

1 Ingredients

- 1/3 cup chia seeds
- 1 tablespoon maple syrup
- 1 cup almond milk
- 1 cup of vanilla yogurt
- 2 tablespoons apricot jam
- 6 dried apricots
- 1/4 cup pumpkin seeds
- 1 eggplant
- 4 garlic cloves
- 4 ounces shredded mozzarella cheese
- 1/4 cup panko breadcrumbs
- 1 shallot
- 2 tsp Italian seasoning
- 1 can of fire roasted diced tomatoes
- 1 cup couscous
- 1 lemon
- 1 0.25 oz package of fresh basil
- 14 oz Thai stir fry noodles
- 2 limes
- 2 tablespoons tamari (or regular soy sauce)
- 1/4 cup sweet and sour sauce
- 2 bell peppers
- 4 garlic cloves
- 1 package extra-firm tofu
- 1/4 cup roasted peanuts
- 2 eggs
- 2 cans of baked beans
- 1 can of black beans (drained and rinsed)
- 1 can of white kidney beans (drained and rinsed)
- 1 can of red kidney beans (drained and rinsed)
- 1 large yellow onion
- 1 pound of ground beef
- 1 pound of bacon
- 16 ounces of BBQ sauce

2 Recipe One

Figure 1: Eggplant Parmesan



2.1 Ingredients

- 1 eggplant
- 4 garlic cloves
- 4 ounces shredded mozzarella cheese
- 1/4 cup panko breadcrumbs
- 1 shallot
- 2 tsp Italian seasoning
- 1 can of fire roasted diced tomatoes
- 1 cup couscous
- 1 lemon
- 1 0.25 oz package of fresh basil

2.2 Instructions

1. Cut ends off eggplant, peel, and slice eggplant lengthwise into 4 slices. Mince garlic and shallot. Zest lemon, cut into wedges and juice half of them. Roughly chop basil.
2. Coat eggplant in olive oil and season with salt and pepper. Cook in an oven at 425 degrees for 20 minutes, flipping halfway.
3. Mix half the garlic, and the mozzarella, breadcrumbs and 1 tablespoon olive oil.
4. Cook remaining garlic, shallot in olive oil. Add Italian seasoning and cook until fragrant.
5. Add tomatoes, and a pinch of salt and pepper. Simmer until thickened, about 10 minutes.
6. Cook couscous according to package instructions. Remove from heat and stir in lemon zest and juice, half the basil, and a tablespoon of olive oil.
7. Top eggplant with tomato sauce and breadcrumbs, and cook an additional 5-10 minutes.
8. Serve topped with remaining basil and lemon.

3 Recipe Two

Figure 2: Pad Thai



3.1 Ingredients

- 14 oz Thai stir fry noodles
- 2 limes
- 2 tablespoons tamari (or regular soy sauce)
- 1/4 cup sweet and sour sauce
- 2 bell peppers
- 4 garlic cloves
- 1 package extra-firm tofu
- 1/4 cup roasted peanuts
- 2 eggs

3.2 Instructions

1. Boil Thai noodles according to package instructions. Rinse under cold water and coat with oil.
2. Drain tofu, cut into bite-sized pieces, and season with salt and pepper.
3. Thinly slice peppers, mince garlic, chop peanuts.
4. Squeeze 2 tablespoons lime juice into a small bowl. Mix in tamari and sweet and sour sauce.
5. Heat oil in a frying pan over medium heat. Cook tofu until golden brown (5-10 minutes). Move to a paper towel lined plate.
6. In the same pan, add oil and cook bell peppers until tender. Add to the plate with the tofu.
7. In the same pan, add oil and garlic. Cook 1-2 minutes until browned.
8. Add noodles and sauce and cook about 3-5 minutes, until noodles absorb some sauce.
9. Move noodles to one side of the pan. Add a little oil and two eggs. Scramble the eggs until almost set, then stir them into the noodles.
10. Mix in tofu, peppers, and peanuts.
11. Season with salt and pepper to taste. Serve with lime wedges.

4 Recipe Three

Figure 3: BBQ Chili



4.1 Ingredients

- 2 cans of baked beans
- 1 can of black beans (drained and rinsed)
- 1 can of white kidney beans (drained and rinsed)
- 1 can of red kidney beans (drained and rinsed)
- 1 large yellow onion
- 1 pound of ground beef
- 1 pound of bacon
- 16 ounces of BBQ sauce

4.2 Instructions

1. Dice the yellow onion.
2. Drain and rinse black, white, and red beans.
3. Crumble and cook beef in a frying pan.
4. Cook bacon and cut into bite size pieces.
5. Combine all ingredients in a crock pot. Cook at low heat for 6-7 hours. Stir occasionally.

5 Breakfast Recipe

Figure 4: Chia Parfait



5.1 Ingredients

- 1/3 cup chia seeds
- 1 tablespoon maple syrup
- 1 cup almond milk
- 1 cup of vanilla yogurt
- 2 tablespoons apricot jam
- 6 dried apricots
- 1/4 cup pumpkin seeds

5.2 Instructions

1. Combine chia seeds, syrup, and milk with a pinch of salt in a 1-pint wide mouthed mason jar.
2. Whisk cover and refrigerate overnight.
3. Dice dried apricots.
4. Split between two 1-pint wide mouthed mason jars. Top with yogurt, apricot jam, dried apricots, and pumpkin seeds.