

Mini Meals for Busy Days

Each of the mini meal ideas below have 150-200 calories and have low carbs with high protein. Choose 4-6 mini meals to pack for your busy day. If it is a particularly busy day or shift, prepare ½ portions of each mini meal and simply eat these bite-size portions whenever you get the moment to eat.

- Smoothie: 1 cup fruit + 1 scoop protein powder + 1TbIs ground flaxseed or chia seed + unsweetened vanilla almond milk to desired consistency (sip on this over the course of an hour)
- Safe Catch tuna pouch + cucumber slices
- 1 mini pouch almond butter + celery sticks
- 2 hard-boiled eggs
- Orgain Protein bar (cut in half for quick bites)
- Garden of Life High Protein Weight Loss Bar (cut in half for quick bites)
- Wrap 5 almonds in saran wrap and place 2-3 “bundles” in your pocket
- ½ -1 cup edamame, already shelled
- Carrots, baby tomatoes & jicama sticks do well without refrigeration for several hours
- 1 egg crepe, rolled up in a baggie
- 2-3 mini protein pancakes
- ¼ cup roasted chickpeas/broad beans/edamame/peas
- 1-2 slices deli turkey + carrot sticks
- 1 cup dehydrated vegetables (read ingredients for just vegetables, olive oil & salt)
- 1 cup dried or dehydrated fruit (no added sugar in ingredients)
- Wrap 5 Mary’s Gone Crackers into saran wrap of baggies and pack 2-3 “cracker packs”
- 1 cup plain yogurt + 2 Tbls. Protein-Packed Granola (split into 2 servings)
- 2 Protein Mini Muffins
- 1 Meatloaf Muffin
- 1 Egg Muffin

Egg Crepe

Makes 1 serving

Ingredients

1 egg

1 Tbls. arrowroot powder

1 Tbls. water

Sweet Filling Options: fruit, cinnamon, Chia Berry Jam (workbook), cocoa powder, coconut flakes, almond butter, cinnamon apples

Savory Filling Options: sautéed spinach & mushrooms, beans and Protein-Packed guacamole (workbook), Oil-free Hummus (workbook) & Chicken

*Recipe is easily doubled, tripled, etc. and will stay in the fridge without fillings for 2-3 days.

1. Heat an edged saute pan and coat in non-stick spray.
2. Whisk together ingredients and pour in a thin layer to coat the pan.
3. Cook approx. 2 minutes per side and add fillings of choice.

Mini Protein Pancakes

Makes 12-16 minis

Ingredients

6 servings favorite protein powder

4 Tbls. oats or oat flour

2 tsp. baking powder

1 tsp. cinnamon

Pinch salt

2 eggs

¼ cup almond milk

1 tsp. vanilla

1. Whisk together dry ingredients.
2. Add eggs, almond milk and vanilla and whisk to combine. Add oat flour if too thin, add almond milk if too thick.
3. Heat a frying pan over medium heat and grease with coconut oil or spray.
4. Use a melon baller or 2 Tbls. to scoop small amounts of batter into pan. Cook mini pancakes 1-2 minutes per side.
5. Let cool, separate with parchment paper and freeze. Pop in toaster to eat or simply let thaw.

Protein-Packed Granola

Makes 16 servings

Ingredients

2 cups oats

1 cup chopped walnuts

½ cup pepitas

½ cup ground flaxseed

½ cup protein powder

2 tsp. cinnamon

½ tsp. salt

1/3 cup coconut nectar

1/3 cup coconut oil, melted

1. Preheat oven to 325.
2. Mix together all dry ingredients. Drizzle in coconut nectar and coconut oil and stir well so entire mixture is sticky.
3. Spread evenly on a parchment-lined cookie sheet and bake 30 minutes, stirring every 10 minutes.
4. Once cooled, store in a sealed container in the pantry. TIP: pour into 16 mini snack baggies for appropriate portions.

Protein Mini Muffins

Makes 24 minis

Chocolate

Ingredients

3 scoops chocolate protein powder (~1cup)
3 Tbls. coconut flour
½ tsp. baking powder
¼ tsp. salt
2 ripe bananas, mashed
1 cup unsweetened vanilla almond milk
2 egg whites
1 tsp. vanilla
6 drops liquid stevia
2 Tbls. chocolate chips

Blueberry

Ingredients

2 scoops vanilla protein powder
½ cup almond flour
1 tsp. baking powder
½ cup smooth nut butter
1 cup unsweetened applesauce
½ cup blueberries

1. Preheat oven to 350.
2. Grease mini muffin tin with coconut oil or spray.
3. Combine dry ingredients in one bowl and wet ingredients in another. Add wet to dry and stir to combine. Add in chocolate chips.
4. Fill each muffin space 2/3 full. Bake 15 minutes. Stick toothpick into center-if it comes out clean the muffins are done. If it comes out with batter, cook another 5 minutes and try again.

Meatloaf Muffins

Makes 18 muffins

Ingredients

2lbs. ground lean beef or turkey
10oz frozen chopped spinach, thawed and water squeezed out
1-2 tsp. olive oil
1 cup chopped veggies (mushrooms, carrots and onions are great)
4 eggs, beaten
1/3 cup coconut flour
2 tsp. each salt & pepper
1-2 Tbls. Italian seasoning blend

1. Heat a pan and add oil or spray. Add veggies and cook until small and soft.
2. Place ground meat in a bowl and mix with veggies and all other ingredients.
3. Fill 18 regular sized muffin tin spots with meatloaf mix and cook 20-25 minutes.