

Meal Prep Ideas

Try these simple recipes out to add some variety to your meal prep! Find one day a week that you can spend prepping some meals ahead, to make the rest of your week easier.

First make this

All-Purpose Slow Cooker Shredded Chicken

Ingredients:

3 lbs boneless, skinless chicken breasts
1 tsp salt
1/2 tsp black pepper
1/2 cup water

Directions:

1. Pour chicken broth into the slow cooker. Place chicken in the slow cooker and sprinkle with salt, pepper and other desired seasonings/spices.

2. Cook on low for 3½-4 hours. Shred chicken with 2 forks.

Tips: If using frozen chicken, you don't need chicken broth.

Chicken can be stored in the freezer for up to 4 months.

Now make this

White Chicken Chili

Add 6 cups chicken broth, 4 cups shredded chicken, 2 (15-oz) drained cans of Great Northern beans, 2 cups salsa verde, and 2 tsp ground cumin to a medium saucepan and stir to combine. Heat over medium-high heat until boiling, then cover and reduce heat to medium-low and simmer for at least 5 minutes. Serve warm with desired toppings.

Shredded Chicken Quesadillas

Place tortilla on a microwavable plate. Add chicken and shredded cheese to half of the tortilla. Fold tortilla in half to cover cheese and chicken. Microwave on high 30-45 seconds, or until cheese is melted and chicken is warm. Cut into wedges and serve.

Shredded Chicken Burrito Bowl

Prepare 1 cup of brown rice. Add the juice of 1 lime and 1/3 cup chopped fresh cilantro (if desired) to the cooked rice. Top with 1/2 to 3/4 cup warm shredded chicken, 1/3 to 1/2 cup of warm black beans, avocado slices, 1-2 tbsp salsa, and a tbsp of plain Greek yogurt.

BBQ Chicken Sandwich

Add warm shredded chicken to a bun and top with 1-2 tbsp of bbq sauce.





Mix it up with these recipes

Ground Beef

How-To Cook Ground Beef

- 1) Heat skillet over medium-high heat
- 2) Add 1-3 lbs of ground beef once hot
- 3) Allow beef to sear on one side a couple minutes, until brown
- 4) Flip and repeat on the other side
- 5) Chop it up and spread the beef out
- 6) Cook until no pink remains
- 7) Turn off the heat and season with salt and pepper (as desired)



Stuffed Bell Peppers

Ingredients

- 4 Large Bell Peppers
- 1 lb Ground Beef
- 1 Cup Cooked Rice
- 1 Cup Shredded Cheese
- 1 Can (15 oz) Tomato Sauce

Directions

- Trim tops of peppers
- Remove ribs & seeds
- Stuff with rice and beef
- Arrange in slow cooker
- Pour sauce over peppers
- Cook on Low for 6 hours
- Add cheese last 30 minutes



Beef, Bean & Rice Bowl

- 1 Cup White or Brown Rice
- 1/2 Cup Black Beans
- 1 Cup Ground Beef
- Pico de Gallo or Salsa



Stuffed Baked Potato

- 1 Large Baked Potato
- 1/2-3/4 Cup Ground Beef
- 2 oz Shredded Cheddar Cheese
- Sour Cream



Spaghetti

- 1 Cup Pasta
- 1 Cup Ground Beef
- 1/2 Cup Spaghetti Sauce



Tacos

- 2 Flour or Corn Tortillas
- 1 Cup Ground Beef
- 2 oz Shredded Cheese
- Sour Cream & Salsa

Mason Jar Salads

You can make Mason Jar Salads up to 5 days in advance!

Grains
Quinoa, Brown Rice, Barley

Soft Veggies
Tomatoes, Onion, Corn, Avocado

2-4 Tbsp Dressing



Leafy Greens

Spinach, Kale, Lettuce, Arugula

Protein

Cheese, Meat, Beans, Eggs

Hard Veggies

Carrots, Pepper, Celery, Cucumber

Mix & Match Overnight Oats

Ingredients

1/3 to 1/2 cup rolled oats
1/3 to 1/2 cup dairy of choice
1/3 cup plain Greek yogurt
1/2 banana or 1/3 cup fruit

Sweetener & Toppings of choice



Directions

1. Add oats, dairy, & fruit to jar or other container and give them a good stir. Refrigerate overnight or for at least 5 hours.
2. In the morning, add additional liquid (if necessary) to achieve the desired consistency, then add toppings.

*The mixture will keep for up to two days — if you don't add the banana, up to four days. Make 2-3 at a time.

Dairy

Milk
Coconut Milk
Almond Milk
Soy Milk
Yogurt

Fruit

Apples
Bananas
Mango
Berries
Peaches



Bonus Add-ins:

Chia Seeds
Ground Flax
Protein Powder

Sweeteners

Honey
Maple Syrup
Brown Sugar
Stevia
Cinnamon
Vanilla/Almond Extract

Toppings

Nuts
Seeds
Raisins
Granola
Peanut Butter

Smart Snacking

Pro Tip

Use extra time while cooking to wash and chop fruits & veggies or buy pre-cut!

Wholegrain Carbs

Wholegrain Crackers
Pretzel Sticks
Rice Cakes
Wholegrain Toast
Pita
Air-Popped Popcorn
Wholegrain Cereal

Protein & Healthy Fats

Hummus
Nuts
Cheese
Hardboiled Eggs
Olives
Greek Yogurt
Avocado
Peanut Butter
Cottage Cheese

Fruits & Veggies

Cucumber
Pepper Slices
Celery
Apples
Berries
Banana
Grapefruit
Baby Carrots