

# 10 EASY MEAL PREP IDEAS:

3 breakfasts

3 lunches

3 dinners

1 snack



mind over munch®



# Easy Meal Prep Ideas: Breakfasts

## BULK OATMEAL

### Base Oatmeal

4 cups rolled oats  
8 cups water  
pinch of salt

- *Bring water and salt to a boil.*
- *Add rolled oats, reduce heat to medium, and simmer uncovered for 5-15 minutes, depending on your preferred consistency. Stir occasionally.*
- *Remove from heat, cover, and let stand for 2-3 minutes before serving or storing.*
- *Store in an airtight container in the fridge for 5-7 days.*
- *When ready to eat, reheat a portion of cooked oatmeal in the microwave or on the stove, adding a splash of water if needed. Add variety by serving with different toppings—make it sweet or savory!*
- *Yields ~8 cups cooked oatmeal*

### PB&J Toppings

cinnamon  
peanut butter  
jelly  
fresh berries  
date syrup  
slivered almonds



## GREEN MAKE-AHEAD SMOOTHIES

1 cup spinach, fresh or frozen  
1 banana, fresh or frozen  
¼ cup cubed mango, fresh or frozen  
¼ cup pineapple, fresh or frozen  
1 cup milk of choice (add at time of making)

- *Add all ingredients except for milk to a glass mason jar, or a freezer-safe bag. (Be sure to pack your jar full so there's not much air left in it, or remove as much air as possible from your freezer-safe bag before sealing it!)*
- *Store in the freezer. If storing in jars, leave some space between them so there's room for the cold air to circulate.*
- *The morning you're ready to prepare your smoothie, let the jar thaw on the counter for a few minutes so your ingredients come out more easily.*
- *Add frozen ingredients to your blender with milk of choice and blend.*
- *Serve and enjoy!*
- *Yields 1 smoothie*



# Easy Meal Prep Ideas: Breakfasts

## MAKE AHEAD BREAKFAST CASSEROLE

drizzle of oil  
½ cup onion  
1 Tbsp garlic, minced  
1 lb breakfast sausage (optional)  
12 eggs  
½ cup milk of choice  
2 tsp mustard powder  
1 tsp oregano  
¼ tsp salt  
pepper, to taste  
1½ cups broccoli florets  
1 zucchini, diced  
1 red bell pepper, diced  
(or 3-4 cups veggies of choice)  
shredded cheese (optional)



- Preheat oven to 375°F (190°C).
- In a skillet over medium heat, add a drizzle of oil and sauté onion and garlic.
- Once transparent, add sausage and cook until browned, 7-10 minutes.
- Add to a 13×9-inch casserole or baking dish and set aside.
- In a large bowl, whisk together eggs, milk of choice, and seasonings. Stir in chopped veggies.
- Pour mixture over sausage. (Feel free to sprinkle on some shredded cheese, if desired!)
- Bake until firm and cooked through, 30-40 minutes.
- Allow to cool slightly before slicing into squares, serving, and enjoying!
- Store leftovers in the fridge for up to 5 days and reheat individual portions in the microwave.
- Yields 12 servings (depending on size of cut).

### To freeze casserole:

Casserole can be frozen before or after baking! Simply cover and freeze for up to 3 months.

The day before you want to eat, transfer casserole dish to the fridge to thaw overnight.

For an already baked casserole, reheat in the oven at 350°F (180°C) for 15-20 minutes

For an unbaked casserole, let sit on the counter for 30 minutes, then bake at 375°F (190°C) for 30-40 minutes.

# Easy Meal Prep Ideas: Lunches

## TUNA SALAD FREEZER SANDWICHES

### Dairy Free Tuna Salad

12 oz canned tuna, drained  
1/3 cup relish  
1/3 cup hummus  
2 Tbsp dried minced onion  
1/4 tsp black pepper

### Sandwich Assembly

8 slices thin provolone cheese  
(two per sandwich, one  
on each side)  
8 slices whole wheat bread



- In a large mixing bowl, add all tuna salad ingredients. Mix to combine.
- Lay out slices of bread and place a slice of provolone cheese on each. (Be sure to cover each bread slice with cheese—the cheese will prevent the bread from getting soggy!)
- Dollop tuna salad onto cheese slices and assemble sandwiches.
- Place each sandwich in a freezer bag, label, and freeze. (You can also grill/panini press your sandwiches before freezing, just allow to cool completely before storing.)
- When ready to eat, thaw frozen sandwiches overnight in the fridge.
- Warm up in the toaster oven, toast on the stove top with some butter, grill/re-grill on a panini press, or enjoy cold!
- Lasts 3 months in the freezer.
- Yields 4 sandwiches.

## CURRY CAULIFLOWER CHICKPEA BOWL

### Bowl

2 cups wild rice, cooked  
1 head cauliflower, chopped  
into bite-sized florets  
1 Tbsp oil  
1/4 cup onion, chopped  
salt & pepper, to taste  
1 can (15 oz) chickpeas,  
drained & rinsed  
1/2 cup roasted cashews

### Curry Dressing

3 Tbsp extra virgin olive oil  
2 Tbsp maple syrup  
2 Tbsp Dijon mustard  
1 tsp curry powder

- Cook wild rice according to package directions.
- Preheat oven to 400°F (200°C).
- On a baking tray lined with parchment paper or foil, toss cauliflower with chopped onion, oil, salt, and pepper. Roast 25-35 minutes, until soft and golden.
- Whisk dressing ingredients together.
- Combine cooked rice, roasted vegetables, chickpeas, and cashews, tossing to coat in dressing.
- Store in airtight containers in the fridge for 5-7 days.
- To freeze, wait to prepare & add dressing until the time of eating, and freeze prepared chickpea bowl for up to 2 weeks.
- Yields 5 servings.



# Easy Meal Prep Ideas: Lunches

## BURGER SALAD

### Burger Meat

2 tsp oil

¾ cup onion, chopped

1lb ground beef

½ tsp salt

2 cloves garlic, minced

½ cup pickle chips, diced

- Whisk dressing ingredients together. Set aside.
- Add oil and onion to a saucepan and cook over medium high heat until onions start to sweat. Add garlic, beef and salt. Cook, breaking up the meat and stirring regularly until cooked through. Stir in diced pickle chips.
- Chop greens for the base of your salad. Add cooked meat and dressing with desired toppings. Toss to combine. Store components separately for meal prep.
- Yields 4 servings, ~8 cups total.

### Salad

1 head romaine, chopped

4 cups spinach, chopped

1 large tomato, chopped

optional: Mexican blend shredded cheese

### Dressing

2 Tbsp avocado oil mayo

1 Tbsp ketchup

1 Tbsp onion, minced

dash of hot sauce

pinch of salt



### Storage instructions:

Meat will last 3-4 days in the fridge or 1 month in the freezer.

Salad will last 4 days in an airtight container in the fridge.

Dressing will last 7-10 days in an airtight container in the fridge.

# Easy Meal Prep Ideas: Dinners

## LEMON SALMON, ASPARAGUS & CAULIFLOWER “COUSCOUS”

### Lemon Salmon

1 Tbsp oil  
zest & juice of 1 lemon  
1 tsp Worcestershire sauce  
1 lb salmon, cut into 4 oz filets (x4)  
¼ tsp salt & pepper, to taste

### Asparagus

1 lb asparagus  
drizzle of oil  
salt & pepper, to taste

### Cauliflower “Couscous”

3 cups cauliflower rice  
drizzle of oil (or butter)  
salt & pepper, to taste  
lemon pepper  
(or seasonings of choice)



- Preheat oven to broil.
- Combine oil, lemon zest, lemon juice, and Worcestershire sauce in a glass baking dish. Place filet in dish skin side up and let stand 15 minutes. Turn filet over and season with salt & pepper.
- Chop ends of asparagus and discard. Toss with oil, salt, and pepper on a lined baking sheet.
- Add salmon to top oven rack and asparagus below it. Broil to desired degree of doneness—about 6–8 minute, depending on thickness of salmon filet.
- For cauliflower rice, heat oil or butter in a skillet over medium heat. Season with salt, pepper, and any other desired seasonings. Cover the skillet and cook for 6–8 minutes, until it’s soft and resembles couscous/rice!
- Store components in separate airtight containers. Salmon and asparagus will last 3-4 days in the fridge, and cauliflower couscous will last up to 1 week.

## VEGAN ONE POT TACO QUINOA

2 tsp oil  
2 garlic cloves, minced  
½ cup onion, chopped  
1 bell pepper, diced  
1 cup quinoa, uncooked  
1½ cups broth  
1 can (15oz) black beans, drained and rinsed  
1 can (14.5oz) diced tomatoes  
1 can (15oz) corn, drained and rinsed  
1½ tsp chili powder  
½ tsp cumin  
¾ tsp salt  
pepper, to taste

### Topping Ideas

avocado, lime juice, cilantro, cheese,

- In a pot over medium heat, sauté onions, garlic and bell peppers in a bit of oil.
- Add quinoa, beans, tomatoes, corn, chili powder, cumin, salt and water.
- Bring to a boil. Turn down to a simmer, cover, and allow to cook until quinoa is cooked through, around 20 minutes.
- Serve and garnish with avocado, lime juice, cilantro, cheese, or any other toppings you like!
- Lasts 4-5 days in an airtight container in the fridge, or 1 month in the freezer.
- Yields 4 servings, ~8 cups total.



# Easy Meal Prep Ideas: Dinners

## STIR FRY + TURKEY BURGERS (COMPONENT-STYLE PREP)

### Main Components

2lb ground turkey or chicken  
4 cups white rice (~8 cups cooked)  
16oz large carrots  
8-12 cups broccoli florets

### Stir Fry

1lb ground turkey or chicken  
2 cups white rice (~4 cups cooked)  
8oz large carrots, chopped into rounds  
4-6 cups broccoli florets  
1-2 tsp sesame oil  
½ cup chopped onion  
1-2 tsp chopped garlic  
1-2 Tbsp soy sauce, to taste  
pinch of red pepper flakes  
¼ cup green onion, chopped

### Burgers & Fries

1lb ground turkey or chicken, shaped into 4 patties  
2 cups white rice (~4 cups cooked)  
8oz large carrots, chopped into sticks/fries  
4-6 cups broccoli florets  
drizzle of oil  
salt & pepper, to taste  
4 cheese slices (optional)

### On prep day:

- Cook rice according to package directions. Allow to cool.
- Portion 1lb of ground meat into 4 burger patties. Wrap each individually in plastic wrap and store in an airtight container in the fridge until ready to cook. (Or season and cook burgers on prep day, then reheat throughout the week.)
- Chop broccoli to desired size—half for stir fry, half for roasting. Chop half of carrots into rounds for stir fry, chop other half into sticks/fries for roasting. Store raw carrot fries and florets for roasting in airtight containers in the fridge.
- To make stir fry, cook other pound of ground meat in a pan over the stove. Once cooked, set aside. In the same pan, saute chopped onion and garlic in sesame oil for a few minutes.
- Once softened, add in broccoli florets and carrot rounds. Cover and steam for 3-5 minutes to soften.
- Add cooked ground meat back into pan, along with ~4 cups cooked rice. Season to taste with soy sauce and red pepper flakes, and finish with green onion. Stir well to integrate.
- Remove from heat and allow to cool slightly before storing in airtight containers for the week.

### To cook burgers & fries during the week:

- Preheat oven to 425°F (210°C). Prepare two sheet pans.
- In separate bowls, toss carrot fries and broccoli florets with oil and desired seasonings.
- Add seasoned broccoli to one sheet pan and arrange carrot fries on a wire baking rack on the other sheet pan.
- Roast 25 minutes. While the vegetables roast, heat a pan over medium heat to cook burgers.
- Once warm, add a drizzle of oil and cook patties as desired. (~5 minutes per side.) Add sliced cheese immediately after flipping.
- Serve on a bun or lettuce wrap with your favorite toppings, paired with carrot fries, roasted broccoli, and warmed rice.



# Easy Meal Prep Ideas: Snack

## SALTED CARAMEL NO BAKE ENERGY BITES

1 cup dates, soaked in warm water (about 1 hour)

½ cup roasted salted cashews

2 Tbsp tahini

1 tsp vanilla

sprinkle of pink Himalayan sea salt

1¼ cups rolled oats

- *In a food processor, blend all ingredients (except for oats). Process into a dough (about 1 minute).*
- *Transfer to a mixing bowl and stir in oats.*
- *Refrigerate mixture for about 15 minutes.*
- *Roll into about 1-inch balls. (I used a 4-teaspoon cookie scoop.)*
- *Refrigerate for 2 to 3 hours before enjoying!*
- *Lasts 4-5 days in an airtight container in the fridge.*
- *Yields 15-20 energy bites.*

