

June 2021

JUNE 3RD – NATIONAL EGG DAY

THE EGG-celent FACTS:

- 1 large egg = 6g high-quality protein = fuller, more energized longer!
- Choline in egg yolks promotes - normal cell activity, liver function and the transportation of nutrients throughout the body
- Eggs cholesterol do not contribute to *our* cholesterol, it's the saturated & trans-fat in our diets that do that.

Healthy Veggie Egg Muffins, 12 servings

Ingredients

- 1 Tbsp olive oil
- ½ yellow onion, chopped
- 2 cloves garlic, minced
- ½ zucchini, shredded
- 1 red bell pepper, chopped
- 8 large eggs (option – 4 eggs + 4 egg whites)
- 2 cups spinach, roughly chopped
- ¼ cup shredded Parmesan cheese
- Salt and pepper, to taste

Instructions

1. Preheat oven to 375 degrees F. Coat a muffin tin with spray and set aside.
2. In a large skillet on medium heat, drizzle olive oil and saute onion and garlic for about 4 minutes until tender and fragrant. Add in zucchini and red bell pepper, cooking an additional 2 minutes. Fill each muffin tin about 1/2 full with veggie mixture.
3. In a large bowl, whisk together eggs, arugula, cheese and salt/pepper and fill each muffin tin evenly, being careful not to over-fill.
4. Bake muffins for about 20 minutes, until they have risen and are slightly browned. Enjoy!

Serving Size: 2 muffin, Calories: 150, Fat: 9 g, Carbs: 5 g, Fiber: 1 g, Protein: 10 g

These are great for meal prep! Cook once + enjoy 2 muffins with some fruit or wheat toast for a filling breakfast!

JUNE 21ST – NATIONAL SMOOTHIE DAY

Smoothie 101 – Liquid + Fruit/Veggies/Fiber + Protein + Flavor Enhancer

Liquid Base – milk (unsweet almond, coconut or soy milk; 2% or low-fat milk); water

Fiber – add 1-2 cups of veggies (spinach, kale) + 1 cup fruit (berries, pineapple, ½ banana or apple)

- Additional sources = ½ cup oats; 1 tbsp nut butter; 1-2 tbsp chia or flax seed (bonus-fiber+omega3)

Protein Sources – dairy (non-fat Greek yogurt or cottage cheese); protein powder (20-30g protein, less than 5g fat or sugar & less than 10g carbs per serving)

Flavor Enhancers – cinnamon, cocoa powder, ginger, lemon juice; water flavorings or 1-2tbsp jello or pudding mix

Tips:

- Use frozen fruit to provide a creamier texture
- Include at least 20-30g protein stay fuller longer
- If using protein powders, look for 20-30g protein, less than 5g fat or sugar & less than 10g carbs per serving
- Sugar can add up quickly in smoothies – juices (120 cal, 30g carbs) or sugar, honey, agave, turbinado, coconut sugar (60 cal, 16g carbs); fruits (1 cup ~ 60-80 cal; 20g carb)
- For lower calorie or carbs – use water or unsweetened almond/ soy milk; use sugar substitute like stevia; fill smoothie with more veggies and 1 serving of fruit

Green Machine

Ingredients

- 1 cup 0% plain or vanilla Greek yogurt
- 1 cup Frozen cauliflower (note: riced cauliflower does better)
- 2 cups greens – kale or spinach
- 2 tbsp flax seed
- 1 tsp ginger
- Lemon juice

Nutrition: 250 Calories, 22g of Protein, 19g of Carbs, 7g fiber, 2g of Fat

Butterfinger Delight

- 1 scoop Vanilla Protein Powder
- 1 Tbsp Unsweetened Cocoa
- 1 Tbsp Powdered Peanut Butter
- 2 servings Sugar Free Butterscotch Pudding Mix
- ½ C Unsweetened Almond Vanilla Milk
- 6-8 Ice Cubes (adjust to desired consistency)

Nutrition: 211 Calories, 27g of Protein, 19g of Carbs, 3g of Fat