

Snack ideas on-the-go:

- Pre-made protein shakes or protein powder
- Tuna or chicken packs
- Jar/individual packs of natural peanut butter or natural almond butter
- Mixed nuts
- Individual fruit cups (in its own juice)
- Unsweetened applesauce
- Turkey jerky
- Protein/fiber bars- Fiber One protein, Aloha protein bar, Fit Crunch Bar, Barebells Bar, Built bar
- Homemade peanut butter crackers with Wheat Thins or Triscuits
- Fruits that travel well like apples, bananas, oranges

Spinach & Ricotta Quiche Muffins

makes 10 muffins

Ingredients:

1 teaspoon olive oil
1/4 onion, chopped
6 baby Bella mushrooms, chopped
1 cup spinach, chopped
7 eggs
1 cup part skim ricotta
salt and pepper to taste



Directions:

Preheat oven to 350 degrees F. Spray 12-count muffin pan with olive oil. Heat olive oil in medium skillet. Cook onions and mushrooms in skillet until softened. Add spinach and remove from heat. In large bowl, whisk eggs and stir in ricotta cheese until combined. Add vegetables and stir until incorporated. Pour quiche mixture evenly into 10 muffin cups. Bake 25-28 minutes until cooked through and beginning to turn golden on top.

NUTRITION FACTS: 92 calories, 6g fat, 2.3g saturated fat, 145 mg cholesterol, 89mg sodium, 36mg potassium, 2.5g carbohydrates, .3g fiber, 1.6g sugar, 7.5g protein, 15% vitamin A 1% vitamin C, 8% calcium, 8% iron

Recipe Source: LoveandZest.com