

BREAKFAST

Overnight Oats and Berries

Makes 2 servings · about 1 cup each

SATIETY SCORE	NUTRITION
● ● ● ● ● 5 / 5	HIGH
Per serving (approx.): Protein 15 g · Fiber 8 g · Calories 235	

Ingredients

- 1 cup plain Greek yogurt
- ½ cup old-fashioned oats
- ½ cup berries
- 2 Tbsp chia seeds
- Honey to taste

Directions

1. Mix the Greek yogurt, oats, berries, and chia seeds.
2. Sweeten with honey to taste.
3. Cover and refrigerate overnight to soften.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 1 pint mixed berries (about 2 cups)

DAIRY & EGGS

- ☐ 1 cup plain Greek yogurt

PANTRY & DRY GOODS

- ☐ ½ cup old-fashioned oats
- ☐ 2 Tbsp chia seeds

CHECK YOUR PANTRY

- ☐ Honey