



**MJD NUTRITION**

MATTHEW D'ARIA MS, RDN, LDN



# Blackberries and Greek Yogurt

BY EVERYDAY EATLOVE

🕒 2 MINS PREP | 🍴 1 SERVINGS

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

## INGREDIENTS

- 1 cup blackberries
- $\frac{2}{3}$  cup plain Greek yogurt
- 1 sprinkle cinnamon

### NUTRITION INFORMATION PER SERVING

Protein 17g	Sodium 56mg
Total Fat 1.33g	Saturated Fat 0.2g
Carbs 19g	Fruits 2 servings
Calories 151kcal	Vegetables 0 servings
Fiber 7.6g	Added Sugar 0g

## Method

1. Wash blackberries and serve with Greek yogurt.
2. Sprinkle yogurt with cinnamon if desired.





**MJD NUTRITION**

MATTHEW D'ARIA MS, RDN, LDN



# Apple and Peanut Butter

BY EVERYDAY EATLOVE

🕒 2 MINS PREP | 🍴 1 SERVINGS

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

## Method

1. Wash and slice apple. Serve with peanut butter.

## INGREDIENTS

1/2 apple sliced

1 tablespoon peanut butter

### NUTRITION INFORMATION PER SERVING

Protein 3.75g

Sodium 69mg

Total Fat 8.3g

Saturated Fat 1.65g

Carbs 16g

Fruits 0.5 servings

Calories 145kcal

Vegetables 0 servings

Fiber 2.8g

Added Sugar 0g





**MJD NUTRITION**

MATTHEW D'ARIA MS, RDN, LDN



# Grapes and Sunflower Seeds

BY EVERYDAY EATLOVE

🕒 2 MINS PREP | 🍴 1 SERVINGS

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

## INGREDIENTS

- 15 red grapes
- 2 tablespoons sunflower seeds

### NUTRITION INFORMATION PER SERVING

Protein 4.17g	Sodium 3.05mg
Total Fat 9.1g	Saturated Fat 0.82g
Carbs 17g	Fruits 0.97 servings
Calories 153kcal	Vegetables 0 servings
Fiber 2.17g	Added Sugar 0g

## Method

1. Wash grapes. Serve with sunflower seeds.





**MJD NUTRITION**


MATTHEW D'ARIA MS, RDN, LDN



# Edamame

BY EVERYDAY EATLOVE

 7 MINS PREP |  1 SERVINGS

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

## Method

1. Boil water in a saucepan. Add edamame and cook for 5 minutes or according to package instructions.
2. Once done, remove from heat, drain water, remove the edamame beans from the pods as pods are not edible and serve.

## INGREDIENTS

1/2 cup edamame

### NUTRITION INFORMATION PER SERVING

Protein 9.8g	Sodium 0mg
Total Fat 4.68g	Saturated Fat 0.56g
Carbs 8.9g	Fruits 0 servings
Calories 110kcal	Vegetables 0 servings
Fiber 4.68g	Added Sugar 0g





**MJD NUTRITION**


MATTHEW D'ARIA MS, RDN, LDN



# Egg and Celery Sticks

BY EVERYDAY EATLOVE

 10 MINS PREP |  1 SERVINGS

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

## INGREDIENTS

- 1 egg hard boiled
- 1/2 cup celery sliced

### NUTRITION INFORMATION PER SERVING

Protein 6.6g	Sodium 111mg
Total Fat 4.93g	Saturated Fat 1.6g
Carbs 1.92g	Fruits 0 servings
Calories 79kcal	Vegetables 0.51 servings
Fiber 0.81g	Added Sugar 0g

## Method

1. Place egg in a saucepan and cover with water.
2. Bring water to a boil. Once boiling, cover the pan with a lid and turn off the stove. Let stand for 10-12 minutes.
3. While the egg is cooking, wash and slice celery.
4. Strain water, and run egg under cool water.
5. Peel egg and serve with celery.





**MJD NUTRITION**

MATTHEW D'ARIA MS, RDN, LDN



# Strawberry Maple Cottage Cheese

BY EVERYDAY EATLOVE

🕒 5 MINS PREP | 🍴 1 SERVINGS

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

## INGREDIENTS

$\frac{2}{3}$  cup Low-Fat Cottage Cheese (Lactose Reduced)

1 cup strawberries sliced

1 teaspoon maple syrup

### NUTRITION INFORMATION PER SERVING

Protein 20g

Total Fat 1.97g

Carbs 21g

Calories 178kcal

Fiber 3.95g

Sodium 335mg

Saturated Fat 0.99g

Fruits 2 servings

Vegetables 0 servings

Added Sugar 4.03g

## Method

1. Add cottage cheese to a bowl.
2. Top with strawberries and drizzle with maple syrup.

