



A service provided to our
loyal customers.

APRIL

Breakfast Recipes

MINIMAL INGREDIENTS. MINIMAL TIME. MINIMAL STRESS

FARM TO TABLE

Meal Planning Tips

During this time of uncertainty and chaos in all of our lives, we wanted to provide meal options that gave you healthier options with minimal ingredients (or pantry ingredients) that take minimal time to prepare in order to maximize your resources with minimal stress.

Create your meal plan using recipes with items that you still have on hand or that you know your stores are currently carrying. Make this as stress free as possible. You will notice that many of these recipes can be doubles to make enough for all week versus cooking something new everyday.

Use this plan as a resource in the future and for the coming weeks and let meal planning and prep be a breeze.



Breakfast Recipes

MUFFINS

CARROT CAKE
BANANA
BLUEBERRY OATMEAL
SPINACH

EGG CUPS

SUPER GREENS
SOUTHWESTERN
SWEET POTATO
VEGGIE

OATMEAL

VANILLA
PUMPKIN SPICE
APPLE PIE
BANANA RASPBERRY

TOAST

FRIED EGG
STRAWBERRY BALSAMIC
CHOCOLATE
SMOKED SALMON

A top-down view of a breakfast meal on a white marble surface. In the foreground, a white bowl is filled with a thick, yellow-orange yogurt. Topped on the yogurt are several ingredients: golden-brown granola, fresh blueberries, sliced kiwi, a slice of red strawberry, and chunks of yellow pineapple. A gold-colored spoon rests on the marble to the right of the bowl. In the background, another white bowl contains a smooth, white yogurt. To the right of that, a small white paper basket is filled with a mix of red and orange dried fruit. Scattered around the bowls are individual blueberries and pieces of granola. A white ceramic spoon lies on the marble to the left of the main bowl. The overall scene is bright and clean, with soft lighting.

FARM TO TABLE

Muffin Recipes

CARROT CAKE MUFFINS

Recipe from Beachbody

SERVINGS: 12 TOTAL TIME: 45 MINUTES

INGREDIENTS

2 cups dry old-fashioned rolled oats
1 tsp. baking powder, gluten-free
½ tsp. ground cinnamon
¼ tsp. ground ginger
¼ tsp. ground nutmeg
¼ tsp. sea salt (or Himalayan salt)
1 cup unsweetened coconut milk beverage
2 large eggs, lightly beaten
¼ cup pure maple syrup
1 tsp. pure vanilla extract
¾ cup grated carrots (approx. 1¼ medium)
¼ cup crushed pineapple, in 100% pineapple juice, drained
3 Tbsp. light sour cream
3 Tbsp. powdered sugar

DIRECTIONS

1. Preheat oven to 350° F.
2. Prepare 12 muffin cups by lining with muffin papers. Set aside
3. Combine oats, baking powder, cinnamon, ginger, nutmeg, and salt in a medium bowl; mix well. Set aside.
4. Combine coconut milk, eggs, maple syrup, extract, carrots, and pineapple in a medium bowl; mix well.
5. Fold coconut milk mixture into oat mixture; mix well.
6. Divide batter evenly into prepared muffin cups.
7. Bake for 30 minutes, rotating pan after 15 minutes.
8. While oatmeal cups are baking, make icing. Combine sour cream and powdered sugar in a small bowl; mix well. Set aside.
9. Let oatmeal cups cool in pan until you can handle them. Remove to a cooling rack.
10. Drizzle each oatmeal cup with approximately 1 tsp. icing before serving; serve warm.

NUTRITIONAL GUIDELINES:

UPF: 1 yellow

2B: A great ffc as part of breakfast.

BANANA MUFFINS

Recipe from Beachbody

SERVINGS 12 TOTAL TIME 38 MINUTES

INGREDIENTS

Nonstick cooking spray (optional)
2 cups whole-wheat flour
2 tsp baking powder
½ tsp baking soda
½ tsp sea salt (or Himalayan salt)
1 large egg, lightly beaten
¼ cup honey
¾ cup unsweetened almond milk
¼ cup organic coconut oil, melted
1½ tsp pure vanilla extract
3 medium ripe bananas, mashed

DIRECTIONS

1. Preheat oven to 350° F.
2. Prepare 12 muffin cups by lining with muffin papers or lightly coating with spray.
3. Combine flour, baking powder, baking soda, and salt in a large bowl; mix well. Set aside.
4. Combine egg, honey, almond milk, oil, and extract in a medium bowl; mix well.
5. Add egg mixture to flour mixture; mix until just blended.
6. Gently fold in bananas.
7. Evenly divide batter among prepared muffin cups.
8. Bake 18 to 23 minutes, or until tester inserted into the center comes out clean.
9. Transfer muffins to rack; cool.

NUTRITION GUIDELINES:

UPF: 1/2 Purple, 1 Yellow, 1 tsp

2B: A great ffc as part of breakfast.

BLUEBERRY OATMEAL MUFFINS

Recipe from Beachbody

SERVINGS: 12 TOTAL TIME: 45 MINUTES

INGREDIENTS

Nonstick cooking spray optional
1 cup reduced fat (2%) plain Greek yogurt
3 Tbsp. raw honey
2 large very ripe bananas cut into chunks
2 large eggs
½ tsp. pure vanilla extract
2 cups old-fashioned rolled oats
1½ tsp. baking powder
½ tsp. baking soda
½ tsp. sea salt (or Himalayan salt)
2 cups fresh or frozen blueberries
⅔ cup chopped raw walnuts

DIRECTIONS

1. Preheat oven to 350° F.
2. Prepare 12 muffin cups by lining with muffin papers or lightly coating with spray.
3. Place yogurt, honey, bananas, eggs, extract, oats, baking powder, baking soda, and salt in blender (or food processor); cover. Blend until smooth, scraping once or twice, as needed.
4. Gently fold in blueberries and walnuts.
5. Evenly divide batter among prepared muffin cups.
6. Bake 20 to 25 minutes, or until tester inserted into the center comes out clean.
7. Transfer muffins to rack; cool.

NUTRITIONAL GUIDELINES:

UPF: 1/2 Purple, 1 Yellow, 1/2 Blue

2B: Makes a great FFC as part of breakfast.

SPINACH MUFFINS

Recipe from Beachbody

SERVINGS 12 TOTAL TIME 40 MINUTES

INGREDIENTS

Nonstick cooking spray (optional)
2 cups whole wheat flour
2 tsp. baking powder
½ tsp. baking soda
½ tsp. fine sea salt (or Himalayan salt)
1 large egg
½ cup pure maple syrup
¼ cup unsweetened almond milk
¼ cup extra-virgin organic coconut oil, melted
1½ tsp. pure vanilla extract
1 6-oz. bag fresh spinach
½ cup unsweetened applesauce (or 2 medium ripe bananas, mashed)

DIRECTIONS

1. Preheat oven to 350° F.
2. Prepare 12 muffin cups by lining with muffin papers or lightly coating with spray.
3. Combine flour, baking powder, baking soda, and salt in a large bowl; mix well. Set aside.
4. Place egg, maple syrup, almond milk, oil, extract, and spinach in blender (or food processor); cover. Blend until smooth. Add to flour mixture; mix until just blended.
5. Gently fold in applesauce.
6. Evenly divide batter among prepared muffin cups.
7. Bake 20 to 25 minutes, or until tester inserted into the center comes out clean.
8. Transfer muffins to rack; cool.

NUTRITION GUIDELINES:

UPF: 1-1/2 Yellow, 1 tsp

2B: An occasional treat. Be sure to track it.

A close-up photograph of a white ceramic bowl filled with a soft-boiled egg cup. The egg is topped with a variety of fresh fruits including blueberries, kiwi slices, strawberries, and pineapple. It is also garnished with granola and coconut flakes. In the background, there are more ingredients: a small bowl of white cream, a bowl of mixed berries, and a slice of kiwi. The scene is set on a white marble surface with scattered blueberries and granola.

FARM TO TABLE

Egg Cup Recipes

SUPER GREEN EGG CUPS

Recipe from Beachbody

SERVINGS: 6, 2 EGG CUPS TOTAL TIME: 35 MINUTES

INGREDIENTS

Nonstick cooking spray
¼ cup unsweetened almond milk
12 large eggs, lightly beaten
Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)
1 cup steamed broccoli, coarsely chopped
½ cup green bell pepper, chopped
1 cup raw spinach, chopped

DIRECTIONS

1. Preheat oven to 350° F.
2. Prepare twelve muffin cups by coating with spray. Set aside.
3. Combine almond milk and eggs in a medium bowl. Season with salt and pepper (if desired); whisk to blend. Set aside.
4. Evenly divide broccoli, bell pepper, and spinach between prepared muffin cups.
5. Evenly pour egg mixture over broccoli mixture.
6. Bake for 15 to 20 minutes, or until a toothpick inserted into the center of egg cups comes out clean and eggs are set.

NUTRITIONAL GUIDELINES:

UPF: 1/2 Purple, 2 Red, 1/2 Yellow, 1/2 tsp

2B: This recipe makes a great breakfast option.

SOUTHWESTERN EGG CUPS

Recipe from Beachbody

SERVINGS 6, 2 EGG CUPS TOTAL TIME 35 MINUTES

INGREDIENTS

Nonstick cooking spray
½ cup unsweetened almond milk
2 cups egg whites (16 large eggs)
Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)
12 medium jalapeños, seeds and veins removed, chopped
1½ cups black beans, drained, rinsed
6 oz. cheddar cheese (about ¾ cup)

DIRECTIONS

1. Preheat oven to 350° F.
2. Prepare twelve muffin cups by coating with spray. Set aside.
3. Combine almond milk and egg whites in a medium bowl. Season with salt and pepper (if desired); whisk to blend. Set aside.
4. Evenly divide jalapeños, beans, and cheese among prepared muffin cups.
5. Evenly pour egg mixture over jalapeño mixture.
6. Bake for 15 to 20 minutes, or until a toothpick inserted into the center of egg cups comes out clean and eggs are set.

NUTRITION GUIDELINES:

UPF: 1 Green, 1/2 Red, 1/2 Yellow, 1/2 Blue

2B: Add a little more protein and an FFC as part of breakfast.

SWEET POTATO EGG CUPS

Recipe from Beachbody

SERVINGS: 6, 2 EGG CUPS TOTAL TIME: 35 MINUTES

INGREDIENTS

Nonstick cooking spray
3 medium sweet potatoes shredded
3 tsp. olive oil divided use
Sea salt (or Himalayan salt) and ground black pepper to taste; optional
1 small onion chopped
1 cup broccoli florets chopped
12 large eggs
¼ cup shredded cheddar cheese

NUTRITIONAL GUIDELINES:

UPF: 1 Red, 1 Yellow, 1/2 tsp

2B: This recipe makes a great breakfast option.

DIRECTIONS

1. Preheat oven to 375° F.
2. Lightly coat a twelve-cup muffin tin with spray. Set aside.
3. Squeeze moisture from sweet potatoes using a clean kitchen towel.
4. Combine sweet potatoes and 2 tsp. oil. Season with salt and pepper if desired; mix well.
5. Divide sweet potato mixture evenly between prepared muffin cups; press sweet potato mixture into bottom and sides of muffin cups. Bake for 14 to 16 minutes, or until edges are golden brown. Set aside.
6. Heat remaining 1 tsp. oil in medium nonstick skillet over medium-high heat.
7. Add onions and broccoli; cook, stirring frequently, for 4 to 6 minutes, or until onion is translucent. Remove from heat. Set aside.
8. Place eggs in a large bowl; whisk to blend.
9. Add onion mixture; mix well.
10. Evenly pour egg mixture into muffin cups. Evenly sprinkle with cheese.
11. Bake for 15 to 18 minutes, or until a toothpick inserted into the center of cups comes out clean.

VEGGIE EGG CUPS

Recipe from Beachbody

SERVINGS 6, 2 EGG CUPS TOTAL TIME 35 MINUTES

INGREDIENTS

Nonstick cooking spray
12 large eggs
Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)
1 (10 oz.) bag baby spinach chopped
1 medium red bell pepper chopped
2 green onions chopped

NUTRITION GUIDELINES:

UPF: 1 Red, 1/2 Green

2B: Add an FFC as part of breakfast.

DIRECTIONS

1. Heat oven to 375° F.
2. Lightly coat a regular twelve-cup muffin tin with spray. Set aside.
3. Place eggs in a large bowl; whisk to blend. Season with salt and pepper, if desired.
4. Add spinach, bell pepper, and green onions; mix well.
5. Evenly pour egg mixture into muffin cups.
6. Bake for 15 to 20 minutes, or until a toothpick inserted into the center of cups comes out clean.



FARM TO TABLE

Oatmeal Recipes



OVERNIGHT OATS

To make your overnight oats, simply combine all ingredients in a bowl and pour into a mason jar. Let sit in the fridge overnight, then add your favorite toppings in the morning before you eat.

SERVINGS: 1

TIME: OVERNIGHT

VANILLA

1/2 cup old fashioned rolled oats
1/3 cup plain greek yogurt
1/2 cup milk (dairy or dairy-free alternative)
1 tsp pure vanilla extract
1 Tbsp maple syrup
pinch of sea salt

PUMPKIN SPICE

1/2 cup old fashioned rolled oats
1/3 cup plain greek yogurt
1/2 cup milk (dairy or dairy-free alternative)
1 tsp pure vanilla extract
1 Tbsp maple syrup
pinch of sea salt
1/4 cup pumpkin puree
1 tsp pumpkin pie spice

BANANA RASPBERRY

1/2 cup old fashioned rolled oats
1/3 cup plain greek yogurt
1/2 cup milk (dairy or dairy-free alternative)
1 tsp pure vanilla extract
1 Tbsp maple syrup
pinch of sea salt
1/2 ripe banana, mashed
1/2 cup raspberries, mashed with a fork

APPLE CINNAMON

1/2 cup old fashioned rolled oats
1/3 cup plain greek yogurt
1/2 cup milk (dairy or dairy-free alternative)
1 tsp pure vanilla extract
1 Tbsp maple syrup
pinch of sea salt
1/3 apple diced small
1 tsp cinnamon



FARM TO TABLE

Toast Recipes



AVOCADO TOAST

This is your basic avocado toast, with a little twist! Use your favorite whole wheat bread, and avocado with these fancy topping options.

SERVINGS: 1

TIME: QUICK!

FRIED EGG

Top your basic avocado toast with a fried egg!

This is one of my favorite quick breakfasts – it's filling and satisfying, yet so simple.

STRAWBERRY BALSAMIC

Toss sliced strawberries with a drizzle of balsamic vinegar, then pile on top of your avocado toast!

The unexpected combination of strawberries and avocados works really well, especially with the rich tartness of balsamic vinegar.

SMOKED SALMON

Top your avocado toast with smoked salmon, sliced red onion, capers, dill, and a squeeze of lemon.

This is perfect for a weekend brunch – smoked salmon always feels so fancy! Fresh dill, tangy lemon, sharp red onions, and salty, briny capers give it a good balance of flavor.

CHOCOLATE

Mix one tablespoon cocoa powder and 1-2 teaspoons maple syrup into 1/2 a mashed avocado; top with berries.

This one is so delicious – almost like chocolate pudding on toast.

Trust me on this one and give it a shot when you're in the mood for something sweet – it would make an awesome satisfying but fun afternoon snack!