

Recipes Week 1

To Prep for this week

-Hardboil Eggs

Slice Red Peppers

Make Tuna Salad

-Cook Chicken Breasts

Chop onions

-Make a great Vinaigrette

Cook Quinoa

Tofu Stir Fry

1/2 Cup red pepper

1/2 cup sliced carrots

1 clove garlic chopped

1 cup snap peas

1 cup tofu, in cubes

1 tsp oil

1 tbs soy sauce

1/2 cup cooked brown rice

Salt and Pepper

Place tsp oil in a pan on medium, add vegetables and garlic, cooking until soft, about 7 minutes. Add tofu and cook until edges brown. Toss with soy sauce, serve with brown rice

Chicken Bacon Tacos

2 Corn tortilla Shells

3 slices Center cut bacon

5 ounces Chicken

1/2 cup fresh salsa

Cook bacon over medium heat Drain pan, warm chicken in pan with 1/2 cup of mild salsa. Chop bacon. Add to chicken and serve in warmed taco shells or lettuce wraps.

Apple Chai oats

1/2 Cup uncooked oats (4 SP)

1 & 1/4 Cup Water

1 Chai tea teabag

2 tsp Brown Sugar (2 SP)

1/4 tsp cinnamon

1/4 tsp vanilla extract

1 chopped apple

1 tsp Yogurt (1 SP)

minutes. Remove tea bag, stir oats in, then turn heat on. Simmer until oats are thick and cooked through. Stir in spices, 1 tsp brown sugar and chopped apple. Let stand to thicken and warm apple.

