

# 1. Chicken Breast, Baked Sweet Potato, & Sesame Green Beans

This is an easy one. For the chicken breast, season as you would like (I love fresh lemon juice, fresh herbs, cracked pepper, and a tiny bit of salt!) and bake at 350 degrees until juices run clear. You will want to pack one chicken breast per meal, along with one baked plain sweet potato, and sesame green beans (my favorite side dish!). Therefore, you will need at least 5 chicken breasts and 5 small sweet potatoes for the week. When packing this meal, distribute the green beans evenly among the containers.

Here is the recipe to my Sesame Green Beans:

## Ingredients:

- 1 lb. green beans, washed
- 2 tbsp sesame oil
- 1 tbsp sesame seeds, roasted
- salt/pepper to taste

## Directions:

- Preheat oven to 350 degrees.
- Toss green beans with sesame oil in a bowl, coating evenly.
- Add sesame seeds, salt, and pepper.
- Arrange on a baking sheet and bake at 350 degrees for 15 minutes.



# 2. Grilled Sirloin, 1/2 cup of Quinoa, & Roasted Curried Cauliflower and Carrots

This is another easy meal. Grill (or bake) your sirloin at your desired wellness. while cooking up about 3 cups of quinoa. As with the chicken, you will need at least 5 cuts of sirloin for the week (4oz-6oz depending on your lifestyle). Assemble about 1/2-2/3 cups of quinoa per container. Distribute cauliflower and carrots evenly among your containers for the week.

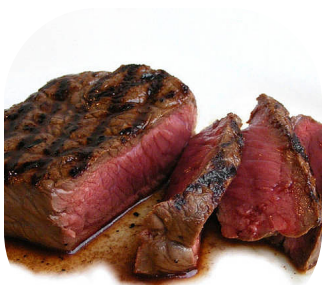
Here is the recipe for my Roasted Curried Cauliflower and Carrots:

## Ingredients:

- 1 medium head Cauliflower, cut into florets
- 2 carrots, peeled and cut into 1-inch chunks
- 1/4 - 1/3 cup coconut oil
- 2 Tbsp curry powder
- 1 tsp Cumin
- 1 tsp paprika
- Salt/pepper to taste
- Squeeze of lemon juice (optional)

## Directions:

- Preheat oven to 450 degrees.
- Toss cauliflower and carrots with coconut oil, curry powder, cumin, paprika, salt, pepper and a squeeze of lemon juice
- Assemble veggies on baking sheets.
- Bake for 30-40 minutes.



# 3. Turkey Muffins, Half an Avocado, & 1/2 cup of Steamed Brown Rice

Turkey muffins are easy to make and easy to take on the go. Also, you can create a bunch of them at one time, if you wanted!

Here is the recipe for my Turkey Muffins:

## Ingredients:

- 1-2 lbs ground turkey (ground chicken works too)
- 2 cups chopped fresh spinach or any other dark leafy green (zucchini will work too)
- 1 onion, diced
- 1 whole egg
- 1/2 TBSP rosemary
- 1 clove garlic, minced
- 1 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp cayenne pepper

## Directions:

- Heat oven to 350 degrees.
- In a large bowl, combine all ingredients for muffins
- Spray muffin tin with coconut oil.
- Pack mixture into each of the muffin tin slots.
- Bake muffins for 20-30 minutes or until turkey is browned
- Take out and let sit for 10 minutes.
- Pack 2 or 3 muffins for each of your meal prep meals, along with half an avocado, and brown rice.



# 4. Baked Salmon, 1/2 cup Steamed Brown Rice, & Lemon Garlic Broccoli

This is another easy while on the go meal. I love salmon because it's super simple and fast to make. When shopping for salmon, buy the whole fillet (side) of salmon and cut into individual portions. One whole fillet side usually yields 5-6, 3-5 oz portions - perfect for the entire week! Season salmon with olive oil, lemon juice, thyme and rosemary and bake at 400 degrees for 20 minutes.

Here is the recipe for my Lemon Garlic Broccoli:

## Ingredients:

- 3 heads of broccoli, washed and trimmed at the bottoms
- 3 Tbsp Olive oil
- 1 lemon, juiced
- 1 tsp Garlic powder
- Salt/pepper to taste

## Directions:

- Preheat oven to 375 degrees.
- Toss broccoli with olive oil, garlic powder, salt, pepper and a squeeze of lemon juice
- Assemble broccoli on baking sheets.
- Bake for 15-20 minutes.



# 5. Balsamic Chicken Salad in a Jar

You will need 5 large mason jars (or any cylindrical container) for this recipe. In order to make your salad in a jar, you will place your balsamic vinaigrette at the bottom, following 4oz. of baked or grilled chicken (I cut mine into cubes or pieces). Next, you will place bulky veggies in the jar, such as green bell peppers, onions, avocado, tomatoes, etc. Then you will top with the lighter stuff such as seeds or nuts, cheese, even eggs (if you like the cobb style). Last, you will top your jar with your salad leaves. When you are ready to eat your salad, just shake the jar for 1 minute! Emptying it into a salad bowl or plate works just fine too :)

Here is a visual:

