



Easy **MEALS**

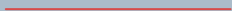
ON SHIFT DAYS

SHIFT DAYS CAN BE
CHAOTIC. THESE QUICK
AND EASY MEALS WILL
SAVE YOU TIME, ENERGY
AND GIVE YOU ENOUGH
LEFTOVERS TO LAST THAT
SURPRISE OVERTIME.

I'M EXCITED FOR YOU TO
TRY THESE!

XO,
AUDRA

BREAKFAST



Easy Granola

4 cups old-fashioned rolled oats
1 ½ cup raw nuts and/or seeds (I use 1
cup chopped pecans and ½ cup pepitas)
1 teaspoon sea salt
½ teaspoon ground cinnamon
4 tbs chia seeds (optional)
4 tbs hemp seeds (optional)
½ cup avocado oil
1/4 cup maple syrup
2 tbs honey
1 teaspoon vanilla extract

Totally optional additional mix-ins, dried
fruit, ½ cup chocolate chips or coconut
flakes*

Instructions

Preheat oven to 350 degrees Fahrenheit
and line a large, rimmed baking sheet
with parchment paper.

In a large mixing bowl, combine the oats,
nuts and/or seeds, salt and cinnamon.
Stir to blend. If you want to add in the
chia and hemp seeds now is the time.
This will give you extra protein and fiber
in the granola.

Pour in the oil, maple syrup and/or
honey and vanilla. Mix well, until every
oat and nut is lightly coated. Pour the
granola onto your prepared pan and use
a large spoon to spread it in an even
layer.

Bake about 21 to 24 minutes, stirring
halfway ..

Let the granola cool completely before
adding any extras. Top with the dried
fruit (and optional chocolate chips, if
using).

Break the granola into pieces with your
hands if you want to retain big chunks,
or stir it around with a spoon if you
don't want extra-clumpy granola.

Store the granola in an airtight container
at room temperature for 1 to 2 weeks, or
in a sealed freezer bag in the freezer for
up to 3 months.



Copy Cat Sbux egg puffs

Making these on a Sunday meal prep day keeps an easy breakfast all week long

10 eggs

1/2 cup cottage cheese

any type of veggies you want to add to your eggs. (Chopped bell peppers, spinach, bacon bits, cheese, etc)

Instructions:

Preheat oven to 350. Crack the eggs and the cottage cheese into a blender. Blend until cottage cheese is smooth and eggs are fluffy.

Line your muffin tin with muffin cups or spray with cooking spray. Add your fillings 1/2 full. Fill each cup with egg up to 3/4 full. Bake for 15-20 minutes. Let them cool and store in an air tight container. Pop in the microwave for 30-45 seconds to reheat and eat all week long.



Hashbrown casserole

9x13 dish

6-7 TJs hashbrowns

7 eggs

1/2 cup cottage cheese

Your favorite cooked sausage, bacon
or raw veggies you like.

1/2 cup shredded cheddar cheese

Salt pepper and any other seasoning.

Instructions:

Blend the eggs and cottage cheese together in an blender and season with salt and pepper. We also add garlic powder and onion powder. Do what you like.

Spray a 9x13 glass pan with cooking spray (avo oil or anything you have)
Layer the hashbrowns in the glass pan. Microwave the pan for 1 minute to thaw the hashbrowns (if you skip this step they will stick to the bottom)

Add the blended egg mixture to the top and then add your cooked breakfast meat and any raw veggies evenly across the egg mixture. Top with cheddar cheese. Cook at 375 for 45-55 minutes. Check it at 45! My oven has a mind of its own.

Enjoy!



Cheater breakfast chilaquiles

6 eggs

6 corn tortillas cut into triangles

OR you can use 4 cups of tortilla chips

½ a white onion chopped

1 jar of green or red salsa

queso fresco or cheddar cheese

avocado, and sour cream

Instructions:

Heat ¼ inch avocado oil in a pan (hot enough to fry the tortilla triangles).

Fry the tortillas until crispy and brown.

(if you're skipping this step, add a few tablespoons to the pan and go to the next step.

Add in the chopped onion and cook for one minute. Whisk the eggs together in a small bowl and season with salt and pepper.

Add the eggs in with the tortillas or chips. Cook to desired scrambled egg texture. Pour in ½ jar of salsa and cook until heated through. Top with your favorite cheese, avocado and sour cream and enjoy.



Banana Chocolate Chip muffins

1 ½ cups AP flour
1 teaspoon baking soda
½ teaspoon salt
¾ cup granulated sugar
1 cup mashed bananas about 3 medium
1 large egg room temperature
½ cup avocado oil
1 teaspoon vanilla extract
½ cup semi-sweet chocolate chips

Preheat oven to 375°F. Line a muffin pan with paper liners.

Combine flour, baking soda, and salt in a small bowl. Stir in chocolate chips.

Combine sugar, bananas, egg, oil, and vanilla in a medium bowl.

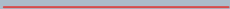
Add dry ingredients and mix just until combined.

Pour into prepared muffin tin and bake 18-20 minutes or until a toothpick comes out clean. Do not overbake.

Cool 5 minutes in the pan before removing and cooling on a baking rack.



MAIN DISHES



Easy Orange Chicken

1 bag of frozen boneless breaded chicken tenders. (We love the bare naked brand)

1/4 cup of orange marmalade

1/4 cup of Bachans or any teriyaki sauce

- sesame seeds and green onions optional

Instructions:

Cook the chicken according to package directions.

In a bowl mix together the orange marmalade and the teriyaki together. Once the tendies are cooked toss them in the sauce and stir gently. (You can add sesame seeds and green onions if you like)

For extra crispy, put them back in the air fryer or oven for a few minutes to caramelize the sauce.

Serve over rice, and add steamed broccoli .



Air fried potato tacos

TJs Sonora style tortillas OR any fajita sized tortillas

8-10 golden potatoes (skin on) boiled, mashed and seasoned to your liking.
(For the mash we use 3 TBS butter, 1/4 cup veggie stock, salt and pepper.)

1 small can diced green chilis

Taco toppings of choice.

We like shredded cheese, lettuce, avocado, cilantro, limes, green salsa and hot sauce

Instructions:

Mix the can of diced chilis into the mashed potatoes

Scoop the mashed potato mixture on to a tortilla and close into a taco. Repeat until all tortillas are full.

Spread evenly in the air fryer and spray with a non stick spray. (We use avocado oil spray) Air fry at 400 for 7 minutes. Flip tacos and spray the other side and cook for 3 more minutes.

Repeat until all tacos are cooked

Top with your favorite toppings! Enjoy!



Fuji Apple salad

This is a copy cat mash up of Panera's fuji apple salad and a pasta salad we used to love at a local restaurant that went out of business.

You need:

- 2 Fuji apples cored and cubed
- 1 large seedless cucumber cubed
- pickled onions
- gorgonzola cheese
- 2 heads Romaine lettuce chopped , or any mixed greens
- 3 grilled chicken breasts sliced
- 1 small bag of candied pecans or plain pecans
- 1 pound of cooked penne or bow tie pasta (optional but we find that the kids will eat it if there's pasta in it.)
- your favorite white balsamic vinaigrette (Panera sells the salad dressing but it's a bit too sweet for me)

Instructions:

Place the lettuce on a large platter. Add the apples, cucumber, pickled onions, gorgonzola and pecans each in a row. Place the chicken across the top of the salad. Top with dressing. Toss when ready to serve. (If you're adding pasta we add the pasta on the bottom before the lettuce.)

** You can also add cherry tomatoes to this but sadly I developed the weird adult tomato allergy a few years ago. Don't forget to add salt and pepper and season your chicken!



Stuffed Spaghetti Squash

2 spaghetti squashes.

1 pound of Ground meat of choice, (we used ground chicken today)

1 container of Pesto sauce

1/2 cup Mozzarella cheese

Instructions:

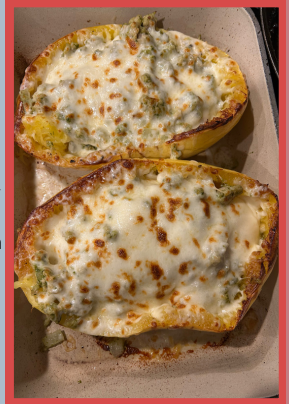
Heat the oven to 375 degrees.

Cut the spaghetti squashes lengthwise and scoop out all the seeds. Season generously with olive oil, salt and pepper. Put the squashes cut side down in an oven safe pan and roast for 45 minutes. Remove from oven and turn the squashes over. Using a fork gently pull the squash from the sides and smooth out in the shell.

In a skillet brown the ground meat and onions. Mix the pesto in with the cooked meat. Scoop the cooked meat into the squash boats and top with mozzarella. Put back in the oven on broil for 4-5 minutes until bubbly. Watch closely! Remove and let stand for 10 minutes.

We love to also do an artichoke and spinach variation, or roasted veggies, pepperoni and red sauce, or just plain pesto. Think of it like pizza! Endless possibilities.

(This serves 4 generously)



Tik Tok Ramen

4 packages instant ramen
4 tbsp butter
3 tbs garlic minced
1/4 tsp red pepper flakes or to taste
3 tsp brown sugar
4 tbsp soy sauce
1 egg lightly beaten
i pack of cubed chicken apple sausage

Cook the ramen according to package directions, do not use the seasoning pack.

In a separate pan, cook the sausage and remove from pan. In the same pan, add the butter. Stir in the garlic and red pepper flakes. When the garlic is soft, stir in the brown sugar and soy sauce.

Add the drained noodles to the sauce and toss to coat. Push the noodles to one side of the pan.

Turn the heat up and add the lightly beaten egg to the pan. Scramble until set.

Top with your favorite siracha or everything bagel seasoning.



Firehouse Lasagne

1 box of No Boil Lasagne Noodles
2 lbs of Italian Sausage (turkey or pork)
1 bag of Baby Spinach
2 packages of Crimini Mushrooms
2 containers of Ricotta Cheese
1 egg
1 tablespoon of Italian Seasoning
2 lbs of Mozzarella Cheese
6 cloves of garlic
2 jars of Pasta sauce

Preheat oven to 375

Cook sausage in large cast iron skillet till browned, in separate pan sauté garlic, mushrooms , spinach.

In a bowl mix ricotta cheese, egg, and Italian Seasonings

In baking dish pour a layer of sauce to coat dish. Place layer of noodles, ricotta mixture, sausage, veggies, sauce and mozzarella cheese. Repeat till you run out of filling. Place top layer of noodles cover with sauce and remaining mozzarella cheese.

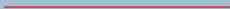
Let rest for 30 minutes to allow for the noodles to absorb the liquid from the sauce.

Cover and bake for 40-45 minutes, uncover and place back in oven until the top is brown and bubbly.

All ingredients can be found at Trader Joe's.



SWEETS



Brownie Cookies

1 20 oz bag or box of brownie mix. I
use Ghiradelli brand
¼ cup all purpose flour
1.4 cup vegetable oil
2 eggs
½ cup of chocolate chips

Directions:

Add all the ingredients in a large bowl and mix until completely combined. DO NOT USE THE RECIPE ON THE BACK OF THE BROWNIE BOX!

Using a cookie scoop, scoop on to cookie sheets 2 inches apart. Bake at 375 for 10 -12 minutes or until edges are set. Remove from oven and let them sit for 3 more minutes before moving to cooling rack. They will be doughy and gooey in the middle still.

Makes approximately 14 large cookies.



Chocolate Chip cookies

Wet ingredients

- 2 sticks of butter softened
- 3/4 cup sugar
- 3/4 cup brown sugar
- 2 eggs
- A splash of vanilla (or 1TBS if you need to measure)

Dry ingredients

- (Mix these together in a separate bowl)
- 2.5 cups AP (all purpose) flour
- 1tsp baking soda
- 1/2 tsp baking powder
- 1/4 tsp salt

- 1 bag of chocolate chips

Directions:

Mix the butter and sugars together on low or #2 on the kitchenaid for 2 min.

Add eggs one at a time.

Add vanilla.

Scrape the sides down a few times.

Slowly add the dry mix until it's all incorporated.

Add the bag of choc chips on low.

Spray your hands with non stick spray or butter.

Spray the pan too! Dumb the entire batch of cookie dough in the middle of the pan and squish it out until the bottom of the pan is completely covered. Don't leave anything showing or you won't have a round cookie. Bake at 350 for 25-30 min. Check it around 23 minutes if your oven runs hot. You want it golden brown.

Cool on cooling rack for 30 minutes or completely cool. Decorate to your liking!



Chocolate Chip cookie cake

Wet ingredients

- 2 sticks of butter softened
- 3/4 cup sugar
- 3/4 cup brown sugar
- 2 eggs
- A splash of vanilla (or 1TBS if you need to measure)

Dry ingredients

- (Mix these together in a separate bowl)
- 2.5 cups AP (all purpose) flour
- 1tsp baking soda
- 1/2 tsp baking powder
- 1/4 tsp salt

- 1 bag of chocolate chips
- **16 inch disposable pizza pan
- Frosting of your choice

Directions:

Mix the butter and sugars together on low or #2 on the kitchenaid for 2 min.

Add eggs one at a time.

Add vanilla.

Scrape the sides down a few times.

Slowly add the dry mix until it's all incorporated.

Add the bag of choc chips on low.

Spray your hands with non stick spray or butter.

Spray the pan too! Dump the entire batch of cookie dough in the middle of the pan and squish it out until the bottom of the pan is completely covered. Don't leave anything showing or you won't have a round cookie. Bake at 350 for 25-30 min. Check it around 23 minutes if your oven runs hot. You want it golden brown.

Cool on cooling rack for 30 minutes or completely cool. Decorate to your liking!



Pumpkin snickerdoodles

(Recipe from Sugar Spun Run)

½ cup unsalted butter melted and cooled for at least 10 minutes

½ cup sugar

⅓ cup light brown sugar tightly packed

¼ cup pumpkin puree

1 large egg yolk

¾ teaspoon vanilla extract

1 ½ cups (190) all purpose (plain) flour

1 ½ teaspoons pumpkin pie spice

½ teaspoon baking soda

¼ teaspoon cream of tartar

½ teaspoon salt

Topping

¼ cup sugar

2 teaspoons ground cinnamon

Combine butter, sugar, and brown sugar and stir until well-combined. Add pumpkin and stir well.

Stir in egg yolk and vanilla extract.

In a separate bowl, whisk together flour, pumpkin spice, baking soda, cream of tartar, and salt until well-combined.

Gradually add dry ingredients to wet until ingredients are well-combined.

Cover cookie dough with clear wrap and place in the refrigerator to chill for at least 45 minutes.

One dough is nearly finished chilling, preheat oven to 350 and prepare a cookie sheet by lining with parchment paper. Prepare your cinnamon sugar mixture by whisking together ¼ cup sugar and 2 tsp ground cinnamon in a small bowl.

Remove dough from refrigerator and scoop into 1 ½ Tablespoon-sized balls. Roll briefly between your palms until smooth and then roll through cinnamon sugar and transfer to prepared cookie sheet, spacing at least 2" apart.

Bake cookies in a 350F oven for 10-12 minutes. Keep your remaining dough refrigerated while cookies are baking and do not place cookie dough on a hot baking sheet.



Slutty brownies

2 packs of brownie mix (I use two bags from the Costco Ghiradelli Brand)

Choc chip cookie dough (use the one in this recipe guide)

2 sleeves (roughly) of Oreos. I prefer the thins but you can use regular. Just not double stuffed.

Instructions:

Mix the 2 packs of brownie mix according to directions on the box.

grease a 12x15 pan (lasagna pan) and press the cookie dough into the bottom of the pan all the way to the sides.

Layer the Oreos to cover the cookie dough

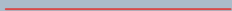
Pour the brownie mix over the top of the Oreo layer and spread it evenly with a knife.

Bake at 350 for 40-45 minutes. You'll want to stick a toothpick in to see if the brownies come out clear.

Cool completely and enjoy about 10 of them in a row and then send the rest to the station. 😊



EXTRAS



Easy pickled onions

Pickled onions are Gods gift in our house. We put them on everything from sandwiches, tacos, salads, avo toast, anything! They are tangy and zippy and if you slice them on the thicker side they give you a good crunch.

You need:

1 red onion, thinly sliced (use a mandoline if you have one)

1/2 cup apple cider vinegar

1 tablespoon granulated sugar

1 teaspoons salt

1/2 cup warm water

2 cloves garlic

1/4 tsp whole pepper corns



Instructions:

Add everything in a jar in the order of the recipe and push down the onions to make sure they are all submerged in the liquid. Tighten the lid and shake the jar for roughly 30 second. Stick it in the fridge for at least 2 hours but overnight is better. The longer they stay in the jar the better they are.

One jar lasts up to two weeks but I bet you'll be making more in a few days!

You can easily change up the recipe too. Try adding sliced jalapeños for spicy red onions. Or add some fresh herbs!

Honey Mustard dressing

- ½ cup dijon mustard
- ½ cup mayonnaise
- ¼ cup honey
- ½ tsp crushed red pepper flakes

Instructions:

Literally add it all in a bottle and shake.
Store in the fridge for 2 weeks. It will make you feel like a 10 year old dipping your McD's nuggies in honey mustard. Amazing on salads too!

