

MEALS IN A JAR

RECIPES

BROUGHT TO YOU BY

YOUR INDEPENDENT PAMPERED CHEF CONSULTANT

Salad In A Jar Recipes

credit to: backtotheroots.com, organizeyourselfskinny.com, 4theloveoffood.com, theyummylife.com, 100daysofrealfood.com, whatsgabycooking.com, joyoushealth.com, sugarfreemom.com, thekitchn.com, foxeslovelemons.com, Michael Yokley





**Antioxidant Salad**

Start with white balsamic vinaigrette. Layer in mixed berries, sprouts, carrots, [almonds](http://www.shareasale.com/r.cfm?u=680052&b=378539&m=40174&afftrack=&urllink=www%2Eabesmarket%2Ecom%2Fthe%2Dscoop%2Farticle%2Fthe%2Drecipe%2Fmeatless%2Dmondays%2Dsalad%2Din%2Djar%2D3%2Dways%2Ehtml), goat cheese\*, [flax seeds](http://www.shareasale.com/r.cfm?u=680052&b=378539&m=40174&afftrack=&urllink=www%2Eabesmarket%2Ecom%2Fnatural%2Dproducts%2Ffood%2Dand%2Ddrink%2Fsuperfoods%2F3%2Dpack%2Dgolden%2Dflax%2Dseed%2Dorganic%2D14%2Doz%2Ehtml) and mixed greens.

**Mediterranean Salad**

Start with [balsamic vinaigrette](http://www.shareasale.com/r.cfm?u=680052&b=378539&m=40174&afftrack=&urllink=www%2Eabesmarket%2Ecom%2Fnatural%2Dproducts%2Ffood%2Dand%2Ddrink%2Fcondiments%2Dsauces%2Dspreads%2Fnatural%2Dorganic%2Ddressing%2Dand%2Dsauce%2Fgarlic%2Dgold%2Dclassic%2Dbalsamic%2Dvinaigrette%2Ehtml). Add in artichokes, black olives, tomatoes white cannellini beans, cucumbers, Parmesan, pine nuts, [oregano](http://www.abesmarket.com/natural-products/food-and-drink/condiments-sauces-spreads/natural-organic-spices-and-seasonings/mediterranean-oregano-1.html) and mixed greens.

**High Protein Salad**

Start with the lemon-based dressing of your choice. Next throw in chickpeas, broccoli, cooked [quinoa](http://www.shareasale.com/r.cfm?u=680052&b=378539&m=40174&afftrack=&urllink=www%2Eabesmarket%2Ecom%2Fnatural%2Dproducts%2Ffood%2Dand%2Ddrink%2Fdesserts%2Dsweets%2Dtreats%2Fnatural%2Dorganic%2Dbaking%2Dingredients%2Fbobs%2Dred%2Dmill%2Dorganic%2Dgrain%2Dquinoa%2D26%2Doz%2Ehtml),  corn, peas, currants or figs, [pumpkin seeds](http://www.shareasale.com/r.cfm?u=680052&b=378539&m=40174&afftrack=&urllink=www%2Eabesmarket%2Ecom%2Fnatural%2Dproducts%2Ffood%2Dand%2Ddrink%2Fsnacks%2Fdried%2Dfruit%2Dnuts%2Fgoraw%2Dsprouted%2Dpumpkin%2Dseeds%2D16%2Doz%2Dbag%2Ehtml), shredded Parmesan and spinach.

**Detox Salad**

Start with the lemon-based dressing of your choice. Layer in pineapple, blueberries, cooked [quinoa](http://www.shareasale.com/r.cfm?u=680052&b=378539&m=40174&afftrack=&urllink=www%2Eabesmarket%2Ecom%2Fnatural%2Dproducts%2Ffood%2Dand%2Ddrink%2Fdesserts%2Dsweets%2Dtreats%2Fnatural%2Dorganic%2Dbaking%2Dingredients%2Fbobs%2Dred%2Dmill%2Dorganic%2Dgrain%2Dquinoa%2D26%2Doz%2Ehtml), fennel, sprouts and kale. \*I am going to skip the cannellini beans they recommend!

**Greek Salad**

Ingredients

5 quart size wide mouth mason jars

10 tablespoons Newmans Own Olive Oil and Vinegar Dressing

1 quart cherry tomatoes, halved

5 mini cucumbers, sliced

1 cup pitted Greek olives, sliced or chopped

¾ cup crumbled feta cheese

2 cups chopped or shredded rotisserie chicken

5 cups chopped romaine lettuce

Instructions

Divide and layer all ingredients into mason jars. Start with salad dressing, then tomatoes, cucumbers, olives, cheese, chicken, and end with lettuce. Put mason jar top on and store in refrigerator.

When ready to eat pour into a bowl and serve.

**Chopped Black Bean and Corn**

Ingredients

5 wide mouth quart size mason jar salads

1 ¼ cup salsa

1 6 ounce container plain Greek yogurt

1 quart cherry tomatoes, halved

1 red onion, chopped

2 cans black beans, drained and rinsed

1 12 ounce package frozen corn, thawed

2 avocados, peeled and chopped

5 ounce block pepper jack cheese, cut into small cubes

4-5 cups chopped romaine lettuce

¼ cup or more chopped cilantro (optional)

Instructions

In each of the mason jars pour ¼ cup of salsa. Then divide the Greek yogurt evenly among the jars. This will equal about 1 ½ tablespoons of Greek yogurt per jar. Next divide and layer the rest of the ingredients evenly between the 5 mason jars starting with tomatoes then following with onions, black beans, corn, avocado, cheese, and ending with romaine and cilantro. When ready to eat pour into a bowl, mix together, and enjoy!

**Italian**

Ingredients
5 qt size Wide Mouth Mason Jars

10 tablespoons balsamic vinegar dressing (I use Newmans own brand)

1 quart grape tomatoes

10 ounces fresh mozzarella

2 cups dry whole grain pasta, cooked

10 cups baby spinach

5 quart size mason jar salads

Instructions

Divide ingredients evenly in 5 mason jars starting with dressing, then tomatoes, mozzarella, pasta, and ending with spinach. Place lid on jar and close tight.

Shake jar to coat dressing and pour into bowl to eat.

**Artichoke and Tortellini**

Ingredients

5 quart size wide mouth mason jars

10 tablespoons Italian dressing (I used Newmans Own Family Recipe Italian)

1 quart cherry tomatoes, halved

1 red onion, chopped

2 cans quartered artichoke hearts, cut in half

4 ounces dried cheese filled tortellini; cooked according to package directions (I bought the 8 ounce bag of Barilla brand cheese filled tortellini and only used half)

5 ounces goat cheese

5 cups bagged spinach/arugula blend salad

Instructions

Layer each mason jar with the ingredients starting with dressing then adding tomatoes, onion, artichokes, tortellini, goat cheese, and finishing with arugula/spinach blend.

When ready to eat give the salad a shake and pour into a bowl.

**Chopped Broccoli, Ham, and Swiss**

Ingredients

5 wide mouth quart size mason jars

15 tablespoons yogurt coleslaw dressing

3 large red bell peppers, chopped

3 broccoli crowns, chopped small

½ pound thick sliced organic deli ham, chopped

6 ounces dry spiral whole grain pasta, cooked and cooled

5 ounces block Swiss cheese, chopped

5 tablespoons pumpkin seeds

5 cups spinach, arugula, radicchio salad blend

Instructions

Pour 3 tablespoons of salad dressing into each of the mason jars. Then layer ingredients into the jar starting with peppers then following with broccoli, ham, pasta, cheese, pumpkin seeds, and finishing with salad blend.

To eat pour salad into a bowl and mix all ingredients together until evenly coated with salad dressing

**Burrito Bowl Mason Jar Salads**

Yield: 5 salads

Serving Size: 1 pint-sized mason jar salad

Ingredients

Cooked quinoa. To the quinoa add: Juice and zest of one lime, or 2 tablespoons lime juice,

1/4 cup chopped fresh cilantro

Cooked chicken, chopped or shredded

Cooked Bacon, chopped

Sweet potato, cubed and roasted

3 cups chopped lettuce

5 tablespoons plain Greek yogurt

3/4 cup shredded cheese

1/2 cup chopped fresh cilantro

To assemble the salads:

Add 1 tablespoon of plain Greek yogurt to the bottom of each [pint-sized wide mouth mason jar](http://www.amazon.com/gp/product/B001DIZ1NO/ref%3Das_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B001DIZ1NO&linkCode=as2&tag=strictly05-20&linkId=62HIBPSQJSSEWHDJ).

Top with about 2 tablespoons of sweet potato cubes.

 3-4 tablespoons of the cilantro lime quinoa.

Cheese

Bacon

Chicken (To make this vegetarian, substitute 1 can of rinsed beans for the chicken and bacon and add a layer of beans here.)

Fill the remaining space in the mason jar with lettuce, and sprinkle some additional chopped cilantro on top before screwing on the lid.

**Caprese Salad in a Jar**
Dressing (recipe below)

1/2 cup cherry tomatoes, halved

fresh mozzarella, cubed

2 cups of romaine

1/2 cup green basil , chopped
For the dressing:
2 tbsp. olive oil
1/2 tablespoon balsamic vinegar
a drop of honey, salt, cracked black pepper

**Black Bean and Corn**

Ingredients

5 wide mouth quart size mason jar salads

1 ¼ cup salsa

1 6 ounce container plain Greek yogurt

1 quart cherry tomatoes, halved

1 red onion, chopped

2 cans black beans, drained and rinsed

1 12 ounce package frozen corn, thawed

2 avocados, peeled and chopped

5 ounce block pepper jack cheese, cut into small cubes

4-5 cups chopped romaine lettuce

¼ cup or more chopped cilantro (optional)

Instructions

In each of the mason jars pour ¼ cup of salsa. Then divide the Greek yogurt evenly among the jars. This will equal about 1 ½ tablespoons of Greek yogurt per jar. Next divide and layer the rest of the ingredients evenly between the 5 mason jars starting with tomatoes then following with onions, black beans, corn, avocado, cheese, and ending with romaine and cilantro. When ready to eat pour into a bowl, mix together, and enjoy!

**Black and Bleu Salad**

Ingredients

Dressing

Whisk together:

1/3 cup olive oil

3 tablespoons red wine vinegar

2 tablespoons lemon juice

1 clove garlic, minced

1/2 teaspoon salt

1/8 teaspoon ground black pepper

1 teaspoon Worcestershire sauce

(or use bottled Italian Dressing)

1/4 cup crumbled blue cheese

 beef sirloin steak - grilled and sliced (great use for leftover steak)

Green bell pepper, chopped

Carrot, chopped

red onion, sliced

Pimento-stuffed green olives, chopped

Cherry Tomatoes, halved

Romaine Lettuce, cleaned, dried, and chopped

Layer in above order

**Strawberry Spinach Salad with Strawberry-Lime Vinaigrette**

To make this salad, in the jar, put items in this order:

Strawberry-Lime Vinaigrette (see recipe below—I use about two tablespoons of dressing per pint-sized jar)

Cooked Quinoa

Sliced Strawberries

Sunflower Seeds

Sliced Green Onions

Crumbled Feta

Baby Spinach

Depending on how juicy your strawberries are, you might want to put them down lower in the jar (before the quinoa) to keep them even further away from the spinach.

Strawberry-Lime Vinaigrette

2 tablespoons extra virgin olive oil

2 teaspoons strawberry preserves

1 tablespoons fresh lime juice

1 teaspoon mustard

1 tablespoon white wine vinegar

Salt and pepper, to taste

Combine all ingredients in a jar with a tight-fitting lid. Close and shake until emulsified. Makes about four tablespoons of dressing (enough for two-pint-sized jars).

**Mexican Chickpea Salad with Chile-Lime Dressing**

To make this salad, in the jar, put items in this order:

Chile-Lime Dressing (see recipe below—I use about two tablespoons of dressing per pint-sized jar)

Cooked Brown Rice

Cooked Chickpeas

Salsa

Red Onions

Halved Grape Tomatoes

Chopped Cilantro

Chopped Romaine

Because of the tomatoes and salsa, this salad is a bit “wetter” than others and care should be taken not to tip it or turn it to avoid the romaine getting soggy.

Chile-Lime Dressing

2 tablespoons extra virgin olive oil

2 tablespoons fresh lime juice

1 teaspoon dried ground cumin

Pinch red pepper flakes

Salt and pepper, to taste

Combine all ingredients in a jar with a tight-fitting lid. Close and shake until emulsified. Makes about four tablespoons of dressing (enough for two-pint-sized jars).

Sunshine Salad with Orange Marmalade Vinaigrette

To make this salad, in the jar, put items in this order:

**Citrus Orange**

Orange Marmalade Vinaigrette

 (see dressing recipe below - use about two tablespoons of dressing per pint-sized jar)

Cooked Quinoa

Clementine Wedges

Sliced Red Onions

[Sprouted Lentils](http://backtoherroots.com/2013/02/22/how-to-sprout-lentils/)

Pine Nuts

Chopped Romaine

Baby Spinach

I use fresh Clementine wedges but you can just as easily use canned mandarin slices—just make sure to drain them well before adding to the jar.

Orange-Marmalade Vinaigrette

2 teaspoons orange marmalade

2 tablespoon apple cider vinegar

2 teaspoons extra virgin olive oil

Pinch red pepper flakes

Salt and pepper, to taste

Combine all ingredients in a jar with a tight-fitting lid. Close and shake until emulsified.

**Tofu Salad**

To make this salad, in the jar, put items in this order:

Sesame-Lemon Dressing  (see recipe below—I use about two tablespoons of dressing per pint-sized jar)

Drained, Pressed and Cubed Extra Firm Tofu

Sliced Red Bell Pepper

Chopped Cucumbers

[Sprouted Lentils](http://backtoherroots.com/2013/02/22/how-to-sprout-lentils/)

Sunflower Seeds

Chopped Parsley

Chopped Romaine

Small cubes of firm tofu act like little protein-packed sponges soaking up all the dressing goodness. Not into tofu? No problem. Shelled edamame will work great

Sesame-Lemon Dressing

1 tablespoon tahini

1 tablespoon lemon juice

Pinch of red pepper flakes

1 teaspoon sesame oil

1 tablespoon rice wine vinegar

1 teaspoon honey

1/4 teaspoon salt

1/4 teaspoon black pepper

1/4 teaspoon oregano

1 clove garlic, minced

**Asian Noodle Salad Jars**

Dressing (recipe below)

Cooked  [soba noodles](http://amzn.to/1D6yUcs)

Red bell pepper, thinly sliced

Shelled edamame, cooked

Carrots, peeled and shredded

Green onions, thinly sliced

Crunchy rice noodles

For The Spicy Peanut Dressing:

2 tablespoons peanut butter

4 teaspoons sambal oelek

4 teaspoons rice vinegar

4 teaspoons soy sauce

1/4 cup extra virgin olive oil

1 tablespoon black sesame seeds

Divide Spicy Peanut Dressing equally among 4 [pint-sized mason jars](http://amzn.to/1JHrVsE). Divide soba noodles over dressing. Layer remaining ingredients, ending with rice noodles. Top with lids and refrigerate up to 5 days. To serve, pour onto plate or bowl, stir and enjoy.

**Southwest Ranch Chicken**

Ingredients

5 wide mouth mason jars

10 tablespoons Southwest Ranch Yogurt Dressing

Grape tomatoes, sliced in half

Bell peppers (any color), chopped

Red onion, chopped

Black beans, drained

Chicken, cooked and shredded

Avocado, skinned and chopped

fresh lime juice

Cheese, shredded

Lettuce Mix: Romaine and cilantro

Tortilla chips, chopped

Instructions

Divide ingredients evenly among the mason jars. Start with the dressing and then add the tomatoes, bell peppers, onions, avocado (squirt with lime juice first), black beans, chicken, cheese, and end with the romaine. Put the lid on and store in the refrigerator for up to 5 days.

Serve with crushed tortillas.

**Southwest Grilled Chicken Salad with Spicy Cilantro Lime Dressing**

Created by: Michael Yokley, Advanced Director with The Pampered Chef

Dressing, recipe below

Grilled or Cooked Chicken, cubed or shredded

 Mexicorn (Also called southwest style corn – sometimes available frozen)

Black Beans

Cherry/grape tomatoes , halved

Red onion , chopped

 Monterey Jack cheese , shredded

Tortilla strips , chopped

Romaine lettuce, dried and chopped

Cilantro, dried and chopped

Dressing:

1 large jalapeno seeded and deveined

2 cups loosely packed cilantro

3 cloves of garlic, pressed

1 tbsp. Three Onion Rub

1 tbsp. Garlic Herb Rub

Juice from 1 ½-2 limes

1 ½ cup non-fat/low fat Greek yogurt

1 avocado

Directions:

 Add jalapeno, cilantro, and garlic pressed with Garlic Press to the Manual Food Processor (MFP). Pulse until fine.

Using Citrus Press, press lime juice into MFP.

Using Measuring Spoon Set, add both rubs to MFP. Pulse to combine.

 Remove avocado and dice using avocado peeler and place in MFP. Pulse until smooth.

Using Measure-All Cup, measure Greek yogurt and add to MFP. Pulse to combine.

**7 Layer Salad**

Dressing (see recipe below)

 Bacon, cooked and chopped

 Yellow (or red) onion, diced

Red bell pepper, diced

Frozen peas, partially thawed

 Eggs, hard boiled and peeled

Lettuce, washed and chopped (Use romaine and/or butter lettuce)

Dressing:

 1/2 cup mayo

 1/2 cup sour cream

 1 tbsp sugar

 1/2 tsp black pepper

Whisk above ingredients together

Add a couple spoonfuls of dressing in the bottom of the jar, layer in order above

**Cheeseburger Salad**

 Lean ground beef, cooked

Ketchup

Yellow mustard

Cherry tomatoes, halved

Dill Pickle Spears, chopped

Red onion

Shredded cheddar cheese

Romaine lettuce leaves, chopped

Thousand Island Dressing or Special Sauce

Layer contents into mason jar starting with dressing then tomatoes, pickles, onions, cheese, cooled beef mixture and finally lettuce.

Serve immediately (or soon after) or store in refrigerator up to 4 days.

**Southwestern Barbecue Grilled Veggie**

 Salsa - your favorite recipe/variety (bottom layer)

Avocado - cubed (the salsa acidity will keep it fresh)

Cilantro leaves - chopped

Grilled (or fresh) red onion - chopped

Grilled yellow, orange, and red pepper, (or fresh) - chopped

Grilled corn (cut fresh from cob), (or canned)

Black beans - rinsed and drained

Cooked brown rice seasoned with a squeeze of lime

Romaine lettuce - chopped (top layer)

Layer the ingredients as listed from bottom to top in a jar. Serve immediately or store in a refrigerator for up to 5 days.

**Taco Salad**

Salsa

Ground turkey or beef, cooked with taco seasoning

1/3 cup sour cream

shredded cheese

guacamole

Lettuce, shredded

Layer, salsa, ground turkey mixture, sour cream, shredded cheese, guacamole, shredded lettuce.

**Buffalo Chicken Salad**

Blue cheese yogurt dressing

Hot sauce (preferably Frank's hot sauce)

Cherry tomatoes, halved

Red onion, chopped

Carrots, chopped

Celery stalks, chopped

Shredded chicken

Chopped romaine lettuce

Instructions

Divide ingredients among mason jars starting with dressing then following with hot sauce, tomatoes, onion, carrots, celery, chicken, and ending with romaine.

Chopped Cobb

Yogurt blue cheese dressing

Cherry tomatoes, halved

Cucumbers, sliced

Red onion, chopped

Hard-boiled eggs, chopped or sliced

Avocados, chopped

Bacon, cooked and crumbled

Turkey, cut into pieces

Sliced ham, cut into pieces

Chopped romaine lettuce Layer above ingredients in order starting with dressing

**Shrimp & Feta Cobb Salad**

Dressing of choice
Chopped avocado
Grape tomatoes sliced in half

Red onion, chopped
Cucumber, chopped
Romaine lettuce and baby spinach, chopped
Feta, crumbled
Shrimp, cooked
Egg, hard boiled and chopped
Bacon, chopped Layer all items in order starting with the dressing

**Zucchini (Zoodles)Pasta Salad with Avocado Dressing**

Dressing (recipe below)

Celery, sliced

Red bell pepper, chopped

Shelled edamame

Feta cheese

Cherry tomatoes, halved

Kalamata olives, chopped

Spiraled zucchini (Zoodles)

Avocado Spinach Dressing

1/2 cup fresh packed spinach

1/2 ripe avocado

Juice of 1 lemon

2 tablespoons extra virgin olive oil

2 tablespoons Greek yogurt, plain, 2%

1/2 teaspoon salt

1/4 teaspoon pepper

Layer:

Dressing into the bottom, then rest of ingredients in above order

Cover and refrigerate. Last up to 5 days.

Once ready to eat, shake the jar vigorously then pour onto a plate. Toss with fork if needed to mix dressing.

**Pasta Salad**

2 cups Greek vinaigrette

Cooked Tortellini

Pepperoni, Sliced

Cherry tomatoes, halved

Red onion, finely chopped

Artichoke hearts, drained and coarsely chopped

Roasted sweet red peppers, drained and chopped

Black Olives, drained

Basil, chopped

Parmesan cheese, Grated

Layer Above Ingredients in Mason Jar

**How To Make Instant Noodle Cups in a Mason Jar**

**Ingredients for each noodle cup**

1 to 3 teaspoons flavor base — soup stock paste (like Better Than Bouillon), miso paste, curry paste

1 to 3 teaspoons flavoring extras, optional — chili-garlic sauce, soy sauce or tamari, coconut milk, sesame oil, Sriracha or other hot sauce

1/4 to 1/2 cup filler ingredients — frozen corn, frozen carrots, frozen peas, diced tofu, leftover cooked meat, dried or thinly sliced mushrooms, thinly sliced spinach or other hearty greens, kimchi, soft-boiled or hard-boiled egg

3/4 to 1 cup noodles — cooked udon, cooked yakisoba or ramen, cooked soba noodles, cooked spaghetti or fettuccine, cooked rice noodles, cooked shirataki noodles, dry vermicelli or maifun noodles

1/4 to 1/2 cup fresh ingredients — fresh herbs, sliced green onions, bean sprouts, sliced lime or lemon

**Place flavor base and flavor extras in the bottom of the cup:** If it's a paste, like soup stock or miso paste, spread it around a little so it dissolves more easily once you add the hot water. Also add any flavoring extras.

**Top with filler ingredients:** Scatter your filler ingredients over the top of the paste. It's OK if they get mixed in with the flavor base and extras.

**Add the noodles:** Pack the noodles down so they're fairly compact. It's fine if they stick together — they will un-stick once you add the water.

**Finish with the fresh ingredients**

**Seal and refrigerate:** Place the lid on the container and refrigerate for up to a week.

Instructions for Cooking the Noodle Cups

**Top with hot water:** When you're ready to eat, unscrew the lid and pour enough boiling water over the top of the noodles to cover.

**Cover and steep:** Place the lid back over the container. Let the soup steep for 2 to 3 minutes. The ingredients should be warmed through, but the soup is still nicely hot.

**Stir thoroughly** (Alternatively, you can pour the soup out into a bowl and mix everything there.)

**Breakfast Ideas**

Easy, no-cook oatmeal with make-ahead convenience; packed with nutrition to get your day off to a healthy start. Make it in individual mason jars for a perfect serving size and an easy grab-and-go breakfast.

**Mango Almond Refrigerator Oatmeal**

*Ingredients*

1/4 cup uncooked old fashioned rolled oats

1/3 cup skim milk

1/4 cup low-fat Greek yogurt

1-1/2 teaspoons dried chia seeds

1/8 teaspoon almond extract

1 teaspoon honey, optional (or substitute any preferred sweetener)

1/4 cup diced mango (approx. half of a small mango)

*Directions*

In a half pint jar or container, add oats, milk, yogurt, chia seeds, almond extract and honey. Put lid on jar and shake until well combined. Add mangoes and stir with fork until mixed throughout. Return lid to jar and refrigerate overnight or up to 2 days. Eat chilled.

Nutritional Info: 207 calories, 4g fat, 47g carbs, 7g fiber, 12g protein; Weight Watchers PtsPlus: 7

**Blueberry Maple Refrigerator Oatmeal**

*Ingredients*

1/4 cup uncooked old fashioned rolled oats

1/3 cup skim milk

1/4 cup low-fat Greek yogurt

1-1/2 teaspoons dried chia seeds

2 teaspoons maple syrup (more or less to taste)

1/4 cup blueberries (or enough to fill jar)

*Directions*

In a half pint (1 cup) jar, add oats, milk, yogurt, chia seeds, and maple syrup. Put lid on jar and shake until well combined. Remove lid, add blueberries and stir until mixed throughout. Return lid to jar and refrigerate overnight or up to 2 days. Eat chilled.

Nutritional Info: 215 calories, 4g fat, 48g carbs, 8g fiber, 12g protein; Weight Watchers PtsPlus: 7

**Apple Cinnamon Refrigerator Oatmeal**

*Ingredients*

1/4 cup uncooked old fashioned rolled oats

1/3 cup skim milk

1/4 cup low-fat Greek yogurt

1-1/2 teaspoons dried chia seeds

1/2 teaspoon cinnamon

1 teaspoon honey, optional (or substitute any preferred sweetener)

1/4 cup unsweetened applesauce, or enough to fill jar

*Directions*

In a half pint (1 cup) jar, add oats, milk, yogurt, chia seeds, cinnamon and honey. Put lid on jar and shake until well combined. Remove lid, add applesauce and stir until mixed throughout. Return lid to jar and refrigerate overnight or up to 2 days. Eat chilled.

Nutritional Info:  210 calories, 4g fat, 48g carbs, 8g fiber, 11g protein; Weight Watchers PtsPlus: 7

**Banana Cocoa Refrigerator Oatmeal**

*Ingredients*

1/4 cup uncooked old fashioned rolled oats

1/3 cup skim milk

1/4 cup low-fat Greek yogurt

1-1/2 teaspoons dried chia seeds

1 tablespoon cocoa powder

1 teaspoon honey, optional (or substitute any preferred sweetener)

1/4 cup diced ripe banana, or enough to fill jar (approx. half of a small banana)

*Directions*

In a half pint (1 cup) jar, add oats, milk, yogurt, chia seeds, cocoa powder and honey. Put lid on jar and shake until well combined. Remove lid, add bananas and stir until mixed throughout. Return lid to jar and refrigerate overnight or up to 2 days. Eat chilled.

Nutritional Info: 245 calories, 5g fat, 56g carbs, 10g fiber, 13g protein; Weight Watchers PtsPlus: 8

**Banana Peanut Butter Refrigerator Oatmeal**

*Ingredients*

1/4 cup uncooked old fashioned rolled oats

1/3 cup skim milk

1/4 cup low-fat Greek yogurt

1-1/2 teaspoons dried chia seeds

1 tablespoon peanut butter (may substitute PB2 powdered peanut butter)

1 teaspoon honey, optional (or substitute any preferred sweetener)

1/4 cup diced ripe banana, or enough to fill jar (approx. half of a small banana)

*Directions*

In a half pint (1 cup) jar, add oats, milk, yogurt, chia seeds, peanut butter (or PB2), and honey. Put lid on jar and shake until well combined. Remove lid, add bananas and stir until mixed throughout. Return lid to jar and refrigerate overnight or up to 2 days. Eat chilled.
Nutritional Info (using PB2 and no honey or sweetener): 264 calories, 5g fat, 55g carbs, 8g fiber, 15g protein; Weight Watchers PtsPlus: 8

**Raspberry Vanilla Refrigerator Oatmeal**

*Ingredients*

1/4 cup uncooked old fashioned rolled oats

1/3 cup skim milk

1/4 cup low-fat Greek yogurt

1-1/2 teaspoons dried chia seeds

1/4 teaspoon vanilla extract

1 tablespoon raspberry jam, preserves, or spread

1/4 to 1/3 cup raspberries (cut each berry in half), or enough to fill jar

*Directions*

In a half pint (1 cup) jar, add oats, milk, yogurt, chia seeds, vanilla, and raspberry jam. Put lid on jar and shake until well combined. Remove lid, add raspberries and stir until mixed throughout. Return lid to jar and refrigerate overnight or as long as 2-3 days. Eat chilled.

Nutritional Info: 230 calories, 4g fat, 51g carbs, 8g fiber, 11g protein; Weight Watchers PtsPlus: 7

**Salted Turtle Refrigerator Oatmeal**

Ingredients

½ cup unsweetened almond milk

1 medjool date, pitted and chopped

¼ teaspoon pure vanilla extract

½ tablespoon unsweetened cocoa powder

½ cup rolled oats

1-2 teaspoons pure maple syrup

2 teaspoons chopped pecans

sprinkle of sea salt

Winning Game Day Recipes

Instructions

In a pint size mason jar stir together almond milk, date, vanilla, and unsweetened cocoa powder until all combined.

Stir in rolled oats.

Place lid on and refrigerate for 8 hours or overnight.

Stir in a little extra almond milk to loosen oats up and to get the consistency you like.

Stir in maple syrup. Start with 1 teaspoon then give it a taste. If you need more sweetness then add in the rest.

Sprinkle with pecans and salt. Enjoy.

Nutrition Information

Serving size: 1 recipe Calories: 313 Fat: 6 Carbohydrates: 57 WW Points +: 8 Fiber: 8Protein: 8

**Breakfast Parfait Refrigerator Oatmeal**

Ingredients

MAKES 1

6oz Greek yogurt

1/3 cup certified gluten-free old fashioned oats, uncooked

1 teaspoon chia seeds (optional)

2 Tablespoons milk (almond, cow, soy, etc.)

1 cup frozen mixed fruit and berries

Directions

In a bowl combine yogurt, oats, chia seeds, and milk. Stir to combine then layer half in a wide-mouth mason jar or container. Add half the fruit and berries then layer in remaining yogurt mixture and berries. Refrigerate overnight, and up to 3 days.

**Granola Breakfast**

Instructions for 1 serving.

Grab your favorite glass jar and build your granola breakfast in layers.

Layer bottom with dark berries. About 1/3 cup frozen raspberries

Spoon yogurt. 1/4-1/2 cup

Add your favorite granola, 1/4-1/2 cup.

Half chopped banana

Sprinkle 1 tbsp sprouted chia seeds

Optional: Mix in 2 tbsp of your favorite protein powder into the yogurt.

Make these the night before and store in your fridge.