



Meal Prep Breakfast Class

Keeping Healthy Simple Club

<https://keepinghealthysimpleclub.com>

Meal prepping breakfast sets you up to enjoy fast, delicious, and nutritious breakfasts - even on your busiest mornings.

Recipes are at the end of this packet.

Balanced Breakfast Burrito Bowl. This hearty, balanced meal-prep breakfast is the answer if you are not a fan of traditional breakfast foods. It also makes a great base for a flavorful lunch or dinner that makes eating more plant-based meals or lots of vegetables almost effortless.

Mood Boosting Chocolate Chia Overnight Oats. A grab-and-go breakfast can take the stress out of busy mornings. This recipe has five mood-boosting foods and satisfies chocolate cravings without a lot of added sugar.

Reach out with any questions via text to (904) 595-7116 or email to Info@KeepingHealthySimpleClub.com.

Shopping List

Your shopping list is in this packet before the recipes.

To make your time in the kitchen easier, purchase butternut squash already cubed in the produce or frozen section. If frozen, the cooking time may be longer and the squash less crispy.

If you don't have protein powder, you can purchase single-serving packets at some stores like GNC or CVS.

During class, we will be making all 3 servings of the burrito bowl together, but only be making 2 servings of the overnight oats. The oats recipe makes 4 servings, so just keep going if you are making all 4 servings during class.

Equipment Needed

- Measuring cups and spoons
- Cutting board and knife
- Baking sheet, tin foil, oven mitts
- Can opener and colander
- Bowl, fork, and small spatula
- Handheld fruit juicer and bowl to catch juice
- Overnight Oats: 2-cup size mason jars or air-tight storage containers
- Burrito Bowls: 3 meal-prep containers, 24-ounce size or approximately 5 x 7 inches
- If purchased frozen squash: food thermometer to ensure food safety



Steps to Prepare Before Class Begins

Preheat oven to 425°F (218°C).

Gather all ingredients and equipment before class begins.

Food Swaps for Dietary Concerns

Celiac Disease or Gluten Intolerance.

- Always check the ingredients lists for hidden sources of gluten as some brands may use ingredients with gluten as flavorings, stabilizers, or preservatives.
- **Overnight Oats:** Use a gluten-free protein powder.

Lactose Intolerance or Dairy Allergy.

- Always check the ingredients lists for hidden sources of lactose or milk proteins.
- **Overnight Oats:**
 - Use dairy-free protein powder.
 - Replace dairy milk and kefir with oat milk, almond milk, or another dairy-free alternative.
 - Those with lactose intolerance may be able to use kefir as the fermentation process reduces lactose.

Low FODMAP.

- Always check the ingredients lists for hidden sources of FODMAP-containing foods.
- **Overnight Oats:**
 - Choose a lactose-free dairy milk alternative.
 - Choose a protein powder with low FODMAP ingredients.
 - Do not add extra cocoa powder.
- **Burrito Bowl:**
 - Limit butternut squash to 1/4 cup per serving.
 - Replace onion with bell pepper.
 - Replace black beans with chickpeas.
 - Use less avocado and add 1 Tablespoon of sour cream.
 - Omit garlic powder and chili powder.

Heart-Healthy.

- No substitutions needed.
- If monitoring sodium carefully, omit salt or use less in recipes.



Low Carbohydrate.

- **Overnight Oats:** One serving has 39g carbs or 30g net carbs.
 - Swap out oats for cooked quinoa and reduce the amount of liquid ingredients to get the desired consistency.
 - You can use less oats in the recipe, but this will result in thinner, more watery oats.
 - Thicken by adding cooked cauliflower rice.
- **Burrito Bowl:** One serving has 39g carbs or 26g net carbs.
 - Replace butternut squash with summer squash (zucchini, yellow squash), watch while cooking as less time will be needed to cook.
 - Replace black beans with a lean meat such as grilled chicken breast or cooked ground turkey.

Keto.

- Follow the above Low Carbohydrate substitutions.
- **Overnight Oats:**
 - Use whole dairy milk and kefir.
 - Add sliced almonds or walnuts.
 - Stir in nut butter or walnut oil (or mild flavored oil).
- **Burrito Bowl:**
 - Use more avocado.
 - Drizzle vegetables with avocado oil or olive oil before cooking.
 - Top with sliced olives, cheese, and sour cream.

Plant-Based or Vegetarian.

- No substitutions needed.

Vegan.

- **Overnight Oats:**
 - Use vegan protein powder
 - Replace milk and kefir with a dairy free milk alternative.
- **Burrito Bowl:**
 - Replace egg with more black beans or with tempeh or tofu (cook with vegetables in oven or in pan with avocado oil).

Nutrition Information

The information provided with the recipes is **estimation of the nutrition content** per serving based on the brands we used when creating the recipes.

Nutrition information will vary based on the ingredients and brands that you choose. If accuracy is important, we



recommend you calculate the nutrition information for your recipes.

Classes are Educational

The material and information provided as part of our online cooking classes and any comments or information provided by the presenter are for educational purposes only.

The information provided during cooking classes is intended for healthy adults. It may not apply to you specifically based on your health history and health concerns.

Information provided is based on guidelines from credible national organizations (ex: American Heart Association, the Centers for Disease Control, Dietary Guidelines for Americans) as well as the latest, credible research.

No Medical or Dietary Advice

The information provided in recipes and during class is not meant to diagnose, treat, cure, prevent, or advise on any disease or medical conditions. It should not be used in place of a consultation with your physician or other health care provider.

Please consult with your medical provider or your registered or licensed dietitian for any guidance regarding your health and before altering your diet. You should never disregard medical advice or delay in seeking it because of the information provided during this class.

Want More?

Learn more about the Keeping Healthy Simple Club on our [website](#) or [Facebook page](#).

Contact us at (904) 595-7116 or Info@KeepingHealthySimpleClub.com





Fruits

- 1 Avocado
- 1 Lime

Seeds, Nuts & Spices

- 1/4 cup Chia Seeds
- 1/3 tsp Chili Powder
- 1/8 tsp Cumin
- 1/8 tsp Garlic Powder
- 1/8 tsp Paprika
- 1/16 tsp Table Salt

Vegetables

- 1 1/2 cups Butternut Squash
- 2 Roma Or Plum Tomatoes
- 1 Sweet Onion

Boxed & Canned

- 1 1/2 cups Black Beans

Baking

- 1/4 cup Cocoa Powder
- 1 1/3 cups Oats

Condiments & Oils

- 4 packets Alternative Sweetener
- 1 Cooking Spray

Cold

- 1 cup Cow's Milk, Reduced Fat
- 3 Egg
- 2 cups Kefir, Strawberry, Low Fat

Other

- 2 scoops Chocolate Protein Powder



KHSC Breakfast Burrito Bowl

3 servings
 40 minutes

Ingredients

- 1 Cooking Spray
- 1 Sweet Onion (small)
- 1 1/2 cups Butternut Squash (cubed)
- 2 Roma Or Plum Tomatoes
- 1 1/2 cups Black Beans (low sodium, 15-oz can)
- 1 Lime (or 1 Tbsp lime juice)
- 1 Avocado (Hass or California, ripe)
- 3 Egg (large)
- 1/8 tsp Garlic Powder
- 1/8 tsp Cumin
- 1/8 tsp Paprika
- 1/3 tsp Chili Powder (or less, it's spicy!)
- 1/16 tsp Table Salt

Nutrition

Amount per serving	
Calories	323
Fat	13g
Saturated	3g
Carbs	39g
Fiber	13g
Sugar	4g
Protein	16g
Cholesterol	186mg
Sodium	139mg
Potassium	988mg
Calcium	106mg
Iron	4mg
Vitamin B12	0.5µg

Directions

- 1 Preheat oven to 425F (218C). Cover baking sheet with tin foil and spray with cooking spray. Set aside.
- 2 Cook squash and onions. Peel onion, cut in half, then slice into thick slices. Place on baking sheet along with cubed butternut squash. Season with all spices (measures are approximate). Cook for 30 minutes or until squash is fully cooked.
- 3 Prepare remaining ingredients and set aside. Rinse and dice tomatoes. Rinse and drain black beans. Cut lime and squeeze juice into bowl. Rinse and open avocado, then dice avocado by slicing criss-cross up to, but not through, the skin.
- 4 Build 3 burrito bowls on serving dish or into storage containers. Layer 1/3 of each ingredient in this order: onion (about 1/3 cup), tomatoes (about 1/4 cup), black beans (about 1/2 cup), squash (about 1/2 cup), avocado (1/3 fruit). Top each dish with 1 teaspoon lime juice to keep avocado from discoloring.
- 5 Cook egg to your liking (boil, poach, fry, scramble, etc.) and add 1 egg to each serving. Serve hot.

Notes

- Meal-Prep:** If frying or poaching egg, cook egg just before serving for better quality. Boiled eggs can be cooked in advance.
- Change it Up:** Swap out different types of vegetables and proteins for endless variety in one simple and tasty dish.
- Storage:** Store covered in refrigerator for 3-5 days. Eat cold or transfer to microwave-safe plate to heat.
- Recipe by:** Alexia Lewis, RD with Keeping Healthy Simple Club. Contact us at Info@KeepingHealthySimpleClub.com. © 2022



KHSC Mood Boosting Chocolate Overnight Oats

4 servings

10 minutes

Ingredients

- 2 scoops Chocolate Protein Powder
- 1/4 cup Cocoa Powder
- 1 1/3 cups Oats (old-fashioned rolled oats)
- 1/4 cup Chia Seeds
- 1 cup Cow's Milk, Reduced Fat
- 2 cups Kefir, Strawberry, Low Fat
- 4 packets Alternative Sweetener

Nutrition

Amount per serving	
Calories	309
Fat	9g
Saturated	3g
Carbs	39g
Fiber	9g
Sugar	8g
Protein	21g
Cholesterol	22mg
Sodium	138mg
Potassium	573mg
Calcium	406mg
Iron	3mg
Vitamin B12	0.3µg

Directions

- 1 Set out 4 open 2-cup or larger Mason Jars (or meal-prep storage containers).
- 2 To each container, add 1/2 scoop protein powder, 1 Tbsp cocoa powder, 1 Tbsp chia seeds, 1/3 cup dry oats. Mix with a fork to combine dry ingredients.
- 3 To each container, add 1/2 cup kefir and 1/4 cup milk. Stir with fork to combine well. Taste and add sweetener, if desired.
- 4 Make sure oats are below the surface of the liquid and break up any clumps of chia seeds or protein powder. Then cover each jar and store in the refrigerator overnight. This allows time for oats to soften and liquid to be absorbed.

Notes

To Serve / Storage: Stir well and enjoy cold or heat to desired temperature. Store in airtight container in refrigerator for 3-5 days. Add more milk if oats become too thick.

Mood Boosting Foods: Foods associated with reduced depression and stress include whole grain oats, low-fat dairy milk, chia seeds (omega-3 fats), dark chocolate, and kefir (fermented foods). Add whole strawberries to give it more mood boosting power.

Change the flavor: Try different flavors of protein powder, different flavors of kefir, different types of milks, and add whole fruit for endless flavor combinations.

Milk Alternatives: Any milk will be delicious so choose your favorite. You can also adjust the amounts of dairy milk and kefir to get the consistency you prefer. Kefir makes it thicker and milk makes it thinner.

Sweetener: Use your preferred sweetener. The protein powder and strawberry kefir provide some sweetness. Using plain kefir will reduce added sugars.

Nutrition Information.: Nutrition information changes based on brands used. We used Premier Protein Whey Powder, Lifeway Low Fat Strawberry Kefir, and 2% Dairy Milk.

Recipe by: Alexia Lewis, RD with Keeping Healthy Simple Club. Contact us at Info@KeepingHealthySimpleClub.com © 2023