

# USC Quick Meal Guide

Quick + Easy Tips for Building  
a Balanced Breakfast, Lunch,  
Dinner, and Snacks!



## Quick Meal Guide

The USC WorkWell Center is pleased to share this guide to support faculty and staff with quick, easy, and nutritious meal ideas for breakfast, lunch, dinner, and snacks. Use this guide to create healthy meals for you and your family!



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# Breakfast

Tips and Recipes



# Building a balanced breakfast

in under 15 minutes



## **Carbohydrates: bread**

*Fuel for the brain and primary energy source for the body*

## **Fiber: bread + avocado**

*Important for regular digestion and promotes healthy gut microbiome*  
*Tip: look for whole grains*

## **Fat: egg yolk + avocado**

*Plays a role in energy production, brain health and hormone regulation*

## **Protein: egg whites + bread**

*Vital for tissue repair and growth*

## **Micronutrients: greens**

*Necessary for immune function and energy production*

# Building a balanced breakfast

in under 15 minutes

Baked or overnight oats



Smoothies



Yogurt bowls



Eggs + toast







# Overnight oats

## Chocolate Peanut Butter Oatmeal

- 1/2 cup oats
- 1 tbsp chia seeds
- 2/3 cup milk of choice
- 1 tsp maple syrup or honey
- 1 tbsp peanut butter
- 2 tsp cacao powder
- Top with chocolate chips



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## Oatmeal with fresh fruit

- 1/2 cup oats
- 1 tbsp chia seeds
- 2/3 cup milk of choice
- 1 tbsp maple syrup or honey
- Fresh fruit (strawberry, blueberry, peach, etc.)
- 2 tbsp yogurt of choice
- Top with granola





# Smoothie Ideas



## Berry smoothie

- 3/4 cup frozen fruit
- Handful of spinach
- 1/4 cup yogurt
- 1/2 cup milk of choice
- 2 tbsp oats
- 1 tbsp chia or flax seeds



## Green smoothie

- 1/2 cup frozen pineapple
- 2 cups of spinach
- 1 banana
- 1 pear
- 1 cup cold water
- 1 tbsp chia or flax seeds



# Build your own yogurt bowl

## Butters

Peanut butter, almond butter, cashew butter, etc.

## Toppings

Nuts (almonds, walnuts, etc.), granola, seeds (hemp, chia, etc.), coconut flakes, cacao nibs

## Fruit

Strawberries, blueberries, mango, kiwi, peach, etc.

## Base

Yogurt

Try Greek yogurt for higher protein + easier digestion!







# Eggs and Toast: Three Ways



Pesto, avocado,  
tomato, egg, chives



Hazelnut spread,  
sliced almonds,  
raspberries (or fruit of  
choice)



Cream cheese,  
cucumber, smoked  
salmon, red onion,  
capers, fresh dill



## Egg + Veggie Scramble

**Add your favorite  
vegetables!**

*Try adding tomato,  
mushroom, onion, spinach,  
bell pepper, parsley + others*



## Egg muffins

**Add cheese, fresh herbs +  
your favorite vegetables!**

*Try adding tomato,  
mushroom, onion, spinach,  
bell pepper, parsley + others*



## Omelet

**Add cheese, fresh herbs +  
your favorite vegetables!**

*Try adding tomato,  
mushroom, onion, spinach,  
bell pepper, parsley + others*



# Foul Mudammas

*Tutorial*

🕒 20 minutes

## Ingredients

- Fava beans, 1 can
- Garlic, 1 clove
- Tomato, diced
- Extra virgin olive oil
- Chopped parsley
- 1/2 tsp cumin, salt and pepper to taste
- Lemon juice

Rich in fiber and plant-based protein!

## Instructions

- ✓ Add fava beans and 1/4 cup of water to skillet to warm. Season with cumin, salt and pepper. Mash beans with potato masher.
- ✓ Add olive oil, garlic and lemon juice.
- ✓ Top with parsley and tomato. Serve with pita bread.



# Lunch

Tips and Recipes



# Lunch Tips:



- Consider meal prepping lunches on the weekend or on your day off
- Try prepping your protein and grains ahead of time for quick assembly
- Build your own bento or lunch box
- For workday lunches, pack hardy vegetables that won't wilt (ex: broccoli slaw)

# Building a balanced lunch

in under 20 minutes

**Mediterranean Farro Salad**



**Gyros**



**Kimchi Fried Rice**



**Red Lentil Dahl**





# Mediterranean Farro Salad

*Tutorial*

🕒 20 minutes

## Ingredients (6 servings)

- 2 large tomatoes
- 2 Persian cucumbers
- 1/2 red onion
- 1 cup farro, dry
- 1 lemon, juiced
- 1 bunch parsley, rough chop
- 1 16 oz can chickpeas, drained
- 1/2 red onion
- Salt and pepper, to taste
- 1/3 cup olive oil

## Instructions

- ✓ Cook 1 cup of dry farro (boil, rice cooker, etc.) and let cool.
- ✓ Finely dice the red onions and tomatoes. Cut cucumber into half slices (or fine dice). Rough chop the parsley.
- ✓ In a large bowl combine chopped vegetables with the chickpea and cooled farro.
- ✓ Add olive oil and lemon juice. Salt and pepper to taste. Mix thoroughly.

Rich in healthy monounsaturated fats!





# Gyros

## Tutorial

🕒 15 minutes

### Ingredients (4 servings)

- 1 can chickpeas (or protein of choice)
- Cucumbers and tomato, sliced
- Pita bread
- Red onion, sliced
- 1/4 tsp paprika; 1/2 tsp cumin
- 1/2 tsp oregano; 1/4 tsp garlic powder; salt and pepper
- Fresh dill and feta cheese
- 2 tbsp olive oil

### Instructions

- ✓ Cook chickpeas (or protein of choice) in olive oil with salt and pepper.
- ✓ Add cumin, oregano, paprika, garlic powder, and more salt and pepper.
- ✓ Cook for a couple of minutes until chickpeas are crispy and well seasoned.
- ✓ Serve on pita bread topped with cucumber, tomato, red onion, feta and dill.

Paprika and cumin have flavanoids that work as antioxidants.



# Kimchi Fried Rice

## Tutorial

🕒 15 minutes

### Ingredients (4 servings)

- 2 cups steamed rice (prep night before)
- 1/4 small onion, diced
- 2 tbsp olive or avocado oil
- 1/4 tsp sesame oil
- 1/2 cup kimchi, + 1 tbsp kimchi juice
- 1 tbsp soy sauce
- 1 clove garlic, minced
- 1 stalk scallion
- Eggs (optional)

Great source of probiotics that support gut health!

### Instructions

- ✓ Heat wok with olive or avocado oil to sautee the onion and garlic until fragrant.
- ✓ Add kimchi and rice. Stir.
- ✓ Add sesame oil, soy sauce, scallion, salt and pepper. Stir.
- ✓ Serve immediately. Top with a fried egg.



# Red Lentil Dahl

*Tutorial*

🕒 20 minutes

## Ingredients (8 servings)

- 4 cups cooked brown rice
- 1 yellow onion, finely diced
- 1 tbsp olive oil
- 1 1/2 cups dried red lentils
- 1 can diced tomatoes + 1 can coconut milk
- 1 tbsp garam masala + 1 tsp turmeric + 1/2 tsp chili flakes
- 1 tbsp fresh ginger
- 5 cloves garlic, minced
- 3 cups vegetable broth
- 3 cups baby spinach
- 1/2 lemon, juiced

## Instructions

- ✓ Sautee onion in olive oil. Add garlic and ginger. Cook until fragrant.
- ✓ Add garam masala, turmeric, and red pepper flakes to onion.
- ✓ Add lentils, canned tomato with juices, vegetable broth, and coconut milk. Bring to boil and then lower to simmer for about 15 minutes.
- ✓ Add lemon juice and spinach, stir. Salt to taste. Serve with brown rice and naan.

Garam masala and turmeric are loaded with antioxidants that support the immune system!





# Build your own lunch bowl

## Toppings

Nuts, seeds, pico de gallo, salsa, hummus, pesto, herb yogurt, balsamic, etc.

## Veggies

Onion, garlic, tomato, cilantro, parsley, broccoli, bell pepper, zucchini, cucumber, sweet potato, etc.

## Protein

Poultry, tofu, mushroom, fish, legume (black bean, chickpea, lentil, etc.)

## Base

Grains (brown rice, quinoa, farro, etc.) or leafy greens





# Pasta Salad: Three Ways



Pesto, arugula, mozzarella,  
artichoke, and olives



Red onion, cherry tomato,  
cucumber, feta,  
vinaigrette dressing



Red onion, cilantro,  
black bean, corn, cotija  
cheese, sour cream,  
and jalapeno



# Build your own salad

Try prepping your salad in a mason jar strategically: greens at the top, dressing at the bottom.



## Dressing

Olive oil + lemon + salt and pepper, vinegar, balsamic, etc.

## Toppings

Nuts, seeds, fresh fruit, fresh herbs, cheeses, whole grains, etc.

## Veggies

Onion, tomato, carrot, broccoli, bell pepper, radish, zucchini, cucumber, sweet potato, etc.

## Protein

Poultry, tofu, egg, fish, nuts, seeds, legumes (black bean, chickpea, lentil, etc.)

## Base

Spinach, arugula, kale, endive, romaine, cabbage, etc.







# Dinner

Tips and Recipes

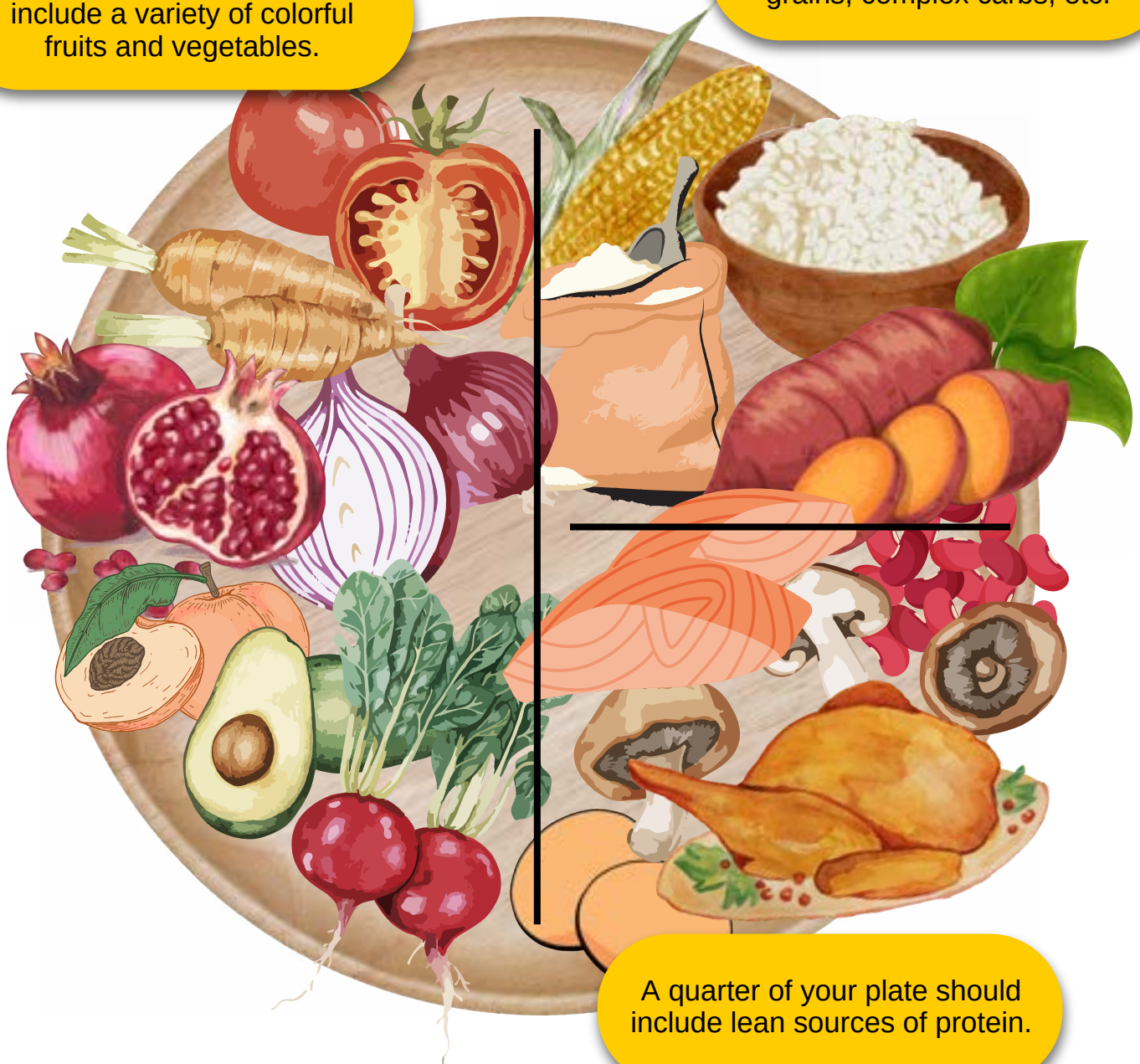


# Balance your blood sugar

by balancing your plate!

Half of your plate should include a variety of colorful fruits and vegetables.

A quarter of your plate should include starches like whole grains, complex carbs, etc.



A quarter of your plate should include lean sources of protein.



# Quick Dinner Ideas

Tacos with rice and beans



Seasonal soups



Fish/seafood



Chili (vegetarian or meat)







# Tacos: Three Ways



## 1 Shredded Chicken

**Add your favorite fresh herbs and vegetables!**  
*Try adding tomato, onion, pepper, lettuce, avocado, cilantro + others*

## Seafood of Choice

*Opt for fish/seafood lower in mercury such as salmon, cod, tilapia, shrimp, etc.*



## 3 Vegetarian Taco

*Vegetarian sources of protein include beans, mushrooms, tofu, lentils, seitan, etc.*



# Soup: Four Ways



## Pozole Soup

Add your favorite fresh herbs and vegetables!

*Try adding lettuce, oregano, radishes, corn, onion, pepper, avocado, cilantro + others*



## Pumpkin Soup



## Potato Leek Soup



## Chicken Noodle Soup

Add your favorite fresh herbs and vegetables!

*Try adding carrots, celery, broccoli + others*



# Curried Butternut Squash Soup

*Tutorial*

🕒 30 minutes

## Ingredients (4 servings)

- 1 tbsp coconut oil
- 2 med. shallots, thinly diced
- 2 cloves garlic, minced
- 1 sm. butternut squash, chopped
- 1 1/2 tbsp curry powder
- 1/4 tsp cinnamon
- 1 14 oz can light coconut milk
- 2 tbsp maple syrup
- 2 cups vegetable broth
- Toasted pumpkin seeds
- Full fat coconut milk

## Instructions

- ✓ Add oil, shallot, and garlic to large pot. Sauté for 2 minutes. Stir.
- ✓ Add butternut squash. Season with curry powder, cinnamon, salt and pepper. Cook covered for 4 minutes.
- ✓ Add vegetable broth, coconut milk, and maple syrup. Bring to a low boil, reduce heat and simmer for 15 minutes.
- ✓ Blend soup and add any seasonings to taste. Garnish with coconut milk and pumpkin seeds.





# Fish: Three Ways



## Baked Fish

Add your favorite fresh herbs like rosemary, parsley, thyme, etc!

*Serve with brown rice and your favorite vegetables.*



## Shrimp and Pasta

Get creative with your favorite pasta of choice!

*Add in your favorite vegetables, fresh herbs, olive oil, lemon, garlic, etc.*



## Glazed Fish

Try glazes made with gochujang, miso paste, honey, hoisin, etc.

*Serve over rice and your favorite vegetables. Sprinkle with sesame seeds, furikake, green onion, etc.*



# Garlic Butter Tilapia

*Tutorial*

🕒 30 minutes

## Ingredients (4 servings)

- 4 fillets of tilapia
- 1/2 tsp paprika
- 1/2 tsp dried thyme
- 1/2 tsp dried oregano
- 4 cloves minced garlic
- 4 tbsp melted butter (or olive oil)
- 2 tbsp lemon juice
- 1/4 tsp lemon zest
- Red pepper flakes, garnish
- Fresh parsley, chopped
- Slices of lemon, garnish

## Instructions

- ✓ Pre-heat oven to 400 °F. Season tilapia with paprika, oregano, thyme, salt, and pepper.
- ✓ Whisk melted butter, garlic, lemon juice and zest in a bowl. Pour on tilapia.
- ✓ Bake for 10-12 minutes, until fish flakes.
- ✓ Garnish with fresh parsley, red pepper flakes, and lemon slices. Serve with brown rice and favorite veggies!



# Coconut Curry Salmon

## *Tutorial*

🕒 35 minutes

### Ingredients (4 servings)

- 12 oz of salmon
- 1 tbsp olive oil
- 1 tbsp butter
- 1/2 med. onion, chopped
- 2 cloves minced garlic
- 2 tbsp red Thai curry paste
- 1 cup broccolini, thinly sliced
- 1/2 cup carrots, julienne
- 1/2 tsp fish sauce; 1 tsp lime juice
- 1/2 tsp brown sugar
- 1 can coconut milk
- 2 tbsp fresh cilantro, chopped
- 2 tbsp fresh basil, chopped

### Instructions

- ✓ Add butter and oil to skillet. Once hot, cook salmon skin side down for 5 minutes. Flip and cook for another 2-3 minutes. Transfer to plate.
- ✓ Sautee onion in skillet for 3 minutes then stir in garlic and curry paste. Cook for 1 minute.
- ✓ Add fish sauce, coconut milk, brown sugar, broccolini and carrots. Simmer about 5 minutes.
- ✓ Stir in lime juice and add fish back to pan. Garnish with cilantro and basil. Serve with rice.





# Korean Honey and Miso Glazed Cod

## *Tutorial*

🕒 20 minutes

### Ingredients (4 servings)

- 1 lb cod
- 1 1/2 tbsp rice vinegar
- 2 tbsp honey
- 1 tbsp gochujang
- 1 tsp sesame seed oil
- Steamed broccoli
- 1 tbsp white miso paste
- 1 tsp soy sauce
- 1 tsp ginger, grated
- Beech mushrooms, optional
- Sesame seeds, green onion for garnish

### Instructions

- ✓ Place cod on aluminum foil lined baking sheet. Add oil to the foil and place cod on tray.
- ✓ Whisk honey, vinegar, gochujang, soy sauce, miso, sesame oil, garlic and ginger in bowl. Brush 2 tbsp of marinade onto cod. Place mushrooms on tray and broil on high for 3-5 minutes.
- ✓ Switch from broil to bake at 375 °F. Brush remaining glaze on cod and bake 5-10 minutes.
- ✓ Serve with rice, broccoli and garnish with sesame seeds and green onion.



# Chili Recipes

## Meat Option: Turkey Chili

### *Tips:*

- Consider slow cooking by prepping earlier in the day and letting the crock pot do the hard work!
- Hide some extra veggies in the chili.
- Garnish with fresh herbs like cilantro, cheese, jalapeño, avocado, sour cream, green onion, chive, etc.



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## Vegetarian Options

### *Tips:*

- Same tips from above apply here.
- Vegetarian protein sources include beans (pinto, kidney, fava, navy, and black bean), tofu, quinoa, etc.
- Make sure to add some flavorful spices and garnish with peppers, herbs, cheese, etc.







# Snacks

Tips and Recipes



# Understanding the Labels

## New Label

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

1

The serving size now appears in larger, bold font and some serving sizes have been updated.

2

Calories are now displayed in larger, bolder font.

3

Daily Values have been updated.

4

Added sugars, vitamin D, and potassium are now listed. Manufacturers must declare the amount in addition to percent Daily Value for vitamins and minerals.

<https://www.fda.gov/food/new-nutrition-facts-label/whats-new-nutrition-facts-label>

# Understanding the Labels

<b>Nutrition Facts</b>	
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1

Pay attention to the serving size. Look out for how many servings are in each package.

2

It is recommended to limit calories from saturated fat to < 10% total calories. This includes food AND drinks.

3

It is recommended to limit calories from added sugar to < 10% total calories. This includes food AND drinks.

# Try more of:

Opt for one higher in fiber and lower in sugar!

Nuts and seeds



Fruit



Granola bars



Opt for lower sugar. Consider Greek yogurt for added protein.

Yogurt + fruit



Make your own at home to reduce the butter and salt.

Veggies + hummus/dip



Popcorn





# Limit:

Sugary ice cream/popsicles



Sugary candies



Donuts



and other sugary pastries

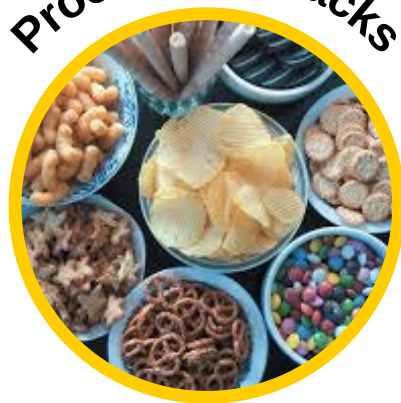
Check the ingredient label:  
look for fewer ingredients,  
lower in saturated fat,  
sodium and sugar.

Fries



and other fried snacks

Processed snacks



# Swap this:

# For this:



**Swap this:**

**For this:**

*Fries and other fried snacks*



*Veggies + hummus/dip*



*Buttery and salty popcorn*



*Plain popcorn*



*Processed snacks*



*Nuts and seeds*





# Snack Ideas

Caprese Salad



Chocolate Peanut Butter Banana Bites



Cucumber bites+ cream cheese + greek yogurt



Hummus + carrot, cucumber + pita, etc.





# Caprese Salad

*Tutorial*

🕒 15 minutes

## Ingredients

- 3 medium tomatoes, sliced 1/4" thick
- 12 oz fresh mozzarella, sliced 1/4" thick
- 1 bunch fresh basil
- 3 tbsp extra virgin olive oil
- 2 tbsp balsamic vinegar
- Salt and pepper to taste

## Instructions

- ✓ Slice tomatoes and layer on a plate.
- ✓ Layer mozzarella between each tomato slice.
- ✓ Tuck whole basil leaves in between tomatoes and cheese.
- ✓ Season with salt and pepper. Drizzle olive oil and balsamic vinegar.



# Chocolate Peanut Butter Banana Bites

## *Tutorial*

🕒 15 minutes

### Ingredients

- 3 ripe bananas
- 1/3 cup peanut butter
- 1/2 cup dark chocolate chips
- 2 tsp coconut oil

### Instructions

- ✓ Slice banana and place on parchment lined baking sheet.
- ✓ Add peanut butter to each banana and top with another banana slice.
- ✓ Let harden in the freezer for 1 hour. Next, melt chocolate and coconut oil in the microwave for 1 minute.
- ✓ Dip each banana bite into chocolate and put back in the freezer for 15 minutes.





# Snack Boxes

## Classic Box:

- Turkey and cheese
- Grapes
- Pretzels



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## Mediterranean Box:

- Carrots and celery
- Turkey
- Olives and hummus

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## Bagel Box:

- Smoked salmon
- Egg and cucumber
- Cream cheese and crackers

A top-down view of several beverage containers on a light grey surface. In the top right is a clear wine glass. In the top left is a dark glass containing a yellowish liquid. In the top center is a white ceramic mug. In the bottom left is a terracotta-colored mug. In the bottom center is a glass of bright orange juice. In the bottom right is a glass of dark red wine. The entire image is framed by a yellow border.

# Beverage

Tips and Swaps

# Beverage Ideas

**Water**



**Spa water**



**Tea**



**Low/sugar free coffee**





# Try more of:

Tip: include a splash of juice for flavor.

**Water**



**Spa water**



**Sparkling water**



Tip: consider sweetening with monk fruit or honey.

Loaded with gut friendly probiotics!

**Sugar-free coffee**



**Kombucha**



opt for flavors lower in sugar

**Unsweetened tea**



# Limit:

High fructose corn syrup



Added sugar



Sodas



Juice is high in sugar and removes the fiber from fruit. Try eating the fruit instead!

Sugary coffee drinks



Sports drinks



opt for sugar free

Juice



# Swap this:

# For this:

**Sodas**



**Water**



**Juices**



**Spa water**



**Sugary coffee**



**Sugar-free coffee**





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