



## MAKE IT FUN HEALTH

### Daring Adventure Cooking Jam - Week 2 Menu

1. **BGs** – Short for "Breakfast Greens" because we love starting our day with a portion, though they're perfect anytime! No dressing needed. Simply add fresh fruit and orange slices, then squeeze the remaining juice from the peel over the top for a bright, zesty finish.
2. **Super Double Extra Whammy Secret Veggie Stash** – Your ultimate defense against hunger. Keep these pre-cut veggies on your counter, at your desk, or in the car. They are perfect for munching on while you're prepping other meals or whenever you need a healthy crunch throughout the day.
3. **Mirepoix** – The secret to effortless flavor. Prep a big batch each week to add to savory dishes or use as a base for soups. We include garlic and an apple for extra health benefits and a hint of sweetness.
4. **Sautéed Veggies** – A high-volume powerhouse. Using our mirepoix as a base, we add extra veggies like zucchini, summer squash, broccoli, and tomatoes. It's an easy way to add massive volume and nutrition to your plate for very few calories.
5. **Pasta (Quinoa or Squash)** – This week, we are using quinoa as our hearty base. For even more volume and fewer calories, try spaghetti squash! While it takes a little longer to prep than quinoa, it's our favorite way to stay full and satisfied longer. You can also use 100% whole grain pasta, brown rice, hulled barley, bulgur, or even a flattened baked potato as your base.

**You can do it when you make it fun!**