

## *Stress Less Food & Recipe Ideas!*

**You've already got a lot on your plate & planning out healthy meals in advance can be a challenge. Here are some simple recipes to follow, using foods that are rich in amino acids, folate, & all kinds of vitamins, that will help keep you relaxed & focused.**

### A Champion Breakfast

Eggs & WHAT?

Ingredients

1/4 cup spinach or broccoli florets

Tbs sauerkraut

Two eggs, beaten in mixing bowl or  
mashed up tofu

1 Slice organic whole grain bread

Directions:

Toss veggies & kraut into the pan &  
heat over medium, until soft. Add eggs  
or tofu. Cook through for 5-8 min.

Serve w/toast

### A Healthful Lunch

Spinach, turkey & avocado salad:

Ingredients

1/2 cup fresh spinach

4 ounces sliced turkey breast

1/2 avocado, peeled

1 hard boiled egg, peeled & sliced

Blueberries & Pistachios to taste

Directions: Pile all ingredients on a  
plate. Add dressing sparingly, or driz-  
zle with a light mix of olive oil (tbs),  
red wine vinegar (tsp), & soy sauce  
(tsp).

### Study Break Snack

Blueberry yogurt parfait:

Ingredients

1/2 cup organic plain yogurt (no  
sweetener)

Handful of blueberries

Tbs of pistachio's & other nuts

Tbs of dark chocolate chips

Tsp of honey

Spoon everything together in a large  
bowl or tall glass and stir together  
well. Enjoy!