Blueberry Lemon Overnight Oats

Makes 1 serving

Ingredients:

- ½ cup sweetened almond milk
- ½ cup old-fashioned oats
- ½ Tbsp chia seeds
- ½ banana, mashed
- 1 tsp agave syrup
- 1 tsp lemon zest
- ½ cup fresh blueberries

Nutrition Facts:

- Calories: 309
- Fat: 5.3g
- Sodium: 95mg
- Total Carbohydrates: 76g
- Fiber: 10g
- Sugar: 43g
- Protein: 10g

Serving Size: 10.8 oz

Directions:

- Combine almond milk, oats, chia seeds, banana, agave syrup & salt in a pint sized jar and stir.
- Top with blueberries.
- Cover & refrigerate overnight.

Chocolate Chip Peanut Butter Protein Bites

Ingredients:

- 1 ½ cups whole rolled oats
- 1 cup creamy natural peanut butter
- ¼ cup agave nectar
- ¼ cup protein powder
- 1 tsp vanilla extract
- 6 Tbsp chocolate chips

Directions:

- In a large bowl, mix the oats, peanut butter, agave, protein powder, vanilla, and chocolate chips. The mixture will be thick.
- Use a 2-tablespoon cookie scoop to scoop the mixture, then use your hands to roll into balls.
- Chill in the fridge for 1 to 2 hours, or until firm.

The protein bites keep well in the fridge for up to a week. They also freeze well.

Nutrition Facts:

- Calories: 152
- Fat: 9g
- Saturated Fat: 2g
- Polyunsaturated Fat: 2g
- Monounsaturated Fat: 4g
- Trans Fat: 0.01g
- Cholesterol: 3mg
- Sodium: 62mg
- Potassium: 118mg
- Carbohydrates: 14g
- Fiber: 2g
- Sugar: 8g
- Protein: 5g
- Vitamin A: 14IU
- Vitamin C: 0.1mg
- Calcium: 25mg
- Iron: 1mg

Serving Size: 1 protein ball

Tuscan White Bean Salad

Ingredients:

- 1 can white beans
- 1 cucumber, chopped
- ½ red onion, diced
- 2 tomatoes, chopped
- Kale, chopped
- 2 tbs olive oil (or avocado oil)
- 1 tsp fresh lemon juice
- Salt and pepper

Nutrition Facts:

- Calories: 200
- Total Fat: 7g
- Saturated Fat: 1g
- Carbohydrates: 27g
- Sugar: 4g
- Protein: 8g
- Sodium: 340mg
- Fiber: 6g

Serving Size: ½ cup

Directions:

- Combine the cucumbers, tomatoes, red onion, kale, white beans olive oil and lemon juice in a large bowl.
- Toss gently to combine.
- Season with salt and pepper to taste.