

ROLLED OATMEAL WITH GREEK YOGURT

FOR MEN

Serves: 1

Prep: 10 minutes

Cook: 15 minutes

NUTRITION FACTS

Amount Per Serving

Calories	1044	Folate	201mcg
Protein (g)	72g	Thiamin	1mg
Carbohydrate (g)	116g	Riboflavin	2mg
Dietary Fiber	19g	Niacin	9mg
Total Sugars	50g	Calcium	882mg
Total Fat	38g	Potassium	2368mg
Saturated Fat	6g	Sodium	386mg
Polyunsaturated Fat	13g	Copper	1.2mg
Monounsaturated Fat	16g	Iron	7.5mg
Cholesterol	411mg	Magnesium	355mg
Vitamin A	497mcg	Phosphorus	1338mg
Vitamin B6	1.1mg	Selenium	98mcg
Vitamin B12	6mcg	Zinc	9.2mg
Vitamin C	43mg		
Vitamin D	4mcg		
Vitamin E	17mg		
Vitamin K	6mcg		

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS

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|---|--|
| 3 tbsp almonds, unroasted | 1 cup skim milk |
| 1 cup banana, raw | 2 individual packets stevia herbal extract sweetened, powder |
| 1/2 cup cubed cantaloupe melon, raw | 1 tsp of cinnamon |
| 2 tbsp flaxseeds | 2 large Omega-3 enriched egg(s), hard boiled |
| 10 oz Greek yogurt, plain, fat-free | 1 mug (8 fl oz) coffee, regular |
| 1 1/4 cup oatmeal, regular, cooked (no salt or fat added) | |

DIRECTIONS

Oatmeal Directions - Microwave

1. Combine 1 ¼ cup of water with oats, flaxseeds, cinnamon, 1 cup banana, 1 packet of stevia and 2 tbsp. almonds in a medium microwave-safe bowl.
2. Microwave on HIGH 2 1/2 to 3 minutes; stir before serving.

Oatmeal Directions - Stove Top

1. Bring 1 ¼ cup of water to a boil in a small pot.
2. Stir in oats, flaxseeds, cinnamon, 1 cup banana, 1 packet of stevia, and 2 tbsp. almonds.
3. Cook about 5-7 minutes over medium heat; stir occasionally.

Greek Yogurt Directions

1. In a separate bowl combine Greek yogurt with 1 packet of stevia, 1tbsp almonds, and ½ cup melon in a bowl.

Hard boiled eggs cooking directions

1. In a separate small pot bring 4 cups of water to a boil.
2. Add 2 eggs to the boiling water
3. Cook about 8-10 minutes until desired tenderness

Enjoy with 1 cup of skim milk and a regular coffee.

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ROLLED OATMEAL WITH GREEK YOGURT

FOR WOMEN

Serves: 1

Prep: 10 minutes

Cook: 15 minutes

NUTRITION FACTS

Amount Per Serving

Calories	669	Folate	115mcg
Protein (g)	50g	Thiamin	1mg
Carbohydrate (g)	76g	Riboflavin	2mg
Dietary Fiber	12g	Niacin	5mg
Total Sugars	33g	Calcium	645mg
Total Fat	22g	Potassium	1556mg
Saturated Fat	4g	Sodium	252mg
Polyunsaturated Fat	10g	Copper	0.7mg
Monounsaturated Fat	10g	Iron	4.4mg
Cholesterol	211mg	Magnesium	225mg
Vitamin A	222mcg	Phosphorus	911mg
Vitamin B6	1mg	Selenium	62mcg
Vitamin B12	4mcg	Zinc	5.8mg
Vitamin C	10mg		
Vitamin D	3mcg		
Vitamin E	10mg		
Vitamin K	3mcg		

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS

- | | |
|---|---|
| 2 tbsp. almonds, unroasted | 2 individual packets stevia, herbal extract sweetened, powder |
| 3/4 cup banana, raw | 1 tsp of cinnamon |
| 1 tbsp. flaxseeds | 1 large Omega-3 enriched egg, hard boiled |
| 9 oz. Greek yogurt, plain, fat-free | 1 mug (8 fl oz) coffee, regular |
| 3/4 cup oatmeal, regular, cooked (no salt or fat added) | |
| 3/4 cup skim milk | |

DIRECTIONS

Oatmeal Directions - Microwave

1. Combine 1 ¼ cups of water with oatmeal, flaxseeds, cinnamon, ½ cup banana, 1 packet of stevia, and 1 tbsp. almonds in a medium microwave-safe bowl.
2. Microwave on HIGH 2 1/2 to 3 minutes; stir before serving.

Oatmeal Directions - Stove Top

1. Bring 1 ¼ cup of water to a boil in a small pot.
2. Stir in oats, flaxseeds, cinnamon, ½ cup banana, 1 packet of stevia, and 1 tbsp. almonds.
3. Cook about 5-7 minutes over medium heat; stir occasionally.

Greek Yogurt Directions

In a separate bowl combine Greek yogurt with 1 packet of stevia, 1 tbsp. almonds, and 1/4 cup banana in a bowl.

Hard boiled eggs cooking directions

1. In a separate small pot bring 4 cups of water to a boil.
2. Add 1 egg to the boiling water
3. Cook about 8-10 minutes until desired tenderness

Enjoy with a regular coffee.

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