

SAVOR & SOOTHE

MEAL PREP KIT RECIPE GUIDE

Recipes, add-in measurements, RD tips & top-9 allergen information

ALLERGEN NOTE: Allergen information below refers to the base kit as currently described. Optional fresh ingredients and substitutions can change allergen status. Verify the actual supplier labels before final printing.

PASTA PREP **serves 2**

IN THE KIT: brown rice pasta, sauce ingredients and seasonings.

ADD: 8 oz brown rice pasta · 2 cups fresh vegetables, chopped · 8 oz favorite protein, cooked (optional) · Water, according to pasta package · Salt, to taste

TOP 9 ALLERGENS: None*

HOW TO MAKE IT

1. Cook the brown rice pasta according to package directions; reserve 1/2 cup pasta water, then drain.
2. Sauté vegetables until crisp-tender. Add cooked protein if using.
3. Add the kit sauce ingredients and seasonings. Stir in 1/4 cup pasta water and simmer 2–3 minutes.
4. Toss with pasta. Add reserved pasta water 1 tablespoon at a time as needed.
5. Taste, adjust seasoning, and divide into 2 servings.

RD TIP: Pair with colorful vegetables and a protein source to make the meal more satisfying and balanced.

SOUP STARTER **serves 2**

IN THE KIT: Broth concentrate, rice, dried vegetables and spices.

ADD: 3 cups water or low-sodium broth · 1 cup fresh vegetables, chopped (optional) · 8 oz favorite protein, cooked (optional)

TOP 9 ALLERGENS: None*

HOW TO MAKE IT

1. Add kit contents and 3 cups water or broth to a saucepan.
2. Bring to a boil, then reduce to a simmer.
3. Add fresh vegetables and protein, if using.
4. Cover and simmer until rice is tender, about 15–20 minutes.
5. Adjust liquid and seasoning to taste.

RD TIP: Keep easy proteins on hand—rotisserie chicken, canned beans or frozen edamame can quickly turn soup into a more complete meal.

BREAKFAST BOX **serves 2**

IN THE KIT: Oats, chia seeds, dried fruit and spices.

ADD: 1 cup breakfast box mix · 1 cup milk of choice · Up to 1/2 cup additional milk, if needed · Fresh/frozen fruit, optional · Nut or seed butter, optional

TOP 9 ALLERGENS: None in the base mix*

HOW TO MAKE IT

1. Combine 1 cup breakfast box mix with 1 cup milk.
2. Cook on the stovetop over medium-low heat for 4–6 minutes, or microwave for 2–3 minutes.
3. Stir and add additional milk until desired consistency.
4. Top with fruit and/or nut or seed butter, if desired.

RD TIP: Add a protein-rich topping such as Greek yogurt, cottage cheese, nut/seed butter, or eggs to make breakfast more filling.

SMOOTHIE BOOST 4 servings

IN THE KIT: Chia seeds, flaxseeds, spices and dried fruit.

ADD: 1/4 cup smoothie boost mix per smoothie · 1 cup milk or milk alternative · 1 cup fresh or frozen fruit · 1/2 cup plain Greek yogurt, optional · 1 cup spinach, optional · Ice, as desired

TOP 9 ALLERGENS: None in the base mix*

HOW TO MAKE IT

1. Add 1/4 cup smoothie boost mix to a blender.
2. Add milk, fruit, and optional yogurt or spinach.
3. Blend until smooth. Add ice or milk for desired texture.
4. Serve immediately. Repeat for up to 4 smoothies.

RD TIP: A smoothie is more likely to hold you over when it includes protein, fiber and fat—not just fruit.

SOOTHING SPICE MIX 4 servings

IN THE KIT: Warming spice blend for cooking or golden milk.

ADD: 1 tbsp soothing spice mix · 1 cup milk of choice · 1–2 tsp honey or maple syrup, optional · 1/2 tsp vanilla, optional

TOP 9 ALLERGENS: None in the base mix*

HOW TO MAKE IT

1. Add 1 tablespoon spice mix and 1 cup milk to a small saucepan.
2. Warm over medium-low heat, whisking frequently. Do not boil.
3. Add honey/maple syrup and vanilla, if desired.
4. Pour into a mug and enjoy warm.
5. For cooking, use 1–2 teaspoons per serving.

RD TIP: Use spices to add flavor and variety to everyday meals. An overall eating pattern matters more than any single ingredient.

QUICK FIX TRAIL MIX 4 servings

IN THE KIT: Sweet-and-salty snack blend.

ADD: 1/2 cup trail mix per serving · Optional: fresh fruit or yogurt

TOP 9 ALLERGENS: Peanuts and/or tree nuts*

HOW TO MAKE IT

1. Portion 1/2 cup trail mix into a snack container or bag.
2. Pair with fresh fruit or yogurt if desired.
3. Store remaining mix in an airtight container and portion as needed.

RD TIP: Pre-portioning snacks makes the grab-and-go choice easier. Keep a serving in your bag, desk or car.

U.S. TOP 9: milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, soy, and sesame.

*Final allergen declaration should be based on the exact ingredients, labels, and supplier/facility information for your production batch.

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