



# HEALTHY FAMILY MEALS ON A BUDGET

That the entire family will love ♡

Nutrition Powered By: **HSN**

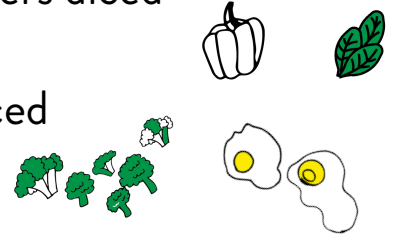
# EGG MUFFINS

## INGREDIENTS:

- 5 eggs
- 5 egg white
- 1/2 cup onion diced
- 1 cup mushrooms diced



- 1/2 cup bell peppers diced
- 1 handful spinach
- 1 cup broccoli diced
- 6 oz ham



\*This recipe makes 10 egg muffins



## INSTRUCTIONS:

1. Preheat oven to 350 degrees
2. Dice up all vegetables
3. In a large mixing bowl, whisk eggs then add in all the diced vegetables
4. Pour mixture in greased muffin pan (should fill about 10 muffins)
5. Bake for 18-20 minutes or until toothpick inserted in the middle comes out clean



## PRO TIP

Meal prep the egg muffins on the weekend for breakfast and snack options throughout the week.

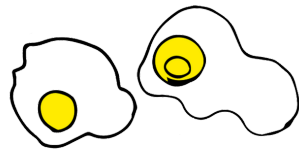




# AMISH OATMEAL

## INGREDIENTS:

- 1 cup old fashioned oats
- 1 cup quick quaker oats
- 3 tbsp light nectar agave
- 2/3 cup unsweetened almond milk
- 3 tbsp grass-fed butter
- 1 cup egg whites
- 1 egg
- 1/2 tsp salt
- 2 tsp vanilla extract



## INSTRUCTIONS:

1. Preheat oven to 350 degrees and grease 13x9 pan with coconut oil.
2. Combine all ingredients (oats, agave, melted butter, egg whites, salt, almond milk and vanilla extract) in a large mixing bowl
3. Stir well then pour into greased pan
4. Bake for 25-30 minutes or until edges are golden brown
5. Let cool then break up into little crumbles



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### PRO TIP

Optional: Top with warm almond milk, 2 tsp almond slivers and berries.

# CHEESY BEEF AND BROCCOLI BAKE

## INGREDIENTS:

- 1 lb lean ground beef 93/7
- 1 large head broccoli about 5 cups chopped
- 1 large container frozen garlic mashed cauliflower about 2.5 cups
- 1/2 cup low fat shredded cheddar cheese
- 1 tsp garlic powder optional



## INSTRUCTIONS:

1. Preheat oven to 400 degrees.
2. Brown ground beef and season with garlic powder (optional).
3. Warm up the container of frozen mashed cauliflower in the microwave according to package instructions.
4. Chop up the head of broccoli.
5. Mix browned beef, warmed mashed cauliflower and chopped broccoli together in a 9x13 baking dish.
6. Bake for 20 minutes.
7. Remove dish from the oven and sprinkle with shredded cheese.
8. Place dish back in oven until cheese has melted (3-5 minutes).
9. Remove from oven, let cool and enjoy!



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## PRO TIP

Try the HSN Garlic Mashed Cauliflower recipe in place of store bought!



# EGG ROLL IN A BOWL

## INGREDIENTS:

- 1 lb 97% lean ground turkey
- 16 oz bag tri-color coleslaw mix (453 grams) green cabbage, red cabbage and carrots
- 1/4 cup coconut aminos (or low sodium tamari or soy sauce)



## INSTRUCTIONS:



1. Brown ground turkey in large non-stick pan on medium-high heat
2. Once turkey is cooked (about 5-8 minutes) add in shredded coleslaw mix
3. Reduce heat to medium and cook while stirring for another 5 minutes or until cabbage and carrots become tender
4. Add in coconut aminos, stir and cook for an additional 1-2 minutes
5. Remove from heat and divide into 3 portions
6. \*Optional: top with chili sauce or toasted sesame seeds



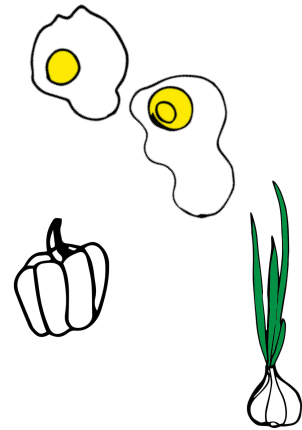
## PRO TIPS:

This recipe is a great source of hidden veggies and perfect for leftovers! Looking for extra protein? Try adding shrimp!

# MEATLOAF MUFFINS

## INGREDIENTS:

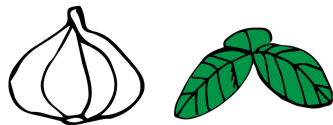
- 1 pound 99% fat free ground turkey
- 1 pound 90% fat free ground turkey or ground sirloin
- 2 eggs
- 1/2 cup almond milk
- 1 packet low sodium McCormick Meatloaf Mix
- 1/3 cup chopped veggies (celery, peppers, onions)
- 1/3 cup panko
- A pinch Fresh basil



\*This recipe makes 12 meatloaf muffins

## INSTRUCTIONS:

1. Preheat oven to 375 degrees
2. Mix all ingredients together
3. Evenly proportion into muffin pan (makes 10-12) and bake for 18-22 minutes



## PRO TIPS:

Great option for a meal or snack. For a meal, have 2 meatloaf muffins. If you are having as a snack, just have 1 meatloaf muffin!



# ROASTED BROCCOLI

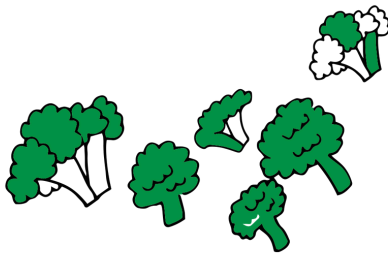
## INGREDIENTS:

- 1 large head broccoli about 5 cups chopped
- 1 tsp olive oil
- salt and pepper to taste



## INSTRUCTIONS:

1. Preheat oven to 400 degrees
2. Wash and chop broccoli
3. Mix in olive oil
4. Add salt and pepper to taste
5. Line baking sheet with aluminum foil
6. Bake for 20 minutes



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## PRO TIPS:

Great alternative to steamed broccoli. Roast the broccoli in the oven or an air fryer.

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