3-2-1 MEAL PREP DINNERS

- 3 INGREDIENTS
- 2 DINNERS
- 1 HOUR

MEAL PREP SIMPLIFIED
3-2-1 Dinners make meal prepping easy while keeping meals versatile! There’s no reason to eat the same thing every week—and now you can save time while cooking up different meals in advance!

3 main ingredients!
2 different dinners to last you all week!
1 hour or less for physical prep time of the meals!

All meals are composed with nutrition balance in mind, containing a protein, vegetable and healthy carbohydrate in the form of starchy vegetables or fruits. Feel free to add a 4th main ingredient and prep grains if you prefer to serve that with your meals throughout the week.

All recipes contain minimal additional ingredients, easy prep, and can be modified without stress or concern. The ingredients used have been selected with consideration for what will last you the week for meal prep purposes. Notes are made for your review when necessary!

Most of the included meal prep are designed for 2 people, but servings are noted. If prepping for more or less, you may halve or double the recipe and grocery lists, or freeze any extra for later!

This book prepares you for 4-5 nights of meal prep for a 7 day week—leaving you a few nights to either go out, or have leftovers from a night out or a previous frozen prep. Most of the recipes are organized so that Meal #1 provides meals for 3 days of the week, and Meal #2 for 2 days.

Happy prepping!
PRODUCE:
- 5 small-to-medium spaghetti squash
  (3lb squash ≈ 3-4 cups shreds)
- 1 lb sliced mushrooms
- 1 cup onions, chopped
- Green onion

MEAT/DAIRY:
- 2-3 lbs ground Italian sausage
  (serve to your preference)
- 1 cup mozzarella cheese
- ¼ - ¾ cup cheddar cheese
- 4-8 eggs (1-2 per squash half)

PANTRY:
- Oil of choice (I use avocado oil)
- 1-2 cups pizza sauce
- 1 can (2.25 oz) sliced olives
- (or any pizza toppings you like!)

SEASONINGS:
- Italian seasoning
- Oregano
- Salt
- Pepper

Spaghetti squash is a nutritious, lower-carb pasta alternative that works well with all kinds of flavors. Shred the squash flesh and bake it into a pizza-licious casserole, or serve it right in the skin with sausage, cheese, and an egg for a stuffed breakfast-for-dinner squash ‘boat!’

**Meal 1: Spaghetti Squash Pizza Casserole**
(6 servings)

**Meal 2: Breakfast For Dinner Boat**
(4 servings)

**GROCERY LIST**

**COMPONENTS**

Spaghetti Squash:
- 5 small-to-medium spaghetti squash, halved
- Drizzle of oil
- Salt, to taste
- Pepper, to taste

Preheat oven to 400°F (200°C).
Poke holes all the way around each squash with a fork. Microwave for 3-4 minutes to soften.
Once cool to the touch, score a line all the way around the squash and carefully slice in half. Peel halves apart and scoop out seeds. (I use a grapefruit spoon.)
Add halved spaghetti squash to baking sheets lined with parchment. Brush the flesh of each squash half with oil, season to taste with salt and pepper, and place face down on baking sheet. Bake 45-60 minutes, until fork tender.

Sausage & Mushroom Mixture:
- Drizzle of oil
- 1 cup onions, chopped
- 1 lb sliced mushrooms
- 2-3 lbs ground Italian sausage

Cook onions in oil about 3-5 minutes.
Add mushrooms and cook until reduced. Transfer mixture to separate bowl.
Add sausage to pan and cook until no longer pink.
Combine cooked sausage with sautéed onions and mushrooms.

**PREP DAY PLAN:**
- Cook spaghetti squash in oven.
- Sauté onions and mushrooms in oil.
- Cook Italian sausage and combine with sautéed veggies.
- Assemble pizza casserole and store. (Bake, if desired.)
- Assemble breakfast boats and store.
**MEAL 1: SPAGHETTI SQUASH PIZZA CASSEROLE**

- 6 spaghetti squash halves, cooked & flesh removed (~6-8 cups)
- ~½ cooked sausage mixture
- 1¼ cups pizza sauce
- 1 cup mozzarella cheese
- 1 tsp Italian seasoning
- ¼ cup sliced black olives (or pizza toppings of choice)

Add squash shreds, 1 cup pizza sauce, and cooked sausage mixture to a 9x13” casserole dish, folding to integrate. Sprinkle with Italian seasoning and spread another ¼ cup pizza sauce on top. Add a layer of mozzarella cheese, followed by black olives or other desired pizza toppings. Cover and store until ready to cook. Or, bake at 375°F (190°C) for 20 minutes on prep day, then store and reheat throughout the week.

Nutrition per serving, yields 6:
- 381 calories | 23g fat | 26g carbs | 5g fiber | 11g sugars | 20g protein

**WEEKDAY PREP**
Add prepared spaghetti squash casserole to a lined baking sheet. Bake at 375°F (190°C) for 20 minutes. If cooked on prep day, simply reheat in oven and serve.

**MEAL 2: BREAKFAST FOR DINNER BOATS**

- 4 spaghetti squash halves, cooked
- ~½ cooked sausage mixture
- salt
- pepper
- oregano
- ½ - ¾ cup shredded cheddar cheese
- 4-8 eggs (1-2 per squash half)
- green onion, for topping

Shred insides of each spaghetti squash half with a fork, leaving shreds inside shell. Season with salt, pepper, and oregano and toss to combine. Portion cooked sausage mixture into each squash half, toss to combine, and tap down to compact into squash shell. Sprinkle 2-3 Tbsp cheddar cheese on top of each squash boat. Store until ready to cook.

Nutrition per serving (with 1 egg), yields 4:
- 411 calories | 27g fat | 19g carbs | 3g fiber | 7g sugars | 23g protein

**WEEKDAY PREP**
Add prepared spaghetti squash boats to a lined baking sheet. Crack an egg (or two) into each squash half. Bake at 375°F (190°C) for ~30 minutes, until whites of egg are set. Serve topped with chopped green onion.
Sweet potatoes are a deliciously comforting addition to any meal, or you can serve them like baked potatoes as a vessel for stuffing! Try roasted sweet potatoes with a simple canned tuna stuffing for one meal, then bulk up your tuna salad with sweet potato cubes for a new dinner.

**Meal 1: Tuna Stuffed Sweet Potato**
(6 servings)
**Meal 2: Cold Sweet Potato & Tuna Salad**
(4 servings)

**GROCERY LIST**

**PRODUCE:**
- 10 small sweet potatoes
- 1 1/4 lb green beans (about 5 cups total)
- 2 jalapeños
- 1 shallot
- 1 bunch cilantro
- 1/4 cup watercress
- 1 lemon

**MEAT/DAIRY:**
- 36-40 oz canned tuna
  (3 12 oz cans, or 8 5 oz cans)

**PANTRY:**
- Oil of choice (I use avocado oil)
- 1/2 cup mayonnaise
- Soy sauce/Coconut aminos
- Sesame oil
- 1 can (15 oz) black eyed peas
- Olive oil

**SEASONINGS:**
- Cumin
- Salt
- Pepper

**COMPONENTS**

**Sweet Potatoes:**
- 10 small sweet potatoes (6 whole, 4 peeled & cubed)
- Drizzle of oil
- Cumin
- Salt
- Pepper

**Preheat oven to 400°F (200°C).**

For 6 stuffed sweet potatoes, poke on all sides of each potato with a fork. Wrap each potato in foil, place on a baking sheet, and roast for 60 minutes.

For salad, peel and cube 4 remaining sweet potatoes. Add to a lined baking sheet, drizzle with oil, and toss with cumin, salt and pepper. Roast for 40 minutes.

**Green Beans:**
- 1 1/4 lb green beans (~5 cups total)

**Trim ends of green beans.**

Bring a large pot of water to a boil. Add green beans to boiling water and blanch for 2-3 minutes, until vibrant and bright green.

Transfer immediately to an ice bath. Chop blanched green beans into 1” pieces.
MEAL 1: TUNA STUFFED SWEET POTATO

- 6 small sweet potatoes, roasted
- 24 oz canned tuna, drained
- 3 cups green beans, blanched & chopped
- ½ cup mayonnaise
- 1 Tbsp soy sauce/coconut aminos
- 2 tsp sesame oil
- 2 jalapeños, seeded & diced
- 1 shallot, diced
- ½ cup cilantro, chopped
- salt, to taste
- pepper, to taste

In a large bowl, combine mayonnaise, soy sauce/coconut aminos, and sesame oil. Add jalapeño, shallot, cilantro, salt and pepper, mixing well to combine. Add tuna and blanched green beans, tossing to coat. Store separately from roasted sweet potatoes until ready to serve.

Nutrition per serving, yields 6:
352 calories | 16g fat | 32g carbs | 6g fiber | 8g sugars | 24g protein

WEEKDAY PREP
Heat roasted sweet potato and fill with cold tuna stuffing mixture. Enjoy!
Option: Enjoy potato and filling cold!

MEAL 2: COLD SWEET POTATO & TUNA SALAD

- 12 oz canned tuna
- 4 peeled & cubed sweet potatoes, roasted
- 2 cups green beans, blanched & chopped
- 1 can black eyed peas, drained & rinsed
- ¼ cup watercress, chopped
- ½ cup mayonnaise
- 1 lemon, juice
- 1 Tbsp olive oil
- ½ tsp cumin
- salt, to taste
- pepper, to taste

In a large bowl, mix together mayonnaise, lemon juice, olive oil, cumin, salt and pepper. Add tuna, roasted sweet potato cubes, blanched green beans, black eyed peas, and watercress. Toss to coat. Store for meal prep.

Nutrition per serving, yields 4:
373 calories | 21g fat | 31g carbs | 5g fiber | 8g sugars | 18g protein

WEEKDAY PREP
Serve and enjoy cold!
PRODUCE:
- 2 green bell peppers
- 2 red bell peppers
- 4 cups greens
- 1 lime

PROTEIN/DAIRY:
- 2 blocks (28oz) firm tofu
- 1 cup shredded cheddar cheese
- ¼ cup sour cream

FROZEN:
- 1 box frozen brown rice
- (2 bags, or 4 cups cooked)

PANTRY:
- oil of choice (I use avocado oil)
- sesame oil
- 4 Tbsp cornstarch/arrowroot powder
- hot sauce
- Trader Joe’s Gyoza Sauce
- 4 whole wheat pitas
- optional: 4 tortillas

SEASONINGS:
- 1 ¼ Tbsp fajita seasoning
- Trader Joe’s Chili Lime Seasoning
- Trader Joe’s Umami Seasoning
- garlic powder
- onion powder
- salt

Shaking up your dinner routine is as simple as changing up the seasonings & serving vessel. For a vegetarian dinner duo, roast 2 unique batches of tofu and bell peppers—one with fajita flavors and the other with Asian-inspired flare served over rice or in a wrap!

**GROCERY LIST**

**Meal 1: Fajita Pita**
- (4 servings)

**Meal 2: Asian Tofu Bowl/Wrap**
- (4 servings)

**TOFU & PEPPERS**

**COMPONENTS**

**Tofu:**
- 2 blocks (28oz) firm tofu
- oil
- fajita seasoning + Asian seasoning mixtures (see next page for recipes)

Place tofu blocks on paper towels and press between cutting boards for 1-2 hours. Slice one block into strips and the other block into cubes. (Thinner strips/smaller pieces will be crispier!)

Once chopped, press tofu pieces again for 30 minutes.

For fajita tofu, combine cornstarch and fajita seasoning in a bowl. In a separate bowl, toss tofu strips with oil and coat with cornstarch mixture.

For Asian tofu, combine cornstarch with garlic and onion powder. In a separate bowl, toss tofu cubes with oil and gyoza sauce, then coat with cornstarch mixture.

**Bell Peppers:**
- 4 bell peppers (2 red & 2 green)
- oils & seasonings (see next page for recipes)

Preheat oven to 400°F (200°C). Line two large baking sheets with foil, creating a divider in the middle so each pan has 2 sections. (Or line four smaller pans with parchment/foil.)

Transfer seasoned tofu to prepared baking sheet(s).

To your other baking sheet(s), add sliced bell peppers. Toss half of peppers with oil, hot sauce, lime juice, and Chili Lime seasoning. Toss the other half of peppers with sesame oil, Umami Seasoning, and salt.

Bake both trays for 25-30 minutes, tossing halfway.

**PREP DAY PLAN:**
- Press tofu blocks & cut into pieces.
- Slice bell peppers into strips.
- Toss tofu & bell peppers with seasonings and bake.
- Store fajita pita components separately or in compartmentalized containers for meal prep.
- Assemble Asian tofu bowls as desired and store.
MEAL 1: FAJITA PITA

TOFU:
• 1 block (14 oz) firm tofu, pressed & cut into strips
• drizzle of oil
• 1½ Tbsp fajita seasoning
• 2 Tbsp cornstarch

BELL PEPPERS:
• 1 red bell pepper
• 1 green bell pepper
• drizzle of oil
• 1 tsp hot sauce
• ½ lime, juiced
• 1 tsp Trader Joe’s Chili Lime Seasoning

PITA ASSEMBLY:
• 4 whole wheat pitas
• ½ cup sour cream
• 4 cups greens
• 1 cup shredded cheddar cheese

Nutrition per serving, yields 4:
585 calories | 28g fat | 62g carbs | 12g fiber | 6g sugars | 29g protein

WEEKDAY PREP
Heat fajita tofu and peppers if desired. Assemble pita with 2 Tbsp sour cream, 1 cup greens, ¼ cup cheese, warmed fajita tofu and fajita peppers.

MEAL 2: ASIAN TOFU BOWL/WRAP

TOFU:
• 1 block (14 oz) firm tofu, pressed & cut into cubes
• drizzle of oil
• 1-2 Tbsp Gyoza sauce
• 2 Tbsp arrowroot or cornstarch
• 1 tsp garlic powder
• 1 tsp onion powder

BELL PEPPERS:
• 1 red bell pepper
• 1 green bell pepper
• drizzle of sesame oil
• 1 tsp Trader Joe’s Umami Seasoning
• ½ tsp salt

BOWL ASSEMBLY:
• 4 cups cooked brown rice
• option: 4 tortillas

Nutrition per serving (with rice, not tortillas), yields 4:
386 calories | 14g fat | 54g carbs | 5g fiber | 3g sugars | 16g protein

WEEKDAY PREP
Heat entire Asian Tofu Bowl and enjoy! Option: Serve warmed components in a tortilla or pita and enjoy as a wrap.
Slow Cooker Pulled Pork:
- 3-4 lb boneless pork butt/shoulder
- salt (about 1 tsp for a 4-5 lb pork)
- pepper

Add pork butt to slow cooker and season liberally with salt and pepper. (Feel free to use additional seasonings as desired.)
Cover and cook on low heat for 8-9 hours, until internal temp reaches 190°F. (Or cook on high for 4 hours.)
Allow to cool for 20 minutes on a cutting board before shredding meat with 2 forks. Set aside.

Roasted Acorn Squash:
- 3 acorn squash, halved
- drizzle of oil
- salt, to taste
- pepper, to taste

Preheat oven to 400°F (200°C).
Score around the outside of each squash, along the line you plan to cut, then cut in half. (If needed, poke holes around the outside of each squash and microwave for 3-4 minutes to soften.)
Scoop out seeds from inside each squash half. (Feel free to save the seeds to roast or use later!)
Transfer squash halves to a lined baking sheet. Brush/rub squash flesh with oil, season with salt and pepper, and place face down on baking sheet. Roast for 30-45 minutes (depending on size), until tender.

Sautéed Kale:
- 6 cups kale
- drizzle of oil
- ¼ lemon, juiced
- salt, to taste
- pepper, to taste

Heat oil in a saucepan over medium heat. Add 6 cups kale and wilt slightly. Season with lemon juice, salt, and pepper.
MEAL 1: STUFFED ACORN SQUASH

- 1½ roasted acorn squash (3 halves)
- ⅓ of pulled pork (see above)
- 3-4 Tbsp no sugar BBQ sauce
- 1-2 Tbsp whole30 mayo
- ½ of sautéed kale (see above)

Mix ⅓ of pulled pork with BBQ sauce and mayo. Toss together with ½ of sautéed kale. Store stuffing mixture separately from roasted squash halves until ready to serve.

Nutrition per serving, yields 3:
469 calories | 26g fat | 32g carbs | 6g fiber | 4g sugars | 31g protein

WEEKDAY PREP
Add stuffing into roasted squash half. Reheat in the oven or microwave and serve.

MEAL 2: ACORN SQUASH SOUP

- 1½ roasted acorn squash, flesh removed
- 1 Tbsp ghee
- 1 cup chopped onion
- 2 large carrots, chopped
- 2 cloves garlic, chopped
- 3 ½ cups chicken broth
- 1 cup coconut milk
- ½ tsp nutmeg
- ½ tsp cinnamon
- pinch of salt & pepper
- ⅔ of sautéed kale (see above)
- ⅓ of pulled pork (see above)

Scoop roasted acorn squash flesh into a bowl and set aside. In a large saucepan over medium-high heat, melt ghee. Add onion, carrot, and garlic and cook until tender, about 5-7 minutes. Add squash flesh and chicken broth. Bring mixture to a boil, and then simmer 20 minutes. Stir in coconut milk, then season with nutmeg, cinnamon, salt, and pepper. Transfer to food processor and blend until smooth. Stir in ⅔ of sautéed kale and ⅓ of pulled pork. Store for meal prep.

Yields 8 cups soup, 10 cups with pulled pork mixed in.

Nutrition per 2 cup serving, yields 5 servings:
401 calories | 25g fat | 25g carbs | 5g fiber | 4g sugars | 20g protein

WEEKDAY PREP
Reheat soup in microwave or over the stove. Serve and enjoy!
Sheet pan dinners are my favorite—with one cooking session, you end up with two different flavored meals, using the same ingredients! You can cook these on prep day and reheat, or if you prefer fresh-cooked meals to leftovers, store the components raw on prep day and cook throughout the week!

**GROCERY LIST**

**Meal 1: Mediterranean Skewers**
(6 servings)

**Meal 2: BBQ Chicken Plate**
(4 servings)

**COMPONENTS**

**Chicken:**
- seasonings for dry rub (see next pages with recipes)
- salt + water for brine

Mix dry rub seasonings together and set aside.

Trim fat off the chicken if desired.

Optional: Brine the chicken—this will add more flavor and help the chicken cook evenly. To brine, fill a bowl with lukewarm water (not boiling hot). Stir in a few teaspoons of salt. Add ALL chicken breasts for both meals and let them sit in the saltwater to brine for 15 minutes. (This can be done for up to 6 hours if you prefer to do it in advance). Remove chicken from the brine, rinse with cold water and pat dry with paper towels.

Add all chicken breasts to a glass baking dish or sheet pan and brush them all down with oil. Rub the Mediterranean spice rub onto 6 breasts and top with lemon slices, and rub the BBQ seasonings onto the remaining 4 breasts.

Roast at 450°F (230°C) for 15-20 minutes, or until browned as desired (internal temperature reaches 165°F / 74°C).

**Mashed Potatoes:**
- 1 lb halved baby potatoes or russet potatoes cut into cubes (peeled if preferred)
- ¼-1 cup milk of choice
- 2 Tbsp butter (optional, but recommended)
- Salt & pepper, to taste
- Fresh chives for topping, optional

Add potatoes to a pot filled with water and salt. Bring to a boil. Reduce heat and cook 12-15 minutes, until fork tender. Drain potatoes, return to the pot and add milk, butter, salt and pepper to taste. Mash until you reach your desired consistency. Store for the week.

**PREP DAY PLAN:**
- Soak skewers if using wooden rather than metal.
- Boil potatoes.
- Prepare dry rubs and trim chicken for both meals.
- Optional: Brine the chicken.
- Prepare the skewers and vegetables on a separate sheet pan.
- Coat desired chicken breasts in each dry rub.
- Roast everything in the oven at 450°F for 15-20 minutes. The chicken should reach 165°F, and the vegetables should be roasted and brown.
MEAL 1: MEDITERRANEAN SKEWERS

MEDITERRANEAN ROASTED CHICKEN BREAST
• 6 chicken breasts
• 1 tsp garlic powder
• 1 tsp onion powder
• 1 tsp lemon pepper
• 1 tsp oregano, dry
• 1 tsp parsley, dry
• ¾ tsp salt, to taste
• 1 lemon, slices

GARLICKY LEMON DILL VEGGIE SKEWERS
• 1 ½ lbs baby potatoes
• 1 ½ lbs brussels sprouts, halved
• 2 Tbsp fresh dill
• 1 lemon, juice
• drizzle of light olive oil
• skewers, metal or wood (be sure to soak wooden skewers for 1-2 hours in warm water before using to prevent them from burning in the oven)

Add potatoes and brussels sprouts to skewers (the goal is to have 6 servings—consider 6 large or 12 small skewers).
Whisk together a drizzle of olive oil with lemon juice, fresh dill and salt & pepper to taste. Brush the mixture onto the skewers to coat thoroughly.
Roast at 450°F for 18-20 minutes, or until browned as desired.

Nutrition per serving, yields 6:
399 calories | 16g fat | 36g carbs | 7g fiber | 7g sugars | 35g protein

WEEKDAY PREP
Option 1: Store the components raw, and cook the sheet pan meal on prep day for a fresh-cooked meal.
Option 2: Reheat in the microwave or on the stove and enjoy!

MEAL 2: BBQ CHICKEN PLATE

BBQ ROASTED CHICKEN BREAST
• 4 chicken breasts
• 1 Tbsp paprika
• 1 Tbsp coconut or brown sugar
• 1 tsp chili powder
• 1 tsp onion powder
• 1 tsp garlic powder
• ½ tsp salt, to taste

BALSAMIC BRUSSELS SPROUTS
• 1 lbs brussels sprouts, halved or quartered (depending on size)
• 1 Tbsp oil of choice
• 1 Tbsp balsamic vinegar
• 3 cloves garlic, minced
• ½ tsp garlic powder
• salt & pepper, to taste

Nutrition serving, yields 4:
324 calories | 9g fat | 31g carbs | 7g fiber | 4g sugars | 34g protein

WEEKDAY PREP
Option 1: Store the components raw, and cook the sheet pan meal on prep day for a fresh-cooked meal.
Option 2: Reheat in the microwave or on the stove and enjoy!
**GROCERY LIST**

### PRODUCE:
- 4-6 cups broccoli florets
- ¼ cup chopped onion
- Green onion for topping

### MEAT/DAIRY:
- 2 lbs chicken thighs, cut into cubes or strips
- 1 cup Primal Kitchen Garlic Alfredo
- 1 jar (2 cups) Yai’s Thai Yellow Thai Coconut Curry
- ½ cup chicken bone broth
- ½ cup nutritional yeast

### PANTRY:
- Oil of choice (I use avocado oil)
- Salt
- Pepper

### SEASONINGS:
- Sesame seeds for topping

**COMPONENTS**

**Shirataki Noodles:**
- 4 bags (7 oz each) Shirataki noodles of choice (fettuccini, angel hair, etc.)

Add noodles to a sieve over the sink to drain off stinky water. Rinse thoroughly under cold water. Drain completely. Transfer to a skillet over medium-high to high heat with a bit of oil or fat. (Use separate skillets if preparing different noodles for different dishes.) Cook for about 5 minutes, using tongs to jostle the noodles as they heat through. (Steam is a good sign here because we are trying to evaporate liquid and dry out the noodles—this will help them not be so slimy.)

When you hear a squeaking noise while stirring, they’re done! Remove from skillet and store for meal prep.

**Chicken Thighs & Broccoli:**
- Drizzle of oil
- ¼ cup chopped onion
- 2 lbs chicken thighs, cut into cubes or strips
- 4-6 cups broccoli florets

Heat a skillet over high heat with cooking oil or fat. Sauté onion for 2-3 minutes. Add cubed chicken thighs to the hot pan in one layer, cooking 4-5 minutes until browned with a nice sear. Turn and continue cooking another 3-5 minutes until cooked through. Remove chicken from pan and set aside. Add additional oil or fat to the pan (as needed) over medium heat and add broccoli florets. Sauté for a few minutes to brown, then add 1-2 Tablespoons of water, cover with lid, and steam until fork tender. Combine ½ cooked chicken with ½ cooked broccoli in 2 separate pans.

**PREP DAY PLAN:**
- Drain, rinse, and cook shirataki noodles. Store for meal prep.
- Cook chicken. Separately, cook broccoli.
- Combine ½ cooked chicken with ½ cooked broccoli in each pan.
- Prepare each sauce, seasoning to taste as needed.
- Toss one pan with Garlic Alfredo sauce, toss the other pan with Coconut Curry sauce.
- Store each dish separately for meal prep.
MEAL 1: CHICKEN FETTUCCINI ALFREDO

- 2 bags (7oz ea) Shirataki noodles
- ¼ cooked chicken & broccoli (1lb chicken thighs + 2-3 cups broc)
- 1 cup Primal Kitchen Garlic Alfredo
- ¼ – ½ cup chicken bone broth
- ¼ cup nutritional yeast

Whisk together Garlic Alfredo sauce with bone broth and nutritional yeast.
Over medium heat, pour sauce into pan with chicken and broccoli. Mix well until coated.
Store sauce separately from noodles until ready to eat.

Nutrition per serving, yields 4:
- 268 calories | 11g fat | 14g carbs (9g net carbs) | 5g fiber | 2g sugars | 30g protein

WEEKDAY PREP
Combine noodles and sauce. Reheat over the stove or in the microwave, seasoning to taste if needed.
Serve and enjoy!

MEAL 2: THAI CHICKEN CURRY & NOODLES

- 2 bags (7oz ea) Shirataki noodles
- ½ cooked chicken & broccoli
- 1 jar (2 cups) Yai’s Thai Yellow Thai Coconut Curry
- ½ cup chicken bone broth to thin out
- Green onion for topping
- Sesame seeds for topping

Whisk together Yellow Thai Coconut Curry sauce with bone broth.
Over medium heat, pour sauce into pan with chicken and broccoli.
Mix well until coated.
Store sauce separately from noodles until ready to eat.

Nutrition per serving, yields 4:
- 348 calories | 21g fat | 14g carbs (9g net carbs) | 5g fiber | 4g sugars | 28g protein

WEEKDAY PREP
Combine noodles and sauce. Reheat over the stove or in the microwave, seasoning to taste if needed.
Serve topped with green onion and sesame seeds and enjoy!
**PRODUCE:**
- 11 bell peppers
- 3 mangos
- ¼ cup onion
- 1 lime
- 1 lemon
- 2 tsp fresh ginger
- 2-3 bunches swiss chard

**MEAT/DAIRY:**
- 1 rotisserie chicken
- (3-4 cups pulled meat)
- 1-2 cups cheddar cheese (optional)
- ¾ cup grated parmesan

**PANTRY:**
- Oil of choice (I use avocado oil)
- ¾ cup olive oil
- 2 Tbsp rice vinegar
- 1 tsp Dijon mustard
- 1 can (15oz) black beans
- 1 can (10oz) diced tomatoes & chiles
- ¾ cup slivered almonds
- 1 cup vegetable broth

**SEASONINGS:**
- chili powder
- cumin
- garlic powder
- salt
- pepper

**GROCERY LIST**

**Meal 1: Chicken Chili Stuffed Peppers (6-8 servings)**

**Meal 2: Pepper & Mango Soup (4 servings)**

**COMPONENTS**

**Rotisserie chicken:**
- 1 rotisserie chicken (or 2 small if needed)

Pull meat off the bone of the rotisserie to use in meal prep recipes.

**Simple Side Salad (6-8 servings)**
- 2-3 bunches of swiss chard, stems removed and chopped (~8 cups)
- ⅔ cup shaved parmesan cheese
- ⅔ cup slivered almonds

**Dressing:**
- 1 lemon, juiced
- ¼ cup olive oil
- 1 tsp Dijon
- ½ tsp garlic powder
- ½ tsp salt
- ⅛ tsp pepper

Remove stems from swiss chard, if needed, and chop. Add to a large bowl lined with paper towels to soak up moisture and keep leaves from wilting.

Toss together with shaved parmesan and slivered almonds. Cover and store for meal prep.

Whisk together dressing and store separately from salad. Add dressing at the time of serving.

Nutrition per serving of salad w/ 1 Tbsp dressing, yields 8 servings:
181 calories | 17g fat | 4g carbs | 2g fiber | 1g sugars | 6g protein
MEAL 1: CHICKEN CHILI STUFFED PEPPERS

- 8 bell peppers, tops (or sides) cut off & seeds removed
- drizzle of oil
- ½ cup onion
- 1 mango, cubed
- 1 can (15oz) black beans, drained & rinsed
- 1 can (10oz) diced tomatoes & chiles
- 1-2 tsp chili powder
- ½ tsp cumin
- ½ tsp salt
- ¼ tsp pepper
- 2 cups rotisserie chicken
- 1-2 cups cheddar cheese, optional

Prepare bell peppers for stuffing. Slice top or side off of each pepper, then remove seeds and fibers. Chop leftover bell pepper pieces to use in stuffing mixture.

To make stuffing, saute onion in a saucepan with oil for 4-5 minutes, until tender. Add leftover bell pepper pieces, mango, black beans and saute another 2 minutes. Add diced tomatoes, chili powder, cumin, salt, and pepper and stir in rotisserie chicken. Season to taste.

Stuff filling into prepared peppers. Top with cheese, if desired.

Roast at 375°F (190°C) for 30-35 minutes and store, or store uncooked & roast during the week.

Filling mixture yields enough to stuff about 8 peppers, depending on size.

Nutrition per serving, yields 8
363 calories | 18g fat | 27g carbs | 6g fiber | 12g sugars | 24g protein

WEEKDAY PREP
Option 1: Bake stuffed peppers at 375°F (190°C) for 30-35 minutes. Serve with side salad and enjoy!
Option 2: Reheat cooked peppers in microwave or oven. Serve with side salad and enjoy!

MEAL 2: PEPPER & MANGO SOUP

- 3 yellow bell peppers
- 2 mangos, chopped
- 1 cup vegetable broth
- 1 lime, juice
- 2 tsp fresh grated ginger
- 2 Tbsp rice vinegar
- ½ tsp salt
- ¼ tsp pepper
- 1-2 cups rotisserie chicken to mix in (optional)

Broil (500°F-550°F) whole bell peppers for 10-15 minutes, until blistered. Allow to cool for 10 minutes before removing skins. (It helps to do this under running water!)
Rough chop peeled peppers and add to blender with remaining soup ingredients. Blend until smooth and season to taste.
Stir chicken into blended soup.
Store for meal prep.

Nutrition per 1 ½ cups serving, yields 4 servings:
424 calories | 22g fat | 22g carbs | 3g fiber | 14g sugars | 32g protein

WEEKDAY PREP
Option 1: Reheat soup in the microwave or over the stove. Serve with side salad and enjoy!
Option 2: Serve soup cold with side salad and enjoy!
Recipes, Design and Photography by Alyssia Sheikh, Property of Mind Over Munch®.