



Recipe Name

Notes

TYPE OF RECIPE

INGREDIENTS

SERVINGS / TOTAL COST

TIME TO PREPARE/COOK

TOOLS NEEDED

DIRECTIONS



Recipe Name **Easy Lentil Soup**

Notes

TYPE OF RECIPE

lunch or dinner

SERVINGS / TOTAL COST (APPROX.)

8 / \$8

TIME TO PREPARE/COOK

7 min / 6-8 hrs

TOOLS NEEDED

Slow Cooker

- INGREDIENTS**
- 1 bag of green lentils
 - 1 qt. low sodium veggie broth
 - 1 qt water
 - 5 carrots
 - 1 onion
 - turmeric
 - salt
 - cayenne pepper
 - blk pepper

DIRECTIONS

Chop onions and carrots.

Add all of the ingredients in the slow cooker.

Cook on high for 6-8 hours.



Recipe Name **The Best Blender Protein Pancakes**

Notes -You can use any protein powder that you'd like, as well as any flavor.
-A great non-dairy milk option is Ripple Unsweetened Vanilla.

TYPE OF RECIPE
breakfast

SERVINGS / TOTAL COST (APPROX.)
3 / \$4

TIME TO PREPARE/COOK
5 min / 10 min

TOOLS NEEDED
blender

- INGREDIENTS**
- 3 scoops of Orgain protein powder (4.5 tbsp.)
 - 1 egg
 - 1/2 tsp baking soda
 - 1/3 cup flour
 - 1 tsp baking powder
 - 1 banana
 - 1/2 tsp vanilla extract
 - 1 tbsp coconut oil
 - 1/2 cup milk

DIRECTIONS

Mix all of the ingredients in the blender very well.

Add a splash of milk if the batter is too thick. Consistency should be the same as usual pancake batter.

Cook over medium-low heat.