



HUNGRY FOR MORE

Meal Prep Guide
& Recipe eBook

 **ANYTIME
FITNESS**
Let's make HEALTHY HAPPEN



TABLE OF CONTENTS

Get Started	3
Plan Guidelines and Goals	4
Week One	6
Week Two	9
Recipes	12
Breakfast	13
Lunch	18
Dinner	22
Snacks & Sides	30
Blank Meal Plan	35

HOW TO GET STARTED

This eBook is full of easy recipes and food combinations to keep you fueled and happy while you complete your training sessions over the next 14 days. We know you'll find it useful, but nutrition is not one-size-fits-all. We get it! This 14-Day guide was designed to accommodate many different food preferences. All ingredients should also be easy to source, no matter your location, and gotten in one trip to the grocery store.

Use this as a guide! Learn as you go and set up meals as you would like. Make changes that you need based on food preference.

It may be easiest to follow the meal plan as it is shown on pages 6 and 9, since there are directions, and repeat meals based on prep.

However, if there is a recipe you like best and it's not on the plan, go with it! Eat what you like! Prepare a plan each week for all meals. Even if you don't prep a lot—use the blank meal plan (at the end) and write up your week.

If you are choosing to mix and match your recipes, use the recipe categories and choose what you like best from each category.

Follow this template:

AM	Breakfasts
AM	Snacks
Midday	Lunches or Dinners
PM	Snacks
PM	Dinners or lunches
Treat	Optional treat list

Feel free to repeat meals not listed on the example plan. If you find a lunch you like you can absolutely eat it all 3 weeks.

Dedicate a chunk of time each week for grocery shopping and preparing your food.

Stock up on food storage!



A HEALTHIER YOU

Plan guidelines

- 1** Eat consistently throughout the day and note how hungry/full you're getting. If you need to adjust anything, in terms of portion sizes, no problem.
- 2** Select the meals you want to make, set your grocery list, and shop for food each week.
- 3** For the next 14 days, commit to eating whole, unprocessed foods and as many of the recipes in our guide as you'd like. You got this!
- 4** Make a commitment to cook your food. Follow the instructions and give it a try! Come out of the next 14 days with some new experiences and confidence.

Your Goals

- Create new daily habits.
- Learn about yourself and what you can accomplish.
- Increase your confidence in preparing healthy recipes on a regular basis.



WEEKLY PLANS



WEEK ONE _____

LET'S DO THIS!

MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Vanilla overnight oats	Vanilla overnight oats	1-2 hard boiled eggs + 1-2 slices toast + berry of choice	Vanilla overnight oats	2-minute breakfast sandwich	Vanilla overnight oats	Smoothie bowl
SNACK	Roasted pumpkin seeds + 3/4C grapes	Roasted pumpkin seeds + 3/4C grapes	2 Tbsp. nut butter + 1 apple	Veggies + 1/4C hummus	2 Tbsp. nut butter + 1 apple	Green smoothie	Veggies + 1/4C hummus
LUNCH	Build-your-own-bowl	Build-your-own-bowl	Build-your-own-bowl	Simple hearty soup	Simple hearty soup	Leftover frittata + Brussels sprout salad	Enchilada skillet
SNACK	Veggies + 1/4C hummus	Veggies + 1/4C hummus	Green smoothie	Roasted pumpkin seeds + 3/4C grapes	Green smoothie	Citrus salad with honey lemon dressing	Citrus salad with honey lemon dressing
DINNER	Veggie wrap with red pepper spread	Simple hearty soup	Healthy Chicken & Sweet Potato Bake	Slow Cooker Black Bean Chicken Chili	Frittata + roasted Brussels sprouts & quinoa salad	Enchilada skillet	Build-your-own-bowl with leftovers from the week

WEEK ONE ---

LET'S DO THIS!

This 14-day meal plan includes preparing a few meals on Sunday. This way you have enough food ready for the beginning of your week, and you've got less cooking for the remainder of your week. You'll stock up on essentials at the grocery store that you may not already have. Prepping can also take more time on week one, and that's OK!

PRE-SHOP LIST

- Review all meals you want to eat this week.
- Use the provided grocery lists and modify with anything you like.
- Take note of what you've already got in your fridge/pantry so you don't overbuy.

PRE-MAKE THESE MEALS

- Vanilla Overnight Oats
- Build-Your-Own Bowls
- Easy Roasted Veggies
- Roasted Pumpkin Seeds

PREP NOTES

1. If you are roasting any veggies for your bowls, preheat your oven at 425 degrees. You'll use it again for the pumpkin seeds and turn it down.
2. Prepare enough ingredients for three bowls, plus extra ingredients for leftovers later in the week. Chop enough veggies, add a little oil and seasoning to them, toss, and assemble on your sheet pan.
3. Roast your veggies once your oven comes to temperature.
4. While your veggies are roasting, toss and season your pumpkin seeds. Spread them out on your baking sheet and set them aside.
5. If you are cooking rice or starch for your bowls, follow directions for 4 servings and cook.
6. Prepare your protein option of choice: you can roast in the oven with your veggies for about 30-45 minutes or cook on a stove top.
7. Take veggies out of the oven, turn your oven down to 300 degrees, wait for it to come to temperature, and put in your pumpkin seeds.
8. Gather all of your bowl ingredients together and assemble them. Store any leftover ingredients in your fridge.
9. Take out your pumpkin seeds, let them cool a bit, then transfer to single servings for snacks.
10. Prepare four servings of vanilla overnight oats and store in your fridge for the morning.
11. Clean up and done!

COOKING NOTES/TIPS

- If it makes your life easier, buy a pre-cooked protein for your lunch bowls!
- Sundays are a good time to cut up veggies and fruit for snacks all week. Although more expensive, you can also buy pre-cut!
- If you're trying the smoothie recipe and citrus salad recipes, prep extra ingredients on Sunday morning for breakfast the following weeks so you're ready to go.

WEEK TWO ---

CREATE POSSIBILITY MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Smoothie bowl	2-minute breakfast sandwich	Smoothie bowl	4oz protein of choice + berries + 2oz nuts	Smoothie bowl	Easiest hash	Easiest hash
SNACK	Citrus salad with honey lemon dressing	Citrus salad with honey lemon dressing	Veggies + 1/4 cup hummus	Veggies + 1/4 cup hummus	2-3 cookie dough bites	2-3 cookie dough bites	1 Tbsp. nut butter + 1 apple
LUNCH	Build your own wrap	Portobello fajitas	Sweet & sour chicken	Autumn chopped salad	Autumn chopped salad	Build your own bowl	Leftover chicken wrap & leftover veggies
SNACK	2-3 cookie dough bites	2-3 cookie dough bites	Citrus salad with honey lemon dressing	2-3 cookie dough bites	Hard boiled egg & 2oz nuts or dried fruit	Veggies + 1/4 cup hummus	Veggies + 1/4 cup hummus
DINNER	Portobello fajitas	Healthier sweet & sour chicken	Autumn chopped salad	Stuffed peppers	Veggie wrap with roasted red pepper spread	Rosemary and lemon roast chicken & simple salad	2-minute breakfast sandwich & leftover veggies

WEEK TWO ---

CREATE POSSIBILITY

You made it! One week down. That wasn't so hard was it? You still got more in you—we know it. Let's prep for week two.

By far, the easiest meal prep comes from leftovers. Cook or prepare ingredients once, and eat many times. This week is meant to guide you to use what you have on hand in your kitchen and continue to eat great versus going for something “more convenient.” Leftovers are the ultimate in convenience and economically smart. Try it this week!

PRE-MAKE THESE MEALS

- Cookie Dough Bites
- Citrus Salad with Honey Lemon Dressing
- Monday's Lunch: Build Your Own Wrap

PREP NOTES

1. Prepare and assemble your cookie dough bites and transfer to the freezer.
2. Prepare your citrus salad and transfer to three serving containers for snacks.
3. Create a wrap for Monday's lunch: include a protein option, some crisp veggies, and a spread, like hummus or mustard. Get creative and use what you have!
4. If you've got some extra time, prep your veggies for dinners coming up this week to save time. (This is optional.)
5. Clean up! You're done.

COOKING NOTES

TIP: Hard boiled eggs show up a few times this week. If you want, hard boil a batch on Sunday, or pick up a pack of pre-hard boiled eggs at the grocery store to save time.

RECIPES

BREAKFAST | LUNCH | DINNER | SIDES+SNACKS



RECIPE SHORTHAND

C: Cups

Tbsp.: Tablespoon

tsp.: Teaspoon

300F: degrees fahrenheit

Simple Vanilla Protein OVERNIGHT OATS



COOK TIME
5 MINUTES TO
OVERNIGHT



SERVES
FOUR



TAKE TO
WORK



Ingredients//

2C old fashioned oats
3C almond milk (or milk of choice)
2 tsp. cinnamon
2 servings vanilla protein powder (serving size based on brand)

OPTIONAL ADD-INS:

2 tsp. vanilla extract, berries, nut butter, bananas, cinnamon, chia seeds, pineapple bits

PREPARATIONS//

1. Combine ingredients in a bowl and divide equally into four jars or a small Tupperware containers.
2. Shake each container to combine well.
3. Place in the refrigerator overnight and enjoy for up to a week.

Smoothie B O W L



COOK TIME
5 MINUTES



SERVES
1



POST
WORKOUT



Smoothie bowls are very similar to smoothies, they're just consumed in a different way (with a spoon), and include additional toppings and texture. Have fun with it and try your favorite flavors. You can even make two different smoothies to combine in the same bowl for more interesting bites. Keep thickness in mind overall, as you won't want it too soupy.



Make your base.

Start with your favorite smoothie recipe:

fruit
greens

spinach, kale

ice
milk or yogurt

soy, almond, greek

juice

orange, pomegranate, carrot

sweetener

agave or maple syrup, honey



Choose colorful fruit toppings.

The trick is in the toppings. Consider your base and then add complimentary (but not necessarily identical) fruit like blueberries, strawberries, bananas, passion fruit, and raspberries. This is your chance to try something new or uncommon. When's the last time you had a kiwi? Try a little on top.



Add some crunch.

Texture is key. You don't want everything to be smooth, so add some healthy seeds (chia, sunflower, hemp, etc.), grains (granola, oats), and/or nuts (walnut, pumpkin, almond). A little unsweetened coconut flakes sprinkled on top is a nice finishing touch.



Have fun with the design.

Just like the "recipe," which can be varied in a million ways, have fun with the assembly. Pro tip: It usually looks nicer if toppings are added in chunks, in their own space; and it's best if the heaviest items go last. You can always mix it and lose the pretty when eating!

Whole Foods

FRITTATA



COOK TIME
25 MINUTES



SERVES
4



POST
WORKOUT



Ingredients//

2 Tbsp. olive oil, divided
1/2 pound ground turkey or hot italian chicken or turkey sausage
1 small sweet onion, halved and thinly sliced
1 orange pepper, thinly sliced
1 red pepper, thinly sliced
1 tsp. sea salt, divided
8 large eggs
2 tsp. fresh oregano leaves

This recipe is also just as good using a meat substitute or meat-free!

PREPARATIONS//

1. Preheat the broiler.
2. In a large (15-inch) oven-proof skillet, heat 1 tablespoon of the oil. Cook the sausage over high heat, breaking it apart with your spatula into 1-inch pieces (or smaller), until browned, about 5 minutes. Remove to a plate.
3. Add the remaining oil to the skillet. Saute the onion and peppers over medium heat, scrapping up any brown bits from the bottom of the pan, until very soft and caramelized, about 10 minutes.
4. Meanwhile, in a large mixing bowl, beat the eggs with 1/2 teaspoon salt until the yolk and whites are very well combined.
5. Add the meat back to the pan and stir to combine. Season the mixture with the remaining 1/2 teaspoon salt and arrange the veggies in an even layer. Reduce the heat to low and pour the eggs over the sausage and vegetables, making sure the pan is evenly coated with eggs. Cook until the sides are set and there's just a shallow layer of uncooked eggs on the top, about 5 minutes.
6. Sprinkle the oregano over the top, if using, and transfer the pan to the broiler. Cook for 2 minutes, until the top is cooked and beginning to lightly brown. Remove from the oven and allow the frittata to sit in the pan for at least 5 minutes before slicing. Cut into wedges and serve warm alongside a simple salad as breakfast, lunch, or dinner.

Easiest HASH



COOK TIME
10 MINUTES



SERVES
4-6



POST
WORKOUT



Base Options

Meal-prepped roasted sweet potatoes and bell peppers

Meal-prepped stuffed peppers

Fresh lettuce or greens

Toppings

Two eggs cooked to your liking

Extra hard boiled egg you prepped for the week

Sauce of choice—hot sauce is recommended

2-Minute BREAKFAST SANDWICH

This chili will be a go-to in your house. If you take the time to make your own taco seasoning, you'll be looking at the perfect healthy meal!



TOTAL TIME
2 MINUTES



SERVES
1



**ON THE
GO**

INGREDIENTS//

1 egg
1 whole wheat english muffin
Nonstick cooking spray
Salt & pepper

OPTIONAL TOPPINGS

Fresh spinach
1 Tbsp. shredded cheddar
cheese
1 slice of protein (turkey, ham,
bacon)
Tomato or sun dried
tomatoes
1 tsp. butter, if desired

PREPARATIONS//

1. Spray a microwave safe mug with cooking spray. Crack the egg into the mug and lightly scramble. Season with a pinch of salt and pepper to taste.
2. Place the mug in the microwave and cover with a wet paper towel. Cook on high for 30-40 seconds. If there is still liquid in the mug, cook for an additional 5-10 seconds.
3. Toast the English Muffin. Spread butter if desired. Top with your ingredient choices, the egg, and replace the top of the muffin. Enjoy hot!

Harvest CHOPPED SALAD



COOK TIME
15 MINUTES



SERVES
4



FAMILY
FRIENDLY



INGREDIENTS//

2 hearts of romaine lettuce,
chopped
1/2C dried cranberries
2 medium ripe pears or
apples, chopped
2 oz. feta cheese, crumbled
1/3C poppy seed dressing
1/4C light balsamic
vinaigrette

PREPARATIONS//

1. In large bowl, combine lettuce, dried cranberries, chopped pears, and feta cheese.
2. In small bowl, whisk together the poppy seed dressing and light balsamic vinaigrette. Drizzle over salad. Toss to coat.

Roasted Veggie & Arugula

WRAP WITH RED PEPPER SPREAD



COOK TIME
40 MINUTES



SERVES
2 WRAPS



POST
WORKOUT



INGREDIENTS//

WRAP

2 Tbsp. olive oil
1/4 small red onion, diced
1/2 small head of cauliflower,
cut into florets and roasted
salt to taste
handful fresh arugula
tortilla of choice

RED PEPPER CHICKPEA SPREAD

1-2 red bell peppers, roasted
2C cooked chickpeas
4 Tbsp. almond butter
3 Tbsp. olive oil
2 cloves garlic, minced
salt to taste

PREPARATIONS//

1. Toss cauliflower florets and onions in olive oil and place on baking sheet. Roast at 425°F for 15-20 minutes. Vegetables can be roasted up to 5 days before. Store in a separate container in the fridge.
2. Place peppers on baking sheet and cook on center rack on broil. Broil until skin is charred (~8-10 minutes), flipping occasionally. Remove peppers from sheet and place in a sealed bowl for 10 minutes. Remove charred skin and seeds. Place peppers and remaining ingredients in food processor and process until smooth.
3. Assemble by spreading a thin layer of red pepper chickpea spread on entire tortilla. Add veggies and arugula on one side and roll tight.

The chickpea spread offers a great source of protein needed by you non-meat eaters out there. And the cauliflower provides a low carb alternative—an added perk!

Roasted Brussels Sprouts & QUINOA SALAD



COOK TIME
45 MINUTES



SERVES
6



FAMILY
FRIENDLY



INGREDIENTS//

1 lb. Brussels sprouts
1/2 large red onion
1 Tbsp. minced garlic
2 Tbsp. extra virgin olive oil (EVOO) + 1 Tbsp.
1 tsp. salt
1 tsp. pepper
1/2C garbanzo beans, rinsed
1/4C quinoa, dry
1/2C chicken broth or water
1/2 tsp. red pepper flakes (optional)

PREPARATIONS//

1. Preheat oven to 400°F and line a baking sheet with foil.
2. Prepare vegetables. Wash Brussels sprouts and pat dry. Then, cut them in half, hot dog style, and place on baking sheet. Thinly slice half of a red onion and spread evenly on the baking sheet. Drizzle on 2 tablespoons of EVOO and toss with fingers.
3. Season veggies with 1 tablespoon of minced garlic (or more if you're a garlic lover), salt, and pepper.
4. Place veggies into oven at 400°F for 20-25 minutes or until the Brussels sprouts begin to brown.
5. While the vegetables are cooking, prepare quinoa. Bring 1/4 cup of quinoa and 1/2 cup of liquid (such as chicken broth) to a rolling boil. Turn heat down to low, cover, and let simmer until all water is absorbed (about 20 minutes).
6. Once the veggies are done, let cool for a few minutes, then transfer into a large bowl. Add in about 1/2 cup of garbanzo beans and mix. Then, add cooked quinoa and toss again. Finally, season with one more tablespoon of EVOO and 1/2 teaspoon of red pepper flakes.

Build-Your-Own BOWLS

Use the list of ingredients provided and customize your bowls how you want. This meal option is great for meal prep batch-cooking, a family dinner, or to put leftovers to use!



TOTAL TIME
10 MINUTES



SERVES
1



TAKE TO
WORK

INGREDIENTS//

1/2C Base
4-6 oz. Protein
Veggies (as desired)
1/4C Toppers
2 Tbsp. Sauce

Base

Brown rice, couscous, quinoa, sweet potatoes, cauliflower rice

Protein

Rotisserie chicken, precooked chicken breast, canned tuna, ahi tuna, tofu, 1-2 eggs, tempeh, ground meat, or meat free

Veggies

Roasted broccoli, roasted cauliflower, roasted or grilled peppers, grilled eggplant, sauteed spinach, sliced radish, shredded carrots, sliced fresh peppers, cucumber

Sauce

Soy sauce, balsamic glaze, green sauce, salsa, Sriracha mayo, green goddess dressing

Toppings

Olives, nuts, seeds, crumbled cheese, garbanzo beans, edamame, sesame seeds, jalepenos

20-Minute Comforting ENCHILADA SKILLET



COOK TIME
20 MINUTES



SERVES
4-5



GREAT FOR
LEFTOVERS



INGREDIENTS//

- 1 Tbsp. olive oil
- 1 cooked + shredded chicken breast -OR- can of cooked chunked chicken
- 1C enchilada sauce
- 4 small zucchini (or two large)
- 4 small corn tortillas
- 1C shredded cheddar cheese (or use chopped avocado for dairy free)
- 3 green onions sliced

PREPARATIONS//

1. Preheat broiler.
2. Chop zucchini into thin disks and tortillas into ½ inch wide pieces.
3. In your skillet combine chicken, enchilada sauce, zucchini, tortilla strips, and green onion.
4. Place skillet on the stove-top and cook under medium heat for 5-6 minutes.
5. If using cheese, top the mixture with shredded cheese and place in the oven to broil for 4-5 minutes. If not using cheese, top with avocados and additional green onions to serve.

Equipment: A cast iron skillet or skillet with an all metal handle required!

Healthier Sweet & Sour CHICKEN



COOK TIME
30 MINUTES



SERVES
4-6



GREAT FOR
LEFTOVERS



INGREDIENTS//

CHICKEN

1 lb. boneless, skinless chicken breasts, cut into 1-inch chunks
Salt & pepper, to season
1/4C starch (arrowroot, corn, etc.)
2 large eggs, beaten
3 Tbsp. coconut oil

SAUCE

1/3C sugar
1/2C apple cider vinegar
1/4C ketchup
1 Tbsp. soy sauce
1 clove garlic, minced
1/2 tsp. starch (arrowroot, corn, etc)

PREPARATIONS//

1. Preheat the oven to 325°F. Lightly grease a 9×13 baking dish.
2. To make the sauce, whisk sugar, vinegar, ketchup, soy sauce, and garlic powder in a small bowl. Set aside.
3. In a large bowl, season chicken with salt and pepper. Add starch and toss to coat.
4. Dip individual chicken pieces into beaten eggs to coat.
5. Heat coconut oil in a large saucepan. Add chicken and cook until egg has cooked, ~3 minutes (chicken should not be cooked through). Transfer to a paper towel-lined plate; discard excess oil.
6. Add chicken to prepared baking dish. Top with sweet and sour sauce.
7. Place chicken in oven and bake until sauce has thickened (~20-25 minutes) and chicken is cooked through (165°F). Turn chicken pieces occasionally to evenly coat.
8. Suggested paring: serve over bed of browned rice.

Healthy Chicken & SWEET POTATO BAKE



COOK TIME
35 MINUTES



SERVES
3-4



FAMILY
FRIENDLY



INGREDIENTS//

1 lb. boneless, skinless
chicken breast or thighs,
cubed
3-4C broccoli florets
1 large sweet potato, cut
into ¼ inch small cubes—
small cubes are key (~1 1/2C
cubed)
2/3C red onion, chopped
2 cloves garlic, minced
1/4C dried cranberries
1/3C olive oil
1 ½ tsp. Italian seasoning
1/2 tsp. sea salt
¼ tsp. pepper

PREPARATIONS//

1. Preheat oven to 400°F.
2. Line a baking sheet with parchment paper.
3. On the pan, combine the broccoli, sweet potato, onion, garlic, and cranberries. Drizzle with oil, add seasonings, salt and pepper, and toss to coat. Spread evenly across the pan, cover with foil, and bake for 12 minutes.
4. After 12 minutes, remove from oven, add chicken, toss, and place back in oven to bake for another 15-20 minutes or until chicken is cooked through and sweet potatoes are soft.

Portobello FAJITAS



COOK TIME
15 MINUTES



SERVES
4



FAMILY
FRIENDLY



INGREDIENTS//

2 Tbsp. coconut oil
4 portobello mushroom caps,
cut into strips
2 large bell peppers, cut into
strips
1 large onion, cut into strips
1 package taco seasoning
8 whole wheat tortillas
1/2C chopped cilantro
Lime wedges

PREPARATIONS//

1. In a large nonstick skillet, heat the coconut oil over medium-high heat. Add the mushroom slices, pepper strips and onion. Cook until the veggies are soft and the mushrooms have released most of their liquid, about 10 minutes.
2. Add the taco seasoning and cook for a few more minutes (add a few tablespoons of water if the mixture is too thick). Remove from heat.
3. To form fajitas, layer some of the veggie strips in a tortilla, sprinkle with the cilantro, and serve with lime wedges for squeezing.

Southwestern STUFFED PEPPERS



COOK TIME
45 MINUTES



SERVES
6-8



GREAT FOR
LEFTOVERS



INGREDIENTS//

6-8 bell peppers (depending on size)
1 can black beans, drained and rinsed
1 can corn, drained and rinsed
1 pint cherry tomatoes, quartered
1/3C green onions, diced
1C quinoa (dry)
1 lb. chorizo, browned
2 Tbsp. olive oil
1 tsp. cumin
2 tsp. fajita seasoning
2 garlic cloves, minced
3 Tbsp. fresh cilantro, coarsely chopped
1/2 lime, juiced
3/4C low-fat shredded cheese

OPTIONAL GARNISHES

avocado, salsa, plain greek yogurt

PREPARATIONS//

1. Preheat the oven to 400°F.
2. Bring 2 cups of water to a boil in a 1 quart saucepan with 1 cup of quinoa. Once boiling, cover pot and simmer until water has absorbed (~15 minutes).
3. Add 2 tbsp of olive oil to a skillet over medium heat. Cook chorizo, seasoning with cumin, fajita spice, and garlic. Cook until meat is uniformly brown.
4. Add meat, quinoa, and veggies to a large bowl. Sprinkle with cilantro and lime juice, stirring until combined.
5. Cut the tops off 6-8 peppers. Remove hearts and seeds.
6. Place peppers in a greased 13" x 9" pan. Stuff peppers with mixture. Bake in oven for 20 minutes. Top with low-fat shredded cheese and bake for another 5-10 minutes or until the cheese has melted and the peppers have softened. Garnish and serve.

Lemon-Rosemary Roasted WHOLE CHICKEN



COOK TIME
60 MINUTES



SERVES
4-6



GREAT FOR
LEFTOVERS



INGREDIENTS//

2 Tbsp. olive oil
2 Tbsp. minced fresh
rosemary (you may also use
dried if available)
2 cloves garlic, minced
Juice of one lemon
3/4 tsp. salt
Fresh whole chicken,
defrosted

PREPARATIONS//

1. Preheat oven to 375°F.
2. In a small bowl, mix together the olive oil, rosemary, garlic, lemon zest, and salt.
3. Using clean hands, rub the mixture onto the smooth side of the chicken breast.
4. Place the chicken in a shallow roasting pan.
5. Pour the chicken broth over the chicken breast.
6. Spritz the lemon juice over top of the Chicken.
7. Bake in preheated oven for 50-60 minutes, or until a meat thermometer registers 165°F in the thickest part of the breast.
8. Remove from the roasting pan and place on a carving board. Allow to rest for 10 minutes.
9. Slice thinly on the diagonal, place on a platter, and serve.

Slow Cooker Black Bean CHICKEN CHILI



COOK TIME
35 MINUTES



SERVES
8



FAMILY
FRIENDLY



INGREDIENTS//

2 large chicken breasts
2 - 14oz cans diced tomatoes
2C salsa
1 large onion, diced
1 green bell pepper, diced
3 cloves garlic, minced
2 stalks celery, diced
2C frozen corn
2 cans black beans, drained
and rinsed
1/2 tsp. salt, plus more to taste
1 tsp. dried oregano
2 Tbsp. chili powder (this is
for a mild chili; add more if
you like it spicy)
2 Tbsp. ground cumin
1C plain Greek yogurt

PREPARATIONS//

1. Combine the chicken breasts, tomatoes, salsa, onion, bell pepper, garlic, celery, corn, black beans, salt, oregano, chili powder, and cumin in the basin of a slow cooker.
2. Cook on high for 4-6 hours or low for 6-8.
3. With 30 minutes remaining before serving, turn the heat off the slow cooker and shred the chicken using two forks. Leave the lid off and let it cool. Just before serving, stir in the Greek yogurt.
4. Serve topped with your favorite chili toppings (minced cilantro, green onions, cheddar cheese, diced avocado, sour cream, crackers, whatever!).

NOTES//

At very high temperatures, Greek yogurt disintegrates and becomes curdled—that's why it's important to let the chili cool for a half hour before stirring it in. Whole fat or low fat Greek yogurt tends to curdle less easily than nonfat. If you don't have Greek yogurt around, four ounces of cream cheese also works well.

Frozen chicken breasts are fine; no need to thaw before putting in the slow cooker.

Simple

HEARTY SOUP

This Portuguese kale soup is ideal for meal prep—it makes enough for a whole week of lunches or dinners and freezes well.



TOTAL TIME
45 MINUTES



SERVES
6



FAMILY FRIENDLY

INGREDIENTS//

1 Tbsp. olive oil
8 oz. protein of choice (turkey kielbasa sausage, meat-free sausage, pre-cooked chicken breast sliced)
2 cloves garlic, minced
2-3 medium leeks, chopped (just white and light green parts)
1 bunch kale, stems removed & discarded, torn (about 4 cups)
15 oz. can bean of choice (kidney, black, garbonzo; drained, rinsed)
6C chicken (or vegetable) broth
Ground black pepper (to taste)

PREPARATIONS//

1. Heat oil in large saucepan over medium-high heat.
2. Add protein and either cook or warm/brown: stirring frequently, for 3 to 4 minutes, or until browned.
3. Add garlic, leeks, and kale; cook, stirring frequently, for 3 to 4 minutes, or until soft.
4. Add beans, tomatoes, broth, and pepper (if desired). Bring to a boil. Reduce heat to medium; cook, stirring occasionally, for 30 minutes.

Easy Roasted VEGETABLES



COOK TIME
40 MINUTES



SERVES
3-4



KITCHEN
CLEAN OUT



A versatile staple in your recipe repertoire! When you try it once, the possibilities are endless!

PREPARATIONS//

1. Pick your veggie: sweet potatoes, fingerling potatoes, broccoli, peppers, cauliflower.
2. Preheat your oven to 425°F.
3. Using parchment paper or aluminum foil, line your baking sheet.
4. Chop your veggies to bite-size pieces.
5. Toss in oil and salt or other desired seasonings. Examples: rosemary, thyme, garlic, cayenne.
6. Spread evenly and roast for about 30-35 minutes. Potatoes might need more time, depending on how small you chop them.

Nutrition-Packed GREEN SMOOTHIE



COOK TIME
5 MINUTES



SERVES
1-2



ON THE
GO



INGREDIENTS//

2C water (or liquid of choice, such as almond milk, orange juice, oat milk)
2 heaping handfuls spinach
1 banana
1/4C fresh ginger root
1C frozen mango
1C frozen pineapple
2 tsp. turmeric
1/2 avocado (optional)
1-2 servings protein powder of choice (whey, collagen, pea)

PREPARATIONS//

1. Add all ingredients to blender in order of list.
2. Blend until combined and smooth.

Mini No-Bake COOKIE DOUGH BITES



COOK TIME
15 MINUTES



SERVES
14-18



POST
WORKOUT



INGREDIENTS//

3 Tbsp. coconut oil
1 tsp. vanilla
2 tsp. honey
1/2C almond flour
1/2C pulverized oats (or oat flour)
1 scoop vanilla protein powder
1 heaping Tbsp. nut butter of choice
2 Tbsp. cacao nibs, mini chocolate chips or carob chips

PREPARATIONS//

1. Mix coconut oil, vanilla, and honey in a medium bowl.
2. Add almond meal, pulverized oats, and protein powder.
3. Stir in nut butter. Continue mixing until thoroughly combined.
4. Add chip of choice to "dough" mixture.
5. Using a heaping teaspoon, form dough into balls.
6. Freeze dough bites (minimum 2 hours).

Simple CITRUS SALAD



COOK TIME
5 MINUTES



SERVES
3 TO 4



TAKE TO
WORK



INGREDIENTS//

1 blood orange, segmented
1 pink grapefruit, segmented
1 naval orange, segmented
1 tsp. honey
1 Tbsp. lemon juice
pinch of salt
1/4 tsp. fresh or dried thyme
leaves

PREPARATIONS//

1. Combine the orange and grapefruit segments in a bowl, tossing to mix. Set aside.
2. In separate small bowl, whisk together the honey, lemon juice, and salt. Drizzle over top of the citrus segments. Finish by sprinkling on the thyme leaves. Serve immediately.

Spice Roasted PUMPKIN SEEDS



COOK TIME
40 MINUTES



SERVES
6



ON THE
GO



INGREDIENTS//

1 1/2C fresh pumpkin seeds
1 Tbsp. butter, melted
1/2 tsp. salt
1/2 tsp. dried oregano
1/4 tsp. paprika
1/8 tsp. garlic powder
1/8 tsp. garam masala or
cumin

PREPARATIONS//

1. Heat oven to 300°F.
2. In large bowl, toss together the pumpkin seeds and butter. In small bowl, combine the salt, oregano, paprika, garlic powder, and garam masala or cumin. Sprinkle spice mixture over pumpkin seeds and toss to coat.
3. Spread pumpkin seeds in an even layer on baking sheet. Bake 35 to 40 minutes, stirring once during baking, until pumpkin seeds are roasted and crispy.

MEAL PLAN _____

WRITE YOUR OWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
SNACK							
LUNCH							
SNACK							
DINNER							



Let's make HEALTHY HAPPEN