste



Directions:

- Whisk together Greek yogurt with sugar, red wine vinegar, salt and pepper.
- Add the remaining ingredients to a large mixing bowl. Pour the yogurt dressing over the ingredients and mix well.
- Allow to chill in the fridge for 4-5 hours before serving.

Recipe Info:

- Serves ~6-8

Sweet Potato Brownies

Recipe:

- 1 medium sweet potato - cooked and skin removed
- 1/2 ripe avocado, peel removed
- 3 Tbsp. cocoa powder
- 3 Tbsp. maple syrup
- 1/4 tsp. sea salt
- 1.5 tsp. baking soda
- 1/2 cup milk or milk alternative
- 1/2 cup natural peanut butter
- 1/2 cup semi-sweet or dark chocolate chips
- 2 tsp pure vanilla
- 1/4 cup uncooked oatmeal

Directions:

- Pre-heat oven to 350 degrees. Spray 8X8 baking pan with non-stick cooking spray
- Combine all ingredients except for the chocolate chips into a food processor or blender. Blend until batter is smooth.
- Fold in the chocolate chips.
- Spread the batter into the 8x8 baking pan.
- Bake for 20-25 minutes. Allow to cool for ~10-20 minutes before cutting.

Yield:

- 16 bars

Nutrition: (whole recipe)

- ~120 calories per bar

