

Breakfast

Tropical Oatmeal

Calories: 610

Protein: 32.5 grams

- ☐ ¾ cup instant oats
- ☐ 1 scoop of vanilla protein powder ([this one is my favorite](#))
- ☐ ¼ - ½ cup of dehydrated pineapple
- ☐ 2 tbsp macadamia nuts
- ☐ 1 tbsp white chocolate chips

Add 1½ cups of water to rehydrate! Delicious as overnight oats.

Apple Caramel Oatmeal

Calories: 518

Protein: 33.5 grams

- ☐ ¾ cup instant oats
- ☐ 1 scoop of vanilla protein powder ([this one is my favorite](#))
- ☐ ¼ - ½ cup of dried apple chips
- ☐ 2 tbsp walnuts
- ☐ 1 to 2 Werther's Originals Hard Candies (or soft if you're cold soaking)

Add 1½ cups of water to rehydrate!

Berry Granola

Calories: 670

Protein: 18 grams

- ☐ ½ cup of granola ([this one is my favorite](#))
- ☐ ⅓ cup instant whole milk, non-fat milk, or coconut milk powder
- ☐ ½ cup of dehydrated strawberries or other fruit
- ☐ Opt: 2 tbsp coconut flakes

Add 1 cup of water, shake well, and eat immediately.

Miranda Goes Outside!

Lunch

Trail “Pizza”

Calories: 565

Protein: 26 grams

- ☐ 15 Pepperoni slices or veggie slices (or whatever gets you enough kcal)
- ☐ 2 Cheese sticks OR Laughing Cow cheese
- ☐ 3 Mini, street taco size tortillas
- ☐ Opt: marinara sauce packets (you can buy these from most pizza chains!)

Assemble pizzas and eat like a taco! If that’s not an oxymoron, I don’t know what is.

Couscous and Tuna

Calories: 520

Protein: 31 grams

- ☐ $\frac{2}{3}$ cup couscous
- ☐ 1 packet of chunk light tuna in *water*
- ☐ 1 tsp italian seasoning
- ☐ 1 packet Olove olives

Add couscous and seasoning mix to a jar in the morning with $\frac{2}{3}$ cup water. Shake well. When it’s time for lunch, fluff with sporks and add tuna and olives.

Miranda Goes Outside!

Dinner

Chicken Peanut Ramen

Calories: 660

Protein: 30 grams

- ☐ 1 packet of chicken-flavored ramen
- ☐ 1 packet of peanut butter (Justin's is my favorite for this)
- ☐ 1 packet of chicken

Make ramen as instructed, but drain off almost all the water before adding seasoning packet, peanut butter, and chicken. Eat!

Cheesy Rice

Calories: 785

Protein: 30 grams

- ☐ 1 packet of Knorr Rice Sides Cheddar Broccoli
- ☐ 1-2 tbsp instant whole milk powder
- ☐ ¼ cup dehydrated peppers, mushrooms, or other veggies
- ☐ 2 tbsp bacon bits or fak'n bacon bits

Make Knorr Rice Side as instructed, adding peppers, milk powder, and bacon bits in towards the last few minutes of cooking.