



Easily swap and explore more meal options. visit eatlove.is

Nutrition Plan

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7



BREAKFAST

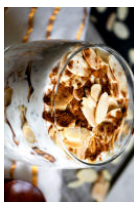
Simple Maple Oatmeal



Egg White and Spinach Wrap



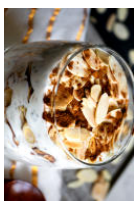
Yogurt with Chia Seeds



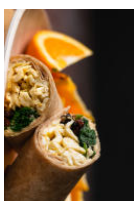
Egg White and Spinach Wrap



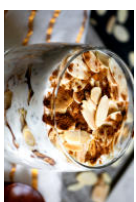
Yogurt with Chia Seeds



Egg White and Spinach Wrap



Yogurt with Chia Seeds



LUNCH

Eggs & Cheddar Bento, Blackberries & Sunflower



Leftover: Orange & Sweet Potato Pork Chops with



Tomato Avocado Mozzarella Lunch Box #1, 1/2



Grilled Chicken Salad with Poppy Vinaigrette



Leftover: Grilled Chicken Salad with Poppy Vinaigrette



Pizzadilla Box #3, Edamame



Leftover: Pizzadilla Box #3, Edamame



DINNER

Orange & Sweet Potato Pork Chops with Spinach,



Make-Ahead Vegetarian Burrito, Roasted Parsnips &



Leftover: Make-Ahead Vegetarian Burrito, Roasted



Parmesan Penne with Asparagus & White Beans,



Leftover: Parmesan Penne with Asparagus & White



Spinach Farrotto, Caramelized Onion, Green Beans, and



Leftover: Spinach Farrotto, Caramelized Onion,



SNACK

Snap Peas & Dip



Fruit Topped Rice Cakes



Dried Apple, Nuts & Greek Yogurt



Cereal with Bananas & Flaxseed



Popcorn & Grapes



Peanut Butter Crackers and Grapefruit

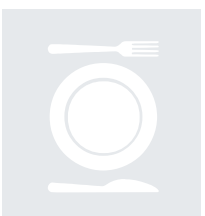


Banana & Greek Yogurt



2ND SNACK

Pear & Sunflower



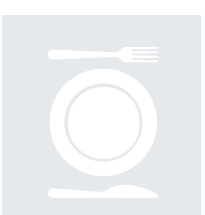
Carrots & Edamame with Dip



Cheese & Pretzels



Trail Mix





Grocery List

BAKING GOODS

- | | |
|--|---|
| <input type="checkbox"/> 1 bag (2 lb) of All Purpose Flour | <input type="checkbox"/> 1/4 pounds of Chia Seeds |
| <input type="checkbox"/> 1/8 pounds of Flaxseed Meal | |

CANNED / JAR GOODS

- | | |
|--|--|
| <input type="checkbox"/> 1 jar (8-10 oz) of Apricot Jam | <input type="checkbox"/> 1 can (15 oz) of Canned Black Beans |
| <input type="checkbox"/> 1 can (14 fl oz) of Canned Full-Fat Coconut Milk | <input type="checkbox"/> 1 can (15 oz) of Canned White Beans |
| <input type="checkbox"/> 1 container (32 oz) of Low Sodium Vegetable Broth | <input type="checkbox"/> 1 jar (18 oz) of Peanut Butter |
| <input type="checkbox"/> 1 jar (24 fl oz) of Pickles | <input type="checkbox"/> 1 jar (8 oz) of Sun Dried Tomatoes |

CEREALS

- | | |
|---|--|
| <input type="checkbox"/> 1 box (12 oz) of Rice Chex | <input type="checkbox"/> 1/8 pounds of Rolled Oats |
|---|--|

DAIRY

- | | |
|--|---|
| <input type="checkbox"/> 1 carton (16 oz) of Egg Whites | <input type="checkbox"/> 1 half dozen Eggs |
| <input type="checkbox"/> 1 container (4 oz) of Feta Cheese | <input type="checkbox"/> 1 package (8 oz) of Fresh Mozzarella Cheese |
| <input type="checkbox"/> 1 container (8 oz) of Grated Parmesan Cheese | <input type="checkbox"/> 1 package (8 oz) of Low-Fat Cream Cheese |
| <input type="checkbox"/> 1 pint of Milk, 2% fat | <input type="checkbox"/> 1 5/8 ounces of Parmesan Cheese |
| <input type="checkbox"/> 2 containers (8 oz) of Plain Low-Fat Greek Yogurt | <input type="checkbox"/> 4 containers (6 fl oz) of Plain Yogurt |
| <input type="checkbox"/> 1 container (15 oz) of Ricotta Cheese | <input type="checkbox"/> 1 package (8 oz) of Shredded Cheddar Cheese |
| <input type="checkbox"/> 1 package (8 oz) of Shredded Mozzarella Cheese | <input type="checkbox"/> 1 package (7.5 oz) of String Cheese (Mozzarella, Low Sodium) |

DELI

- | |
|--|
| <input type="checkbox"/> 1 package (5 oz) of Pepperoni |
|--|

DESSERTS

- | |
|---|
| <input type="checkbox"/> 1 bar (3-4 oz) of Dark Chocolate Bar |
|---|





Grocery List

DESSERTS

- ☐ 1 bottle (12 oz) of Maple Syrup

FROZEN FOODS

- ☐ 1 bag (16 oz) of Frozen Corn

INTERNATIONAL / ETHNIC

- | | |
|--|--|
| <input type="checkbox"/> 1 package (16 oz) of Edamame (Shelled & Cooked) | <input type="checkbox"/> 1 package (8 oz) of Panko Breadcrumbs |
| <input type="checkbox"/> 1 package (8 ct) of Whole Wheat Tortillas | |

MEATS / SEAFOOD

- | | |
|--|---|
| <input type="checkbox"/> 1 1/2 pounds of Boneless Pork Chops | <input type="checkbox"/> 1 1/2 pounds of Boneless Skinless Chicken Breast |
|--|---|

PASTA / RICE / BEANS

- | | |
|--|---|
| <input type="checkbox"/> 3/8 pounds of Farro | <input type="checkbox"/> 1 package (16 oz) of Whole Wheat Penne |
|--|---|

PRODUCE

- | | |
|---|--|
| <input type="checkbox"/> 1 1/4 pounds of Arugula | <input type="checkbox"/> 1 7/8 pounds of Asparagus |
| <input type="checkbox"/> 1 Avocados | <input type="checkbox"/> 1 bag (16 oz) of Baby Carrots |
| <input type="checkbox"/> 2 Banana | <input type="checkbox"/> 1 pint of Blackberries |
| <input type="checkbox"/> 1 pint of Blueberries | <input type="checkbox"/> 1 bunch of Broccoli |
| <input type="checkbox"/> 3/4 pounds of Carrots | <input type="checkbox"/> 1 pint of Cherry Tomatoes |
| <input type="checkbox"/> 1 package (1 oz) of Fresh Chives | <input type="checkbox"/> 1 bunch (2 oz) of Fresh Parsley |
| <input type="checkbox"/> 1 bunch of Fresh Thyme | <input type="checkbox"/> 1 Gala Apples |
| <input type="checkbox"/> 1 bulb of Garlic | <input type="checkbox"/> 1 Grapefruit |
| <input type="checkbox"/> 3/4 pounds of Green Beans | <input type="checkbox"/> 6 Oranges |
| <input type="checkbox"/> 3 Parsnip | <input type="checkbox"/> 1 Pear |
| <input type="checkbox"/> 4 bags (6 oz) of Raw Spinach | <input type="checkbox"/> 1 Red Bell Peppers |
| <input type="checkbox"/> 5/8 pounds of Red Grapes | <input type="checkbox"/> 1 Red Onions |





Grocery List

PRODUCE

- | | |
|--|---|
| <input type="checkbox"/> 1 quart of Strawberries | <input type="checkbox"/> 3/8 pounds of Sugarsnap Peas |
| <input type="checkbox"/> 1 Sweet Potatoes | <input type="checkbox"/> 1 Tomatoes |
| <input type="checkbox"/> 2 Yellow Onions | <input type="checkbox"/> 1 Zucchini |

SNACKS

- | | |
|---|--|
| <input type="checkbox"/> 1 package (4-5 oz) of Air-Popped Popcorn | <input type="checkbox"/> 1/8 pounds of Dried Apples |
| <input type="checkbox"/> 1/8 pounds of Dried Cherries | <input type="checkbox"/> 1/8 pounds of Mixed Nuts Unsalted |
| <input type="checkbox"/> 1/8 pounds of Pecans | <input type="checkbox"/> 1 package (10 oz) of Pretzels |
| <input type="checkbox"/> 1 bag (12 oz) of Raisins | <input type="checkbox"/> 1 package (4-5 oz) of Rice Cakes |
| <input type="checkbox"/> 1 package (2-3 oz) of Sliced Almonds | <input type="checkbox"/> 1/8 pounds of Sunflower Seeds |
| <input type="checkbox"/> 1 box (9-10 oz) of Triscuits | |

SOUPS / SAUCES / GRAVIES

- ☐ 1 jar (18 oz) of Marinara Sauce

SPICES / CONDIMENTS

- | | |
|---|---|
| <input type="checkbox"/> 1 bottle (8-9 fl oz) of Balsamic Vinegar | <input type="checkbox"/> 1 jar (2-3 oz) of Chili Powder |
| <input type="checkbox"/> 1 jar (8 oz) of Dijon Mustard | <input type="checkbox"/> 1 jar (0.75 oz) of Dried Oregano |
| <input type="checkbox"/> 1 jar (3 oz) of Garlic Powder | <input type="checkbox"/> 1 jar (1 oz) of Ground Cinnamon |
| <input type="checkbox"/> 1 bottle (12 oz) of Honey | <input type="checkbox"/> 1 bottle (16 fl oz) of Olive Oil |
| <input type="checkbox"/> 1 jar (2-3 oz) of Poppy Seeds | <input type="checkbox"/> 1 bottle (12 fl oz) of Ranch Dressing |
| <input type="checkbox"/> 1 jar (1 oz) of Rosemary Leaves | <input type="checkbox"/> 1 bottle (8-9 fl oz) of White Balsamic Vinegar |





INGREDIENTS

- 1 cup Milk, 2% fat
- $\frac{1}{4}$ cup rolled oats
- 2 $\frac{1}{2}$ tablespoons dried cherries
- 2 teaspoons maple syrup
- 3 teaspoons ground flax seed

Simple Maple Oatmeal

BY EVERYDAY EATLOVE

🕒 | 🍴 1 SERVINGS

🔄 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Bring milk to a boil in a pot over the stove.
2. Stir in oats, cherries, and maple syrup.
3. Simmer for 3-5 minutes until oats are fully cooked.
4. Stir in flax seed. Add more milk if needed to reach desired consistency.





INGREDIENTS

- 1 cup snap peas
- 2 tablespoons ranch dressing

Snap Peas & Dip

BY EVERYDAY EATLOVE

🕒 1 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Wash snap peas and serve with ranch dressing.





Pear & Sunflower

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Wash and chop pear. Serve with sunflower seeds.

INGREDIENTS

1/2 pear chopped

2 tablespoons sunflower seeds





Eggs & Cheddar Bento

BY EVERYDAY EATLOVE

🕒 5 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Wash and prepare apple and cherry tomatoes.
2. In the meantime, place egg in a saucepan and cover with water. Bring water to a boil. Once boiling, cover the pan with a lid and turn off the stove. Let stand for 10-12 minutes.
3. Strain water, run egg under cool water, and peel egg.
4. Serve altogether with crackers, cheddar, and ranch. Alternatively, pack into a lunch box for later consumption.

INGREDIENTS

5 triscuit crackers	2 eggs hard boiled
1/2 apple sliced	1 ounce cheddar
1 cup cherry tomatoes	1 tablespoon ranch





Blackberries & Sunflower

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

$\frac{3}{4}$ cup blackberries

2 tablespoons sunflower seeds

Method

1. Wash blackberries. Serve with sunflower seeds.





Orange & Sweet Potato Pork Chops with Spinach

BY EVERYDAY EATLOVE

🕒 10 MINS | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

1 tablespoon olive oil divided	1 dash cinnamon
8 ounces pork loin chops	1 dash salt
1 sweet potato cut into 1/2" slices	1 dash pepper
1 orange sliced	4 cups spinach

Method

1. Preheat oven to 350°F.
2. Heat half of oil in a skillet over medium high heat. Add pork chops and brown on each side, about 3-5 minutes.
3. Place pork chops and sweet potato slices in a baking dish and top with orange slices; sprinkle with seasonings.
4. Cover and bake for 1 hour until meat is tender. Pork is safely cooked when it has been heated to an internal temperature of 145 degrees F, followed by a 3 minute rest.
5. Meanwhile, heat the remaining olive oil in a pan over medium heat. Add spinach and cook until wilted. Serve pork chops topped with baked orange slices with sautéed spinach on the side.





INGREDIENTS

1/2 zucchini sliced	1 teaspoon chili powder
1/2 cup flour	1 teaspoon oregano
1/2 cup panko bread crumbs	1 teaspoon thyme
1 egg beaten	1/4 cup parmesan

Parmesan Zucchini Bites

BY COOKOLOGY

🕒 15 MINS | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Preheat oven to 350 degrees F.
2. Mix bread crumbs, chili powder, oregano, and thyme together.
3. Dredge zucchini in flour. Then dip it the in the beaten egg, then dredge in it in panko mixture.
4. Place on sheet pan and top with Parmesan.
5. Bake for 8 minutes at 350 degrees.





INGREDIENTS

1 whole wheat tortilla	1 tablespoon Low-Fat Cream Cheese softened
1 tablespoon sun-dried tomatoes drained and chopped	1/2 teaspoon oregano
2 cups spinach	1 tablespoon feta crumbled
3 egg whites	1 orange sliced

Egg White and Spinach Wrap

BY EVERYDAY EATLOVE

⌚ 15 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. In a small frying pan, heat sun-dried tomatoes over medium-low heat. Cook, stirring frequently, until tomatoes are softened.
2. Add spinach and cover for 1-2 minutes or until spinach is wilted, stirring once or twice as needed. Remove from pan and set aside.
3. Return pan to medium-low heat. Add egg whites, stir once, and cover and cook for 4-5 minutes or until set.
4. Meanwhile, combine oregano and cream cheese. Spread on tortilla and top with tomatoes/spinach and feta.
5. Place cooked egg whites on top of feta and wrap tightly into a roll.
6. If desired, crisp the outside of the wrap by placing on a dry skillet over medium heat. Start seam side down and flip after 2-3 minutes or until golden brown on each side.
7. Serve with orange slices.





INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

2 whole wheat tortillas	1/4 cup red onions chopped
1 cup black beans drained & rinsed	1/2 cup red peppers cooked and chopped
1/4 cup cheddar shredded	2 cups baby carrots
1/2 cup frozen corn thawed	2 oranges

Make-Ahead Vegetarian Burrito

BY EVERYDAY EATLOVE

🕒 10 MINS | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. On top of a paper towel, place the first tortilla. Spoon equal portion of black beans and shredded cheese onto the center of the tortilla. Top with corn, onions, and peppers.
2. Fold two opposite sides of the tortilla together. Fold in a third side of the tortilla and roll up, keeping the ends tucked in as you go.
3. Roll burrito up in paper towel, and then roll up in foil. Place in freezer bag and write today's date on the bag. Store for up to several months.
4. To reheat: Remove foil and microwave burrito inside of paper towel for 3-4 minutes if frozen. For best results, place burrito in fridge to thaw the night before and then microwave for 1 1/2-2 minutes.
5. Serve with fresh carrots and fruit.





INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

2 cups parsnips peeled and cut into 2 dashes salt
3-inch pieces 2 pinches garlic powder
2 cups carrots peeled and cut into 2 pinches pepper
3-inch pieces
1 tablespoon olive oil

Roasted Parsnips & Carrots

BY EVERYDAY EATLOVE

🕒 5 MINS | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Preheat oven to 400°F.
2. Toss the parsnips and carrots with oil, salt, garlic powder, and pepper.
3. Place in a single layer on a large baking sheet and roast for 20-30 minutes, stirring halfway through. The vegetables should be caramelized and blistered when done.





INGREDIENTS

- 1/4 cup ricotta
- 1 teaspoon apricot preserves
- 2 rice cakes
- 1/2 cup apples sliced
- 1/2 cup blueberries

Fruit Topped Rice Cakes

BY U.S. Highbush Blueberry Council

🕒 5 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. In a small bowl, stir together ricotta and preserves.
2. Spoon an equal amount on each of the rice cakes almost to the edge.
3. Arrange fruit slices in circles, on top of the ricotta mixture.
4. Top each with 1/4 cup of the blueberries.
5. Serve immediately.





INGREDIENTS

- 1 cup whole-milk yogurt
- 1/4 cup canned coconut milk
- 2 tablespoons chia seeds
- 2 tablespoons sliced almonds
- 1/4 teaspoon cinnamon

Yogurt with Chia Seeds

BY LAURA DORITY MS, RDN, LDN

🕒 5 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. In a medium bowl, mix together the yogurt, almond milk, and chia seeds. Pour 1/3 of yogurt mixture into a tall glass.
2. Sprinkle 1/3 of almonds and cinnamon on top. Repeat 2 more times with the remaining yogurt, almonds, and cinnamon, forming 3 layers.
3. Refrigerate to thicken for 5 to 10 minutes.





INGREDIENTS

- 1/2 cup plain Greek yogurt
- 1 sprinkle cinnamon
- 4 rings dried apple
- 2 tablespoons mixed nuts

Dried Apple, Nuts & Greek Yogurt

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Serve Greek yogurt with dried apple rings and mixed nuts. Sprinkle yogurt with cinnamon if desired.





Tomato Avocado Mozzarella Lunch Box

#1

BY EVERYDAY EATLOVE

🕒 15 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

3 slices fresh mozzarella cheese

1 tomato sliced

1/2 avocado sliced

Serve with

1 cup baby carrots

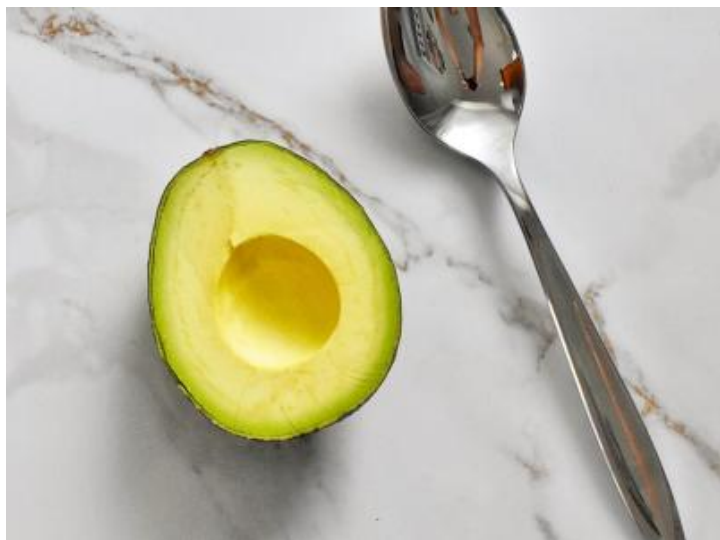
1/2 cup red grapes

1 pickle

Method

1. Slice tomato, avocado, and mozzarella. Arrange slices in alternating fashion.
2. Serve with remaining ingredients or pack into a lunchbox. Each lunchbox contains 3 slices mozzarella stack, 1 cup baby carrots, 1/2 cup grapes, and 1 pickle.





1/2 Avocado

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 SERVINGS

🔄 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Serve as a side. Can also scoop with a spoon to eat.
2. TIP: Know when an avocado is ripe and ready to eat by gently squeezing in your hand. A slight give means it's ready and a firm avocado may need another day or two.

INGREDIENTS

1/2 avocado





INGREDIENTS

- $\frac{3}{4}$ cup chex mix
- $\frac{1}{2}$ cup milk
- $\frac{1}{2}$ banana
- 1 tablespoon flaxseed

Cereal with Bananas & Flaxseed

BY EVERYDAY EATLOVE

🕒 5 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Pour cereal into bowl.
2. Add sliced bananas on top.
3. Sprinkle with flaxseed.
4. Add milk. Serve.





Carrots & Edamame with Dip

BY EVERYDAY EATLOVE

🕒 5 MINS | 🍴 1 SERVINGS

🔄 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

1/2 cup baby carrots	1/2 teaspoon chives sliced
1/4 cup edamame	1 pinch garlic powder (optional)
1/2 cup plain Greek yogurt	1 dash salt (optional)
	1 dash pepper (optional)

1. Wash carrots and remove shells from edamame.
2. Sprinkle Greek yogurt with chives, garlic powder, salt and pepper. Serve.





Parmesan Penne with Asparagus & White Beans

BY EVERYDAY EATLOVE

🕒 5 MINS | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

4 ounces whole wheat penne	6 cloves garlic minced
3 tablespoons olive oil	1/2 can white beans drained & rinsed
4 cups asparagus rinsed and chopped into bite-sized pieces	3 tablespoons Parmesan cheese grated

Method

1. Cook pasta according to box directions.
2. In a medium skillet, sauté oil, garlic, and asparagus for 5 minutes. Add beans and cook for another 3 minutes.
3. Mix pasta with beans and asparagus and top with cheese.





INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

2 cups asparagus chopped

Steamed Asparagus

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

With a steam basket

1. Add 2 cups of water to pot and bring to a steaming boil.
2. Add asparagus to steam basket or pot and place carefully in pot. Cover with lid.
3. Steam for 5 to 6 minutes or until tender.

without a steam basket

1. Add half an inch of water to the pot. This will create the steaming effect but is not enough to boil all the nutrients out of the vegetables.
2. Bring water to a steaming boil, add asparagus and cover with lid.
3. Steam for about 5 to 6 minutes or until tender.





Grilled Chicken Salad with Poppy Vinaigrette

BY U.S. Highbush Blueberry Council

🕒 25 MINS | 🍴 2 SERVINGS

🔄 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

1/2 pound skinless boneless chicken breasts	1 tablespoon honey
1 clove garlic minced	1/2 tablespoon Dijon mustard
1/4 teaspoon salt, divided	2 tablespoons olive oil
1/4 teaspoon pepper, divided	1 tablespoon poppy seeds
1/2 cup pecans	3 ounces arugula
2 tablespoons balsamic vinegar	4 ounces spinach
2 tablespoons white balsamic vinegar	1 cup blueberries
	2 tablespoons feta cheese crumbled

Method

1. Heat grill or grill pan to medium-high.
2. Sprinkle chicken with garlic, and half of the salt and pepper.
3. Grill until internal temperature reaches 165°F, about 8 minutes per side; set aside to cool.
4. Heat oven to 375°F. Spread pecans on a cookie sheet; bake until fragrant, 5 to 7 minutes.
5. In a mixing bowl, whisk the balsamic, white balsamic, honey, mustard and remaining salt and pepper.
6. Continue whisking while gradually adding the olive oil. Stir in the poppy seeds; set aside.
7. With two forks, shred the chicken.
8. In a large salad bowl, toss the arugula and spinach with the vinaigrette.
9. Top with chicken, blueberries, cheese and pecans and toss gently.





Popcorn & Grapes

BY EVERYDAY EATLOVE

⌚ 5 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Pour popcorn in a bowl and serve with grapes on the side.

INGREDIENTS

1 cup Air-popped Popcorn

1 cup Red Grapes





INGREDIENTS

1 string cheese

6 pretzels

Cheese & Pretzels

BY EVERYDAY EATLOVE

🕒 1 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Take string cheese out of package. Serve with pretzels.





Peanut Butter Crackers and Grapefruit

BY EVERYDAY EATLOVE

🕒 5 MINS | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

2 tablespoons peanut butter
10 Triscuits
1 grapefruit

Method

1. Rinse grapefruit and cut in half.
2. Spread peanut butter on crackers and serve with grapefruit.





Trail Mix

BY EVERYDAY EATLOVE

🕒 1 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Serve mixed nuts with raisins.

INGREDIENTS

2 tablespoons mixed nuts

2 tablespoons raisins





Pizzadilla Box #3

BY EVERYDAY EATLOVE

🕒 10 MINS | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

For the pizzadillas

1/2 tablespoon olive oil	1/2 ounce pepperoni
2 whole wheat tortillas	1/2 cup cherry tomatoes sliced
3/4 cup shredded mozzarella cheese	1/2 cup marinara sauce
	1 cup spinach shredded

Serve with

1 cup broccoli florets steamed
2 cups strawberries
2 squares dark chocolate

Method

1. Preheat oven to 400°F.
2. Brush one side of tortilla with oil and place facing down on a baking sheet. Sprinkle 3 tablespoons cheese over each tortilla, and divide the pepperoni and cherry tomatoes among tortillas. Top each with 3 tablespoons cheese. Bake at 400° for 5 minutes.
3. Remove from oven, and carefully fold each tortilla in half. Bake an additional 10 minutes or until browned and crisp, turning after 5 minutes. Brush with marinara and top with shredded spinach. Cut in half.
4. Serve with remaining ingredients or pack into a lunchbox. Each lunchbox contains 2 pizzadilla triangles, 1/2 cup broccoli, 1 cup strawberries, and 1 chocolate square.





INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

1 cup edamame

Edamame

BY EVERYDAY EATLOVE

🕒 7 MINS | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Boil water in a saucepan. Add edamame and cook for 5 minutes or according to package instructions.
2. Once done, remove from heat, drain water, remove the edamame beans from the pods as pods are not edible and serve.





INGREDIENTS

1 1/2 tablespoons olive oil	1/2 pound spinach
1/2 cup onion chopped	1/4 cup Parmesan cheese shredded
2 cloves garlic minced	1/4 cup parsley chopped
3/4 cup farro	1 dash salt
3 cups vegetable broth	1 dash pepper

Spinach Farrotto

BY RANELLE KIRCHNER, CHEF RDN

🕒 10 MINS | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Heat oil over medium heat in a large, skillet. Add the onion and garlic and cook until the onions soften and become transparent.
2. Add the farro and combine thoroughly, cook for about two minutes, then add the stock. Bring to a medium-low heat, cover, and cook for about 30 minutes or until farro is tender.
3. Remove the lid, and stir vigorously on occasion. Taste and adjust seasonings with salt and pepper. You may need to add more liquid if it is too thick. There shouldn't be too much liquid either. Think saucy, risotto consistency. You can always cook away excess water/stock as well.
4. 10 minutes before serving, add the spinach. Once wilted, add the parmesan and fresh parsley.





Caramelized Onion, Green Beans, and Toasted Almonds

BY MEDITERRANEAN NUTRITIONIST

🕒 15 MINS | 🍴 2 SERVINGS

🔄 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

12 ounces green beans trimmed	2 dashes salt
1/4 cup sliced almonds	2 dashes pepper
4 teaspoons olive oil	1/2 teaspoon dried oregano
1/2 onion thinly sliced	1/2 teaspoon dried rosemary

Method

1. Fill a large high-sided skillet with water until 1 inch from the rim. Bring to a boil over high heat. Once boiling, add green beans and cook until crisp-tender, 5-7 minutes. Drain and rinse with cold water. Set the green beans aside and dry the skillet.
2. Add almonds to dry skillet and toast over medium heat, stirring frequently, for 3-5 minutes until golden. Transfer the almonds to a bowl.
3. Return skillet to heat with olive oil. Add onions, salt, and pepper and cook until caramelized, stirring frequently, about 20-25 minutes.
4. Add oregano and rosemary and cook another 5 minutes.
5. Reduce heat to low and add green beans and almonds to skillet. Cook, stirring frequently, until heated through.





INGREDIENTS

- 1 banana peeled, sliced
- $\frac{2}{3}$ cup plain Greek yogurt
- 1 sprinkle cinnamon

Banana & Greek Yogurt

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Serve banana with Greek yogurt. Sprinkle with cinnamon if desired.

