



Get Well. Stay Well. Be Well.

Dietitian-Customized Recipes
Designed to Fuel Your Wellness

 **AvanceCare**[™]

avancecare.com

The recipes presented here have been adapted and tested by Avance Care Registered Dietitians.

Table of Contents

One Pot and One Pan

Chicken Butternut Squash Soup	<u>6</u>
Unstuffed Cabbage Bowls	<u>7</u>
Mexican Cauliflower and Bean Skillet	<u>8</u>
Tomato Gnocchi Turkey Meatballs	<u>10</u>
Ground Turkey Stuffed Pepper Soup	<u>11</u>

Air Fryer

Crispy Soy Garlic Tofu	<u>13</u>
Shrimp Burgers	<u>14</u>
Cottage Cheese Pizza Bagel	<u>15</u>
Beets with Yogurt Dip	<u>16</u>

30 Minutes or Less

Creamy White Bean Alfredo Pasta	<u>18</u>
Mediterranean Power Salad	<u>20</u>
Peanut Butter Banana “Ice Cream”	<u>21</u>
Sugar Snap Pea and Carrot Soba Noodles	<u>22</u>
Chicken Rice Noodles	<u>24</u>
Salmon with Asparagus and Roasted Potatoes	<u>25</u>
Cheesy Peach and Prosciutto Flatbread	<u>26</u>
Banana Bliss Mug Muffin	<u>27</u>

Sheet Pan

Cranberry Granola	<u>29</u>
Roasted Fish with Cherry Tomatoes	<u>31</u>
Whole Grain Cinnamon Apple Pancakes	<u>32</u>
Mini Meatloaves	<u>33</u>
Pineapple Chicken Teriyaki	<u>34</u>

Slow Cooker

Kung Pao Chickpeas	<u>36</u>
Peanut Chicken	<u>38</u>
Beef and Vegetable Ragu	<u>39</u>
Chicken Enchilada Soup	<u>41</u>

Additional Resources	<u>43</u>
----------------------	-----------

Nutrition Facts	<u>48</u>
-----------------	-----------



Here to help you meet your health goals.

Our team of dietitians work with you one-on-one or in groups to provide you specialized care and education based on your needs and goals. Whether you're living with a gastrointestinal condition, have been recently diagnosed with a chronic disease, are managing diabetes, or just want to learn how to use food to fuel your body well, Avance Care Nutrition is here for you.

Topics Covered in Nutrition Counseling

- Meal and recipe planning
- Dining out and social occasions
- Disease-specific nutrition therapy
- Mindful eating
- Stress management
- Sleep hygiene
- Physical activity planning
- Food cravings
- Grocery shopping tips
- Sports nutrition
- Pediatric nutrition

Our dietitians are integrated into Avance Care primary care offices, so you can align your total health and wellness journey. We also offer virtual visits. Most health insurances do not require a referral and cover counseling services provided by a registered dietitian.

To learn more about Nutrition or request an appointment, [click here](#) or visit avancecare.com/nutrition.



One Pot
and One Pan

Chicken Butternut Squash Soup



6 servings



55 minutes

INGREDIENTS

1 tablespoon olive oil	5 cups chicken broth or chicken bone broth
1 medium onion, chopped into ¼-inch pieces	1 teaspoon Kosher salt, more to taste
1 medium red bell pepper, diced into ½-inch pieces	½ teaspoon black pepper
1 teaspoon ground cumin	4 tablespoons lemon juice
4 cloves garlic, minced or pressed	2 tablespoons fresh parsley, chopped, plus more for garnish
1 pound boneless skinless chicken thighs or chicken breasts	2 tablespoons pumpkin seeds, optional for garnish
6 cups butternut squash, peeled, cut into ¾-inch cubes	

DIRECTIONS

1. Heat olive oil in a 5 to 6-quart Dutch oven or soup pot over medium to medium-high heat. Add onion, bell pepper, and cumin. Cook, stirring occasionally, until vegetables soften, about 5 to 6 minutes.
2. Stir in the garlic and cook, stirring constantly, for 1 more minute.
3. Add chicken, cubed butternut squash, chicken stock, salt, and pepper. Stir to combine.
4. Cover, bring to a boil, then reduce heat to low. Cover again and simmer for 15 to 20 minutes, stirring once or twice, until the chicken is fully cooked with an internal temperature of 165 degrees Fahrenheit.
5. Remove the chicken with a slotted spoon, shred it, and set aside.
6. Ladle 4 cups of the soup into a heatproof bowl. Blend with an immersion blender, or in a high-powered blender or food processor, until smooth. If using a blender or food processor, remove the lid's center cap and loosely cover with a kitchen towel to allow steam to escape safely.
7. Return the pureed soup to the pot along with the shredded chicken. Taste and adjust seasoning if needed.
8. Bring the soup to a final boil.
9. Stir in lemon juice and parsley. Ladle into bowls and garnish with additional parsley and pumpkin seeds.
10. To store leftovers, cool completely and transfer to an airtight container. Store in the refrigerator for up to 5 days. To freeze, use freezer-safe airtight containers, leaving room for expansion, and store for up to 3 months.
11. If frozen, thaw overnight in the refrigerator. Reheat on the stovetop over medium heat until simmering, or in a microwave-safe bowl, covered, in 30-second intervals, stirring between each, until warmed through.



Unstuffed Cabbage Bowls



5 servings



35 minutes

INGREDIENTS

Cooking spray

1 pound 99% lean ground turkey

1 ¼ teaspoon salt

1 medium onion, diced

4 garlic cloves, minced

1 tablespoon ground marjoram

Black pepper, to taste

1 (8-ounce) can tomato sauce

¼ cup water

½ teaspoon paprika

1 cup low-sodium chicken broth

2 tablespoons golden raisins

1 cup brown rice, cooked

1 medium head of cabbage, cored and chopped

DIRECTIONS

1. Heat a large pot or Dutch oven over medium-high heat, spray with the cooking spray and add your ground turkey and salt. Break up the meat and cook until browned, about 5 minutes.
2. Add the onion, garlic, marjoram, and black pepper to the pot and stir combine.
3. Add the tomato sauce, water, paprika, chicken broth and raisins to the pot. Cover and let lower to medium-low heat for 25 minutes to simmer, or until the mixture as thickened slightly.
4. Add the cooked rice and cabbage and mix all together. Cover again and cook for an additional 8 to 10 minutes, stirring occasionally and until the cabbage is softened and tender.
5. Store in an airtight container in the refrigerator for up to 1 week. Freeze leftovers in an airtight container as well for up to 3 months. Thaw overnight in the refrigerator. Recommended to reheat on the stove top but can also be reheated in the microwave until turkey is 145 degrees Fahrenheit.



Mexican Cauliflower and Bean Skillet



4 servings



25 minutes

INGREDIENTS

1 teaspoon olive oil

3 cups cauliflower, coarsely chopped

$\frac{3}{4}$ teaspoon salt

$\frac{1}{2}$ medium yellow onion, diced

1 green bell pepper, diced

1 clove garlic, minced

1 teaspoon chili powder

$\frac{3}{4}$ teaspoon ground cumin

$\frac{3}{4}$ teaspoon ground cayenne

pepper

1 (15-ounce) can of black beans,
drained and rinsed

1 cup shredded cheddar jack
cheese

Salsa and Greek yogurt to taste

DIRECTIONS

1. Heat oil in a 12-inch cast iron skillet over medium-high heat.
2. Add the cauliflower and salt to the skillet; cook and stir for 5 minutes.
3. Add the onion, bell pepper, garlic, chili powder, cumin, and cayenne pepper. Cook and stir for 5 minutes or until cauliflower is fork tender.
4. Add the black beans and cook until they are heated through.
5. Remove the skillet from the heat and sprinkle the cheese on top. Stir gently and let it stand until melted.
6. Serve with optional salsa and Greek yogurt.
7. Store leftovers in an air tight container for 3 to 4 days.



Tomato Gnocchi Turkey Meatballs



6 servings



50 minutes

Looking for an easy one pot meal that provides everything you need in one dish? Give this recipe a try! It's a great way to add more vegetables and color to your family's next meal.

INGREDIENTS

For the Gnocchi

2 (10-ounce) containers of fresh grape tomatoes
1 pound gnocchi, uncooked
2 tablespoons of olive oil
2 tablespoons balsamic vinegar
2 teaspoons honey
2 teaspoons oregano
2 teaspoons dried basil
6 cloves garlic, minced
Salt and black pepper, to taste

For the Meatballs

1 pound ground turkey
½ cup breadcrumbs
⅓ cup fresh basil or 2 tablespoons dried basil
1 teaspoon dried oregano
½ teaspoon ground black pepper
1 teaspoon salt
2 cloves garlic, minced
1 large egg
1 tablespoon of olive oil

DIRECTIONS

1. Preheat the oven to 450 degrees Fahrenheit.
2. Add all of the gnocchi ingredients to a 9×13 inch baking pan, and stir until gnocchi and tomatoes are coated with ingredients.
3. Next make the meatballs, combine all the meatball ingredients, except the olive oil, into a large bowl. Stir until mixture is evenly combined.
4. Scoop 2 tablespoons of meat and roll into a ball. Place on top of the gnocchi ingredients in the pan. Ground turkey mixture should make 12 meatballs.
5. Once done, drizzle with 1 tablespoon of olive oil.
6. Bake for 25 to 30 minutes, until the meatballs are cooked through.
7. Store leftovers in an air-tight container for 3 to 4 days.



Ground Turkey Stuffed Pepper Soup



4 servings



1 hour

INGREDIENTS

3 tablespoons olive oil	1 (14.5-ounce) can diced roasted tomatoes	2 teaspoons dried oregano
1 small yellow onion, diced	1 pound 93% ground turkey	2 teaspoons dried basil
1 green bell pepper, diced	3 tablespoons tomato paste	2 teaspoons garlic powder
1 yellow bell pepper, diced	4 cups low-sodium beef stock	$\frac{1}{4}$ teaspoon black pepper
		Pinch salt

DIRECTIONS

1. Preheat a Dutch oven over medium heat and add olive oil.
2. Add diced onions and bell peppers and cook until they start to soften. Mix in the canned tomato and cook for a few more minutes.
3. Move vegetables over to the side and add ground turkey to the pan. Break it apart with a spoon, cover the pot with a lid, and cook until the turkey is mostly browned.
4. Mix in tomato paste into the pot and then pour in the beef stock.
5. Season with oregano, basil, garlic powder, salt, and pepper. Mix well and lower the heat to low. Close the lid but leave a small crack for the heat to escape. Cook for about 20 minutes.
6. Mix in rice, close the lid completely and cook until the rice is done.
7. Serve right away.
8. Store leftovers in an air-tight container for 3 to 4 days or freeze leftovers for up to 3 months. To thaw, put the soup in the refrigerator overnight to slowly defrost.



Air Fryer



Crispy Soy-Garlic Tofu



3 servings



1.5 hours

Tofu is an all-purpose plant-based protein source that is made into a quick, crispy, and flavorful dish! It's marinated in an umami-packed sauce that comes together quickly. Try this plant-based swap for your usual meat on grain or noodle bowls, salads, or wraps

INGREDIENTS

1 (14.5-ounce) block extra-firm tofu, quick pressed

4 tablespoons low-sodium soy sauce

3 tablespoons rice vinegar

1 tablespoon pure maple syrup

1 teaspoon toasted sesame oil

2 cloves garlic, minced

½ teaspoon dried ginger

DIRECTIONS

1. Cut the tofu into cubes and place them evenly on a cutting board lined with paper towels or a clean towel. Cover with another layer of towels, set a baking sheet on top, and then something heavy (such as a large book or cast-iron skillet). Press like this for 15 minutes while you make the marinade.
2. In a small bowl, mix together the soy sauce, rice vinegar, maple syrup, sesame oil, garlic and ginger.
3. Place the pressed tofu pieces in a shallow dish. Pour the marinade over the tofu. Let it marinate for at least 1 hour, covered, in the refrigerator. You can also leave it marinating overnight to add even more flavor.
4. Place the tofu pieces in a single layer in the air fryer basket (depending on the size of your air fryer, you may need to work in batches, so the pieces are not crowded).
5. Air fry at 400 degrees Fahrenheit for 10 minutes, then stop to shake the basket or rotate the tofu.
6. Air fry for 5 more minutes or until the pieces are golden and crispy.
7. Plate the tofu and drizzle the reserved marinade over the top. For an easy weeknight dinner, serve with steam-in-bag broccoli and brown rice.
8. Store the leftover tofu in a covered container in the refrigerator for 3 to 4 days. It's also good cold as a high-protein snack or in wraps and salads. Freezing is not recommended.

Shrimp Burgers

 4 servings  25 minutes

These easy to make shrimp burgers are a wonderful way to add more seafood to your diet. Pair them with a side salad for a quick weeknight dinner or have them as another option at your next cookout,



INGREDIENTS

16 raw jumbo shrimp, peeled, deveined and tails removed (about 1 pound)
1 stalk of celery, finely chopped
1 large carrot, grated (about ½ cup)
2 teaspoons lemon juice
2 teaspoons Dijon mustard
¼ cup basil, chopped
½ cup whole wheat breadcrumbs
Vegetable or olive oil, in a spray bottle
4 whole wheat hamburger buns
4 tablespoons light mayonnaise
1-2 romaine lettuce leaves, cut into 4 pieces
1 avocado, sliced and peeled

DIRECTIONS

1. Put the shrimp into a food processor or blender and pulse it a few times to roughly chop the shrimp. Remove three quarters of the shrimp and transfer it to a bowl. Continue to process the remaining shrimp in the food processor or blender until it is a smooth pureed consistency.
2. Transfer the puree to the bowl with the chopped shrimp.
3. Pre-heat the air fryer to 380 degrees Fahrenheit.
4. Add the celery, carrots, lemon juice, mustard, basil and breadcrumbs to the bowl of shrimp and combine well.
5. Shape the shrimp mixture into 4 patties and spray both sides of the patties with oil. Transfer two patties (or however many you can fit in one layer) to the air fryer basket. Air fry the patties for 10 to 15 minutes, flipping the burgers halfway through the cooking time. Ensure the burgers reach an internal temperature of at least 145 degrees Fahrenheit.
6. Once cooked, place the burger on a whole wheat bun and add mayo, lettuce and avocado. Store the leftover burgers for 3 to 4 days in the refrigerator. Freeze for 3-6 months if desired.



Cottage Cheese Pizza Bagel with Arugula Salad



1 serving



10 minutes

This lighter take on a pizza bagel swaps mozzarella for protein-packed cottage cheese, making it a satisfying yet balanced choice. Paired with a fresh arugula and cherry tomato salad, it is rich in antioxidants, fiber, and flavor.

INGREDIENTS

Pizza Bagel

6 tablespoons low-sodium tomato sauce
1 bagel thin (any savory flavor)
½ cup 2% low-fat cottage cheese
A pinch each: black pepper, garlic powder, dried oregano

Salad

2 cups arugula, washed
½ cup cherry tomatoes, sliced
1 ½ teaspoons olive oil
1 ½ teaspoons balsamic vinegar
Freshly ground black pepper, to taste

DIRECTIONS

1. Spread the tomato sauce evenly over the 2 bagel rounds. Evenly top with the cottage cheese.
2. Air fry at 400 degrees Fahrenheit (or use your toaster oven or broiler set on low) until heated and browned to preference, about 5-8 minutes.
3. Sprinkle with black pepper, garlic powder, and oregano.
4. Place arugula on a plate. Top with the tomatoes and drizzle with the oil and vinegar. Toss gently and season to taste with black pepper. Enjoy the salad alongside the pizza bagel.

Roasted Beets with Yogurt Dip



4 servings



10 minutes

These air-fryer beets turn crisp on the outside with tender centers—just like roasted potatoes, but faster and more nutrient-dense. They deliver fiber, antioxidants, and natural sweetness.



INGREDIENTS

Beets

- 4 medium beets
- 1 tablespoon olive oil
- ¼ teaspoon salt
- Black pepper, to taste

Yogurt Dip

- ¾ cup 2% plain Greek yogurt
- 2 tablespoons chopped mint
- 1 tablespoon olive oil
- ½ tablespoon lemon zest
- Pinch of garlic powder (optional)
- Pinch of salt

DIRECTIONS

1. Peel and slice each beet into 8 pieces. In a mixing bowl, toss the beets, oil, salt, and pepper together.
2. Transfer the beets to the basket of an air fryer. Depending on the size of your air fryer, you may need to work in batches as you want a single layer. Set the temperature to 390 °F and cook for 18 to 20 minutes, or until fork tender.
3. Meanwhile, prepare the yogurt dip. In a small bowl, whisk together the Greek yogurt, mint, olive oil, lemon zest, garlic powder (if using), and salt.
4. Remove the beets from the air fryer and serve with the yogurt dip.

A top-down view of a dark grey bowl filled with soba noodles. The noodles are light brown and tangled. They are garnished with bright green peas, thin orange carrot shreds, and small white sesame seeds. Two light-colored wooden chopsticks are positioned at the top right of the bowl. The bowl sits on a dark, textured wooden surface.

30 Minutes or Less

Creamy White Bean Alfredo Pasta



6 servings



30 minutes

The secret ingredient in this simple pasta recipe that provides a big nutrition boost are cannellini beans. The beans bring both protein and fiber which will help keep you full and satisfied. They also add a thick and creamy texture to the sauce that leaves this dish feeling rich and comforting like the original.

INGREDIENTS

1 pound fettuccine pasta, uncooked
2 tablespoons extra-virgin olive oil
2 shallots, diced (about 1/2 cup)
1/2 teaspoon salt
4 cloves garlic, minced
1/4 teaspoon red pepper flakes

1 (15-ounce) can cannellini beans, drained and rinsed
Freshly ground black pepper, to taste
1 cup low-fat milk
1/4 cup parmesan, grated
4 cups fresh baby spinach
Optional garnish: Fresh parsley

DIRECTIONS

1. Cook the fettuccine in a large pot of water according to the package instructions. Drain but reserve 1 cup of the cooking liquid. Return the pasta to the pot (not on heat).
2. While the pasta is cooking, make the sauce: Add the oil to a large skillet and place over medium heat.
3. Add the diced shallots and salt and cook until softened, about 3 minutes. Add the garlic and red pepper flakes and cook until fragrant, about 1 minute.
4. Add the beans and a few grinds of black pepper and cook, stirring, until warmed through, about 2 minutes.
5. Scrape the bean mixture into a blender and add the milk, parmesan, and 1/4 cup of the reserved pasta cooking liquid. Blend until smooth and creamy; if the mixture is too thick, add more pasta water, 1/4 cup at a time, until you reach the desired consistency, which should be thick but pourable.
6. Add the baby spinach to the pan that you used to cook the aromatics and beans. Stir over low heat until wilted but still bright green, about 1 to 2 minutes.
7. Add the sauce and spinach to the pasta in the pot and toss with kitchen tongs to coat. Serve with a garnish of parsley and grated parmesan. Store in the fridge for up to 3 days and add an extra splash of milk when reheating to reconstitute the sauce. Freezing is not recommended.





Mediterranean Power Salad



6 servings



30 minutes

INGREDIENTS

Salad

1 (15-ounce) can low sodium chickpeas, drained and rinsed
2 cups cherry tomatoes, sliced in half
1 bell pepper (any color), cored and diced
1 large cucumber, halved lengthwise, seeded, and diced
½ cup whole Kalamata olives, pitted
¼ cup fresh parsley, chopped
¼ cup red onion or shallot, minced
2 tablespoons capers, drained and rinsed
2 scallions, thinly sliced
1 (6-ounce) block feta, diced

Dressing

⅓ cup extra-virgin olive oil
2 tablespoons red wine vinegar
1 clove garlic, minced
½ teaspoon dried oregano
Black pepper, to taste

DIRECTIONS

1. In a small bowl, combine the olive oil, vinegar, garlic, oregano, and a pinch of black pepper. Whisk vigorously and set aside.
2. In a large bowl, combine the chickpeas, tomatoes, bell pepper, cucumber, olives, parsley, red onions, capers, and scallions. Pour dressing over the salad and toss well.
3. Add the feta, toss again, and serve at room temperature or chilled. This salad keeps well refrigerated for 3 to days. Do not freeze.



Peanut Butter Banana “Ice Cream”



2 servings



5 minutes

This dessert is just two ingredients and easy to make. It can provide an extra serving of fruit as well as a good source of healthy fats, giving it more fiber, vitamins and minerals than traditional ice cream. You can add other ingredients or spices (like cinnamon) to your taste to dress it up.

INGREDIENTS

2 medium bananas, peeled, halved and frozen

¼ cup natural peanut butter

Unsweetened shredded coconut for garnish

Tools

Food processor

DIRECTIONS

1. Place the frozen bananas and peanut butter in a food processor. Pulse and blend the ingredients until smooth. Stop after every few pulses to scrape down the sides of the processor.
2. Serve immediately in cold bowls and garnish with coconut if preferred.
3. Can store in an air-tight container in the freezer for up to 1 month.



Sugar Snap Pea and Carrot Soba Noodles



6 servings



30 minutes

INGREDIENTS

Soba

- 3 cups sugar snap peas or snow peas
- 6 medium-sized carrots, peeled
- 6 ounces soba noodles or spaghetti noodles
- 2 cups frozen edamame, shelled
- ½ cup fresh cilantro, chopped

Dressing

- ¼ cup reduced-sodium tamari or soy sauce
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon white miso paste
- 1 tablespoon toasted sesame oil
- 1 tablespoon honey or maple syrup
- 2 teaspoons fresh ginger, grated

DIRECTIONS

1. Bring two 4- to 6-quart pots of water to a boil.
2. Slice the sugar snap peas in half lengthwise or roughly chop. Use a julienne peeler to create thin strips of carrot, or a regular vegetable peeler to make ribbons.
3. In a small bowl, whisk together all dressing ingredients until smooth and emulsified. Set it aside.
4. In one pot, cook noodles according to package directions (typically about 5 minutes), until tender but still slightly firm. Drain and briefly rinse under cool water.
5. In the second pot, cook frozen edamame until heated through (about 4 to 6 minutes). Add the snap peas during the last 20 seconds of cooking. Drain well.
6. In a large bowl, combine the noodles, edamame, snap peas, and carrots. Pour in the dressing and toss well to coat. Add the chopped cilantro. Toss again and serve.
7. This salad is best within 2 days when stored covered in the fridge. For longer storage (up to 4 days), keep dressing separately.



Chicken Rice Noodles



4 servings



30 minutes

Chicken rice noodles are a quick and colorful dish that brings together tender chicken, silky rice noodles, and crunchy fresh vegetables, topped off with a creamy peanut sauce. The peanut sauce contains a dose of healthy fats that aid in absorbing the vitamins from the vegetables. This dish offers a great blend of textures, nutrients, and flavors that can be enjoyed hot or cold to provide a satisfying lunch or dinner.

INGREDIENTS

8 ounces of dry rice noodles
4 to 6 tablespoons of pre-made Thai peanut sauce
1 medium jalapeno, thinly sliced (seedless for less heat, if desired)
1 red bell pepper, thinly sliced
½ English cucumber, thinly sliced
1 cup tri-color coleslaw mix (dressing not needed)
½ bunch fresh cilantro, chopped
Asian-style crunchy noodles
Sesame seeds, for garnish

Chicken

2 tablespoons lemon juice
1 tablespoon olive oil
1 teaspoon salt
1 teaspoon garlic powder
1 teaspoon ground black pepper
1 pound of chicken tenders, cubed

DIRECTIONS

1. Combine lemon juice, olive oil, salt, garlic powder, and pepper in a large bowl, stirring well.
2. Add cubed chicken to bowl and gently toss until evenly coated.
3. Heat a medium sized frying pan over medium heat. Once hot, add the chicken to the skillet and cook for 4 to 5 minutes without touching the chicken.
4. After 4 to 5 minutes, flip chicken using a spatula until all sides are browned and internal temperature is 165 degrees Fahrenheit. Remove from heat to avoid overcooking.
5. Prepare rice noodles according to packet directions.
6. Once cooled, place noodles in a bowl and pour peanut sauce over the noodles. Toss to coat.
7. Assemble the bowls by adding noodles, jalapeños, bell peppers, cucumbers, coleslaw mix and chicken. Drizzle with additional Thai peanut sauce if desired. Top with cilantro, Asian-style crunchy noodles, and sesame seeds.
8. Enjoy!
9. Store in an airtight container in the refrigerator for up to 3 days. This recipe does not do well with freezing.



Baked Salmon, Potatoes, and Asparagus



4 servings



1 hour

INGREDIENTS

- | | |
|--|---|
| 2 pounds yellow baby potatoes, washed and peeled | $\frac{3}{4}$ teaspoon salt, divided |
| $\frac{1}{2}$ cup + 3 tablespoons olive oil, divided | 1 lemon, zested and juiced |
| $\frac{1}{2}$ teaspoon garlic powder | $\frac{1}{2}$ teaspoon dried dill |
| $\frac{1}{4}$ teaspoon dried oregano | 4 salmon filets (approximately 1 pound) |
| $\frac{1}{4}$ teaspoon smoked or sweet paprika | 1 asparagus bunch |
| $\frac{1}{4}$ teaspoon dried rosemary | White pepper, to taste |

DIRECTIONS

1. Preheat the oven to 425 degrees Fahrenheit.
2. Remove any eyes or dark spots from the potatoes. Cut the potatoes into quarters or small wedges and place them in a bowl. Mix the potatoes with 2 tablespoons of olive oil, garlic, oregano, paprika, rosemary and $\frac{1}{4}$ teaspoon salt until well combined.
3. Transfer the potato mixture to a large baking sheet and roast for 30 to 35 minutes, or until crispy on the outside and tender on the inside. For the best results, flip the potatoes halfway through cooking.
4. In a shallow baking dish, pour $\frac{1}{2}$ cup of olive oil to form a shallow pool. Add the lemon zest, lemon juice, and dried dill to the oil. Stir to combine.
5. Place the salmon filets skin-side down in the baking dish. Use a spoon to baste the top of the filets with the olive oil-lemon juice mix.
6. Season the salmon with $\frac{1}{4}$ teaspoon of salt and place baking dish in the oven while the potatoes continue to roast. Bake the salmon for approximately 15 minutes, or until they reach an internal temperature of 130 to 135 degrees Fahrenheit. While the salmon and potatoes are cooking, wash and trim the ends of the asparagus. Place the asparagus in a separate small baking dish and drizzle with the remaining tablespoon of olive oil.
7. Use your hands to toss and coat the asparagus and oil evenly. Then season the asparagus with $\frac{1}{4}$ teaspoon salt and white pepper.
8. Add the asparagus to the oven and roast for 8 to 10 minutes until tender crisp.
9. Serve the salmon with a drizzle of the olive oil-lemon juice mix, the asparagus, and the potatoes.
10. Store the leftovers in an airtight container for up to 2 days. Freezing is not recommended.



Cheesy Peach and Prosciutto Flatbread



4 servings



30 minutes

Soak up peach season with a twist on traditional flatbread. Pair sweet peaches with salty prosciutto and cheese on a crunchy base for a variety of flavors and textures that will satisfy and nourish you.

INGREDIENTS

1 peach, thinly sliced	3 ounces prosciutto
1 tablespoon balsamic vinegar	½ cup shredded mozzarella cheese
2 flatbreads (Stonefire brand suggested)	½ cup shredded gouda cheese
1 tablespoon extra-virgin olive oil	1 tablespoon fig jam
¼ teaspoon dried thyme	Fresh basil, to taste
½ teaspoon garlic powder	Balsamic glaze, to taste

DIRECTIONS

1. Preheat the oven to 425 degrees Fahrenheit.
2. Slice the peach and place it in a bowl with balsamic vinegar. Toss to coat and let sit for 5 minutes to marinate.
3. Prepare the remaining toppings: shred the mozzarella and gouda cheese, and tear or slice the prosciutto into smaller pieces.
4. Lightly brush the flatbreads with olive oil, then sprinkle with thyme and garlic powder.
5. Spread fig jam evenly over the flatbreads, leaving a small border around the edges for the crust.
6. Top the flatbreads with mozzarella and gouda cheese, followed by prosciutto and peach slices.
7. Place the flatbreads directly on the oven rack or a baking sheet. Bake for 8 to 12 minutes, or until the cheese is melted and the crust is golden.
8. Carefully remove from the oven and let cool for a few minutes. Top with fresh basil and balsamic glaze if desired. Slice and enjoy!
9. Store leftovers in the refrigerator in tin foil or an airtight container for up to 3 days.



Banana Bliss Mug Muffin



1 serving



6 minutes

Sometimes you just need a fast, healthier snack that still feels like a treat — and this banana bread mug muffin delivers. This quick version gives you all the soft, sweet banana goodness, while cooking in the microwave for an easy and warm single-serve bite. You can also make this recipe your own by adding chocolate chips, sprinkles, chopped nuts, dried coconut or raisins!

INGREDIENTS

1 very ripe banana

¼ teaspoon vanilla extract

1 teaspoon olive oil

2 tablespoons whole wheat flour

1 teaspoon sugar

¼ teaspoon baking powder

¼ teaspoon cinnamon or nutmeg

1 teaspoon of water

DIRECTIONS

1. Mash the banana in a small bowl and mix with vanilla extract and oil.
2. Put the flour, sugar, baking powder, cinnamon or nutmeg in a mug and blend the ingredients with a fork.
3. Add the mashed banana mixture to the mug with water. Mix until everything is evenly incorporated.
4. Microwave for 90 seconds and enjoy!



Sheet Pan

Cranberry Granola



12 servings



30 minutes

This homemade granola is packed with fiber-rich oats and heart-healthy fats from almonds and pumpkin seeds. It is naturally sweetened with maple syrup and dried cranberries. It is an excellent choice for breakfast or a snack—enjoyed on its own, with milk, or as a topping for yogurt and fresh fruit. Bonus, it can easily be made gluten free by using certified gluten free oats.

INGREDIENTS

4 cups old-fashioned rolled oats
1 cup raw almonds, chopped
½ cup raw pumpkin seeds
½ teaspoon salt
½ teaspoon cinnamon, ground
½ cup pure maple syrup
½ cup avocado oil or olive oil
1 teaspoon vanilla extract



DIRECTIONS

1. Preheat the oven to 350 degrees Fahrenheit and line a large, rimmed baking sheet with parchment paper.
2. In a large mixing bowl, stir together the oats, almonds, pumpkin seeds, salt, and cinnamon.
3. In a separate small bowl, mix the maple syrup, avocado oil, and vanilla extract. Add the wet mixture to the dry ingredients and combine until the oats, nuts, and seeds are evenly coated.
4. Spread the mixture onto the baking sheet in an even layer.
5. Bake for 20 to 30 minutes, or until lightly golden, stirring once halfway through. For chunkier granola, gently press the mixture back into an even layer after stirring.
6. Allow the granola to cool completely without touching it—at least 45 minutes. Sprinkle the dried cranberries over the top. Break the granola into larger pieces with your hands or stir with a spoon to achieve a finer, lighter consistency.
7. Store in an airtight container at room temperature for 1 to 2 weeks or freeze in a sealed freezer bag for up to 3 months. If frozen, let the granola sit out for 5 to 10 minutes so the dried fruit can soften before serving.



Roasted Fish with Cherry Tomatoes



4 servings



35 minutes

This vibrant one-pan roasted fish with cherry tomatoes is packed with lean protein, heart-healthy fats, and antioxidant-rich cherry tomatoes. You'll have dinner that's ready in under 45 minutes with minimal clean up. Pair this dish with a serving of brown rice – microwavable packets work great – for a boost of fiber that makes the meal more satisfying and balanced.

INGREDIENTS

2 pints cherry tomatoes, halved

1 large shallot, thinly sliced

3 cloves garlic, minced

2 tablespoons olive oil

1 tablespoon red wine vinegar

1 teaspoon honey

Salt and Black pepper, to taste

4 (6-ounce) mild white fish fillets, such as cod, tilapia, haddock, snapper, or halibut

½ cup fresh parsley or basil, chopped

1 teaspoon freshly grated lemon zest (from about

½ lemon), optional

DIRECTIONS

1. Preheat the oven to 400 degrees Fahrenheit. Line a sheet pan with parchment paper. Place tomatoes, shallots, and garlic on the sheet pan.
2. In a small bowl, whisk together the olive oil, vinegar, honey, salt, and pepper. Pour over the tomatoes, shallots, and garlic, and toss to combine. Roast until the tomatoes have collapsed and the shallots are translucent, about 15 minutes.
3. While the tomatoes roast, pat the fish dry with paper towels.
4. Toss the tomatoes, move them to the sides of the dish and place the fish fillets, evenly spaced, in the center. Roast until the fish is cooked through and flakes easily with a fork, 10 to 12 minutes.
5. Sprinkle the entire dish with the parsley. If using, sprinkle lemon zest over the fish. Serve the fish with the tomatoes, spooning any remaining juices on top.



Whole Grain Cinnamon Apple Pancakes



4 servings



50 minutes

INGREDIENTS

For Pancake Batter

- ¾ cup non-fat milk
- 3 large eggs
- ¾ cup whole-wheat flour
- ¾ cup ground flax seeds
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- ½ teaspoon salt
- ¼ teaspoon grated lemon zest

For Cinnamon Apples

- 2 tablespoons unsalted butter
- 3 medium apples, such as Honeycrisp, peeled and cut into ½-inch chunks
- 2 tablespoons granulated sugar

For Toppings

- 1 tablespoon powdered sugar, for dusting, optional
- 2 tablespoons maple syrup, for drizzling, optional

DIRECTIONS

1. Preheat the oven to 400 degrees Fahrenheit.
2. In a medium bowl or blender, add the milk and eggs, then mix until well combined.
3. Add the flour, ground flax seeds, vanilla extract, cinnamon, salt, and lemon zest, then blend again until smooth, scraping down the sides if necessary. Refrigerate the batter while cooking the apples.
4. Melt the butter in a medium-sized pan over medium heat.
5. Add the apples and sprinkle them with granulated sugar. Cook, stirring occasionally, until golden brown and softened, 10 to 15 minutes.
6. Arrange the apples evenly in a 10-inch non-stick pan. If using a pan that is not non-stick, spray it with non-stick cooking spray before adding the apples.
7. Remove the batter from the refrigerator and remix the batter to reincorporate the ingredients, then pour it over the apples.
8. Bake until golden brown and set in the center, about 20 to 25 minutes.
9. Serve warm, dusted with powdered sugar, or drizzled with maple syrup, if desired.
10. Store leftovers in an airtight container in the refrigerator for up to 3 days. Reheat in the microwave for 30 seconds. The pancakes can also be placed in the freezer for up to 3 months. To properly store it in the freezer, wrap it tightly in plastic wrap and place it in a freezer-safe bag. Reheat the frozen pancake in the microwave for 1 to 1 ½ minutes or in the oven at 350 degrees Fahrenheit for 10 minutes.



Mini Meatloaves



4 servings



50 minutes

INGREDIENTS

1 small onion, minced

1 teaspoon olive oil

1.3 pounds 97% lean
ground beef

½ cup quick oats

1 large egg

¼ cup + 2 tablespoons
ketchup, divided

1 teaspoon marjoram spice

Salt and pepper to taste

2 teaspoons Worcestershire sauce

DIRECTIONS

1. Preheat the oven to 350 degrees Fahrenheit. Line a sheet pan with non-stick aluminum foil (do not grease the foil).
2. Sauté the onion and olive oil on low until the onion is translucent, about 5 minutes. Set aside.
3. In a medium bowl, using your hands, mix the ground beef, cooked onion, oats, egg, ¼ cup ketchup, marjoram, salt and pepper until well combined and egg has been mixed completely through.
4. Divide the meat mixture into 4 portions of equal size and shape into mini loaves. Place loaves on the foil lined sheet pan.
5. In a small bowl, mix together the remaining ketchup and Worcestershire sauce. Brush this mixture onto each loaf as a glaze.
6. Bake, uncovered, for 40 minutes or until the internal temperature of the meatloaves are 165 degrees Fahrenheit.
7. Remove from the oven and let them rest for 5 minutes before serving.
8. Refrigerate leftovers in an airtight container for up to 1 week. Individually wrap meatloaves in saran wrap and then foil and freeze for up to 3 months. Thaw overnight in the refrigerator. Reheat leftovers in the microwave until the internal temperature is 145 degrees Fahrenheit.



Pineapple Chicken Teriyaki



4 servings



45 minutes

INGREDIENTS

1 cup quinoa, uncooked

1 pound chicken breast

1 tablespoon avocado oil

¼ teaspoon salt

¼ teaspoon pepper

1 red bell pepper, diced

1 orange bell pepper, diced

½ red onion, diced

½ cup low-sugar Hawaiian BBQ Sauce or teriyaki sauce

1 cup pineapple chunks (canned pineapple is convenient)

1 lime, juiced

Green onion, chopped for garnish

White sesame seeds for garnish

DIRECTIONS

1. Prepare the quinoa according to the directions on package and set aside.
2. Preheat oven to 350 degrees Fahrenheit and prepare a baking sheet by lining with parchment paper.
3. In a large bowl, add chicken breast and avocado oil. Then season chicken with salt and pepper.
4. In the same bowl, add the bell peppers, red onion and sauce to chicken. Use your hands to coat thoroughly and place on the lined sheet pan. Ingredients should be evenly spread out on sheet pan to evenly cook.
5. Bake in the oven for 20 minutes then remove the sheet pan and add pineapple chunks. Cook all ingredients for an additional 10 to 20 more minutes or until chicken reaches an internal temperature of 165 degrees.
6. Remove the sheet pan from oven and squeeze lime juice over the sheet pan. Serve with quinoa. Add chopped green onion and sesame seeds to garnish.
7. Store leftovers in an air-tight container for 3 to 4 days. Recipe may not freeze well.



Slow Cooker

Kung Pao Chickpeas



6 servings



3 to 6 hours

Chickpeas are a great source of plant protein and are easy to add into a vegetarian or vegan meal. The prep work is minimal and the best part is you can set it and forget it! This is a twist on the traditional take-out dish without peanuts and with higher fiber content with the beans and brown rice. Pair it with your favorite vegetable to help you feel fuller for longer. This is a wonderful dish to add to your usual meal rotation.

INGREDIENTS

½ cup red onion, chopped	½ teaspoon garlic powder
1 red bell pepper, chopped	½ teaspoon ground ginger
2 (15-ounce) cans of low sodium chickpeas, drained and rinsed	1 teaspoon red pepper flakes
¼ cup reduced sodium tamari	1 teaspoon toasted sesame oil
2 tablespoons balsamic vinegar	3 cups of brown rice, cooked
2 tablespoons maple syrup	3 green onions, chopped
	Sesame seeds, to taste

DIRECTIONS

1. Add the red onion, bell pepper and chickpeas into the bowl of the slow cooker.
2. In a separate small bowl, whisk together the tamari, balsamic vinegar, maple syrup, garlic, ginger, red pepper flakes and sesame oil. Pour the sauce into the slow cooker and stir well.
3. Cover the slow cooker and set it to cook for 3 hours on high heat or 6 hours on low heat. If you have to cook it longer due to your schedule, add 2 to 4 tablespoons of water to help prevent the sauce from overcooking.
4. Once the cooking is done, stir the mixture and serve them warm over a bed of brown rice. Sprinkle green onions and sesame seeds on top for garnish. Leftovers can be stored in an airtight container in the fridge for up to one week. Freezing may change the texture of the beans.



Peanut Chicken



4 servings



3 hours, 5 minutes

This recipe is an effortless, time-saving recipe perfect for busy days, offering a deliciously rich flavor with minimal preparation. Pairing it with fibrous carbohydrates like quinoa or brown rice adds fiber, keeping you fuller longer and promoting digestive health.

INGREDIENTS

For the chicken

- 2 bell peppers, diced
- ½ large onion, diced
- 2 garlic cloves, chopped
- 1½ pounds chicken breast

For the sauce

- ⅓ cup creamy peanut butter
- ⅔ cup low-sodium chicken broth
- ¼ cup low-sodium tamari sauce
- 1 tablespoon honey
- 1 teaspoon sesame oil
- 1 teaspoon chili garlic paste
- 1 tablespoon lime juice
- 2 tablespoons cilantro, chopped



DIRECTIONS

1. Add the bell peppers, onion and garlic to the bottom of your slow cooker, then place the chicken breasts on top.
2. In a bowl, whisk the peanut butter, chicken broth, tamari, honey, sesame oil, and chili garlic paste together.
3. Pour the sauce over the chicken, then cook on high for 2 to 3 hours or on low for 4 to 5 hours.
4. Remove the lid, then stir in the lime juice and cilantro.
5. Pair the chicken with cooked brown rice, quinoa or barley for added fiber.
6. Store leftovers in an air-tight container for 3 to 4 days. The recipe does not freeze well.



Beef and Vegetable Ragu



6 servings



8 hours, 30 minutes

Turn weeknight dinners into effortless meals with this hearty slow cooker sirloin and veggie medley. This hands-off cooking method makes it incredibly easy—just set it and forget it—saving you time and effort.

INGREDIENTS

1 tablespoon olive oil

2 pound stop sirloin beef, trimmed, cut into large chunks

1 yellow onion, finely chopped

4 cloves garlic, minced

2 carrots, diced

2 stalks celery, diced

1 can (28-ounces) crushed tomatoes

2 tablespoon tomato paste

½ cup low-sodium beef broth

1 teaspoon dried Italian seasoning

1 teaspoon salt

½ teaspoon black pepper

1 teaspoon fresh rosemary finely chopped or ½ teaspoon dried

1 teaspoon fresh thyme leaves or ½ tsp dried

1 cup mushrooms, sliced

DIRECTIONS

1. Heat olive oil in a large skillet over medium-high heat. Sear the beef chunks on all sides until browned (about 2 to 3 minutes per side). Transfer to slow cooker.
2. In the same skillet, sauté the onion, garlic, carrots, and celery for about 5 minutes, until softened. Add to the slow cooker.
3. Add crushed tomatoes, tomato paste, beef broth, Italian seasoning, salt, pepper, rosemary, thyme, and mushrooms in the slower cooker. Stir gently to combine.
4. Cover and cook on low for 8 hours or high for 4 to 5 hours, until beef is tender and pulls apart easily.
5. Shred the beef by using two forks. Return the shredded beef to the slow cooker and stir well to coat in the sauce.
6. Serve hot over whole wheat pasta, rice, zucchini noodles, or spaghetti squash.
7. Store leftovers in an air-tight container for 3 to 4 days or freeze leftovers for up to 3 months.



Chicken Enchilada Soup



6 servings



8 hours, 15 minutes

Enchilada slow cooker chicken soup is a hearty and wholesome dish packed with lean protein, fiber-rich beans, and nutrient-dense vegetables like peppers and corn. It's a balanced meal that supports heart and digestive health while keeping you full and energized. Using a slow cooker makes it incredibly easy to prepare, just add the ingredients and let it simmer into a flavorful, comforting soup.

INGREDIENTS

3 tablespoons olive oil	1 (14.5-ounce) can fire roasted tomatoes
3 tablespoons flour	1 (10-ounce) package frozen corn
½ cup low-sodium chicken broth	1 medium onion diced
2 cups skim milk	1 green bell pepper, diced
1 (10-ounce) can of enchilada sauce	2 large chicken breasts
1 (15-ounce) can black beans rinsed and drained	

DIRECTIONS

1. In a large skillet, heat the olive oil over medium-low heat and whisk in the flour until smooth and bubbly.
2. Remove from heat and add the chicken broth and 1/2 cup of milk, whisking to make sure there are no lumps.
3. Return to heat and bring to a gentle boil, stirring until it thickens. Then whisk in the enchilada sauce. Continue to whisk the mixture as you add the rest of the milk.
4. In the slow cooker, add beans, tomatoes, frozen corn, onions, and green bell pepper.
5. Place the chicken on top of this mixture.
6. Pour the sauce you just made over the chicken.
7. Cover and cook on low for 6-8 hours or high for 3-4 hours.
8. Right before serving, take out the chicken and shred it. Then add it back into the pot and mix to combine well.
9. Top with any optional ingredients: cilantro, sour cream, cheese, avocado
10. Store leftovers in an air-tight container for 3 to 4 days or freeze leftovers for up to 3 months.



Additional Resources

Designed to help make creating delicious and good for you meals easier than ever.

Herbs, Spices and Seasonings

Dried Herbs and Spices

- Allspice
- Basil
- Bay Leaf
- Cayenne Pepper
- Cilantro
- Cinnamon
- Curry
- Chili powder
- Cumin
- Coriander
- Dill
- Dry Mustard
- Garlic Power
- Marjoram
- Nutmeg
- Oregano
- Onion Powder
- Parsley
- Paprika
- Pepper
- Rosemary
- Red Pepper Flakes
- Saffron
- Sage
- Tarragon
- Thyme
- Turmeric

Fridge and Pantry Staples

- Balsamic Vinegar
- Low sodium soy sauce or coconut aminos
- Liquid Smoke
- Bouillon cubes – chicken, vegetable, beef (can make broth by adding water without having to buy the liquid container)
- Sesame seeds
- Peanuts – crushed on top of Asian stir fry
- Squeeze Ginger
- Squeeze Cilantro
- Already minced garlic
- Lemon & lime juice
- Green Onions / Chives

Fresh versus Dried Herbs

	Flavor	Shelf Life	Storage	Cost	Use
Fresh	Milder flavor, so more is needed. To maximize flavor, add fresh herbs at the end of cooking.	Shorter shelf life, but if properly stored, can be stored for 2 to 3 weeks.	Soft herbs (mint, cilantro, parsley, basil): Place washed herbs upright in a jar filled with 1 to 2 inches of water. Place a clear plastic bag over the leaves. Store in refrigerator, except for basil, which is best left on the counter. Hardy herbs (rosemary, dill, oregano): Loosely wrap in a damp paper towel and place in a reusable bag. Store in refrigerator.	Typically, more costly.	Best used when making a raw dish like a salad, or dressing.
Dried	Stronger flavor so less is needed. To maximize flavor, add dried herbs before or during cooking.	Longer shelf life. For best flavor, keep up to 1 to 3 years.	Don't need refrigeration. Store in a cool, dry place, and away from light.	More affordable.	If making a meal that is simmering on the stove (i.e. soup, stew sauce), then dried is best.

1 tablespoon of fresh herbs = 1 teaspoon of dried herbs

Quick and Easy Vegetable Recipes

Green beans - frozen bag

- Sautéed - Thaw in microwave for 2 to 3 minutes. Spray olive oil in heated pan, add garlic (powder or minced), onion (powder or minced) and drizzle liquid smoke. Cook until beans brown and feel firmer. Salt and pepper to taste.
 - Other flavor option - Asian. Sautee with garlic, onion, soy sauce and slivered almonds.

Carrots - frozen bag

- Sautéed - Thaw in microwave for 3 minutes. Spray olive oil in heated pan, add garlic, onion powder and drizzle with balsamic vinegar. Cook until carrots brown and feel firmer.

Spinach - frozen bag or fresh

- Sautéed - Thaw in microwave for 2 to 3 minutes if frozen. Spray olive oil in heated pan, add garlic and onions. Cook until onions become translucent, and then add spinach. For additional flavor, add creole seasoning or coconut aminos. Cook on medium for 5-8 min until less watery.

Mushrooms - white fresh or baby bellas

- Sautéed - Spray olive oil in heated pan, add mushrooms and onions and cook for 2 to 3 minutes. Then add minced garlic and salt. Cook until tender, about 10 minutes. Stir frequently.
 - Flavor with sherry, Italian herbs, thyme, rosemary, or garlic.
 - Asian style: splash with low sodium soy sauce, add broccoli and shredded carrots to make stir fry.
 - Mexican style with bell peppers and taco seasoning.
- Roasted – slice mushrooms in half, preheat oven to 400°F, and roast for 35 minutes, until they turn golden brown.

Broccoli

- Roasted – Wash and cut broccoli crown. Pour on baking sheet lined with parchment paper. Spray with cooking spray and season with preferred blend. Roast at 400°F for 9 minutes.
 - Flavor ideas: Italian herb blend, lemon juice, garlic salt, balsamic vinegar.

California Blend - frozen

- Sautéed - Thaw in microwave for 3 minutes. Spray olive oil in heated pan, add garlic, onions and drizzle with balsamic vinegar. Cook until carrots brown and feel firmer. To finish, sprinkle with a touch of parmesan cheese & panko breadcrumbs.

Cauliflower Rice -frozen

- Sautéed - Thaw in microwave for 2 minutes. Spray olive oil in heated pan, add garlic, onions and drizzle with low sodium soy sauce. Cook until edges brown.

Bell Peppers - fresh (pre- sliced in produce cooler for time saver)

- Sautéed – Spray olive oil in heated pan, add peppers (and potentially onions & mushrooms, garlic, and onion). Sprinkle with taco or creole seasoning. Cook until edges brown.

Balanced Smoothie Options

Protein (Pick 1-2):

- 5-6 ounces Low Fat Yogurt
- 1 cup Low Fat Milk
- 1 scoop Protein Powder (whey protein powder preferred)

Fruit/Starch (Pick 2 - Fresh or Frozen):

- $\frac{3}{4}$ cup Berries
- $\frac{3}{4}$ cup Pineapple
- $\frac{1}{2}$ cup Peaches
- $\frac{1}{2}$ Medium Banana
- 1 Small Apple
- 1 cup Melon
- 12 Cherries
- 3-4 Small Apricots
- 17 Small Grapes
- $\frac{1}{4}$ cup Old-Fashioned Oats

Vegetables (As Desired):

- Carrots
- Kale
- Spinach
- Cucumber
- Beets
- Broccoli
- Brussel Sprouts
- Tomatoes

Healthy Fat (Pick 2):

- 1 Tablespoon Flaxseeds
- 1 Tablespoon Chia Seeds
- 6 Almonds
- 4 Pecan Halves
- 6 Cashews
- 4 Walnuts
- 1 teaspoon Flaxseed or Olive Oil
- $\frac{1}{4}$ (2 Tablespoons) Avocado
- 1 Tablespoon Peanut Butter

Free Foods:

- Vanilla Extract
- 1 Tablespoon Unsweetened Cocoa Powder
- Cinnamon/Nutmeg/Ginger to taste

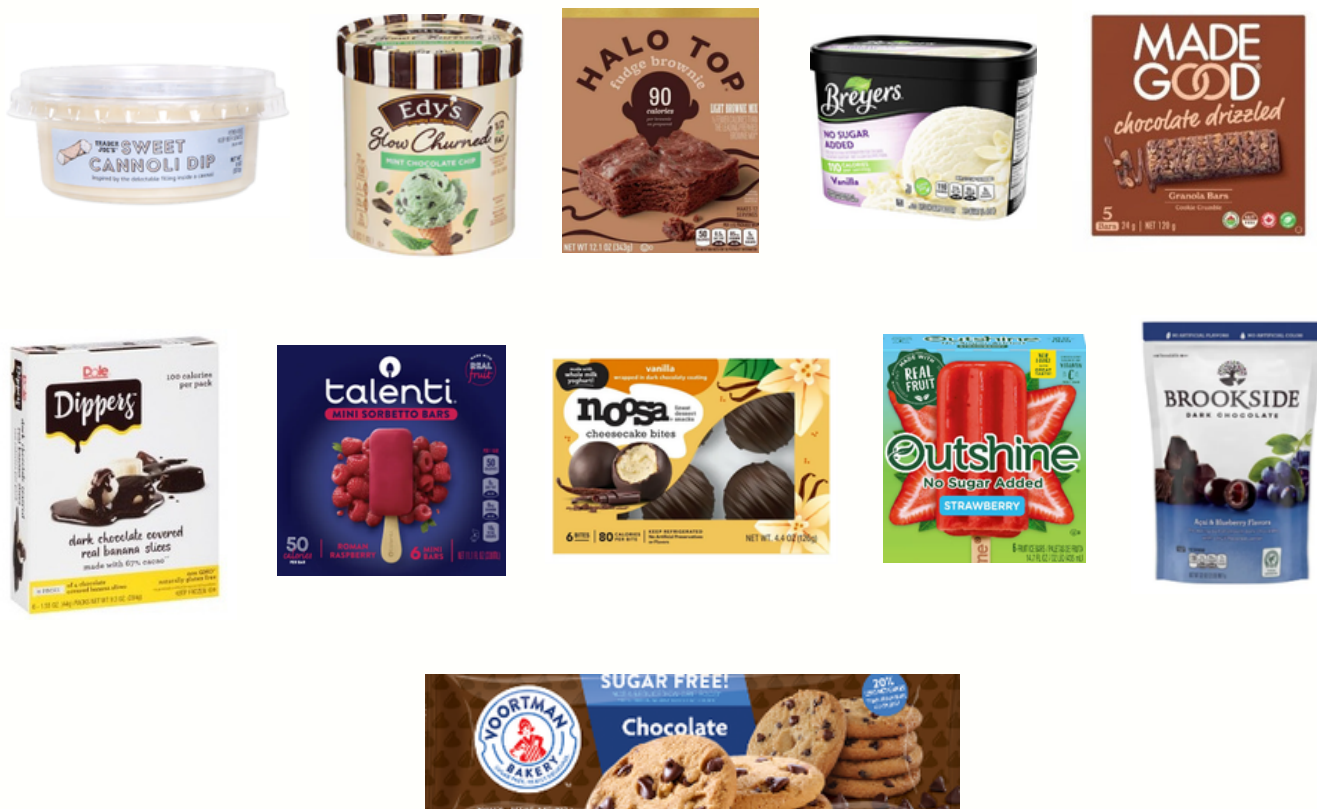


Satisfy your Sweet Tooth - in a Healthier Way

Healthier Choices

- Light ice cream or frozen yogurt
- Any amount of treat foods (small cookies, slices of cake or pie, etc.) aim for about 150 calories and 20g carbohydrate or less
- Nutrient dense treats containing fruit or made with whole grains or oats
- Mini desserts to help control portion
- Consider a small piece of dark chocolate (70% or greater cacao content). Pair with a few almonds or some strawberries!
- Dessert hummus-pair with a piece of fruit!
- Rice cake with nut butter, fruit, and honey
- Dark chocolate covered frozen banana
- Dark chocolate KIND bar
- Berries with 2 tablespoons whipped cream
- Frozen grapes
- Low-fat yogurt with granola and berries
- Apples with honey and peanut butter

Make desserts an occasional treat and choose something you truly enjoy in a small portion and eat it mindfully to savor the flavor. Allowing yourself a small portion of the real deal often leaves us satisfied. When you are at the store, here are some products to try:



Nutrition Facts

RECIPE	SERVING SIZE	CALORIES	FAT	PROTEIN	CARBS	FIBER	SODIUM
Chicken Butternut Squash Soup	1 ½ cups	276	7g	33g	22g	4g	449mg
Unstuffed Cabbage Bowls	1/5 recipe	238	2.2g	26g	30g	6.3g	908mg
Mexican Cauliflower and Bean Skillet	1 cup	227	11g	15g	3.3g	12g	640mg
Tomato Gnocchi Turkey Meatballs	¾ recipe	398	22g	25g	27g	2.9g	318mg
Ground Turkey Stuffed Pepper Soup	¼ recipe	365	20g	26g	22g	3g	511mg
Shrimp Burgers	1 burger, whole wheat bun, 1 tbsp light mayo, ¼ avocado	390	13.2g	31.7g	37.2g	8.8g	690mg
Cottage Cheese Pizza Bagel with Arugula Salad	1 bagel	297	8.8g	18.8g	41.1g	7.1g	584mg
Roasted Beets with Yogurt Dip	¼ recipe	130	7.8g	6g	9.7g	2.6g	266mg
Creamy White Bean Alfredo Pasta	1 ¼ cups	413	7.8g	16.7g	72g	7.7g	223mg
Mediterranean Power Salad	1 ½ cups	296	21.2g	9.9g	18.4g	4.6g	443.5mg
Peanut Butter Banana “Ice Cream”	½ recipe	298	17g	9.4g	34.1g	4.7g	6.7mg
Sugar Snap Pea and Carrot Soba Noodles	1 ½ cups	303	13g	14.5g	36.5g	5g	838mg
Chicken Rice Noodles	¼ recipe	480	9g	40g	62g	4g	520mg
Baked Salmon, Potatoes, and Asparagus	¼ recipe	575	30g	30g	46g	7g	522mg
Cheesy Peach and Prosciutto Flatbread	½ flatbread	525	27g	28g	40g	2.1g	1300mg
Banana Bliss Mug Muffin	1 mug	233	5.3g	3.3g	47g	4g	123mg

Nutrition Facts Continued

RECIPE	SERVING SIZE	CALORIES	FAT	PROTEIN	CARBS	FIBER	SODIUM
Cranberry Granola	½ cup	331	18g	8g	35g	5g	100mg
Roasted Fish with Cherry Tomatoes	¼ recipe	247	8.3g	32.7g	10.1g	2.5g	412mg
Mini Meatloaves	1 meatloaf	308	8.1g	36g	21.5g	2.4g	390mg
Pineapple Chicken Teriyaki	¼ recipe	320	8g	31g	33g	4g	263mg
Kung Pao Chickpeas	½ cup mixture, ½ cup brown rice	375	6g	15g	67g	11.5g	486mg
Peanut Chicken	¼ recipe	322	15g	34g	15g	3g	837mg
Beef and Vegetable Ragu	⅓ recipe	388	22g	34g	15g	4g	371mg
Chicken Enchilada Soup	⅓ recipe	394	11g	32g	43g	11g	622mg



Experience a New Kind of Care.

Find a location near you.

Primary Care • Behavioral Health • Nutrition Services • Psychiatry

avancecare.com | [@avancecare](https://twitter.com/avancecare)