FRIED RICE WITH BROCCOLI

Ingredients:
- 1/2 tbsp olive oil
- 1/2 - 1 cup cooked brown rice
- 1 egg
- 1/4 cup broccoli
- 1/4 cup baby carrots
- 1 tbsp low sodium soy sauce
- 1/2 tsp sesame oil
- Optional: 1 tbsp Szechuan spicy sauce

Directions:
- Cut broccoli into florets and chop carrots into smaller pieces.
- Steam broccoli and carrots (place veggies in a microwave safe bowl, add 1-2 tbsp water, cover with a microwave safe plate or lid and microwave on high for about 3-4 minutes).
- In a frying pan on medium heat, add the olive oil and cooked rice, create an opening in the center of the pan, add the egg and scramble it, when fully cooked toss with the rice.
- Add the carrots and broccoli to the pan, stir everything together.
- Add the soy sauce, sesame oil, and Szechuan spicy sauce, stir well, and serve hot.

Optional: 1 tbsp Szechuan spicy sauce

Additional vegetables to add: green beans, peas, onions, or anything you like!

CHIA PUDDING

Ingredients:
- 3 tbsp chia seeds
- 1 cup milk (skim, almond, coconut, etc.) OR 1/2 cup milk and 1/4 cup Greek yogurt
- Optional sweetener: 1-2 tsp maple syrup, vanilla, or honey
- Any toppings (strawberries, raspberries, blueberries, coconut peanut butter, granola, hemp seeds, etc.)

Directions:
- Combine chia seeds, milk, yogurt (optional), and sweetener (optional), and stir well.
- Cover (use a mason jar with a lid, a container, or cover any bowl you are using) and place in fridge to set for at least 30 min or overnight.
- Add toppings and enjoy!
- Leftovers can last up 3-4 days in the fridge.

Nutrition Facts
- Broccoli is high in Vitamin C which boosts your immune system and is important for skin health.
- Chia seeds are loaded with fiber and contains omega-3 fatty acids (this is an essential fatty acid that the body cannot make on its own).