



5 MIN MICROWAVE OMELETTE IN A MUG RECIPE

INGREDIENTS:

- 2 eggs
- 1/2 bell pepper, diced
- 2 slices of ham, diced
- 1/4 cup spinach, chopped
- salt and pepper to taste

PROCEDURE:

- Mix all ingredients together in a microwave safe mug.
- Microwave for 2-3 minutes, stir half way through to make sure the egg doesn't bubble over.
- Enjoy!

PREP TIME: 2 MINUTES

COOK TIME: 2-3 MINUTES

SERVINGS: 1

NOTES:

Feel free to add any other vegetables you like, such as tomatoes, onion or mushrooms. If you want to you could also add cheese!





PANERA INSPIRED APPLE SALAD

PREP TIME: 15 MINUTES
SERVINGS: 1

INGREDIENTS:

- mixed greens
- 1/4 red onion, sliced thinly
- 1 apple, sliced thinly
- 1/2 cup tomatoes, diced
- balsamic vinaigrette

PROCEDURE:

- Prepare your vegetables.
- Toss ingredients in a bowl.
- Pour on your desired amount of vinaigrette.
- Enjoy!

NOTES:

You could add some chicken to the salad and top with cheese. If you do not have mixed greens, lettuce or spinach could be used instead. Feel free to use a salad dressing of your choice!





ALL IN ONE VEGETABLE TRAY

INGREDIENTS:

- 2 or 3 potatoes, cubed
- 1 red onion, cubed
- 1 can of chickpeas
- 1 bell pepper, sliced
- 1/4 broccoli cut into florets
- 1 cup tomatoes,
- 2 garlic cloves
- 2 tbsp olive oil

PROCEDURE:

- Preheat your oven to 320°F.
- Prepare your vegetables.
- Place your potatoes and onion on a large tray, drizzle with 1 tbsp of olive oil and cook for 30 mins.
- Add the chickpeas, pepper, broccoli, tomatoes and garlic. Drizzle with 1 tbsp oil, then cook for 20-25 mins

BAKE

PREP TIME: 15 MINUTES

COOK TIME: 1 HOUR

SERVINGS: 2

NOTES:

If you do not have fresh garlic, you could season your tray bake with garlic powder, onion powder or other spices!





ZUCCHINI BROWNIES

INGREDIENTS:

- 3/4 cup white sugar
- 1/4 cup vegetable oil
- 1 tsp vanilla extract
- 1 cup all purpose flour
- 1/4 cup cocoa powder
- 3/4 tsp baking soda
- 1/2 tsp salt
- 1 cup shredded zucchini

PROCEDURE:

- Preheat your oven to 350°F.
- Mix sugar oil and vanilla in a large bowl.
- Mix flour, cocoa powder, baking soda, and salt in a separate bowl.
- Add flour mixture into sugar mixture slowly and combine.
- Fold zucchini into the mixture.
- Pour mixture into a greased baking pan.
- Bake for 25-30 mins.

PREP TIME: 15 MINUTES

COOK TIME: 30 MINS

SERVINGS: 12

NOTES:

You could also add chocolate chips or chopped walnuts to your brownies and even top with frosting!

