

Healthy recipes to keep energy steady for you and your loved one

Tolmar recognizes the care and commitment you bring every day as a care partner, and nutrition is an important part of supporting the well-being of both you and your loved one. These easy, nourishing recipes are designed to make it easier to promote strength, energy, and balance, one simple step at a time.



No-Cook Overnight Oats with Chia Seeds, Berries, & Almond Butter

Servings: 2 | **Time:** 5 minutes prep (rest overnight) | **Dietary callouts:** dairy-free, vegetarian, gluten-free (if using gluten-free oats)



Ingredients:

- ☐ 1 cup rolled oats (gluten-free if needed)
- ☐ 1 cup unsweetened almond milk (or other non-dairy milk)
- ☐ 2 tbsp chia seeds
- ☐ 1/2 cup mixed berries (fresh or frozen)
- ☐ 2 tbsp almond butter
- ☐ 1/2 tsp cinnamon
- ☐ Optional: small drizzle of honey or maple syrup



Instructions:

1. In a jar or bowl, mix oats, chia seeds, cinnamon, and almond milk
2. Stir in berries and almond butter
3. Cover and refrigerate overnight
4. In the morning, stir and enjoy cold, or warm gently if preferred

Why it's a good choice for you and your loved one

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| 1. Rich in fiber, plant-based protein, and omega-3s from chia seeds | : | 2. Berries are packed with antioxidants that may help protect cells from damage | : | 3. Almond butter provides healthy fats |
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Please consult your physician before making changes to your diet, as these recipes are not medical advice. It is your responsibility to ensure all ingredients and preparation methods meet your dietary needs.

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Quinoa & Roasted Veggie Bowl with Optional Grilled Chicken and Lemon-Tahini Dressing

Servings: 2 | **Time:** 20 minutes | **Dietary callouts:** gluten-free, dairy-free, vegetarian (without chicken)



Ingredients for bowls:

- ☐ 1/2 cup dry quinoa (makes ~1.5 cups cooked)
- ☐ 1 zucchini, chopped
- ☐ 1/2 red onion, chopped
- ☐ 1 cup broccoli florets
- ☐ 1 tbsp olive oil
- ☐ Salt and pepper to taste
- ☐ **Optional:** 1 small boneless, skinless chicken breast (6–8 oz), grilled and sliced



Ingredients for bowls:

- ☐ 2 tbsp tahini
- ☐ Juice of 1 lemon
- ☐ 1 clove garlic, minced
- ☐ 2–3 tbsp water (to thin)
- ☐ Pinch of salt



Instructions:

1. Cook quinoa per package directions (about 15 min)
2. While quinoa cooks, toss veggies with olive oil, salt, and pepper. Place on baking pan and roast at 400°F (200°C) for 20 minutes.
3. **Optional:** grill or bake chicken until cooked through (internal temp 165°F), then slice.
4. Add all ingredients for dressing to a medium bowl and whisk together until fully mixed.
5. Assemble bowls with quinoa, roasted veggies, and dressing. Top with chicken if using.

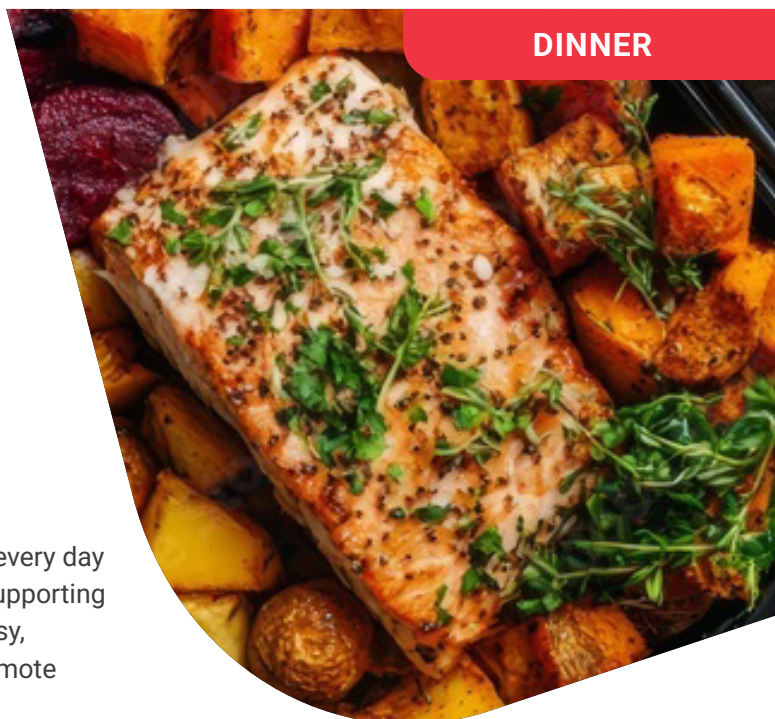
Why it's a good choice for you and your loved one

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| 1. Quinoa offers a complete plant protein | 2. Vegetables add phytonutrients and fiber | 3. Adding grilled chicken gives a lean protein boost without processed meat, helping maintain strength |
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One-Pan Baked Salmon with Spinach & Sweet Potato Cubes

Servings: 2 | **Time:** 20 minutes | **Dietary callouts:** dairy-free, vegetarian, gluten-free (if using gluten-free oats)



Ingredients:

- ☐ 2 salmon fillets (4–5 oz each)
- ☐ 1 tbsp olive oil
- ☐ 1/2 lemon, sliced
- ☐ 1 clove garlic, minced
- ☐ 1 medium sweet potato, peeled and diced into small cubes
- ☐ 2 cups fresh spinach



Instructions:

1. Preheat oven to 375°F (190°C).
2. Place salmon on a baking tray. Drizzle with olive oil, top with lemon slices and garlic. Bake 15–20 minutes until cooked through.
3. While salmon bakes, add sweet potato cubes to a large skillet with olive oil, stirring occasionally until tender (about 10 min).
4. Add spinach to the pan and cook 1–2 minutes to wilt.
5. Serve salmon with sweet potato cubes and spinach.

Why it's a good choice for you and your loved one

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| <p>1. Salmon is rich in omega-3 fatty acids, which may help reduce inflammation and support immune function</p> | <p>2. Sweet potatoes provide fiber, vitamins A and C</p> | <p>3. Spinach supports detoxification</p> |
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**SNACK**

Hummus & Veggie Roll-Ups

Servings: 2 | **Time:** 5-10 minutes | **Dietary callouts:** vegan, dairy-free, gluten-free (if using gluten-free wrap or collard leaves)



Ingredients:

- ☐ 2 gluten-free tortillas OR large collard green leaves
- ☐ 1/2 cup hummus (store-bought or homemade)
- ☐ 1/2 cucumber, thinly sliced
- ☐ 1/2 red bell pepper, sliced
- ☐ 1/2 avocado, sliced
- ☐ Handful of spinach or arugula



Instructions:

1. Spread hummus evenly on tortilla or leaf.
2. Layer on cucumber, bell pepper, avocado, and greens.
3. Roll tightly and slice in half. Serve immediately or refrigerate.

Why it's a good choice for you and your loved one

1. Plant-powered and anti-inflammatory ingredients packed with fiber, healthy fats, and antioxidants
2. No processed ingredients so it's easy on the stomach and helps keep energy stable between meals

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