

Apple Cinnamon Oatmeal

Yield: 1 Serving | Prep time: 5 minutes | Cook time: 15 minutes

Ingredients

- 1 apple
- 2 tsp cinnamon
- 1 1/2 Cup water
- 1 Cup oatmeal
- 1 scoop vanilla whey protein powder (or protein powder of your choice)
- 1 tsp honey

Directions

1. Boil 1 1/2 cup water and add in chopped apples
2. When apples soften, add 1 tsp cinnamon and stir
3. Drain apples but keep the boiled water and pour into a bowl with 1 cup oatmeal, stir
4. Add in 1 scoop of protein powder and mix
5. Add apples on top and sprinkle 1 tsp cinnamon on top
6. Drizzle 1 tsp of honey



Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories 419	
% Daily Value *	
Total Fat 6 g	9 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 227 mg	9 %
Potassium 221 mg	6 %
Total Carbohydrate 68 g	23 %
Dietary Fiber 13 g	53 %
Sugars 27 g	
Protein 30 g	59 %
Vitamin A	6 %
Vitamin C	109 %
Calcium	84 %
Iron	11 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	



Post-Workout Smoothie

Yield: 1 Serving | Prep time: 2 minutes | Cook time: 1 minute

Ingredients

- 1/2 banana or steamed sweet potato
- 3 tbsp peanut butter
- 1 tbsp Flaxmeal
- 1/2 Cup rolled oats
- 1 Cup milk/milk alternative
- Ice cubes
- 1/2 tbsp coca powder (optional)
- 1/2 tsp cinnamon (optional)

Directions

1. Blend oats flaxseed, cocoa powder, and cinnamon until a flour is formed
 2. Add peanut butter, milk, banana and the ice
 3. Blend until smooth
- *Add more milk or ice to reach desired consistency



Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories 701	
% Daily Value *	
Total Fat 35 g	53 %
Saturated Fat 7 g	37 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 20 mg	7 %
Sodium 351 mg	15 %
Potassium 792 mg	23 %
Total Carbohydrate 77 g	26 %
Dietary Fiber 10 g	41 %
Sugars 25 g	
Protein 27 g	53 %
Vitamin A	12 %
Vitamin C	9 %
Calcium	48 %
Iron	16 %
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Power Bowl

Yield: 3 Servings | Prep time: 10 minutes | Cook time: 30-60 minutes

Ingredients

- 1 ½ cups quinoa/brown rice, uncooked
- 1 cup chopped spinach
- 1 medium red and yellow bell pepper, diced
- 1 white onion, diced
- 2 cloves garlic, minced (optional)
- 1 tbsp. olive oil or tahini
- ¼ medium Avocado
- Pinch of salt + pepper
- 6 Yves falafel balls OR 3oz chicken breast

Directions

1. Preheat oven to 400 degrees
2. Cook quinoa on the stovetop
3. Dice the peppers and onion and put on foil-lined baking sheet. Add olive oil, salt and pepper. Bake for 20 minutes Halfway through, toss veggies and add falafel balls to sheet (if not using cooked chicken breasts)
 - Can top with avocado and tahini (instead of using olive oil to roast veggies)
4. Divide into 3 containers



Nutrition Facts	
Servings 3.0	
Amount Per Serving	
calories 479	
% Daily Value *	
Total Fat 10 g	15 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 24 mg	8 %
Sodium 173 mg	7 %
Potassium 609 mg	17 %
Total Carbohydrate 81 g	27 %
Dietary Fiber 6 g	22 %
Sugars 4 g	
Protein 12 g	25 %
Vitamin A	112 %
Vitamin C	262 %
Calcium	17 %
Iron	20 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

