

# Mealtimes Made Easy (& Healthy) for New Moms

## No-Fuss Breakfasts

- **Overnight Oats:** Mix ½ cup quick oats, ½ cup almond milk, ½ cup vanilla Greek yogurt, ½ cup berries, 1 tablespoon honey, & 1 tablespoon Chia seeds in a glass jar. Chill overnight or for 4-6 hours. Enjoy!
- **Breakfast Taco:** ¼ cup 2% shredded cheddar cheese & salsa on a whole-grain tortilla. Heat in a skillet or griddle 30 seconds; roll while warm. Enjoy with 1 small orange.
- **Breakfast Sandwich:** 1 egg, 1 tomato slice, & 1 slice 2% cheddar cheese on 1 100% whole-grain English muffin.
- **PB Banana Wrap:** Spread peanut butter on a whole-wheat tortilla, place peeled banana in the middle & roll up.
- **Ham & Cheese Wrap Up:** Wrap string cheese with slice of deli ham; wrap 100% whole-grain bread around meat & cheese. Enjoy with a fresh pear.
- **Grab & Go:** 1 banana (or apple), 1 string cheese, & 1 granola bar or 1 serving of whole-grain crackers.
- **Lil' Dippers:** 1 cup dry whole-grain cereal (a frosted shredded wheat cereal works great!) & a single-serve cup of flavored Greek yogurt for dipping!
- **Cottage Breakfast:** 1 cup cottage cheese mixed with pineapple chunks, chopped walnuts, & cinnamon.
- **Breakfast Parfait:** ½ cup yogurt, ¼ cup sliced banana or berries, ¼ cup granola, & ¼ cup dried apricots or raisins.
- **Protein Punch:** Hard-boiled egg, ½ avocado, 1 serving of whole-grain crackers.
- **Avocado Toast:** Whole-grain toast spread with mashed avocado, topped with a tomato or cooked egg.
- **Easy Waffle:** Frozen whole-grain waffle (toasted) with peanut butter & applesauce.

## Quick & Healthy Meals

- **Quick favorite:** Whole roasted rotisserie chicken, bag salad greens, pre-diced baked potatoes, apple slices. Refrigerate leftovers for the next day.
- **Quesadilla:** pre-cooked chicken breast strips, ¼ cup shredded cheese on a whole-grain tortilla, folded in half & cooked in skillet 5 minutes per side or until lightly browned. Serve with ½ cup low-fat cottage cheese, ½ cup pre-cut melon.
- **Top-Your-Own salad:** Bagged salad greens, pre-cooked chicken breast strips, 1 tablespoon shredded cheese, light dressing, fresh berries, whole-grain crackers.
- **Turkey Roll-ups:** Whole-grain tortilla with low-fat cream cheese OR hummus, sliced turkey breast, spinach, roll up tightly. Enjoy with sliced apple or kiwi.
- **Slow cooker BBQ:** Pork tenderloin crock pot on low for 6 hours; serve with your favorite BBQ sauce & baked potato or riced cauliflower.
- **Chicken and Rice:** Hormel Natural pre-cooked chicken breast strips with instant brown rice & steamed broccoli, cook in balsamic vinegar for flavor.
- **Open faced tuna melt:** ¼ cup of canned tuna spread on 1 slice whole-grain bread; cover with 1 slice of cheese. Broil on high for approximately 5 minutes or until cheese is melted. Enjoy with 1 cup sugar snap peas or cucumber slices with hummus.
- **Tuna, Salmon, or Chicken Pouches:** Pair with whole-grain crackers, cucumber slices or fresh fruit.
- **Turkey Meatballs:** 1 serving pre-cooked turkey meatballs served with zucchini noodles or on a sandwich.
- **Salmon Burger:** 1 frozen salmon burger baked (less than 15 minutes) paired with instant brown rice mixed veggies (cooked from frozen) & top with a lemon slice.
- **Ready-to-Eat Quinoa:** Add shelled edamame, beans, or cooked chicken and serve atop a green salad to make it a meal.
- **Southwestern Avocado Toast:** Toasted whole-grain bread spread with 3-4 avocado slices (or mashed avocado) salsa, black beans, and shredded cheese.

## Satisfying Snacks

- Pre-cut veggies dipped in hummus or guacamole (you can find single-serve cups in stores)
- Tortilla spread with hummus & salsa and rolled up
- Popcorn
- Steamed edamame
- Babybel cheese or a mozzarella cheese stick
- Crunchy chickpeas
- Apples with almond butter
- Beef or turkey stick
- Almonds

*Brought to you by: Muffie Kruse*

# Muffie's Favorite DIY Jar Salads

## Caprese Salad

- Pesto
- Sliced fresh mozzarella cheese
- Sliced cherry tomatoes
- Cooked (& cooled) whole wheat penne pasta
- Fresh baby spinach

## Autumn Salad

- Maple balsamic vinaigrette (store-bought or \*homemade)
- Pear
- Butternut squash
- Pecans
- Blue cheese
- Mixed greens

### \*Maple Balsamic Vinaigrette

- ¼ cup extra virgin olive oil
- 2 Tbsp balsamic vinegar
- 1 Tbsp maple syrup
- 1 tsp Dijon mustard
- salt and pepper

## Taco Salad

- Lime cilantro vinaigrette
- Red onions
- Orange/red/green bell pepper
- Tomatoes
- Black beans
- Avocado
- Taco-seasoned ground beef or quinoa
- Shredded cheddar cheese

### Lime Cilantro Vinaigrette

- ¼ cup extra virgin olive oil
- 2 Tbsp lime juice
- 2 Tbsp white wine vinegar
- 2 Tbsp honey
- 1 Tbsp cilantro, finely chopped
- 1 clove garlic, minced
- salt and pepper



## Make-Ahead Smoothie

### Berry Good Smoothie

Serves 4

- 1 can (15 oz) great Northern beans, drained & rinsed
- 2 cups frozen sliced strawberries
- 1 cup calcium-fortified orange juice (you'll need the calcium!)
- 1 can (8 oz) crushed pineapple, with juice
- 3 Tbsp honey
- 1/4 tsp vanilla extract

1. Blend all ingredients together in a blender.
2. Divide between 4 glasses (tip: share a glass with your husband, and freeze the rest in an ice cube tray for later) & enjoy!

Muffie suggests portioning out the beans, frozen fruit, and pineapple into a freezer-safe storage bag. Then just pop the ingredients into a blender along with the juice, honey, & vanilla for a quick and nourishing smoothie!

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