



Mango Smoothie:

½ cup Plain Greek Yogurt

½ banana

½ cup frozen mango

¼ cup skim milk

¼ cup or less orange juice

3 tbsps ground Flax Seed

Green Mango Smoothie

½ cup Plain Greek Yogurt

½ banana

½ cup frozen Mango

1 cup spinach leaves

¼ cup skim milk

¼ cup or less orange juice

3 tbsps ground flax seed



Yogurt Parfait

1 small container Greek yogurt (Plain)

4 fresh strawberries

2 tbsps ground flax seed

1 -2 tsps maple syrup

5 small coins of banana (1/2 banana). Blend all until smooth and eat with a spoon

Stage 4 (Mashed Consistency)

Grab and Go Banana Oatmeal Breakfast

2 Bananas

1 cup oatmeal

2 tbsp mini chocolate chips and or a cut up apple (diced small)

2 tbsp each pumpkin seeds, coconut, almonds

1 tsp cinnamon

Mix all. Form into 8 discs. Bake on parchment paper x 20 mins. 2 per serving.



Oatmeal Magic:

The night before in a mason jar combine the following

¼ cup oatmeal

½ cup Greek yogurt

1 small diced apple

¼ cup fresh blueberries

¼ cup sliced strawberries

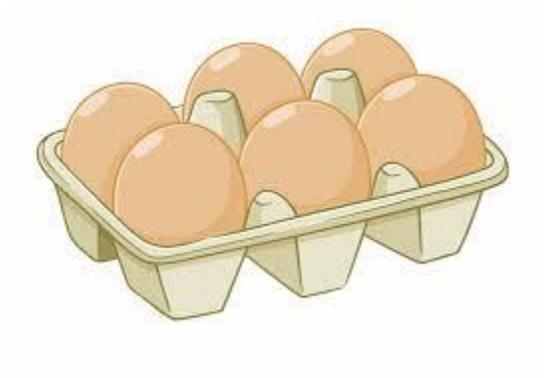
2 tbsps Maple syrup

Sprinkle of cinnamon

8 plain whole almonds diced and added

Cover all with almond milk and let sit overnight in the fridge

Warm and eat or eat cold!



Egg Scramble Cups

6 eggs

½ cup skim milk

½ cup diced ham

½ cup diced red and green peppers

½ cup salsa

½ cup cheese (feta or cheddar)

Mix all

Pour into 12 muffin cups. Bake for 15 min. Store in fridge or freeze. 2 per serving.

Microwave Eggs—cook and go

Buy a microwave egg cooker. Put egg in the device. Stir with a fork. Cook for 1 min 30. Eat.



Cottage cheese and fruit

½ cup low fat cottage cheese

Sprinkle of cinnamon

½ cup cut mixed fruits like strawberries, blueberries, kiwi

8 almonds diced and sprinkled over the top



Oatmeal Pancakes

2 eggs

1 cup oatmeal

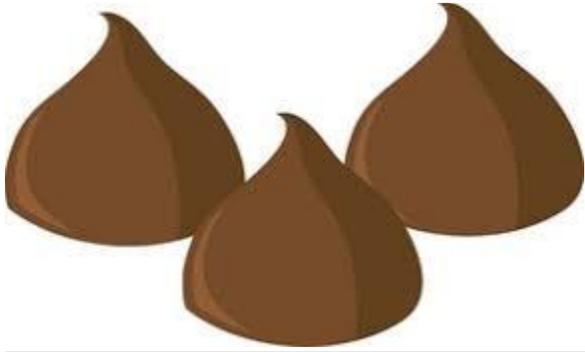
2 bananas mashed

1 tsp cinnamon

¼ cup almond butter optional

Mix. Cook on a frying pan surface (spray some light olive oil on the pan first). Eat with a drizzle of maple syrup and some fresh blueberries or cut strawberries or both.

2 servings



Energy Bites

½ cup nut butter (example peanut butter or almond butter)

1 cup oatmeal

¼ cup ground flax seed or chia seeds

2 tbsps maple syrup or honey

¼ cup unsweetened coconut

2 tbsp mini chocolate chips

1 tsp Vanilla or almond extract

1 tsp Cinnamon

Form into 18 balls and store in the fridge



Chocolate Chickpea Muffins

1 can chickpeas (rinse well)

3 eggs

¼ cup maple syrup

2 tsp b soda

2 tbsp olive oil

1 tsp Vanilla

1/3 cup cocoa

Blend all in a blender until smooth. Pour into muffin cups and bake on 350 x 15-20 mins. Place a small amount of ground rock salt on the top as they come out of the oven