



# Breakfast: Overnight Oats

SERVINGS: 1

Iron Per Serving: 4mg

## Ingredients

- Oatmeal, old fashioned, 1/2 cup dry
- Pumpkin seeds, unsalted, 2 TBSP
- Almond butter, 2 TBSP
- Shredded coconut, 1 TBSP
- Almond milk, 6-8oz (depending on preference)
- Vitamin C boost: strawberry slices, 1/3 cup

## Directions

1. Add the oatmeal, pumpkin seeds, almond butter, and shredded coconut to a mason jar.
2. The night before eating, pour in almond milk.
3. Drop in a few strawberries in the morning and eat from the jar or pour into a bowl.

## Note:

Pair with some eggs and/or chicken sausage for a balanced breakfast.



# Lunch: Edamame Chickpea Bowl

SERVINGS: 2

Iron Per Serving: 8mg

## Ingredients

- 1 cup Edamame, frozen
- 1 cup Chickpeas, canned
- 1 cup White, rice, enriched
- 1 cup Asparagus
- 1/2 cup Cashews
- Vit C boost: 1 Avocado, (half topped on each bowl)
- Optional sauce
  - 1/4 tsp, grated Ginger, fresh
  - 1 Tbsp Rice vinegar
  - 1 Tbsp Soy sauce, low-sodium
  - 1 Tbsp Honey
  - 1 tsp Sriracha
  - 1/2 clove (1/2 tsp) Garlic
  - 1 Tbsp Avocado oil
  - Vit C boost: Half lemon squeezed

## Directions

1. Prepare each: edamame (thaw), open chickpea can and rinse, cook rice, and steam asparagus or prepare as preferred.
2. Mix sauce ingredients together in separate bowl.
3. Toss the edamame, chickpeas, rice, asparagus, and cashews together in a large pan over medium heat and heat for about 3-5 minutes.
4. Stir in the sauce and heat for an additional 2-3 mins.
5. Serve in bowl and top with avocado.