

Meal Prepping

MADE EASY

with Lindsey Green



WEEK 1

Shopping List
& Recipes



**Baptist
Health**

Shopping List

WEEK 1

PRODUCE:

- ☐ 1 apple
- ☐ 2 bell peppers
- ☐ 1 red onion
- ☐ 1 bag leafy greens of choice
- ☐ 1 orange
- ☐ 1 pint blueberries
- ☐ 2 avocados
- ☐ 1 small bag shredded carrots

MEAT:

- ☐ 1 pound ground turkey
- ☐ 1 pound boneless, skinless chicken breasts or tenderloins

DAIRY:

- ☐ 1 small container (5 oz) plain Greek yogurt

FROZEN:

- ☐ 1 package (10 oz) frozen chopped spinach

OTHER:

- ☐ Whole wheat OR corn tortillas
- ☐ 1 can (15 oz) garbanzo beans
- ☐ Honey

YOUR CHOICE:

- ☐ Lettuce cups OR whole wheat hamburger buns for turkey burgers
- ☐ 1 package (10 oz) frozen riced cauliflower OR 1 package instant whole grain (like brown rice, quinoa, etc) for Buddha bowls
- ☐ Accompaniments for fajitas (salsa \$1.39, cilantro, lime juice, avocado, etc)

PANTRY ITEMS:

- ☐ Salt
- ☐ Pepper
- ☐ Extra virgin olive oil
- ☐ Chili powder
- ☐ Cumin
- ☐ Paprika
- ☐ Garlic powder
- ☐ Onion powder
- ☐ Cinnamon

TOTAL: \$35.12

Purchased at Kroger on 9/15/2020; no coupons

Apple Spinach Turkey Burgers

SERVES 4 - 6

WHAT YOU NEED

1 pound ground turkey

1 package (10 oz) frozen chopped spinach,
thawed and squeezed dry

1 apple, grated

1 tsp coarse salt

½ tsp ground black pepper

4 hamburger buns, toasted OR lettuce wraps

WHAT YOU DO

1. Heat grill to medium heat.
2. In a large bowl combine ingredients, except buns. Mix well and divide into 4 or 6 burger patties.
3. Oil grill grates, put burger patties on the grill. Cook 10-12 minutes, flipping once, until internal temperature reaches 165 degrees F.
4. Serve burgers on toasted bun or lettuce wrap with accompaniments of choice.

Nutrition Information: 1 burger with bun | Calories 348 | Carbohydrates 31 | Protein 31g | Fat 10g | Cholesterol 71mg | Sodium 333mg | Fiber 4g
Recipe courtesy of www.kroger.com

Sheet Pan Chicken Fajitas

SERVES 4

WHAT YOU NEED

1 pound boneless, skinless chicken breasts,
thinly sliced

2 bell peppers, thinly sliced

½ red onion, thinly spiced

1 ½ Tablespoons olive oil

Lettuce or tortillas, for wrapping

Avocados, salsa, sour cream, limes, cilantro,
etc, for topping

SEASONING BLEND

(YOU WILL USE HALF)

1 Tablespoon chili powder

1 ½ teaspoons ground cumin

1 ½ teaspoons paprika

1 ½ teaspoons garlic powder

1 teaspoon onion powder

½ teaspoon kosher salt

½ teaspoon black pepper

WHAT YOU DO

1. Heat your oven to 425F.
2. Add the chicken, peppers, and onion to a sheet pan that is lined with parchment paper.
3. Drizzle with oil and sprinkle with ½ of the seasoning blend; mix well to combine. Spread into an even layer.
4. Bake for 25-30 minutes or until chicken is cooked through and the vegetables are tender
5. Top with your favorite toppings

Nutrition Information: Calories 300 | Carbohydrates 8.8g | Protein 34g | Fat 14.4g | Cholesterol 101mg | Sodium 268mg | Total
Carbohydrate 8.8g | Dietary Fiber 2.3g
Recipe courtesy of healthy-delicious.com

Buddha Bowl

SERVES 4

WHAT YOU NEED

Yogurt Dressing

¼ cup plain Greek yogurt

¼ cup orange juice

2 Tbsp honey, can sub maple syrup or agave

½ tsp cinnamon

Pinch of salt and pepper

BUDDHA BOWL FILLINGS

2 handfuls leafy greens spinach, kale, or lettuce

1 cup cooked grains quinoa, couscous,
bulgur, brown rice OR package of frozen riced
cauliflower

1 15-oz can chickpeas, drained and rinsed

1 cup blueberries

1 small can mandarin oranges, rinsed and
drained

1 avocado sliced

¼ red onion about ½ cup, sliced

2 carrots peeled and shredded

WHAT YOU DO

1. Dressing: Whisk all dressing ingredients together and set aside.
2. Filling: Divide greens into 4 serving bowls, then top each with equal portions of cooked grains, chickpeas, blueberries, oranges, avocado, onion, and carrot.
3. Serve: Drizzle with dressing and serve immediately.

Nutrition Information Using Quinoa: Calories 362 | Carbohydrates 590g | Protein 9.3g | Fat 12g | Cholesterol 0mg | Sodium 232mg | Dietary Fiber 10g

Nutrition Information Using Cauliflower: Calories 292 | Carbohydrates 46g | Protein 7g | Fat 10.7g | Cholesterol 0mg | Sodium 232mg | Dietary Fiber 9.5g
Recipe courtesy of liveeatlearn.com