

STATION ONE

Build-A-Bowl

- Start with a protein base
- Add flavorful and healthy additions
- Layer in a bowl... or Blend in a blender...
- Enjoy!

Protein Base

- Low Sugar Yogurt
- Cottage Cheese
- Plain Oatmeal
- Protein Powder + Liquid of Choice

Add-Ins

*Higher Protein Choice

*Nuts / Nut Butters / Nut Powder

- Peanuts 7 gm / oz
- Almonds 6 gm / oz
- Pistachios 6 gm / oz
- Cashews 5 gm / oz
- Walnuts 4 gm / oz
- Pecans 2.5 gm / oz

Fruit (unsweetened fresh / frozen / dried)

- Berries
- Banana
- Coconut Flakes
- Raisins
- Avocado

*Seeds

- Chia 2 gm / Tbsp
- Ground Flax 2 gm / Tbsp
- Hemp 3 gm / Tbsp
- Pumpkin 3 gm / Tbsp

Spices

- Cinnamon
- Turmeric
- Pumpkin Pie Spice

BLUEBERRY CRUMBLE YOGURT BOWL

3/4 Cup Plain Greek Yogurt
1/2 Cup Frozen Blueberries
1/4 Cup Low Sugar Granola
Cinnamon to taste

Start with a bottom layer of yogurt and sprinkle with cinnamon to taste
Top with granola and blueberries

Estimated Nutrition Info: 265 kcal; 6.5 gm fat; 33 gm total carb; 4 gm fiber; 3 gm added sugar; 20 gm protein.

HOMEMADE LOW SUGAR GRANOLA

4 Cups Rolled Oats	1/2 Cup Melted Coconut Oil
2 tsp Cinnamon	1/3 Cup Pure Maple Syrup
1/2 Cup Unsweetened Shredded Coconut	2 tsp Vanilla Extract
1 Cup Sliced Almonds	

Heat oven to 350 degrees. Line a large rimmed baking sheet with parchment paper.
In one bowl combine oats and cinnamon. In a second bowl combine oil, syrup, and vanilla.
Add wet ingredients to dry ingredients and mix well.
Spread on baking sheet and bake x 20 minutes. Stir once, halfway through.
Remove from oven and add almonds and coconut and bake again x 5 minutes or until coconut is slightly golden.
Cool on a wire rack until room temperature.

Estimated Nutrition Info (makes 6 cups total, serving size 1/4 cup):
140 kcal; 9 gm fat; 13 gm total carb; 2 gm fiber; 3 gm added sugar; 4 gm protein

PEANUT BUTTER BANANA OVERNIGHT OATS

1/2 Cup Rolled Oats	1/2 Cup Milk (dairy or non-dairy)
2 Tbsp Unsweetened Nut Butter	1/2 Sliced Banana

Add milk and nut butter to glass bowl and stir well.
Add oats and stir again. Press oats down into the liquid to fully submerge.
Cover and place in fridge overnight (at least 6 hours).
When ready to eat, top with sliced banana.
If you prefer warmed oats, can remove lid and microwave x 45 seconds or so.

Estimated Nutrition Info: 415 kcal; 22 gm fat; 50 gm total carb; 10 gm fiber; 0 gm added sugar; 15 gm protein.

BASIC PROTEIN SMOOTHIE

1 Cup Frozen Fruit

1 Serving Protein Powder (to equal ~ 20 gm protein)

1/2 Cup Liquid (can add more or less to equal your texture preference)

If able, let frozen fruit sit on counter for 5-10 minutes to slightly defrost.

Can also place in glass dish and microwave for 30 second intervals until slightly defrosted.

Put frozen fruit in bottom of blender

Add protein powder next, and then liquid.

Blend until desired consistency

Estimated Nutrition Info:

175 kcal; 4 gm fat; 20 gm carb; 7 gm fiber; 0 gm added sugar; 20 gm protein