



W.I.C. Healthy Eating Recipe Book

Food Your Entire Family Can Enjoy!



Dear Readers,

The *W.I.C. Healthy Eating Recipe Book* was created for my Girl Scout Silver Award Project. I selected the W.I.C. (Women Infant and Child) Program because in the District of Columbia there is a need for healthier eating in our communities. I began researching recipes that used W.I.C. staples, such as whole wheat pasta, whole wheat bread, fruits, yogurt, canned salmon, canned tuna and vegetables. I have substituted many of the ingredients to make recipes easier, healthier and more cost effective.

This recipe book includes a variety of ways to eat healthy in a minimal amount of time, to ensure mothers have time to prepare healthy meals for their families and still have time to spend together doing other healthy things, such as exercising, reading, and playing.

Healthy eating has been proven to improve mood and behavior, cut the risk of diabetes and heart disease, which is known to plague minority communities, and increase student performance in the classroom and on the field.

First Lady Michele Obama's healthy eating initiative was another source of inspiration for this project. Her desire to make healthy eating tasty, affordable and available in all communities, led me to take notice to the lack of healthy eating initiatives in my own community and to do something about it!

Please enjoy these healthy recipes. It is my wish that you will continue to share this book with others who will benefit from learning new ways to make eating healthy easy, enjoyable and fun!

Sincerely,

Jamison T.

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Breakfast

Day 1 Breakfast - Multi-Grain Silver Dollar Pancakes w/ Fruit Topping

Ingredients

- 1/4 cup whole wheat flour
- 1/4 cup all-purpose flour
- 1/4 cup rolled oats
- 1/4 cup cornmeal
- ¼ cup of sugar
- 1/2 teaspoon salt
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 2 egg whites
- 2 tablespoons plain nonfat yogurt
- 2 tablespoons skim milk
- 2 tablespoons water

Directions

1. In a medium bowl, stir together the whole wheat flour, all-purpose flour, oats, cornmeal, sugar, salt, baking powder, baking soda and cinnamon. In a separate bowl, whisk together the eggs, yogurt, milk and water. Pour the wet ingredients into the dry, and mix just until moistened.
2. Heat a skillet over medium heat, and coat with cooking spray. Pour about 1/3 cup of batter per pancake onto the skillet. Cook until bubbles begin to form in the center, then flip and cook until browned on the other side.

Day 2 Breakfast - Turkey Sausage Cheddar Grits and Eggs

Ingredients

- 1 pound sausage
- 4 cups water
- ½ teaspoon salt
- 1 cup uncooked quick grits
- 1 ½ cups shredded sharp Cheddar cheese (6 ounces)
- 2 tablespoons butter or margarine
- 3 eggs, beaten
- ½ cup milk

Directions

1. Heat oven to 350°F. Spray shallow 3-quart casserole with cooking spray.
2. In 10-inch skillet, cook sausage over medium heat 7 to 9 minutes, stirring occasionally, until no longer pink; drain.
3. Meanwhile, in 3-quart saucepan, heat water and salt to boiling. Slowly stir in grits; reduce heat. Cover and cook 5 to 7 minutes, stirring occasionally; remove from heat. Stir in 1 cup of the cheese and the butter until melted. Stir in eggs, milk and sausage.
4. Pour grits mixture into casserole. Sprinkle with remaining 1/2 cup cheese.
5. Bake casserole uncovered 25 to 30 minutes or until center is set. Cool 10 minutes before serving

Day 3 Breakfast - Breakfast Burrito

Ingredients

- 2 teaspoons oil
- 1/2 small red onion, diced (1 cup)
- 1 red bell pepper, seeded and diced
- 1 cup drained, rinsed canned black beans, preferably low-sodium
- 1/4 teaspoon chili flakes
- Salt and ground black pepper
- 4 eggs and 4 egg whites
- 1/3 cup (about 1 1/2-ounce) shredded cheddar
- 4 (10-inch) whole-wheat tortillas (burrito-size)
- 1/4 cup plain yogurt
- 1/4 cup salsa
- 1 large tomato, (4 ounces) seeded and diced
- Hot sauce

Directions

Heat the canola oil in a large nonstick skillet over a medium-high heat. Cook the onions and peppers until onions are softened and peppers are slightly charred, about 8 minutes. Add black beans and red pepper flakes and cook until warmed through, another 3 minutes. Season with salt and pepper and transfer to a dish.

Whisk together the eggs, then stir in the cheese. Spray the skillet with cooking spray, and reheat the skillet over a medium heat. Reduce heat to low and add eggs, scrambling until cooked through, about 3 minutes. Spread each tortilla with 1 tablespoon each sour cream and salsa, then layer with 1/4 of the black bean mixture, 1/4 of the scrambled eggs, some diced tomato. Season, to taste, with hot sauce. Roll up burrito-style and serve.

Day 4 Breakfast - Sunny Salmon Cakes

Ingredients

- 3 teaspoons vegetable oil, divided
- 1 small onion, finely diced
- 1 stalk celery, finely diced
- 15 ounces canned salmon, drained and rinsed
- 1 large egg
- 3/4 cup seasoned breadcrumbs
- 1/2 teaspoon freshly ground pepper
- 1/4 teaspoon salt
- 1/4 teaspoon garlic powder
- 6 Eggs
- 1 Cup shredded hash browns

Directions

1. Heat and spread out 2 teaspoons vegetable oil in a large skillet over medium to high heat. Finely dice 1 small onion and 1 stalk of celery. Add to one side of the skillet and cook until soft stirring occasionally. On the other side of the skillet heat 1 cup shredded hash browns seasoned to taste with salt, pepper and garlic powder.
2. Add salmon to a medium sized bowl removing any bones or skin. Add 1 egg lightly beaten. Add the onion and celery and 3/4 cup seasoned breadcrumbs. Sprinkle with 1/2 teaspoon black pepper, 1/4 teaspoon salt and 1/2 teaspoon garlic powder.

3. Mix completely and shape into about 6 patties. Spread the remain teaspoon of Manzola Corn oil onto the skillet and cook the Salmon Cakes on low to medium heat until golden brown on both sides about 7-10 minutes per side.
4. When there is about 2-3 minutes left cook your egg over easy. Plate the crispy hash browns first then place the salmon cake on top and the egg on top of that

Day 5 Breakfast - Strawberry Banana Oatmeal

Ingredients:

- 1 cup milk of choice, or water
- 1/2 cup rolled oats
- 1 ripe banana
- 6 strawberries

Directions:

1. Bring milk (I use an equal mixture of almond milk and water) to a boil, add oats, and reduce heat to medium.
2. Mash up the banana and add to the oatmeal. Stir.
3. Once more of the liquid has absorbed, add 1/2 tsp vanilla extract. Stir.
4. When you're pleased with the consistency of the oatmeal, transfer to a bowl. Top with 4-6 diced strawberries and serve with another splash of your milk of choice

Day 6 Breakfast -Boiled Eggs w/ Fresh Fruit and Whole Wheat Toast

Ingredients

- 2 eggs(amount changes for how many people)
- 4 strawberries
- 1 sliced(in 4) orange
- ½ cup of blueberries
- 1 sliced apple
- 1 slice of bread(amount changes for how many people)

Directions

1. Boil the eggs for 20 minutes
2. Mix the fruit together
3. Toast the bread in a toaster or in a pan
4. You can top the toast with butter or margarine

Day 7 Breakfast - Yogurt Parfait w/ Frozen Fruit Layered w/ Cereal

Ingredients

- 2 cups vanilla yogurt
- 1 cup granola or granola cereal
- 8 strawberries

Directions

1. In a large glass, layer 1 cup yogurt, 1/2 cup granola and 4 blackberries.
2. Repeat layers

Day 8 Breakfast - Frosted Mini Wheats w/ Sliced Strawberries

Ingredients

- Frosted Mini wheats
- Strawberries
- Milk

Directions

1. Make a bowl of cereal
2. Top with sliced strawberries

Day 9 Breakfast - Citrus Bowl (grapefruit and oranges) w/ Whole Wheat Toast and Sausage Patty

Ingredients

- Sliced Grapefruit
- Sliced orange
- 1 slice of Whole wheat bread
- Sausage patty

Directions

1. Combine orange slices and grapefruit slices in a bowl
2. Toast the slice of bread in a toaster or in a pan
3. Put a teaspoon of vegetable oil
4. Fry sausage patties

Day 10 Breakfast - Super Smoothie Blast!

Ingredients

- ½ cup of sliced strawberries
- ½ cup of sliced bananas
- ½ cup sliced apples
- ½ cup frozen berries
- 1 cup of plain yogurt
- 1 cup of ice
- 1 tablespoon of peanut(optional)

Directions

1. Combine the fruit, yogurt, and ice in a blender

2. Blend the ingredients until a smooth, slightly thick consistency
3. Pour in your favorite glass and enjoy!

Day 11 Breakfast - Spinach and Cheese Mini Omelets

Ingredients

- 2 eggs
- 1 cup torn baby spinach leaves
- 1 1/2 tablespoons grated mozzarella cheese
- 1/4 teaspoon onion powder
- salt and pepper to taste

Directions

1. In a bowl, beat the eggs, and stir in the baby spinach and mozzarella cheese. Season with onion powder, salt, and pepper.
2. In a small skillet coated with cooking spray over medium heat, cook the egg mixture about 3 minutes, until partially set. Flip with a spatula, and continue cooking 2 to 3 minutes. Reduce heat to low, and continue cooking 2 to 3 minutes, or to desired doneness
3. Cut in half to be mini

Day 12 Breakfast -French Toast with Banana Topping

Ingredients

- 1 egg
- 1 teaspoon Vanilla Extract
- 1/2 teaspoon cinnamon
- 1/4 cup milk
- 4 slices bread
- 1 banana

Directions

1. Beat egg, vanilla and cinnamon in shallow dish. Stir in milk.
2. Dip bread in egg mixture, turning to coat both sides evenly.
3. Cook bread slices on lightly greased nonstick griddle or skillet on medium heat until browned on both sides
4. Top with sliced banana

Serves: Makes 4 servings.

Day 13 Breakfast -Smoothie Bowl

Ingredients

- ½ cup of sliced strawberries
- ½ cup of sliced bananas
- ½ cup sliced apples
- ½ cup frozen berries
- 1 cup of plain yogurt
- 1 cup of ice
- 1 tablespoon of peanut(optional)
- 3 apple slices

Directions

1. 1. Combine the fruit, yogurt, and ice in a blender
2. 2. Blend the ingredients until a smooth, slightly thick consistency
3. 3. Top with apple slices and granola

Day 14 Breakfast - Bacon and Egg Grilled Cheese Sandwich w/ a Side of Fruit

Ingredients

- 2 tbsp milk OR water
- Salt
- Pepper
- 3 tsp butter room temperature
- 4 slices whole wheat OR white bread
- 2 slices Colby –Jack Cheese
- 4 slices fully cooked bacon

Directions

1. Beat eggs, milk, salt and pepper in small bowl until blended.
2. Heat 1 tsp. butter in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture. As eggs begin to set, GENTLY PULL the eggs across the pan with an inverted turner, forming large soft curds.
4. Continue cooking – pulling, lifting and folding eggs – until thickened and no visible liquid egg remains. *Do not stir constantly.*
5. Remove from pan. Clean skillet.
6. Spread remaining 2 tsp. butter evenly on one side of each bread slice.
7. Place 2 slices in skillet, buttered side down. TOP evenly with scrambled eggs, cheese and bacon.
8. Cover with remaining bread, buttered side up.
9. Cook sandwiches over medium heat, turning once, until bread is toasted and cheese is melted, 2 to 4 minutes

Day 15 Breakfast - Scrambled Egg Tacos w/ Plain Yogurt Topping

Ingredients

- 3 large eggs
- 1/4 teaspoon each salt and ground pepper
- 1 cup grated Monterey Jack or cheddar
- 1 tablespoon unsalted butter, melted
- 3 tablespoons salsa
- 4 taco shells
- Shredded lettuce, sour cream, and tomatoes, for topping
- Tortilla chips and canned black beans, for serving (optional)

Directions

1. In a medium bowl, whisk together eggs until combined. Add salt and pepper and 1/4 cup grated cheese. Heat a medium nonstick skillet over medium-high heat, and add butter. When butter has melted, add the egg mixture, and cook about 30 seconds. Add salsa to pan, slowly stirring the egg mixture to scramble it as it cooks, about 1 minute. Immediately remove from heat.
2. Fill taco shells with egg mixture, and top with the remaining cheese, lettuce, sour cream, and tomatoes. Serve with tortilla chips or black beans, if desired

Day 16 Breakfast - Open Face Ham and Cheese Mini Toast

Ingredients

- 1 slice of provolone cheese
- 1 slice of whole wheat bread
- 3 slices of ham

Directions

1. Put ham on top of bread
2. Put ham and bread on pan
3. Slightly fry the ham and bread
4. Put slice of cheese
5. Fry till cheese is melted

Day 17 Breakfast - Breakfast Burger

Ingredients

- English muffin
- 1 egg
- 2 tsp of milk
- Salt
- Pepper
- 1 sausage patty
- 1 sliced cheese

Directions:

1. Whisk egg, milk, salt, and pepper together
2. Fry sausage patty till brown
3. Place sausage patty, egg, and cheese on English muffin
4. Slightly fry sandwich on pan

Day 18 Breakfast - Breakfast Quesadilla

Ingredients

- ½ cup cheddar shredded cheese
- 2 whole wheat tortillas
- 2 whole eggs (beaten)
- 4 slices of bacon
- Salsa

Directions

1. SPRINKLE 1/4 cup cheese on one side of each tortilla.
2. TOP each with 2 bacon slices.
3. COAT large nonstick skillet with cooking spray; heat over medium heat until hot. POUR IN eggs. As eggs begin to set,
4. GENTLY PULL the eggs across the pan with an inverted turner, forming large soft curds. CONTINUE cooking – pulling, lifting and folding eggs – until thickened and no visible liquid egg remains. *Do not stir constantly.*
5. SPOON eggs on top of bacon, dividing evenly. FOLD tortillas over filling to cover, pressing gently.

6. CLEAN skillet. COAT with cooking spray; heat over medium-low heat until hot. TOAST quesadillas just until cheese is melted, about 1 to 2 minutes per side. CUT into wedges; serve with salsa

Day 19 Breakfast - Bacon and Egg Muffin Tin Muffin

Ingredients

- 6 eggs
- 6 slices bacon
- 1 ounce cheese (optional)
- salt
- pepper

Directions

1. Preheat oven to 350 degrees.
2. Using a muffin/cupcake pan, line the holes with a slice of bacon, pressing the bacon around the sides of the hole, not on the bottom.
3. Crack one egg into each hole.
4. Sprinkle with salt and pepper and cheese if desired.
5. Bake at 350 degrees for 20 minutes or until the egg is the doneness you like.
6. These bacon and egg cups should pop right out of the pan

Day 20 Breakfast - Breakfast Flatbread Pizza

Ingredients

- Eggs
- 1 tablespoon Butter
- 3 tablespoons milk
- 8 large Eggs

Pizza

- 1 (10-ounce) (11-inch) thin prepared pizza crust
- 6 (3/4-ounce) slices Land O Lakes® Provolone Cheese
- 4 slices bacon*, crisply cooked, cut into 1-inch pieces

Directions

1. Heat oven to 450°F.
2. Whisk eggs and milk together in bowl.
3. Melt butter in 10-inch nonstick skillet; add egg mixture. Cook, lifting gently and stirring slightly to allow uncooked portions to flow underneath, 2-3 minutes or until set. Remove from heat; set aside.
4. Place pizza crust onto large baking sheet; top with 4 *slices* cheese, cooked eggs and bacon.
5. Cut remaining 2 *slices* cheese into quarters; separate pieces. Place cheese pieces over pizza. Bake 9-11 minutes or until cheese is melted.
6. Cut into 6 wedges. Serve hot

Day 21 Breakfast - Hash Brown Medley

Ingredients

- 4 potatoes (cut into pieces)
- 4 green bell peppers (cut into pieces)
- 1 onion (cut into cubes)

- 4 garlic cloves(sliced)
- 1 cup water
- 2 cups corn (thawed or fresh)
- 1 large tomato (diced)

Directions

1. Place the potatoes, green pepper, onion, and garlic in a nonstick frying pan with ½ cup of the water.
2. Cook, stirring, over medium heat for 5 minutes.
3. Add the remaining ½ cup water.
4. Cover and continue to cook for another 10 minutes, stirring occasionally.
5. Add the corn and tomato.
6. Cook, stirring, for an additional 5 minutes

Day 22 Breakfast - Caramelized Apples w/ Oatmeal

Ingredients

- 3/4 cup oats
- 3 1/4 cups water
- 1/4-1/2 tsp salt
- 1 tsp vanilla extract
- 1/2 tsp cinnamon
- 2 medium apples
- 1 tbsp butter

Directions

1. Combine oats and water in medium saucepan. Bring water to a boil.
2. Boil for about 15 minutes, turn the heat down to medium-low. Stirring occasionally, cook for an additional 15 minutes.
3. Once 30 minutes of total cooking time has elapsed, you need to watch the oatmeal and test it for doneness (not too firm, not too squishy). Stir it frequently – don't worry if it sticks to the bottom of the pan in places, just scrape the bottom well with your spoon.
4. Cook an additional 5-10 minutes, as necessary.
5. Add the salt, vanilla, and spices and remove from the heat when the oatmeal has reached the consistency that you like.
6. While oatmeal is cooking, prepare the apples. Peel and core the fruit, slicing each apple in half, then into 1/4-inch to 1/2-inch thick slices.
7. Sauté in a small saucepan over medium-high heat with butter until fruit is browned, then reduce the heat and cook until tender, stirring frequently.
8. Spoon apples into bowl with oatmeal.

Day 23 Breakfast - Loaded Breakfast Baked Potato

Ingredients:

Baked Potatoes:

- 4 large potatoes
- 4 tsp vegetable oil
- 1 tsp salt, divided
- 1 tsp ground black pepper, divided

Filling

- 12 Tbsp cheddar cheese, shredded
- 6 strips bacon, cooked and cut into 1/4" pieces
- 2 green onions, finely chopped
- 4 eggs
- Salt and ground black pepper, to taste

Directions

1. To prepare the baked potatoes, preheat the oven to 425°F and move one of your oven racks to the oven center.
2. Measure out four pieces of aluminum foil (be sure they're large enough to cover each potato) and pour a teaspoon of oil in the center of each piece of foil. Place the potato in the center of the foil and rub it with the oil until completely coated. Evenly sprinkle 1/4 teaspoon of salt and 1/4 teaspoon of pepper over each potato. Tightly wrap the potato and repeat with the remaining potatoes. Bake for 1 hour, or until fork tender. (The baking time will vary based on the size of your potatoes.)
3. Remove the potatoes from the oven, unwrap them, and let them cool for 6–8 minutes. Cut off the top third of the potato. Then, use a spoon to carefully scoop out the inside flesh, leaving at least a 1/4" border. (Your potato should resemble a bowl or boat.)
4. To prepare the loaded breakfast potatoes, reduce the oven temperature to 350°F.
5. Sprinkle 2 tablespoons of cheddar cheese in each potato. Sprinkle half of the bacon and half of the green onions evenly between the four potatoes.
6. Then gently break an egg into each potato bowl, taking care to not break the yolk. Sprinkle a little salt and ground black pepper on top of the egg. Top each potato with the rest of the bacon, green onions, and cheddar cheese.
7. Place the filled potatoes onto a baking sheet and bake for 25–30 minutes, depending on how you like your eggs.
8. Remove the potatoes from the oven and serve immediately

Day 24 Breakfast - Tofu Omelet

Ingredients

- 6 ounces (1/2 package) extra-firm tofu
- 1/3 cup soy milk (plus extra for batter consistency)
- 1 Tablespoon all- purpose flour
- 1 Tablespoon cornstarch
- 1/8 teaspoon turmeric
- 1/4 teaspoon seasoned salt

Directions

1. Remove tofu from package - draining all liquid. Place block on stacked paper towels. Gently press down on it with additional paper towels to remove excess liquid. Cut tofu into 5 or 6 blender-friendly pieces.
2. Place all ingredients in a blender or food processor and pulse until smooth. Tilt container to see if batter will slowly flow. If not, add additional soy milk by the Tablespoon until the batter is pourable. (Note: A fluffier, non-flowing batter is good for making Mock Scrambled Eggs, but it will break apart as an omelet.)
3. Place an 8-inch non-stick frying pan over medium heat. Add about 1 Tablespoon of olive oil and swirl pan to coat (or spray generously with cooking spray).
4. Pour the "egg" batter into the pan. Spread the batter gently to completely coat the bottom.
5. This is a great time to prepare any omelet fillings (suggestions below).
6. Cover and cook omelet 6 to 8 minutes until the top appears dry. If the omelet doesn't move freely when shaking the pan, gently work a spatula underneath so it loosens from the pan.
7. Add toppings to the half of the omelet farthest away from the pan's handle.

8. To plate and flip, begin to slide the omelet onto a serving plate. When half of the omelet is on the plate, tilt the pan over so the omelet folds in half.
9. Let set 1 minute. Serve warm

Day 25 Breakfast -French Toast Sandwich

Ingredients

- 2 eggs
- 1/2 c. milk
- 1 tsp. Cinnamon
- 2 slices of whole wheat bread
- 1 tbsp. butter
- 4 tbsp. sour cream
- 3 tbsp. strawberry jam
- Handful of strawberries, sliced

Directions

1. In bowl, beat eggs and add milk and cinnamon.
2. Dip challah into egg mixture and then place the dredged challah into pan over medium low heat with butter.
3. Cook for 2 to 3 minutes per side until golden brown.
4. Combine sour cream, sugar, and jam in bowl and stir to combine.
5. Spread cream cheese mixture onto one of the pieces of French toast and place layer of sliced strawberries on top.
6. Top with second piece of French toast and slice in half.
7. Dust sandwich with powdered sugar and garnish with sliced strawberries

Day 26 Breakfast - Pancake Poppers with Strawberries

Ingredients

- 1 1/2 cups all-purpose flour
- 3 1/2 teaspoons baking powder
- 3/4 teaspoon salt
- 1 tablespoon granulated sugar
- 1 cup plus 1 tablespoon milk
- 1 large egg
- 1 teaspoon vanilla extract
- 3 tablespoons unsalted butter, melted
- 1 large egg white
- 4 strawberries(side)

Directions

1. Preheat oven to 375 degrees F. Spray a cake pop or mini muffin pan with nonstick cooking spray. Set aside.
2. In a bowl, combine the flour, baking powder, salt, and sugar.
3. Add the milk, 1 whole egg, vanilla, and melted butter. Whisk until mostly smooth. Don't overmix. It's okay if some lumps remain.
4. In another bowl, beat remaining egg white until smooth peaks form.
5. Gently fold into batter until incorporated. Add mini chocolate chips, if using.
6. Using a cookie scoop, fill each cake pop mold or muffin cup with pancake batter (fill it almost all the way) and place in the oven.

7. Bake for 12 minutes or until a toothpick inserted in the middle comes out clean. Immediately invert pancake poppers onto a wire rack and let cool for 5 minutes or until they're safe to handle. Serve with your favorite toppings.

Day 27 Breakfast - Breakfast Quiche

Ingredients

- 12 slices bread
- 1 onion, grated
- 1/2 cup shredded Swiss cheese
- 1 cup milk
- 4 eggs
- 1 teaspoon dry mustard
- 1 pinch black pepper

Directions

1. Preheat oven to 375 degrees F (190 degrees C). Lightly grease 12 muffin tins.
2. Trim or cut bread into circles.
3. Place circles in bottom of muffin tins. Distribute the onion and shredded cheese evenly between the muffin tins.
4. In a medium bowl, combine milk, eggs, mustard and pepper. Divide between the muffin tins.
5. Bake in preheated oven for 20 minutes, or until a toothpick inserted into the center of a quiche comes out clean

Day 28 Breakfast - Oatmeal w/ Raisins and Bananas

Ingredients

- 1 cup milk of choice, or water
- 1/2 cup rolled oats
- 1 ripe banana
- 1/2 tsp vanilla extract
- 1/8 tsp cinnamon
- pinch of salt
- 1/2 cup of raisins

Directions:

1. Bring milk (I use an equal mixture of almond milk and water) to a boil, add oats, and reduce heat to medium.
2. Mash up the banana and add to the oatmeal. Stir. (You could also mash half and slice the other half as a topping, if your banana isn't too ripe!)
3. Once more of the liquid has absorbed, add 1/2 tsp vanilla extract, a tiny pinch of salt, and 1/8 tsp of cinnamon. Stir.
4. If you'd like to add any additional ingredients (coconut oil, raisins, sunflower seeds), do so now.
5. When you're pleased with the consistency of the oatmeal, transfer to a bowl. Top with 4-6 diced strawberries and serve with another splash of your milk of choice and any additional toppings (shredded coconut, nuts, etc.)

Day 29 Breakfast - Homemade Granola Bars

Ingredients

- 1 1/2 heaping cup raisins
- 1/4 cup honey
- 1/4 cup creamy salted natural peanut butter or almond butter
- 1 cup roasted unsalted almonds*, loosely chopped
- 1 1/2 cups rolled oats

Directions

1. Process dates in a food processor or blender until small bits remain (about 1 minute). It should form a "dough" like consistency. (Mine rolled into a ball.)
2. **Optional step:** Toast your oats (and almonds if raw) in a 350 degree F (176 C) oven for 10-15 minutes or until slightly golden brown. Otherwise, leave them raw - I prefer the toasted flavor
3. Place oats, almonds and dates in a large mixing bowl - set aside.
4. Warm honey and peanut butter in a small saucepan over low heat. Stir and pour over oat mixture and then mix, breaking up the dates to disperse throughout.
5. Once thoroughly mixed, transfer to an 8x8-inch baking dish or other small pan lined with plastic wrap or parchment paper so they lift out easily. (A loaf pan might work, but will yield thicker bars.)
6. Press down firmly until uniformly flattened - I use something flat, like a drinking glass, to press down and really pack the bars, which helps them hold together better.
7. Cover with parchment or plastic wrap, and let firm up in fridge or freezer for 15-20 minutes.
8. Remove bars from pan and chop into 10 even bars (or 9 squares). Store in an airtight container for up to a few days. I kept mine in the freezer to keep them extra fresh, but it isn't necessary

Day 30 Breakfast - Fried Plantain and Sunny Side Up Egg

Ingredients

- 1 quart oil for frying
- 2 plantains
- 2 eggs
- tablespoon olive oil
- 4 large free-range eggs
- 1/16 teaspoon sea salt
- freshly ground black pepper , to taste

Directions

1. 1 Preheat oil in a large, deep skillet over medium high heat.
2. 2 Peel the plantains and cut them in half. Slice the halves lengthwise into thin pieces.
3. 3 Fry the pieces until browned and tender. Drain excess oil on paper towels.

LUNCH

Day 1 Lunch - Ham and Cheese Quesadilla w/ Whole Wheat Tortilla

Ingredients

- 8 7 to 8-inch whole wheat tortillas
- 4 cups grated Monterey Jack cheese (about 1 pound)
- 8 thin slices ham (about 6 1/2 ounces)
- 1/4 raisins
- 2 green onions, chopped (including green tops)
- 6 teaspoons butter

Directions

1. Arrange 4 tortillas on work surface. Sprinkle 1/2 cup cheese over each tortilla. Top with ham, leaving 1/4-inch borders. Sprinkle 1 tablespoon raisins over each. Divide remaining cheese and sprinkle over tortillas.
2. Top with onions and remaining tortillas. (Can be prepared 6 hours ahead. Cover and refrigerate.)
3. Melt 1 1/2 teaspoons butter in heavy large skillet over medium heat.
4. Place 1 quesadilla in skillet. Cook until brown, about 3 minutes per side.
5. Remove from skillet and keep warm. Repeat cooking process with remaining butter and quesadillas.
6. Cut into wedges and serve

Day 2 Lunch - Peanut Butter Banana Sandwich

Ingredients

- cooking spray
- 2 tablespoons peanut butter
- 2 slices whole wheat bread
- 1 banana, sliced

Directions

1. Heat a skillet or griddle over medium heat, and coat with cooking spray.
2. Spread 1 tablespoon of peanut butter onto one side of each slice of bread.
3. Place banana slices onto the peanut buttered side of one slice, top with the other slice and press together firmly.
4. Fry the sandwich until golden brown on each side, about 2 minutes per side

Day 3 Lunch - Turkey Tortilla Pinwheels w/ Apple Slices

Ingredients

- 1/2 cup light garden vegetable cream cheese (recommended: Philadelphia)
- 4 wrap-size flour tortillas
- 2 cups lettuce mix
- 1 (8-ounce) package turkey breast slices
- 1/2 cup shredded carrots

Directions

1. Spread 2 teaspoons veggie cream cheese over entire surface of each tortilla. (Use green spinach and red sun-dried tomato tortillas to add color).
2. Top cream cheese with 1/4 cup lettuce.
3. Place 2 slices of turkey on 1/2 on each tortilla. Sprinkle 1 tablespoon shredded carrots on top of the turkey slices.
4. Roll the tortillas starting at the edge where you placed the turkey.
5. Use a serrated knife to cut roll into 1-inch slices. Arrange on a plate to serve

Day 4 Lunch - Pasta Salad with Pineapple Chunks

Ingredients

- 1 (16 ounce) package uncooked rotini pasta
- 1 (16 ounce) bottle Italian salad dressing
- 2 cucumbers, chopped
- 6 tomatoes, chopped
- 1 bunch green onions, chopped
- 4 ounces grated Parmesan cheese
- 1 tablespoon Italian seasoning

Directions

1. Bring a large pot of lightly salted water to a boil. Place pasta in the pot, cook for 8 to 12 minutes, until al dente, and drain.
2. In a large bowl, toss the cooked pasta with the Italian dressing, cucumbers, tomatoes, and green onions. In a small bowl, mix the Parmesan cheese and Italian seasoning, and gently mix into the salad. Cover, and refrigerate until serving
3. Slice pineapple

Day 5 Lunch - Taco Salad

Ingredients

- 1 lb ground beef
- 1 head iceberg lettuce, chopped
- 2 -3 tomatoes, diced
- 6 green onions, chopped (I like more)
- 1 (15 ounce) can red kidney beans or 1 (15 ounce) can black beans, drained
- 1 (15 ounce) can black olives, sliced
- 1 cup cheddar cheese, shredded
- 1 (16 ounce) bottle Catalina dressing
- 1 (14 1/2 ounce) bag plain Doritos, crumbled into big chunks

Directions

1. Brown ground beef, drain grease, adding taco seasoning and following directions on package. Chill
2. When ground beef is cold, place in a large bowl and add all remaining ingredients
3. Mix well and serve

Day 6 Lunch - Chicken Apple Cheese Quesadilla

Ingredients

- 2 medium tart apples, sliced
- 1 cup diced cooked chicken breast
- 1/2 cup shredded fat-free cheddar cheese
- 1/2 cup shredded part-skim mozzarella cheese
- 1/2 cup fresh or frozen corn, thawed
- 1/2 cup chopped fresh tomatoes
- 1/2 cup chopped onion
- 1/4 teaspoon salt
- 6 flour tortillas (8 inches), warmed
- 3/4 cup shredded lettuce
- 3/4 cup salsa

Directions

1. In a large bowl, combine the first eight ingredients. Place about 3/4 cup on half of each tortilla. Fold tortilla in half over filling and secure with toothpicks.
2. Place on a baking sheet coated with cooking spray. Bake at 400° for 8-10 minutes or until golden brown.
3. Carefully turn quesadillas over; bake 5-8 minutes longer or until golden brown. Discard toothpicks. Cut each quesadilla into three wedges. Serve with lettuce and salsa

Day 7 Lunch - Homemade Lunchables

Ingredients

- Crackers
- Cubed cheese
- Pepperoni slices
- Strawberries
- Orange slices

Day 8 Lunch - BLT Pinwheels

Ingredients

- 4 ounces softened cream cheese
- 1/2 cup light mayonnaise
- 1/4 cup finely chopped sun-dried tomato packed in oil
- 6 slices cooked bacon or 6 slices cooked turkey bacon, crumbled
- 3 (9 inch) spinach tortillas or 27 inches tomato tortillas
- 1 cup chopped Italian plum tomato, seeded
- 1 1/2 cups romaine lettuce, shredded

Directions

1. In a small bowl mix cream cheese, mayo, and sun dried tomatoes.
2. Add bacon but be careful not to crumble it too much.
3. Spread mayo mixture over tortillas and top each with plum tomatoes and lettuce.
4. Roll tightly and secure in plastic wrap.
5. Refrigerated for one hour so they get firm.
6. To serve cut each roll into 1 inch thick sliced with a serrated knife. A regular knife will squish them.

Day 9 Lunch - Burrito Bowl

Ingredients:

- 1 cup uncooked rice
- 1 cup salsa, homemade or store-bought
- 3 cups chopped Romaine lettuce
- 1 (15.25-ounce) can whole kernel corn, drained
- 1 (15-ounce) black beans, drained and rinsed
- 2 tomatoes, diced
- 2 tablespoons chopped fresh cilantro leaves

For The Chipotle Cream Sauce

- 1 cup sour cream
- 1 tablespoon chipotle paste*
- 1 clove garlic, pressed
- Juice of 1 lime
- 1/4 teaspoon salt, or more, to taste

Directions:

1. To make the chipotle cream sauce, whisk together sour cream, chipotle paste, garlic, lime juice and salt; set aside.
2. In a large saucepan of 1 1/2 cups water, cook rice according to package instructions; let cool and stir in salsa; set aside.
3. To assemble the bowls, divide rice mixture into serving bowls; top with lettuce, corn, black beans, tomatoes, and cilantro.
4. Serve immediately, drizzled with chipotle cream sauce

Day 10 Lunch -Classic Peanut Butter and Jelly on Whole Wheat Bread

Ingredients

- 2 slices of whole wheat bread
- Peanut Butter
- Grape Jelly

Directions

1. Spread peanut butter on one slice of bread
2. Spread jelly on the other slice of bread
3. Combine both pieces of bread

Day 11 Lunch - Egg Salad Sandwich on Whole Wheat Toasted Bread, Melon Slices and Oatmeal Cookies

Ingredients

- 8 eggs
- 1/2 cup mayonnaise
- 1 teaspoon prepared yellow mustard
- 1/4 cup chopped green onion
- salt and pepper to taste
- 1/4 teaspoon paprika

Directions

1. Place egg in a saucepan and cover with cold water.
2. Bring water to a boil and immediately remove from heat.
3. Cover and let eggs stand in hot water for 10 to 12 minutes.
4. Remove from hot water, cool, peel and chop.
5. Place the chopped eggs in a bowl, and stir in the mayonnaise, mustard and green onion.
6. Season with salt, pepper and paprika.
7. Stir and serve between two pieces of bread.

Day 12 Lunch - Meat and Cheese Roll Ups on Bamboo Sticks, Crackers, Orange Slices and Sliced Cucumbers

Ingredients

- Slices of turkey
- Sliced cheddar cheese
- Diced carrots
- Mustard

Directions

1. Place meat on plate, then place cheese on top
2. Spread mustard
3. Lay carrots, and roll

Day 13 Lunch - Black Bean and Sweet Potato Burrito with Yogurt Sauce

Ingredients

- 2 sweet potatoes, peeled and cubed small (about 3-4 cups)
- 1 jalapeno, seeded and finely diced
- 1 red pepper, diced small
- 1 small red onion, diced small (about 1/2 cup)
- 2 teaspoons olive oil
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 (15 ounce) can black beans, rinsed and drain
- 1/4 - 1/2 cup chopped cilantro (depending on your taste)
- 2 teaspoons fresh lime juice (from about 1 lime)
- 1 cup shredded cheddar cheese
- 1 cup shredded Monterey Jack cheese
- 6-8 burrito-size tortillas (whole wheat, white or other favorite variety)

Directions

1. Preheat the oven to 425 degrees F.
2. In a large bowl, toss together the sweet potatoes, jalapeno, red pepper and red onion with the olive oil, cumin, chili powder, salt and pepper.
3. Dump the coated veggies onto a large rimmed baking sheet and roast for 18-20 minutes, tossing halfway through. The vegetables should be tender but not mushy at the end of cooking time.

4. Let the vegetable mixture cool. Scrape the mixture into a large bowl and toss with the black beans, cilantro and lime juice.
5. Refrigerate the mixture, until ready to assemble the burritos or use immediately.
6. Place 3-4 tortillas on a microwave-safe plat and cover with a damp paper towel. Microwave for 15-20 seconds until the tortillas are pliable.
7. Place 1/4 cup or so of the vegetable mixture in the center of the tortilla and top with a sprinkle with shredded cheese, a little of each kind.
8. Fold in the sides of the tortilla and roll up. Place seam-side down on a baking sheet. Repeat with the remaining tortillas until you have all the burritos you need (the filling can be refrigerated and used for 3-4 days).
9. Bake in a 375 degree F oven for about 10-15 minutes, until heated through and the top of the tortilla is golden brown.
10. Adjust the baking time as needed depending on if the filling has been refrigerated or not. For a softer tortilla, wrap each burrito in tin foil and heat through. Serve immediately

Day 14 Lunch – Chicken and Fruit Salad

Ingredients

- Grilled chicken strips
- 2 cups of spinach
- 1 cup of sliced carrots
- 1 cup of sliced strawberries
- 1 sliced tomato
- 2 sliced boiled eggs

Directions

Combine the ingredients

Day 15 Lunch - Chicken and Hummus Mini Wrap

Ingredients

- 1 1/2 lbs boneless skinless chicken breasts
- Olive oil
- Salt and freshly ground black pepper
- 6 Tbsp Greek vinaigrette dressing
- 4 (10-inch, burrito size) whole wheat flour tortillas
- 3/4 cup hummus, store-bought or homemade
- 3 cups chopped romaine lettuce
- 2 medium roma tomatoes, diced
- 1 medium cucumber, peeled and diced

Directions

1. Preheat a grill over medium-high heat to 425 degrees.
2. Pound chicken to an even thickness using the flat side of a meat mallet.
3. Brush chicken breasts lightly with about 1 Tbsp olive oil, season with salt and pepper.
4. Brush grill grates lightly with oil, and grill chicken, rotating once halfway through cooking, until it registers 165 in center on an instant read thermometer, about 6 - 8 minutes.
5. Transfer to a plate, cover with foil, let rest 10 minutes then dice into cubes.
6. Transfer chicken to a bowl, pour vinaigrette over chicken and toss to evenly coat.
7. To assemble wraps spread about 3 Tbsp hummus over each tortilla, top with chicken, lettuce, tomatoes, cucumber and feta cheese and wrap tortillas

Dinner

Day 1 Dinner - Peas and Carrots Soup

Ingredients

- 6 cups low-sodium chicken broth
- 2 carrots, diced
- 1 cup whole wheat rigatoni pasta
- kosher salt
- 110-ounce package frozen peas (2 cups)

Directions

1. Place the broth in a large saucepan and bring to a boil.
2. Add the carrots, pasta, and $\frac{1}{4}$ teaspoon salt.
3. Simmer until the carrots and pasta are tender, 6 to 8 minutes.
4. Stir in the peas and cook until heated through, 1 to 2 minutes.

Day 2 Dinner - Best Burgers

Ingredients

- 1 $\frac{1}{4}$ pounds ground turkey (dark meat or 93 percent lean or less)
- $\frac{3}{4}$ cup grated Swiss cheese (3 ounces)
- 1 egg (beaten)
- 2 cloves garlic, finely chopped
- $\frac{1}{2}$ teaspoon chili powder
- salt and black pepper

Directions

1. Heat grill to medium-high. Oil the grill grate.
2. In a medium bowl, combine the turkey, egg, salt, pepper and garlic (do not overwork the meat).
3. Form the mixture into four $\frac{3}{4}$ -inch-thick patties and make a shallow well in the top of each.
4. Season the patties with the chili powder.
5. Grill the patties, turning once (do not press or flatten), until an instant-read thermometer inserted in the center registers 160° F, 6 to 8 minutes per side.
6. Serve on rolls with the desired toppings

Day 3 Dinner - Broccoli and Swiss Gratin

Ingredients

- 12 cups of broccoli(florets or chopped bunches)
- 4 tablespoons butter (1/2 stick)
- $\frac{1}{4}$ cup all-purpose flour
- 2 cups whole milk
- 2 cups shredded Swiss (8 ounces)
- Salt and black pepper

Directions

1. Heat oven to 375° F. Fill a large saucepan with 1 inch of water and fit with a steamer basket (or fill a large pot with ½ inch of water). Bring to a simmer. Place the broccoli in the steamer basket, cover, and steam until just tender, 3 to 4 minutes; transfer to a large bowl.
2. Melt the butter in a medium saucepan over medium heat. Add the flour and cook, stirring, for 2 minutes (do not let it darken). Whisk in the milk and simmer until slightly thickened, 3 to 4 minutes. Remove from heat and stir in 1 cup of the cheese, ½ teaspoon salt, and ¼ teaspoon pepper. Toss with the broccoli.
3. Transfer the broccoli mixture to a shallow 3-quart baking dish and sprinkle with the remaining cup of cheese. Bake until bubbling and golden brown, 35 to 40 minutes. Let sit 10 minutes before serving.

Day 4 Dinner - Chicken Enchilada

Ingredients

- 1 tablespoon butter
- 1/2 cup chopped onions
- 1/2 teaspoon garlic powder
- 1 (4 ounce) can diced green chiles
- 1/2 cup plain yogurt
- 1 1/2 cups cubed cooked chicken breast meat
- 1 cup shredded Cheddar cheese, divided
- 6 (12 inch) wheat tortillas
- 1/4 cup milk

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a large baking dish.
2. In a medium saucepan over medium heat, melt the butter and sauté the onion until tender (about 3 to 4 minutes). Add the garlic powder, then stir in the green chiles and plain yogurt. Mix well. Reserve 3/4 of this sauce and set aside. To the remaining 1/4 of the sauce in the saucepan, add the chicken and 1/2 cup of shredded Cheddar cheese. Stir together.
3. Fill each flour tortilla with the chicken mixture and roll up. Place seam side down in the prepared baking dish.
4. In a small bowl combine the reserved 3/4 of the sauce with the milk. Spoon this mixture over the rolled tortillas and top with the remaining 1/2 cup of shredded Cheddar cheese. Bake in the preheated oven for 30 to 35 minutes, or until cheese is bubbly

Day 5 Dinner - Taco Macaroni

Ingredients

- 1 (8-ounce) package whole wheat elbow macaroni
- 1 pound ground beef
- 1 (1.25-ounce) envelope reduced-sodium taco seasoning mix
- 3/4 cup water
- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 2 cups milk
- 1 (8-ounce) block sharp Cheddar cheese, shredded
- Toppings: chopped tomato, green onions, plain yogurt, and salsa

Directions

1. Prepare pasta according to package directions. Drain and keep warm.
2. Brown ground beef in a nonstick skillet over medium-high heat until no longer pink. Drain.
3. Return beef to skillet; stir in taco seasoning mix and 3/4 cup water. Bring to a boil, and cook, stirring occasionally, 7 minutes or until most of the liquid evaporates. Remove beef mixture from heat.

Day 6 Dinner - Spaghetti and Meatballs

Ingredients

- 8 ounces ground beef
- 1 medium onion, chopped
- 1 large egg white
- salt and freshly ground black pepper
- 1 (28-ounce) can whole peeled tomatoes in juice
- 8 ounces whole-wheat spaghetti

Directions

1. Pulse the sandwich bread in a blender to form coarse crumbs.
2. Add the beef, 1/4 cup onion, mushroom, 1 tablespoon garlic powder; season with salt and pepper, combine ingredients.
3. Portion into about 20 meatballs (about 1-inch in diameter) and place on a plate.
4. In a medium saucepan, heat the oil over medium heat; add the remaining garlic and onion. Cook, stirring occasionally, until tender, about 10 to 12 minutes.
5. Stir in the tomatoes. Bring to a simmer and cook, stirring occasionally, 20 minutes.
6. Add the meatballs and continue to simmer, without stirring, until the meatballs are partially cooked, about 10 minutes.
7. Turn the meatballs; cook 10 minutes more or until fully cooked.
8. Meanwhile, cook the pasta according to package directions in boiling salted water; serve the meatballs and sauce over the spaghetti.
9. Melt butter in a large saucepan or Dutch oven over medium-low heat; whisk in flour until smooth. Cook, whisking constantly, 2 minutes. Gradually whisk in milk, and cook, whisking constantly, 5 minutes or until thickened. Remove from heat.
10. Stir in 1 1/2 cups cheese, stirring until melted. Stir in cooked pasta and beef mixture.
11. Sprinkle with remaining 1/2 cup cheese.
12. Serve immediately with desired toppings

Day 7 Dinner - Sloppy Joes

Ingredients

- 1 1/2 pounds lean ground beef
- 1 (14.5-oz.) can diced tomatoes or 5-6 fresh diced tomatoes
- 1 cup ketchup
- 1/2 cup bottled barbecue sauce
- 1 (11.25-oz.) package of wheat hamburger buns
- 1/2 cup (2 oz.) shredded sharp Cheddar cheese

Directions

1. Brown ground beef in a large skillet over medium-high heat, stirring often, 8 to 10 minutes or until beef crumbles and is no longer pink
2. Drain well.
3. Return to skillet. Stir in tomatoes, next 3 ingredients.
4. Cover and cook 10 minutes.
5. Serve beef mixture over toasted wheat buns; sprinkle with cheese

Day 8 Dinner - Big Garden Salad

Ingredients

- 3 bags of romaine salad or 1 large romaine lettuce head
- 2 large onions
- 1 bag of shredded carrots
- 2 tomatoes
- 4 eggs
- *optional: shredded cheese
- 1 bottle of dressing(your choice)

Directions

1. Cut onions into rings, cut tomatoes, and chop lettuce(if needed)
2. Boil eggs and slice in thirds
3. Mix vegetables and eggs together
4. Top with dressing

Day 9 Dinner - Teriyaki Salmon Burgers

Ingredients

- 1(14 3/4 ounce) can red sockeye or 1 (14 3/4 ounce) can pink salmon, skin and bones removed
- 1/2cup dry breadcrumbs
- 3 green onions, thinly sliced
- ¼ tsp garlic powder
- 1 tablespoon orange juice
- 1 tablespoon teriyaki sauce
- 2 large eggs, beaten
- 1 tablespoon oil

Directions

1. In a large bowl, combine salmon, bread crumbs, garlic, orange juice, and teriyaki sauce.
2. Stir in eggs and mix until combined.
3. Shape mixture into 6 patties.
4. Heat oven to 375F.
5. In nonstick skillet, heat oil over medium heat.
6. Add patties and cook 2 minutes.
7. Turn patties over and cook 1 minute more.
8. Transfer to baking sheet and place in oven.
9. Bake 10 minutes.
10. Serve with a bowl of teriyaki sauce for dipping

Day 10 Dinner - Salmon Salad

Ingredients

- 2 (6 ounce) cans pink salmon, drained
- 1/2 cup finely sliced green onions
- 1/2 cup finely chopped celery
- 1/4 cup mayonnaise
- 3/4 teaspoon lemon juice
- 3/4 teaspoon dried dill
- 3/4 teaspoon seasoned salt
- Add all ingredients to list

Directions

In a bowl, combine salmon, green onions, celery, mayonnaise, and lemon juice. Season with dill and salt. Mix well.

Day 11 Dinner - Salmon Balls w/ Yogurt Dipping Sauce

Ingredients

- 1 (15 1/2 ounce) can salmon
- 1/4 cup breadcrumbs
- 1/4 cup diced green onion
- 1 tablespoon lemon juice
- 1 tablespoon mayonnaise
- 1/2 teaspoon dill weed
- 1/4 teaspoon garlic powder

Directions:

1. Drain salmon.
2. Combine with next six ingredients.
3. Form into 25 balls.
4. Place on greased cookie sheet.
5. Bake in preheated 350 degree oven for 20 minutes

Yogurt Dipping Sauce

Ingredients

- 3/4 cup low-fat plain yogurt
- 1 tablespoon freshly squeezed lemon juice
- 1 small garlic clove, minced
- 2 tablespoons finely chopped fresh parsley
- salt and pepper

Directions

In a small bowl, stir together 3/4 cup low-fat plain yogurt, 1 tablespoon fresh lemon juice, 1 small minced garlic clove, and 2 tablespoons finely chopped fresh parsley; season with coarse salt and ground pepper

Day 12 Dinner - Salmon and Spinach Frittata

Ingredients

- 3 tablespoons olive oil
- 1 onion, chopped
- 1 red bell pepper, seeded, thinly sliced
- 1 10-oz. package frozen spinach, thawed, squeezed dry
- 1 7.5-oz. can salmon, drained
- Salt and pepper
- 8 large eggs, lightly beaten

Directions

1. Warm oil over medium heat in a 12-inch nonstick skillet with an ovenproof handle. Add onion and bell pepper; cook, stirring often, until softened, about 5 minutes. Add spinach and salmon; season with salt and pepper. Sauté until heated through.
2. Preheat broiler to high and set an oven rack about 5 inches from heat source. Pour eggs into skillet and stir briefly to distribute vegetables and salmon. Reduce heat to medium-low and cook, sliding a spatula under frittata occasionally to loosen, until set underneath but still wet on top, about 8 minutes.
3. Place skillet under broiler; cook until top is golden, 1 to 2 minutes. Slide frittata onto a platter and cut into wedges

Day 13 Dinner - Salmon and Spinach Tortilla Wrap

Ingredients

- 1 large (10") soft flour tortilla
- 1 can canned salmon
- ¼ cup (60g | 2oz) plain yogurt
- 1 tsp Dijon mustard
- 2 tbsp raisins
- 1 tbsp capers
- 1 tbsp chopped flat parsley
- pinch of salt
- pinch freshly ground black pepper
- pinch red pepper flakes, optional
- a handful (about 1/2 cup) of baby spinach leaves (or other leafy greens)

Directions

1. Combine the tuna, yogurt, Dijon mustard, chopped walnuts, raisins, capers, parsley, salt, pepper and red pepper flakes (if using) in a mixing bowl.
2. Mix with a fork until evenly combined.
3. Place the handful of spinach leaves in the center of the flour tortilla, then dump the tuna fish salad right on top of the spinach.
4. Fold the tortilla over the salad and then push gently but firmly with your hand to form a roll.
5. Tuck the ends in and then finish rolling the tortilla into a tight wrap.
6. Slice on a diagonal and serve immediately, or wrap tightly in plastic film and consume within a day

Day 14 Dinner - Salmon Mac n Cheese

Ingredients

- 1 cup elbow macaroni, uncooked
- 1/4 cup butter
- 3 tablespoons all-purpose flour
- 1 3/4 cups milk
- 1/2 teaspoon salt
- 1/4 teaspoon garlic salt
- 1/8 teaspoon pepper
- 1 (12 ounce) carton cottage cheese
- 1 cup cheddar cheese or 1 cup American cheese, shredded
- 1 (16 ounce) can salmon, drained and flaked
- 2 eggs, beaten
- 1 1/2 cups soft breadcrumbs
- 2 tablespoons butter, melted

Directions

1. Cook the macaroni according to the package directions. Drain well, and set aside.
2. Melt 1/4 cup butter in a heavy saucepan over low heat; add flour, stirring until smooth. Cook 1 minute, stirring constantly. Gradually add milk; cook over medium heat, stirring constantly until the mixture is thickened and bubbly.
3. Add salt, garlic salt, and pepper, stirring well.
4. Combine the sauce, reserved macaroni, cheeses, salmon, and eggs in a large bowl; stir well.
5. Spoon the mixture into a greased 11 x 7 x 1 1/2 inch baking dish.
6. Combine soft breadcrumbs (just put bread in a blender to make these) and 2 tablespoons melted butter; Stir well. Sprinkle the breadcrumb mixture evenly over the casserole
7. Bake at 350 degrees for 1 hour or until set

Day 15 Dinner - Tuna Casserole

Ingredients

- 3 cups cooked macaroni
- 1 (6 ounce) can tuna, drained
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 cup shredded Cheddar cheese
- 1 1/2 cups French fried onions

Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a 9x13-inch baking dish, combine the macaroni, tuna, and soup. Mix well, and then top with cheese.
3. Bake at 350 degrees F (175 degrees C) for about 25 minutes, or until bubbly. Sprinkle with fried onions, and bake for another 5 minutes. Serve hot.

Day 16 Dinner - Cornmeal Crusted Chicken Nuggets

Ingredients

- 1 pound chicken tenders, cut in half crosswise (see Tip)
- 1/2 teaspoon salt

- 1/4 teaspoon freshly ground pepper
- 3 tablespoons cornmeal
- 1 tablespoon vegetable oil

Directions

1. Sprinkle chicken tenders with salt and pepper.
2. Place cornmeal in a medium bowl, add the chicken and toss to coat (discard any leftover cornmeal).
3. Heat oil in a large nonstick skillet over medium-high heat.
4. Reduce heat to medium and cook the chicken, turning once or twice, until browned and just cooked through, 6 to 8 minutes total (thinner nuggets will cook faster than thicker ones).
5. Serve the chicken nuggets with the berry mustard

Day 17 Dinner - Tuna Fish Cakes

Ingredients

- 3 cups cooked macaroni
- 1 (6 ounce) can tuna, drained
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 cup shredded Cheddar cheese
- 1 1/2 cups French fried onions

Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a 9x13-inch baking dish, combine the macaroni, tuna, and soup. Mix well, and then top with cheese.
3. Bake at 350 degrees F (175 degrees C) for about 25 minutes, or until bubbly.
4. Sprinkle with fried onions, and bake for another 5 minutes. Serve hot

Day 18 Dinner - Tuna Melt on Whole Wheat Bread

Ingredients

- 1 (6 ounce) can tuna, drained and flaked
- 2 tablespoons mayonnaise
- 1 pinch salt
- 1 teaspoon balsamic vinegar
- 1 teaspoon Dijon mustard
- 2 slices whole wheat bread
- 2 teaspoons chopped dill pickle
- 1/4 cup shredded sharp Cheddar cheese

Directions

1. Preheat the oven to 375 degrees F (190 degrees C). Place bread slices in the oven to toast while it preheats, and while you make the tuna salad.
2. In a small bowl, mix together the tuna, mayonnaise, salt, balsamic vinegar, mustard and dill pickle until well blended. Remove bread from the oven, and pile the tuna mixture onto one slice. Sprinkle cheese over the other slice of bread.
3. Bake for 7 minutes in the preheated oven, or until cheese is melted and tuna is heated through. Place the cheese side of the sandwich on top of the tuna side. Cut in half and serve immediately.

Day 19 Dinner - Black Bean Burger

Ingredients

- ½ cup rolled oats
- Suggested :1 ½ tsp chili powder
- ½ tsp salt
- 1 (15 ounce) can black beans, rinsed and drained
- 1 onion, chopped
- 2 egg, lightly beaten
- 4 tablespoons vegetable oil

Directions

1. Blend the oats in a blender until fine.
2. Transfer into a large bowl with breadcrumbs, chili powder and salt. Whisk together ingredients.
3. Combine beans and onions in the blender and pulse until mixture becomes a thick paste.
4. Scrape bean mixture into the oat and breadcrumb bowl and mix with a spatula.
5. Add the egg and stir until just combined.
6. With moistened hands, divide the bean mixture into equal portions and shape each into a patty.
7. Heat oil in a large nonstick skillet over medium heat.
8. Add patties to pan and cook until bottom edges are browned, about 4 minutes.
9. Carefully turn patties over and cook 3 minutes longer or until bottom edges are browned
10. Place on lightly toasted bun
11. Top with condiments of your choice

Day 20 Dinner - Veggie and Tofu Stir Fry

Ingredients

- 1 (6 ounce) can tuna, drained and flaked
- 2 tablespoons mayonnaise
- 1 pinch salt
- 1 teaspoon balsamic vinegar
- 1 teaspoon Dijon mustard
- 2 slices whole wheat bread
- 2 teaspoons chopped dill pickle
- 1/4 cup shredded sharp Cheddar cheese

Directions

1. Preheat the oven to 375 degrees F (190 degrees C). Place bread slices in the oven to toast while it preheats, and while you make the tuna salad.
2. In a small bowl, mix together the tuna, mayonnaise, salt, balsamic vinegar, mustard and dill pickle until well blended.
3. Remove bread from the oven, and pile the tuna mixture onto one slice. Sprinkle cheese over the other slice of bread.
4. Bake for 7 minutes in the preheated oven, or until cheese is melted and tuna is heated through.
5. Place the cheese side of the sandwich on top of the tuna side. Cut in half and serve immediately.

Day 21 Dinner - Loaded Baked Potato

Ingredients

- 4 large baking potatoes (baked 1 hour at 375 degrees)
- 1(10 ounce) package frozen cut broccoli in cheese sauce

Directions

1. Preheat oven to 375°F.
2. Clean potatoes and wrap with foil.
3. Bake for 1 hour or until tender.
4. Cut a large X on top of potato and make an opening.
5. Load with topping
6. Spoon mixture over potatoes.

Broccoli and Cheese:

Topping: Heat broccoli and cheese mixture in a sauce pan over medium heat until hot

Day 22 Dinner - Angel Hair Pasta w/ Fresh Tomato

Ingredients

- 1/2 cup extra-virgin olive oil
- 2 lb. plum tomatoes, seeded and diced
- 1 cup fresh basil leaves, cut into thin strips
- Salt and freshly ground pepper, to taste
- 1 lb. dried capellini

Directions:

In a large nonreactive bowl, combine the olive oil, tomatoes, basil, salt and pepper and stir until blended. Set aside.

Bring a large pot two-thirds full of water to a boil over high heat. Add salt and the pasta and cook according to the package instructions until al dente (tender but firm to the bite). Drain the pasta, add it to the tomato sauce and toss to mix. Taste and adjust the seasonings with salt and pepper. Divide the pasta among individual bowls and serve immediately. Serves 4.

Day 23 Dinner - Tuna Fajitas

Ingredients

- 2 cans or pouches (5 oz) Bumble Bee® Tuna, drained and flaked
- 1/2 medium red bell pepper, julienned slices
- 1/2 medium green bell pepper, julienned slices
- 1/2 medium white onion, julienned half rings
- 1 tablespoons salad oil
- 1 tablespoon lemon juice
- 1 tablespoon lime juice
- 1 tablespoon taco seasoning
- 4 flour tortillas

Directions

1. In skillet, sauté bell pepper and onion in oil until tender.

2. Add tuna, lemon juice, lime juice and taco seasoning.
3. Gently stir mixture over medium heat for 5-10 minutes to heat through.
4. Serve with flour tortillas. Serving suggestion with salsa, guacamole, sour cream if desired. Makes 4.

Day 24 Dinner - Hamburger Veggie Soup

Ingredients

- 1 pound ground beef
- 4 cups chicken broth
- 4 cups water
- 2 (1 ounce) packages dry onion soup mix
- 1 (15 ounce) can tomato sauce
- 2 stalks celery, chopped
- 1 onion, chopped
- 1 (16 ounce) package frozen mixed vegetables
- 3/4 cup elbow macaroni

Directions

1. In a sauté pan, brown ground beef, over medium heat.
2. In a large stock pot, combine broth, water, onion soup mix, tomato sauce, celery, onion, frozen vegetables and macaroni. Bring to a boil and then simmer until macaroni is done.
3. Add browned ground beef, mix and serve.

Day 25 Dinner - Shepherd's Pie

Ingredients

- 3 cans (5 oz) White Chicken
- 2 pounds russet potatoes (3 large potatoes)
- 2 teaspoons butter
- 1/3 cup evaporated skim milk
- 3/4 teaspoons salt, divided
- 1/2 teaspoon black pepper, divided
- 1/4 teaspoon garlic powder
- 1 tablespoon olive oil
- 1 carrot, chopped
- 1/2 yellow onion, chopped
- 1 stalk celery, chopped
- 1/2 cup sliced cremini mushrooms
- 1/2 cup peas (fresh or frozen)
- 2 tablespoons whole wheat flour
- 1 teaspoon poultry seasoning

Directions

1. Dice potatoes and boil until tender, about 20 minutes.
2. Drain potatoes and place in a medium sized bowl.
3. Mash with a fork until smooth.
4. Stir in butter, evaporated skim milk, 1/2 teaspoon salt, and 1/4 teaspoon black pepper. Set aside.
5. While potatoes boil, heat olive oil over medium-high heat.

6. Add carrots, onion, celery, mushrooms, and peas to a medium sized saucepan and sauté until golden brown and tender, about 10 minutes.
7. Add poultry seasoning, remaining 1/4 teaspoon salt, 1/4 teaspoon pepper, and the chicken. Gently stir until the sides and bottom of the pan are clean.
8. Stir in the flour and continue to stir until the mixture thickens and no liquid remains, about 2 minutes.
9. Preheat broiler to high. Pour vegetable and chicken mixture into 6 cup oven-safe dish.
10. Top with the potato mixture, smoothing evenly over the top.
11. Broil on high until the potatoes are golden brown, about 5 minutes.

Day 26 Dinner - Southwest Tuna Wrap

Ingredients

- 1 can or pouch (5 oz) Bumble Bee® Tuna, drained and flaked
- 1 can (15 oz.) black beans, drained
- 3/4 cup shredded lettuce
- 1/2 cup salsa
- 1/2 cup shredded cheddar cheese
- 2 large flour tortillas or seasoned wrap

Directions

1. Divide tuna, beans, lettuce, salsa and cheese between two tortillas.
2. Roll tightly burrito style
3. Cut in half diagonally.

Day 27 Dinner - Tofu Parmesan

Ingredients

- 1/2 cup seasoned bread crumbs
- 5 tablespoons grated Parmesan cheese
- 2 teaspoons dried oregano, divided
- Salt to taste
- ground black pepper to taste
- 1 (12 ounce) package firm tofu
- 2 tablespoons olive oil
- 1 (8 ounce) can tomato sauce
- 1/2 teaspoon dried basil
- 1 clove garlic, minced
- 4 ounces shredded mozzarella cheese

Directions

1. In a small bowl, combine bread crumbs, 2 tablespoons Parmesan cheese, 1 teaspoon oregano, salt, and pepper.
2. Slice tofu into 1/4 inch thick slices, and place in bowl of cold water. One at a time, press tofu slices into crumb mixture, turning to coat all sides.
3. Heat oil in a medium skillet over medium heat. Cook tofu slices until crisp on one side. Drizzle with a bit more olive oil, turn, and brown on the other side.
4. Combine tomato sauce, basil, garlic, and remaining oregano. Place a thin layer of sauce in an 8 inch square baking pan. Arrange tofu slices in the pan. Spoon remaining sauce over tofu. Top with shredded mozzarella and remaining 3 tablespoons Parmesan.
5. Bake at 400 degrees F (205 degrees C) for 20 minutes.

Day 28 Dinner - Tortilla Pizza

Ingredients

- 1 large flour tortilla
- 0.5(8 ounce) jar pizza sauce
- 1/2cup shredded cheddar cheese (but any kind can do)
- 6 pieces pepperoni

Directions

1. Preheat oven to 350 F
2. Get the flour tortilla and place it on a cookie sheet
3. Get the 1/2 jar of pizza sauce and spread it over the tortilla evenly,
4. Get the shredded cheese of your choice and sprinkle that all over the tortilla,
5. Get the pieces of pepperoni and spread on to the tortilla,
6. Place the pan into the oven and cook for 5-7 minutes or until the cheese is melted and the edges of the pizza is crusty, but you don't want it too crusty.
7. Remove from oven and get a large plate
8. Place the tortilla on the plate -- and serve.

Day 29 Dinner - Vegetable Paella with Chickpeas

Ingredients

- 1 cup short-grain brown rice (See Recipe Note)
- Hefty pinch saffron (about 8 strands)
- 6 cups vegetable broth
- 1 tablespoon olive oil
- 1 large yellow onion, diced
- 4 garlic cloves, thinly sliced
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 3/4 cup crushed tomatoes, fresh or canned
- 2 tablespoons tomato paste
- 1/2 tablespoon hot paprika
- 1 cup green beans, trimmed and halved
- 3 artichoke hearts, sliced (fresh, frozen, or canned)
- 1 cup cooked chickpeas
- 1/4 cup peas, fresh or frozen
- 1/4 cup chopped parsley, for garnish (optional)
- Salt and pepper

Directions

1. Bring 3 cups of water and a hefty pinch of salt to a boil, add the rice, and cook for about 20 minutes, or until the rice begins to soften. Drain and set aside. (Par-boiling the brown rice speeds up the overall cooking time.)
2. Combine saffron threads and 3 tablespoons of warm water in a small bowl and set aside. Bring the broth to a simmer, then reduce the heat and keep at a low simmer until needed.
3. Meanwhile, heat the olive oil in a large cast iron skillet, and sauté the onions until soft and fragrant. Add the garlic slices and peppers. Cook until soft, about 7 minutes. Mix in the crushed tomatoes, tomato paste,

hot paprika, saffron threads (along with the water), and season generously with salt and freshly cracked pepper. Let it cook for a few minutes.

4. Make sure to have your vegetable broth simmering nearby. Fold in the green beans, artichoke slices, and chickpeas. Then stir in the par-boiled, drained rice. Ladle the simmering broth over the rice. Bring to a boil and simmer for 20 minutes, or until the rice is tender and the liquid has evaporated. A few minutes before the rice is fully cooked, scatter the peas over top. Sprinkle with parsley just before serving.

Day 30 Dinner - Tuna Salad

Ingredients

- 1/2 pound (about 2 cups) dry whole wheat macaroni pasta
- Salt
- 2 (7-ounce) cans salmon
- 1/2 cup mayonnaise (plus more to taste or for added smoothness)
- 1 teaspoon mustard
- 1 Tbsp lemon juice
- 1/3 cup chopped shallots, red onions, or green onions (with onion greens)
- 2 stalks celery, chopped
- Tabasco to taste (we used about 10 drops)
- Freshly ground black pepper

Directions

1. Boil the macaroni pasta
2. Bring a pot of water (2 quarts) to a boil.
3. Add 1 Tbsp salt.
4. Add the dry macaroni pasta and cook, uncovered, in a rolling boil for about 10 minutes, or until the macaroni is al dente (slightly firm).
5. Remove from heat, drain, rinse briefly in cold water (macaroni should be still warm after rinsing, drain again).
6. Mix salmon and other ingredients in a large bowl: In a large bowl mix the salmon, mayonnaise, mustard, lemon zest, and lemon juice. Mix in the celery.
7. Stir in drained, warm macaroni:
8. Mix in the cooked macaroni while it is still warm.
9. Add Tabasco and freshly ground black pepper to taste. As the macaroni absorbs the mayonnaise, you may need to add some water to the salad to keep it from being dry. Adjust seasonings to taste