

## BREAKFAST



## TOFU PROTEIN OVERNIGHT OATS

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- 🕒 Time: 5 min. of prep, chill overnight
- 💪 Protein: 21 grams/serving
- 👤 Makes: 1 serving
- ★ Pro-tip: This recipe is meant to be customizable with toppings. I like fresh berries, nut butters, granola, and chocolate chips!



## LUNCH



## CHICKEN BURRITO BOWLS

- 🕒 Time: 15 minutes of prep, 15 to bake
- 💪 Protein: 53 grams
- 👤 Makes: 4 servings
- ★ Pro-tip: Always grill the chicken if you can, because it tastes the best! If that's not an option you can bake the chicken instead.



## SNACK/DESSERT



## CHOCOLATE PEANUT BUTTER RICE KRISPIES

- 🕒 Time: 10 minutes to make, 20 to chill
- 💪 Protein: 10 grams per bar
- 👤 Makes: 12 bars
- ★ Pro-tip: Be gentle when mixing the cereal with the peanut butter mixture to keep a nice airy texture in every bite!



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# your shopping list

✨ ✨ **To use this:** either print out this PDF and cross off items as you shop. Or copy and paste the ingredient list to your app or notes of choice. This way, you can edit the list, taking into account what you already have. ✨ ✨

## MEAT & SEAFOOD

- 4 chicken breasts

## PRODUCE

- 1/4 cup orange juice
- 1 head of kale
- 1/2 red onion

## DAIRY & EGGS

- 1/2 cup soy milk
- 1/2 cup silken tofu
- 1/4 cup white queso
- 3 tbsp butter

## SPICES & SEASONINGS

- 1/2 tsp vanilla extract
- 1/2 tsp pepper
- 1 tbsp chili powder

## PANTRY

- 3 tbsp chia seeds
- 1-1/2 tbsp maple syrup
- 1-1/2 tsp salt
- 2 tbsp oil
- 1 cup white vinegar
- 1/3 cup honey
- 15 oz pinto beans
- 4 tbsp chipotle sauce
- 1-1/3 cups cooked white rice
- 1-1/3 cups peanut butter
- 3 cups Rice Krispies
- 1/4 cup hemp hearts
- 3/4 cup milk chocolate chips

## OTHER

- Toppings for choice for chia seed pudding (berries, nut butter, chocolate chips, granola, etc.)


### what we're prepping

- ★ [tofu protein overnight oats](#)
- ★ [chicken burrito bowls](#)
- ★ [chocolate pb rice krispies](#)

 **click on each recipe title in bold text or use the QR codes on the next page!**

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 **be sure to check the recipe page for substitution options**

