



**MJD NUTRITION**

MATTHEW D'ARIA MS, RDN, LDN



# Apple Pie Overnight Oats

BY BITE OF HEALTH NUTRITION

🕒 5 MINS PREP | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## INGREDIENTS

- |                            |                             |
|----------------------------|-----------------------------|
| 1/3 cup old fashioned oats | 1 teaspoon chia seeds       |
| 1/3 cup plain Greek yogurt | 1/2 teaspoon cinnamon       |
| 1/3 cup 1% low fat milk    | 1 apple diced               |
|                            | 1 tablespoon pecans chopped |

## NUTRITION INFORMATION PER SERVING

Protein 16g	Sodium 67mg
Total Fat 8.7g	Saturated Fat 1.43g
Carbs 55g	Fruits 1 servings
Calories 356kcal	Vegetables 0 servings
Fiber 10g	Added Sugar 0g

## Method

1. In a small Mason jar or container add oats, yogurt, milk, chia seeds, cinnamon. Mix to combine.
2. Cover and place in refrigerator overnight or for at least 8 hours. When ready to eat add in diced apple. Top with pecans.





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# Fried Egg English Muffin with Blueberries & Milk

BY EVERYDAY EATLOVE

🕒 1 MINS PREP | 🕒 4 MINS COOK | 🍴 1 SERVINGS

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## INGREDIENTS

- 1 Whole Wheat English Muffin toasted
- 2 tablespoons shredded mozzarella
- 1 cup blueberries
- 1/2 teaspoon olive oil
- 1 1/2 cups 1% low fat milk
- 1 egg fried

## NUTRITION INFORMATION PER SERVING

Protein 28g	Sodium 547mg
Total Fat 15g	Saturated Fat 5.7g
Carbs 64g	Fruits 2 servings
Calories 483kcal	Vegetables 0 servings
Fiber 7.4g	Added Sugar 5.3g

## Method

1. Toast the english muffin.
2. Heat olive oil in a pan. Once hot, crack an egg into the pan and cook until set, about 3-4 minutes. Remove from heat.
3. Top the toasted muffin with the egg. Sprinkle shredded mozzarella on top and serve with blueberries and milk.





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# Strawberry PB Toast

BY EVERYDAY EATLOVE

🕒 2 MINS PREP | 🕒 2 MINS COOK | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## Method

1. Toast the bread.
2. Spread peanut butter onto toast. Top with sliced strawberries and ground flax.
3. Serve with glass of milk.

## INGREDIENTS

- 2 slices whole wheat bread toasted
- 2 tablespoons peanut butter
- 1/2 cup strawberries sliced
- 2 teaspoons flaxseed
- 1 cup 1% low fat milk

### NUTRITION INFORMATION PER SERVING

Protein 25g	Sodium 538mg
Total Fat 24g	Saturated Fat 5.5g
Carbs 55g	Fruits 1 servings
Calories 516kcal	Vegetables 0 servings
Fiber 8.8g	Added Sugar 0g





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# Strawberry Banana Yogurt Bowl

BY EVERYDAY EATLOVE

 5 MINS PREP |  1 SERVINGS

 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## INGREDIENTS

- 1 cup greek yogurt
- 1 tablespoon ground flaxseed
- 1/2 banana sliced
- 1/2 cup strawberries sliced
- 2 tablespoons peanut butter

### NUTRITION INFORMATION PER SERVING

Protein 32g	Sodium 221mg
Total Fat 21g	Saturated Fat 3.89g
Carbs 36g	Fruits 1.5 servings
Calories 436kcal	Vegetables 0 servings
Fiber 6.4g	Added Sugar 0g

## Method

1. Spoon greek yogurt into a bowl. Top with strawberries, banana, ground flax, honey, and a drizzle of peanut butter.





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# English Muffin, Cottage Cheese, Fruit, and Carrots

BY EVERYDAY EATLOVE

🕒 15 MINS PREP | 🍴 1 SERVINGS

🌐 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## INGREDIENTS

- 1 Whole Wheat English Muffin
- 2 teaspoons olive oil
- 1/2 cup Cottage Cheese
- 1/2 cup Pineapple sliced
- 1/2 cup strawberries sliced
- 1/2 cup carrot cut into sticks
- 1/2 cup water

## NUTRITION INFORMATION PER SERVING

Protein 21g	Sodium 729mg
Total Fat 12g	Saturated Fat 2.21g
Carbs 52g	Fruits 2 servings
Calories 384kcal	Vegetables 0.5 servings
Fiber 8.9g	Added Sugar 5.3g

## Method

1. Brush cut sides of English muffin with olive oil and toast till golden brown.
2. Spread cottage cheese on English muffin halves and top with pineapple and strawberries. Serve any remaining fruit on the side with carrot sticks and a glass of water.

