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 $3\frac{1}{2}$ -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

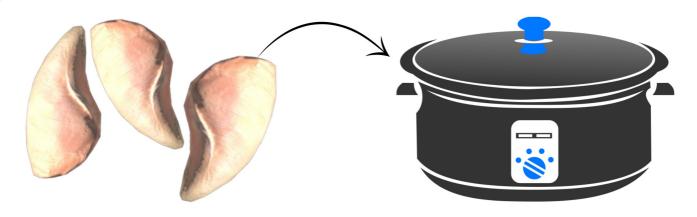
Place tortilla on a microwavable plate. Add chicken and shredded cheese to half of the tortilla. Fold tortilla in half to cover cheese and chicken. Microwave on high 30-45 seconds, or until cheese is melted and chicken is warm. Cut into wedges and serve.

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 bbg 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
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- 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

Grains

Quinoa, Brown Rice, Barley

Soft Veggies

Tomatoes, Onion, Corn, Avocado

2-4 Thsp 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

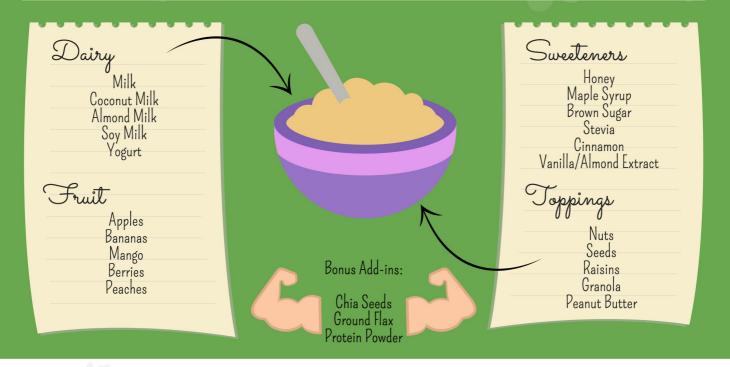
1/3 cup plain Greek yogurt 1/2 banana or 1/3 cup fruit

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.



Smart Snacking

Pro Tip

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



Protein & Healthy Fats





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



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



Cucumber Pepper Slices Celery Apples Berries Banana Grapefruit Baby Carrots