



Here's one idea for preparing your Levana™ Meal Replacement.

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NUTRITION BORN IN THE KITCHEN:

RECIPES FROM THE 

Vanilla Bean

Overnight Oats



1/4 C



old fashioned oats

1



Levana™ Meal Replacement pouch



pinch of cinnamon

1 C



any milk

1/4



dried fruit or strawberries

1/2 C



yogurt

Add all ingredients to mason jar, mixed or layered as desired (oats should at least soak in milk/alternative). Refrigerate overnight and enjoy in the morning for breakfast.



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NUTRITION BORN IN THE KITCHEN: RECIPES FROM THE

Mixed Berry

Blueberry Muffins



1/2 C



milk, or milk
alternative

1/2 C



vegetable oil

2



eggs

1/2 C



maple syrup

1 C



blueberries

2 C



any flour

1 tsp.



baking powder

1 tsp.



baking soda

1



Levana™ Meal
Replacement pouch

Preheat oven to 350°. Mix eggs, blueberries, milk, oil and syrup in bowl. Combine dry ingredients in separate bowl and slowly stir in wet mixture until combined. Pour batter into a greased muffin mold (recommend 12 cup mold). Bake 30 min. or until middle is cooked (use a toothpick or knife to test).



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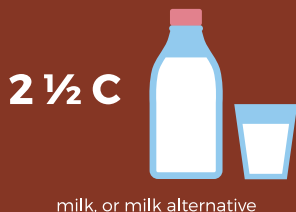
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NUTRITION BORN IN THE KITCHEN: RECIPES FROM THE

Cocoa Coffee

Mocha Crêpes



Levana™ Meal
Replacement pouch

Blend ingredients until smooth. Spray a 9-inch nonstick skillet with cooking spray and heat until very hot. Pour thin layer of batter into pan, enough to lightly coat the bottom, and swirl pan until batter is evenly distributed. When edges start to lift and the top looks dry, flip the crêpe and cook a few more seconds. Transfer to plate and eat alone or with your favorite fillings and toppings.



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NUTRITION BORN IN THE KITCHEN:

RECIPES FROM THE 

Mushroom Medley

Thai Meatloaf



1 ½ lbs.



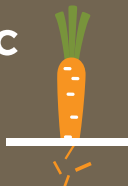
lean ground beef, turkey,
or vegan substitute

1/2 C



oats or cornmeal

1 C



grated carrots

1



Levana™ Meal
Replacement pouch

1/2 C



coconut milk

4



sliced scallions

1 tbsp



grated ginger

1-2 tbsp



sriracha sauce
(optional)

2



eggs

2 tbsp

toasted
sesame oil



Preheat oven to 375°. Mix all ingredients thoroughly by hand in bowl. Pack mixture firmly into greased loaf pan. Bake one hour or until top is firm to touch.



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NUTRITION BORN IN THE KITCHEN: RECIPES FROM THE

Garden Vegetable Spinach Mushroom Frittatas



2 tbsp.



olive oil

1 bunch



spinach

1 C



mushrooms

1/4 C



basil

5



eggs

1 C



milk, or milk
alternative

1



Levana™ Meal
Replacement pouch

1/2 C



Parmesan
cheese



salt and pepper



pinch nutmeg

Heat oil in 12-inch skillet. Sauté spinach, mushrooms and basil 1-2 min. Beat eggs, Levana™ Meal Replacement, cheese and spices in mixing bowl. Pour mixture evenly on top of sautéed vegetables in skillet and cover. Cook at medium heat for 15 min. or until top looks set. Cut in wedges and serve.