

Run Your Way.

COOKING CLASS SERIES

Class 2 Shopping List

- Greek yogurt or Skyr *vanilla* ($\frac{3}{4}$ cup)
- Milk *any milk of your choice* ($\frac{1}{2}$ cup)
- White cheddar cheese *shredded* ($\frac{1}{2}$ cup)
- Eggs (6)
- Egg whites *liquid* (2 cups)
- Cottage cheese (1 cup)
- Red onion (1)
- Everything bagels (4 or 460g in wt)
- Vanilla extract ($\frac{1}{2}$ tsp)
- Maple syrup (2 tsp)
- Whey protein powder *vanilla* ($\frac{1}{2}$ scoop)
- Peanut butter powder (2 tbsp)
- Old fashioned oats ($\frac{1}{2}$ cup)
- Chia seeds (1 tsp+)
- Jam (1 Tbsp+)
- Salt
- Garlic powder
- Pepper
- Everything But the Bagel seasoning
- *Optional: peanut butter*



PB&J OVERNIGHT OATS



EVERYTHING BUT THE BAGEL
EGG BAKE

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PB&J Overnight Oats

MAKES 1 SERVING

Serv: 1 serving | 520 kcal | 8g fat | 78g carb | 7g fiber | 44g protein (without toppings)

Ingredients

¾ cup vanilla Greek yogurt or Skyr
½ cup any milk
½ tsp vanilla extract
2 tsp maple syrup
½ scoop vanilla whey protein powder
2 Tbsp powdered peanut butter
½ cup old fashioned oats
1 tsp chia seeds
1 Tbsp jam (+ more for later, if desired)
Peanut butter drizzle for the top (optional)



Directions

1. In a mason jar, combine all ingredients. Cover. Shake until well combined.
2. Store in the refrigerator overnight.
3. In the morning, top with a little more of your favorite jam & peanut butter and enjoy!

Substitutions

Vegan: To make these vegan, use non-dairy yogurt & vegan protein powder. You may need to add more liquid before eating, as plant-based protein powders absorb more liquid. Don't have plant-based yogurt? Try using a full serving of plant-based protein & double the liquid.

Chia seeds: Increase to 2 tsp if you like a thicker overnight oats.

Maple syrup: Feel free to omit if you want.

Old fashioned oats: You can use quick oats but the texture is mushier. I would recommend eating the next day and not saving for more than 24 hours.

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Everything But The Bagel Egg Bake

MAKES 6 SERVINGS

Serv: 1 serving | 375 kcal | 9g fat | 40g carb | 2g fiber | 30g protein

Ingredients

4 EBTB Bagels, chopped (460 g of bagels in weight, not carbs - approx. 220 g carbs)
½ cup white cheddar cheese, shredded
½ red onion, sliced
6 eggs
2 cups liquid egg whites
1 cup cottage cheese
½ tsp salt
½ tsp garlic powder
¼ tsp pepper
Everything But the Bagel seasoning



Directions

1. Preheat oven to 350 degrees. Grease a 7.5 x 10.5 inch pan.
2. Spread bagel pieces evenly into the pan. Top with cheese and red onions.
3. In a blender, combine eggs, egg whites, cottage cheese, salt, garlic powder and pepper. Blend well.
4. Pour egg mixture over the bagels.
5. Sprinkle dish with Everything but the Bagel seasoning.
6. Cover with foil and bake for 45 minutes. Remove foil and bake until golden brown and eggs are cooked through. This should take about 25 more minutes.
7. Allow to cool before cutting. Store in containers for the week.

Substitutions

7.5 x 10.5 baking dish: Another option is a 9 x 9 square pan.

Onions: You can add or omit. Feel free to add tomatoes or any other veggie that you enjoy on everything bagels.

Bagels: Feel free to use gluten free bagels, if needed. Also, all bagels are very different sizes. I included the weight in the recipe so you can read your nutrition label and see how many of your bagels are needed in this recipe.

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