

2 Hour Meal Prep

This menu has been designed to feed one individual; breakfast, lunch and dinner for 5 days.
Considerations for picky eaters, heavy eaters, food allergies or any other eating patterns are not included in this plan

What is Meal Prepping?

Preparing, cooking, or packaging food for three to four days in advance so you know exactly what and how much you are eating. 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 delicious meal waiting for you at home.

Getting Started

- **Start small**
If you're not used to bulk cooking, start with one or two days' worth of food. It can take a few hours to chop, cook and clean. Get the hang of it by starting off small so you don't get overwhelmed.
- **Basic kitchen tools + a stocked pantry**
You don't need fancy kitchen tools to make healthy meals at home just a few basics (see guide below). A stocked pantry includes cooking basics such as healthy cooking oils, spices/herbs, broth, canned beans/tomatoes, nuts + seeds.
- **Choose what food you will Meal Prep**
This doesn't have to be complicated. Stick with recipes you know and only try 1 new recipe each week. You can make several different meals with just a few ingredients. No-fuss combinations like chicken, brown rice and broccoli for dinner, and salmon, roasted carrots, and spinach for lunch. Add flavor without calories, stock up on fresh citrus, herbs and spices.
- **Pick a Day/Time to Meal Prep**
I suggest shopping Friday/Saturday AM, chopping/mise en place Saturday and final cooking of proteins and vegetables on Sunday.
- **Make a list + shop**
Once you have your meal-prep recipe list, check your pantry and fridge for ingredients, make a list, and then you can head to the store prepared.
- **Batch Cook like a Pro**
Prepare items like rice, oats, quinoa, roasted veggies in bulk.



Shopping List

Fruits + Vegetables

Avocado x 3
Baby Spinach x 16 ounces
Berries x 16 ounces
Broccoli x 2 ½ pounds
Cherry Tomatoes x 8 ounces
Cilantro x 1 bunch
Green onions x 1 bunch
Purple Cabbage x 1 medium head
Red Bell Pepper x 3 each
Zucchini x 2 pounds

Pantry

Green Enchilada Sauce x 8 ounces
Muffin liners x 12
Avocado oil or Olive oil
Teriyaki Sauce x 1 bottle

Grains/Seeds

Quinoa x 2 cups dry

Legumes

Black Beans x 1 can

Protein

Eggs x 1 dozen
Cooked Rotisserie Chicken x 1

Dairy

Cheddar Cheese x 8 ounces
Full fat Greek yogurt x 16 oz

Batch Cook

Cook Quinoa

1. Bring 2 cups dry quinoa and 3 cups water to a boil in a medium pot.
2. Cover and reduce heat to medium low for 15 minutes.
3. Remove from heat and fluff with fork.
4. Cool quickly by spreading evenly on a cookie or baking sheet pan.

Cut + Cook Zucchini/Bell Pepper

1. Preheat oven to 425 F
2. Cut zucchini into ½ inch cubes and evenly spread on a foil lined pan.
3. Cut off stem and bottom ends of each pepper. Remove stem and thinly slice into strips. Evenly spread on a foil lined pan.
4. Drizzle both pans of veggies with 2 tablespoons avocado oil and season with salt and pepper.
5. Roast both pans at the same time for 15 minutes.
6. Remove from oven and cool completely.

Steam Broccoli

1. Cut broccoli into smaller florets.
2. Using a steam basket, gently steam broccoli for 5-7 minutes until tender.
3. Season with salt, pepper and 3 tablespoons olive oil.
4. Cool completely.

Mise En Place

(Prep list)

- Berries- rinse + pat dry with paper towel
- Green onions- rinse + thinly slice
- Cilantro- rinse + remove cilantro from stems
- Cherry tomatoes- rinse + cut in half lengthwise
- Purple Cabbage- rinse + cut into quarters, thinly slice on a mandolin

Breakfast

Baked Egg Muffins

Prep Time: 15 minutes

Cook Time: 20 minutes

Yield: 1 dozen egg bites

Ingredients

10 large eggs

1 cup 2% full fat Greek yogurt or cottage cheese

1/2 cup shredded cheddar cheese

¼ teaspoon kosher salt

1 cup chopped broccoli, steamed

1/2 cup chopped red bell pepper, cooked

Preparation

1. Blend together eggs, Greek yogurt, cheddar cheese and salt in a magic bullet or blender.
2. Line a standard 12 cup muffin tin with muffin liners.
3. Evenly pour egg mixture into muffin tin, about ¾ full.
4. Add steamed broccoli and bell pepper to each muffin cup, about 2 tablespoons each
5. Bake at 325 F for 15-25 minutes or until eggs are set and the center is cooked, rotate pans if needed.
6. Remove from oven and cool. Keep in airtight container for up to 5 days.

Lunch

Vegetarian Enchilada Quinoa Bowl

Prep Time: 15 minutes

Cook Time: 20 minutes

Yield: 5 servings

Ingredients

3 cups fresh baby spinach

2 ½ cups cooked quinoa

1 (15 oz) can black beans, rinsed + drained

2 cups roasted red bell peppers + zucchini

2 cups shredded purple cabbage

1 cup cherry tomatoes, sliced in half lengthwise

1 cup green enchilada sauce (Rick Bayless)

1 cup shredded cheddar cheese

green onions, thinly sliced for garnish

cilantro, for garnish

Preparation

1. Lay out 5 individual meal prep containers.
2. Add a handful of raw spinach to each container.
3. Add ½ cup cooked quinoa and ¼ cup black beans on top of spinach.
4. Top with ½ cup bell pepper + zucchini mixture. Then layer with purple cabbage and cherry tomatoes to each container.
5. Pour ¼ cup sauce over each container and top with cheese, green onions + cilantro.

Dinner

Chicken + Vegetable Stir-fry

Prep Time: 15 minutes

Cook Time: 20 minutes

Yield: 5 servings

Ingredients

1 rotisserie chicken

2 ½ cups cooked quinoa

2 cups roasted red bell peppers + zucchini

3 cups steamed broccoli

2 cups shredded purple cabbage

1 cup grated carrots

10 tablespoons- your favorite sauce such as Teriyaki
green onions, thinly sliced for garnish

Preparation

1. Shred chicken and portion into 4 (5oz) servings. Set aside.
2. Lay out 5 individual meal prep containers. Add ½ cup cooked quinoa to each container.
3. Add mixed vegetables (red bell, zucchini, broccoli, cabbage + carrots) to each container, about 1-1 ½ cups per container.
4. Add 5 ounces of chicken to each container and drizzle each serving with 2 tablespoons Teriyaki sauce or other favorite condiment. Garnish with green onions.