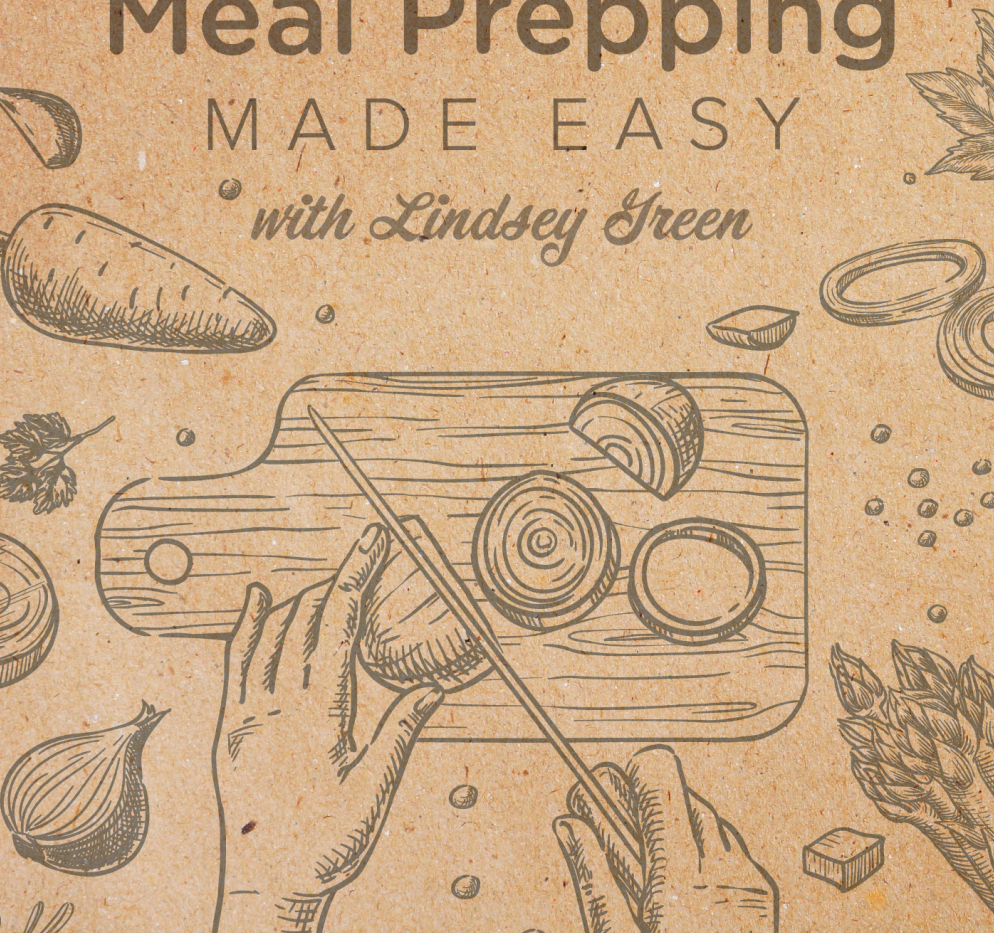


Meal Prepping

MADE EASY

with Lindsey Green



WEEK 2

Shopping List
& Recipes



**Baptist
Health**

Shopping List

WEEK 2

PRODUCE:

- ☐ 1 ½ pounds broccoli florets
- ☐ 2 large bell peppers
- ☐ 1 small and 1 large white onion
- ☐ 1 bunch kale
- ☐ 1 bunch of Italian parsley (optional for garnishing)

MEAT:

- ☐ 2 pounds boneless, skinless chicken breasts
- ☐ 2 pounds ground turkey
- ☐ 1 large carton Egg Beaters

DIARY:

- ☐ 2 cups mozzarella cheese

FROZEN:

- ☐ 1 10oz bag frozen riced cauliflower
- ☐ 1 10oz bag frozen peas and carrots
- ☐ 1 package frozen turkey or vegetarian breakfast sausages

OTHER:

- ☐ 1 package 90 second whole grain rice
- ☐ 9 oz whole wheat penne pasta
- ☐ 28 oz jar low sodium tomato sauce
- ☐ Small bottle sesame oil

PANTRY ITEMS:

- ☐ olive oil
- ☐ garlic
- ☐ Italian seasoning
- ☐ salt
- ☐ black pepper
- ☐ soy sauce
- ☐ honey
- ☐ Dijon mustard
- ☐ Red pepper flakes

Total = \$42.05

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

Baked Chicken and Vegetables

SERVES 4-6

WHAT YOU NEED

- 2 ½ pounds boneless, skinless chicken breasts, cut into bite-sized pieces
- 1 ½ pounds broccoli, cut into bite-sized florets
- 2 large bell peppers, cut into 1-inch chunks
- 3 tablespoons olive oil
- 4 cloves garlic, smashed
- 1 teaspoon dried Italian seasoning
- 1 teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 1 package 90 second whole grain rice

WHAT YOU DO

1. Arrange a rack in the middle of the oven and heat to 500°F. Place 2 rimmed baking sheets in the oven while it is heating.
2. Place all the ingredients in a large bowl and toss to combine. Remove the hot baking sheets from the oven and place sheet of parchment paper on pan (careful it's hot!). Add the chicken and vegetable mixture and arrange into a single layer.
3. Return to the oven and turn the heat down to 475°F. Roast, stirring halfway through, until the chicken is cooked through and the vegetables are tender, 15 to 20 minutes total.

Nutrition Information: Calories 470 | Fat 19g | Carbohydrate 30g | Fiber 5g | Protein 45g | Sodium 600mg
Recipe courtesy of thekitchn.com

Cauliflower Fried Rice with Shredded Chicken

SERVES 4

WHAT YOU NEED

1 10oz bag frozen cauliflower

2 tablespoons sesame oil

1 small white onion, chopped

1 ½ cups frozen peas and carrots

2 cloves garlic, minced

2 large eggs OR Egg Beaters

1 ½ cups shredded or diced cooked chicken*

¼ cup soy sauce

WHAT YOU DO

1. Heat sesame oil in a large skillet over medium heat.
2. Add onion and sauté for 3-4 minutes, until softened. Add peas and carrots (its fine to add them frozen) and garlic. Stir until tender, an additional 2-3 minutes.
3. Crack the eggs into the pan and stir until scrambled and mixed with the vegetables.
4. Add chicken, cauliflower rice and soy sauce to the pan. Stir until everything is well combined and heated through, about 2-3 more minutes.

Nutrition Information: 227 Calories | Fat 11g | Carbohydrate 11g | Fiber 3g | Protein 22g | Sodium 1000mg

*Use leftover baked or grilled chicken or a rotisserie chicken

Recipe courtesy of familyfoodonthetable.com

Ground Turkey Pasta Bake

SERVES 8

WHAT YOU NEED

3 cups (9 oz) whole wheat penne/fusilli pasta,
uncooked

1 tsp olive oil, extra virgin

1 large onion, finely chopped

4 large garlic cloves, minced

2 lbs ground turkey

28 oz tomato sauce, low sodium

2 tbsp honey or maple syrup

1 cup pasta water

1 tbsp Italian seasoning (oregano or basil), dried

1 tsp salt

Ground black pepper, to taste

4 – 5 cups kale, stems removed & chopped

2 cups (7 oz) mozzarella cheese, shredded &
divided

1/3 cup Italian parsley, chopped

WHAT YOU DO

1. Cook pasta al dente as per package instructions, undercooking by 4 minutes. Drain, reserving 1 cup of pasta water, and set aside. Preheat oven to 375 degrees.
2. Preheat large skillet on medium heat and add olive oil. Add onion and garlic, sauté for 2 – 3 minutes, stirring occasionally. Add ground turkey and cook for another 7 minutes, breaking meat into pieces and stirring occasionally.
3. Add tomato sauce, honey, pasta water, herb seasoning, salt, pepper, kale and stir. Add previously cooked pasta and stir again.
4. Transfer half of the mixture in 9 x 13 baking dish and sprinkle with 3/4 cup cheese. Top with remaining mixture and sprinkle with remaining 1 1/4 cups cheese. Cover with foil and bake for 25 minutes.
5. Remove foil and broil until cheese is golden brown. Serve hot garnished with parsley if desired.

Store: Refrigerate in an airtight container for up to 3 days or freeze leftovers for up to 3 months.

Freeze leftovers: Bake, cool and transfer to plastic or glass airtight containers. Freeze for up to 3 months.

Freeze unbaked: Assemble the casserole, wrap tightly with plastic and aluminum foil on top. When ready to eat, warm up on a counter for 30 minutes to prevent dish from shattering in the oven. Bake from frozen increasing baking time by 15 – 20 minutes.

Make ahead: If you don't want to freeze, assemble and refrigerate casserole for up to 24 hours. Don't forget to cover with plastic wrap and then bake as per recipe.

Reheating: Best would be in a microwave to prevent casserole from drying out.

Nutrition Information: Calories 338 | Fat 15g | Cholesterol 119mg | Sodium 703mg | Carbohydrate 21g | Protein 37g

Recipe courtesy of ifoodreal.com

Egg Muffins

WHAT YOU NEED

- 1 carton Egg Beaters
- 2 big handfuls of spinach or broccoli
- 3 frozen breakfast sausages (I used Morningstar Farms vegetarian patties)

WHAT YOU DO

1. Pre-heat oven to 325 degrees F.
2. Line a 12 cup muffin tin with silicone cupcake liners.
3. Heat up frozen sausage in microwave, according to package directions. Crumble and set aside.
4. Tear spinach leaves or cut up broccoli and divide evenly between muffin cups.
5. Add crumbled sausage.
6. Pour Egg Beaters over spinach and sausage to fill up each muffin cup.
7. Bake for 20-25 minutes until set.

Nutrition Information: 54 Calories | Fat 0.8g | Carbohydrate 1.5g | Protein 10g | Dietary Fiber 0.5g