Cooking Basics

Ground Turkey Pasta
Ingredients
5oz Ground Turkey
3oz Whole Wheat Noodles
1tbls Olive Oil

Chicken Tenders and Brown Rice
Ingredients
5 oz Chicken Tenders
2/3 cups Brown Rice
30 grams Mixed Nuts

Steak and Sweet Potato
Ingredients
5 oz Steak
1 cups Sweet Potato
30 grams Almond Butter

Turkey Omelette
Ingredients
5oz Ground Turkey
3 Eggs
30 grams Whole Wheat Toast

Whey Protein Shake
Ingredients
2 tbs Peanut Butter
1/2 cup Oatmeal
1/4 cup Blueberries