# Apple Cinnamon Oatmeal

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

### Ingredients

1 apple

2 tsp cinnamon

11/2 Cup water

1 Cup oatmeal

1 scoop vanilla whey protein powder (or protein powder of your choice)

1 tsp honey

#### **Directions**

- 1. Boil 11/2 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 %		
<b>Sodium</b> 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

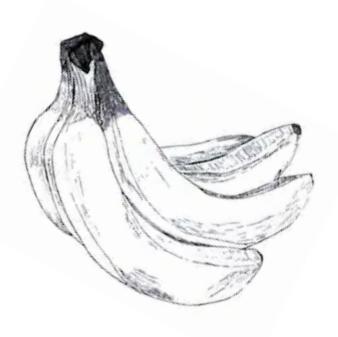
Ice cubes

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

1½ 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

1/4 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

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