



STRIVING FOR GREATER PROFESSIONALS

Meal Prep

Quick Breakfasts

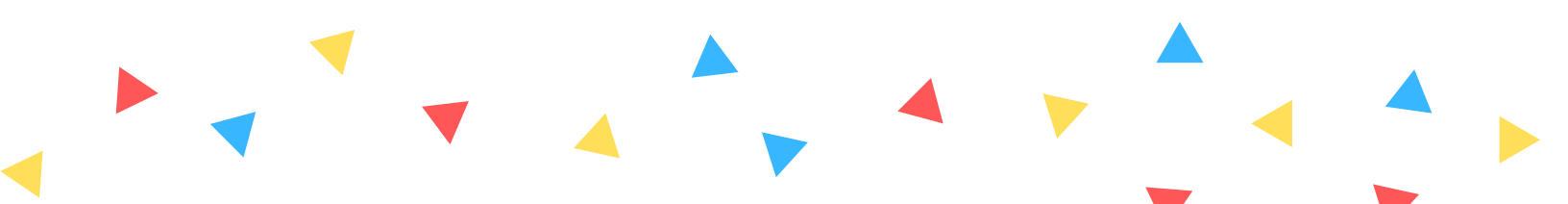
- **Crustless Quiche** - reheat a portion each day of the week for breakfast. You can easily change the ingredients based on personal preference.
- Protein cereal with low calorie milk or a milk alternative
- Protein shake & an apple
 - Pro tip: Be sure and rinse out your blender bottle or shake container ASAP each day...
- Apple & Peanut Butter
- **Overnight Oats** w fruit and sweeteners optional - served cold or hot

Snacks

- Clif Bars
- Protein Bars
- Apple
- Pretzels or Veggies & Hummus
- Veggies & Ranch
- Homemade Granola Bars

Mix all ingredients in a mixer and press into a pan lined with wax paper. Chill for at least 3 hours and then cut into appropriate sizes with a knife.

Individually package for convenience.

- ½ cup chocolate chips
 - ¼ cup dried cranberries (or another dried & chopped fruit)
 - ⅓ cup honey
 - 2 cup quick oats
 - ½ cup dried chopped nuts
 - 1 cup almond or peanut butter
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Meal Prep

Lunches/Dinners

- Meal Prep (needs reheating)
- **Instant Pot King Ranch Chicken** (Lots of Leftovers)
- Chicken Burrito Bowls
 - <https://damndelicious.net/2017/05/12/chicken-burrito-bowl-meal-prep/>
 - <https://www.dinneratthetoo.com/burrito-bowls-chicken/>
- Tacos - (Make any of these have less carbs by wrapping the tacos in lettuce instead of tortillas)
 - <https://twohealthykitchens.com/3-ingredient-crock-pot-chicken-tacos/>
 - **Sriracha Shrimp Tacos**
 - **Ground Beef Tostadas**
- LEFTOVERS - no really. Avoid making loads of food that you know you won't eat the leftovers.
- CrockPot / slow cooker meals - makes a lot, but great for leftovers or to freeze in smaller portions for later months! Great on weekends!
 - **CrockPot Soups**
 - **Chicken Enchilada Soup** (Instant Pot or CrockPot)
- On the go meals - (for when you don't have time for a microwave)
 - Lunch meat, fruit, peanut butter & celery, fruit and fruit dip, Hummus w/ pretzels or veggies, Chocolate Hummus w/ pretzels or fruit
 - Hard boiled eggs
 - Pita pocket w chicken salad or sandwich fixings
 - (Tried & True) Sandwiches
 - Peanut butter & jelly
 - you can toast the bread lightly to keep from having soggy sandwiches or
 - assemble your sandwich at work or
 - try putting your condiments between the lunch meat and not directly on the bread
 - **Various Pasta Salads**
 - Tacos - if you don't mind eating them cold!
 - **BLT Pasta Salad**
 - Use low calorie ranch, veggie pasta, and/or chicken to make it healthier

