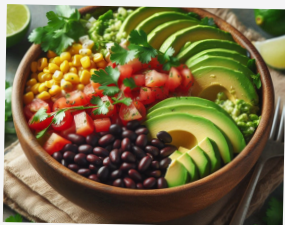


Beef and Black Bean Burrito Bowls



Ingredients:

Why It Works for Meal Prep: These bowls are versatile, easy to customize, and perfect for grab-and-go meals.

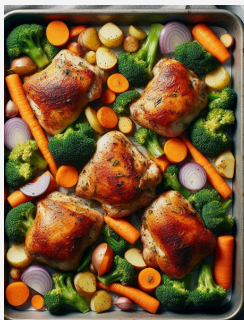
- 1 lb ground beef (or ground turkey for a leaner option)
- 1 tsp chili powder
- 1 tsp cumin
- Salt and pepper to taste
- 1 can (15 oz) black beans, drained and rinsed
- 2 cups cooked brown rice
- 1 cup corn kernels (fresh, frozen, or canned)
- 1 cup diced tomatoes or salsa
- Optional toppings: shredded cheese, avocado, Greek yogurt, cilantro, hot sauce

Instructions:

1. Cook ground beef in a skillet over medium heat, adding chili powder, cumin, salt, and pepper. Drain any excess grease.
2. Heat black beans in a small saucepan or microwave.
3. Assemble bowls: Add $\frac{1}{2}$ cup of brown rice as the base, top with cooked beef, black beans, corn, and tomatoes or salsa. Add optional toppings if desired.
4. Store in meal prep containers for up to 4 days in the fridge.

Pro Tip for Meal Prep: Pack toppings like yogurt or hot sauce in small containers and add them fresh after reheating.

Sheet Pan Chicken and Vegetables



Ingredients:

Why It Works for Meal Prep: Everything cooks on one sheet, making prep and cleanup super easy. You can portion it out into containers for lunches or dinners.

- 4 boneless, skinless chicken thighs
- 2 cups broccoli florets
- 1 cup baby carrots, halved
- 1 cup cubed sweet potatoes
- 2 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp paprika
- Salt and pepper to taste

Instructions:

- Preheat oven to 400°F(200°C).
- In a large bowl, toss broccoli, carrots, and sweet potatoes with olive oil, garlic powder, paprika, salt, and pepper.
- Place chicken thighs and seasoned vegetables on a sheet pan. Drizzle chicken with a little extra olive oil and sprinkle with salt and pepper.
- Bake for 25–30 minutes, or until chicken is cooked through (165°F internal temperature) and veggies are tender.
- Divide into 4 portions and store in airtight containers.

***Pro Tip for Meal Prep:**

Store chicken separately from veggies to reheat evenly and avoid sogginess.

BBQ Pulled Pork Bowls



Ingredients:

Why It Works for Meal Prep: This slow-cooked meal is hands-off and can be paired with multiple sides for variety.

- 2 lbs pork shoulder
- 1 cup BBQ sauce (store-bought or homemade)
- 1/2 cup chicken broth
- 1 tsp paprika
- 1 tsp garlic powder
- Salt and pepper to taste
- Optional sides: coleslaw, sweet potato mash, or rice

Instructions:

1. Season pork shoulder with paprika, garlic powder, salt, and pepper.
2. Place in a slow cooker with chicken broth and cook on low for 6–8 hours, or until the meat falls apart easily.
3. Shred the pork with two forks and mix with BBQ sauce.
4. Portion into containers alongside your choice of side.

Pro Tip: Use any leftovers for sandwiches or tacos during the week.

Baked Pasta with Spinach and Cheese



Ingredients:

Why It Works for Meal Prep:

Comforting, filling, and easy to make in large batches—this meal is perfect for freezing individual portions.

- Ingredients:
- 1 lb pasta (penne or rigatoni work well)
- 2 cups marinara sauce
- 1 cup ricotta cheese
- 1 cup shredded mozzarella cheese
- 2 cups fresh spinach (or frozen, thawed and drained)
- 1/4 cup grated Parmesan cheese
- 1 tsp Italian seasoning
- Salt and pepper to taste

Instructions:

1. Preheat oven to 375°F (190°C).
Cook pasta according to package instructions and drain.
2. In a large bowl, mix cooked pasta with marinara sauce, spinach, ricotta cheese, and Italian seasoning. Add salt and pepper to taste.
3. Transfer the pasta mixture to a greased baking dish. Top with shredded mozzarella and Parmesan cheese.
4. Bake for 20–25 minutes, or until the cheese is bubbly and golden.
5. Portion into meal prep containers once cooled.

Pro Tip for Meal Prep: Store portions in microwave-safe containers, or freeze for up to 3 months

Veggie-Packed Fried Rice



Ingredients:

Why It Works for Meal Prep: It's quick, versatile, and great for using up leftover veggies. Plus, it reheats well for busy days.

Ingredients:

- 3 cups cooked rice (day-old rice works best)
- 2 tbsp vegetable oil
- 1 cup diced mixed vegetables (e.g., bell peppers, peas, carrots)
- 2 eggs, lightly beaten
- 2 tbsp soy sauce (or tamari for a gluten-free option)
- 1 tsp sesame oil
- Optional: chopped green onions or sesame seeds for garnish

Instructions:

1. Heat vegetable oil in a large skillet over medium heat. Add mixed vegetables and cook until tender (about 5 minutes).
2. Push veggies to the side and pour the beaten eggs into the pan. Scramble until cooked, then mix with the veggies.
3. Add the cooked rice to the skillet and stir to combine.
4. Drizzle with soy sauce and sesame oil, stirring well to evenly coat. Cook for an additional 2–3 minutes.
5. Portion into meal prep containers and top with green onions or sesame seeds, if desired.

*Top with an egg, if desired.

Pro Tip for Meal Prep: Cook a double batch of rice earlier in the week to save time.