

Peanut Butter & Jelly Oatmeal

Ingredients

- 1/2 cup oats
- 1/2 cup milk
- 1 Tbsp jam or jelly
- 1 Tbsp peanut butter

Optional Toppings:

- Nuts, seeds, berries, banana, raisin, coconut flakes

Instructions

1. In a bowl, add oats and milk
2. Microwave for 2 min (or bring milk to boil in saucepan.) Add oats, reduce heat to low and simmer for 5 minutes
3. Once cooked, add peanut butter & jelly
4. Mix well and enjoy!



Chocolate Oatmeal

Ingredients

- 1/2 cup oats
- 1/2 cup water
- 1 tsp cocoa powder
- 2 tsp sweetener

Instructions

1. In a bowl, mix oats and cocoa powder
2. Add water and microwave for 2 min (or more to reach desired consistency)
3. Once cooked, add sweetener
4. Mix well and enjoy!

Optional Toppings:

- Nuts, seeds, berries, banana, raisins, coconut flakes, chocolate chips



Tuna and Green Bean Pasta Salad

Ingredients

- 1 box pasta (12 oz)
- 1 can tuna (10 oz)
- 1 can green beans (15 oz)
- 1 1/2 cup mayonnaise
- salt and pepper to taste

Instructions

1. Cook and drain pasta
2. Drain and rinse green beans (cut to desired size if necessary)
3. Drain, rinse and separate tuna chunks
4. Add green beans, tuna and mayonnaise to pasta, using only enough mayonnaise to make salad creamy
5. Add desired amount of salt and pepper
6. Stir well
7. Chill for an hour before serving

Optional:

- Canned tuna can always be replaced with canned chicken



Chicken Pasta Primavera

Ingredients

- 1 1/2 cup pasta
- 1 can cream of mushroom (10oz)
- 3/4 cup milk
- 1/4 cup parmesan cheese
- 1/8 tsp ground black pepper
- 1/8 tsp garlic powder
- 1 can vegetables (10oz)
- 1 can chicken (10 oz)

Instructions

1. Cook pasta until al dente
2. In medium saucepan, mix cream of mushroom soup, milk, parmesan cheese, pepper and garlic powder
3. Bring sauce to boil, then reduce to low and simmer for 10 min, stirring occasionally
4. Drain and rinse canned vegetables. Pour them into the sauce
5. Drain, rinse and shred chicken. Add to the sauce
6. Stir in drained pasta and heat through



Spaghetti and Bean Balls

Ingredients

- 1 can beans (15 oz)
- 1/2 Tbsp olive oil
- 1 large garlic clove or 1/8 tsp garlic powder
- 1/2 medium onion, chopped
- 1 tsp oregano
- 1 tsp basil
- 1 Tbsp tomato paste
- 1 tsp soy sauce
- 1 box spaghetti noodles
- salt and pepper to taste
- 1 1/2 cups spaghetti sauce

Instructions

1. Cook pasta in boiling water until cooked, then drain
2. While pasta is cooking, rinse and drain the beans, then put them in a medium bowl and mash
3. In a medium pan, heat oil and sauté onions until cooked, about 3 minutes
4. Add the minced garlic and cook for another minute
5. Add the onion and garlic, oregano, basil, tomato paste, soy sauce, and oats into the mashed beans
6. Season with salt and pepper to taste
7. Roll mixture into balls, roughly the size of golf balls
8. In a medium pan, heat some olive oil over medium heat and gently roast the bean balls on each side until they are golden
9. Reduce to low heat and pour in spaghetti sauce
10. Cover and let simmer for 2-3 minutes until sauce is heated through
11. Pour sauce and beanballs into the pasta and mix



Beef Stew Shepherd's Pie

Ingredients

- 1 can beef stew
- 2 Tbsp butter (optional)
- 1 cup instant mashed potato flakes
- 1/4 cup shredded cheese (optional)
- 3/4 cup water or milk

Instructions

1. In microwave-safe bowl, mix mashed potato flakes with water/milk and butter.
2. Microwave for 1-2 minutes until smooth. Stir well.
3. Spread beef stew into an oven-safe dish or microwave-safe bowl. Top with prepared mashed potatoes. Sprinkle cheese on top if desired.
4. Heat in oven at 375 degrees F for 10-15 minutes or until hot and bubbly. Or heat in microwave for 2-3 minutes until thoroughly warmed.



Beef Stew Rice Bowl

Ingredients

- 1 can beef stew
- 1 cup instant or leftover rice

Optional:

- Shredded cheese, hot sauce, green onions
- Brown or wild rice as a healthier option

Instructions

1. Cook rice as instructed
2. Pour beef stew into microwave safe bowl and heat for 1-2 minutes, or heat on stovetop over medium heat until hot
3. Serve beef stew over rice. Add any toppings you like



Chicken and Bean Chili

Ingredients

- 1 cup cooked beans (or canned beans, drained)
 - 1 package of canned chicken
 - 1 can tomato sauce or diced tomato
 - 1/2 tsp chili powder or paprika
- Optional:**
- Salt and pepper to taste
 - Avocado, cilantro, other herbs

Instructions

1. In a pot or microwave-safe bowl, mix beans, chicken and tomato sauce
2. Cook over medium heat for 5-10 minutes. Or heat in microwave-safe bowl for 2-3 minutes, stirring halfway through
3. Optional: Add shredded cheese, sour cream, or crackers if available



Tuna or Chicken Salad Wraps

Ingredients

- 1 can tuna or chicken, drained
- 2 Tbsp mayonnaise or Greek yogurt
- salt, pepper or garlic powder (optional)
- Tortilla, bread or wrap

Instructions

1. In a bowl, combine canned tuna or chicken with mayo or yogurt
2. Add seasoning to taste
3. Spread mixture onto a tortilla or slice of bread. Add optional extras like lettuce, onion, tomato or cheese

Optional: Microwave for 10-15 seconds to slightly warm it up.



Tuna or Chicken Rice Bowl

Ingredients

- 1 can tuna or chicken, drained
 - 1 cup cooked rice
 - 1 Tbsp soy sauce or teriyaki sauce (optional)
- Optional:**
- Hot sauce, green onions, shredded cheese, fresh cucumber, seaweed

Instructions

1. Heat rice with water in a covered bowl for 1-2 minutes in microwave. Or simmer rice with water until cooked on the stovetop
2. Top rice with canned tuna or chicken and mix in soy sauce or your preferred seasonings



Tuna or Chicken Pasta

Ingredients

- 1 can tuna or chicken, drained
- 2 Tbsp butter or olive oil
- 1 package of pasta or instant noodles
- Salt, pepper, or Italian seasoning

Instructions

1. Boil pasta until tender and drain. Or in microwave-safe bowl, break noodles in half, cover with water and cook for 2 minute intervals until soft and drain.
2. Mix pasta with canned tuna or chicken. Stir in butter or olive oil and season to taste



Heart Yogurt Bark

Ingredients

- 1 ½ cups plain Greek Yogurt
- 2-3 Tbsp Brach's Tiny Conversation hearts, crushed or whole
- 2 Tbsp maple syrup or honey
- 2 Tbsp mini dark chocolate chips or cacao nibs (optional)
- ½ tsp vanilla extract
- Fresh berries

Instructions

1. In a mixing bowl, combine Greek yogurt, maple syrup, and vanilla extract until smooth.
2. Line a baking sheet with parchment paper.
3. Spread the yogurt mixture evenly over the parchment paper (about ½ inch thick).
4. Sprinkle the top with berries, chocolate chips/cacao nibs, and conversation hearts.
5. Freeze for 2-3 hours or until solid.
6. Once frozen, break the bark into pieces and enjoy! Store leftovers in the freezer.



Celery Detox Wellness Shot

Ingredients

- 2 celery stalks
- ½ lemon, juiced
- 1-inch piece of ginger (or ½ tsp ground ginger)

Optional:

- Pinch of Cayenne or turmeric
- 1 tsp of apple cider vinegar (for gut support)

Instructions

1. Chop celery into small pieces
2. Blend all ingredients in a high-speed blender until smooth.
3. Strain through a fine mesh strainer or cheesecloth for smoother shot (optional)
4. Pour into 2 small cups or jars. Chill if desired and enjoy!

Benefits

- Anti-inflammatory, hydrating, supports liver, boots digestion, detoxes enzymes, reduces bloating and supports gut microbiome.

