

SHOPPING LIST

MASON JAR MEALS

- Banana Bread Overnight Oats
- Mason Jar Peanut Noodles
- Salad in a Jar
- Fruity Shake Up

PRODUCE

- 3 bananas
- 1 cup shelled edamame
- 2 carrots
- 1 bunch scallions
- 1 red bell pepper
- 1 yellow bell pepper
- 1 lemon

DAIRY/COOLER

- 1 cup unsweetened oat milk
- 1/2 cup plain or vanilla greek yogurt

FROM YOUR PANTRY/GROCERY

- salt & pepper
- extra virgin olive oil
- 1 cup oats
- 1 tsp maple syrup
- 1/2 tsp vanilla extract
- 1/4 cup walnutes
- 2 Tbsp mini chocolate chips
- 1/4 tsp cinnamon
- 1 package soba noodles
- 1 jar crunchy rice noodles
- 1/4 cup peanut butter
- 2 Tbsp sriracha
- 3 Tbsp tamari
- 2 Tbsp rice vinegar
- 2 Tbsp sesame seeds

BANANA BREAD OVERNIGHT OATS

PREP TIME

10 mins

COOK TIME

0 mins*

**fridge time,
not cook time!*

SERVINGS

2-4

INGREDIENTS

Overnight Oats

2 ripe bananas, mashed
1 cup oats
1 cup unsweetened oat milk
1/2 cup plain or vanilla greek yogurt
1 tsp maple syrup
1/2 tsp vanilla extract
1/4 tsp cinnamon
pinch salt

Toppings:

1 banana, sliced
1/4 cup toasted chopped walnuts
2 Tbsp mini chocolate chips

INSTRUCTIONS

1. In a mason jar or resealable container with a lid, combine all overnight oat ingredients and mix well. Cover and place in the refrigerator overnight.

2. In the morning, serve overnight oats topped with banana slices, walnuts, and chocolate chips. Enjoy!

MASON JAR PEANUT NOODLES

PREP TIME

15 mins

COOK TIME

0 mins!

SERVINGS

4-6

INGREDIENTS

SALAD

1 package soba noodles
1 cup shelled edamame
2 carrots, shredded
4 scallions, sliced
1 red bell pepper, sliced
1 yellow bell pepper, sliced
1/2 cup roasted peanuts, rough chopped
1/2 cup crunchy rice noodles

DRESSING

1/4 cup peanut butter
2 Tbsp sriracha sauce
2 Tbsp tamari
2 Tbsp rice vinegar
1/2 cup olive oil
2 Tbsp sesame seeds

INSTRUCTIONS

1. For dressing, combine all ingredients in a small bowl or jar with tight-fitting lid and whisk/shake until combined. Set aside.
2. Cook noodles according to their package directions, then rinse under cold water and drain.
3. To the bottom of each mason jar, add a layer of dressing., followed by noodles, edamame, and bell pepper.
4. Store the roasted peanuts and crunchy rice noodles in small resealable bags/containers in the mason jars until ready to serve.
5. To eat, either shake up the jar or pour into a salad bowl, and top with roasted peanuts and crunchy rice noodles. Enjoy!

SALAD IN A JAR

PREP TIME

10 mins

COOK TIME

varies

SERVINGS

1

INGREDIENTS

Layer 1: your favorite salad dressing

Layer 2: tomatoes, cucumbers, red onion, asparagus, celery, peppers, carrots

Layer 3: mushrooms, zucchini, beans, lentils, peas, corn, broccoli

Layer 4: boiled eggs and cheese (feta, gouda, cheddar, etc...)

Layer 5: rice, pasta, quinoa or couscous

Layer 6: nuts and greens (lettuce, spinach, arugula, etc...)

Other: clean mason jar with lid (around 24 oz/700ml)

INSTRUCTIONS

1. Prepare all ingredients - cut/peel/wash the veggies. Boil the pasta/quinoa/rice.
 2. Prepare the dressing.
 3. Once all ingredients are prepared, toss them all into the mason jar according to layers.
 4. Top the mason jars with lids and put them in the fridge... done!
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FRUITY SHAKE-UP

PREP TIME

5 mins

COOK TIME

0 mins!

SERVINGS

1

INGREDIENTS

1 lemon, quartered

1/4 cup additional fruit (whatever you have! Great options: raspberries, blueberries, watermelon, orange, lime, you name it!)

Spoonful of sugar

Ice

Water

INSTRUCTIONS

1. Combine fruit and sugar in a mason jar and shake vigorously.
2. Use the handle end of a wooden spoon (or muddler if you're fancy) to smoosh the fruit.
3. Add ice and fill with water, and shake vigorously again. Enjoy!