



ELIZABETH GABRIELSON
WELLNESS

Overnight Chia Oats

Serves 4

Ingredients:

- ½ cup whole rolled oats
- 1 tablespoon chia seeds
- ½ teaspoon maple syrup, plus more for serving
- Pinch of sea salt
- ¼ cup Greek yogurt
- ⅔ cup unsweetened almond milk
- Scoop of protein or collagen powder (optional)
- 1/4 cup frozen or fresh berries

Variations:

Apple Pie

- 2 tablespoons unsweetened applesauce
- ¼ teaspoon cinnamon, cardamom, nutmeg
- Chopped pecans

Peach Crisp

- Peach slices, fresh or frozen
- Granola

Banana Bread

- ½ banana, mashed
- ¼ teaspoon cinnamon
- Pinch nutmeg
- Banana slices
- Chopped walnuts

Directions:

1. In a mason jar or other lidded jar, place the oats, chia seeds, maple syrup, salt, greek yogurt and protein powder, if using. Add the almond milk and stir or shake until the mixture is well combined and there are no clumps at the bottom of the jar.
2. Add frozen or fresh fruit to the top, as desired. Cover and refrigerate overnight, or for up to 5 days.
3. In the morning, top with your desired additional toppings and serve with drizzles of maple syrup, peanut butter, honey or crunchy granola.



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Noodle Soup in a Jar

Ingredients (Makes one 32oz jar):

- 1 tablespoon soy sauce
- 1 teaspoon bouillon or miso paste
- 1 teaspoon chili paste, gochujang or sriracha
- 1/2 teaspoon sesame oil (optional)
- 1/2 teaspoon rice vinegar (optional)
- 1/2 cup cubed tofu, shredded cooked chicken or shrimp
- 1/2 cup shredded cabbage
- 1/2 cup shredded carrots
- 1/4 cup shelled edamame
- 1/4 cup sliced bell peppers
- 3 oz rice vermicelli or instant noodles
- 1 scallion, sliced
- 1/4 cup chopped cilantro

Optional additions/substitutions:

- bean sprouts
- thinly sliced mushrooms
- grated fresh ginger
- fresh chili slices

Directions:

1. Add soy sauce, bouillon, chili, oil and vinegar to the bottom of a large wide mouth jar or glass food storage container and stir to combine.
2. Add remaining ingredients to the jar, stacking in the order as listed.
3. Refrigerate until ready to serve, bring to room temperature and then fill jar with hot water. Shake it up and let stand for 6 minutes. Stir and enjoy!



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Apple Pie Smoothie

Single Serving

Ingredients:

- 1 medium apple, cored
- 1/2 cup milk, dairy or non-dairy
- 1/4 cup greek yogurt
- 1/2 teaspoon ground cinnamon
- Pinch of ground nutmeg
- Pinch of ground cardamom
- Optional - honey or maple syrup
- Optional - scoop of protein or collagen powder
- 5 ice cubes

Directions:

1. Combine all ingredients into a blender and blend until smooth.
2. If desired, pour into glass and top with a cinnamon stick for fun!



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Greek Chicken Salad Jars

Ingredients (1 serving):

- 1 tablespoons extra virgin olive oil
- 1 tablespoon fresh lime or lemon juice
- 1 tablespoon balsamic or red wine vinegar
- 1/2 cup chickpeas
- 2 tablespoons red onion, diced
- 1/4 cup cucumber, diced
- 3/4 cup cooked chicken breasts, shredded or diced
- 1/4 cup kalamata olives, sliced
- 1 tomato or 1/3 cup cherry tomatoes, diced
- 2 tablespoons feta cheese
- 1 cup romaine, chopped

Optional additions: quinoa, lentils, nuts, seeds, fresh or dried herbs

Directions:

1. Using a 32oz. wide-mouth mason jar or food storage container of choice, add oil, vinegar and lemon juice to the bottom of the jar.
2. Layer all additional ingredients into the jar in the order listed, finishing with the leafy greens at the very top.
3. Store in the refrigerator, stored for up to 5 days and do not shake until ready to eat.
4. When ready to enjoy, shake contents into bowl or shake and eat right from the jar on the go!