

Student Affairs Weekly Newsletter

Announcements

Please note badge replacements will now cost \$10!

Universal Knights Ticket Distribution

February 3rd between 9:30 AM and 11:30AM
Tickets are limited. It is first come, first served!
Please remember to bring your student ID!

Latino, Hispanic, or of Spanish Origin Identified Student Leaders in Medicine: Recognizing More Than 50 Years of Presence, Activism, and Leadership

Over the past 3 years 100s of medical students, residents, faculty and staff have worked on a book entitled Latino, Hispanic, or of Spanish Origin Identified Student Leaders in Medicine:

Recognizing More Than 50 Years of Presence, Activism, and Leadership. The book highlights LHS+ individuals' activism in addressing unique health issues and disparities across the U.S. Describes the current state of LHS+ identified individuals in the physician workforce. Describes the social, cultural, and political factors that have influenced LHS+ identified individuals. Relays engaging stories on LHS+ identified individuals' pursuit of medical careers. The book is a part of the United Nations Sustainable Development Goal Series. Through financial donations from the AAMC, learners, faculty, and staff the book is open access and can be accessed for FREE via the following link -

<https://link.springer.com/book/10.1007/978-3-031-35020-7>

Student Financial Services

The AAMC's FIRST (Financial Information, Resources, Services, and Tools) program provides free resources to help medical students make wise financial decisions: www.aamc.org/first.

Letters of Recommendation


To request a letter of recommendation (LOR) from any of the Deans (Drs. Verduin, Kibble or Smith), you must complete the [LOR Request Form](#), found on GPS. Keep in mind, you can only request one letter from a Student Affairs Dean. Please note, you MUST attach a curriculum vitae (CV) to your LOR request. The letters are written as formal letters and as such, the form needs to be filled out completely, with the program name and address, even if it is being emailed. If the letter is to be uploaded via a link from a program, please confirm the Dean for that to be sent to. The form should be accompanied by your CV that follows the required format per the CV Toolbox along with any link to the program that provides additional information helpful in writing the letter. Information on creating your CV, along with a sample and template, can be found at the [CV - Toolbox](#) (password COMPASS2024).

ATTENTION STUDENT ORGANIZATION LEADERS!
Student Organization Board elections have begun.
Check Webcourses for more details!

Upcoming Events

Wednesday 1/29:
PSP: Succulent Pot Painting

Friday 1/31:
PIG Book Club



BLACK HISTORY MONTH
Keynote Speaker
Candice W. Jones, MD

Health Disparity in Central Florida: Promoting Health Equity
Monday, February 3, 2025
12:00PM - 1:00PM
COM 102
Lunch will be provided

Candice W. Jones, MD, FAAP is a board-certified pediatrician, TedX Speaker and author. She provides a standard of care that enriches the lives of thousands of kids and parents each year. Dr. Jones, a former National Health Service Corps (NHSC) Scholar, is committed to the health and well-being of underserved children and adolescents in areas affected the greatest by health inequities.

Dr. Jones completed residency in Pediatrics at the Johns Hopkins School of Medicine in Baltimore, MD. She earned her Medical Doctorate at the Morehouse School of Medicine in Atlanta, GA. She is a spokesperson for the American Academy of Pediatrics, a member of their Council on Communications and Media, Section on Minority Health, Equity, and Inclusion (SOMHEI), and Florida Chapter of the American Academy of Pediatrics.

UCF MED
Office of Diversity, Belonging & Community Engagement

Submission Opportunities & Industry Events



2025 AAP Medical Student Essay Contest on The Art of Communication in Psychiatry

Medical Student Essay Award

- Complimentary Annual Meeting Registration
- Up to \$1,000 reimbursement for meeting-related travel, hotel, and meal expenses
- Essay presented as a poster at Annual Meeting

The selected winner of the creative writing contest will receive up to \$1,000 for reimbursement of travel expenses to attend the 2025 AAP Annual Meeting in Milwaukee, Wisconsin where s/he will present the essay. The theme is: The Art of Communication in Psychiatry: Connecting with the Patient. **DEADLINE FOR SUBMISSION: June 1, 2025**

Submission Requirements

The contest is open to any student who is both currently enrolled in an accredited medical school in the United States, Canada or around the world and will be enrolled at the time of the Annual Meeting September 10-13, 2025. The work must be an original unpublished essay of 1,000 words or less. **ONLY ONE SUBMISSION PER STUDENT WILL BE ACCEPTED.**

The top essay may be considered for publication in the Academic Psychiatry Journal in "The Learners' Voice" section. Essay winner does not guarantee publication in the Academic Psychiatry Journal. Please review the publication criteria when writing your essay [here](#). Refer to MANUSCRIPT TYPE & GUIDELINES #8 The Learners' Voice.

Students may [click here](#) to apply online.

Essays should be submitted electronically and request the following information:

- Student's Name
- Name of Medical School where enrolled, year in school
- Mailing Address, Phone Number, Email Address

Selection Criteria

Judges will be blinded to the participant and affiliated medical school. Judging will be based on originality, uniqueness, flow of thought, and appropriateness to the theme.

Deadline for submission is June 1, 2025. No additional submissions for the 2025 Annual Meeting will be considered after that date

AMA Foundation's Leadership Development Institute Applications

Applications for the AMA Foundation's 2025-26 Leadership Development Institute are now open! Through two unique cohorts, the program cultivates a diverse group of aspiring and practicing physician leaders who are committed to serving the needs of their communities and improving our nation's health. The Healthcare Administration and Management cohort is open to rising final year medical students set to graduate in 2026 and the Health Policy and Patient Advocacy cohort is open to all medical students, residents, and fellows. The LDI provides professional development and mentorship to those who are selected. [Click here](#) to apply today and cultivate your skills as a leader in medicine! **Deadline Friday, March 14, 2025 at 11:59**

PM CST.

AMA Foundation's 2025 Physicians of Tomorrow Scholarship Applications Open!

*To apply, students must be preparing to enter their final-year medical, be currently enrolled in an accredited U.S. allopathic or osteopathic medical school, and be permanent residents or citizens of the U.S. or have DACA status. To learn more about the AMA Foundation's scholarship program, visit <https://amafoundation.org/programs/scholarships/>. The deadline to apply and upload all associated materials is **Monday, February 17, 2025 at 11:59 p.m. CST**. To start an application, head to <https://amafoundation.secure-platform.com/a/solicitations/14/home>.*

2025 Summer Clinical Otolaryngology, Ob/Gyn, and Thoracic Research Program

An 8+ week intensive summer opportunity to pursue clinical research and observe clinical care in either Otolaryngology – Head & Neck surgery, Obstetrics & Gynecology, or Thoracic Surgery. Program Details:

·Sponsored through the Kaiser Permanente East Bay (Oakland/Richmond) Medical Center

·Program dates: June 16, 2025 to August 8, 2025 (option to extend additional weeks before or after program dates)

·Students are paired with a faculty mentor to guide them through clinical research project(s) and/or quality improvement projects. Students will be involved in a variety of activities from data entry and chart review, data analysis, abstract/manuscript preparation, etc.

·4 days per week dedicated to clinical research

·1 day per week in ambulatory outpatient clinic or observing in the operating room

·Up to 4 positions available for Otolaryngology, 2 positions for OB/GYN, 2 positions for Thoracic Surgery

·Stipend of up to \$400/week

More information & application can be found here:

<https://residency-ncal.kaiserpermanente.org/med-students/score/>

Applications available via above link, and due no later than January 26, 2025

FIRE+ Program

The Focused Individualized Research Experience-Plus (FIRE+) Program was created in order to support medical student research projects that fall outside and beyond the FIRE curriculum. This Program aims to provide support, management, oversight, and tracking of student research projects and endeavors. The FIRE+ intent is to bring these students and projects under one structured program to ensure appropriate research guidance and support so that research quality, safety, and integrity are maintained and can be evaluated for a sustainable and successful scholarly endeavor.

Any research and scholarly activity performed by medical students OTHER THAN RESEARCH RELATED TO THE M1/M2 FIRE CURRICULUM is required to be included in FIRE+. New research projects outside of the

FIRE curriculum in M1/M2, continuity of the FIRE project in M3/M4 years, or independent research as extracurricular activity must be approved by FIRE+. After submission of a brief in-take form, FIRE+ projects will be reviewed to ensure quality and rigor with the anticipation that the project can be publishable in peer-reviewed journals and presentable in national/international professional conferences.

Link: <https://redcap.link/FIRE-Plus>

Surveys & Studies

University of Central Florida
4000 Central Florida Blvd, Orlando, FL 32816


Research on U.S. medical students self-reported knowledge, attitudes, and practices in using professional medical interpreters

Who? Florida medical students (M.D. or D.O. Program)
***Participation of upper-year students is encouraged*

What
One-time online survey taken through UCF Qualitrics

Estimated time
Around 10 minutes

Interested? Scan here for the survey!



[Survey Link](#)

This study has been approved by the UCF Institutional Review Board (IRB) (STUDY00007188)

This study is a part of an undergraduate research project. Your participation is completely voluntary and greatly valued!

ADHD USMLE Accommodations Survey

We are conducting a research study focusing on the experiences of medical students with ADHD who have applied for accommodations through the USMLE. As medical students, educators, and advocates, we recognize the importance of providing equal opportunities and support for individuals with ADHD who are pursuing a career in medicine. The purpose of this study is to gather firsthand accounts of the challenges, successes, and overall experiences of medical students with ADHD in applying for and receiving accommodations for USMLE testing. The survey takes approximately 10 minutes to complete and covers topics related to previous experiences in receiving accommodations, challenges faced, accommodations sought with the USMLE and the impact on academic performance. Participation is voluntary and responses are confidential. Your participation is highly appreciated and will help improve support for medical students with ADHD and potentially help pave the way for students with disabilities as a whole!

[Survey Link](#)

Nova Southeastern University Attitudes towards Emergency Medicine Study

We are conducting a study to investigate U.S. Medical Students' Attitudes towards Emergency Medicine. We encourage you to fill out this survey regardless of your interest in Emergency Medicine. It is important to gather this information to help us understand the large volume of unfilled Emergency Medicine Residency spots in recent years. We are asking you to complete a one-time, anonymous 3-5 minute survey. This research study involves minimal risk to you. You can decide not to participate in this research, and it will not be held against you. You can exit the survey at any time. Participation will have no effect on your grades or standing in your academic program. There is no cost for participation in this study.

Participation is voluntary and no compensation is provided. This study has been exempted and approved by the Institutional Review Board of Nova Southeastern University (NSU-IRB Protocol Number 2023-309).

[Survey Link](#)

Surveys & Studies Cont.

Differences in perceived vs personal treatment plans for common acute complaints: An experimental vignette study

The objective of this study is to investigate how perceived and personal health treatment plans differ between healthcare providers of different specialties and education levels.

To participate, you must be: 18 years or older, A UCF student, faculty, or staff member (including residents and fellows), Affiliated with healthcare (medicine, nursing, PA, etc.), Have ongoing clinical experience in your curricular studies or work experience. Further details about the study are attached in this email and are also located on the first page of the survey. If you meet the above criteria and would like to participate, please find the survey links below:

[Survey Link](#)

Soft Skills in STEM (SSS) Survey

By completing the survey, you will rate your own soft skills and if you wish to include your email address in the survey, we will share the report of what soft skills the participating companies are seeking. You will also receive suggestions on how you can improve the soft skills you feel you are lacking in to be as prepared for industry as possible!

You can access the survey [here](#).

Please participate to learn how you can continue developing strong soft skills that can help you get your dream job and to receive insight from the participating companies! Thank you.

Medical Student Study on Substance use and Addiction

Currently, there is minimal data in the literature regarding what U.S. medical students know about substances of use and misuse beyond alcohol and marijuana. With approval of this exempt study through Phoenix Children's Hospital's IRB in Arizona, our study therefore seeks to address gaps in knowledge and gain an updated perspective of how substance use and addiction impact U.S. medical students. We strive to investigate the availability of substance use and mental health support programs for medical students regionally across the U.S. as well as students' current knowledge of such programs.

The survey is comprised of 33 questions and should take no longer than 10 minutes. We will also be offering voluntary participation in a random draw for twenty \$50 gift cards at the completion of data collection. Interested participants will be offered the opportunity to share their email information after submitting their survey responses in such a way that preserves the anonymous status of their survey responses. The link for the survey is <https://redcap.link/e0oqodya>

UL Residency Application Survey

University of Louisville researchers believe your voice matters! Help us understand how the current political climate and election results are shaping residency specialty and program choices for medical students like you.

Survey will only take 5 minutes.

<https://www.surveymonkey.com/r/medpolitics>

Residency Program Sessions & Other Opportunities

AMA Foundation Leadership Development Institute - Applications Open

Applications for the 2024-25 Leadership Development Institute are now open! The program cultivates a diverse cohort of aspiring physician leaders who are committed to serving the needs of their communities and improving our nation's health. The institute is open to medical students entering their final year of school and provides professional development and mentorship to those who are selected. [Click here](#) to apply today and cultivate your skills as a future leader in medicine!

Manatee Memorial Hospital Fair

[Graduate Medical Education | Manatee Memorial Hospital](#)

Johns Hopkins All Children's Hospital - Education Program Showcase - 4/10/25

We are excited to invite you to our FREE Education Program Showcase on Thursday, April 10th from 2-5pm, taking place on the Johns Hopkins All Children's Hospital campus in St. Petersburg, Florida. This event will explore our diverse healthcare training programs including:

APPE Pharmacy Student Program

Pediatric RN Residency

Physician Residency and Fellowships

We welcome all interested students and administrators to attend. To register, please visit <https://www.eventbrite.com/e/education-program-showcase-tickets-1008512045677?aff=oddtcreator>



Thursday, Apr. 10
2:00-5:00 p.m.

Johns Hopkins All Children's Hospital Research and Education Building
600 5th St. South
St. Petersburg, FL 33701

Come join us in person on the Johns Hopkins All Children's Hospital campus!

Explore our diverse healthcare training programs, tour our campus and learn about the exceptional educational experiences we provide.

Learn about our:

- APPE Pharmacy Student Program
- Pediatric RN Residency
- Physician Residencies & Fellowships

Agenda

- 2:00-2:30 p.m.
Check-in and Networking
- 2:30-3:00 p.m.
Leadership Welcome
- 3:15-5:00 p.m.
Breakout Session and Tour

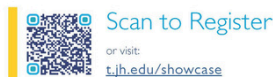


Johns Hopkins All Children's Hospital is ranked the number one children's hospital in Florida according to the 2024-2025 U.S. News & World Report survey. Our freestanding children's hospital continues the Johns Hopkins Medicine tradition by modernizing graduate medical education and preparing future leaders in pediatric care, research, education and advocacy.

For more information about education programs at Johns Hopkins All Children's, please visit our website at hopkinsmedicine.org/all-childrens-hospital/academics/education.



Located in sunny
St. Petersburg, Florida



UCF College of Medicine/Department of Veteran Affairs Teleurgent Care Selective

Are you looking for a 4th year selective that is educational, fun, cutting edge, AND possible from the comfort of your own home???? Check out the UCF College of Medicine/Department of Veteran Affairs Teleurgent Care Selective. This rotation is designed to provide you with insights into the specialty of Telemedicine, specifically Teleurgent Care. You will be introduced to key concepts, competencies, and applications of telemedicine as a method to deliver quality medical care. This selective also meets your ICU/emergency medicine requirement.

No matter what specialty you decide to pursue, telemedicine will be a part of your future practice. Get ahead of the future of medicine with this selective! If you have any questions, please do not hesitate to contact Dr. Lindsey Elmes (Lindsey.Elmes@va.gov) or Dr. Veronica Sikka (Veronica.Sikka@va.gov). Both Drs. Elmes and Sikka are Emergency Medicine trained and boarded physicians who practice telemedicine full time from home. If you're interested in scheduling availability, please reach out to mdclinicalsscheduling@ucf.edu

Volunteer Opportunities

Conversations to Remember



Central Florida Special Olympics Volunteer Opportunities

Check out the link below for volunteer opportunities with the Central Florida Special Olympics! [Click here for opportunities!](#)

Conversations to Remember, a 501(c)(3) nonprofit, dedicated towards combating loneliness and isolation felt by senior citizens. Our virtual visit program matches 2-3 college students with residents of long-term care, assisted living, and memory care communities for virtual video visits. These residents have been suffering from isolation, and your call could really brighten their days just by speaking with them. We provide training to the students in the program about the best ways to interact with the seniors, as well as additional support throughout their service. Typically, students volunteer 1-2 hours per week. Each call lasts up to one hour, based on the senior's attention span and mood on each day. We expect students to volunteer for approximately 16 weeks, so that they can build a friendship with the senior. This does not need to coincide with the start of a semester, as we have new seniors starting all the time, and train new volunteers weekly. The students are matched based on the times that they're available, with a senior who is available at the same time, and they will have a regular, weekly appointment for their visit. Students wishing for more visits or other opportunities that allow them to volunteer more hours can be accommodated with different ways to volunteer, such as assisting us with our social media, call support, or outreach.

<https://conversationstoremember.org>

Do you have an approved volunteer opportunity you need to recruit for? Or an event that needs promoted? Please email the details to Brooke Vercheski for it to be added to the weekly newsletter!

BROOKE VERCHESKI

BROOKE.VERCHESKI@UCF.EDU

HAVE A GREAT WEEK!



Breakfast

High Protein Breakfast Bowls

Ingredients

- 2 tablespoons olive oil, divided
- 1 pound 97% lean ground beef
- 1 teaspoon sea salt
- pepper to taste
- 1 teaspoon smoked paprika
- 1 teaspoon cumin
- 1 teaspoon fennel seeds
- 2 teaspoons garlic powder
- 1 tablespoon chili powder
- 8 large eggs
- 1 cup cheddar cheese, divided
- 1 medium tomato, diced
- ¼ cup chopped cilantro
- 1 large avocado, sliced
- 1 large lime cut into fourths

Instructions

1. **Brown the Meat:** Heat a skillet over medium heat. Add a tablespoon of olive oil, ground beef, and spices. Cook, breaking up the meat with a spoon, until browned and cooked through. This should take about 8-10 minutes. Drain off any excess grease and set the meat aside.
2. **Prepare the Eggs:** Crack the eggs into a bowl and whisk with salt and pepper. Heat a nonstick skillet over medium-low heat. Add the remaining tablespoon of olive oil to the skillet. Pour the whisked eggs into the skillet. As the eggs cook, gently stir and fold them with a spatula until they reach your desired level of doneness. Once the eggs are almost set, sprinkle half the cheese over them. Continue cooking until the cheese is melted.
3. **Assemble the Bowls:** Divide the cooked ground beef and scrambled eggs between bowls. Top each bowl with the remaining cheese, diced tomatoes, fresh cilantro, and avocado slices. Serve immediately, with a lime wedge for squeezing over the top. Enjoy!

Mediterranean Baked Feta Eggs

Ingredients

- 4 large eggs
- 200g block of fresh feta cheese
- 1 cup cherry tomatoes, halved
- 1/4 cup kalamata olives, pitted and chopped
- 2 tablespoons fresh oregano leaves
- 2 tablespoons extra virgin olive oil
- 1 small red onion, thinly sliced
- 2 cloves garlic, minced
- Pinch of red pepper flakes
- Sea salt and freshly ground black pepper

Instructions

1. Preheating is your first step to breakfast magic! Crank that oven to 400°F (200°C) and grab a beautiful ceramic baking dish. Start by drizzling olive oil across the bottom, creating a golden base of flavor.
2. Scatter those thinly sliced onions and minced garlic – they’re going to be the flavor foundation of this dish. Crumble the feta cheese generously across the dish, creating a landscape of cheesy peaks and valleys. Nestle the halved cherry tomatoes and chopped olives around the cheese, creating a colorful Mediterranean mosaic.
3. Now for the star of the show – the eggs! Carefully crack each egg directly onto the feta. Pro chef tip: try to keep those yolks intact for that perfect Instagram-worthy moment. Sprinkle fresh oregano, a pinch of red pepper flakes, and season with sea salt and black pepper. A final drizzle of olive oil seals the deal.
4. Pop the dish into the oven for 12-15 minutes. You’re looking for set whites and gloriously runny yolks – the hallmark of a perfect baked egg dish.

Healthy Easy Meals

Ground Turkey Sweet Potato Skillet

Ingredients

- 1 pound ground turkey
- 2 cup diced sweet potatoes (1 large)
- 1 (15 ounce) can black beans, drained and rinsed
- 1 teaspoon kosher salt
- 1 teaspoon chipotle chili powder
- 1 teaspoon cumin
- 1 cup cheddar cheese, shredded
- 3 green onions, sliced
- 1 tomato diced

Sauce

- 1/3 cup sour cream
- 1/3 cup salsa

Instructions

1. Add diced sweet potatoes to a microwave safe plate. Cover with a damp paper towel. Microwave on high for 5 minutes. Carefully remove and set aside until you are ready to use.
2. Make sauce by combining the sour cream and salsa in a small bowl. Set aside for serving.
3. Heat a large skillet over medium-high heat. Add the ground Turkey. Cook and crumble for about 5 minutes until just a little pink remains. Drain the skillet if necessary.
4. Add in the hot sweet potatoes, black beans, salt, chipotle chili powder, and cumin. Cook stirring occasionally 5 minutes until sweet potatoes are soft and turkey is fully cooked. Remove from heat and sprinkle on the cheese to melt. Top with the green onions, diced tomatoes, and sauce. Serve immediately.

Egg Roll in a Bowl

Ingredients

- 2 1/2 cups cabbage, chopped
- 2/3 cup carrots, grated
- 8 oz chicken breast (ground or chopped)
- 1 Tbsp tamari sauce
- 1 cup cauliflower, chopped
- 2 Tbsp olive oil
- 3 Tbsp toasted sesame seeds
- 3 garlic cloves, minced
- 2 scallions, chopped
- Optional: turmeric and crushed red pepper flakes

Instructions

1. Chop all vegetables and the chicken (if not ground).
2. In a large pan, heat some olive oil (or coconut oil) at medium-high heat saute the 2 cloves of garlic for 30 seconds, then add the chicken and the cauliflower. Saute everything for 4-5 minutes (until the chicken is almost ready)
3. Add in the cabbage, carrots and stir in the tamari sauce and the other garlic clove. Cover with a lid and cook for 4-5 more minutes or until the chicken is done. Optionally you can also add some turmeric and crushed red pepper flakes.
4. Serve with toasted sesame seeds and scallions.

Turkey Meatballs (No Breadcrumbs!)

Ingredients

- 8oz / 220g ground turkey
- 3 garlic cloves, minced
- 2 tbsp basil, chopped
- 2 tbsp zucchini, shredded
- 2 tbsp mozzarella cheese, shredded
- 1 tsp green pesto
- salt and pepper to taste

Instructions

1. Mix all ingredients in a bowl until combined. Form walnut-sized meatballs with your hands.
2. Cook in a nonstick pan, with a little bit of fat and cover with a lid.
3. In 4-5 minutes flip on the other side. You can also choose to cook the sides as well.
4. Serve with salad, cauliflower rice or a [tomato garlic sauce](#) for a low carb option or with [this couscous recipe](#) for a healthy non-low carb version.

Dinner

Sheet Pan Honey Mustard Chicken

Ingredients

- 4 Chicken breasts, sliced in half
- Honey Mustard Sauce
- 1/3 Cup Honey or Maple Syrup
 - 3 Tablespoons Yellow Mustard
 - 3 Tablespoons Dijon Mustard
 - 2 Minced Garlic Cloves
 - 1 Teaspoon Onion Powder
 - 1 Teaspoon Paprika

Potatoes

- 1 1/2 lbs Baby Potatoes
- 3 Minced Garlic Cloves
- 2 Tablespoons Olive Oil
- 2 Tablespoons Grated Parmesan Cheese
- 1 Teaspoon Italian Seasoning
- 1/2 Teaspoon Salt
- 1/2 Teaspoon Ground Black Pepper

Green Beans

- 1 lb Green Beans
- 1 Tablespoon Grated Parmesan Cheese
- 1 Tablespoon Olive Oil
- 1/2 Teaspoon salt
- 1/2 Teaspoon Ground Black Pepper

Instructions

1. Preheat the oven to 425°F. Spray a large baking sheet with nonstick cooking spray or line with parchment paper.
2. In large mixing bowl, add the 1 ½ lbs red baby potatoes along with 3 minced garlic cloves, 2 tablespoon olive oil, 2 tablespoon fresh grated parmesan cheese, 1 teaspoon Italian seasoning, ½ teaspoon salt and ¼ teaspoon ground black pepper. Toss the potatoes with the seasoning ingredients.
3. Spread the potatoes on to one-third of the baking sheet in a single layer. Place in the oven to bake for 15 minutes.
4. While the potatoes are baking, in a medium bowl mix together the honey mustard sauce: ⅓ cup honey, 3 tablespoon yellow mustard, 3 tablespoon dijon mustard, 2 minced garlic cloves, 1 teaspoon onion powder, and 1 teaspoon paprika.
5. Add the sliced raw chicken to a large bowl. Pour the honey mustard sauce on top and toss with the chicken.
6. Once the potatoes have finished cooking for 15 minutes, remove the baking sheet from the oven. Arrange the chicken in a single layer. Place back in the oven to bake 5 minutes.
7. While the chicken is baking, in the same bowl you mixed the potatoes in, add 1 lb green beans, 1 tablespoon olive oil, 1 tablespoon grated parmesan cheese (optional), ½ teaspoon salt and ¼ teaspoon ground black pepper. Toss the seasonings together with the green beans.
8. Once the potatoes and chicken have cooked 5 minutes, remove from the oven and arrange the green beans in the last section. Place back in the oven to cook an additional 20-25 minutes, or until the potatoes are tender and chicken is fully cooked reaching 165F internally with a meat thermometer.

Sheet Pan Lemon Garlic Butter Salmon

Ingredients

- 4 fresh salmon fillets
- 3 tablespoons lemon juice (freshly squeezed)
- 4 cloves garlic (crushed)
- 3 tablespoons butter (melted, or olive oil for a healthier option)
- 2 cups mixed vegetables (broccoli, asparagus, or your choice)
- Salt and pepper to taste

Instructions

1. Start by preheating your oven to 400°F (200°C). It's important to get it nice and hot for even cooking.
2. In a bowl, combine melted butter (or olive oil), lemon juice, and crushed garlic. Stir well to marry those flavors together.
3. On a sheet pan, lay out the salmon fillets and surround them with your choice of veggies. You want all those delicious flavors to mingle.
4. Pour the lemon garlic butter sauce generously over the salmon and vegetables. Don't skimp on that sauce; it's what makes every bite sing! Sprinkle with salt and pepper to taste.
5. Pop that sheet pan into the oven and bake for about 15-20 minutes, or until the salmon flakes easily with a fork and your veggies are tender yet crisp.

Treats

Cake Batter Protein Bites

Ingredients

- 1 cup Cashew Butter
- 2 tablespoons maple syrup or honey
- 1/3 cup vanilla protein powder
- 1/3 cup oat flour
- 1 teaspoon almond extract (optional)
- 3 tablespoons sprinkles
- pinch of salt

Instructions

1. Add the cashew butter, vanilla, almond extract, and maple syrup to a bowl. Mix well.
2. Add all remaining ingredients except the sprinkles and combine until a dough forms. I like to use a rubber spatula for easiest mixing.
3. Fold in the sprinkles.
4. Scoop the dough and roll into roughly 1 to 1 1/2 inch balls. About 1 tbsp of dough.
5. Roll the dough in additional sprinkles if desired.
6. Store in the fridge for up to 2 weeks.

Strawberry Shortcake Protein Bites

Ingredients

- 1 cup rolled oats
- 1/2 cup coconut or oat flour
- 1/4 tsp salt
- 1 scoop vanilla protein powder
- 1/2 cup greek yogurt
- 1/2 tsp almond or vanilla extract
- 1 tbsp your choice of milk
- 3-5 fresh strawberries
- 1 oz or about a cup freeze-dried strawberries
- 1/4 cup coconut oil, melted

Instructions

1. In a food processor blend oats, flour, salt, and protein powder until combined (less than a minute).
2. Add yogurt, vanilla or almond extract, unsweetened almond milk, and fresh strawberries to the food processor. Blend to combine (about a minute). Add coconut oil and blend one last time, just long enough to evenly distribute the coconut oil.
3. Add the freeze-dried strawberries and pulse a few times. Don't over blend. There should be chunks of the dried strawberries.
4. Scoop out a spoonful of the batter and roll it into a ball. Repeat until you run out of batter (approximately 20 bites).
5. Place in the refrigerator to chill before eating. Store in fridge or freezer.

Cinnamon Sugar Blondies

Ingredients

- 1/2 cup butter melted
- 1 cup brown sugar
- 1 large egg beaten
- 1 teaspoon vanilla extract
- 1 cup flour
- Pinch of salt
- 5 teaspoons sugar
- 1 teaspoon cinnamon

Instructions

1. Preheat oven to 350 degrees. Line an 8x8 baking dish with parchment.
2. Add the butter and brown sugar to a medium mixing bowl and stir to combine.
3. Stir in the egg and vanilla.
4. Stir in the flour and salt until well combined.
5. Spread into the prepared pan. Combine sugar and cinnamon and sprinkle over the batter.
6. Bake for 22 minutes or until a tester comes out mostly clean.
7. Cool before cutting.