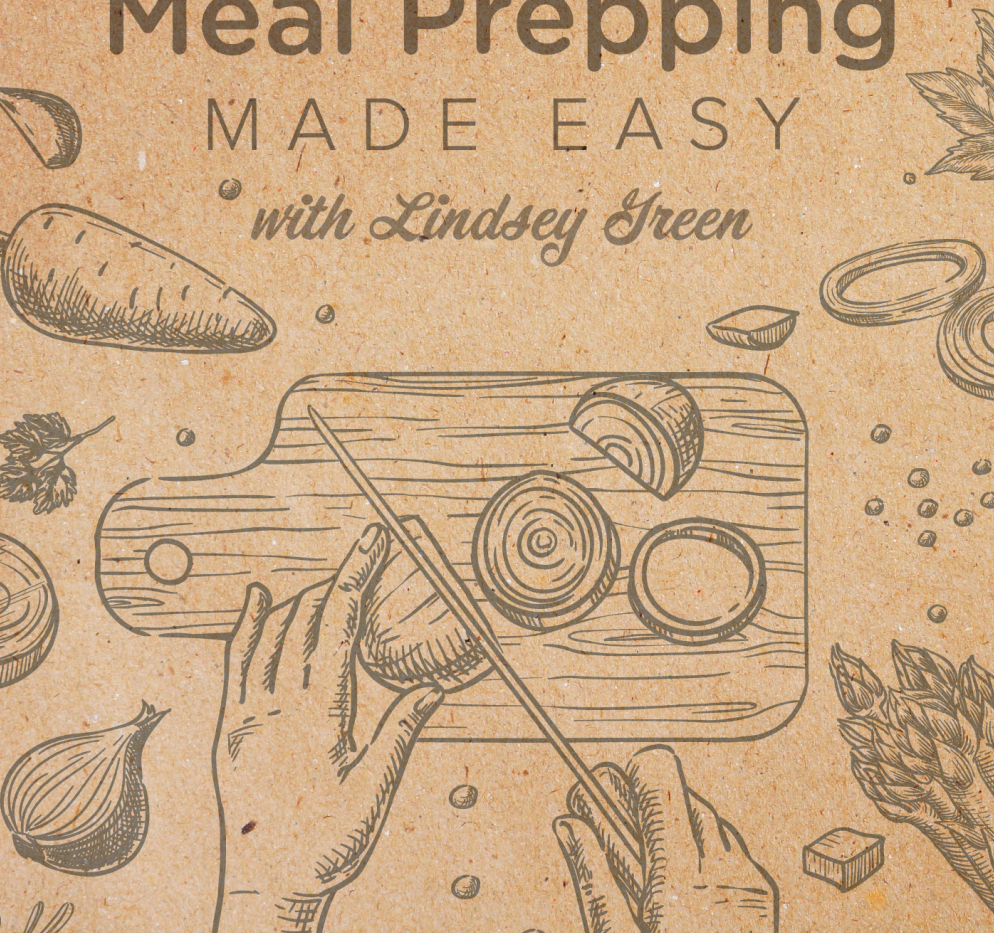


Meal Prepping

MADE EASY

with Lindsey Green



WEEK 4

Shopping List
& Recipes



**Baptist
Health**

Shopping List

WEEK 4

PRODUCE:

- ☐ 1 bunch cilantro
- ☐ 1 bunch scallions
- ☐ 1 avocado
- ☐ Lime juice
- ☐ Pico de gallo (*if using for taco night*)
- ☐ 2 large sweet potatoes
- ☐ 1 container arugula
- ☐ 16 oz bag coleslaw mix
- ☐ 1 red bell pepper
- ☐ 3 bananas
- ☐ 2 cups grapes
- ☐ 2 large apples
- ☐ 1 pint blueberries

MEAT:

- ☐ 1 ½ lbs boneless skinless chicken breast
- ☐ Dozen eggs

DAIRY:

- ☐ Small container of feta cheese
- ☐ 2 - 5oz containers vanilla Greek yogurt
- ☐ Reduced fat mini babybel cheese
(*or other low fat cheese stick of choice*)

FROZEN:

- ☐ 1 - 10 oz package frozen cauliflower rice
- ☐ Shelled edamame

OTHER:

- ☐ 12 corn tortillas
- ☐ Multi-grain flat bread sandwich thins
- ☐ Small package dry quinoa
- ☐ Small package of chopped pecans
- ☐ 1 can garbanzo beans
- ☐ Rice vinegar
- ☐ Small container old fashioned rolled oats
- ☐ Peanut butter
- ☐ Mini chocolate chips

PANTRY:

- ☐ Salt and Pepper
- ☐ Garlic powder
- ☐ Ground cumin
- ☐ Cinnamon
- ☐ Baking powder
- ☐ Garlic
- ☐ Extra virgin olive oil
- ☐ Honey
- ☐ Soy sauce
- ☐ Vanilla extract
- ☐ Sesame oil (*from a previous week*)
- ☐ Chia seeds (*from a previous week*)

Total = \$59.67

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

Slow Cooker Chicken Tacos

SERVES 4

WHAT YOU NEED

Into the crock pot:

1 ½ lbs boneless skinless chicken breast

Adobo seasoning, or salt to taste

¼ tsp garlic powder

¾ tsp ground cumin

1 cup chunky mild or medium salsa

For the tacos:

¼ cup chopped cilantro

¼ cup Chopped scallions

1 avocado, sliced

lime juice to squeeze on top (optional)

pico de gallo for garnish (optional)

12 corn tortillas

WHAT YOU DO

1. Season the chicken with adobo (or salt), then place in the crock pot and top with garlic powder and cumin.
2. Top chicken with salsa (no water needed).
3. Cover and cook LOW for 4 to 6 hours, until chicken shreds easily.
4. When cooked, drain excess liquid from the pot keeping as much as the tomato sauce as possible and shred with two forks. Cover and keep warm until ready to eat.
5. Heat the tortillas about 30 seconds on each side over the flame of your stove until slightly charred, transfer to a plate with a towel on top to keep warm and repeat with the remaining tortillas.
6. To serve, place 3 tortillas on each plate, top with chicken, sliced avocado, cilantro and a dash of lime juice.

Serving: Calories: 474 | Carbohydrates 44.5g | Protein 45.5g | Fat 13.5g | Saturated Fat 2.5g | Cholesterol 124.5mg | Sodium 470.5mg | Fiber 9.5g

Cilantro Lime Cauliflower Rice

SERVES 4

WHAT YOU NEED

1 - 10 oz package frozen cauliflower rice

2 garlic cloves

2 scallions, diced

kosher salt and pepper, to taste

lime juice

¼ cup fresh chopped cilantro

WHAT YOU DO

1. Heat a large sauté pan over medium heat, add olive oil, scallions and garlic and sauté about 3 to 4 minutes, or until soft.
2. Raise the heat to medium-high.
3. Add the cauliflower “rice” to the sauté pan. Cover and cook approximately 5 to 6 minutes, stirring frequently, until the cauliflower is slightly crispy on the outside but tender on the inside. Season with salt and pepper to taste.
4. Remove from heat and place in a medium bowl; toss with fresh cilantro and lime juice to taste.

Nutrition Information: Calories 61 | Carbohydrates 8g | Protein 2.5g | Fat 3g | Sodium 37mg | Fiber 3g

Roasted Sweet Potatoes, Quinoa, and Arugula

SERVES 4-6

WHAT YOU NEED

4 cups cubed sweet potatoes

1 Tbsp olive oil

½ teaspoon black pepper

½ teaspoon salt

2 tablespoons honey

½ cup diced scallions

2 cups cooked quinoa

½ cup pecan pieces

6 cups arugula

⅔ cups crumbled feta

WHAT YOU DO

1. Preheat oven to 425°. Toss sweet potatoes with olive oil, black pepper, and salt. Spread into a single layer in a roasting pan or on a baking tray. Bake until potatoes are tender and lightly browning, 30-35 minutes.
2. Remove from oven and toss potatoes with honey and scallions until potatoes are coated. Add in quinoa and pecans and stir.
3. In a large bowl, combine arugula with sweet potato mixture and feta. Drizzle with olive oil and toss everything together.

Nutrition Information: 421 calories | 18g fat | 56g Carbohydrates | 13g Protein | 297mg Sodium

Asian Chopped Chicken Salad with Peanut Dressing

SERVES 4

WHAT YOU NEED

- 1 (16oz) bag of coleslaw mix
- 1 cup cooked chicken OR garbanzo beans
- 1 cup chopped bell pepper
- ½ cup cooked edamame
- ¼ cup chopped cilantro

For the Dressing:

- 1 Tbsp creamy natural peanut butter
- 2 Tbsp honey
- 2 Tbsp soy sauce
- 2 Tbsp rice vinegar
- ½ tsp sesame oil (or more to taste)
- 1 Tbsp olive oil

WHAT YOU DO

1. To make the dressing, add the peanut butter to a microwave-safe measuring cup. Microwave for 15 seconds. Add the rest of the ingredients to the melted peanut butter and whisk until everything is combined. Set aside.
2. Add all ingredients to a large bowl and toss with half of the prepared dressing.

Nutrition Information: Calories 293 | Fat 12g | Carbohydrates: 29g | Protein 17g | Sodium 524mg | Dietary Fiber 5g
Recipe courtesy of the art of comfort baking

High Protein Baked Oatmeal

SERVES 8

WHAT YOU NEED

2 cups old-fashioned rolled oats

¼ cup chia seeds

1 teaspoon baking powder

3 teaspoons cinnamon

½ teaspoon salt

1 cup milk (I used coconut milk)

1 cup vanilla Greek yogurt (dairy free
option: coconut, soy, almond-based yogurt)

3 egg whites

1 teaspoon pure vanilla extract

⅓ cup maple syrup or honey

½ banana, sliced

Optional (any of the following): ½ cup dried
cranberries or raisins, 1 cup fresh or frozen
berries, ½ cup chocolate chips; drizzle of
honey or maple syrup on top

WHAT YOU DO

1. Preheat oven to 350°F and spray an 8 x 8 baking dish with nonstick oil spray, set aside.
2. In a large mixing bowl, mix together oats, chia seeds, baking powder, cinnamon, salt, and protein powder*, if desired.
3. Add milk, yogurt, egg whites, and vanilla and mix until combined. Gently fold in banana slices and other desired mix-ins.
4. Transfer the oat mixture to the prepared baking dish. Using a spatula, smooth the top. Add a few additional banana slices (or your desired topping).
5. Bake at 350°F for 25-30 minutes, until the top and edges are golden brown. Let cool before enjoying.

Nutrition Information: Calories 200 | Fat 4g | Carbohydrate 34g | Protein 9g | Sodium 39mg | Dietary Fiber 5.5g
Recipe courtesy of chelseyamernutrition.com

Frozen Banana Breakfast

4 SERVINGS

WHAT YOU NEED

2 bananas, cut in half

½ cup nut butter (or nut-free version)

½ cup mini chocolate chips

5 popsicle sticks

WHAT YOU DO

1. Peel bananas and cut in half. Place popsicle sticks inside bananas and put on tray with parchment paper.
2. Freeze for 1 to 3 hours depending on how firm you want your bananas to be.
3. When bananas are ready, coat the banana halves nut butter* and coat with chocolate chips.
4. Set aside and freeze for an additional 20 minutes.

*If your nut butter is not creamy enough to spread, pop it in the microwave for a few seconds so it's pourable.

Nutritional Information: Calories 182 | Fat 7g | Carbohydrate 28g | Protein 5g | Sodium 112mg | Dietary Fiber 3g
Recipe courtesy of www.tasty.com

DIY Bento Boxes

SERVINGS: 4 BOXES

WHAT YOU NEED

4 eggs hardboiled and peeled

2 cups of grapes washed

2 large apples washed and sliced

4 reduced fat Mini Babybel cheeses

4 Tbsp nut butter of choice

2 multi-grain flatbread sandwich thins
cut in quarters

fresh lemon juice optional

kosher salt and freshly ground pepper

WHAT YOU DO

1. Brush apple slices lightly with fresh lemon juice to prevent browning if desired. Alternatively, keep the slices face down and pressed together prevent browning as well.
2. Sprinkle eggs with salt and pepper to taste.
3. Assemble protein bistro boxes and store refrigerated.

Nutrition Information: Calories 340 | Fat 16g | Carbohydrates 37g | Protein 18g | Sodium 403mg | Dietary Fiber 7g