



1/2 cup oatmeal2 tablespoons raisins3 tablespoons pumpkin seeds

1 teaspoon brown sugar 1 pinch cinnamon ¹/₂ orange sliced 1 cup milk

NUTRITION INFORMATION PER SERVING

Protein 24g Total Fat 20g Carbs 87g Calories 601kcal Fiber 10g Sodium **125mg** Trans Fat **0.22g** Saturated Fat **5.8g** Fruits **1.22 servings** Vegetables **0 servings** Added Sugar **4.46g**

Harvest Oatmeal

BY EVERYDAY EATLOVE

□ 2 MINS | 1 SERVINGS

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Method

- 1. Bring 1 cup of water to boil. Add oats and cook for 5 minutes.
- 2. Remove oatmeal from heat. Top with pumpkin seeds, raisins, cinnamon, and brown sugar.
- 3. Serve with half orange and a glass of milk.







1 cup Cheerios Toasted Whole Grain Oat Cereal ¹/₂ cup 1% milk 1 tangerine

NUTRITION INFORMATION PER SERVING

Protein 7.8g Total Fat 3.46g Carbs 38g Calories 208kcal Fiber 4.58g Sodium **195mg** Trans Fat **0g** Saturated Fat **1.31g** Fruits **0.58 servings** Vegetables **0 servings** Added Sugar **0g**

Cheerios & Tangerine

BY EVERYDAY EATLOVE

└ 5 MINS | 1 SERVINGS

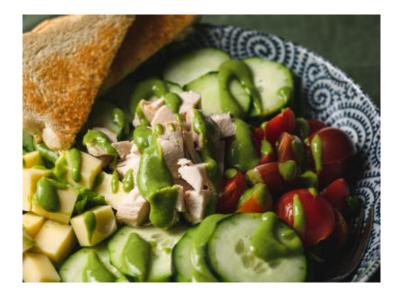
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Method

1. Add cereal to bowl and pour milk over. Serve with tangerine.







¹ / ₄ avocado
$^{1}/_{3}$ cup Buttermilk, Low Fat
2 tablespoons cilantro chopped
$^{1}\!/_{2}$ tablespoon white wine vinegar
1 dash salt
3 cups romaine lettuce chopped

1 cup cucumber sliced 3 ¹/₂ ounces rotisserie chicken chopped ¹/₂ ounce Swiss cheese diced 10 cherry tomatoes halved

1 slice Sourdough Bread toasted

1 orange

NUTRITION INFORMATION PER SERVING

Protein 44g
Total Fat 20g
Carbs 62g
Calories 576kcal
Fiber 15g

Sodium **761mg** Trans Fat **0.1g** Saturated Fat **6.1g** Fruits **1 servings** Vegetables **3.43 servings** Added Sugar **1.43g**

Chicken Salad with Green Goddess Dressing and Bread

BY EVERYDAY EATLOVE

L 15 MINS | I SERVINGS

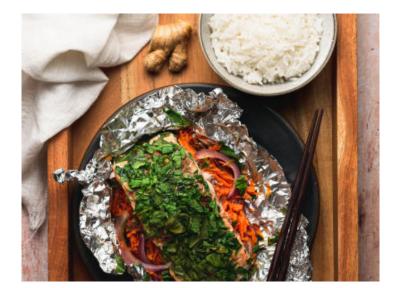
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Method

- 1. Make the dressing: add avocado, buttermilk, cilantro, vinegar, and salt to a blender and blend until smooth.
- 2. Add remaining ingredients to a bowl and toss with the dressing.
- 3. Serve with bread.







 $\frac{1}{4}$ cup basmati rice $\frac{1}{2}$ cup water $\frac{1}{2}$ red onion thinly sliced 2 carrots peeled and shredded 6 ounces salmon

 $1/_2$ teaspoon ginger grated $1/_2$ teaspoon Chinese five spice powder 1 teaspoon rice vinegar 1 teaspoon sesame oil 1 cup spinach chopped

NUTRITION INFORMATION PER SERVING

Protein 42g Total Fat 16g Carbs 55g Calories 536kcal Fiber 6.9g

Sodium 307mg Trans Fat 0.05g Saturated Fat 3g Fruits **0 servings** Vegetables 1.95 servings Added Sugar Og

Ginger Salmon Packet with Rice

BY EVERYDAY EATLOVE



To modify servings, view nutrition information and more, go to eatlove.is

Method

- 1. Preheat oven to 450°F.
- 2. Add rice and water to a saucepan and bring to a boil. Lower to simmer and cook until rice is tender and water is absorbed, about 15-20 minutes.
- 3. Meanwhile, prepare the salmon. For each serving, cut out a 12-inch piece of aluminum foil. Place onions and carrots in the center of the non-stick side (the dull side) and top with salmon. Sprinkle with ginger, Chinese five spice, and pepper. Drizzle with vinegar and oil. Top with spinach.
- 4. Fold the foil over and crimp the edges to seal packet, leaving room for heat circulation inside.
- 5. Bake for 15-18 minutes, until the salmon flakes easily with a fork.
- 6. Serve salmon with rice.

