
A Nourishment Story...

How Food Shapes our Day

Loaded Oatmeal

Uplevel your bowl of oats by adding a hearty amount of protein, healthful fats, fruit, and fun texture. This will leave you satisfied and energized and have you looking forward to this breakfast over and over again.

Ingredients

- ½ cup of rolled oats
- ½ cup- 2/3 cup of water
- 1 scoop vanilla protein powder
- 1 tbsp chia seeds
- 1 tbsp Peanut butter
- ½ cup Frozen blueberries
- ½ tsp of Maple syrup
- 1 tsp Slivered almonds



Instructions

1. Make rolled oats according to package instructions. Once oats are cooked, add protein powder & peanut butter, and stir in oats until integrated. Top with a drizzle of syrup, chia seeds, blueberries, and slivered almonds.

Summer Rolls

This refreshing, colorful and nutrient packed lunch will have you making this dish a lunch staple. The peanut sauce will have you doing a little dance as you dip your rolls!

Recipe adapted from [roseytimestwo](#)

Ingredients

- 6-inch rice paper rolls
- Romaine lettuce
- Red Pepper
- Avocado
- Purple cabbage
- Mint
- Cooked extra firm tofu or rotisserie chicken sliced

Peanut Sauce

- 1/4 cup peanut butter
- 2 tbsp coconut aminos
- 2 tbsp rice vinegar
- 1 tbsp sesame oil
- 1 tbsp maple syrup/honey
- 1 tbsp water
- 1/2 tsp fresh or jarred ginger
- 1/3 tsp minced garlic

Instructions

1. Dip rice paper in water, then place chicken, pepper, mint, cabbage, lettuce and avocado and roll.
2. For peanut sauce, mix it all together until smooth & creamy. Enjoy!



Cottage Cheese, All Dressed Up!

Cottage cheese is affordable, versatile, and packed with protein. Some brands even contain probiotics! In this dressed up version, we gently sweeten the cottage cheese with low-sugar strawberry preserves and fresh strawberries!



Ingredients

- ½ cup Low-fat cottage cheese (try out Good Culture Brand)
- 1 tsp of low sugar strawberry preserves
- ½ cup of sliced strawberries
- Topping: crunchy low-sugar high protein granola (optional)

At Home Chipotle Bowl

Tonight, stay in and build your own Chipotle Burrito Bowl with the copycat recipes you know and love. Fluffy rice, beans, tender chicken, pico de gallo, and lots of guacamole. It's great for lunch or dinner when you want fresh food fast.



Ingredients

- Cooked rice of your choice
- Canned black or pinto beans (rinsed)
- Shredded cheese
- Romaine Lettuce
- Cilantro

Adobo chicken

- 2 lbs. chicken breasts
- ¼ Red Onion diced about
- 1 tbsp of adobo sauce

- 2 cloves of garlic
- 1 tbsp of Chili powder
- 1 tbsp olive oil
- 1 tsp Cumin
- 1 tsp Oregano
- Salt and pepper

Guacamole

- Jalapeno diced
- ¼ diced red onion
- Lime and lemon juice
- Diced cilantro
- Salt and pepper

Pico de Gallo

- Cherry tomatoes
- Jalapenos
- Limes and lemons

Instructions

1. Make rice according to package instructions
2. For Chipotle Chicken, blend the red onion, garlic, adobo sauce, ancho chili powder, olive oil, cumin, and oregano in a blender. Then add chicken breast, a bit of water and sauce to an InstaPot and cook according to poultry setting.
3. For the pico de gallo, chop up raw tomatoes, jalapeño peppers, red onion, and cilantro. Then combine all the ingredients in a bowl with lemon juice, lime juice, and salt.
4. For the guacamole, plan on about ½ avocado for each person. Scoop out the flesh of the avocados, and mash it together with the lemon and lime juice. Then stir in the chopped onion, cilantro, jalapeño, and a pinch of salt
5. To build the bowls, start with the rice, then beans, then the chipotle chicken. Add toppings, grab a fork, and enjoy!