



# Meal Prep Made Easy

*Healthy Recipes to Simplify Your Life*

# *On The Menu*

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## *Welcome! Let's Get Prepping!*

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Are you ready to get meal prep on? Having a healthy meal ready to enjoy can help you say no to unhealthy food choices.

Tempted to go through the drive-thru on the way home to save time? No point when you've already got a tasty meal waiting at home for you! Hectic morning got you rushing? You don't need to stop for a sugar-filled breakfast when you've already prepped your morning meal. The vending machine is calling your name? You don't need to answer because you have tasty snacks ready to go.

Meal prep let's you put your nutrition on autopilot - you do all the major chopping, cooking, cleaning in 1 day! So, let's do this!

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# Meal Prep Tips

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## Don't be afraid to repeat

When you're creating your meal prep plan, remember that there's no need to cook something different for breakfast, lunch, and dinner each day. Just choose two or three of your favorite recipes for each meal, and simply double or triple the recipe so you can have it multiple times throughout the week.



## Frozen can be just as good as fresh

This is especially true when it comes to meal prep. Since frozen vegetables have already been cooked, all you have to do is heat them in the microwave with some cooked quinoa and your pre-made chicken breast, and you've got yourself a balanced meal. Frozen fruit is also a great addition to smoothies; no washing or cutting required.



## Look for shortcuts

Make it easy on yourself if you're willing to swap a few extra dollars to save a little extra prep time. Many grocery store chains offer pre-chopped veggies, zoodles, "pre-riced" cauliflower rice, peeled and diced fruit, pre-washed salad greens, and precooked proteins like fish, chicken, and tempeh.



## Batch Cook Staples

Prep staples — like rice, oats, lentils, and yams — in bulk. You'll return to them again and again, and they can take the longest to cook. You can make a pot of rice, use some now for a meal, refrigerate a portion, and freeze a portion to be used later.

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# Baked Oatmeal Cups With Berries and Bananas

Prep Time: 15 Minutes

Cook Time: 30 Minutes

Serves: 12 (1 muffin = 1 serving)



## Ingredients

- Nonstick cooking spray
- 2 large eggs, lightly beaten
- 1 tsp. pure vanilla extract
- 2 large bananas, mashed
- 1 Tbsp. honey
- 2½ cups dry old-fashioned rolled oats
- 1 Tbsp. ground cinnamon
- 1½ tsp. baking powder
- 1½ cups unsweetened almond milk
- 2 cups fresh blueberries, (or raspberries)

## Method

Preheat oven to 350° F. Prepare twelve muffin cups by coating with spray. Set aside.

Combine eggs, extract, bananas, and honey in a large bowl; mix well. Set aside.

Combine oats, cinnamon, and baking powder in a medium bowl; mix well. Add oat mixture to egg mixture; mix well.

Add almond milk; mix well.

Divide oat mixture evenly between prepared muffin cups. Top evenly with blueberries.

Bake 26 to 30 minutes, or until golden brown and toothpick inserted into the center comes out clean.

# Vanilla Peach Overnight Oats

## Ingredients

- ½ cup dry rolled oats
- 1 scoop Vanilla Whey Shakeology (or vanilla protein powder)
- ⅔ cup water
- ½ tsp. pure vanilla extract
- 1 medium peach chopped

## Method

Combine oats and Shakeology in a medium bowl; mix well. Add water and extract; mix well. Soak, covered, in the refrigerator overnight. In the morning, top with peach; serve immediately.

This delicious breakfast can also be made in a one-pint Mason jar. You can double or triple the recipe to prep breakfasts for a few days. Peach topping can be substituted for any fruit.

Prep Time: 10 Minutes

Cook Time: 0 Minutes

Serves: 1





## *Strawberry Overnight Oats*

**Prep Time: 10 Minutes**

**Cook Time: 0 Minutes**

**Serves: 1**

### **Ingredients**

- ½ cup dry rolled oats
- 1 pinch sea salt (or Himalayan salt)
- 1 scoop Strawberry Whey Shakeology (or strawberry protein powder)
- 1 Tbsp. chia seeds
- 1 cup unsweetened almond milk, divided use

### **Method**

Combine oats, salt, Shakeology, and chia seeds in a medium bowl; mix well.

Add ⅔ cup almond milk; mix well. Soak, covered, in the refrigerator overnight.

In the morning, add remaining ⅓ cup of almond milk, if desired.

Serve immediately, or store in an airtight container in the refrigerator for up to 24 hours.

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# Southwest Chicken and Black Bean Salad

Prep Time: 20 Minutes

Cook Time: 0 Minutes

Serves: 4



## Ingredients

- 3 Tbsp. balsamic vinegar
- 2 Tbsp. fresh lemon juice
- ½ tsp. lemon pepper
- 4 tsp. extra-virgin olive oil
- 2 cups black beans
- 3 cups sliced orange bell peppers
- 3 cups sliced red bell peppers
- 1 cup thinly sliced red onion
- 2 cups chopped tomatoes
- 3 cups sliced grilled chicken breast
- ½ cup shredded sharp cheddar cheese
- 1 cup chopped fresh cilantro

## Method

To make dressing, combine vinegar, lemon juice, and lemon pepper in a medium bowl; whisk to blend. Slowly add oil while whisking; mix well. Evenly divide dressing between 4 one-quart Mason jars. Set aside. Evenly layer beans, bell peppers, onion, tomatoes, chicken, cheese, and cilantro on top of dressing in jars. Serve immediately or cover and refrigerate for up to 3 days. Shake before serving.

# Teriyaki Chicken Stir-Fry

## Ingredients

- 1 Tbsp. + 1 tsp. extra-virgin organic coconut oil
- 1 lb. raw chicken breast, boneless, skinless, cut into 1-inch cubes
- 1 dash sea salt (or Himalayan salt)
- ¼ tsp. ground black pepper
- 2 cloves garlic, finely chopped
- ¼ cup reduced-sodium soy sauce
- ¼ cup water
- 3 Tbsp. honey
- 1 tsp. finely chopped fresh ginger
- 1 medium onion, thinly sliced
- 1 medium green bell pepper, thinly sliced
- 1 medium red bell pepper, thinly sliced
- 1 cup broccoli florets
- 2 cups cooked brown rice
- ¼ cup sesame seeds

Prep Time: 15 Minutes

Cook Time: 27 Minutes

Serves: 4

## Method

Heat oil in large skillet over medium-high heat. Add chicken; cook for 5 to 8 minutes, or until no longer pink in the middle. Season with salt and pepper. Add garlic; cook, stirring frequently, for 1 minute. Remove from skillet. Keep warm. Set aside.

Add soy sauce, water, honey, and ginger to skillet. Bring to a boil over medium-high heat, stirring frequently. Reduce heat; gently boil for 3 to 5 minutes, or until sauce thickens. Add onion, bell peppers, and broccoli; cook covered, stirring occasionally, for 3 to 5 minutes, or until vegetables are tender-crisp.

Add chicken mixture; cook, stirring frequently, for 1 to 2 minutes, or until chicken is coated with sauce and heated through.

Evenly divide rice between four meal prep containers. Evenly top with chicken mixture. Sprinkle evenly with sesame seeds.



# *Greek Zucchini Salad*

**Prep Time: 25 Minutes**

**Cook Time: 0 Minutes**

**Serves: 4**

## **Ingredients**

- ½ medium ripe avocado, cut into cubes
- ¼ cup reduced-fat (2%) plain yogurt
- 1 clove garlic, finely chopped
- 1 shallot, finely chopped (or 2 Tbsp. red onion)
- 2 Tbsp. fresh lemon juice
- 2 Tbsp. chopped fresh parsley
- ½ cup sliced celery
- ½ cup thinly sliced red bell peppers
- ½ cup thinly sliced red onion
- ½ cup sliced cucumber
- 6 cups shredded raw spinach
- ½ cup halved cherry tomatoes
- ¼ cup crumbled feta cheese
- ¼ cup pitted Kalamata olives
- 2 cups medium zucchini, spiralized (approx. 2 zucchini)

## **Method**

Place avocado, yogurt, garlic, shallot, lemon juice, and parsley in a blender; cover. Blend until smooth. Evenly divide dressing between 4 one-quart Mason jars. Set aside. Evenly layer celery, bell peppers, onion, cucumber, spinach, tomatoes, cheese, olives, and zucchini on top of dressing in jars. Serve immediately or cover and refrigerate for up to 3 days. Shake before serving.



## *Slow Cooker Chicken Tacos*

**Prep Time: 20 Minutes**

**Cook Time: 3 Hours**

**Serves: 4**

### **Ingredients**

- 1 cup low-sodium organic chicken broth
- 4 cloves garlic, finely chopped
- 2 medium jalapeño peppers, seeded and deveined, chopped (optional)
- 2 Tbsp. chili powder
- 2 Tbsp. ground cumin
- 2 tsp. ground smoked paprika
- ½ tsp. sea salt (or Himalayan salt)
- 2 bay leaves
- 1 lb. raw chicken breast, boneless, skinless
- 8 (6-inch) corn tortillas, warm
- 1 cup pico de gallo (or fresh tomato salsa)
- 1 medium ripe avocado, sliced
- 1 medium lime, cut into 4 wedges
- ¼ cup finely chopped fresh cilantro

### **Method**

Place chicken broth, garlic, jalapeños (if desired), chili powder, cumin, paprika, salt, bay leaves, and chicken in a 3-quart slow cooker; mix well and cover.

Cook on high for 2½ to 3 hours (or on low for 4 to 5 hours), or until chicken is tender.

Transfer chicken to a cutting board and shred with 2 forks.

Evenly divide chicken between 8 tortillas. Top evenly with pico de gallo, avocado, lime juice, and cilantro; serve immediately.

Make this chicken on the weekend and have it ready for meals during the week - in tacos, on top of salads, with roasted veggies, etc.

# Zoodles with Ground Turkey and Marinara Sauce

Prep Time: 5 Minutes

Cook Time: 10 Minutes

Serves: 2



## Ingredients

- 2 tsp. olive oil, divided use
- 2 cups spiralized zucchini
- 8 oz. ground turkey
- Italian seasoning (to taste)
- Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)
- 1 cup marinara sauce

## Method

Heat 1 tsp. oil in a medium pan; add zucchini and cook for 2 minutes. Divide evenly between two meal-prep containers and set aside.

Heat remaining 1 tsp. oil in a medium pan; add ground turkey and cook, until no longer pink, about 5 minutes. Add Italian seasoning, salt (if desired), pepper (if desired), and marinara sauce; stir to combine.

Pour half turkey mixture over each serving of zoodles.

Tip: Be careful to avoid overcooking the zoodles if you meal prep. They'll reheat nicely if just barely cooked when you meal prep.

# Spaghetti Squash Lasagna

## Ingredients

- Parchment paper
- 1 small spaghetti squash, (approx. 3½ to 4 lbs.)
- Nonstick cooking spray
- 4 cups all-natural marinara sauce
- 3 cups part-skim ricotta cheese
- 1 cup grated Parmesan cheese
- ¼ cup finely chopped fresh basil (optional)

Prep Time: 15 Minutes

Cook Time: 1 Hour 17 Minutes

Serves: 4

## Method

Preheat oven to 375° F.

Line large baking sheet with parchment paper.

Set aside.

Cut spaghetti squash in half lengthwise. Remove seeds and membrane. Place spaghetti squash, cut side down, on baking sheet. Bake for 40 to 45 minutes, or until tender.

Reduce oven temperature to 350° F.

Scrape spaghetti squash flesh into stringy noodles.

Lightly coat 4-quart baking dish with spray. Evenly layer half spaghetti squash, half marinara sauce, and half ricotta cheese in baking dish. Repeat with second layer.

Evenly top with Parmesan cheese. Bake for 30 to 32 minutes, or until golden brown and bubbly.

Garnish with basil (if desired).

Store leftover lasagna in an airtight container, refrigerated, for up to 5 days, or in the freezer for up to 3 months.



# Snack Ideas for the Week

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## Apple and 2 tsp. peanut butter

Pre-portion peanut butter into 5 storage containers and enjoy with medium apple.



## Mexican fruit salad

In a large bowl combine 2 cups chopped cucumber, 1 cup chopped jicama, 1 cup chopped pineapple, 1 cup chopped watermelon, 1 cup chopped mango, the juice of two limes, and chili powder to taste. Stir to combine. Divide evenly into five resealable plastic bags or food storage containers. Place in fridge. Serve with 2 Tbsp. unsweetened shredded coconut and  $\frac{3}{4}$  cup cottage cheese.



## Raspberry Greek yogurt snack box

1 cup raspberries (or blueberries), 4 chocolate or plain Graham crackers (1 sheet), 1 Tbsp. cacao nibs mixed with 2 Tbsp. unsweetened coconut flakes



## Chips + dip snack box

$\frac{1}{2}$  cup baked corn tortilla chips ,  $\frac{1}{4}$  cup guacamole,  $\frac{1}{4}$  cup pico de gallo,  $\frac{3}{4}$  cup bell pepper sticks,  $\frac{1}{2}$  cup pineapple cubes

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## *Smoothie Bags*

Freezer smoothie bags are perfect for busy school mornings or a quick afternoon snack. In labeled ziplock bags, combine the ingredients for each smoothie except the liquid. Keep bags in the freezer. To use a smoothie bag, add 1 cup liquid (such as water or unsweetened almond milk) to the blender followed by smoothie bag contents and any extras such as chia seeds or Shakeology superfoods. Blend until smooth.

Mango, Strawberry, & Banana Smoothie: 1/2 cup mango, 1/2 cup strawberries, 1/2 banana sliced, 1/2 cup plain Greek yogurt, 1 cup spinach

Tropical Bliss Smoothie: 1/2 cup pineapple, 1/2 cup mango, 1/2 banana sliced, 1 cup kale

Very Berry Smoothie: 1/3 cup blueberries, 1/3 cup strawberries, 1/3 cup pitted cherries, 1 cup spinach

Sweet + Sour Berry Smoothie: 1 kiwi, peeled + halved, 1/2 cup strawberry, 1/2 cup peaches, 1 cup cauliflower

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