

## BREAKFAST IDEAS

*Here are some healthy, quick ideas to spice up your breakfast.*

### LOADED SCRAMBLED EGG BREAKFAST MUFFINS

Prep Time: 15 Min. Cook Time: 20 min.  
Servings: 12  
Cost per meal: ~\$2.50

#### Ingredients:

12 large eggs  
1/2 tsp. salt  
1 red onion; chopped  
1 bell pepper; chopped  
2 cups cherry tomatoes; cut in half  
1/2 cup baby spinach; finely shredded  
1 cup shredded cheese

#### Directions:

Preheat oven to 350 degrees. Spray a 12-cup muffin pan with non-stick cooking spray or use thick muffin liners.

In a large mixing bowl, beat eggs. Add the remaining ingredients and mix together.

Scoop 1/3 cup of mixture in each muffin liner and back for 20-25 minutes or until the center is completely cooked.

**Time saver tip:** Store these muffins in a bag/container and place them in the freezer. Pull them out as needed, defrost them, and then microwave on high power for about 45 seconds to enjoy on the go!



### MAKE AHEAD INSTANT OATMEAL

Prep Time: 5 min. Cook Time: 2 min.  
Servings: 1 per bag  
Cost per meal: ~\$1.10



#### Ingredients:

Quaker Oats Quick 1- Minute Oatmeal, 42.0 oz  
Brown sugar  
Snack size baggies

#### Additional Toppings:

Raisins  
Dried berries  
Cinnamon  
Chocolate chips  
Walnuts

#### Directions:

Measure out 1/2 cup of instant oats and 1-3 teaspoons of brown sugar (for desired taste) and place into snack size baggies with any additional nonperishable toppings you may want. Store bags in a dry, cool storage area.

When ready to make, pour mixture in a microwavable safe container with 3/4 cup of water and microwave for 1 minute.

**Money Saver Tip:** By buying in bulk, you can save money and control the amount of sugar that is in your oatmeal.



#### Ingredient Spotlight: Tomatoes

Tomatoes contain lycopene, a carotenoid that not only contributes to the tomatoes pigment but is also a powerful antioxidant. A 2016 study in *The American Journal of Clinical Nutrition* showed that consuming **two or more servings of tomato products a week** was linked to a decreased risk of prostate cancer overall. Lycopene works in the body to neutralize free radicals that can damage DNA, stop inflammation, and reduce the spread of cancerous cells in the body.



## LUNCH/DINNER IDEAS

*Here are some healthy, quick ideas to change up your lunch/dinner.*

### SLOW COOKER STUFFED BELL PEPPERS

Prep Time: 10 Min. Cook Time: 6 Hours  
Servings: 4-6  
Cost per meal: ~\$1.90



#### Ingredients:

4-6 tri-color bell peppers; washed with top/seeds removed  
1 lb lean ground beef or turkey; uncooked  
1 bag of instant brown rice; cooked  
1 cup black beans; rinsed and drained  
1 cup frozen corn; thawed  
1 cup shredded cheese  
½ tsp. chili pepper  
½ tsp. ground cumin

Additional Toppings:  
Salsa, cheese, sour cream, etc..

#### Directions:

Spray the bottom of the slow cooker with nonstick cooking spray. Place peppers inside.

Combine ground beef or turkey, rice, black beans, corn, cheese, seasoning, and a sprinkle of salt and pepper into a large bowl.

Place the mixture into the cavity of each pepper.

Cook on high for 2-3 hours or on low for 4-6 hours or until meat is cooked through.

Serve immediately with additional toppings if desired!

### GRILLED CHICKEN, AVOCADO, AND SPINACH WRAPS

Prep Time: 5 min. Cook Time: 10 min.  
Servings: 3 people  
Cost per meal: ~\$3.50



#### Ingredients:

1 chicken breast  
1 avocado  
1 lemon  
1 cup fresh baby spinach  
3 tbsp. sour cream  
3 tbsp. grated cheddar cheese  
1 tsp granulated garlic  
1 tsp salt  
½ tsp ground black pepper  
1 tsp vegetable oil  
3 whole grain tortilla wraps

#### Directions:

Cut the chicken breast into strips and coat the chicken with olive oil, garlic, salt, and black pepper.

Heat up a grill pan and add the chicken, cooking for about 3 minutes on each side until done.

Peel and slice the avocado, squeeze the lemon juice over to prevent browning.

Spread the sour cream on one side of the wrap, sprinkle the cheese over, and then add the chicken, spinach, and avocado.

Wrap tightly and enjoy!

### BAKED SALMON

Prep Time: 5 Min. Cook Time: 20 min.  
Servings: 1 per fillet  
Cost per meal: ~\$4.00



#### Ingredients:

Fresh or frozen salmon fillets; thawed if frozen  
Extra virgin olive oil  
Salt and pepper

#### Directions:

Preheat the oven to 375 F.

Line a baking sheet with parchment paper.

Place salmon on the baking sheet and drizzle with olive oil. Season with salt and pepper.

Roast in oven for 20 minutes or until opaque and flaky.

**Add to the meal:** Salmon pairs well with salad greens, asparagus, or any other grilled vegetable of choice.

### STOVE TOP QUINOA

Prep Time: 1 min. Cook Time: 15 min.  
Servings: 2 per box  
Cost per meal: ~\$2.48



#### Ingredients:

Boxed quinoa  
Recommended brand:  
Near East Quinoa  
1 ¾ cups water  
1 tsp olive oil

#### Directions:

Prepare the boxed quinoa as instructed to enjoy a nutritious meal with no extra preparation.

Each box is flavored and contains all the necessary seasonings.

Quinoa pairs well with roasted veggies and/or grilled chicken if you wanted to serve as a side.

**Did you know:** quinoa is one of the few grains that contains all nine essential amino acids, making it a complete protein.