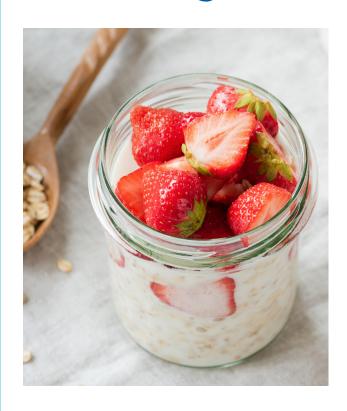
Overnight Oats Base



Ingredients

3 cups dried rolled oats (oatmeal)

4 cups soy milk

½ tbsp ground cinnamon

1 tsp ground nutmeg

Optional ingredients

(blueberries, strawberries, bananas, almonds, peanut butter, chia seeds)

Go ahead and get creative!

Directions

- 1. Mix all ingredients in a mixing bowl.
- 2. Cover or transfer to a sealed container and let sit overnight.
- 3. Add your favorite toppings and enjoy!

Yields 8 each 8 oz portions



Sweet Potato Black Bean Chili



Ingredients

2 tbsp olive oil

2 sweet potatoes (can sub in or add 1 lb. of ground turkey)

1 large onion diced

1 carrot diced

1 stock celery diced

2 tbsp garlic

1 each bell pepper diced

2 ea. 15-ounce cans black beans

1 15-ounce can diced tomatoes

4 tbsp chili powder

2 tbsp ground cumin

½ tsp cayenne pepper (more or less depending on heat tolerance)

1 tsp kosher salt

1 tsp ground black pepper

4 cups water

Directions

- 1. Heat oil in a stock pot or crockpot.
- 2. Add sweet potatoes, onions, carrots, celery and garlic.
- 3. Cook, stirring often, until the onions become translucent, 2–4 minutes.
- 4. Add chili powder, cumin, cayenne pepper, salt and black pepper.
- 5. Cook, stirring constantly, for 30 seconds.
- 6. Add diced tomatoes, black beans, bell peppers and water.
- 7. Bring to a boil then reduce the heat to a simmer.
- 8. Cover and simmer for 10–15 minutes or until sweet potatoes become tender.
- 9. Season with salt, pepper, and cilantro.

Yields 8 each 8 oz portions



Tumeric Roasted Chicken



Ingredients

6 each 6 oz chicken breast

2 tbsp extra virgin olive oil

1 tbsp ground turmeric

1 tbsp minced garlic

1 tsp ground ginger

1 tsp ground cinnamon

½ tsp salt

½ tsp black pepper

Directions

- 1. Mix all ingredients together in a bowl.
- 2. Toss chicken in turmeric marinade and let sit for 24 hours.
- 3. Pre heat oven to 350 degrees Fahrenheit.
- 4. Place marinated chicken on lined sheet pan.
- 5. Bake at 350 degrees for 10 to 15 minutes or until chicken reaches an internal temperature of 165 degrees

Yields 8 portions



Tumeric Roasted Tofu



Ingredients

3 ea. 12 oz packages of extra from tofu

2 tbsp extra virgin olive oil

1 tbsp ground turmeric

1 tbsp minced garlic

1 tsp ground ginger

1 tsp ground cinnamon

½ tsp salt

½ tsp black pepper

Directions

- 1. Mix all ingredients together in a bowl.
- 2. Toss tofu in turmeric marinade and let sit for 1 hour.
- 3. Pre heat oven to 350 degrees Fahrenheit.
- 4. Place marinated Tofu on lined sheet pan.
- 5. Bake at 350 degrees for 8–10 minutes.

Yields 6 portions

