

28 Meal Prep Recipes

Get Healthy Meal Ready In Under 5 Minutes

By Your Fit Perspective

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How To Use This Guide

You'll find two types of recipes in this guide:

1. Bulk Prep Recipes (Blue Background)
2. Regular Recipes (Grey Background)

“Bulk Prep” means cooking enough of that item for more than just one day. For example, most people bulk prep chicken once a week, so instead of cooking an 8oz portion 7 times in a week (one portion per day), they cook all 3.5lbs in one day. That way you can save time throughout the week by simply re-heating your food in a couple of minutes rather than cooking it from raw and spending 20 minutes.

All of the regular recipes assume you're using bulk-prepped protein. While you don't have to bulk prep, it will help save a lot of time throughout the week.

Lastly, if your goal is to lose weight, we recommend having only two of any recipes per day. Even better if you add a 3rd meal in the form of a protein shake to make sure you don't lose muscle during the process.

Sandwiches And Wraps

Grocery List

Fresh Buys

These are items that should be purchased weekly since they typically don't last more than 7 days.

Produce

	Spinach	1 lb
	Arugula	1 lb

Meat

	Raw, Skinless Boneless Chicken Breast	2.5 lbs
	Ground Beef (90/20 or leaner)	1 lb

Bulk Buys

These are items that will last more than 7 days in your fridge/pantry. The quantities listed are the minimum you'll need for the week. However, consider buying these ingredients in bulk so you can cut down on your grocery list next week! For example, you can get a gallon of olive oil instead of a pint and have it ready for months!

Bread/Bakery

	Sandwich Bread	10 count
	Burger Buns	4 Count
	Tortillas	4 Count

Condiments

	Mayonnaise	30 fl oz
	Ketchup	32 fl oz
	Dijon Mustard	8 oz

Canned Goods

	Canned Tuna	2 cans
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Juice

	Lemon Juice	15 fl oz
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Chicken Breast

Marinade Ingredients (Per Pound Of Chicken Breast)

- 4 tbs Olive Oil
- 2 tbs Lemon Juice
- 1/2 tbs Dried Oregano
- 1/2 tbs Garlic Powder
- 1/2 tbs Salt
- 1/2 tbs Pepper

Time: ~60 Minutes

1. Pre-heat the oven to 425 degrees Fahrenheit
2. Get a large baking sheet that can hold all of the chicken (use multiple sheets if you have to), and cover the sheet(s) with tin foil.
Spray the tinfoil with cooking spray
3. Put all of your chicken breast in a large bowl. The bowl should be large enough to where the chicken is not filled to the brim.
There should be an inch or so of space left
4. In a small bowl, combine all of the ingredients and mix until thoroughly combined
5. Poor this mixture on top of the chicken, then use your hands to thoroughly incorporate the marinade throughout every breast.
Don't be afraid to put some elbow grease in it! It also help to put light pressure on the chicken breasts to work the marinade deep inside. This also help to slightly tenderize them. (If you don't like the idea of handling the chicken like this, see the notes for a less messy method)

6. Once every inch of every breast is covered with marinade, place each chicken breast on the baking sheet.
7. Make sure there's at least 1/2 inch of space between each breast
8. When the oven is done pre-heating, place the chicken breast inside center-rack and bake for 25-35 minutes. The more chicken breast you have, the longer it takes
9. Once done, test each breast with a meat thermometer before taking it out. Find the thickest part of the breast, and make sure the temperature reads at least 165 F
10. If it is, take the chicken out, and let them cool on a wire rack for 5-10 minutes.
11. Once cooled, store it and leave it in the fridge!



Chicken Salad Sandwich

4 Pillar Ingredients

- 8 oz Pre-Prepped Chicken Breast
- 2 cups Spinach
- 4 tbs Mayonnaise
- 2 tbs Lemon Juice
- 2 Slices of Your Choice of Bread

640 Calories | 57g Protein

1. (Optional) Toast your bread in the toaster until lightly browned
2. Chop the chicken into small bite size pieces while it's still cold
3. In a separate bowl, combine the mayo, lemon juice, and spinach.
4. Once combined, add the chopped chicken, then combine until evenly incorporated
5. (Optional) If you feel like there's not enough mayo, you can add more. Just be aware that this will also add more calories (about 90 calories per extra tbs)
6. After the bread is done toasting, spread the chicken salad on top. Add as much as you'd like, then save the remaining chicken salad to be eaten on the side.



Fast-Food Style Burger

4 Pillar Ingredients

- 8 oz Pre-Prepped Ground Beef Patty
- 2 cups Arugula
- 3 tbs Mayonnaise
- 1 tbs Ketchup
- 1 tbs Dijon Mustard
- 2 Slices of Your Bread Of Choice

837 Calories | 68g Protein

1. Heat a pan on a stovetop on high heat
2. (Optional) Once hot, toast your bread for about 30 on each side or until it's lightly browned
3. Remove the bread, turn the heat down to medium-high, then add the patty and re-heat for 1-2 minutes or until hot, then set aside
4. In a small bowl, combine the mayo, ketchup, and Dijon mustard
5. Build your sandwich by placing the patty on the first slice of bread, then adding as much of your 2 cups of arugula as you'd like. Whatever doesn't fit will be your side salad
6. Add as much of your sauce as you'd like. Any extra can be used on top of your side salad
7. Top the burger with your 2nd toasted bun and enjoy!



Tuna Salad Sandwich

4 Pillar Ingredients

- 10 oz Canned Tuna
- 1 Cup Spinach
- 4 Tbs Mayonnaise
- 1 Tbs Lemon Juice
- 2 Slices of Your Choice Of Bread

707 Calories | 52g Protein

1. (Optional) Chop the spinach into smaller pieces, then place in a bowl. If you don't want to chop them, place your whole spinach in the bowl instead.
2. (Optional) Toast your bread in a toaster until lightly browned
3. In the same bowl with your spinach, add your mayo and lemon juice
4. Drain your can(s) of tuna, then add to the same bowl
5. Mix all ingredients until thoroughly combined
6. If it doesn't look like there's enough mayo to cover everything, you can add more. Just be aware that this will add a lot more calories (about 90 calories per extra tbs)
7. Once the bread has been toasted, add as much of your tuna salad mixture into the sandwich as you'd like. Anything remaining can be used as a side salad



Chicken Wrap

4 Pillar Ingredients

- 8oz Pre-Prepped Chicken Breast
- 2 Cups Arugula
- 4 Tbs Mayonnaise
- 1 Tbs Ketchup
- 1 Tbs Dijon Mustard
- 1 Wrap of Your Choice (Flatbread or Tortilla)

747 Calories | 57g Protein

1. (Optional) Toast your wrap on a hot pan for 10 seconds or until lightly browned. Remove and set to the side
2. Cut your chicken into long strips or bite-size pieces
3. (Optional) Re-heat on the same hot pan for 1-2 minutes. Set aside once done
4. In a small bowl, combine the mayo, ketchup, and dijon mustard
5. Start building your wrap by placing as much arugula as you'd like on the tortilla/flatbread. Any extra will be used for the side salad.
6. Add the chicken on top of the arugula, then top it all off with as much sauce as you'd like. Any extra will go on top of your arugula side-salad
7. Wrap it up and enjoy!

Fresh Buys

These are items that should be purchased weekly since they typically don't last more than 7 days.

Produce

	Tomatoes	3
	Onions	3
	Cucumbers	2
	Parsley	1 Bunch

Meat

	Raw, Skinless Boneless Chicken Breast	4 lbs
	Flank Steak	2 lbs

Bulk Buys

These are items that will last more than 7 days in your fridge/pantry. The quantities listed are the minimum you'll need for the week. However, consider buying these ingredients in bulk so you can cut down on your grocery list next week! For example, you can get a gallon of olive oil instead of a pint and have it ready for months!

Deli

	Tzatziki Dip/Sauce	16 oz
	Hummus (any kind)	10 oz
	Feta Cheese	8 oz

Bakery/Bread

	Pita Bread	Pack of 8
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Rice and Grains

	Quinoa (Uncooked)	16 oz
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Oils and Spices

	Olive Oil	1 Pint
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Juice

	Lemon Juice	1 Pint
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Chicken Breast

Marinade Ingredients (Per Pound Of Chicken Breast)

- 4 tbs Olive Oil
- 2 tbs Lemon Juice
- 1/2 tbs Dried Oregano
- 1/2 tbs Garlic Powder
- 1/2 tbs Salt
- 1/2 tbs Pepper

Time: ~60 Minutes

1. Pre-heat the oven to 425 degrees Fahrenheit
2. Get a large baking sheet that can hold all of the chicken (use multiple sheets if you have to), and cover the sheet(s) with tin foil.
Spray the tinfoil with cooking spray
3. Put all of your chicken breast in a large bowl. The bowl should be large enough to where the chicken is not filled to the brim.
There should be an inch or so of space left
4. In a small bowl, combine all of the ingredients and mix until thoroughly combined
5. Poor this mixture on top of the chicken, then use your hands to thoroughly incorporate the marinade throughout every breast.
Don't be afraid to put some elbow grease in it! It also help to put light pressure on the chicken breasts to work the marinade deep inside. This also help to slightly tenderize them. (If you don't like the idea of handling the chicken like this, see the notes for a less messy method)

6. Once every inch of every breast is covered with marinade, place each chicken breast on the baking sheet.
7. Make sure there's at least 1/2 inch of space between each breast
8. When the oven is done pre-heating, place the chicken breast inside center-rack and bake for 25-35 minutes. The more chicken breast you have, the longer it takes
9. Once done, test each breast with a meat thermometer before taking it out. Find the thickest part of the breast, and make sure the temperature reads at least 165 F
10. If it is, take the chicken out, and let them cool on a wire rack for 5-10 minutes.
11. Once cooled, store it and leave it in the fridge!



Flank Steak

Marinade Ingredients (Per Pound Of Chicken Breast)

- 4 tbs Olive Oil
- 2 tbs Lemon Juice
- 1/2 tbs Dried Oregano
- 1/2 tbs Garlic Powder
- 1/2 tbs Salt
- 1/2 tbs Pepper

1. Put all of your steak in a large bowl. The bowl should be large enough to where the steak is not filled to the brim. There should be an inch or so of space left
2. In a small bowl, combine all of the ingredients and mix until thoroughly combined
3. Pour this mixture on top of the steak, then use your hands to thoroughly incorporate the marinade throughout every breast. Don't be afraid to put some elbow grease in it! It also help to put light pressure on the steak to work the marinade deep inside. This also help to slightly tenderize them. (If you don't like the idea of handling the steak like this, see the notes for a less messy method)
4. Take the largest pan you have and pre-heat it on the stove on medium-high heat.
5. Once hot, add 1tbs of olive oil or cooking spray, and wait about 10 seconds for the oil to get hot
6. Place as many steaks onto the pan as you can while keeping them about an inch apart from each other and let them cook for 3-4 minutes
7. Flip the steaks and cook for 2-3 minutes this time
8. Once done, place on a plate or wire rack, then continue with your next steaks if you have more to go
9. Once you've cooked all of your steaks, wait for them to all cool for 5-10 minutes, then store and refrigerate



Quinoa

Ingredients (Per Cup Quinoa)

- 1 Cup Quinoa
- 2 Cups Water

Time: ~25 Minutes

1. If you don't have a rice cooker, heat a large pot on the stove on high. Note that the quinoa will grow while it cooks, so make sure it's a pot with plenty of room
2. Add the quinoa and let it toast for 30 seconds or until fragrant. Be sure to move it constantly so it doesn't burn
3. Add your water, and wait for the water to boil
4. Once the water is boiling, lower the heat until the quinoa is at a gentle simmer, then cover with a lid and let cook for 10-15 minutes
5. Once done, remove the lid, and if there are any remaining liquids, let it continue cooking without the lid until all liquids are absorbed
6. Allow the quinoa to cool for 5-10 minutes, then store in the fridge



Steak Gyros

4 Pillar Ingredients

- 6 oz Pre-Prepped Flank Steak
- 1/2 Small Tomato
- 1/4 Red Onion
- 4 tbs Tzatziki Sauce
- 2 Pita Bread

739 Calories | 62g Protein

1. Cut the flank steak into strips or bite size pieces
2. Re-heat the steak on a hot pan for 2-3 minutes
3. As the steak is re-heating, cut your tomato and onion into pieces. Like the steak, you can either do small bite size pieces or thin slices depending on your preferences
4. Once the steak is done, toast your pita bread on the same pan as the steak. Toast until lightly browned
5. Build your gyros by placing half your steak in each pita bread, then top each with your tomatoes and onions.
6. Finish off with your tzatziki sauce
7. Wrap your gyros and enjoy!



Chicken Kebabs

4 Pillar Ingredients

- 8 oz Chicken Breast
- 1/2 Onion
- 1/4 Cucumber
- 1/4 Tomato
- 2 tbs Olive Oil
- 1/2 cup Quinoa

620 Calories | 50g Protein

1. Cut the chicken into 1-inch cubes
2. Re-heat the chicken either for 2-3 minutes on a hot pan
3. While the chicken re-heats, cut your onion in half; half will be used for the kebabs, the other half for the side-salad
4. Cut the first half into flat, once inch pieces, then cut the other half into small bite size pieces
5. Cut the cucumber and tomato into small bite size pieces as well
6. Combine the cucumber, tomato, and the onion (the one cut into small pieces) in a small bowl. Add 1tbs olive oil, then toss to combine
7. When the chicken is done, set it aside on its own plate, then heat up the quinoa in the microwave for 1-2 minutes or until hot
8. In the same hot pan as the chicken, add 1 tbs of olive oil, then add your 1-inch sized onion pieces. Cook until the onions are somewhat loose and shiny (30 - 90 seconds)
9. Once done, set the onions aside. Let them cool
10. Start assembling the kebabs by sliding the onion and chicken pieces down your skewers. They should be alternating; sure no two onions or chicken pieces are next to each other
11. Take your re-heated quinoa and your tossed side-salad and add them to your plate. Now enjoy!



Chicken Shawarma

4 Pillar Ingredients

- 8oz Chicken Breast
- 1/2 Onion
- 1/4 Tomato
- 1/4 Cucumber
- 4 tbs Hummus
- 1 tbs Olive Oil
- 2 Pita Bread

802 Calories | 63g Protein

1. Re-heat the chicken on a hot pan for 2-3 minutes
2. As the chicken heats up, cut the onion in half; half will be for the shawarma, half will be for side salad
3. Take one of the onion halves and either thinly slice it or cut into small pieces. This is for the shawarma, so set aside for now
4. Take the other half and cut into small pieces. Then cut the tomato and cucumber into small pieces as well
5. Combine the onion, tomato, and cucumber together in a large bowl and drizzle the olive oil on top. Set the salad aside for now
6. Once the chicken is hot, remove from the pan, then use the same pan to toast your pita bread for 30 seconds or until lightly brown
7. Remove the pita bread, then smear both with all of your hummus. Add the chicken on top, then finish with some of your side salad – as much as you'd like.
8. Wrap it up and enjoy!



Quinoa Tabouli

4 Pillar Ingredients

- (Optional) 8oz Chicken Breast
- 1/4 Cucumber
- 1/4 Tomato
- 4 tbs Parsley
- 1 tbs Olive Oil
- 1 tbs Lemon Juice
- 1/2 Cup Quinoa

696 Calories | 60g Protein (With Chicken)

433 Calories | 12g Protein (Without Chicken)

1. (Optional) Cut your chicken into small, bite size pieces, then re-heat on a hot pan for 2-3 minutes. Set to the side after
2. Re-heat your bulk-prepped Quinoa on the pan as well until hot (2-3 minutes)
3. As the quinoa reheats cut your parsley, cucumber, and onions into small bite-sized pieces. Add them to a small bowl, then toss to mix
4. Once the Quinoa is finished, combine it with your other ingredients in the small bowl (if you re-heated chicken, add it too)
5. Finish it off with your olive oil and lemon, toss until the liquids are evenly distributed



Greek Salad

4 Pillar Ingredients

- (Optional) 8oz Chicken Breast
- 1/4 Cucumber
- 1/4 Tomato
- 1/4 Red Onion
- 2 tbs Olive Oil
- 2 tbs Feta Cheese

696 Calories | 60g Protein (With Chicken)

433 Calories | 12g Protein (Without Chicken)

1. (optional) Cut your chicken into small, bite size pieces, then re-heat on a hot pan for 2-3 minutes. Set to the side after
2. Cut your cucumber, tomato, and red onion into small bite size pieces, then mix together in a small bowl (along with your chicken if you made that)
3. Drizzle olive oil on top of the mixture, then toss again until the oil is evenly spread out
4. Top with your feta cheese, then enjoy!

Fresh Buys

These are items that should be purchased weekly since they typically don't last more than 7 days.

Meat

	Raw, Skinless Boneless Chicken Breast	6 lbs
	Smoked Salmon	12 oz

Produce

	Cabbage	1 Head
	Onions	2
	Carrots	2
	Arugula	5 oz
	Red Bell Pepper	1
	Yellow Bell Pepper	1
	Celery	1

Bulk Buys

These are items that will last more than 7 days in your fridge/pantry. The quantities listed are the minimum you'll need for the week. However, consider buying these ingredients in bulk so you can cut down on your grocery list next week! For example, you can get a gallon of olive oil instead of a pint and have it ready for months!

Oils and Spices

	Peanut Oil	1 Pint
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Soup

	Chicken Stock	1 Quart
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Pasta

	Egg Noodle	16 oz
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International Foods

	Sesame seeds	4oz
	Soy Sauce	15 fl oz

Rice/Grains

	White Rice (Uncooked)	5 lbs
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Juice

	Lemon Juice	15 fl oz
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Frozen

	Frozen Broccoli	12 oz
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Condiments

	Ketchup	15 fl oz
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Chicken Breast

Marinade Ingredients (Per Pound Of Chicken Breast)

- 4 tbs Olive Oil
- 2 tbs Lemon Juice
- 1/2 tbs Dried Oregano
- 1/2 tbs Garlic Powder
- 1/2 tbs Salt
- 1/2 tbs Pepper

Time: ~60 Minutes

1. Pre-heat the oven to 425 degrees Fahrenheit
2. Get a large baking sheet that can hold all of the chicken (use multiple sheets if you have to), and cover the sheet(s) with tin foil.
Spray the tinfoil with cooking spray
3. Put all of your chicken breast in a large bowl. The bowl should be large enough to where the chicken is not filled to the brim.
There should be an inch or so of space left
4. In a small bowl, combine all of the ingredients and mix until thoroughly combined
5. Pour this mixture on top of the chicken, then use your hands to thoroughly incorporate the marinade throughout every breast.
Don't be afraid to put some elbow grease in it! It also help to put light pressure on the chicken breasts to work the marinade deep inside. This also help to slightly tenderize them. (If you don't like the idea of handling the chicken like this, see the notes for a less messy method)

6. Once every inch of every breast is covered with marinade, place each chicken breast on the baking sheet.
7. Make sure there's at least 1/2 inch of space between each breast
8. When the oven is done pre-heating, place the chicken breast inside center-rack and bake for 25-35 minutes. The more chicken breast you have, the longer it takes
9. Once done, test each breast with a meat thermometer before taking it out. Find the thickest part of the breast, and make sure the temperature reads at least 165 F
10. If it is, take the chicken out, and let them cool on a wire rack for 5-10 minutes.
11. Once cooled, store it and leave it in the fridge!



Chow Mein

4 Pillar Ingredients

- 8oz Chicken Breast
- 1/4 Cup Cabbage
- 1/4 Onion
- 1/2 Carrot
- 1 Tbs Peanut Oil
- 1 Tbs Soy Sauce
- 2 Tbs Chicken Broth
- 2 oz dry egg noodle

604 Calories | 56g Protein

1. Cut your smoked salmon into short, thin pieces. Set aside
2. Heat a small pan on medium high, then add your sesame seeds. Toast then for 30-60 seconds or until golden brown.
Move it constantly so it doesn't burn
3. Re-heat your rice in the microwave for 1 minute in a microwave safe bowl
4. Once the rice is done, add the seeds to it and mix until thoroughly combined
5. Build you bowl by layering the arugula on top of the rice, then your smoked salmon on top of that. Top it all off with your sesame oil



Smoked Salmon Poke Bowl

4 Pillar Ingredients

- 6oz Smoked Salmon
- 1 Cup Arugula
- 1 Tbs Sesame Seeds
- 1 Tbs Peanut Oil
- 1 Cup White Rice

552 Calories | 37g Protein

1. Cut your smoked salmon into short, thin pieces. Set aside
2. (Optional) Heat a small pan on medium high, then add your sesame seeds. Toast then for 30-60 seconds or until golden brown. Move it constantly so it doesn't burn
3. Re-heat your rice in the microwave for 1 minute in a microwave safe bowl
4. Once the rice is done, add the seeds to it and mix until thoroughly combined
5. Build you bowl by layering the arugula on top of the rice, then your smoked salmon on top of that. Top it all off with your sesame oil

Sweet And Sour Chicken

4 Pillar Ingredients

- 8oz Chicken Breast
- 1/4 Bell Pepper
- 1/4 Celery
- 1/4 Onion
- 2 Tbs Ketchup
- 2 Tbs Lemon Juice
- 1 Tbs Peanut Oil
- 1 Cup Rice

677 Calories | 53g Protein



1. Cut all your vegetables into long, thin strips. Cut your protein into small bite-sized pieces. Set both aside
2. Place a pan a medium high heat. When hot, add 1tbs of peanut oil and your vegetables. Cook until they soften (about 2 minutes)
3. Add your chicken and allow it to warm up with the rest of the vegetables (about 2 minutes)
4. As the chicken heats up, combine the ketchup and lemon juice in a small bowl, then whisk (either with a whisk or a fork) until combined. Add this sauce to your pan
5. Mix and cook everything until the sauce thickens up (another 2 minutes)



Chicken Stir Fry

4 Pillar Ingredients

- 8oz Chicken Breast
- 1/2 Cup Frozen Broccoli
- 1/4 Red Bell Pepper
- 1/4 Yellow Bell Pepper
- 1/4 Carrot
- 2 Tbs Peanut Oil
- 2 Tbs Chicken Stock
- 1 Tbs Soy Sauce

538 Calories | 50g Protein

1. Cut your vegetables and protein into small, bite size pieces (about 1 inch pieces)
2. Place a pan (or wok) on medium high heat, and when it gets hot, add your frozen broccoli. Cook until it's defrosted, but not completely cooked (about 1 minute)
3. Add the oil and the rest of your vegetables. Cook and mix together until the vegetables all soften (1-2 minutes)
4. Add your protein, then allow the protein to heat up with the rest of your vegetables (1-2 minutes)
5. While the protein heats up, mix the chicken stock, soy sauce, and red chili sauce in a small bowl to make the sauce
6. When the protein is hot, add the sauce and mix until thoroughly combined



Asian Slaw

4 Pillar Ingredients

- 8oz Chicken Breast
- 1/2 Cup Cabbage
- 1/4 Carrot
- 1/4 Cup Frozen Broccoli
- 1/4 Bell Pepper
- 2 Tbs Peanut Oil
- 1 Tbs Sesame Seeds
- 1 Tbs Soy Sauce

590 Calories | 52g Protein

1. Microwave your broccoli for about 1 minute. It should still be cold after, but not completely frozen. This will make it easier to cut in the next step
2. Slice all your vegetables and protein into long, thin pieces. Place them all in a large bowl then toss to combine
3. Heat up a small pan on high heat, then add your sesame seeds to toast for 30 seconds or until golden brown
4. In a small bowl, mix your peanut oil, soy sauce, and sesame seeds. Add the sauce to your vegetables, then mix until thoroughly incorporated

Fresh Buys

These are items that should be purchased weekly since they typically don't last more than 7 days.

Produce

	Spinach	1.5 lbs
	Onions	2
	Sliced Mushrooms	16 oz
	Bell Pepper	1
	Tomato	1
	Lemons	2
	Parsely	1 Bunch

Meat

	Raw, Skinless Boneless Chicken Breast	4 lbs
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Frozen

	Pre-Cooked Shrimp	1.5 lbs
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Bulk Buys

These are items that will last more than 7 days in your fridge/pantry. The quantities listed are the minimum you'll need for the week. However, consider buying these ingredients in bulk so you can cut down on your grocery list next week! For example, you can get a gallon of olive oil instead of a pint and have it ready for months!

Oils and Spices

	Olive Oil	1 Pint
	White Wine	1 Bottle
	Marsala Wine	1 Bottle
	Garlic Powder	8.75 oz

Pasta

	Spaghetti Pasta	16 oz
	Fusilli Pasta	16 oz

Soup

	Chicken Stock	1 Quart
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Dairy

	Butter	8 oz
	Grated Parmesan	3 oz
	Heavy Cream	1 Pint



Chicken Breast

Marinade Ingredients (Per Pound Of Chicken Breast)

- 4 tbs Olive Oil
- 2 tbs Lemon Juice
- 1/2 tbs Dried Oregano
- 1/2 tbs Garlic Powder
- 1/2 tbs Salt
- 1/2 tbs Pepper

Time: ~60 Minutes

1. Pre-heat the oven to 425 degrees Fahrenheit
2. Get a large baking sheet that can hold all of the chicken (use multiple sheets if you have to), and cover the sheet(s) with tin foil.
Spray the tinfoil with cooking spray
3. Put all of your chicken breast in a large bowl. The bowl should be large enough to where the chicken is not filled to the brim.
There should be an inch or so of space left
4. In a small bowl, combine all of the ingredients and mix until thoroughly combined
5. Pour this mixture on top of the chicken, then use your hands to thoroughly incorporate the marinade throughout every breast.
Don't be afraid to put some elbow grease in it! It also help to put light pressure on the chicken breasts to work the marinade deep inside. This also help to slightly tenderize them. (If you don't like the idea of handling the chicken like this, see the notes for a less messy method)

6. Once every inch of every breast is covered with marinade, place each chicken breast on the baking sheet.
7. Make sure there's at least 1/2 inch of space between each breast
8. When the oven is done pre-heating, place the chicken breast inside center-rack and bake for 25-35 minutes. The more chicken breast you have, the longer it takes
9. Once done, test each breast with a meat thermometer before taking it out. Find the thickest part of the breast, and make sure the temperature reads at least 165 F
10. If it is, take the chicken out, and let them cool on a wire rack for 5-10 minutes.
11. Once cooled, store it and leave it in the fridge!



Simple Pasta

4 Pillar Ingredients

- 8 oz Pre-Prepped Chicken Breast
- 1 Cup Spinach
- 1/2 Onion
- 1/2 Cup Your Sauce Of Choice
- 1 Tbs Olive Oil
- 5oz Cooked Pasta

756 Calories | 65g Protein

1. Dice the onion into very small pieces. Set aside
2. Cut your chicken into long strips. Set aside
3. Place a pan on medium heat, then when it's hot, add your olive oil
4. Add the onions to the pan, then saute until lightly browned
5. Add your sauce of choice, and heat until the sauce is lightly simmering
6. Add the chicken and pasta, and let it warm up in the sauce for 2-3 minutes or until hot
7. Add spinach and continuously mix until the spinach is small and wilted (about 30-60 seconds)
8. Remove everything from the pan and place on a plate. Top off the dish with parmesan



Shrimp Scampi

4 Pillar Ingredients

- 6oz Pre-Cooked Shrimp
- 1 Cup Spinach
- 2 Tbs Olive Oil
- 3 Tbs White Wine
- 1 Lemon
- 1 Tbs Parsley

852 Calories | 53g Protein

1. Using a grater, zest your entire lemon, then cut the lemon in half. Set them aside
2. Place a pan on medium high heat, then add your olive oil
3. Add your wine and lemon zest, then let it reduce (evaporate) for 1-2 minutes until about half the liquid remains. This will cook off most of the alcohol from the wine
4. Add your shrimp and let cook for 1-2 minutes or until the shrimp is hot
5. Add your pasta and parsley, then cook until the pasta is hot as well
6. Serve on a plate, then top with the juice of your remaining lemon

Chicken Marsala

4 Pillar Ingredients

- 8oz Chicken Breast
- 1 cup Sliced Mushrooms
- 1 Cup Spinach
- 1/4 Cup Marsala Wine
- 1/4 Cup Chicken Broth
- 1/4 Cup Heavy Cream
- 1 Tbs Butter
- 2 Tbs Parsley
- 5 Oz Cooked Pasta

709 Calories | 59g Protein



1. Cut your chicken into long strips, then set aside
2. Place a pan on the stove at medium-high heat. Once hot, add your butter and let it melt and coat the pan
3. Add your mushrooms and cook until browned and tender (about 2-3 minutes)
4. Add the wine, broth, and heavy cream, then mix until combined
5. Bring the heat to high and let the mixture boil. Then, decrease the heat enough to let the mixture simmer, then let it simmer for about 5-10 minutes or until the sauce thickens
6. Add your chicken and pasta, then let it re-heat in the sauce for about 2-3 minutes
7. Serve on a plate, then top with parsley



Chicken Florentine

4 Pillar Ingredients

- 8oz Pre-Prepped Chicken Breast
- 1 Cup Spinach
- 1 Tbs Butter
- 1/4 Cup Heavy Cream
- 1/4 Cup White Wine
- 2 Tbs Parsley
- 1/2 Tbs Garlic Powder

530 Calories | 49g Protein

1. Cut your chicken into long strips, then set aside
2. Place a pan on the stove at medium-high heat. Once hot, add your butter and let it melt and coat the pan
3. Add the wine, then turn up the heat to a boil. Once it starts boiling, bring the heat down again to leave it at a simmer. Let simmer for 3 minutes or until about half the liquid remains in the pan
4. Add your cream and repeat the same process to reduce about half of the liquid
5. Add your parsley and garlic powder, then stir until evenly incorporated
6. Add your chicken, and let warm up for 1-2 minutes
7. Add your spinach and cook until the spinach wilts (30 - 60 seconds)

Fresh Buys

These are items that should be purchased weekly since they typically don't last more than 7 days.

Produce

	Bell Peppers	4
	Tomatoes	2
	Lettuce	1 Head
	Onions	2
	Avocados	3
	Limes	2

Meat

	Raw, Skinless Boneless Chicken Breast	4 lbs
	Flank Steak	2 lbs

Bulk Buys

These are items that will last more than 7 days in your fridge/pantry. The quantities listed are the minimum you'll need for the week. However, consider buying these ingredients in bulk so you can cut down on your grocery list next week! For example, you can get a gallon of olive oil instead of a pint and have it ready for months!

Canned Goods

	Black Beans	2 Cans
	Refried Beans	2 Cans

Rice and Grains

	White Rice (Uncooked)	1 lb
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Produce

	Pico De Gallo	14 oz
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Bakery/Bread

	Tortillas (Any Kind)	Pack of 8
	Corn Tostadas	Pack of 8



Chicken Breast

Cilantro Lime Marinade (Per Pound Of Chicken Breast)

- 1/4 Cup Cilantro
- 1/4 Cup Olive Oil
- 1 Tbs Lime Juice
- 1 Tsp Garlic Powder
- 1 Tsp Salt
- 1 Tsp Pepper

Time: ~60 Minutes

1. Pre-heat the oven to 425 degrees Fahrenheit
2. Get a large baking sheet that can hold all of the chicken (use multiple sheets if you have to), and cover the sheet(s) with tin foil. Spray the tinfoil with cooking spray
3. Put all of your chicken breast in a large bowl. The bowl should be large enough to where the chicken is not filled to the brim. There should be an inch or so of space left
4. In a small bowl, combine all of the ingredients and mix until thoroughly combined
5. Poor this mixture on top of the chicken, then use your hands to thoroughly incorporate the marinade throughout every breast. Don't be afraid to put some elbow grease in it! It also help to put light pressure on the chicken breasts to work the marinade deep inside. This also help to slightly tenderize them.

6. Once every inch of every breast is covered with marinade, place each chicken breast on the baking sheet.
7. Make sure there's at least 1/2 inch of space between each breast
8. When the oven is done pre-heating, place the chicken breast inside center-rack and bake for 25-35 minutes. The more chicken breast you have, the longer it takes
9. Once done, test each breast with a meat thermometer before taking it out. Find the thickest part of the breast, and make sure the temperature reads at least 165 F
10. If it is, take the chicken out, and let them cool on a wire rack for 5-10 minutes.
11. Once cooled, store it and leave it in the fridge!



Carne Asada (Flank Steak)

Cilantro Lime Marinade (Per Pound Of Flank Steak)

- 1/4 Cup Cilantro
- 1/4 Cup Olive Oil
- 1 Tbs Lime Juice
- 1 Tsp Garlic Powder
- 1 Tsp Salt
- 1 Tsp Pepper

Time: ~40 Minutes

1. Put all of your steak in a large bowl. The bowl should be large enough to where the steak is not filled to the brim. There should be an inch or so of space left
2. In a small bowl, combine all of the ingredients and mix until thoroughly combined
3. Pour this mixture on top of the steak, then use your hands to thoroughly incorporate the marinade throughout every breast. Don't be afraid to put some elbow grease in it! It also help to put light pressure on the steak to work the marinade deep inside. This also help to slightly tenderize them. (If you don't like the idea of handling the steak like this, see the notes for a less messy method)
4. Take the largest pan you have and pre-heat it on the stove on medium-high heat.
5. Once hot, add 1tbs of olive oil or cooking spray, and wait about 10 seconds for the oil to get hot
6. Place as many steaks onto the pan as you can while keeping them about an inch apart from each other and let them cook for 3-4 minutes
7. Flip the steaks and cook for 2-3 minutes this time
8. Once done, place on a plate or wire rack, then continue with your next steaks if you have more to go
9. Once you've cooked all of your steaks, wait for them to all cool for 5-10 minutes, then store and refrigerate



Chicken Florentine

4 Pillar Ingredients

- 8oz Pre-Prepped Chicken Breast
- 1 Cup Spinach
- 1 Tbs Butter
- 1/4 Cup Heavy Cream
- 1/4 Cup White Wine
- 2 Tbs Parsley
- 1/2 Tbs Garlic Powder

530 Calories | 49g Protein

1. Cut your chicken into long strips, then set aside
2. Place a pan on the stove at medium-high heat. Once hot, add your butter and let it melt and coat the pan
3. Add the wine, then turn up the heat to a boil. Once it starts boiling, bring the heat down again to leave it at a simmer. Let simmer for 3 minutes or until about half the liquid remains in the pan
4. Add your cream and repeat the same process to reduce about half of the liquid
5. Add your parsley and garlic powder, then stir until evenly incorporated
6. Add your chicken, and let warm up for 1-2 minutes
7. Add your spinach and cook until the spinach wilts (30 - 60 seconds)



Taco Rice Bowl

4 Pillar Ingredients

- 8 oz Pre-Prepped Chicken Breast OR Carne Asada
- 1/4 Bell Pepper
- 1/2 Tomato
- 1/2 Avocado
- 1/2 Lime
- 1/4 Pico De Gallo
- 1/2 Cup Black Beans
- 1/2 Cup Rice

698 Calories | 59g Protein

1. Cut the chicken/carne asada into long strips or bite sized pieces (to your preference)
2. Heat up a pan on medium-high, then add your protein, rice, and beans (be sure to drain any liquids from the beans first)
3. As they re-heat, cut your bell pepper, tomato, and avocado into long slices. Cut your lime in half
4. Once the ingredients in your pan have been re-heated, place them in a bowl, then mix with your tomato, bell pepper, and salsa
5. After thoroughly mixing, top it off with your avocado and lime



Soft-Shell Tacos

4 Pillar Ingredients

- 8oz Pre-prepped Chicken Breast OR Carne Asada
- 1/2 Cup Lettuce
- 1/2 Avocado
- 1/4 Cup Pico De Gallo
- 2 Small Tortillas

568 Calories | 52g Protein

1. Cut your protein into long, thin strands. Re-heat the protein on a hot pan at medium-high heat for 2-3 minutes
2. As the protein reheats, cut your lettuce and avocado into short, thin strands.
3. Once the protein is warmed up, set aside on a plate, then use the same hot pan to toast your tortillas for about 30 seconds
4. Set the tortillas aside, then begin building the tacos; start with the protein, then the lettuce and avocado, then top off with pico de gallo



Fajitas

4 Pillar Ingredients

- 8oz Pre-prepped Chicken Breast OR Carne Asada
- 1/2 Bell Pepper
- 1/4 Onion
- 1/2 Lime
- 2 Tbs Olive Oil
- 1/4 Cup Cilantro
- 2 Tortillas

604 Calories | 50g Protein

1. Cut your protein into long strips, then re-heat on a hot pan for 2-3 minutes
2. As they're reheating, cut your bell pepper and onion into thin strands as well
3. Once the protein is warmed up, set aside on another plate
4. On the same hot pan, add a tablespoon of olive oil, and move the pan around to get the olive oil spread out as much as you can.
5. Once the oil heats up (about 10 seconds), add your bell pepper and onion, then sauté for 1-2 minutes or until crispy and browned.
6. Once that happens, add back your protein in the same pan, and mix together until thoroughly combined
7. Place everything on a plate, then toast your tortillas on the same hot pan for 30 seconds each.
8. Top off the fajita with your lime and cilantro



Tostadas

4 Pillar Ingredients

- 8oz Pre-prepped Chicken Breast OR Carne Asada
- 1/4 Onion
- 1/2 Cup Lettuce
- 1/2 Avocado
- 1/4 Cup Pico De Gallo
- 1/2 Cup Refried Beans
- 2 Corn Tostadas

801 Calories | 60g Protein

1. Cut your protein into long thin strips or very small pieces, then re-heat on a hot pan for 2-3 minutes
2. As it reheats, cut the onions into small bite size pieces, then the lettuce and avocado into long thin strands
3. Once your protein is warmed-up, heat up your tostadas either on the same pan for about 30 seconds each side or by baking in a convection oven for 1-2 minutes.
4. Assemble the tostada by spreading the refried beans across both tostadas, then add your protein, then avocado, lettuce, and onion.
5. Top it off with pico de gallo



Taco Salad

4 Pillar Ingredients

- 8oz Pre-prepped Chicken Breast OR Carne Asada
- 1/4 Bell Pepper
- 1/4 Onion
- 1/2 Tomato
- 1/2 Cup Lettuce
- 1/2 Avocado
- 2 Tostadas
- 1/2 Cup Black Beans

797 Calories | 61g Protein

1. Cut your protein into long thin strips or bite size pieces, then re-heat on a hot pan for 2-3 minutes
2. Cut your bell pepper, onion, and tomato into bite sized pieces. Cut your lettuce and avocado into long thin pieces
3. After the protein is warmed up, set aside on a separate plate, then use the same pan to heat up your beans (make sure they're drained first) for about a minute or until warm
4. Set the beans aside, then heat up the tostadas either on the same pan for about 30 seconds each side or in a convection oven for 1-2 minutes
5. Break the tostada into pieces or long strips (as best as you can without it crumbling)
6. Build your salad; combine your lettuce, tomato, onion, bell pepper, beans, and protein. Mix until thoroughly combined
7. Top off the salad with your avocado and tostada pieces (and your optional salsa)