

BREAKFAST:

Easy Omelet Egg Cups

Ingredients:

- 1 Tbs olive oil
- 3-4 cup chopped vegetables (peppers, onions, spinach, mushrooms, ect.)
- 2 cloves garlic, minced
- Salt and pepper to taste
- 4 whole eggs plus 4 additional egg whites



Directions: Preheat oven to 350 degrees F. Spray a non-stick muffin pan with cooking spray and set aside. Heat a large skillet over medium heat. Once hot; add oil, garlic, and chopped vegetables. Sauté 5-7 mins until tender. Season with salt/pepper and remove from heat. Crack eggs/egg whites into a bowl and whisk together. Stir cooked veggies into eggs. Pour mixture evenly into 12 muffin cups. Bake for 15-20 minutes, or until the tops are firm to the touch. Eat immediately or store in the fridge for about 4 days (freezer for up to 1 month).

LUNCH:

Batch Cook Bean Burger

Ingredients:

- ½ medium yellow onion, chopped
- 1 Tbs garlic, chopped
- 2 (15 oz) cans black beans, rinsed/drained
- 1 Egg
- ½ tsp red pepper flakes
- ½ cup bread crumbs
- Salt/pepper to taste
- Whole Wheat hamburger buns and toppings of your choice



Directions: Heat grill pan over medium heat. Finely chop onion and garlic. Add black beans, egg, and red pepper flakes. Mix/mash until beans are mostly smashed. Add bread crumbs and salt/pepper and mix until combined. Divide mixture into individual patties. Place on hot grill and cook 4-6 mins per side. Eat immediately or freeze for up to 1 month.

DINNER:

Quinoa Two Ways

Quinoa Stir-Fry

Ingredients:

- ½ cup of an onion, diced
- 1 carrot, sliced
- 1 bell pepper, diced
- 1 cup cauliflower, diced
- ½ c sliced mushrooms
- 1 cup canned chickpeas, drained
- 2 cups cooked quinoa
- 1-3 Tbsp soy sauce
- 1 cup fresh or canned pineapple, diced



Directions: Sauté chopped veggies in a skillet on medium heat. Adding water and stirring as food sticks. Once veggies are cooked tender-crisp add the chickpeas, cooked quinoa, soy sauce and mix together. Add the diced pineapple and enjoy!

Cold Quinoa Salad

Ingredients:

- 2 cups frozen shelled edamame
- 1 cup canned corn
- 1 cup cooked, cooled quinoa
- 1 green onion, sliced
- ½ red sweet bell pepper, diced
- 2 Tbsp finely chopped fresh cilantro
- 1½ Tbsp olive oil
- 2 Tbsp fresh lime juice
- ¼ tsp chili powder
- ⅛ tsp black pepper



Directions: Combine edamame, corn, quinoa, green onion, red pepper and cilantro in a bowl. Whisk together olive oil, lime juice, chili, and pepper until combined. Drizzle dressing over quinoa mixture and toss to coat. Chill for 2 hrs.