

Blueberry and Cinnamon Overnight Oats

Ingredients

- 1/2 cup dry oats
- 2 teaspoons chia seeds
- 1 teaspoon cinnamon
- 1/2 cups plain or flavored Greek yogurt
- 2 cups frozen blueberries

Directions!

1. In 2 16-ounce jars, add half of each ingredient in the order listed.
2. Refrigerate overnight.
3. Enjoy cold or warm up for 45 to 60 seconds in the microwave.

makes 2 servings

2211 Meal Plan Servings

*Add 1 cup orange juice to
make a meal*

- 2 - 1 cup blueberries + 1 cup orange juice
- 2 - 2/3 cup Greek yogurt
- 1 - 1/4 cup dry oats
- 1 - 1 teaspoon chia seeds

**EAT MOVE
GROOVE**

Garden Scramble

Ingredients

- 3 cups chopped fresh spinach or dark greens or 1 cup frozen or cooked greens
- 1 cup chopped peppers (or any veggies you have)
- 2 tablespoons chopped onions
- 4 eggs
- 1/2 cup milk
- 1/4 cup shredded cheddar cheese
- 2 teaspoons avocado, olive, or canola oil

Directions!

1. In a small bowl, crack the eggs, add milk, and mix well. Set aside.
2. In a skillet, heat oil on a medium until hot (about 1 minute).
3. Add peppers and onions and sauté for 2 to 3 minutes, or until soft.
4. Add spinach or greens and sauté for another 1 to 2 minutes, or until cooked down.
5. Add egg mixture, stirring frequently for 2 to 3 minutes, or until eggs are cooked through.
6. Top with shredded cheddar cheese

makes 2 servings

Add 1 slice whole-grain toast to make a meal

2 - 2 cups spinach/
peppers/onions

2 - 2 eggs + milk

1 - 1 slice whole-grain
toast

1 - oil and eggs

**2211 Meal
Plan Servings**

**EAT MOVE
GROOVE**

Morning Breeze Smoothie

Ingredients

- 2 cups frozen peaches
- 2 cups 100% orange juice
- 2 cups Greek yogurt (plain, vanilla, or fruit)

Directions!

1. Pour all ingredients into a blender.
2. Blend well on high until smooth.

makes 2 servings

2211 Meal Plan Servings

Add 1 granola bar with nuts and seeds to make a meal

2 - 1 cup peaches + 1 cup orange juice

2 - 1 cup yogurt

1 - 1 granola bar

1 - nuts/seeds in granola bar

**EAT MOVE
GROOVE**

Fast Egg and Cheese Wrap

Ingredients

- 2 eggs
- 2 slices cheddar cheese or your favorite cheese
- 2 small or “street” corn. of flour tortillas
- 1 avocado, sliced
- salsa

Directions!

1. In a small glass bowl, scramble the eggs.
2. Cover and microwave for 1 minute.
3. Check for doneness and cook for up to 60 more seconds until the eggs are no longer runny.
4. Place the tortillas on plates and top each with 1 slice of cheese. Add half the scrambled eggs to each tortilla.
5. Microwave for 30 seconds to melt the cheese.
6. Top with half the sliced avocado and salsa to taste.

makes 2 servings

2211 Meal Plan Servings

Add 1 cup vegetable juice and 1 cup strawberries to make a meal

- 2 - 1 cup vegetable juice + 1 cup strawberries
- 2 - 1 egg + 1 slice cheese
- 1 - 1 tortilla
- 1 - sliced avocado/egg

**EAT MOVE
GROOVE**

Sunshine Breakfast Bowl

Ingredients

- 1 1/2 cups Greek yogurt
- 2 cups fresh or frozen berries
- 2 bananas, sliced
- 1/2 cup granola
- 4 tablespoons walnuts or other nuts
- 1/2 teaspoon cinnamon

Directions!

1. In two medium bowls, add half the berries on one side and half the sliced bananas on the other.
2. Top each bowl with 3/4 cup yogurt.
3. Sprinkle 1/4 cup granola, 2 tablespoons walnuts, and 1/4 teaspoon cinnamon on top of each bowl.

makes 2 servings

**2211 Meal
Plan Servings**

2 - 1 cup berries and 1 banana
2 - 3/4 cup Greek yogurt
1 - 1/4 cup granola
1 - 2 tablespoons walnuts

**EAT MOVE
GROOVE**

Easy Blender Banana Milk

Ingredients

- 2 cups milk of choice
- 2 medium bananas (soft, but not brown)
- 2 teaspoons vanilla extract
- 2 teaspoons honey
- handful of ice cubes

Directions!

1. Place all ingredients in a blender.
2. Blend on high until smooth.
Strain if desired.
3. Pour into two glasses.

makes 2 servings

2211 Meal Plan Servings

Add 1/2 whole-grain bagel with 2 tablespoons nut butter and 2 clementines to make a meal

2 - 1 banana + 2 clementines

2 - 1 cup milk + 2 tablespoons nut butter

1 - 1/2 whole grain bagel

1 - nut butter

**EAT MOVE
GROOVE**

Veggie Egg Muffin Cups

Ingredients

- 8 eggs
- 1/2 cup milk
- 1/2 cup shredded cheese of your choice
- 4 cups fresh spinach or other greens (or 1 cup frozen greens)
- 2 cups chopped mushrooms, peppers, or other veggies (whatever is in your fridge)
- 1/2 cup chopped onions
- 2 teaspoons avocado oil, olive, or canola oil
- salt and pepper

Directions!

1. Preheat oven to 350 degrees.
2. In a large bowl, mix eggs and milk until blended. Set aside.
3. In a large skillet, heat oil over medium for 1 minute, or until hot.
4. Add onions and cook for 2 to 3 minutes, stirring frequently.
5. Add greens and veggies and sauté for 2 to 3 minutes, or until soft.
6. Spray 12 muffin tins with cooking spray or use a nonstick muffin tin.
7. Divide cooked vegetables evenly in the bottom of muffin tins.
8. Pour egg mixture evenly over vegetables and top with shredded cheese.
9. Bake for 15 to 20 minutes, or until eggs are set and begin to brown
10. Salt and pepper to taste.

makes 6 servings

2211 Meal Plan Servings

*Add a whole-grain English muffin
and a banana to make a meal*
2 - 1 cup veggies in the egg cups + 1
banana
2 - 2 egg cups
1 - 1 whole-grain English muffin
1 - oil/eggs

**EAT MOVE
GROOVE**

Simple Salad

Ingredients

- 2 dark greens (spinach, romaine, kale, or any dark greens)
- 2 cups chopped veggies (carrots, cucumbers, peppers, broccoli, and any veggies)
- 1 cup edamame, shelled
- 1/2 cup sunflower seeds, pumpkin seeds, or nuts
- 2 tablespoons vinaigrette dressing

Directions!

1. Combine salad ingredients in a big bowl. Toss well.
2. Add dressing.

makes 2 servings

2211 Meal Plan Servings

Add 1/2 cup (about 1 ounce) whole-grain crackers to make the meal

2 - 1 cup greens + 1 cup chopped veggies

2 - 1/2 cup edamame + 1/4 seeds or nuts

1 - 1/2 cup whole grain crackers

1 - salad dressing/seeds or nuts

**EAT MOVE
GROOVE**

Brown Rice, Chickpea, and Veggie Bowl

Ingredients

- 1 cup cooked brown rice, pasta, or other grain
- 2 cups canned chickpeas, drained, and rinsed
- 2 cups chopped cooked broccoli
- 1 cup chopped red (or any color) peppers
- 1 cup chopped tomatoes
- 4 tablespoons crumbled feta cheese
- 2 tablespoons vinaigrette dressing

Directions!

1. For each serving, place half the brown rice, chickpeas, broccoli, and peppers in a large individual bowl, each in their own spot.
2. Top each bowl with tomatoes, feta, and dressing.

makes 2 servings

2211 Meal Plan Servings

- 2 - 2 cups broccoli, peppers, and tomatoes
- 2 - 1 cup chickpeas + 2 tablespoons feta cheese
- 1 - 1/2 cup cooked brown rice
- 1 - 1 tablespoon dressing

**EAT MOVE
GROOVE**

Super Salad in a Jar

Ingredients

- 4 tablespoons of your favorite salad dressing
- 2 cups finely chopped carrots
- 1 cup cooked barley, brown rice, or quinoa (or any grain)
- 1 cup chopped grilled chicken breast or other protein of your choice
- 2 cups mixed greens
- 4 tablespoons silvered almonds

Directions!

1. Divide the ingredients in order listed between 2 24-ounce mason jars.
2. When ready to eat, turn the jars upside down to mix the salad ingredients with the dressing.

makes 2 servings

2211 Meal Plan Servings

- 2 - carrots and greens
- 2 - chicken and almonds
- 1 - 1/2 cup cooked grain
- 1 - salad dressing and almonds

**EAT MOVE
GROOVE**

Turkey, Cheese, and Pesto Roll

Ingredients

- 4 ounces sliced turkey breast
- 2 mozzarella cheese sticks
- 2 teaspoons prepared pesto
- 2 small whole-grain wraps or tortillas

Directions!

1. Spread the pesto on the wraps or tortillas.
2. Roll 2 ounces of turkey slices around one cheese stick and place at the edge of the wrap or tortilla.
3. Roll up the wrap or tortilla tightly.

makes 2 servings

2211 Meal Plan Servings

Add 1 cup pepper slices and 1 apple to make a meal

2 - 1 cup pepper slices + 1 apple

2 - 2 ounces turkey + 1 ounce cheese (3 ounces)

1 - 1 tortilla or small wrap

1 - 1 teaspoon pesto

**EAT MOVE
GROOVE**

Hummus Pocket

Ingredients

- 1 1/2 cups prepared hummus
- 2 cups shredded dark lettuce, cabbage, or other greens
- 8 grape tomatoes, sliced
- 4 tablespoons diced olives
- 1 whole wheat pita

Directions!

1. Cut the pita in half.
2. Spread half the hummus in each pita pocket.
3. Top each half with greens, tomatoes, and olives.

makes 2 servings

2211 Meal Plan Servings

*Add 1 cup canned peaches to
make a meal*

2 -greens and tomatoes + 1 cup
canned peaches

2 - 3/4 cup hummus

1 - half of a whole grain pita bread

1 - hummus/olives

**EAT MOVE
GROOVE**

Slow Cooker Lentil and Veggie Soup

Ingredients

- 1 medium onion, chopped
- 3 cloves garlic, finely chopped (or 3 teaspoons minced garlic or 1/2 teaspoons garlic powder)
- 2 cups chopped celery
- 2 cups chopped carrots
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 tablespoon Italian dressing
- 1 1/2 cups dry lentils (red, brown, yellow, or green), rinsed
- 1 15-ounce can diced tomatoes
- 8 cups vegetable stock
- 2 bay leaves
- 6 cups chopped fresh spinach (or 1 cup frozen chopped spinach or greens)
- 1 teaspoon red wine vinegar

Directions!

1. Place all ingredients except the spinach and red wine vinegar in a 6-quart slow cooker. Stir well.
2. Cook on high for 5 hours, or until lentils and veggies are soft.
3. Remove bay leaves.
4. Add the spinach and red wine vinegar.
5. Stir well before serving.

makes 12, 1-cup servings

2211 Meal Plan Servings

Add 1 side salad and 1/2 whole-wheat pita to make a meal

2 - veggies in the soup + the side salad

2 - lentils in the soup

1 - 1/2 pita

1 - dressing on the salad

**EAT MOVE
GROOVE**

Tofu, Broccoli, and Sweet Potato Bowl

Ingredients

- 1 package extra-firm tofu (14 to 16 ounces)
- 4 cup fresh chopped broccoli
- 2 medium sweet potatoes
- 2 tablespoons olive oil or avocado oil
- 1 tablespoon spice mix of your choice (African, Indian, Italian, Greek)
- 1/2 teaspoon garlic salt
- 1/2 cup chopped peanuts (or any nuts)

Directions!

1. Preheat the oven to 425 degrees.
2. Wrap the tofu in a clean towel or paper towels and set on a plate. Cover with a heavy pan. Drain off water in the sink.
3. Wash and peel the sweet potatoes. Cut into small chunks.
4. Toss the sweet potatoes with 1/2 tablespoon of olive oil.
5. Cut tofu into bite-sized pieces and place in a medium bowl.
6. Add seasoning mix and 1 tablespoon of oil. Mix well to coat the tofu.
7. In another medium bowl, mix the broccoli, 1/2 tablespoon of oil, garlic salt.
8. Line two baking sheet pans with foil and spray with cooking spray or use nonstick pans.
9. Spread the tofu on one pan and the sweet potato chunks and broccoli on the second pan.
10. Bake for 15 minutes. Turn the tofu, broccoli, and sweet potatoes and bake for 15 more minutes, or until they begin to brown.
11. Divide the sweet potatoes, tofu, and broccoli evenly into four bowls.
12. Sprinkle with chopped peanuts.

makes 4 servings

2211 Meal Plan Servings

Add 1 cup melon slices for a meal

2 - 1 cup broccoli + 1 cup sliced melon

2 - 1/4 block of tofu + 2 tablespoons peanuts

1 - 1/2 of a medium sweet potato (about 1/2 cup)

1 - oil and peanuts

**EAT MOVE
GROOVE**

Citrus Salmon

Ingredients

- 1 pound salmon filets (fresh or frozen)
- 1 orange
- 1 lemon
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 teaspoons avocado or olive oil
- 2 tablespoons brown sugar
- 1 tablespoon chili powder
- 1 garlic clove, chopped, or 1/4 teaspoon garlic powder

Directions!

1. Zest the orange.
2. Juice the orange and the lemon. Combine juices with salt and pepper in a shallow baking dish.
3. Add salmon filets. Marinate for 20 minutes or longer in the refrigerator, turning several times.
4. Preheat the oven to 425 degrees.
5. Coat a sheet pan with foil and 1 teaspoon of oil.
6. In a small dish, combine the orange zest, brown sugar, chili powder, and garlic.
7. Place the salmon on the baking sheet skin-side down and rub the orange zest mixture over the top of the salmon.
8. Drizzle 1 teaspoon of oil over the salmon.
9. Bake for 15-18 minutes or until salmon is flaky.

makes 4 servings

2211 Meal Plan Servings

Add 1 sliced orange and 1/2 cup cooked brown rice to make a meal
2 - 1 cup steamed broccoli and 1 sliced orange
2 - 1 serving salmon
1 - 1/2 cup cooked brown rice
1 - oil and salmon

**EAT MOVE
GROOVE**

Lisa's Slow Cooker Chicken Chil

Ingredients

- 3 cups cooked chicken, cut into bite-sized pieces (about 2 breasts) or 4 5-ounce cans of cooked chicken
- 2 16-ounce cans great northern beans (with liquid)
- 1 1-ounce jar picante sauce or salsa
- 8-ounce block of pepper jack cheese, cut into chunks
- 1 tablespoon ground cumin

Directions!

1. Place all ingredients in a slow cooker.
2. Cook on low for 3 hours.
3. Add toppings and enjoy!

makes 8 servings

2211 Meal Plan Servings

Add 1 cup corn tortilla chips, 1 cup pineapple, 1 cup carrot sticks, and avocado slices
2 - 1 cup pineapple + 1 cup carrot sticks
2 - 1 cup chili
1 - 1 cup corn tortilla chips
1 - avocado slices

**EAT MOVE
GROOVE**

Fast Fried Rice

Ingredients

- 8 eggs
- 3 green onions, chopped
- 1 12-ounce bag (about 3 cups) frozen mixed vegetables (peas, carrots, green beans)
- 4 cups fresh chopped greens (kale, spinach, bok chow) or 1 cup frozen chopped greens
- 1 tablespoon (3 teaspoons) canola oil
- 1/4 cup light soy sauce
- 1 teaspoon chopped fresh or dried ginger
- 2 cups cooked brown or white rice

Directions!

1. In a medium bowl, scramble eggs.
2. In a large skillet, heat 1 teaspoon of oil on medium heat for 1 minute.
3. Add the eggs and scramble for 2-3 minutes, or until cooked. Set the eggs aside on a plate.
4. Heat the remaining 2 teaspoons of oil on medium heat for 30 seconds.
5. Add the chopped onions and greens, and sauté for 1-2 minutes.
6. Meanwhile, microwave the mixed vegetables for 3 minutes.
7. Add veggies to the pan and cook for 2-3 minutes.
8. Stir in the cooked eggs and rice.
9. Mix in the soy sauce and ginger and cook on low for 2 minutes, stirring frequently.

makes 4 servings

**2211 Meal
Plan Servings**

**2 - 2 cups veggies
2 - 2 eggs
1 - 1/2 cup rice
1 - oil and eggs**

**EAT MOVE
GROOVE**

Veg Out Pizza

Ingredients

- 1 small frozen thin crust pizza of your choice
- 2 cups chopped onions, peppers, broccoli, mushrooms (or any veggies you have in the refrigerator)
- 4 cups fresh kale or spinach (or other greens) or 1 cup frozen greens
- 2 teaspoons avocado, olive, or canola oil
- 1 cup shredded low-fat mozzarella cheese
- 1 teaspoon pizza seasoning

Directions!

1. Wash and chop veggies.
2. Preheat the oven to 425 degrees.
3. Add the oil to a large skillet and heat on medium for 1 minute.
4. Add veggies and sauté for 2-3 minutes or until soft.
5. Add greens and sauté for 1-2 minutes or until cooked down.
6. Spread the veggies on the pizza.
7. Sprinkle pizza seasoning and shredded cheese over the pizza.
8. Bake according to directions or until cheese is lightly browned, about 12-15 minutes.

makes 4 servings

2211 Meal Plan Servings

Add 1 cup mixed berries to make a meal

2 - veggies and spinach + mixed berries

2 - shredded cheese and cheese/meat pizza

1 - pizza crust

1 - oil

**EAT MOVE
GROOVE**

Tilapia w/ Tomato-Basil Salsa & Roasted Potatoes

Ingredients

- 2 cups diced fresh potatoes (about 2 large)
- 1/2 teaspoon salt
- 1 pound frozen tilapia (or other whitefish) filets, fresh or frozen
- 1 lemon, zested
- 1/8 teaspoon pepper
- 1 pint (2 cups) grape or cherry tomatoes
- 1/4 cup fresh chopped basil (or 1 teaspoon dried basil)
- 2 teaspoons avocado, olive, or canola oil
- 1 medium garlic glove, mined (or 1 teaspoon minced garlic in a jar or 1/4 teaspoon powder)

Directions!

1. Preheat the oven to 375 degrees.
2. Line a sheet pan with foil and spray with cooking spray or use a nonstick pan.
3. In a medium bowl, mix diced potatoes with 1 teaspoon oil. Place on the baking sheet. Sprinkle with 1/4 teaspoon salt.
4. Bake diced potatoes for 15 minutes.
5. Line a second baking sheet with foil or a baking mat. Spray with cooking spray.
6. Place the fish on the baking sheet. Squeeze the juice from half of the lemon on the fish. Top with 1/4 teaspoon salt and 1/4 teaspoon pepper.
7. Bake the fish and potatoes for 15 additional minutes.
8. Meanwhile, prepare the salsa. Slice the tomatoes in half. In a medium bowl, mix tomatoes, basil, 1 teaspoon olive oil, garlic, the juice from the other half of the lemon, and 1/2 teaspoon of grated lemon zest.
9. Remove the tilapia and potatoes from the oven. Potatoes should be tender, and fish should be flaky.
10. Divide tilapia and potatoes evenly onto four plates. Top the tilapia with homemade salsa.

makes 4 servings

Add a side salad with homemade vinaigrette

2 - salsa and a side salad

2 - tilapia

1 - 1/2 cup potatoes

1 - oil; vinaigrette dressing

**2211 Meal
Plan Servings**

**EAT MOVE
GROOVE**

Cinnamon Fruit Salad

Ingredients

- 1 cup grapes
- 1 cup blueberries
- 1 cup pineapple, cut into bite-sized pieces
- 1 medium orange, cut into bite-sized pieces
- 1 apple, cut into bite-sized pieces
- 1/2 cup orange juice
- 1 teaspoon cinnamon

Directions!

1. Wash fruit.
2. Add fruit to a medium bowl and toss with orange juice.
3. Sprinkle with cinnamon and mix well.

makes 4 servings

2211 Meal Plan Servings

Add burgers/buns, carrot sticks, and grilled asparagus basted with olive oil to make a meal

2 - 1 cup fruit salad or 1 cup carrot sticks

2 - burger/veggie burger

1 - whole grain bun

1 - olive oil

**EAT MOVE
GROOVE**

Slow Cooker Sausage and Veggie Pasta

Ingredients

- 2 teaspoons avocado, olive, or canola oil
- 1 pound low-fat Italian sausage, crumbled or sliced
- 1 medium onion, chopped
- 2 red (or any color) peppers, coarsely chopped (about 2 cups)
- 1 tablespoon Italian seasoning
- 1 15-ounce can petite diced tomatoes (regular or fire-roasted)
- 1 28-ounce jar red pasta sauce
- 3 cups low-fat cottage cheese
- 1/2 pound (1/2 box) whole-grain pasta
- 1 10-ounce package frozen spinach

Directions!

1. In a large skillet, heat oil on medium for 30 seconds. Add sausage. Brown for 3 to 4 minutes. Drain if needed.
2. Add onions and peppers to the skillet. Cook for 3 additional minutes.
3. Take the skillet off heat and add Italian seasoning, diced tomatoes, and pasta sauce and combine well.
4. In a medium bowl, stir together cottage cheese and 1/2 cup of the shredded mozzarella cheese. Reserve the remaining mozzarella to top the dish.
5. Spray the interior of the slow cooker with cooking spray.
6. Pour 1/3 of the turkey/veggie/sauce mix into the slow cooker and spread evenly.
7. Top with 1/3 of the uncooked spaghetti or pasta, breaking to fit.
8. Spread 1/3 of the cheese mixture over the pasta.
9. Spread 1/3 of the spinach over the cheese.
10. Repeat the layers two more times.
11. Cook on high for 3 hours.
12. Sprinkle the remaining 1/2 cup of shredded mozzarella on top.

makes 12 1 -cup servings

2211 Meal Plan Servings

- 2 - 2 cups veggies/sauce
- 2 - sausage, cottage cheese, and cheese (2 ounces)
- 1 - 1/2 cup cooked pasta
- 1 - oil

**EAT MOVE
GROOVE**

Peanut Sauce

Ingredients

- 1/2 cup creamy peanut butter
- 2 tablespoons light soy sauce
- 2 tablespoons honey
- 1 tablespoon rice vinegar or lime juice
- 1/2 teaspoon garlic powder
- 1 teaspoon spicy sweet red chili sauce (more if you like it extra spicy!)
- 4 tablespoons warm water

Directions!

1. Whisk all ingredients (except for water) together in a small bowl.
2. When well blended, add the warm water, 1 tablespoon at a time, to desired thickness.
3. Store in a sealed container in the refrigerator for up to 2 weeks.

makes 8 2-tablespoon servings

Would pair well with : tofu
or meat and veggie bowls,
steamed veggies, grilled
chicken

**EAT MOVE
GROOVE**

Basic Balsamic Vinaigrette

Ingredients

- 1/4 cup balsamic vinegar
- 1/3 cup olive or avocado oil (or your favorite oil)
- 1 teaspoon maple syrup or honey
- 2 teaspoons Dijon mustard
- 1 teaspoon chopped garlic (or 1 teaspoon minced garlic in a jar or 1/2 teaspoon garlic powder)
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Directions!

1. In a jar with a tight lid, combine all ingredients
2. Shake to combine.
3. Refrigerate and use within two weeks.

makes 10 1-tablespoon servings

Would pair well with:
spinach salad, fresh
greens, and the Salad in a
Jar

**EAT MOVE
GROOVE**

Lemony Herb Vinaigrette

Ingredients

- 1/2 cup olive or avocado oil (or your favorite oil)
- 1/4 cup lemon juice (juice of 1 lemon)
- 1 tablespoon fresh or dried herbs (try dried Italian herb mix or a mix of basil, tarragon, parsley, and dill)
- 1 garlic clove, minced (or 1 teaspoon minced garlic in a jar or 1/2 teaspoon garlic powder)
- 1 teaspoon Dijon mustard
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Directions!

1. In a jar with a tight lid, combine all ingredients
2. Shake to combine.
3. Refrigerate and use within two weeks.

makes 12 1-tablespoon servings

Would pair well with:
grilled fish, fresh green
and veggie salad, and kale
salad

**EAT MOVE
GROOVE**