-BRUNCH EGGS ON TOAST-

Ingredients:

- 1-2 Eggs
- 2T Olive oil
- 1-2 Slices of bread (or eggo waffles, muffins-whole grain preferably)
- 1 Slice of onion
- 1 Cup of spinach (or mixed greens, romaine, iceberg lettuce)
- 2-4oz of sliced cheese
- 1-4 Slices of tomato
- 1T of honey (syrup or preserves/jelly/jam)
- Optional: 2T of vinegar
- Optional: 2-4 oz of protein (bacon, salami, ham)

Kitchen Supplies:

- Medium saucepan/skillet
- Spatula
- Plate
- Knife
- Cutting board
- Spoon and fork

Directions:

1. Turn on some music
2. Slice tomatoes, cheese, onions, and protein
   a. Set aside on a plate separated
3. Place bread in toaster
4. Heat skillet with 2T of Olive Oil to medium heat
   a. Let pan heat up for 90 seconds
5. Crack eggs, drop them in heated skillet
6. Add Pepper or Salt (to taste)
7. Flip eggs between 1 to 2 min (longer they cook, less runny the yolk)
8. Place toast on plate
9. Place cheese on toast, drizzle with honey or syrup or preserves
10. Place spinach/lettuce on cheese
11. Place tomatoes on lettuce
12. Place eggs on tomatoes
13. Place onions on eggs
14. Drizzle vinegar all over
15. Enjoy
-SUMMER PASTA MEDLEY-

Ingredients:
- 4 Cups of cooked pasta (whole grain*)
- 3T olive oil
- 3 T of rice vinegar
- 1 Can or 1.5 Cups of black beans
- 1-1.5 Cup of squash/zucchini/cucumber
- 2 Cups of diced or fresh cut tomatoes
- 2 Cups of broccoli
- ½ Cup of red onion
- ½ Cup of cilantro
- 1 Cup of mandarin oranges
- 1 Cup of hard cheese (ex: aged gouda)
- 2 Cups of chopped spinach (or kale)
- Pepper and Salt (to taste)
- Optional: 6-12 oz of lean protein (Turkey, Chicken, Bacon)

Kitchen Supplies:
- Large pot
- Knives
- Cutting board
- Cheese grater

Directions:
1. Cook pasta in large pot (according to box directions)
2. Cut/chop vegetables
3. Cook black beans
4. Sauté/roast squash/zucchini/broccoli/onion (if desired)
5. Place olive oil in serving dish/container w/ pasta, stir thoroughly
6. Add vegetables and seasoning
7. Add protein
8. Add chopped greens (spinach or kale)
9. Add oranges
10. Add cheese
11. Garnish w/ cilantro
Almond Milk Smoothie

Ingredients:

- 1-1.5 Cup of Almond Milk
- 1 Cup of Ice
- 1 Cup Yogurt (Greek; any flavor)
- ½ Cup of Blueberries
- ½ Cup of Strawberries
- ½ Cup of Spinach
- ½ Cup of Oatmeal
- 1T of peanut butter or alternative

Kitchen Supplies

- 16oz Cup
- Blender
- Spoon
- Plate

Directions:

1. Add Ice and milk to blender
2. Add Yogurt
3. Add Fruit and spinach
4. Add peanut butter or alternative
5. Add Oatmeal
6. Blend until preferred consistency
7. Add liquid if necessary
8. Pour into cup and enjoy!