



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.

INGREDIENTS

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|-----------------------------|------------------------|
| 1/2 cup oatmeal | 1 teaspoon brown sugar |
| 2 tablespoons raisins | 1 pinch cinnamon |
| 3 tablespoons pumpkin seeds | 1/2 orange sliced |
| | 1 cup milk |

NUTRITION INFORMATION PER SERVING

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





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.

INGREDIENTS

1 cup Cheerios Toasted Whole Grain Oat Cereal

1/2 cup 1% milk

1 tangerine

NUTRITION INFORMATION PER SERVING

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





Chicken Salad with Green Goddess Dressing and Bread

BY EVERYDAY EATLOVE

🕒 15 MINS | 🍴 1 SERVINGS

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INGREDIENTS

1/4 avocado	1 cup cucumber sliced
1/3 cup Buttermilk, Low Fat	3 1/2 ounces rotisserie chicken chopped
2 tablespoons cilantro chopped	1/2 ounce Swiss cheese diced
1/2 tablespoon white wine vinegar	10 cherry tomatoes halved
1 dash salt	1 slice Sourdough Bread toasted
3 cups romaine lettuce chopped	1 orange

NUTRITION INFORMATION PER SERVING

Protein 44g	Sodium 761mg
Total Fat 20g	Trans Fat 0.1g
Carbs 62g	Saturated Fat 6.1g
Calories 576kcal	Fruits 1 servings
Fiber 15g	Vegetables 3.43 servings
	Added Sugar 1.43g

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.





Ginger Salmon Packet with Rice

BY EVERYDAY EATLOVE

🕒 15 MINS | 🍴 1 SERVINGS

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INGREDIENTS

1/4 cup basmati rice	1/2 teaspoon ginger grated
1/2 cup water	1/2 teaspoon Chinese five spice powder
1/2 red onion thinly sliced	1 teaspoon rice vinegar
2 carrots peeled and shredded	1 teaspoon sesame oil
6 ounces salmon	1 cup spinach chopped

NUTRITION INFORMATION PER SERVING

Protein 42g	Sodium 307mg
Total Fat 16g	Trans Fat 0.05g
Carbs 55g	Saturated Fat 3g
Calories 536kcal	Fruits 0 servings
Fiber 6.9g	Vegetables 1.95 servings
	Added Sugar 0g

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.

