

METABOLIC CHANGE SEPTEMBER 2020 NEWSLETTER



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TRADER JOE'S MIX & MATCH MEALS

- 1. Trader Joe's Frozen Brown Rice & Mandarin Chicken. Top with sliced green onions.**
- 2. Trader Joe's Frozen Mashed Potatoes, Roasted Green Beans, & Chicken Picatta.**
- 3. Trader Joe's Chicken Shawarma, Rice Orzo Pilaf, & Garlic Naan Bread. Serve with Trader Joe's Tzatziki Sauce.**
- 4. Trader Joe's Eggplant cutlets & Spaghetti Sauce. Cover cutlets with mozzarella slices and sauce before baking. Serve with toasted bread and Trader Joe's Garlic Spread Dip.**
- 5. Trader Joe's Cheese Tortellini, Alfredo Sauce, & Frozen Peas. Serve with a garden salad & Trader Joe's Green Goddess Dressing.**
- 6. Trader Joe's Pesto Pasta Veggie Saute Kit & Chicken Strips.**
- 7. Make a healthy breakfast sandwich with a Trader Joe's Egg Frittata & Whole Wheat English Muffin. Top with Thousand Island Dressing, Lettuce, and Tomato.**

MICROWAVE GRANOLA

1/2 C butter
3/4 C brown sugar
1/4 C honey

1/4 C water
1/2 t salt
1/2 t cinnamon

Combine in a 9 x 13 glass baking dish. Microwave on high for 8 minutes.

Stir in:

1 C bran flakes
3 C old-fashioned oats
1 C walnuts, peanuts, or pecans

1 C sunflower seeds
1 C flaked coconut
1 C almond slices*

Microwave for 8 to 10 minutes on 50% power, stirring halfway through cooking. Granola will be golden brown. If desired, add raisins. Spread on buttered cookie sheet to cool. Break into small pieces and store in airtight container. *Add or omit ingredients according to taste. Can substitute gluten-free oats.

QUICK QUESADILLAS

Taste great with Tortilla Land Flour Tortillas or Be Free Gluten-Free Tortillas.

1. Bean & Cheese. Amy's Organic Refried Beans with Green Chilis & Mexican Cheese Blend. Serve with salsa.
2. Pepperoni Pizza. Trader Joe's Italian Cheese Blend & All-Natural Turkey Pepperoni. Serve with pizza sauce.
3. Cheese Dream. American Cheese Slices & Cooked All-Natural Turkey Bacon.
4. Ham & Cheese. All-Natural Ham & Shredded Cheddar or Swiss Cheese.
5. BBQ Chicken & Cheese. Trader Joe's Pulled Chicken Breast in BBQ Sauce, Shredded Colby Jack, & Red Onion Slices.

