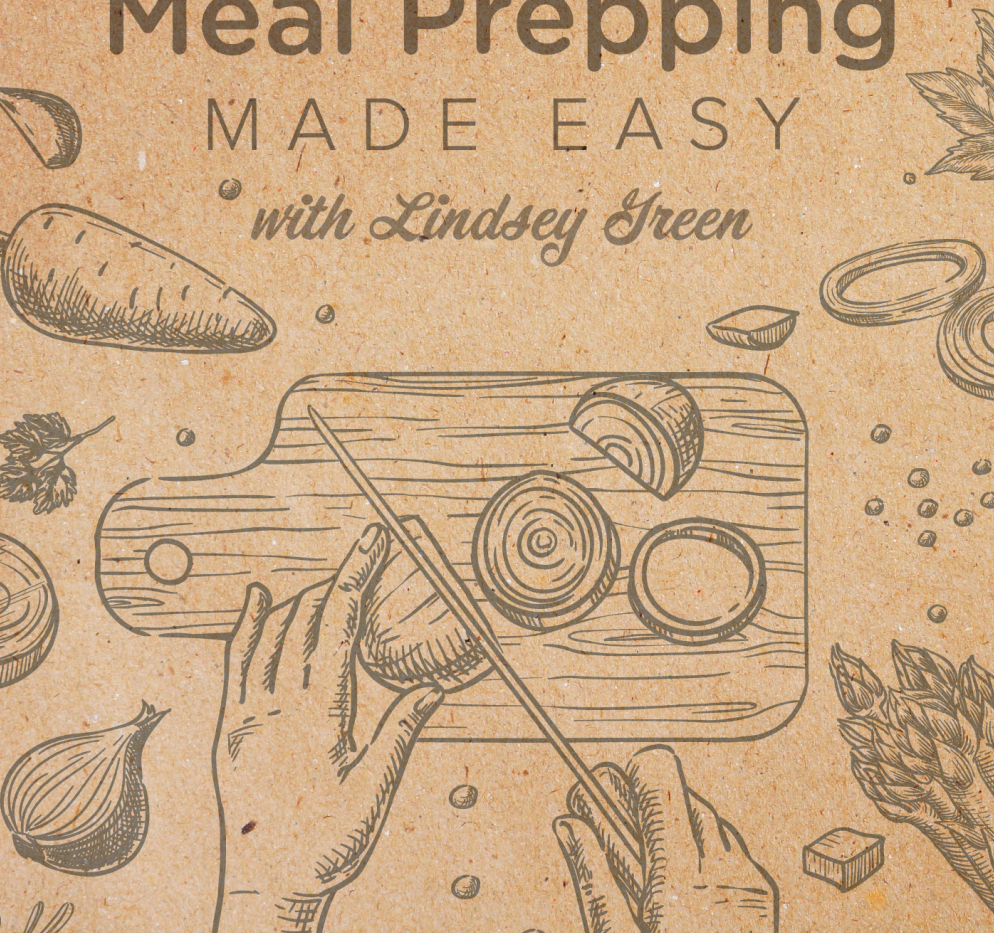


# Meal Prepping

MADE EASY

*with Lindsey Green*



**WEEK 3**

Shopping List  
& Recipes



**Baptist  
Health**



# Shopping List

WEEK 3

## PRODUCE:

- ☐ 16 oz Brussels sprouts
- ☐ 12 oz butternut squash, pre-cut
- ☐ 2 carrots
- ☐ 1 zucchini
- ☐ 1 yellow squash
- ☐ 1 bunch kale
- ☐ 3 ripe bananas

## MEAT:

- ☐ 12 oz cooked chicken Andouille sausage
- ☐ 1 lb chicken breast
- ☐ 6 large eggs

## DAIRY:

- ☐ ½ cup low fat milk
- ☐ 6 slices cheese of choice  
(cheddar, Swiss, provolone, etc)
- ☐ ½ gallon unsweetened vanilla soymilk

## FROZEN:

- ☐ 8 oz frozen chopped spinach
- ☐ 6 cups frozen tropical fruit mix
- ☐ 12 oz frozen cauliflower

## OTHER:

- ☐ 3 15oz cans no salt added cannellini beans
- ☐ 1 carton low sodium vegetable broth
- ☐ 12 oz jar roasted red peppers
- ☐ 6 pack whole wheat English muffins
- ☐ 6 Tbsp chia seeds
- ☐ Whole wheat rotini pasta

## PANTRY:

- ☐ Olive oil
- ☐ Garlic
- ☐ Dried rosemary
- ☐ Dried thyme
- ☐ Crushed red pepper
- ☐ Dried oregano
- ☐ Salt
- ☐ Pepper
- ☐ Parchment paper
- ☐ Aluminum foil
- ☐ Gallon freezer, storage baggies
- ☐ Sandwich size baggies

Total = \$51.26

Purchased at Kroger on 9/26/2020; no coupons



# White Bean and Chicken Soup

SERVES 4

## WHAT YOU NEED

2 Tablespoon olive oil  
4 cloves garlic  
3 15oz. cans no salt added cannellini beans  
1 ½ cups shredded chicken (optional)  
2 ½ cups low sodium vegetable (or chicken) broth  
1 teaspoon dried rosemary  
½ teaspoon dried thyme  
1 pinch crushed red pepper  
3 cups chopped kale  
½ of a 12 oz jar roasted red peppers, chopped  
Salt and freshly cracked black pepper to taste

## WHAT YOU DO

1. Before you begin, pour one of the cans of cannellini beans (with its liquid) into a blender and purée until smooth. Drain and rinse the other two cans of beans.
2. Mince the garlic and add it to a soup pot with the olive oil. Sauté the garlic over medium for about one minute, or just until the garlic is very fragrant.
3. Add the puréed cannellini beans, the other two cans of drained beans, chicken, broth, rosemary, thyme, crushed red pepper, and some freshly cracked pepper. Stir to combine.
4. Place a lid on the pot, turn the heat up to medium-high, and bring the soup to a boil. Once boiling, turn the heat down to medium low and remove the lid
5. Add chopped kale and roasted red peppers to soup and allow it to simmer for 15 minutes, stirring occasionally.
6. Smash the beans slightly to thicken the soup even more.

Nutrition Information: Calories 303 | Fat 10g | Cholesterol 40mg | Sodium 392mg | Fiber 7g | Carbohydrate 30g | Protein 24g



# Sausage and Veggie Foil Packets

## WHAT YOU NEED

4 links, 12 oz cooked chicken Andouille sausage, sliced ¾-inch (I used Applegate)

¾ teaspoon kosher salt

2 tablespoons extra virgin olive oil

16 ounces Brussels sprouts, halved

12 oz butternut squash, peeled and diced ¾-inch

1 teaspoon thyme

black pepper, to taste

## WHAT YOU DO

1. Preheat oven to 425°F.
2. In a large bowl combine the sausage, Brussels sprouts, butternut, thyme, olive oil, ¾ teaspoon salt and pepper.
3. Make foil packets. Tear off 2 18" sheets heavy-duty aluminum foil.
4. Divide the sausage and vegetables, about 2 cups each between 4 foil packets.
5. Bring up the long sides of the foil, so the ends meet over the food.
6. Double fold the ends, leaving room for heat to circulate inside. Double fold the two short ends to seal the packet tight, so no steam escapes.
7. Bake 25 minutes, or until the vegetables are tender.

To Freeze: Prepare foil packets and place inside freezer safe storage bags, removing as much air as possible. Thaw for 8 hours, then bake in oven as directed.

Nutrition Information: Calories 285 | Carbohydrates 18g | Protein 16.5g | Fat 16.5g | Cholesterol 65mg  
Sodium 837.5mg | Fiber 5.5g  
Recipe courtesy of [skinnytaste.com](http://skinnytaste.com)



# Garlic Chicken and Veggie Pasta

SERVES 4

## WHAT YOU NEED

2 tablespoons olive oil, divided

1 lb chicken breast, diced

2 carrots, sliced

1 zucchini, sliced

1 yellow squash, sliced

4 cups fresh kale, chopped

2 cloves garlic, minced

3 cups whole grain whole wheat rotini pasta,  
cooked al dente according to package  
instructions

2 teaspoons dried oregano, divided

2 teaspoons salt, divided

2 teaspoons pepper, divided

## WHAT YOU DO

1. Heat a large skillet with 2 tablespoons of olive oil on medium-high heat.
2. Add in diced chicken breast, followed by 1 teaspoon salt, 1 teaspoon pepper, and 1 teaspoon oregano. Cook until no longer pink. Remove chicken from skillet and set aside.
3. Add carrots to skillet and sauté for 2-3 minutes until tender.
4. Add in zucchini and yellow squash, and sauté for an additional minute until they become slightly translucent.
5. Add in the kale, followed by 2 tablespoons olive oil, 1 teaspoon salt, and 1 teaspoon pepper. Sauté until kale begins to wilt.
6. Move veggies aside with spatula and add in garlic. Sauté for about 30 seconds and then combine with the veggies. (This works best if you add garlic to the center of the skillet where there is more heat.)
7. Add in the cooked rotini pasta and chicken, followed by 1 teaspoon oregano and mix until evenly incorporated. Remove skillet from heat.

Nutrition Information: Calories 408 | Fat 11g | Sodium 128mg | Carbohydrate 44g | Protein 33g | Dietary Fiber 4g



# Freezer Breakfast Sammies

SERVES 6

## WHAT YOU NEED

6 large eggs

½ cup milk

½ tsp salt

Freshly cracked pepper

½ lb. frozen cut leaf spinach

½ 12 oz. jar roasted red peppers, chopped

6 whole grain English muffins

6 slices cheese

6 damp paper towels

Parchment paper

## WHAT YOU DO

1. Preheat the oven to 350°F. In a large bowl, whisk together the eggs, milk, salt, and pepper.
2. Thaw the spinach (I used the microwave), then squeeze out the excess moisture. Stir the spinach and chopped peppers into the egg mixture.
3. Coat an 8x9 or 8x12 inch casserole dish with nonstick spray. Pour the egg and vegetable mixture into the dish. Bake the eggs for about 30 minutes, or until the center is set and the outer edges are slightly browned. Allow the eggs to cool, then slice into six pieces.
4. Build the sandwiches by adding one piece of the baked eggs and one slice of cheese to each English muffin. Wrap each sandwich in a damp paper towel and parchment paper, then place all the sandwiches in a gallon sized freezer bag. Freeze for up to 1 month.
5. To reheat, unwrap the parchment paper from the sandwich (leave the paper towel), place on a microwave safe plate, then microwave on the defrost setting for one minute (if frozen). Following the defrost, heat on high for 30 seconds at a time until heated through. If your sammies have been in the fridge, simply re-heat in the microwave for 2 minutes.

Nutrition Information: Calories 322 | Fat 15g | Carbohydrates 29g | Protein 19g | Sodium 593mg | Dietary Fiber 5g  
Recipe courtesy of budgetbytes.com



# Make Ahead Tropical Smoothie Packs

## WHAT YOU NEED PER PACK

1 cup (5 ounces) frozen tropical fruit mix (or use ½ cup pineapple and ½ cup mango)

½ cup (2 ounces) frozen cauliflower

½ banana, sliced

1 tablespoon chia seeds (optional)

Optional: 1 tablespoon sweetener of choice (honey, maple syrup or other)

For blending: 1-½ cups unsweetened vanilla soy milk

## WHAT YOU DO

1. Add all ingredients of pack into blender, top with liquid and blend until smooth.

Nutrition Information: Calories 355 | Fat 7g | Carbohydrates 62g | Protein 15g | Sodium 205mg | Dietary Fiber 8g