

QUICK, EASY, AND HEALTHY RECIPES

Healthy Snacks and Meal Recipes to Give Your Body The Fuel It Needs!

SNACKS

PARFAIT



<https://bit.ly/37yU7UP>

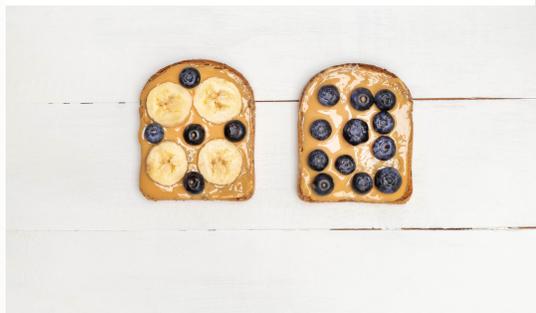
INGREDIENTS

- 1/2 cup non-fat vanilla yogurt
- 1 cup blueberries or strawberries (fresh or frozen thawed)
- 1/2 cup low-fat granola (or crunchy cereal)
- A handful of dark chocolate chips

DIRECTIONS

- Spoon yogurt into a glass
- Top with granola
- Add fruit and dark chocolate
- Repeat until you fill the glass to the desired level

BLUEBERRY BANANA TOAST



<https://nutritionbymia.com/blueberry-banana-toast>

INGREDIENTS

- 2 pieces of whole grain bread
- 1-2 tbsp peanut butter
- Handful of blueberries
- 1/2 of a banana cut into slices

DIRECTIONS

- Spread peanut butter onto the two slices of bread
- Place the slices of banana and blueberries onto the slices of bread
- Enjoy!

QUICK, EASY, AND HEALTHY RECIPES

Healthy Snacks and Meal Recipes to Help You Fuel Your Body

MEALS

SHEET PAN SALMON



<https://nutritionbymia.com/healthy-sheet-pan-meal>

INGREDIENTS

- 4 oz. salmon
- 2 garlic cloves, minced
- 2 cups green beans, ends trimmed
- 1 cup baby potatoes, chopped
- 2 tbsp fresh parsley
- 1/4 cup olive oil

DIRECTIONS

- Preheat oven to 400 F
- In a bowl, whisk together olive oil, garlic & parsley.
- Line potatoes on a non-stick baking sheet & drizzle with a third of the olive oil mixture.
- Bake for 15 minutes.
- Remove pan from oven & evenly space green beans & salmon.
- Drizzle with remaining olive oil mixture.
- Bake for another 15 minutes.

CHICKEN MARINARA



<https://nutritionbymia.com/sheet-pan-meal-3-ways>

INGREDIENTS

- 2 Chicken Breasts
- 2 zucchinis, chopped
- 1 egg
- 1/4 cup whole grain bread crumbs
- 1/4 cup marinara
- 2 slices fresh mozzarella

DIRECTIONS

- Preheat oven to 400 F.
- Whisk egg in a large shallow bowl and place breadcrumbs in another large shallow bowl
- Dip chicken into the egg followed by breadcrumbs and place on the baking sheet.
- Bake for 15 minutes.
- Remove from oven and add zucchini. Spray with oil spray and bake for another 10 minutes
- Remove from oven and set oven to broil.
- Add marinara and cheese to both chicken breasts and broil for 2 min or until cheese melts