



Recipe Name

Notes

TYPE OF RECIPE

INGREDIENTS

SERVINGS / TOTAL COST

DIRECTIONS

TIME TO PREPARE/COOK

TOOLS NEEDED



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.