

Quick-and-Easy Common Ingredients
Quick meals using household staples!

Always Hungry? Book Meal Planning Presentation

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*Always Hungry Solution Presentation: Quick and Easy Common Ingredients
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Meet Your Instructor

Chef Kenzie has been working with Chef Dawn since 2019 developing recipes and classes for the AH community

She previously developed recipes for Canada-wide cookbooks as well as team Canada Olympic athletes

Kenzie is currently a body positivity/mental health advocate and anorexia survivor

Favorite quote from Dawn - "If it's not delicious, it's not worth it!"



Chef Kenzie Osborne

Chef, AH Program Developer, AH Recipe Developer, AH Coach

What Will You Learn in this Class?

What Should Be Your Pantry Staples?

- Learn the best ingredients to store in your pantry for quick-and-easy meal prep.

Quick-and-Easy Recipes with Pantry Staples

- Discover creative, original, and delicious recipes that you can make using pantry staples.

One Full Day of Quick-and-Easy Meals

- Try Chef Kenzie Osborne's full day of quick-and-easy 5-minute meals.

What Ingredients Should Always Be in Your Pantry?

Prepping your pantry for quick-and-easy meals.

Proteins

Always try to have one source of protein stored in your freezer and one in your pantry. Below are a few examples...

Freezer-Friendly Proteins

- Meatballs
- Pre-cooked chicken
- Pre-cooked shrimp
- Edamame (high-carbohydrate protein)
- Baked quiches (or quiche muffins)

Pantry Proteins

- Canned fish/meat/eggs
- Protein powder
- Roasted edamame (high-carbohydrate protein)
- Beef jerky

Fats

Always try to have one source of fat stored in your freezer and one in your pantry. Below are a few examples...

Freezer-Friendly Fats

- Frozen avocado
- Frozen sauces/dips

Pantry Fats

- Nuts/seeds
- Nut/seed butter
- Oil
- Unsweetened shredded coconut
- Dark chocolate

Carbohydrates

Always try to have one source of carbohydrate stored in your freezer and one in your pantry. Below are a few examples...

Freezer-Friendly Slow Carbohydrates

- Pre-cooked **Grain Free Waffles** (AH pg. 223)
- Pre-cooked **Falafel** (AD pg. 178)
- Muffins
- Frozen berries/fruit of choice

Pantry Slow Carbohydrates

- Canned or roasted beans
- Dried fruit (P2)
- **Socca Crackers** (AD pg. 202)

Quick-and-Easy Recipes Using Pantry Staples

Let's dive into the recipes!

Ingredients We'll Be Featuring...

- **Beans (Dried or Canned)**
- **Chickpea Flour**
- **Frozen Fish Fillets**
- **Feta Cheese (or Other Cheeses)**
- **Frozen Avocados**
- **Canned Fish**
- **Legume-Based Pasta**
- **Cauliflower and Broccoli**

Beans (Dried or Canned)

Beans are a cheap and non-perishable slow carbohydrate. They can be prepared in a variety of ways to make delicious quick meals.

Chef Kenzie's Tips

- Some people may be put off by the texture of beans. If this is the case, try altering their texture by blending them into sauces, soups, or dips. Alternatively, you can experiment with roasting them in spices and oil at 425° F for a crispy topping to your meal.
- White kidney beans and lima beans are typically the least “pungent” types of beans. Other beans (such as black beans, red kidney beans, and chickpeas) tend to have a more pronounced flavor. It is recommended to use white kidney beans or lima beans when blending beans into sauces, soups, or dips to prevent the bean from overpowering other flavors.
- Most varieties of beans have similar macronutrients and can be substituted for other beans in your recipes.

Beans (Dried or Canned)

Beans are a cheap and non-perishable slow carbohydrate. They can be prepared in a variety of ways to make delicious quick meals.

Soak Overnight or Drain and Rinse

- Soak dried beans the night prior to using, then boil until cooked through.
- Drain and rinse canned beans to use immediately.

Use in Sauces

- Make a quick meal by blending a creamy sauce (ie: marinara, Coconut Curry, Moroccan, Ranchero, etc.) with ½ cup (one serving) cooked beans. Pair with a low-fat protein AND a source of fat (ie: oil, cream cheese, cream, etc.) OR a high-fat protein.

Roast and Use as a Slow-Carb Topping

- Easily incorporate a slow carb into your meal by roasting beans and using them as crisp toppings for salads, soups, and casseroles.

Beans (Dried or Canned)

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Blend into Quiches in Place of a Crust

- Add ½ cup of beans PER SERVING in a quiche recipe in place of the crust. Blend into the batter or leave whole.
- Example: Omit the **Grain-Free Crust** in our **Spinach Feta Quiche** (AD pg. 92) and add 2 cups white beans to the egg mix. Blend beans with the eggs, then mix-in the spinach and feta. See our [Crustless Spinach Feta Quiche recipe here.](#)

Make a Bean Dip

- Blend together ½ cup white beans + leftover roasted vegetables (or cooked vegetables) + salt + pepper + fat of choice (avocado, oil, nut butter, AH/AD sauce, etc.).

Chickpea Flour

Chickpea flour can be used to make thick sauces, soups, and baked “bread” or “cracker” replacements. Chickpea flour can be used in place of Chickpea Breadcrumbs (or regular breadcrumbs) in burgers, meatloafs, or other meat-based dishes to help bind the meat mixture together.

Chef Kenzie’s Tips

- If you find the flavor of chickpea flour to be off-putting, try toasting it on a dry fry pan over medium-to-high heat for a few minutes prior to using. The flour should be fragrant and lightly browned. This may help reduce the strong flavor of chickpea flour.
- Chickpea flour can be used to make a “roux”. Mix together equal parts butter (or oil) and chickpea flour. Then, add the cold “roux” to warm milk or stock to make a quick gravy. *It is important that the roux is COLD and the milk or stock is WARM. Stir for a few minutes until the roux is completely dissolved into the milk or stock and the mixture has thickened. Typically, you will need 2 tablespoons of chickpea flour and 2 tablespoons of butter/oil (to make the roux) for every cup of liquid.

Chickpea Flour

Chickpea flour can be used to make thick sauces, soups, and baked “bread” or “cracker” replacements. Chickpea flour can be used in place of Chickpea Breadcrumbs (or regular breadcrumbs) in burgers, meatloafs, or other meat-based dishes to help bind the meat mixture together.

Instant Dips

- Mix together 1 cup of soup with $\frac{1}{3}$ cup chickpea flour. Heat over medium heat, continuously whisking, until the mixture becomes quite thick. You may need to add a bit more chickpea flour to reach your desired consistency. Serve as a snack dip with vegetables or **Socca Crackers** (AD pg. 202). Alternatively, serve in lettuce cups with a higher-fat protein for a full meal.

Instant Carrot Ginger Dip: Recipe! (Serves 1, P1)

- 1 serving **Carrot Ginger Soup** (AH pg. 282)
- 1/3 cup chickpea flour
- 2 tbsp tahini

Heat 1 cup of Carrot Ginger Soup in a pot over medium heat. Add chickpea flour and continuously whisk, until the mixture becomes quite thick. You may need to add a bit more chickpea flour to reach your desired consistency. Once desired consistency is reached, add tahini. Add protein as per options below...

Protein option #1: Serve with 2 tbsp almonds, crumbled on top and 3 ounces cooked chicken thighs (I like to chop and dip in the Carrot Ginger Soup and chickpea flour mix).

Protein option #2: Blend dip with 3 hard boiled eggs

Protein option #3: Blend dip with 1 scoop protein powder (equivalent to 20 grams protein) and top with 3 tbsp almonds, crumbled.

Chickpea Flour

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Grain-Free “Waffles”

- Add spices or herbs to our [Grain-Free Waffle](#) (AH pg. 223) batter. Bake at 350-375° F in donut molds or a loaf pan until a wooden skewer comes out clean. Serve as a savory “donut” (or breakfast “bagel”) or as a “bread loaf”. Pair with a low-fat protein and a fatty dressing OR a high fat protein. [See our Savory Donut recipe here.](#)

“Breading”

- Add slow carbohydrates to your protein by coating it in chickpea flour “breading” and frying in oil. See our [Fried Fish](#) recipe to use our chickpea flour “breading” in other dishes.

Frozen Fish Fillets

Frozen fish fillets can be a delicious source of protein that has a relatively long shelf life. Defrost your frozen fish in the fridge one night before consuming, OR let sit under running cool water for 15-20 minutes just before using.

Chef Kenzie's Tips

- Prepare extra fish for dinner and use the remaining cooked fish to serve as a pâté for breakfast or lunch the next day.
- Mixed seafood can also be purchased in the frozen aisle. Look for frozen mussels, scallops, or other seafood to add to your meals. To thaw, simply run cool water for 15-20 minutes over a colander with the seafood inside.

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Fish Sheet-Pan Dinners

- Defrost fish. Lay on a sheet-pan over a mix of vegetables, oil, and beans. Roast at 425° F until fish flakes apart easily (cooked to a minimum internal temperature of 145° F).

Salmon Cauliflower Soup

- Add frozen salmon to **Creamy Cauliflower Soup** (AH pg. 280). Cook over medium heat until salmon is cooked through. For a full meal, blend ½ cup white beans and ¼ cup heavy cream into each serving of **Creamy Cauliflower Soup**. Serve with 4 ounces salmon. F(53%), C(24%), P(24%), 590 calories.

Salmon Sheet-Pan Dinner: Recipe! (Serves 4, P1)

- 16 ounces salmon
- 20 spears asparagus, sliced into 1-inch pieces
- 1 medium onion, chopped
- 2 cloves garlic, minced
- ¼ cup olive oil
- 2 cups cooked lima beans
- ½ cup almonds
- 1 tsp salt
- ½ tsp pepper
- Fresh or dried herbs, optional (¼ cup fresh, 2 tsp dried)

Preheat oven to 425° F. Toss together sliced asparagus, chopped onions, minced garlic, olive oil, lima beans, almonds, salt, pepper, and herbs (if using). Lay in a single layer on a sheet pan. Place salmon over the vegetable and bean mix. Roast for about 15 minutes, until salmon is cooked through and vegetables are tender.

Frozen Fish Fillets

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Fish Pâté

- Roast fish in oil then blend with a source of fat, fresh herbs, and a serving (½ cup) of white beans to make a quick fish pâté.
- Examples...
 - [Chef Dawn's Smoked Trout Pâté](#) - use any cooked fish in place of the smoked trout.
 - [Salmon Spread](#)

Feta Cheese (or Other Cheeses!)

Feta cheese, in particular, is quite salty. Feta cheese can often replace some of the salt in any recipe. Other cheeses can be seamlessly added into other meals.

Chef Kenzie's Tips

- Cheese can be added to both sweet and savory applications. If you are tired of using nut butter in your smoothies, try using cream cheese. This works great when transforming peanut butter banana smoothies into banana “cheesecake” smoothies.
- Cheese can make effortlessly elegant platters and appetizers. Try baking brie with fresh berries ontop and serving with Socca Crackers. Or, place small chunks of cheddar cheese on skewers with salted apples.
- Melted hard cheeses act as binders in patties and burgers. Adding a bit of cheddar or parmesan cheese to a patty or burger can help hold it together when cooking.

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Stuffed Tofu-Lamb Meatballs

- Stuff each meatball with 1 teaspoon of goat cheese. (The ratios were calculated assuming the recipe makes 30 meatballs and serves 6 people - therefore, each person is served 5 cheese-stuffed meatballs). For a complete meal, serve each person 5 meatballs in lettuce cups with ½ cup **Basic Hummus** (AH pg. 290) and a side of ½ cup berries. F(55%), C(25%), P(20%), 590 calories.

Feta Cheese Cauliflower Soup

- Omit salt from the recipe. Add ½ cup feta cheese to the soup. Blend and serve.

Cheddar Cheese Apple Crisp

- Top a classic Apple Crisp with shredded cheddar cheese for a unique twist on a tasty dessert.

Cheesy Apple Crisp: Recipe! (Serves 1, P1 Breakfast)

- 1 medium apple, diced (skin-on)
- ¼ cup almonds, chopped or pulsed
- 3 slices turkey bacon, cooked and chopped into small pieces
- 1 ounce cheddar cheese, shredded

Pulse almonds and turkey bacon to resemble a crumble. Place chopped apples in a single serving ramekin. Top with almond and turkey bacon “crumble” and shredded cheddar cheese. Broil in an air fryer (on the broil setting) or in an oven for 2-3 minutes, until cheddar cheese is lightly browned and crisp.

Fat 53%, Carbohydrates 24%, Protein 23%, Calories 510

Frozen Avocados

Avocados can add a rich and creamy texture to both sweet and savory dishes. TIP: Don't use frozen avocados in fresh (sliced) applications - only use when blended into other recipes.

Chef Kenzie's Tips

- Frozen avocados are not the best for fresh applications - but work well when blended. They work particularly well when blended into banana or fresh fruit smoothies in the summer. Blend when frozen for a cool and smooth power shake.
- Blend frozen (and thawed) avocados into pesto or other white or cheese-based sauces for added creaminess. Be sure that your pesto or sauce is well flavored (as the avocado will not add more flavor).

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Chocolate Avocado Pudding

- **Vegan Orange Chocolate Pudding** (*Always Delicious* pg. 317)

Avocado Hummus (serves 1 - complete meal)

- 1 cup frozen avocado (thawed overnight) + ½ cup chickpeas or white beans + 6 ounces firm tofu + ½ onion and 2 cloves garlic cooked in 2 tsp olive oil + herbs of choice. Serve with vegetable crudité's or in lettuce cups. F(48%), C(27%), P(25%), 550 calories.

Frozen Avocados

Avocados can add a rich and creamy texture to both sweet and savory dishes. TIP: Don't use frozen avocados in fresh (sliced) applications - only use when blended into other recipes.

Quick Avocado Green Soup (serves 1 - complete meal)

- 1 cup leftover broccoli or asparagus (previously cooked in oil) + ½ cup frozen avocado + 1 cup chicken stock + 3 tbsp goat cheese + ½ onion and 2 cloves garlic cooked in 1 tsp oil + ½ cup white beans. Blend and serve with **Shredded Chicken** (*Always Delicious* pg. 110) or equivalent protein (see Equivalents Chart on page 49 of *Always Delicious*). F(48%), C(23%), P(28%), 620 calories.

Canned Fish

Canned fish is a quick-and-easy no-cook protein. Keep in mind that canned fish tends to be high in sodium - so you may not need as much salt in your recipe.

Chef Kenzie's Tips

- If you are travelling (and are having troubles finding a salad dressing), use a can of fish in oil! Use the remaining oil in the can as your dressing, along with a squeeze of lemon (if desired).
- Experiment with different types of canned fish (or seafood). Chef Kenzie has used canned mussels, sardines, salmon, and tuna in her recipes. See her flavor pairing suggestions below...
 - Add canned mussels to **Mushroom Pâté** (AD pg. 275)
 - Add fresh dill and mayo to canned salmon
 - Mix canned sardines into marinara or **Shakshuka** Sauce (AD pg. 85)
 - Add tuna to cheesy dips or fresh salads

Canned Fish

Canned fish is a quick-and-easy no-cook protein. Keep in mind that canned fish tends to be high in sodium - so you may not need as much salt in your recipe.

Canned Sardine “Marinara Primavera”

- Replace tempeh in our **Marinara Primavera** (AH pg. 234) recipe with 15 ounces of sardines (canned in oil, drained). Blend marinara sauce with 2 cups cooked white beans and $\frac{3}{4}$ cup heavy cream for an extra creamy sauce. Serve as a complete P1 meal. F(50%), C(26%), P(24%), 640 calories.

Canned Fish Pâté

- Blend together 3 ounces canned tuna (canned in oil, drained), 1 avocado, $\frac{1}{2}$ cup white beans, $\frac{1}{4}$ cup yogurt, and 1 teaspoon mustard. Season with salt, pepper, and lemon juice. Serve with lettuce cups or vegetable crudités. Serve as a complete P1 meal. F(48%), C(25%), P(27%), 590 calories.

Canned Fish

Canned fish is a quick-and-easy no-cook protein. Keep in mind that canned fish tends to be high in sodium - so you may not need as much salt in your recipe.

Canned Fish Omelette

- Whisk together 2 eggs, 2 ounces canned tuna (canned in water, drained), $\frac{1}{4}$ cup white beans (option to blend with eggs), non-starchy vegetables and/or herbs/spices of choice, and 1 tbsp cream cheese. Bake in a small ramekin. Top with $\frac{1}{2}$ avocado, sliced. Serve as a full P1 meal. F(49%), C(23%), P(28%), 540 calories.

Canned Sardine Salad (Serves 1, P1)

- ½ avocado
- 2 tablespoons cream cheese
- ¼ cup whole milk (or non-dairy milk of choice)
- ½ teaspoon lemon juice
- Fresh basil, optional
- Water or stock, for thinning the dressing
- Salt and pepper, to taste
- ½ cup cooked chickpeas
- 1 can sardines
- 2 cups shredded cabbage (or non-starchy vegetables of choice)

Blend together the avocado, cream cheese, milk, lemon juice, and basil (if using). Add water or stock to desired consistency. Season with salt and pepper. Toss avocado dressing with chickpeas, sardines, and cabbage. Serve. Ratios: 47% Fat, 28% Carbohydrate, 25% Protein, 570 Calories

Legume-Based Pasta

Legume-based pastas are a P2/P3 ingredient that can be used in a variety of applications.

Chef Kenzie's Tips

- Legume-based pastas are a great way to add textural contrast to meals. Try adding them to soups, stews, casseroles, and omelettes for textural contrast.
- Cook pasta in salted water to maximize flavor. When done cooking, DON'T throw out the "pasta water". Instead, keep it to flavor other dishes or make sauces thinner. For example, if you find your marinara sauce is too thick, add a bit of pasta water to the sauce for a thinner consistency.

Legume-Based Pasta

Legume-based pastas are a P2/P3 ingredient that can be used in a variety of applications.

Marinara Primavera (AH pg. 234)

- Serve over a bed of legume-based pasta (½ cup measured dry per person OR 1 cup measured cooked per person). P2 ratios, P2/P3 ingredients (calculated serving each portion of **Marinara Primavera** over ½ cup dry Organic Chickpea Gluten Free Shells from Wholefoods). F(45%), C(33%), P(22%), 600 calories.

Noodle Soup

- Serve **Chicken or Turkey Soup on a Budget** (AH pg. 243) with ½ cup legume-based pasta (measured dry). P2 ratios, P2/P3 ingredients (calculated serving each portion of soup with ½ cup dry Organic Chickpea Gluten Free Shells from Wholefoods). F(39%), C(34%), P(27%), 580 calories.

Legume-Based Pasta

Legume-based pastas are a P2/P3 ingredient that can be used in a variety of applications.

Cold Noodle Egg Salad

- Mash (or blend) together 2 hard boiled eggs, 1 tsp dijon mustard, 1 tbsp mayonnaise, 2 tbsp cheddar cheese, and herbs/spices/non-starchy vegetables of choice (recommended: parsley, paprika, green onion, red onion, etc.) Mix with 1 cup cooked pasta. Serve as a complete P1 meal. F(51%), C(25%), P(21%), 490 calories.

Legume Noodles with Meatballs (Serves 4, P2/3)

- 2 cups dry Organic Chickpea Gluten Free Shells (from Wholefoods)
- 2 cups marinara sauce (no sugar added)
- ¼ cup cream cheese
- Optional fresh herbs
- 4 servings **Beef, Bison or Turkey Meatballs** (AD pg. 149)

Cook 2 cups of dry Organic Chickpea Gluten Free Shells (from Wholefoods) in salted water. Set aside. Blend together marinara sauce with cream cheese and optional fresh herbs. Toss pasta in sauce and top with meatballs. Enjoy!

Ratios: 40% Fat, 31% Carbohydrate, 29% Protein, 600 Calories

Cauliflower and Broccoli

Cauliflower and broccoli have a texture that lends themselves well to acting as a “couscous” in stir-frys. They are also quite delicious when sliced and roasted. Both vegetables can be roasted (to dry out the water content) and added to meatloaf, meatballs, etc., to increase the volume of a meal.

Chef Kenzie’s Tips

- Cauliflower and broccoli are great vegetables to use to increase the volume of your dish. Try adding riced cauliflower or broccoli to stir frys, stews, or casseroles.
- Riced cauliflower and broccoli can also be added to meatballs, burgers, or meatloaf to increase the volume. When you mix cauliflower or broccoli into the raw meat mix, you will have larger portion sizes with the same ratios (cauliflower and broccoli are non-starchy vegetables, and therefore will not alter your ratios).

Cauliflower and Broccoli

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Cauliflower/Broccoli “Steak” with Ground Meat

- Place one or two 1-inch slices of cauliflower or broccoli on a sheet pan. Top with 4 ounces 15% fat ground beef (raw) and ½ cup black beans. Cook in oven until ground meat is cooked through and cauliflower is tender - the fat from the meat will help roast the cauliflower or broccoli. Serve with ¼ cup Ranchero Sauce and a salad topped with 1 tbsp AH/AD dressing of choice. F(47%), C(29%), P(24%), 570 calories.

Cauliflower and Broccoli

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Instant Cauli-Broccoli Cheddar Soup

- Blend 1 cup cooked cauliflower or broccoli with ½ cup canned coconut milk, ½ cup white beans, 1 cup chicken/vegetable stock, and ¼ cup cheddar cheese. Heat until warmed through. Serve with a low-fat protein (ie: 3-4 ounces of chicken breast). F(52%), C(20%), P(28%), 630 calories.

[Cauli-Stuffed and Layered Meatloaf: Recipe HERE.](#)

One Full Day of Quick-and-Easy Meals

What does Chef Kenzie eat on a quick-and-easy day?

One Day of Quick-and-Easy Meals!

Breakfast: White Bean Cookie Dough

- Blend together $\frac{1}{2}$ cup white beans + 2 tbsp peanut butter + collagen protein powder (equivalent to 20 grams protein) + 1 tsp honey (optional) + $\frac{1}{2}$ ounce dark chocolate. F(40%), C(33%), P(27%), 510 calories.

Lunch: Tofu Avocado Dip with Lettuce Cups and Vegetables

- Blend together 6 ounces firm tofu, $\frac{1}{2}$ cup white beans, 2 teaspoons olive oil, $\frac{1}{2}$ an avocado, and fresh basil, salt, pepper, and lemon juice to taste. Serve with vegetable crudité and lettuce cups. F(48%), C(27%), P(25%), 560 calories.

Dinner: Egg Tahini Salad

- Mash together 3 eggs with 2 tbsp tahini and $\frac{1}{2}$ cup white beans. Serve in lettuce cups with 2 slices turkey bacon on top (chopped or crumbled over the egg salad). F(47%), C(24%), P(29%), 610 calories.

Quick-and-Easy Snacks for your Day

- Greek yogurt with berries
- Handful of almonds with a clementine
- Cottage cheese with a dollop of peanut butter

Thank-you for Purchasing Our Quick-and-Easy Common Ingredients Class!

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