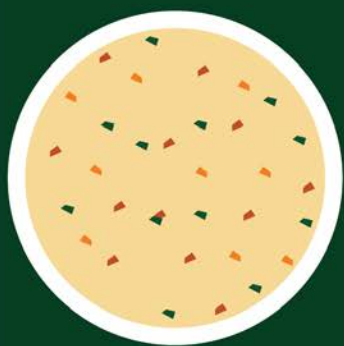




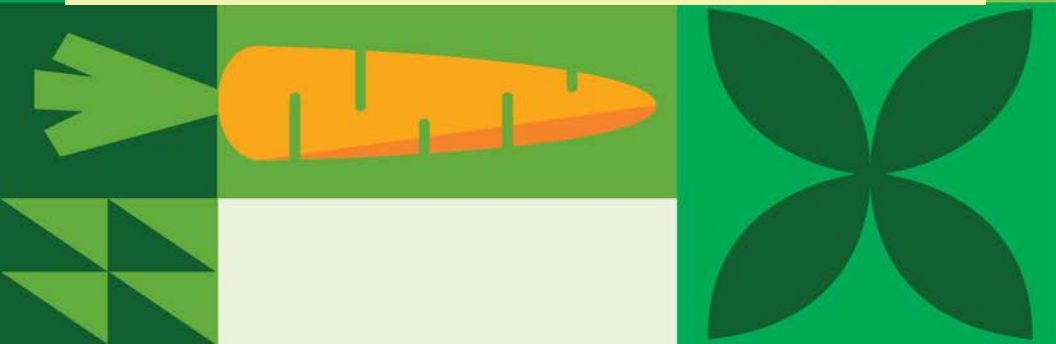
**Smart Meal Prep
for Students:
Healthy, Time-
Saving Recipes**





Table of Contents

Margherita Pizza	1-2
Healthy Hummus and Antioxidant Smoothie	3
Almond Joy Chocolate Chia Pudding and..... Overnight Oats with Toppings	4
Easy Veggie Egg White Bites and High Protein White Bean Salad with Lemon Garlic Vinaigrette	5-6
Sheet-Pan Chicken Fajita Bowls	7-8
High-Protein Mason Jar Salad..... and Easy Chicken Noodle Soup	9
Curry Chicken and Fruit Salad and Roasted Salmon with Tomatoes and Garlic and Olives	10
Homemade Protein Bars and Black Bean Brownies	11-12



Your Meal Prep Food Safety Checklist

Before You Begin Meal Prep

- ☐ Wash hands thoroughly with soap and water for at least 20 seconds before and after handling food
- ☐ Clean and sanitize all kitchen surfaces
- ☐ Use separate cutting boards for raw meat and produce

Cooking Food Safely

- ☐ Use a food thermometer to check internal temperatures:
 - Poultry: 165°F (74°C)
 - Ground meat: 160°F (71°C)
 - Seafood: 145°F (63°C)
- ☐ Keep raw and cooked foods separate

Cooling & Storing

- ☐ Cool hot food to 70°F within 2 hours and to 40°F within 4 hours
- ☐ Use wide, shallow containers, 2 inches or less, for fast cooling
- ☐ Cover and label containers with the date prepared before storage
- ☐ Store meals in fridge $\leq 40^{\circ}\text{F}$ (4°C) for up to 3–4 days.
- ☐ Freeze extra portions you won't eat within that time

Transporting and Reheating Meals

- ☐ Keep hot foods hot and cold foods cold. Use an insulated cooler to transport food.
- ☐ Reheat all meals to 165°F (74°C)
- ☐ Only reheat meals once
- ☐ Stir food during reheating to warm evenly

Visit www.foodsafety.gov for more information.

Hungry for more healthy recipes:

eatingwell.com

myplate.gov/myplate-kitchen

eatright.org/recipes

**Book an appointment with our registered dietitian at
559-278-2734**



Margherita Pizza

Servings: 4 (makes 1 12-inch pizza)

Prep Time: 15 mins

Ingredients

- Two-ingredient dough
- All-purpose flour for rolling
- 1 teaspoon cornmeal
- 1/3 cup prepared pizza sauce
- 3/4 cup shredded mozzarella cheese
- 1/2 cup torn basil leaves

Two-ingredient dough Ingredients

- 1 1/4 cups self-rising flour
- 1 cup low-fat plain Greek yogurt

Directions for Dough

1. Place self-rising flour in a large bowl. Add yogurt and stir with a fork until a soft dough forms.
2. Lightly flour your work surface and knead the dough a few times until smooth. If the dough seems dry, add a Tablespoon of water; if it is sticky, add a few tablespoons of flour.
3. Roll and shape the dough on a floured surface.

Tip: To make self-rising flour, whisk 1 1/4 cup all-purpose flour, 1 1/2 teaspoons baking powder, and 1/4 teaspoon salt in a large bowl.

Directions for Baking

1. Place a pizza stone or a large rimless baking sheet on the bottom rack of the oven. Preheat oven to 500 degrees F.
2. On a lightly floured surface, roll dough into a 12- to 14-inch round. Sprinkle a pizza peel with cornmeal; place the dough on top. Spread sauce over the surface, leaving a 1/2-inch border. Sprinkle with cheese, then scatter basil over the top. Bake until the crust is nicely browned, and the cheese is melted, about 10 minutes.

Note: You can substitute one pound of pre-made pizza dough.

Nutrition facts: Calories 224, Protein 16 g, Total fat 6 g, Saturated fat 3 g, Carbohydrate 34 g, Fiber 3 g, Total sugar 4 g



Healthy Hummus

Snack Box

Prep Time: 10 minutes

Servings: 4

Ingredients

- 1 large cucumber
- 2 small pita breads
- 1 cup hummus
- 1 pint of grape tomatoes
- 6oz. jar kalamata olives

Instructions

1. Slice the cucumber into rounds and cut the pita bread into triangles.
2. Divide the cucumber slices, pita triangles, hummus, tomatoes, and olives between four containers.
3. Cover and refrigerate for up to 3 days.



Antioxidant Packed Smoothie

Prep Time: 5 minutes

Servings: Makes 1 serving

A nutrition-packed smoothie is a perfect start to your day or to have as a post-work-out recovery drink.

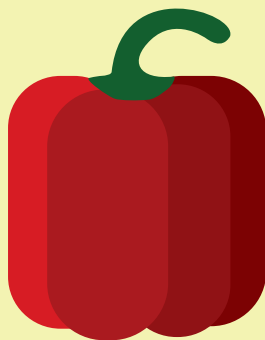
Ingredients

- 2 cups frozen mixed berries
- 1 cup chilled, unsweetened, strong-brewed green tea (regular or decaf)
- 1/4 cup non-fat Greek-style yogurt
- 3 dried pitted Medjool dates
- 1 1/2 tablespoons chia seeds

Instructions

1. Combine all ingredients in a blender; process until smooth, about 1 minute. You can adjust the thickness by adding additional green tea.

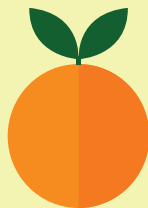
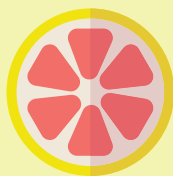
Nutrition facts: Calories 290, Protein 7.5 g, Total fat 16 g, Saturated fat 3 g, Carbohydrate 29 g, Fiber 6 g, Total sugar 5 g.



2. Pour into a glass and serve immediately.

Did you know that frozen fruit is considered just as good or "better" than fresh fruit because it's often picked at peak ripeness, preserving more nutrients when compared to fresh produce? Additionally, frozen fruit has a longer shelf life and is more affordable when fresh options are out of season.

Nutrition facts: Calories 285, Protein 9.0 g, Total fat 5.5 g, Saturated fat 0.5 g, Carbohydrate 56.0 g, Fiber 13 g, Total sugar 8.5g (natural sugars from the berries and dates).



Almond Joy

Chocolate

Chia Pudding

Prep Time: 5 minutes with 4 hours chilling time

Servings: Makes 4 servings

This pudding makes a great breakfast, snack, or nutritious dessert!

Ingredients

- 2 cups vanilla almond milk (or any milk you choose)
- 1/2 cup chia seeds
- 1/4 cup cacao or cocoa powder (see note)
- 2-3 tablespoons maple syrup or honey to taste
- 1/4 teaspoon salt (optional)
- For topping
- 1/4 cup mini chocolate chips
- 1/4 cup shredded coconut (toasted or untoasted)

Overnight Oats with Toppings

Prep Time: 5 minutes

Servings: Makes 1 serving

Never miss a healthy breakfast with these easy overnight oats!

Ingredients

- 1/2 cup old-fashioned oats
- 1/2 cup low-fat or non-fat dairy milk, or almond, soy, or oat milk
- 1/2 Tbsp chia seeds
- Optional: pinch of salt

Choice of toppings: Fresh or frozen fruit, granola, nuts and seeds, almond or peanut butter, dark chocolate chips, cinnamon, yogurt, and a small drizzle of honey or brown sugar.

- 1/4 cup chopped or slivered almonds

Instructions

1. Add the first 5 ingredients to the blender
2. Cover and blend at high speed for one minute or until the mixture is completely smooth
3. Divide the mixture between four small jars or bowls and cover. Refrigerate for at least 4 hours, or overnight for best results.
4. Before serving, top with the chocolate chips, coconut, and almonds

Note: This can also be made with 1/2 cup of chocolate protein powder in place of the cacao or cocoa powder

Nutrition facts (per serving): Calories 285, Protein 5.2 g, Total fat 18 g, Saturated fat 7.5 g, Carbohydrate 24.5 g, Fiber 7.5 g, Total sugar 9.5g.

Instructions

1. Combine old-fashioned oats, chia seeds, and optional salt in an 8-oz. Mason Jar or other small container.
2. Mix in your choice of milk, stirring to combine, and place it in the fridge.
3. Refrigerate for at least 15 minutes or up to 12 hours before enjoying.
4. Add fresh fruit and other toppings before eating.
4. Oats can be eaten cold or heated in 5 microwave-safe container for 60- 90 seconds.

Nutrition facts (per serving for the base recipe): Calories 200, Protein 9 g, Total fat 5 g, Saturated fat 1 g, Carbohydrate 30 g, Fiber 6 g, Total sugar 5g.





Easy Veggie Egg White Bites

Prep Time: 20 minutes

Cooking time: 30 minutes

Servings: Makes 12 egg bites

Make this veggie and protein-rich recipe to save time and money on busy mornings.

Ingredients

- 2 cups liquid egg whites*
- 1/4 cup red or green bell pepper, finely diced
- 1/2 cup chopped green onions
- 1/2 cup fresh spinach finely chopped
- 3/4 cup shredded low-fat or regular cheese (cheddar, feta, mozzarella, or your favorite cheese)
- 1/2 tsp garlic powder
- 1/4 tsp salt (omit if you are using feta cheese in the recipe)
- 1/2 tsp black pepper
- Non-stick cooking spray



High-Protein White Bean Salad with Lemon-Garlic Vinaigrette

Servings: 4

Prep time: 20 minutes

Dressing Ingredients

- 2 tablespoons lemon juice
- 2 tablespoons whole-milk plain strained (Greek-style) yogurt
- 1/2 teaspoon Dijon mustard
- 1 small clove garlic, grated (about 1/4 teaspoon)
- 1/4 teaspoon coarsely ground black pepper
- 1/4 teaspoon salt
- 1/4 cup extra-virgin olive oil

Salad ingredients

- 2 (15-ounce) cans no-salt-added cannellini beans, rinsed (about 3 cups)
- 3 cups loosely packed baby spinach
- 1 pint cherry tomatoes, halved (about 2 cups)



Instructions

1. Preheat oven to 350°F and grease a 12-cup non-stick muffin tin.
2. In a large mixing bowl, combine the bell pepper, tomato, onion, spinach, cheese, garlic powder, salt, and black pepper. Pour in egg whites and stir to combine.
3. Use a ladle to pour the mixture into the muffin tin. Fill each about 3/4 full.
4. Bake at 350°F for 25-30 minutes, or until the centers of the egg bites are no longer liquid.
5. Allow egg white bites to cool for 10 minutes before removing them from the muffin tin.
6. Cool and store in the refrigerator.

*Cartons of liquid egg whites such as Egg-beaters, can be found refrigerated in the egg department of most supermarkets. You could also substitute 8 large eggs in this recipe.

Nutrition facts: (1 egg bite): Calories 30, Protein 4.4 g, Total fat 0.9 g, Saturated fat 2.5 g, Carbohydrate 0.6 g, Fiber 0.1 g, Total sugar 0.3 g.

- 2 small shallots, sliced (about 3/4 cup)
- 3 tablespoons chopped fresh dill
- 1/2 cup crumbled feta cheese
- 1/4 cup toasted chopped walnuts

Directions

1. Whisk lemon juice, Greek yogurt, mustard, the grated garlic, pepper, and salt together in a large bowl. While whisking constantly, slowly stream in 1/4 cup oil until combined.
2. To serve, add rinsed beans, spinach, halved tomatoes, sliced shallots, and dill to a large bowl. Gently toss with the dressing until evenly coated. Sprinkle with 1/2 cup feta and 1/4 cup walnuts.
3. For meal prep, divide the dressing into 4 small containers and the salad ingredients into 4 medium bowls or meal-prep containers. When ready to serve, drizzle with dressing and stir lightly to combine.

Nutrition facts: Calories 375, Protein 12 g, Total fat 22 g, Saturated fat 4 g, Carbohydrate 30 g, Fiber 7 g, Total sugar 3 g.



Sheet-Pan Chicken Fajita Bowls

Prep Time: 40 mins

Servings: 4

Sheet pan cooking is a versatile and efficient method of preparing meals on a single baking sheet.

Ingredients

- 1 tablespoon plus 1 teaspoon fajita seasoning, divided (see note)
- 1 tablespoon olive oil or other cooking oil
- 1/4 pounds chicken tenders
- 1 medium yellow onion, sliced
- 1 medium red bell pepper, sliced
- 1 medium green bell pepper, sliced
- 1 (15-ounce) can black beans, rinsed
- 1/4 cup low-fat plain Greek yogurt
- 1 tablespoon lime juice
- 2 teaspoons water

Instructions

1. Preheat oven to 425 degrees F.
2. Whisk 1 tablespoon of oil into the fajita seasoning mix in the large bowl. Add 1 1/4 pounds of chicken, 1 medium onion, and 1 red and 1 green bell peppers; toss to coat.
3. Coat a large baking sheet with cooking spray. Spread the chicken mixture in an even layer on the pan. Roast for 15 minutes.
4. Remove the pan from the oven. Stir the chicken and vegetables. Spread the beans evenly over the top. Roast until

the chicken is cooked through and the vegetables are tender, 5 to 7 minutes more.

5. While the chicken finishes cooling, combine the reserved 1 teaspoon fajita seasoning mix, 1/4 cup yogurt, 1 tablespoon lime juice, and 2 teaspoons water in a small bowl.

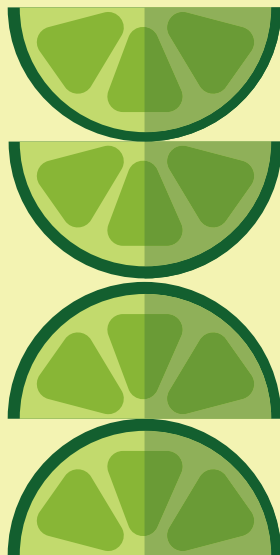
6. To serve, divide the chicken and vegetable mixture among 4 bowls. Drizzle with the yogurt dressing.

Nutrition facts: Calories 278, Protein 27.5 g, Total fat 8.5 g, Saturated fat 1.4 g, Carbohydrate 19.3 g, Fiber 5.5 g, Total sugar 3.5 g.

Note: You can make your own fajita seasoning by combining:

- 2 teaspoons chili powder
- 2 teaspoons paprika
- 1 teaspoon oregano
- 1/2 teaspoon kosher salt
- 1/4 teaspoon onion powder
- 1/4 teaspoon garlic powder

Store fajita seasoning in an air-tight jar.



High-Protein Mason Jar Salad

Prep Time: 10 minutes

Tips for the perfect Mason jar salad:

Be sure to layer the ingredients so they don't get soggy. Put the dressing at the bottom, followed by crunchy veggies, protein, and the more delicate greens at the top. If you don't have a Mason jar, you can use any meal prep container. It is recommended to store the dressing separately and add it right before serving.

Ingredients for each jar:

- 2 Tablespoons of your favorite salad dressing
- 1 cup chopped or shredded vegetables such as carrot, radish, or cucumber
- 1/2 cup chopped protein such as cooked chicken, turkey, hard-boiled eggs, or beans
- 1/4 cup shredded low-fat cheese

Easy Chicken Noodle Soup

Prep Time: 20 mins

Servings: 4

A good bowl of chicken soup is not only comforting, but the combination of vitamins, minerals, and protein supports a healthy immune system.

Ingredients

- 1 tablespoon olive oil
- 1-pound boneless, skinless chicken breasts, cut into 1/2-inch pieces
- 8 cups chicken broth
- 6 ounces (about 3 cups) of uncooked egg noodles
- 1 cup mixed frozen vegetables
- Optional ingredients to boost flavor
 - 1 tablespoon finely chopped garlic
 - 2 teaspoons chopped fresh ginger
 - 1/4 teaspoon red pepper flakes

- 1 cup mixed salad greens

Directions:

1. Pour 2 tablespoons of the vinaigrette into the bottom of a 1-quart mason jar
2. Add the shredded or chopped vegetables, your choice of protein, and 1/4 cup Cheddar to the jar. Top with 1 cup of spring mix.
3. Cover and refrigerate for up to 3 days.
4. When ready to eat, shake the jar until the vinaigrette is evenly distributed.

Nutrition facts (will vary with ingredient choices): Calories ~260, Protein 21 g, Total fat 13 g, Saturated fat 3 g, Carbohydrate 13 g, Fiber 3 g, Total sugar 3 g.



Instructions

1. Heat 1 tablespoon of oil in a large pot over medium heat. Add the chicken pieces; cook, stirring often, until they are no longer pink, about 5 minutes. Add the garlic, ginger, and pepper if using; cook, stirring constantly, until fragrant, about 1 minute.
2. Add 8 cups of broth; bring to a boil over high heat. Add noodles and 1 cup frozen vegetables. Reduce heat to medium and simmer until the noodles are tender, for about 8 minutes.

Nutrition facts: Calories 330, Protein 30 g, Total fat 16 g, Saturated fat 3 g, Carbohydrate 30 g, Fiber 3 g, Total sugar 2 g.



Curry Chicken and Fruit Salad

Prep Time: 10 minutes

Servings: 4

Chicken salad gets a flavor boost from curry powder, making a healthy meal prep lunch. This is a great mix of lean protein, healthy fats, and fiber.

Ingredients

- 2 cups chopped cooked chicken breast (use a rotisserie chicken to save time)
- 1 medium apple, cored and diced (tart apples like Granny Smith work well)
- 1 small yellow onion, diced
- 3/4 cup chopped walnuts or sliced almonds
- 1 1/2 cups red seedless grapes, halved
- 1/2 cup light mayonnaise
- 1 tablespoon Dijon mustard
- 2 tablespoons chopped fresh parsley

Roasted Salmon & Tomatoes with Garlic & Olives

Servings: 4

Prep time: 30 minutes

Ingredients

- 1 pint cherry tomatoes, halved
- 1/4 cup Kalamata olives, quartered
- 2 tablespoons extra-virgin olive oil, divided
- 4 teaspoons minced garlic
- 1 tablespoon chopped fresh thyme
- 1/2 teaspoon salt, divided
- 1/2 teaspoon ground pepper, divided
- 1 1/4 pounds salmon fillet, cut into 4 portions

Directions

1. Preheat oven to 400 degrees F.
2. Stir tomatoes, olives, 1 tablespoon oil,

- 1/2 teaspoon curry powder
- 1/4 teaspoon black pepper
- Optional: spring mix or fresh spinach to serve

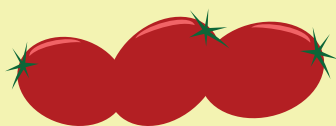
Instructions

1. Stir together chicken, apples, grapes, onion, and walnuts or almonds in a large mixing bowl. Add the light mayonnaise, mustard, parsley, curry powder, and pepper.
2. Divide into 4 meal prep containers, cover, and chill for at least 30 minutes. Serve over spring mix or spinach if desired.

Nutrition facts: Calories 358, Protein 24.8 g, Total fat 26.0 g, Saturated fat 3.3 g, Carbohydrate 24.8 g, Fiber 3.7 g, Total sugar 15.8 g.

- garlic, thyme, 1/4 teaspoon salt and 1/4 teaspoon pepper together in a medium bowl.
3. Spread the mixture on half of a large rimmed sheet pan.
 4. Brush the remaining 1 tablespoon oil all over the salmon pieces; sprinkle with the remaining 1/4 teaspoon each salt and pepper.
 5. Place on the empty side of the sheet pan and bake until the tomatoes have broken down and the salmon is just cooked through, 12 to 15 minutes.
 6. Serve the tomato mixture atop the salmon.

Nutrition facts: Calories 276, Protein 29 g, Total fat 15 g, Saturated fat 2 g, Carbohydrate 5 g, Fiber 1 g, Total sugar 2 g.





Homemade Protein Bars

Servings: 8 bars

Prep time: 15 minutes

Ingredients

- 1 medium ripe banana
- 3/4 cup peanut butter or almond butter
- 1/3 cup of honey
- 1 1/2 cups old-fashioned rolled oats
- 1/4 cup ground flax seed
- 1 cup protein powder*
- 2 teaspoons vanilla extract
- Pinch of salt

Choice of mix-ins:

- Choose 1/2 to 1 cup of any of the following mix-in options:
- Dried fruit (cranberries, dates, or raisins)
- Chocolate chips
- Unsweetened coconut flakes
- Nuts or seeds
- You may also add spices to taste, such as cinnamon.

Instructions

1. Mash the banana in a mixing bowl, stir in peanut butter or almond butter, and honey until well combined. Stir in the oats, flax seeds, protein powder, vanilla, and salt. The mixture should be soft, not dry or crumbly. Add a splash of water if needed.
2. Stir in the desired mix-ins until just combined.
3. Press very firmly into an 8x8-inch pan.
4. Refrigerate for at least 1 hour before cutting into bars.
5. Store bars in the refrigerator for up to 2 weeks or in the freezer for up to 3 months

Notes: *Protein Powder: Chocolate, vanilla, or plain would all work for this recipe. Plant-based vegan protein also works well.

Nutrition facts: Protein bar base (made with peanut butter and whey protein): Calories 265, Protein 17g, Total fat 11.5 g, Saturated fat 2 g, Carbohydrate 24 g, Fiber 3 g, Total sugar 9 g.

Black Bean Brownies

Servings: 12

Prep time: 1 hour

A delicious dessert made with pureed black beans as the base instead of flour!

Ingredients

- 1 (15-oz.) can no-salt-added black beans, rinsed
- 3 large eggs
- 1/4 cup neutral oil, such as canola or avocado
- 2 tablespoons pure maple syrup
- 1 tablespoon vanilla extract
- 1/2 cup granulated sugar
- 1/4 cup cocoa powder
- 1/2 teaspoon baking powder
- 1/2 teaspoon instant coffee granules
- 1/2 teaspoon salt
- 1/2 cup semisweet chocolate chips
- Cooking spray

Directions

1. Preheat oven to 350°F. Coat a 9-inch-square

baking pan with cooking spray.

2. Place beans in a food processor; process until a mostly smooth, thick paste forms, about 1 minute.
3. Add eggs, oil, maple syrup, vanilla, sugar, baking powder, instant coffee, and salt. Pulse until smooth, stopping to scrape down the sides as needed.
4. Transfer the batter to the prepared pan, spreading into an even layer. Sprinkle chocolate chips over the top.
5. Bake until the center is fully set and the edges begin pulling away from the pan's sides, about 25 minutes. Let cool for about 30 minutes in the pan.
6. Store brownies in an airtight container at room temperature for up to 5 days or freeze brownies, tightly wrapped in individual pieces, for up to 3 months.

Nutrition facts: Calories 163, Protein 4 g, Total fat 7.5 g, Saturated fat 2 g, Carbohydrate 20 g, Fiber 2.2g, Total sugar 9 g

