

# SHOPPING LIST

## MASON JAR MEALS

- Banana Bread Overnight Oats
- Mason Jar Peanut Noodles
- Salad in a Jar
- Fruity Shake Up

### PRODUCE

- 3 bananas
- 1 cup shelled edamame
- 2 carrots
- 1 bunch scallions
- 1 red bell pepper
- 1 yellow bell pepper
- 1 lemon

### DAIRY/COOLER

- 1 cup unsweetened oat milk
- 1/2 cup plain or vanilla greek yogurt

### FROM YOUR PANTRY/GROCERY

- salt & pepper
- extra virgin olive oil
- 1 cup oats
- 1 tsp maple syrup
- 1/2 tsp vanilla extract
- 1/4 cup walnuts
- 2 Tbsp mini chocolate chips
- 1/4 tsp cinnamon
- 1 package soba noodles
- 1 jar crunchy rice noodles
- 1/4 cup peanut butter
- 2 Tbsp sriracha
- 3 Tbsp tamari
- 2 Tbsp rice vinegar
- 2 Tbsp sesame seeds

# BANANA BREAD OVERNIGHT OATS

**PREP TIME**

10 mins

**COOK TIME**

0 mins\*  
*\*fridge time,  
not cook time!*

**SERVINGS**

2-4

## INGREDIENTS

**Overnight Oats**

- 2 ripe bananas, mashed
- 1 cup oats
- 1 cup unsweetened oat milk
- 1/2 cup plain or vanilla greek yogurt
- 1 tsp maple syrup
- 1/2 tsp vanilla extract
- 1/4 tsp cinnamon
- pinch salt

**Toppings:**

- 1 banana, sliced
- 1/4 cup toasted chopped walnuts
- 2 Tbsp mini chocolate chips

## INSTRUCTIONS

- 1.** In a mason jar or resealable container with a lid, combine all overnight oat ingredients and mix well. Cover and place in the refrigerator overnight.
- 2.** In the morning, serve overnight oats topped with banana slices, walnuts, and chocolate chips. Enjoy!

# MASON JAR PEANUT NOODLES

## PREP TIME

15 mins

## COOK TIME

0 mins!

## SERVINGS

4-6

## INGREDIENTS

### SALAD

1 package soba noodles  
1 cup shelled edamame  
2 carrots, shredded  
4 scallions, sliced  
1 red bell pepper, sliced  
1 yellow bell pepper, sliced  
1/2 cup roasted peanuts, rough chopped  
1/2 cup crunchy rice noodles

### DRESSING

1/4 cup peanut butter  
2 Tbsp sriracha sauce  
2 Tbsp tamari  
2 Tbsp rice vinegar  
1/2 cup olive oil  
2 Tbsp sesame seeds

## INSTRUCTIONS

1. For dressing, combine all ingredients in a small bowl or jar with tight-fitting lid and whisk/shake until combined. Set aside.
2. Cook noodles according to their package directions, then rinse under cold water and drain.
3. To the bottom of each mason jar, add a layer of dressing., followed by noodles, edamame, and bell pepper.
4. Store the roasted peanuts and crunchy rice noodles in small resealable bags/containers in the mason jars until ready to serve.
5. To eat, either shake up the jar or pour into a salad bowl, and top with roasted peanuts and crunchy rice noodles. Enjoy!

# SALAD IN A JAR

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## PREP TIME

10 mins

## COOK TIME

varies

## SERVINGS

1

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## INGREDIENTS

**Layer 1:** your favorite salad dressing

**Layer 2:** tomatoes, cucumbers, red onion, asparagus, celery, peppers, carrots

**Layer 3:** mushrooms, zucchini, beans, lentils, peas, corn, broccoli

**Layer 4:** boiled eggs and cheese (feta, gouda, cheddar, etc...)

**Layer 5:** rice, pasta, quinoa or couscous

**Layer 6:** nuts and greens (lettuce, spinach, arugula, etc...)

**Other:** clean mason jar with lid (around 24 oz/700ml)

## INSTRUCTIONS

1. Prepare all ingredients - cut/peel/wash the veggies. Boil the pasta/quinoa/rice.
  2. Prepare the dressing.
  3. Once all ingredients are prepared, toss them all into the mason jar according to layers.
  4. Top the mason jars with lids and put them in the fridge... done!
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# FRUITY SHAKE-UP

## PREP TIME

5 mins

## COOK TIME

0 mins!

## SERVINGS

1

## INGREDIENTS

1 lemon, quartered

1/4 cup additional fruit (whatever you have! Great options: raspberries, blueberries, watermelon, orange, lime, you name it!)

Spoonful of sugar

Ice

Water

## INSTRUCTIONS

1. Combine fruit and sugar in a mason jar and shake vigorously.
2. Use the handle end of a wooden spoon (or muddler if you're fancy) to smoosh the fruit.
3. Add ice and fill with water, and shake vigorously again. Enjoy!