

5 RECIPES FOR BUSY DADS

**MISSISSIPPI
CROCKPOT
ROAST**



**NOT YOUR
GRANDMA'S
OATMEAL**



**LATE NIGHT
YOGURT**



**TIN
CHICKEN**



**EGG DROP
SOUP**



MISSISSIPPI CROCKPOT ROAST

As a busy and caring dad, I'd love to spend all day in the kitchen crafting perfect meals to feed my family. But I am a real dad with a real job—in addition to writing these hilariously useful books.

So, on days I work, the crockpot is my friend, and it can be yours too.

This simple crockpot roast takes almost no time to prep, cooks all day, and when you get home, you'll be greeted with an amazing dinner, as well as an appreciative family (appreciation not guaranteed).

I've never tried it with a different kind of meat, but I can't imagine it wouldn't taste great!



INGREDIENTS

- Hunk of meat (I prefer a chuck roast)
- 1 can beef broth should suffice
- 1 jar of banana peppers
- Salt & Pepper
- Onion Powder
- Garlic Powder
- Dill

DIRECTIONS

1. Put the meat in the crockpot.
2. Pour in broth.
3. Cover with dry spices.
4. Top with jar of banana peppers.
5. Cook on low for 8 hours.
6. Shred and Enjoy.

YES, IT'S THIS SIMPLE



INGREDIENTS

- 2 eggs
- ½ cup oatmeal
- 1 cup water
- Peanut butter

DIRECTIONS

1. Whip two eggs in a bowl.
2. Pour in oatmeal and water.
3. Microwave for ~4 minutes, or until firm.
4. Put as much peanut butter as you'd like in and mix er' up! That's it.
5. A little more heartiness, a little extra protein, and if you don't like peanut butter then you can just leave!*

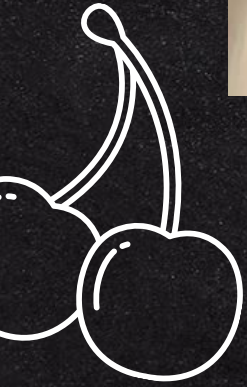
*Unless you are allergic, then maybe try almond butter. And I'm sorry for being so aggressive.

NOT YOUR GRANDMA'S OATMEAL



I used to be all about oatmeal, then we went hard in the low carb space, then my wife was breastfeeding and found some carbs helped with supply, then we realized a bowl of oatmeal all alone can bring up your blood sugar and not keep you full for very long.

Now this is a staple breakfast treat for my wife and me.



LATE NIGHT YOGURT

INGREDIENTS

- 1 cup Greek yogurt—plain, or we'll use an artificially sweetened vanilla
- 1 tablespoon cacao
- ½ cup frozen cherries

DIRECTIONS

1. Pour your yogurt in a bowl.
2. Mix in cacao.
3. Top with frozen cherries.
4. Let sit for a few minutes and the yogurt will get some nice bits of frozen crunch from the cherries.

Ok, you could eat this recipe any time you want, but who amongst us hasn't had a late-night craving for ice cream, indulged, and then felt the bloat all night and into the next morning.

And if you are in an ice cream coma, you know what you aren't? Present with your kids!

Also, our kids love this concoction too, although a little more lethargy from them at night would be great, especially around bedtime.

BE PREPARED TO MAKE SECONDS FOR YOUR KIDS



TIN CHICKEN

Life's busy, and who has time for a fancy lunch?

Not you, busy father!

Bonus tip with this one, especially with picky kids, use your leftover cherries from the last recipe to sweeten things up!



INGREDIENTS

- 1 tin chicken breast (we, like most of humanity, get ours from Costco)
- Avocado mayonnaise to taste
- Dijon mustard to taste (if ya like!)

DIRECTIONS

1. Put all ingredients in a bowl.
2. Mix.
3. Enjoy with fork, spoon, or on a salad.
4. You could even use as a dip for cucumbers or carrots.

We'll add frozen cherries (thawed out for this recipe) and our kids eat it up!

EGG DROP SOUP

What if you or your kids are sick?

Oh, who I'm kidding, when you and your kids are sick, here is a warm and cozy soup recipe.



INGREDIENTS

- Chicken broth—quantity sufficient to feed your crew
- Eggs—again, anywhere from 2-6 depending on the amount you are serving
- Splash of soy sauce or coconut aminos
- Salt to taste
- Ginger to taste
- 1-2 green onions
- Optional: chopped turkey

DIRECTIONS

1. Warm broth in a saucepan.
2. While warming, beat eggs in separate bowl.
3. Add salt, ginger, soy sauce/coconut aminos, salt, ginger, and chopped green onions to broth.
4. Once boiling, add eggs, reduce heat to simmer for ~5 minutes while stirring gently.

**YOU ARE ALSO
ALLOWED TO
ENJOY THIS WHEN
HEALTHY.**

THANKS FOR READING!

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