



“Make Me Over” Mac N’Cheese



Dear College Student
I am begging you for a make over!
Sincerely,
Your Mac N’ Cheese

SWAP THIS

Whole Milk

Butter

1/2 the package of
powdered cheese

More mac n cheese !

More mac n cheese !

FOR THIS

Low Fat Milk, Almond Milk, Soy Milk

Fat Free Greek Yogurt, Almond Butter,
Low Fat Cream Cheese

2 TB Parmesan Cheese per serving +
1 TB Greek Yogurt

Canned Chicken Breast
Canned Pinto Beans

Butternut Squash, Broccoli, Mixed
Vegetables

Tip : Replace 25-50% of the boxed cheese with these options.

"Chic me out"
1

Canned Chicken
Breast

Broccoli

Parmesan
Cheese

Low Fat Milk

Dried Basil
Garlic Powder

"Vegimazing"
2

Frozen Peppers
Frozen Green
Beans

Fat Free Greek
Yogurt

Low Fat Milk or
Almond Milk

Onion Powder
Paprika

My Mac N "Chreese"
3

Pinto Beans
Frozen Mixed
Vegetables
Nutritional Yeast
(Replace 100% of
Cheese)+ Almond Butter

Almond Milk

Onion Powder
Garlic Powder



***From Your Mac N Cheese
"Thank You" !***

