

## Meal Prep

### Menu

**Greek tray bake:** ingredients + method- Jasmine rice (cooked separately) layer in a baking dish chicken breast seasoned with SPG, cherry tomatoes, artichoke hearts, black olives, onion, 1 bell pepper, ½ cup balsamic vinegar- cook on 350 until chicken reaches 165, around 25-30 minutes

**Chicken Wrap:** ingredients + method- cooked chicken breast, seasoned with SPG, low carb tortillas, [mix equal parts non-fat Greek yogurt + low fat cottage cheese, hot sauce to taste, 1 tsp ranch seasoning], possible toppings: fiesta cheese, matchstick carrots, red cabbage, lime juice, cilantro

**Parmesan chicken tomatoes:** ingredients + method- mashed potatoes paired with sautéed cherry tomatoes, chicken breasts, topped with reduced fat Parmesan:  
Mashed potatoes: 5lb. bag red potatoes-peeled and boiled until soft. Blend with 120-150 grams non-fat Greek yogurt, 1 Tbsp butter, 1 cup non fat milk, SPG & rosemary/garlic seasoning + salt to taste

On medium-low heat melt 1 Tbsp butter; then add 1 large container of cherry tomatoes + 1 lemon juiced, salt, SPG, + rosemary/garlic seasoning. Cook tomatoes covered until they are tender enough to easily pop or have busted open

Layer the mashed potatoes, cooked chicken, topped with a serving of the tomatoes, and sprinkle with reduced fat Parmesan

### Yogurt Snack

Non-fat Greek Yogurt, thawed frozen berries, honey

### Staples for meal prep

1-2 hours to cook

PLAN- grocery shop according to the plan, don't keep going back to the store.

Tupperware

Only keep the food for a week

### Myths vs. Facts

Takes all day- can take up to half day depending on how difficult you make the recipes and if you are new to cooking a lot of food at one time. Overall, you will save time during the week even if you minimally prep

Expensive- meal prepping compared to take out is much cheaper, when considering the amount of food you get. - 12 piece grilled chicken from Chickfila is \$9, 200 calories...supposedly 38 grams of protein. A whole pack of chicken is \$10-12, with 5-6 chicken breasts.

Meal prep is not a diet- you can control your eating habits better with meal prep but that doesn't mean you're dieting.

### **3 ways to meal prep**

1. Minimal prep of meat and major sides
2. Cook all food in one day- 2-3 hours in one day, saves time, alternate between supper and lunch the next day. Can create balance between macros in your lunch and supper.
3. Cook one dish and eat on it all week. Easy, but can create burn out & relapse with snacks

### **Feeding kids:**

Try to eat variations of the same meal if it isn't the same exact thing. Some meals are totally different. Their growing bodies don't need a restrictive diet like an adult body does. We can't eat what they do all the time & their pallet isn't as refined as ours.

Some nights look like the same meat for everyone but different sides. Other nights everyone has spaghetti but I'm eating spaghetti squash and they have noodles. A few nights they have something completely different but simple enough that it's not difficult or too time consuming.

### **Tips:**

Flip chicken half way through or towards the end of the cook, to speed up the cooking process in the oven. Chicken should cook around 30 minutes on 350 in a pyrex dish.

Season all the chicken the same way and use in different recipes all week.

Buy a pyrex dish that has a lid to save on dishes and time.

Reheating rice and mashed potatoes in the microwave- put a wet napkin on top to keep from drying out

Start with the recipe that takes the longest to cook. ex: mashed potatoes and chicken - these items cook longer than others, you can get a lot done while these cook

Find recipes that have similar ingredients to save on prep time

Only meal prep 4 meals to allow for flexibility, dinners out with friends/family, and cleaning out the fridge to prep for the next week.

Pick easy meals, save the new and fun recipes for Friday night or weekend, then add those into your rotation

**Things to eat weekly/daily:**

Breakfast: breakfast sandwich: bread, 3 ounces sliced turkey, 1 runny egg, 1 slice of cheese or 1 ounce avocado

Egg scramble 2 eggs + 2 servings egg whites, non fat milk, sauteed 3 ounces of turkey diced, sauteed peppers and onions, 12 grams of cheese or 1 ounce avocado optional :

After workouts: Fruit or ½ bagel + water protein shake (whey protein, peanut butter powder, chocolate collagen, chocolate syrup)

Snack non-fat Greek yogurt, fruit, honey (granola if lacking on other macros, mostly carbs)

Jasmine rice

Protein with every meal/snack

Fruit

Vegetable with every meal (hit or miss with breakfast)