

Meal Prep Ideas

Hamburger – fry up a package with some chopped onions until it is no longer pink. Drain off fat. Let cool and store in 1 cup portions in Ziplocks. Freeze. Take a package out to thaw when you know you will be using it.

Chili – Dice up some celery, carrots, zucchini and saute in ½ cup of water in bottom of large pot. Add 1 cup frozen corn (if you have it). Drain 1 can chick peas, 1 can black beans, 1 can kidney beans. Add to pot. Add 1 or 2 cups of cooked hamburger. Add 2 cans of diced tomatoes. Add 1 package of chili seasoning. Stir and heat.

*chili and toast, chili and chips, taco salad with chili

Pasta – boil pasta according to package. Heat sauce and add 1 cup cooked hamburger to sauce.

Taco – warm cooked hamburger meat with 1 package of taco seasoning in a fry pan. Add a bit of water (1/2 cup) to mix in seasoning. Use taco shells, lettuce, tomatoes, cheese, jalapenos, salsa, sour cream, avocado

Nachos – parchment paper on baking sheet. Add corn chips. Sprinkle on hamburger meat, cheese, toppings (peppers, onion, tomato, black beans – whatever). Bake at 375 for 10 min or so.

Chicken – 4 chicken breasts. Bake in oven (maybe 350 for 45 min?) until no longer pink in the middle. (you will have to cut one open to see). Shred the chicken using 2 forks. Store in Ziplocks in freezer. Take a package out of freezer to thaw when you know you will be using it.

Pasta – boil pasta according to package. Heat Alfredo sauce in pot. Pour over pasta and add chicken. You could also add things like spinach, basil, tomatoes, and parmesan cheese. (keep a small bit of pasta aside if you want to use it in soup next day)

Chicken Soup – saute diced celery, carrots, onion in large pot in ½ cup water. When soft, add package of chicken broth. Add package of shredded chicken. Salt and pepper to taste.

Mexican Soup – saute carrots, celery, onion in large pot in ½ cup water. Add 1 cup frozen corn. Add 1 package of chicken broth. Add 2 cans of diced tomatoes. Drain 1 can of black beans and add. Add 1 package of shredded chicken. Add 1 package of taco seasoning. Heat and stir. (I serve this with corn chips, cilantro, avocado or sour cream)

Fajitas – Cut peppers (any colour) into long strips. Cut onion into long strips. Saute in fry pan until a little soft (fry in ¼ cup water, or a little bit of olive oil 1 tablespoon). Add peppers, shredded chicken, and any toppings (salsa, sour cream, avocado, lettuce, jalapenos, cheese) to fajita wrap.

Sausage – BBQ or heat sausages in a fry pan until cooked all the way through. Keep one sausage whole, but slice up the rest into discs. Let cool. Put into portions into Ziplocks and freeze. Take a package out of freezer to thaw when you know you will be using it.

Sausage on a bun – easy! Add your favourite condiments.

Pasta – cook pasta according to directions. Add pasta sauce and sausage.

Zoodles – spiral zucchini “zoodles” and set aside. Heat any type of sauce (alfredo is nice). Drizzle sauce over zoodles. Add sausage. You could also add tomatoes, basil, parmesan if you have it.

Zucchini boats – using one large or 2 smaller zucchinis. Cut in half lengthwise. Scoop out “flesh” and seeds using a spoon. Set aside in a bowl. Now you have zucchini canoes. Mix the “flesh” and seeds with a package of Ricotta cheese, ½ cup shredded cheese (cheddar or Moz), ½ cup parmesan. Add dried oregano, ½ tsp salt and ½ tsp pepper, an egg, and a clove of crushed garlic. Stir it all up.

Line a baking dish with parchment paper and put the zucchini canoes in. Fill each canoe with the cheese mixture. Line the top of the canoes with sausage (like putting pepperoni on a pizza). Bake at 375 for approx. 30 min.

Flatbread – you can make your own pizza using flat bread or pita bread. Brush with a small amount of pasta sauce (or tomato paste) OR brush with a mixture of olive oil and crushed garlic. Add any toppings You could add chicken, or sausage, or pepperoni (if you have it), plus lots of veggies, olives, and cheese. Bake on baking tray at 375 or about 15 min.

Salad

Romaine – chop it all up. Soak in sink of cold water to wash. Spin. Store in Large Ziplock.

Iceberg – don’t really need to wash / just remove outer layer and throw out.

HUGE salads are healthy to take for lunch. Add all your veggies, plus a protein (hard boiled egg, shredded chicken, chick peas, black beans, or sliced up ham). Put your dressing on the side to add later.

Hard boiled eggs – Large pot ¾ full of water. Add 12 eggs carefully. Put on high. Watch it. When it starts to boil, start timing it. Keep it boiling for a full 5 minutes. Take off element and carefully drain off hot water. Immediately add COLD water to pot and soak in cold water. Keep changing the water so it is COLD. After about 30 min put into egg carton (mark it HB), and put in fridge.