

# SUPERHERO SHOPPING LIST



## Nutty Professor Waffles

- Whole wheat waffles
- Peanut butter
- Small banana
- Milk

## Overnight Oats of Steel

- Original instant oatmeal
- Small apple
- Egg
- Cinnamon
- Milk

## Omelet Scromelet

- Eggs
- Spinach
- Tomatoes
- Cheese
- Whole wheat cereal
- Berries
- Milk

## Cinna-man Yogurt

- Plain yogurt
- Canned peaches (or pears)
- Cinnamon
- Whole wheat bread
- Egg

## Top This Tuna!

- Pretzel thins
- Cream cheese
- Canned tuna fish
- Veggies
- Hummus

## Berry Powerful Parfait

- Greek yogurt
- Fresh berries
- Nuts



## Fiesta Bites

- Greek yogurt
- Corn, canned
- Black beans, canned
- Salsa
- Whole grain tortilla "scoops"
- Shredded cheese
- Fruit

## Captain Ham & Turkey

- Ham deli meat
- Turkey deli meat
- Sliced cheese
- Whole wheat bread
- Optional toppings
- Veggie straws
- Fruit

## You Chicken, Salad?

- Chicken, canned
- Greek yogurt
- Small apple
- 6" whole grain tortilla
- Lettuce
- Popcorn
- Celery sticks

## Chickened Out Slaw

- Chicken, canned
- Coleslaw
- Brown rice
- Black-eyed peas

## Ninja Fajitas Tortillas

- 2 eggs
- Bell peppers
- Onions
- Cheese
- Black beans, canned
- Salsa
- 6" wheat tortillas



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## Holy Ravioli

- Frozen ravioli
- Tomato pasta sauce
- Mixed greens salad
- Carrots
- Tomatoes
- Ranch dressing

## Chop This Pork Chop

- Pork chop
- greens (mustard, collard or turnip)
- Sweet potato
- Brown rice

## Muscled-up Apples

- Apple
- Greek yogurt
- Peanut butter



## Ant Man on a Log

- Celery
- Peanut butter
- Raisins

## Smile for the Photog

- Cheese stick
- Whole grain crackers

## Lasso Veggie Dip

- Greek yogurt
- Ranch dressing mix
- Veggies

# SUPERHERO CAFÉ MENU BOOK

*Keep It Super Simple Version*

Are you having trouble deciding on healthy meals?

LOOK NO FURTHER...  
DOCTOR  
AWESOMESAUCE  
TO THE RESCUE!



Healthy meal and snack ideas  
designed for the super-cool  
superhero within YOU!

Created by: Madison Keesling & Kohrinc Counts, UF Dietetic Interns © 2017

# BREAKFAST IS FOR CHAMPIONS

Gear up with a protective breakfast to be ready for the busy day!



## Overnight Oats of Steel

~45g carbs

One packet of original instant oatmeal, sprinkled with cinnamon and 1 small chopped apple. Pair with a muscle-boosting egg (made your favorite way — scrambled, hard boiled, etc.) and 1 cup of milk.

## Nutty Professor Waffles

~55g carbs

Two multigrain waffles, or two slices of whole wheat bread, topped with one tablespoon of peanut butter on each waffle. Slice one small banana into coins and place on top of waffles. Pair with 1 cup of milk.



## Cinna-man Yogurt

~40g carbs

One cup of plain yogurt mixed with 1/2 cup drained, canned peaches (or pears) and 1/2 teaspoon of cinnamon. Serve with 1 slice of toasted whole wheat bread and 1 egg prepared your favorite way.

## Omelet Scromelet

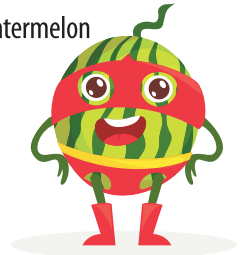
~55g carbs

Two eggs scrambled with spinach, tomatoes and 1/4 cup of your favorite kind of shredded cheese. Pair with 1 cup of a whole wheat cereal topped with 1/4 cup of berries. Serve with 1 cup of milk.

# FRUIT & VEGGIE TAG-TEAMERS

Trade out any of the fruits in any of the recipes for:

- 1/2 cup unsweetened applesauce
- 1 extra small banana
- 3/4 cup blackberries
- 3/4 cup blueberries
- 1 cup cubed cantaloupe
- 12 fresh cherries
- 2 tablespoons dried fruits
- 2 medium fresh figs
- 1/2 cup fruit cocktail
- 17 grapes
- 1 small apple
- 3/4 cup Mandarin oranges
- 4 fresh apricots
- 1 small orange
- 1/2 cup canned peaches
- 1 medium fresh peach
- 1/2 cup canned pears
- 1/2 large fresh pear
- 1/2 cup canned pineapple
- 3/4 cup fresh pineapple
- 3 dried plums
- 1 cup raspberries
- 1 1/4 cup fresh strawberries
- 1 1/4 cups cubed watermelon
- 2 small tangerines
- 3 dates



Trade out any of the vegetables in any of the recipes for:

1 serving = 1 cup raw, 1/2 cup cooked

- Canned corn
- Green beans
- Carrots
- Cauliflower
- Broccoli
- Celery
- Coleslaw
- Cucumber
- Asparagus
- Spinach
- Zucchini
- Sugar snap peas
- Tomatoes
- Cabbage
- Brussels sprouts
- Collard greens
- Kale
- Peppers
- Radishes
- Yellow squash



# LUNCH FUEL-UP

Recharge to stay sharp  
and ready for adventure!



\*\*All side items should be packed in the amount of one standard serving size (equal to ~15g carbs)\*\*

## Top This Tuna!

~45g carbs

Eight pretzel thins smeared with cream cheese and 1 teaspoon of tuna fish. Serve with baby carrots, celery sticks and a serving of hummus.

## Captain Ham & Turkey

~65g carbs

1 slice each of ham and turkey deli meat with one cheese slice, served between two slices of whole wheat bread. Optional toppings: tomatoes, lettuce, pickles, other veggies. Serve with a serving of veggie straws and 1/2 cup of unsweetened applesauce.



## Fiesta Bites

~50g carbs

1/4 cup of Greek yogurt mixed with 1/4 cup of corn, 1/4 cup of black beans (drained and rinsed), 1/4 cup of shredded cheese and 1/4 cup of salsa. Serve the fiesta dip with 8 whole grain tortilla chip "scoops." Serve with 1/2 cup canned pineapple.

## You Chicken, Salad?

~45g carbs

One can of canned chicken mixed with 1/4 cup of Greek yogurt and 1 small, chopped apple. Serve in a 6-inch whole wheat tortilla lined with lettuce leaves. Pack with popcorn and celery sticks.

\*\*Note: When serving sizes are not specified, assume one standard serving size per item (per Nutrition Facts Panel on label).

# SUPERHERO RECIPES SHOULDN'T BREAK THE BANK

Eating healthy doesn't have to be super expensive!

## One Day Pricing Example:

**BREAKFAST**

### Nutty Professor Waffles

Waffles \$0.75

Peanut butter \$0.13

Banana \$0.25

Milk \$0.48

**\$1.61**

**LUNCH**

### Top This Tuna

Pretzel thins \$0.49

Tuna fish \$0.20

Cream cheese \$0.31

Carrots \$0.37

Celery \$0.33

Hummus \$0.26

**\$1.97**

**DINNER**

### Chop This Pork Chop

Small pork chop \$1.16

Sweet potato \$0.50

Greens (collard) \$0.65

Brown rice \$0.18

**\$2.49**





## DINNERTIME STAKE OUT

Get set for the night ahead  
with these healthy meal ideas.



### Holy Ravioli

~50g carbs

One cup of frozen ravioli (cooked), mixed with 1/2 cup tomato pasta sauce. Serve with a mixed green salad topped with carrots, tomatoes and 2 tablespoons of Ranch dressing.

### Chickened Out Slaw

~45g carbs

One cup of shredded, canned chicken mixed with 1/2 cup coleslaw. Serve over 1/2 cup brown rice, with 1/2 cup of black-eyed peas.



### Chop This Pork Chop

~50g carbs

Grilled pork chop with 1/2 cup cooked greens and 1 cup baked sweet potato. Serve with 1/2 cup cooked brown rice.

### Ninja Fajita Tortillas

~50g carbs

2 eggs sautéed with chopped bell peppers and onions, portioned onto two 6-inch wheat tortillas. Top with 1/2 cup of black beans, 1/4 cup of salsa and 1/4 cup of shredded cheddar cheese.

## SUPER SNACKS

Need a power-up? Try these ideas  
for on-the-go fuel-ups.

\*\*All side items should be packed in the amount of one  
standard serving size (equal to ~15g carbs)\*\*



### Smile for the Photog

~15g carbs

Cheese stick with one serving of your favorite whole grain crackers.

### Muscled-up Apples

~30g carbs

1 small apple, sliced, served with a peanut butter yogurt dip (1/2 cup plain Greek yogurt whisked with 2 tablespoons of peanut butter).

### Lasso Veggie Dip

~15-30g carbs

1/2 cup Greek yogurt mixed with 1/4 packet of Ranch dressing mix. Scoop with your favorite fresh sliced veggies (carrots, broccoli, celery or peppers) or one serving of whole wheat crackers.

### Ant Man on a Log

~15-20g carbs

Celery sticks lined with peanut butter and 2 tablespoons of raisins.

### Berry Powerful Parfait

~30g carbs

One serving of Greek yogurt layered between one cup of your favorite fresh berries and one handful of nuts.