



Back-to-School: Snack Box Collection

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Hi,

Welcome to your personal recipe collection! Here you will find a collection of delicious recipes I have put together just for you. These recipes will keep you inspired and help you eat more nutrient-dense foods.

How to Use

All of these recipes have been selected based on your needs. Get started by adding a couple of new recipes from this collection into your regular meal rotation.

Recipe Tips

On each recipe, you'll see the total time, the number of servings, ingredients, and directions. Before you start, check the ingredients list to see if anything needs to be prepped in advance, like dicing vegetables. It's also helpful to read through the directions before you start cooking so you have an idea of what to expect.

Leftovers

Cook once, eat multiple times! Most leftovers can last about three days in the fridge, so maximize your time in the kitchen. Make enough dinner to take for lunch the next day or double a recipe to last for a few days. This is a great habit that will save you time and money.





Cherries, Yogurt & Granola Snack Box

1 serving

5 minutes

Ingredients

1 cup Plain Greek Yogurt

1/2 cup Cherries

1/2 cup Granola

Nutrition

Amount per serving	
Calories	528
Fat	20g
Carbs	57g
Fiber	7g
Sugar	28g
Protein	31g
Cholesterol	34mg
Sodium	156mg
Vitamin A	1311IU
Vitamin C	21mg
Calcium	556mg
Iron	3mg
Vitamin B6	0.3mg
Vitamin B12	0µg
Magnesium	111mg
Zinc	3mg
Selenium	15µg

Directions

- 1 Arrange the yogurt, cherries, and granola into a container, and enjoy!

Notes

Leftovers: Refrigerate into an airtight container for up to three days.

Make it Vegan: Use a plant-based yogurt alternative.

Additional Toppings: Add nuts, seeds, and/or unsweetened coconut flakes.



Chickpea Salad, Strawberry & Veggie Box

1 serving
10 minutes

Ingredients

- 1 cup Chickpeas (cooked)
- 1 tbsp Extra Virgin Olive Oil
- 1/2 Lime (medium, juiced)
- 3 tbsps Parsley (finely chopped)
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Strawberries
- 1/2 cup Snap Peas
- 1/2 Orange Bell Pepper (medium, sliced)

Nutrition

Amount per serving	
Calories	462
Fat	18g
Carbs	62g
Fiber	17g
Sugar	13g
Protein	17g
Cholesterol	0mg
Sodium	24mg
Vitamin A	1555IU
Vitamin C	243mg
Calcium	140mg
Iron	7mg
Vitamin B6	0.5mg
Vitamin B12	0µg
Magnesium	119mg
Zinc	3mg
Selenium	7µg

Directions

- 1 In a small bowl, combine the chickpeas, oil, lime juice, parsley, salt, and pepper. Add to one side of a container.
- 2 On the other side, add the strawberries, snap peas, and bell peppers. Enjoy!

Notes

- Leftovers:** Refrigerate in an airtight container for up to three days.
- No Strawberries:** Use other berries like blackberries, raspberries, or blueberries.
- No Orange Bell Pepper:** Use any color of bell pepper.
- More Flavor:** Add your favorite dip to dip the vegetables in.



Eggs, Hummus & Crackers

1 serving
15 minutes

Ingredients

2 Egg
1/4 cup Hummus
2 ozs Whole Grain Crackers

Nutrition

Amount per serving	
Calories	562
Fat	32g
Carbs	48g
Fiber	5g
Sugar	8g
Protein	21g
Cholesterol	372mg
Sodium	905mg
Vitamin A	557IU
Vitamin C	0mg
Calcium	93mg
Iron	5mg
Vitamin B6	0.3mg
Vitamin B12	0.9µg
Magnesium	75mg
Zinc	3mg
Selenium	48µg

Directions

- 1 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 2 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and cut the eggs in half.
- 3 Arrange the eggs, hummus, and crackers into a container, and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

More Flavor: Season the eggs with salt, pepper and/or chili flakes.



Eggs, Almonds & Cheese Cubes

1 serving
15 minutes

Ingredients

- 2 Egg
- 1/4 cup Almonds
- 1 oz Cheddar Cheese (cubed)

Nutrition

Amount per serving	
Calories	464
Fat	37g
Carbs	9g
Fiber	4g
Sugar	2g
Protein	27g
Cholesterol	400mg
Sodium	327mg
Vitamin A	893IU
Vitamin C	0mg
Calcium	353mg
Iron	3mg
Vitamin B6	0.2mg
Vitamin B12	1.2µg
Magnesium	116mg
Zinc	3mg
Selenium	40µg

Directions

- 1 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 2 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and cut the eggs in half.
- 3 Arrange the eggs, almonds, and cheese into a container and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

More Flavor: Season the eggs with salt, pepper and/or chili flakes.

Dairy-Free: Use dairy-free cheese.



Hummus, Meat & Cheese Snack Box

1 serving

5 minutes

Ingredients

- 1 oz Seed Crackers
- 1/4 cup Hummus
- 1 oz Cheddar Cheese (cubed)
- 1 oz Sliced Turkey Breast
- 1 oz Salami, Mild
- 1 oz Prosciutto

Directions

- 1 Arrange the crackers, hummus, cheese, turkey, salami, and prosciutto into a container and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

No Seed Crackers: Use other crackers of choice.

Nutrition

Amount per serving	
Calories	572
Fat	37g
Carbs	30g
Fiber	8g
Sugar	1g
Protein	32g
Cholesterol	87mg
Sodium	1887mg
Vitamin A	366IU
Vitamin C	0mg
Calcium	302mg
Iron	3mg
Vitamin B6	0.4mg
Vitamin B12	0.8µg
Magnesium	121mg
Zinc	4mg
Selenium	29µg



Peanut Butter Toast & Fruit Snack Box

1 serving

5 minutes

Ingredients

- 1 tbsp All Natural Peanut Butter
- 1 slice Whole Grain Bread (toasted)
- 1/2 cup Blueberries
- 1 Apple (sliced)

Nutrition

Amount per serving	
Calories	343
Fat	11g
Carbs	57g
Fiber	10g
Sugar	31g
Protein	10g
Cholesterol	0mg
Sodium	163mg
Vitamin A	138IU
Vitamin C	16mg
Calcium	65mg
Iron	2mg
Vitamin B6	0.3mg
Vitamin B12	0µg
Magnesium	73mg
Zinc	1mg
Selenium	14µg

Directions

- 1 Spread the peanut butter on top of the toasted bread and cut it in half.
- 2 Arrange the peanut butter toast, blueberries, and apple in a container and enjoy!

Notes

Leftovers: Best enjoyed immediately.

No Blueberries: Use another berry or fresh fruit instead.

Gluten-Free: Use gluten-free bread.

No Peanut Butter: Use another nut or seed butter.



Turkey Pita & Veggies Box

1 serving
10 minutes

Ingredients

- 1 oz Mini Whole Wheat Pita
- 1 1/2 ozs Cheddar Cheese (sliced)
- 2 ozs Turkey Breast, Cooked
- 3 tbsps Hummus
- 1 Carrot (small, cut into sticks)
- 1/2 stalk Celery (cut into sticks)

Nutrition

Amount per serving	
Calories	450
Fat	24g
Carbs	29g
Fiber	6g
Sugar	4g
Protein	33g
Cholesterol	82mg
Sodium	725mg
Vitamin A	10824IU
Vitamin C	4mg
Calcium	378mg
Iron	3mg
Vitamin B6	0.7mg
Vitamin B12	1.5µg
Magnesium	71mg
Zinc	3mg
Selenium	32µg

Directions

- 1 Cut the pita in half and stuff each half with cheese and turkey. Add the stuffed pita halves to a sectioned container, if using.
- 2 On the other side of the container, add the hummus to the corner and place the carrots and celery on top. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add mustard or mayonnaise.

Additional Toppings: Add cucumber, bell peppers, baby spinach, and/or lettuce.

Gluten-Free: Use a gluten-free pita.

Dairy-Free: Use dairy-free cheese.

Mini Whole Wheat Pita: One mini whole wheat pita is 30 grams or one ounce.



Mini Pizza & Clementine Box

2 servings

25 minutes

Ingredients

- 2 ozs English Muffin (cut into half)
- 1/4 cup Tomato Sauce
- 4 ozs Mozzarella Cheese (shredded)
- 2 ozs Pepperoni (sliced)
- 2 Clementines (peeled, sectioned)

Nutrition

Amount per serving	
Calories	376
Fat	24g
Carbs	25g
Fiber	6g
Sugar	8g
Protein	18g
Cholesterol	78mg
Sodium	754mg
Vitamin A	538IU
Vitamin C	38mg
Calcium	274mg
Iron	1mg
Vitamin B6	0.2mg
Vitamin B12	0.4µg
Magnesium	17mg
Zinc	1mg
Selenium	8µg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Place the English muffin halves onto the baking sheet and divide the tomato sauce between each muffin half. Add some cheese to each followed by the pepperoni slices. Top each with the remaining cheese.
- 3 Bake for 10 to 15 minutes or until the cheese has melted. Let the mini pizzas cool for five minutes before cutting them in half.
- 4 Add to a sectioned container, if using, and add the clementines on the side. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Let the mini pizzas cool completely before refrigerating.

Serving Size: One serving is half of an English muffin and one clementine.

Make it Vegan: Use plant-based cheese and your choice of toppings.

More Flavor: Add Italian seasoning to the tomato sauce.

Gluten-Free: Use gluten-free English muffins.

English Muffin: One English muffin is roughly two ounces or 57 grams.



Smoked Salmon & Crackers Snack Box

1 serving

5 minutes

Ingredients

- 5 3/4 ozs Smoked Salmon
- 1 1/2 ozs Rice Crackers
- 1/4 Cucumber (small, sliced)
- 1/2 cup Blueberries

Nutrition

Amount per serving	
Calories	423
Fat	10g
Carbs	49g
Fiber	2g
Sugar	9g
Protein	35g
Cholesterol	38mg
Sodium	1210mg
Vitamin A	263IU
Vitamin C	9mg
Calcium	35mg
Iron	2mg
Vitamin B6	0.8mg
Vitamin B12	5.4µg
Magnesium	110mg
Zinc	2mg
Selenium	65µg

Directions

- 1 Arrange the salmon, crackers, cucumber, and blueberries into a container. Enjoy!

Notes

Leftovers: Refrigerate the salmon, cucumber and blueberries in an airtight container for up to three days. When ready to eat, add the crackers.



Cucumber, Blackberries & Hummus Snack Box

1 serving

5 minutes

Ingredients

1/4 Cucumber (medium, sliced)

1/2 cup Blackberries

1/4 cup Hummus

Nutrition

Amount per serving	
Calories	188
Fat	11g
Carbs	19g
Fiber	8g
Sugar	5g
Protein	6g
Cholesterol	0mg
Sodium	264mg
Vitamin A	247IU
Vitamin C	17mg
Calcium	62mg
Iron	2mg
Vitamin B6	0.1mg
Vitamin B12	0µg
Magnesium	70mg
Zinc	1mg
Selenium	3µg

Directions

- 1 Arrange the cucumber, blackberries and hummus into a container. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

No Blackberries: Use other berries like strawberries, raspberries, or blueberries.



Carrots, Crackers & Hummus Snack Box

1 serving

5 minutes

Ingredients

1 Carrot (medium, peeled, cut into sticks)

1 1/2 ozs Rice Crackers

1/4 cup Hummus

Nutrition

Amount per serving	
Calories	348
Fat	13g
Carbs	50g
Fiber	5g
Sugar	3g
Protein	10g
Cholesterol	0mg
Sodium	403mg
Vitamin A	10205IU
Vitamin C	4mg
Calcium	49mg
Iron	2mg
Vitamin B6	0.4mg
Vitamin B12	0µg
Magnesium	120mg
Zinc	2mg
Selenium	14µg

Directions

- 1 Arrange the carrot sticks, crackers, and hummus into a container. Enjoy!

Notes

Leftovers: Refrigerate the carrots and hummus for up to three days. When ready to eat, add the crackers.

No Carrots: Use celery, cucumber, or bell peppers instead.



Ham & Cheese Snack Box

1 serving

5 minutes

Ingredients

- 1 oz Cheddar Cheese (cubed)
- 1 oz Sliced Ham
- 2 ozs Whole Grain Crackers

Nutrition

Amount per serving	
Calories	425
Fat	23g
Carbs	40g
Fiber	2g
Sugar	7g
Protein	16g
Cholesterol	47mg
Sodium	980mg
Vitamin A	355IU
Vitamin C	0mg
Calcium	211mg
Iron	2mg
Vitamin B6	0.2mg
Vitamin B12	0.4µg
Magnesium	30mg
Zinc	2mg
Selenium	33µg

Directions

- 1 Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Dairy-Free: Use dairy-free cheese.



Maple Cinnamon Chickpea Snack Box

2 servings

45 minutes

Ingredients

- 1 1/2 cups Chickpeas (cooked, rinsed)
- 3 tbsps Maple Syrup
- 1 tsp Cinnamon
- 1/2 tsp Sea Salt
- 1 cup Strawberries
- 1 cup Blackberries

Nutrition

Amount per serving	
Calories	337
Fat	4g
Carbs	67g
Fiber	15g
Sugar	31g
Protein	12g
Cholesterol	0mg
Sodium	604mg
Vitamin A	200IU
Vitamin C	59mg
Calcium	136mg
Iron	4mg
Vitamin B6	0.2mg
Vitamin B12	0µg
Magnesium	90mg
Zinc	3mg
Selenium	5µg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Place the chickpeas onto the baking sheet and pat them dry. Bake for 25 minutes.
- 3 Remove the chickpeas from the oven and carefully transfer them to a mixing bowl. Add the maple syrup, cinnamon, and sea salt and toss to combine. Spread the chickpeas back onto the baking sheet and and bake for an additional 10 to 15 minutes or until golden.
- 4 Arrange the roasted chickpeas, strawberries, and blackberries into containers. Enjoy!

Notes

Leftovers: Store the chickpeas in an airtight container in the pantry for up to three days. When ready to eat, serve with fruit.

Serving Size: One serving is equal to approximately 3/4 cup chickpeas and one cup of strawberries and blackberries.

Mix Up the Fruit: Use other fruits like blueberries, pineapple, mango and papaya.



Popcorn & Olive Snack Box

2 servings

5 minutes

Ingredients

- 1 1/2 cups Popcorn
- 1/2 Apple (medium, chopped)
- 1 cup Snap Peas (trimmed)
- 1/3 cup Pitted Kalamata Olives

Nutrition

Amount per serving	
Calories	106
Fat	5g
Carbs	16g
Fiber	4g
Sugar	6g
Protein	2g
Cholesterol	0mg
Sodium	241mg
Vitamin A	444IU
Vitamin C	8mg
Calcium	42mg
Iron	2mg
Vitamin B6	0.1mg
Vitamin B12	0µg
Magnesium	25mg
Zinc	0mg
Selenium	1µg

Directions

- 1 Arrange the popcorn, apples, snap peas, and olives into a container. Refrigerate until ready to serve. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.



Chickpea Scramble Box

4 servings

15 minutes

Ingredients

- 1/4 cup Water
- 1 cup Chickpeas (cooked)
- 1/4 tsp Turmeric
- 1/2 tsp Cumin
- 1/4 tsp Sea Salt (to taste)
- 2 cups Baby Spinach (large leaves torn)
- 4 ozs Seed Crackers
- 2 Tomato (medium, sliced)

Nutrition

Amount per serving	
Calories	207
Fat	6g
Carbs	32g
Fiber	9g
Sugar	2g
Protein	8g
Cholesterol	0mg
Sodium	352mg
Vitamin A	2251IU
Vitamin C	14mg
Calcium	105mg
Iron	3mg
Vitamin B6	0.1mg
Vitamin B12	0µg
Magnesium	94mg
Zinc	2mg
Selenium	7µg

Directions

- 1 Heat the water in a pan over medium heat. Add the chickpeas, turmeric, cumin, and salt. Mash the chickpeas with the back of a fork.
- 2 Stir in the spinach until wilted and add more salt if needed. Serve alongside the crackers and tomato. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately 1/4 cup of chickpea scramble, one ounce of seed crackers, and half a tomato.

More Flavor: Add garlic, onions, red pepper flakes, or lime juice.

Additional Toppings: Add avocado or cucumber slices.



Pancake Snack Box

2 servings

20 minutes

Ingredients

- 1 cup Oats
- 1 cup Baby Spinach (packed)
- 1/2 cup Oat Milk (unsweetened, plain)
- 2 1/4 cups Unsweetened Applesauce (divided)
- 1 Egg (large)
- 1 tsp Baking Powder
- 1 tbsp Extra Virgin Olive Oil
- 1 Banana (large, sliced)

Nutrition

Amount per serving	
Calories	451
Fat	14g
Carbs	77g
Fiber	9g
Sugar	35g
Protein	11g
Cholesterol	93mg
Sodium	325mg
Vitamin A	1659IU
Vitamin C	12mg
Calcium	287mg
Iron	4mg
Vitamin B6	0.4mg
Vitamin B12	0.5µg
Magnesium	96mg
Zinc	2mg
Selenium	21µg

Directions

- 1 Add the oats to a blender and blend into a flour consistency, about 30 seconds. Add the baby spinach, milk, 1/3 of the applesauce, egg, and baking powder. Blend until smooth, scraping down the sides as needed.
- 2 Heat the oil in a nonstick pan over medium heat. Pour 1/4 cup of the batter at a time and cook for two to three minutes per side, or until cooked through. Transfer to a plate. Repeat until all the batter is used.
- 3 Divide the pancakes, banana slices, and remaining applesauce into containers. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days, or freeze for up to two months.

Serving Size: One serving equals three 4-inch pancakes, half a banana, and 3/4 cup of applesauce.

More Flavor: Add cinnamon, vanilla extract, salt, chia seeds, flax seeds, or hemp hearts.

Additional Toppings: Top with maple syrup, honey, cottage cheese, nut or seed butter.

Make it Vegan: Use a flax egg instead.

No Applesauce: Use banana instead.

No Oat Milk: Use dairy or any alternative milk.

Batter Consistency: Add more milk if the batter is too thick, and more oats if the batter is too thin.



Ham & Cheese Pretzel Box

2 servings

5 minutes

Ingredients

- 2 ozs Pretzels
- 1 Pear (seeds removed, sliced)
- 2 ozs Cheddar Cheese (cubed)
- 2 ozs Sliced Ham

Nutrition

Amount per serving	
Calories	310
Fat	12g
Carbs	38g
Fiber	4g
Sugar	10g
Protein	15g
Cholesterol	47mg
Sodium	829mg
Vitamin A	370IU
Vitamin C	4mg
Calcium	216mg
Iron	2mg
Vitamin B6	0.1mg
Vitamin B12	0.4µg
Magnesium	28mg
Zinc	2mg
Selenium	20µg

Directions

- 1 Arrange all of the ingredients in a container and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Gluten-Free: Use gluten-free pretzels and crackers.

Dairy-Free: Use vegan cheese, olives or hummus instead of cheddar cheese.



Baba Ganoush Bento Box

1 serving

10 minutes

Ingredients

- 1/4 cup Baba Ganoush
- 1 Carrot (medium, cut into sticks)
- 2 stalks Celery (medium, cut into sticks)
- 2 ozs Oat Crackers

Nutrition

Amount per serving	
Calories	362
Fat	15g
Carbs	53g
Fiber	10g
Sugar	4g
Protein	8g
Cholesterol	0mg
Sodium	663mg
Vitamin A	10550IU
Vitamin C	7mg
Calcium	92mg
Iron	3mg
Vitamin B6	0.1mg
Vitamin B12	0µg
Magnesium	16mg
Zinc	0mg
Selenium	0µg

Directions

- 1 Arrange the baba ganoush, carrot sticks, celery sticks, and crackers in a container. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Additional Toppings: Cucumber slices, nuts, olives, or dried fruit.



Deconstructed Taco Bento Box

2 servings

15 minutes

Ingredients

- 1 Whole Wheat Tortilla (large, cut into strips)
- 1 Avocado (mashed)
- 1 tsp Lime Juice (to taste)
- 1/8 tsp Sea Salt (to taste)
- 1/16 head Green Lettuce (separated into leaves and washed)
- 1 cup Black Beans (cooked, rinsed)
- 1/2 cup Corn
- 2 ozs Cheddar Cheese (shredded)

Nutrition

Amount per serving	
Calories	485
Fat	27g
Carbs	47g
Fiber	17g
Sugar	3g
Protein	19g
Cholesterol	27mg
Sodium	462mg
Vitamin A	649IU
Vitamin C	13mg
Calcium	282mg
Iron	3mg
Vitamin B6	0.5mg
Vitamin B12	0.3µg
Magnesium	124mg
Zinc	3mg
Selenium	17µg

Directions

- 1 Preheat the oven to 415°F (210°C). Arrange the tortilla strips evenly on a parchment-lined baking sheet and bake for five minutes, or until toasted.
- 2 In a bowl, combine the avocado, lime juice, and salt.
- 3 Divide the lettuce, black beans, corn, and cheese into containers and serve with the tortilla chips and guacamole. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Gluten-Free: Use corn tortillas or bread instead.

Dairy-Free: Use vegan cheese instead of cheddar cheese.

Additional Toppings: Add diced tomatoes, sliced red onion, sour cream or plain yogurt.



Papaya Breakfast Box

1 serving
15 minutes

Ingredients

- 2 Egg
- 1 cup Papaya (peeled, seeds removed, chopped)
- 1/2 Cucumber (medium, chopped)

Nutrition

Amount per serving	
Calories	226
Fat	10g
Carbs	21g
Fiber	3g
Sugar	14g
Protein	14g
Cholesterol	372mg
Sodium	156mg
Vitamin A	698IU
Vitamin C	89mg
Calcium	108mg
Iron	3mg
Vitamin B6	0.3mg
Vitamin B12	0.9µg
Magnesium	61mg
Zinc	2mg
Selenium	32µg

Directions

- 1 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 2 Strain the water and fill the saucepan with cold water. Peel the eggs when they are cool enough to handle and slice into halves.
- 3 Serve the eggs with the papaya and cucumbers. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

More Flavor: Season the eggs with salt and pepper to taste.

Additional Toppings: Add nuts, crackers, or a slice of toast.



Zucchini & Turkey Bacon Breakfast Box

2 servings

25 minutes

Ingredients

- 4 slices Turkey Bacon
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 1 Zucchini (chopped)
- 1/2 cup Red Onion (minced)
- 2 cups Baby Spinach
- 4 Egg (whisked)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	316
Fat	23g
Carbs	9g
Fiber	2g
Sugar	5g
Protein	18g
Cholesterol	389mg
Sodium	385mg
Vitamin A	3557IU
Vitamin C	29mg
Calcium	126mg
Iron	3mg
Vitamin B6	0.5mg
Vitamin B12	1.1µg
Magnesium	60mg
Zinc	2mg
Selenium	34µg

Directions

- 1 Heat a skillet over medium heat. Cook the turkey bacon for five minutes each side or until cooked to your desired crispiness. Transfer to a towel-lined plate to absorb any excess oil.
- 2 In the same skillet, heat half the oil over medium heat. Cook the zucchini until fork tender and browned on both sides, about eight to 10 minutes. Set aside.
- 3 Add the remaining oil to the same skillet over medium heat. Cook the onions until soft, then add the spinach. Once the spinach is wilted, add the eggs and gently scramble until fluffy and cooked to your liking. Season with salt and pepper.
- 4 Divide the turkey bacon, zucchini, and scrambled eggs between containers. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add garlic or your choice of herbs and spices.

Additional Toppings: Sauerkraut, kimchi, or other pickled veggies.



Chicken & Sweet Potato Mash Snack Box

2 servings

15 minutes

Ingredients

- 1/2 Sweet Potato (medium, peeled, chopped)
- 5 ozs Chicken Breast, Cooked
- 2 tbsps Water
- 1 tbsp Lemon Juice (to taste)
- 1/4 tsp Sea Salt (to taste)
- 1/2 cup Cherry Tomatoes
- 2 stalks Celery
- 2 tbsps Pumpkin Seeds

Nutrition

Amount per serving	
Calories	194
Fat	6g
Carbs	11g
Fiber	3g
Sugar	3g
Protein	25g
Cholesterol	74mg
Sodium	385mg
Vitamin A	5125IU
Vitamin C	10mg
Calcium	39mg
Iron	1mg
Vitamin B6	1.0mg
Vitamin B12	0.2µg
Magnesium	89mg
Zinc	1mg
Selenium	21µg

Directions

- 1 Boil the sweet potatoes for seven to 10 minutes or until fork tender.
- 2 Place the sweet potato in a food processor with the chicken, water, lemon juice, and salt. Blend until just mixed.
- 3 Arrange the chicken sweet potato mash, cherry tomatoes, celery, and pumpkin seeds in a to-go container. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add garlic and your choice of herbs and spices to the mash.

Additional Toppings: Top with cheese, vegan cheese, sour cream, or plain yogurt.



Turkey & Egg Snack Box

1 serving

5 minutes

Ingredients

- 1/2 tsp Avocado Oil
- 2 Egg
- 1/4 cup Kimchi
- 4 ozs Sliced Turkey Breast
- 1/4 cup Cherry Tomatoes
- 1 Navel Orange

Nutrition

Amount per serving	
Calories	364
Fat	17g
Carbs	23g
Fiber	4g
Sugar	15g
Protein	31g
Cholesterol	427mg
Sodium	1347mg
Vitamin A	1231IU
Vitamin C	88mg
Calcium	148mg
Iron	3mg
Vitamin B6	0.9mg
Vitamin B12	1.3µg
Magnesium	58mg
Zinc	3mg
Selenium	46µg

Directions

- 1 Heat the avocado oil in a skillet over medium-low heat. Add the eggs to the pan and move around with a spatula continuously until fluffy, about two minutes.
- 2 Arrange the scrambled eggs, kimchi, turkey breast, tomatoes, and orange in a container and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Additional Toppings: Add sliced green onions, avocado, nuts, cheese, or crackers.

No Kimchi: Use sauerkraut, pickles, salsa, or olives instead.



Eggs & Grapefruit Breakfast Box

1 serving
10 minutes

Ingredients

- 3 Egg
- 1/2 tsp Butter
- 1 Grapefruit (peeled, cut into sections)
- 1/2 Avocado (medium, halved)

Nutrition

Amount per serving	
Calories	474
Fat	31g
Carbs	30g
Fiber	10g
Sugar	19g
Protein	22g
Cholesterol	563mg
Sodium	220mg
Vitamin A	3389IU
Vitamin C	98mg
Calcium	127mg
Iron	3mg
Vitamin B6	0.6mg
Vitamin B12	1.4µg
Magnesium	68mg
Zinc	3mg
Selenium	47µg

Directions

- 1 Crack the eggs into a bowl and whisk well.
- 2 Heat a skillet or non-stick pan over medium-low heat and melt the butter. Add the eggs and move them around with a spatula continuously. Keep pushing the eggs around the skillet until fluffy and cooked to your liking.
- 3 Arrange the scrambled eggs, grapefruit, and avocado to a container. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add paprika, salt, pepper, or your choice of herbs/spices to the scrambled eggs and avocado. Drizzle honey over top the grapefruit.

Dairy-Free: Use olive oil, coconut oil or avocado oil instead of butter.



Eggs & Avocado Snack Box

1 serving

15 minutes

Ingredients

- 2 Egg
- 1/2 Avocado (medium, peeled)
- 1/3 Cucumber (sliced)
- 2 ozs Cheddar Cheese (cubed)

Nutrition

Amount per serving	
Calories	545
Fat	43g
Carbs	15g
Fiber	7g
Sugar	3g
Protein	28g
Cholesterol	427mg
Sodium	517mg
Vitamin A	1488IU
Vitamin C	13mg
Calcium	482mg
Iron	3mg
Vitamin B6	0.5mg
Vitamin B12	1.5µg
Magnesium	69mg
Zinc	4mg
Selenium	47µg

Directions

- 1 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 2 Strain the water and fill the saucepan with cold water. Peel the eggs when cool enough to handle and slice into halves.
- 3 Arrange the boiled eggs, avocado, cucumber slices and cheese in a container. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Additional Toppings: Top the eggs with paprika, salt, pepper, everything bagel seasoning, dill or chives.



Waffle, Egg & Fruit Breakfast Box

1 serving

15 minutes

Ingredients

- 1 Egg
- 1 2/3 ozs Gluten-Free Waffle (toasted, cut in half)
- 1 cup Strawberries (sliced)

Nutrition

Amount per serving	
Calories	236
Fat	9g
Carbs	31g
Fiber	4g
Sugar	8g
Protein	8g
Cholesterol	186mg
Sodium	300mg
Vitamin A	289IU
Vitamin C	85mg
Calcium	69mg
Iron	2mg
Vitamin B6	0.2mg
Vitamin B12	1.7µg
Magnesium	39mg
Zinc	1mg
Selenium	16µg

Directions

- 1 Place the egg in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 2 Strain the water and fill the saucepan with cold water. Peel the egg when it is cool enough to handle.
- 3 Arrange the waffle, hardboiled egg, and strawberries in a container. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Additional Toppings: Sprinkle hemp seeds over the strawberries. Add almond butter or sunflower seed butter to the waffles. Add walnuts or pumpkin seeds.

Make it Vegan: Omit the egg and add nuts or granola instead.

Gluten-Free Waffle: One gluten-free waffle is roughly 1 2/3-ounces or 45-grams.



Eggs & Toast Breakfast Box

1 serving
15 minutes

Ingredients

- 2 Egg
- 2 slices Gluten-Free Bread (toasted)
- 1 tbsp Butter
- 1 cup Strawberries (sliced)

Nutrition

Amount per serving	
Calories	445
Fat	26g
Carbs	36g
Fiber	5g
Sugar	12g
Protein	17g
Cholesterol	403mg
Sodium	400mg
Vitamin A	912IU
Vitamin C	85mg
Calcium	112mg
Iron	3mg
Vitamin B6	0.3mg
Vitamin B12	0.9µg
Magnesium	47mg
Zinc	2mg
Selenium	31µg

Directions

- 1 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 2 Strain the water and fill the saucepan with cold water. Peel the eggs when they are cool enough to handle.
- 3 Spread the butter over the toast. Arrange the hardboiled eggs, toast, and strawberries in a container. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

More Flavor: Add tahini, almond butter, peanut butter or sunflower seed butter to the toast.



Bacon & Eggs Breakfast Box

1 serving
20 minutes

Ingredients

- 3 slices Bacon
- 3 Egg
- 1 cup Baby Spinach
- 1/4 cup Salsa

Nutrition

Amount per serving	
Calories	570
Fat	46g
Carbs	6g
Fiber	2g
Sugar	4g
Protein	32g
Cholesterol	613mg
Sodium	1330mg
Vitamin A	3954IU
Vitamin C	10mg
Calcium	138mg
Iron	4mg
Vitamin B6	0.7mg
Vitamin B12	1.8µg
Magnesium	62mg
Zinc	3mg
Selenium	64µg

Directions

- 1 Heat a skillet over medium heat. Cook the bacon for five minutes each side or until cooked to your desired crispiness. Transfer to a towel-lined plate to absorb any excess oil.
- 2 Crack the eggs into a bowl and whisk well.
- 3 Heat the same skillet over low-medium heat. Add the eggs and move them around with a spatula continuously until fluffy and barely set, about two minutes. Set aside.
- 4 Wipe down the skillet and cook the spinach over medium heat until wilted, about one to two minutes. Add a few teaspoons of water to prevent sticking, if needed.
- 5 Arrange the bacon, scrambled eggs, sautéed spinach, and salsa in a container. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Additional Toppings: Avocado or sliced green onion.



Peanut Butter Bagel & Berries Breakfast Box

1 serving

5 minutes

Ingredients

- 2 tbsps All Natural Peanut Butter
- 4 ozs Gluten-Free Bagel (sliced in half)
- 1/2 cup Strawberries (chopped)
- 1/2 cup Blueberries

Nutrition

Amount per serving	
Calories	604
Fat	24g
Carbs	90g
Fiber	6g
Sugar	28g
Protein	13g
Cholesterol	5mg
Sodium	699mg
Vitamin A	49IU
Vitamin C	52mg
Calcium	176mg
Iron	2mg
Vitamin B6	0.2mg
Vitamin B12	0µg
Magnesium	68mg
Zinc	1mg
Selenium	2µg

Directions

- 1 Spread the peanut butter evenly ovetop the bagel slices.
- 2 Arrange the peanut butter bagel, strawberries, and blueberries in a container. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Nut-Free: Use sunflower seed butter, tahini, or pumpkin seed butter instead of peanut butter.

More Flavor: Toast the bagel before spreading the peanut butter. Top with hemp seeds or pumpkin seeds.

No Bagel: Use bread, crackers, waffles, or toasted sweet potato slices instead.

Gluten-Free Bagel: One gluten-free bagel is roughly 4-ounces or 113-grams.



Smoked Salmon Bagel Breakfast Box

1 serving

5 minutes

Ingredients

- 3 tbsps Cream Cheese, Regular (plain)
- 4 ozs Gluten-Free Bagel (sliced in half)
- 4 ozs Smoked Salmon
- 1/3 Cucumber (medium, sliced)

Nutrition

Amount per serving	
Calories	626
Fat	25g
Carbs	72g
Fiber	1g
Sugar	17g
Protein	29g
Cholesterol	71mg
Sodium	1649mg
Vitamin A	204IU
Vitamin C	5mg
Calcium	204mg
Iron	3mg
Vitamin B6	0.4mg
Vitamin B12	3.9µg
Magnesium	36mg
Zinc	1mg
Selenium	38µg

Directions

- 1 Spread the cream cheese evenly over the bagel slices. Add the smoked salmon and close the bagel.
- 2 Arrange the bagel and cucumber slices in a container. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Dairy-Free: Use vegan cream cheese instead.

More Flavor: Toast the bagel before spreading the cream cheese. Add cherry tomatoes, pickles, fresh dill, capers, or minced red onion.

No Bagel: Use bread, crackers, waffles or toasted sweet potato slices instead.

Gluten-Free Bagel: One gluten-free bagel is roughly 4-ounces or 113-grams.



Orange & Yogurt Breakfast Box

1 serving
15 minutes

Ingredients

- 2 Egg
- 1 Clementines (peeled, sectioned)
- 3/4 cup Plain Greek Yogurt
- 1/4 cup Pumpkin Seeds

Nutrition

Amount per serving	
Calories	494
Fat	29g
Carbs	22g
Fiber	3g
Sugar	12g
Protein	39g
Cholesterol	397mg
Sodium	250mg
Vitamin A	1482IU
Vitamin C	48mg
Calcium	468mg
Iron	5mg
Vitamin B6	0.3mg
Vitamin B12	0.9µg
Magnesium	210mg
Zinc	4mg
Selenium	34µg

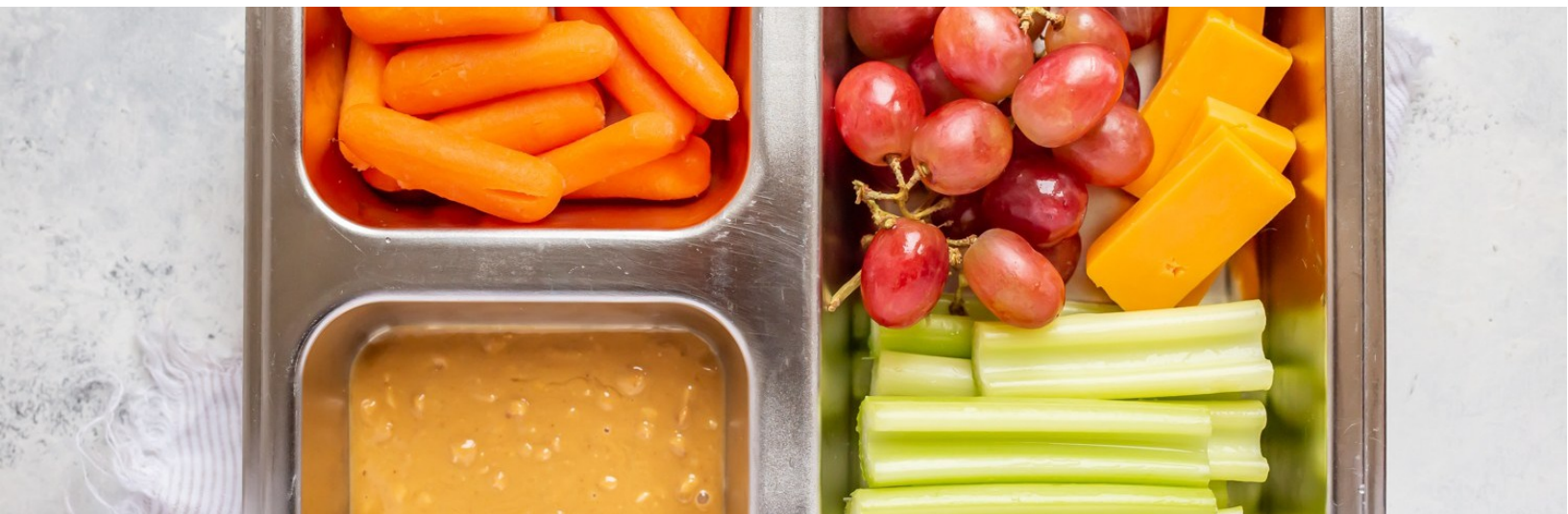
Directions

- 1 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 2 Strain the water and fill the saucepan with cold water. Peel the eggs when they are cool enough to handle.
- 3 Arrange the hardboiled eggs, clementine slices, yogurt, and pumpkin seeds in a container. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Dairy-Free: Use coconut yogurt instead of greek yogurt.



Grapes & Cheese Snack Box

1 serving

5 minutes

Ingredients

- 1/2 cup Baby Carrots
- 1/2 cup Grapes
- 3 stalks Celery (chopped)
- 2 tbsps All Natural Peanut Butter
- 1 oz Cheddar Cheese (sliced)

Nutrition

Amount per serving	
Calories	383
Fat	26g
Carbs	27g
Fiber	6g
Sugar	17g
Protein	15g
Cholesterol	28mg
Sodium	350mg
Vitamin A	12432IU
Vitamin C	12mg
Calcium	309mg
Iron	2mg
Vitamin B6	0.3mg
Vitamin B12	0.3µg
Magnesium	77mg
Zinc	2mg
Selenium	10µg

Directions

- 1 Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Make it Vegan/Dairy-Free: Use a dairy-free cheese.

Nut-Free: Use sunflower seed butter instead of peanut butter.



Turkey & Cheese Snack Box

1 serving

5 minutes

Ingredients

- 4 1/4 ozs Sliced Turkey Breast
- 2 ozs Cheddar Cheese (cubed)
- 1/4 cup Walnuts

Nutrition

Amount per serving	
Calories	552
Fat	43g
Carbs	9g
Fiber	2g
Sugar	2g
Protein	35g
Cholesterol	115mg
Sodium	1453mg
Vitamin A	704IU
Vitamin C	0mg
Calcium	449mg
Iron	1mg
Vitamin B6	0.7mg
Vitamin B12	1.1µg
Magnesium	86mg
Zinc	4mg
Selenium	33µg

Directions

- 1 Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container up to 3 days.

Dairy-Free: Use a dairy-free cheese.

Nut-Free: Use pumpkin seeds instead of walnuts.



Granola, Yogurt & Berry Snack Box

1 serving

5 minutes

Ingredients

- 1/2 cup Plain Greek Yogurt
- 1 cup Strawberries (sliced)
- 1/3 cup Granola

Nutrition

Amount per serving	
Calories	335
Fat	13g
Carbs	39g
Fiber	7g
Sugar	18g
Protein	18g
Cholesterol	17mg
Sodium	82mg
Vitamin A	650IU
Vitamin C	93mg
Calcium	304mg
Iron	3mg
Vitamin B6	0.2mg
Vitamin B12	0µg
Magnesium	87mg
Zinc	2mg
Selenium	11µg

Directions

- 1 Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

Notes

Storage: Refrigerate in an airtight container up to 3 days.

Gluten-Free: Ensure a gluten-free granola is used.

Dairy-Free & Vegan: Use a dairy-free yogurt.



Cucumber, Carrot & Egg Snack Box

1 serving
15 minutes

Ingredients

- 1 Egg
- Sea Salt & Black Pepper (to taste)
- 1/4 Cucumber (large, sliced)
- 1/2 cup Baby Carrots

Nutrition

Amount per serving	
Calories	113
Fat	5g
Carbs	10g
Fiber	2g
Sugar	5g
Protein	7g
Cholesterol	186mg
Sodium	137mg
Vitamin A	11849IU
Vitamin C	8mg
Calcium	80mg
Iron	2mg
Vitamin B6	0.1mg
Vitamin B12	0.5µg
Magnesium	16mg
Zinc	1mg
Selenium	16µg

Directions

- 1 In a medium-sized pot add the egg(s) and cover with water. Bring to a boil, and then turn off the heat and remove from heat. Cover and let stand for 10 minutes.
- 2 Remove the egg(s) and let cool, then peel and slice in half. Season with salt and pepper.
- 3 Assemble the cucumber and carrots into a storage container and refrigerate until ready to eat. Enjoy!

Notes

Leftovers: Keep the egg(s) whole after peeling if saving for later.

Additional Toppings: Serve the cucumber and carrots with hummus, baba ganoush, or a dip of your choice.

Make it Vegan: Replace the egg with nuts & seeds.



Carrots, Celery & Olives Snack Box

1 serving

5 minutes

Ingredients

- 2 stalks Celery (cut into sticks)
- 3/4 cup Baby Carrots
- 1/4 cup Hummus
- 2 tbsps Pitted Kalamata Olives

Nutrition

Amount per serving	
Calories	221
Fat	13g
Carbs	23g
Fiber	8g
Sugar	7g
Protein	5g
Cholesterol	0mg
Sodium	546mg
Vitamin A	17678IU
Vitamin C	12mg
Calcium	136mg
Iron	4mg
Vitamin B6	0.2mg
Vitamin B12	0µg
Magnesium	56mg
Zinc	1mg
Selenium	3µg

Directions

- 1 Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.



Chickpeas & Snow Peas Snack Box

1 serving

8 minutes

Ingredients

- 1 cup Water
- 1/2 cup Snow Peas
- 1/2 cup Chickpeas (cooked, rinsed)
- 1 Pear (sliced)

Nutrition

Amount per serving	
Calories	249
Fat	2g
Carbs	52g
Fiber	13g
Sugar	23g
Protein	9g
Cholesterol	0mg
Sodium	14mg
Vitamin A	409IU
Vitamin C	28mg
Calcium	93mg
Iron	3mg
Vitamin B6	0.2mg
Vitamin B12	0µg
Magnesium	64mg
Zinc	2mg
Selenium	3µg

Directions

- 1 In a saucepan, bring water to a boil. Add the snow peas and cook for one minute. Drain and rinse.
- 2 Serve the snow peas with the chickpeas and pear. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Sauté the snow peas in butter and lemon juice. Season chickpeas with your choice of herbs or spices.



Avocado, Cucumber & Nori Snack Box

1 serving

5 minutes

Ingredients

- 1/2 Avocado (sliced)
- 1/4 Cucumber (sliced)
- 1/4 cup Cashews
- 4 Nori Sheets
- 1/2 tsp Sesame Seeds (optional)

Nutrition

Amount per serving	
Calories	398
Fat	32g
Carbs	27g
Fiber	12g
Sugar	4g
Protein	12g
Cholesterol	0mg
Sodium	26mg
Vitamin A	1826IU
Vitamin C	24mg
Calcium	94mg
Iron	4mg
Vitamin B6	0.4mg
Vitamin B12	0µg
Magnesium	134mg
Zinc	3mg
Selenium	5µg

Directions

- 1 Assemble all the ingredients into a storage container. Add sesame seeds to the cucumber and avocado. Refrigerate until ready to eat. Enjoy!

Notes

Storage: The avocado is best enjoyed immediately. To keep it from browning, squeeze some lemon juice on top and refrigerate in an airtight container for up to one day.

Nut-Free: Use pumpkin seeds instead of cashews.

More Flavor: Season the avocado with chili flakes, cayenne or everything bagel seasoning.



Hummus & Veggies Snack Box

1 serving

5 minutes

Ingredients

- 1/2 Red Bell Pepper (sliced)
- 2 stalks Celery (cut into small stalks)
- 1/3 cup Blueberries
- 1/4 cup Hummus

Nutrition

Amount per serving	
Calories	201
Fat	11g
Carbs	22g
Fiber	7g
Sugar	9g
Protein	6g
Cholesterol	0mg
Sodium	329mg
Vitamin A	2263IU
Vitamin C	83mg
Calcium	68mg
Iron	2mg
Vitamin B6	0.4mg
Vitamin B12	0µg
Magnesium	65mg
Zinc	1mg
Selenium	3µg

Directions

- 1 Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

Notes

Storage: Refrigerate in an airtight container up to 3 days.

No Hummus: Use guacamole or a ready-made dip instead.



Deli Snack Box

1 serving

5 minutes

Ingredients

- 1/4 cup Pumpkin Seeds
- 1 3/4 ozs Whole Grain Crackers
- 1/2 cup Cherry Tomatoes
- 1 oz Cheddar Cheese (cubed or sliced)
- 3 1/2 ozs Sliced Turkey Breast
- 1 Egg (hard boiled)

Nutrition

Amount per serving	
Calories	713
Fat	43g
Carbs	44g
Fiber	5g
Sugar	10g
Protein	41g
Cholesterol	260mg
Sodium	1580mg
Vitamin A	1209IU
Vitamin C	11mg
Calcium	249mg
Iron	6mg
Vitamin B6	0.7mg
Vitamin B12	1.1µg
Magnesium	245mg
Zinc	6mg
Selenium	52µg

Directions

- 1 Place pumpkin seeds in a small container, and wrap the turkey slices into rolls. Assemble all ingredients into a storage container and refrigerate until ready to eat.

Notes

Storage: Refrigerate up to 3 days.

Modifications: Swap any ingredient out for chickpeas, assorted beans, baked chicken, deli meat, or our Marinated Baked Tofu recipe instead.