



~Make Your Meals! Weekly Recipe Suggestions~

This week try these clean meal recipes!

Breakfast:

Spinach and Cheddar Microwave Quiche in a Mug

½ cup packed fresh spinach

1 egg

⅓ cup milk

⅓ cup shredded cheddar cheese

1 slice cooked bacon, chopped (optional)

Salt and pepper, to taste

- 1. If using fresh spinach, place it in mug with 2 tablespoons of water. Cover with a paper towel and microwave on high for one minute. Remove from microwave and drain the water and liquid from spinach thoroughly.*
- 2. Crack the egg into the mug with the spinach and add the milk, cheese, bacon (if using), and salt and pepper. Mix until thoroughly combined.*
- 3. Cover with a paper towel and microwave on high for 3 minutes, or until fully cooked.*

Lunch or Dinner:

Chicken or Tofu and Veggies Over Rice

1 tablespoon of olive oil

3 ounces (57 grams) chicken breast, chopped (Also can use 6 ounces of cubed tofu)

5 shiitake mushrooms, chopped

¼ yellow onion, chopped

1 cup (70 grams) cabbage, shredded

1 zucchini, chopped

½ teaspoon tamari soy sauce

½ cup (97 grams) cooked brown rice

Place a skillet over medium heat and add olive oil.

Saute chicken or tofu until cooked through and remove from heat. Add veggies and soy sauce to pan; saute until softened.

Return chicken to pan and heat through.

Makes 1 serving.