



THE CENTERED **SWAPS**

THIS

extra virgin
olive oil,
avocado oil,
coconut oil
real butter

roasted
chickpeas,
apple slices,
bell peppers,
rice cakes,
air popped
popcorn
think of crunch
options &
add a dash of
sea salt

sparkling
water,
ice tea, lemon
water or
any fruit

FOR

cooking,
marinades &
dressings

craving a
crunch?

flavor
and
fizz

THAT

canola,
vegetable,
soybean,
peanut

chips &
crackers,

soft drinks
& juice

THIS

overnight
chia pudding,
greek yogurt
& low sugar
granola

try baked
sweet potato
fries
or baked
potato w/ real
butter, sea
salt & pepper.
At Fast food
go for the
fruit cup or
salad.

dark chocolate
chips limited
quantity,
frozen cherries
w/greek yogurt,
pitted dates
w/nut butter-
try making &
freezing them.

FOR

fuel your
day

let's be real
no one can
give these
up forever so
limit how many
times a month
you eat them

have a sweet
tooth

THAT

high sugar
cereals

french fries

candy

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THE CENTERED PANTRY

STAPLES



Extra Virgin
Olive Oil

Avocado Oil

Coconut Oil

Apple Cider
Vinegar

Balsamic Vinegar

Canned Full Fat
Coconut Milk

Sea Salt

Black Pepper

Garlic & Onion
Powder

Paprika

Cumin

Chili Powder

Cinnamon

Dried Herbs (basil,
thyme, rosemary,
oregano)

PROTEINS



Chicken

Beef

Eggs

Bone Broth

Nut butter -
(no added sugar)

Nuts & Seeds

Tuna

Salmon

Turkey

Cheese

Cottage cheese

Greek yogurt-
low sugar

Fruits & Veggies



Tomatoes
fresh & canned
no sugar added

Fresh & frozen
fruits
no sugar added

- berries
- apples
- oranges
- bananas
- pears
- plums
- grapes

Fresh & frozen
veggies

- broccoli
- bell peppers
- celery
- carrots

- sugar snap peas
- cauliflower
- squash
- lettuce greens

Potatoes &
sweet potatoes

Onions & Garlic

SNACKS

Packable Snacks

Fruits

-banana

-grapes

frozen are great in
the summer

-apple slices

when cut &
bagged ahead
add a teaspoon of
lemon juice to the
bag & shake - it up

-easy peel
oranges

cuties are easy for
kids to peel.

-cut up
pineapple

-in season
fruits are
most affordable
Aldi has great
prices

SNACKS

Packable Snacks

-carrot & or
celery sticks

can add some
peanut butter in
small container

-cucumber
rounds

-cheese
sticks/cubes

-peeled hard
boiled
eggs

-yogurt cups

if you keep in
freezer, they
should thaw by
snack time

-air popped
popcorn

-olives

-sliced red or
yellow bell
peppers

SNACKS

Make ahead snacks

-banana oat
cookies

3 ripe mashed
bananas

1 cup oats

1/4 cup dark

chocolate chips

mix together spoon
heaping spoonful to
baking sheet lined
w/parchment paper,
bake 20-25 min in
preheated oven 375

-chia Pudding

in small jar

add 2 tablespoons of
chia seeds, 1/2 cup
almond milk, 1/2
teaspoon maple
syrup, 1/8 teaspoon
cinnamon.

Refrigerate

overnight, in the
morning add fresh
cut up fruit like
berries or bananas.

-tortilla rolls

whole wheat tortilla
roll, spread nut
butter or peanut
butter, add deli
turkey- roll up and
slice.

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THE CENTERED KITCHEN

BREAKFAST

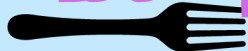


2 hard boiled eggs
with 1/2 cup fruit

1/2 cup oatmeal
add fruit (fresh or
frozen) or add
cinnamon &
peanut butter.

whole wheat
toast w/ peanut
butter and
banana slices.

DINNER



Chicken breast
side of green beans
& carrots

Hamburger patty
side salad, baked
sweet potato or
regular potato

Ground turkey
w/zucchini, onion,
mushrooms
(any vegetable can
be used in this).

snacks



String cheese
w/handful of nuts

Cottage cheese mix
in any fruit such as
pineapple or
berries.

Celery or apple
w/peanut butter

RECIPES

hard boiled eggs

Place eggs in a medium pot and cover with cold water by 1 inch. Bring to a boil, then cover the pot and turn off the heat. Let the eggs cook, covered, for 9 to 12 minutes.

Oatmeal

Place the oats, water, pinch salt in a microwave safe bowl. Heat in microwave on high 90 seconds. Add fresh fruit or cinnamon & peanut butter.

RECIPES

Chicken breast

4 boneless, skinless chicken breasts
2 tbsp olive oil
seasonings of choice.

Salt & pepper to taste

Instructions:

-Preheat Oven:
Preheat your oven to 375°F.

-Prepare Chicken:
Pat chicken breasts dry with paper towels.

-Season: Rub the chicken with olive oil. Sprinkle seasonings evenly over both sides of each chicken breast.

-Bake: Place chicken breasts in a baking dish. Bake for 25-30 minutes, or until the internal temp. reaches 165°F & the chicken is no longer pink in the center.

RECIPES

Sweet Potato

Preheat the oven to 425°F and wrap the sweet potato in foil. Line a baking sheet with foil, place potato on baking sheet.

Roast for 40 to 50 minutes, or until the skin has puffed up and you can easily pierce them with a fork.

Ground Turkey Mix

2 tbsp olive oil in saute pan, add diced onion stir for 3-4 min, add chopped garlic and mushrooms stir for 3-4 minutes. Next add 2-3 pounds ground turkey and brown and mash up until no longer pink. Add diced zucchini, salt & pepper and low sodium soy sauce to taste. Customize with any veggies you prefer.

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