



Cheesy Egg Breakfast Mug



Ingredients

- 2 eggs
- 1 tbsp milk
- 2 tbsp shredded cheese
- Optional: diced ham

Method

- Crack eggs into mug
- Add milk and mix
- Add cheese
- Microwave 30 sec, stir, then 20-30 sec

PROTEIN 14-20g

COST \$1.25-\$1.90

TIME 3 min



Chicken & Rice Power Bowl



Ingredients

- 1/2 cup cooked rice
- 1/3 cup cooked chicken
- 2 tbsp frozen veggies
- 1 tbsp cheese or yogurt

Method

- Add to bowl
- Microwave 1 min
- Stir
- Heat 20-30 sec more

PROTEIN 16-22g

COST \$1.75-\$2.50

TIME 3 min



Pizza Quesadilla Pocket



Ingredients

- 1 tortilla
- 1/4 cup cheese
- 2 tbsp pizza sauce
- 2 tbsp chicken or ham

Method

- Spread sauce
- Add toppings
- Fold
- Microwave 30-45 sec

PROTEIN 12-18g

COST \$1.25-\$2.00

TIME 2 min



Chocolate Banana Protein Oat Mug



Ingredients

- 1/3 cup oats
- 1/2 banana
- 1/4 cup milk
- 2 tbsp Greek yogurt
- 1 tsp cocoa

Method

- Mash banana
- Add ingredients
- Mix well
- Microwave 60-75 sec

PROTEIN 8-12g

COST \$0.90-\$1.40

TIME 2 min