

# NOT YOUR

# TYPICAL

# RECIPE BOOK

QUICK, EASY MEALS THAT YOU  
CAN MAKE IN YOUR TRUCK

K & J TRUCKING



# WHY?

This is not your typical recipe book because this book is made specifically for truckers by a trucking company. Why? Because we know the reality of being an OTR driver.

Being on the road is much different than life at home, especially when it comes to preparing meals that aren't terrible for you. We know it isn't easy to be healthy, especially when picking up a value meal at the next fast-food joint is so simple, but we also know that many fad "diets" are unrealistic for the day-to-day life of a trucker.

That is why we're not linking you to the hottest trends in the weight-loss world. One of the biggest struggles with eating healthy is sustainability. We want you to want to eat these meals long term.

So, we created this e-book to give you quick, easy meals that are not only delicious, but also good for you! We know access to cooking space and appliances can be scarce, so we tried to focus on recipes that only needed a microwave, grill, crockpot, or your own two hands! And remember if you don't have a cooking appliance we mention, cooking meat ahead of time at home to bring along is always an option.

With a little preparation, you'll soon be eating like royalty, you king of the road, you.

Best Wishes,

The K & J Trucking Family  
[www.drivekandj.com](http://www.drivekandj.com)

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# BISON BURGER

**Bison meat has about half the fat of beef and much fewer calories! Try adding your favorite vegetable for a well-rounded meal.**

## INGREDIENTS

- **1 Pound Ground Bison**
- **1 Teaspoon Oregano**
- **1 Teaspoon Cumin**
- **1 Teaspoon Garlic (or Garlic Powder)**
- **3/4 Teaspoon Salt**
- **1/2 Teaspoon Pepper**

## INSTRUCTIONS

- 1. Preheat grill to medium-high heat**
- 2. Place all ingredients in a bowl, gently combining without over-mixing**
- 3. Form 4 patties**
- 4. Grill burgers about 5-6 minutes on each side until you reach an internal temperature of about 155° F**

# SOUTHWESTERN CHOPPED SALAD

## INGREDIENTS

- **4 Tablespoons Vinaigrette Dressing**
- **8 Cups Romaine Lettuce, Shredded**
- **1&1/2 Cups Corn**
- **15 Ounce Can Black Beans, Drained & Rinsed**
- **1&1/2 Cups Sliced Grape Tomatoes**
- **1 Avocado, Diced**
- **1/2 Cup Onion, Diced**

**This recipe's 4 servings makes it a great thing to make on your first day out for light lunches that keep you full! Just keep the dressing separate!**



## INSTRUCTIONS

- 1. Place lettuce in a bowl and toss with 2 tablespoon of vinaigrette**
- 2. In a separate bowl, combine all other ingredients and toss with the other 2 tablespoons of vinaigrette**
- 3. Combine bowls; divide into 4 servings; refrigerate until served**

# CHICKEN SALAD LETTUCE WRAPS



You can find the original recipe for these nearly carb-free wraps on [delish.com](https://delish.com)

## INGREDIENTS

- **1/4 Cup Greek Yogurt**
- **1/2 Teaspoon Lemon Zest**
- **1 & 1/2 Tablespoons Lemon Juice**
- **1/2 Teaspoon Dijon Mustard**
- **1 Tablespoon Chopped Dill**
- **Salt and Pepper to Taste**
- **1 & 1/2 Cups Chicken\***
- **1/2 Cup Red Grapes**
- **1/4 Cup Chopped Pecans**
- **2 Green Onions (Green Part Only, Sliced)**
- **1/2 Head Lettuce, Leaves Removed**

## INSTRUCTIONS

- 1. In a large bowl, mix together Greek yogurt, lemon zest & juice, mustard, dill, salt, and pepper.**
- 2. Stir in chicken, grapes, pecans, and green onion.**
- 3. Spoon onto lettuce leaves, and enjoy!**

**\*For the chicken, you can skin and shred a rotisserie chicken, use canned chicken breast, or grill chicken of your choice!**



# CORN STUFFED TOMATOES

**A great meal that is customizable to your preferences!**

## INGREDIENTS

- **6 Medium Tomatoes**
- **1 & 3/4 Cup Corn Kernels**
- **1 Cup Instant Rice**
- **1/2 Avocado**
- **1/4 Cup Yellow Pepper, Chopped**
- **1/4 Cup Green Pepper, Chopped**
- **1/4 Cup Onion, Chopped**
- **4 Tablespoons Olive Oil**
- **3 Tablespoons Cilantro (optional)**
- **2 & 1/2 Tablespoons Lemon Juice**
- **1/4 Teaspoon Salt**
- **1/4 Teaspoon Pepper**
- **1/4 Teaspoon Ground Cumin**

## INSTRUCTIONS

- 1. Heat instant rice according to directions on package**
- 2. Slice tops off tomatoes and remove insides**
- 3. Combine everything besides tomatoes in large bowl**
- 4. Fill tomato with 1/2 cup of mixture and enjoy!**



# **SLOW COOKER PULLED PORK**

**Pork Loin is nutrient rich and low calorie...  
the perfect combination!**

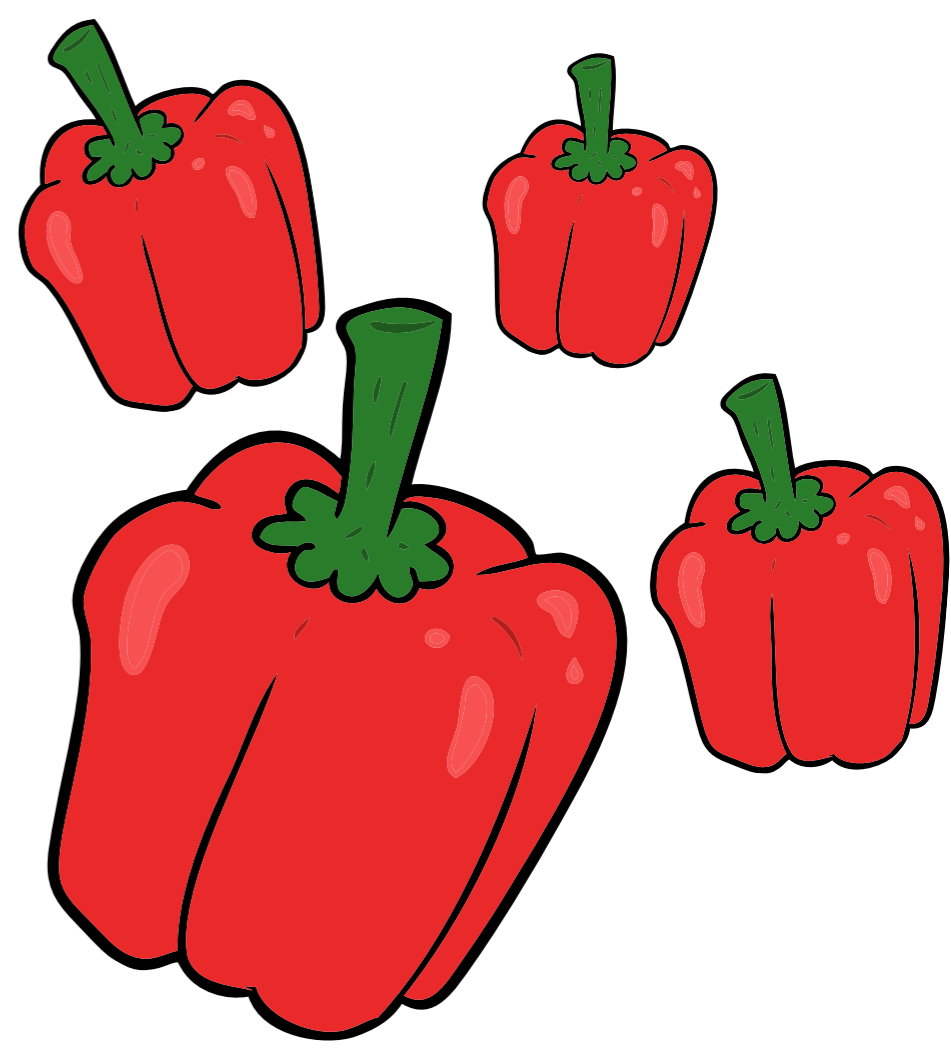
## **INGREDIENTS**

- **2 Pound Pork Loin**
- **14 Ounce Can Tomato Sauce**
- **3/4 Cup Unsweetened Applesauce**
- **3 Tablespoons Maple Syrup or Honey**
- **1 Tablespoon Garlic Powder**
- **1/2 Teaspoon Chili Powder**
- **1/2 Teaspoon Paprika**
- **1/4 Teaspoon Red Pepper Flakes**
- **1/2 Teaspoon Salt**
- **1/2 Teaspoon Pepper**
- **3 Tablespoons Flour**

## **INSTRUCTIONS**

- 1. In large crockpot, whisk all ingredients except pork and flour**
- 2. Place pork loin in crockpot and spoon sauce over it (it doesn't have to be completely covered) and cook on high for 3.5 hours before removing meat to shred**
- 3. Add flour to sauce and whisk (for thickening)**
- 4. Add meat back to the crock pot, stirring to combine with the sauce and cook for another 15 minutes**
- 5. Portion out the meat and enjoy leftovers for days to come!**

# STUFFED BELL PEPPERS



## INGREDIENTS

- **8 Ounces Lean Ground Turkey**
- **1 Medium Bell Pepper**
- **Shredded Low-Fat Cheese of Your Choice**
- **1/4 Cup Diced Onion**
- **1 Teaspoon Garlic (or Garlic Powder)**
- **1 & 1/2 Teaspoon Smoked Paprika**
- **1 Teaspoon Cumin**
- **1/3 Cup Chopped Parsley**
- **Salt and Pepper to taste**

## INSTRUCTIONS

1. **Season ground turkey with garlic, smoked paprika, cumin, parsley, salt, and pepper, and microwave 5 minutes, stirring halfway through**
2. **Slice pepper in half, carving out the insides; place in bowl with 3 tablespoons of water and soften in the microwave for 2 minutes.**
3. **Stuff pepper and microwave for another minute**

Try adding some instant brown rice to round out your meal!

# CHICKEN FRIED RICE



## INGREDIENTS

- **2 Cups Instant Brown Rice**
- **1 Cup Frozen Peas and Carrots**
- **1 Cup Chicken\***
- **2 Tablespoons Diced Onion**
- **2 Eggs**
- **1 Tablespoon Minced Garlic**
- **2 Tablespoons Low-Sodium Soy Sauce**
- **1 Tablespoon Sesame Oil**

## INSTRUCTIONS

- 1. Cook rice according to directions on package**
- 2. Crack eggs in a bowl, adding garlic, soy sauce, and oil**
- 3. Combine rice, vegetables, chicken, and microwave covered for one minute**
- 4. Add egg mixture, stir, and cook for two more minutes**

**\*For the chicken, you can skin and shred a rotisserie chicken, use canned chicken breast, or grill chicken of your choice!**

# HONEY BARBECUE PORK CHOPS



Great food and easy clean up! The use of tinfoil allows for almost no dishes!

## INGREDIENTS

- **2 Boneless Pork Chops**
- **1/4 Cup Barbecue Sauce**
- **2 Tablespoons Honey**
- **1 Teaspoon Ground Cumin**
- **1 Ear of Corn, cut in 2 Pieces**
- **1 Cup Baby Carrots, cut in half**
- **1 Cup Green beans**
- **1/2 Teaspoon Salt**
- **1/2 Teaspoon pepper**

## INSTRUCTIONS

- 1. Heat grill to medium-high heat**
- 2. Mix barbecue sauce, honey, cumin, salt, and pepper together in small bowl**
- 3. Place 1 pork chop, 1 piece of corn, half the carrots, and half the green beans on two pieces of heavy duty tinfoil**
- 4. Add sauce on top and fold over to seal**
- 5. Make a second packet the same way for leftovers!**
- 5. Grill 10 minutes on each side**

# APPLE, CRANBERRY, & ALMOND COLESRAW

## INGREDIENTS

- **3/4 Cup Fat-Free Greek Yogurt**
- **1/4 Cup Mayonnaise**
- **1/4 Cup Honey**
- **2 Tablespoons Apple Cider Vinegar**
- **Salt and Pepper**
- **6-7 Cups Shredded Cabbage**
- **1 & 1/2 Cup Matchstick Carrots**
- **2 Gala Apples Sliced Into Matchsticks**
- **3/4 Cup Dried Cranberries**
- **1 Cup Slivered Almonds**
- **1/2 Cup Green Onion, chopped.**

## INSTRUCTIONS

- 1. Whisk together Greek yogurt, mayo, honey, apple cider vinegar, salt, and pepper for the dressing**
- 2. Toss all other ingredients together**
- 3. Pour dressing over ingredients and toss to mix**

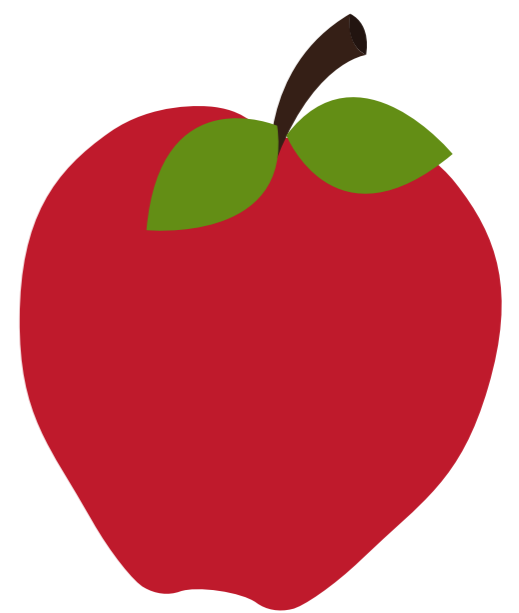
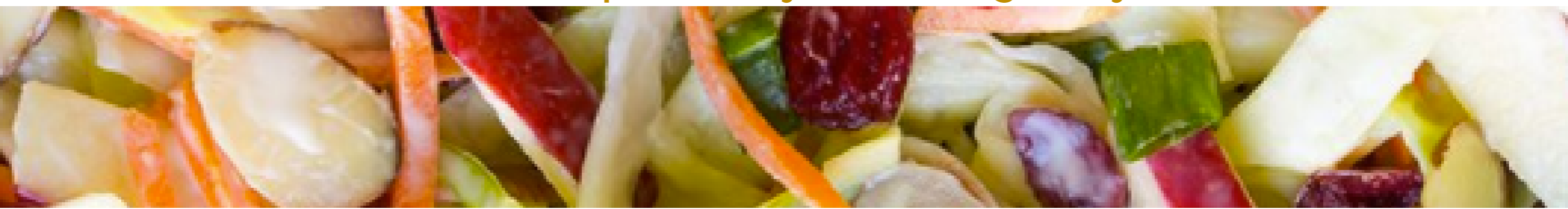


Photo and recipe curtesy of [cookingclassy.com](http://cookingclassy.com)



# CAPRESE AVOCADOCAD DIP

## INGREDIENTS

- 1 Avocado
- 1/2 Lemon
- Salt and Pepper
- 1 Cup Cherry Tomatoes, Halved
- 1 Cup Mozzarella Curds
- 2 Tablespoons Balsamic Dressing
- Wheat Thins or Triscuit Crackers

## INSTRUCTIONS

1. Half the avocado, throwing the pit away and mashing in a bowl, immediately squeezing lemon juice over it and adding salt and pepper to taste.
2. Mix in cherry tomatoes and mozzarella balls, drizzling dressing over top.
3. Scoop onto crackers and enjoy!



# TRAIL MIX

If you put the right stuff in this sweet and salty treat it can actually be quite good for you, all while tasting like it isn't!



## INGREDIENTS

- **3/4 Cup Raw Pecans**
- **3/4 Cup Raw Cashews**
- **1/2 Cup Raw Sunflower Seeds**
- **1/2 Cup Raw Pumpkin Seeds**
- **1/2 Cup Unsweetened Dried Raisins**
- **1/2 Cup Unsweetened Dried Cranberries**
- **1/4 Cup Chopped Dark Chocolate**
- **1/4 Cup Pretzels**
- **1/4 Teaspoon Salt**
- **1/2 Teaspoon Cinnamon**
- **A Pinch of Nutmeg**

## INSTRUCTIONS

**1. Combine all ingredients in a bowl, mixing well and storing in a ziplock bag for a go-to snack whenever you're hungry!**

**Be sure to purchase ingredients with minimal added salt and oils!**

# YOGURT PARFAIT

A great treat to start your morning off well!



## INGREDIENTS

- **1 Cup (8 Ounces) Fat-Free Yogurt**
- **1/2 Cup Reduced-Fat Granola**
- **1 Firm Banana**
- **1 Cup Raspberries, Blackberries, Blueberries, or Sliced Strawberries**

## INSTRUCTIONS

**In two resealable containers, layer each ingredient, repeating until gone. Or for a less fussy take, just mix it all together!**



# YOUR GUIDE TO BREAD & BUNS

**It is often difficult to tell which bread products are good for you, and which are bad. And while you probably shouldn't be eating bread with every meal, sometimes it's unavoidable!**

**Here's some quick tips to pick out the best bread for you!**

## TIPS

- **Make sure the first listed ingredient is "whole-wheat flour" rather than simply "wheat flour" or "enriched bleached flour"**
- **Diet or Light bread isn't always better, just more expensive: look at how much bread you get per serving size**
- **If you're making a sandwich, pitas or sandwich thins are often the better, lower calorie choice**

# YOUR GUIDE TO BEVERAGES

**Water is always best, but sometimes you get a craving for something else to drink! There are so many options out there when it comes to beverage choices, and the task of choosing can be daunting.**

**Check out the tips below so you know the best choice and don't just resort to a Coke every time!**

## TIPS

- Sparkling waters are good for you and often have a great taste, so they're a great substitute if you want something different. Look for unsweetened options rather than those that use artificial sweeteners.
- Green Tea can help reduce the risk of osteoporosis, cancer, and heart disease and it is easy to find in truck stops these days!
- Juices are high in sugars, but if you are craving juice, stick to brands like V8 to get more of the vitamins that are good for your body.
- Diet soda is a better option than regular soda, **but** it still isn't without faults. The artificial sweeteners in diet drinks have been linked to health issues too, so try to drink pop sparingly.

# YOUR GUIDE TO FAST FOOD

**We know this seems a little counterintuitive after you just read a whole book dedicated to keeping you out of the drive thru, but sometimes fast food is the only option. That's okay. Don't let one value meal stop you from being positive about being healthy!**

**Here's a few things to keep in mind if you find yourself in the drive thru:**

## TIPS

- **Get the small size; you don't need the extra fries and soda, even if you want them!**
- **Salads or grilled chicken sandwiches are often available and better than burgers!**
- **If you get a burger, try the junior or smaller size instead of double or triple patty.**
- **Try eating your burger without the bun. It is actually quite tasty and saves a few calories.**
- **You can save calories and money by swapping out the combo meal for just the sandwich and eating your own sliced veggies as the side.**