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Meal Prep Guide



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

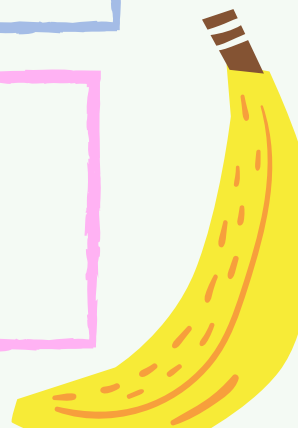
SATURDAY

SUNDAY

WHEN WILL I
BUY GROCERIES?

WHAT THINGS
NEED TO BE
PREPPED BEFORE?

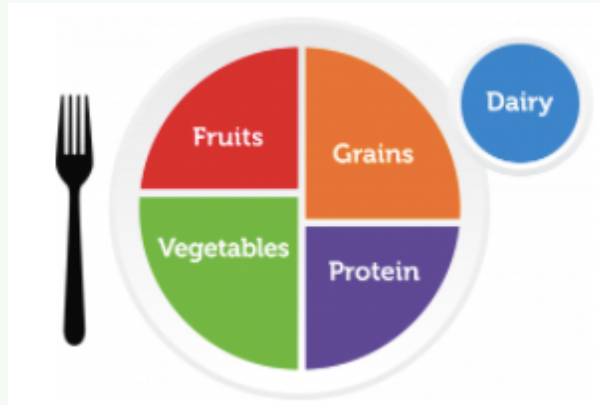
NOTES:





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Grocery List



MYPLATE.GOV RECOMMENDATION

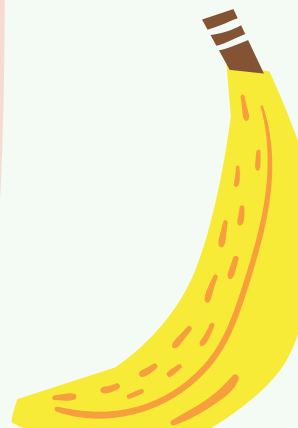
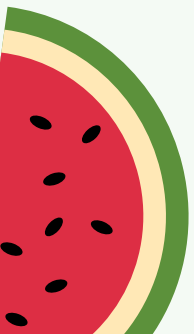
PROTEIN

PRODUCE

DAIRY/NON-
DAIRY

GRAINS & BREAD

OTHER





Healthy Recipe Guide: Lunch

SHEET PAN CHICKEN FAJITAS SALAD



3 Servings of Fruits & Vegetables!



INGREDIENTS

- 2 TEASPOONS CHILI POWDER
- 2 TEASPOONS GROUND CUMIN
- 2 TEASPOONS DRIED OREGANO
- 1 TEASPOON SMOKED PAPRIKA
- KOSHER SALT AND FRESHLY GROUND BLACK PEPPER, TO TASTE
- 1 1/2 POUNDS BONELESS, SKINLESS CHICKEN BREASTS, CUT INTO THIN STRIPS
- 1 RED BELL PEPPER, CUT INTO STRIPS
- 1 YELLOW BELL PEPPER, CUT INTO STRIPS
- 1 ORANGE BELL PEPPER, CUT INTO STRIPS
- 1 RED ONION, CUT INTO WEDGES
- 3 CLOVES GARLIC, MINCED
- 3 TABLESPOONS OLIVE OIL
- 1/4 CUP CHOPPED FRESH CILANTRO LEAVES
- 2 TABLESPOONS FRESHLY SQUEEZED LIME JUICE
- 6 (8-INCH) FLOUR OR CORN TORTILLAS, WARMED
- SALSA, AVOCADO, OR YOUR FAVORITE TOPPING

DIRECTIONS

- PREHEAT OVEN TO 425 DEGREES F. LIGHTLY OIL A BAKING SHEET OR COAT WITH NONSTICK SPRAY.
- IN A SMALL BOWL, COMBINE CHILI POWDER, CUMIN, OREGANO, PAPRIKA, 1 1/4 TEASPOONS SALT AND 1 1/4 TEASPOONS PEPPER.
- PLACE CHICKEN, BELL PEPPERS, ONION AND GARLIC IN A SINGLE LAYER ONTO THE PREPARED BAKING SHEET. STIR IN OLIVE OIL AND CHILI POWDER MIXTURE; GENTLY TOSS TO COMBINE.
- PLACE INTO OVEN AND BAKE FOR 25 MINUTES, OR UNTIL THE CHICKEN IS COMPLETELY COOKED THROUGH AND THE VEGETABLES ARE CRISP-TENDER. STIR IN CILANTRO AND LIME JUICE.
- SERVE IMMEDIATELY OVER GREENS WITH SALSA, AVOCADO, OR YOUR FAVORITE TOPPING!



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Healthy Recipe Guide: Dinner

SHEET PAN CHICKEN AND VEGGIES



10 minute prep, 50 minute cook!



Makes 5 servings!

INGREDIENTS

- 1/2 TEASPOON SALT
- 1/2 TEASPOON PEPPER
- 1/2 TEASPOON ONION POWDER
- 1/2 TEASPOON GARLIC POWDER
- 4 4 OUNCES BONELESS SKINLESS CHICKEN BREASTS
- 1 10 OUNCE BAG BROCCOLI FLORETS
- 1 10 OUNCE BAG BRUSSEL SPROUTS, CUT IN HALF
- 4 MEDIUM SWEET POTATOES DICED
- 3 TABLESPOONS OLIVE OIL DIVIDED

DIRECTIONS

- PREHEAT OVEN TO 375 DEGREES.
- PAT THE CHICKEN BREASTS DRY.
- MIX TOGETHER THE SALT, PEPPER, ONION POWDER, AND GARLIC POWDER. SPRINKLE OVER THE CHICKEN BREASTS.
- PLACE CHICKEN BREASTS ON A SHEET PAN SPRAYED WITH COOKING SPRAY.
- IN A MEDIUM-SIZE BOWL MIX TOGETHER BROCCOLI, 1 TABLESPOON OLIVE OIL, AND A LITTLE SALT. PLACE ON THE SHEET PAN NEXT TO THE CHICKEN. WIPEOUT BOWL.
- IN THE SAME BOWL MIX TOGETHER BRUSSEL SPROUTS WITH 1 TABLESPOON OLIVE OIL AND A LITTLE SALT. PLACE ON THE SHEET PAN. WIPE THE BOWL OUT AGAIN.
- ADD THE SWEET POTATOES, THE LAST TABLESPOON OF OLIVE OIL, AND SALT TO BOWL. OF COURSE, YOU CAN ADD ANY OTHER SEASONING YOU WANT.
- PLACE ON THE SHEET PAN WITH CHICKEN AND OTHER VEGETABLES.
- BAKE FOR 45 - 50 MINUTES OR UNTIL VEGETABLES ARE ROASTED AND CHICKEN IS COOKED THROUGH. CHICKEN SHOULD HAVE AN INTERNAL TEMPERATURE OF 165 DEGREES BEFORE IT IS SAFE TO CONSUME.



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Healthy Recipe Guide: Dinner

CHICKEN TERIYAKI RICE BOWLS

**50 grams
of protein
per
serving!**



**Makes 4
servings!**

INGREDIENTS

- 24 OZ CHICKEN CUTLETS
- SALT AND PEPPER
- 1 CUP OF TERIYAKI SAUCE (P.F. CHANG'S RECOMMENDED)
- 1 BAG OF CARROT CHIPS
- 1 BAG OF BROCCOLI FLORETS
- AVOCADO OIL
- GARLIC SALT
- 3 CUPS OF JASMINE RICE
- SESAME SEEDS (OPTIONAL)

DIRECTIONS

- SPRAY A GRILL PAN AND SAUTE PAN WITH AVOCADO OIL SPRAY
- SALT AND PEPPER BOTH SIDES OF THE CHICKEN CUTLETS
- COOK CHICKEN FOR 4 MINUTES ON BOTH SIDES
- SLICE UP CHICKEN
- TRANSFER CHICKEN TO A BOWL
- ADD 1 CUP OF TERIYAKI SAUCE TO BOWL
- GRAB A NEW LARGE PAN
- SPRAY AVOCADO OIL ON LARGE PAN
- ADD VEGETABLES TO PAN
- ADD 1/4 CUP OF WATER TO PAN AND PREFERRED AMOUNT OF GARLIC SALT
- STEAM VEGETABLES FOR 4 MINUTES ON MEDIUM-HIGH (COVERED)
- PUT 3/4 CUPS OF JASMINE RICE IN 4 BOWLS
- ADD CHICKEN AND VEGETABLES TO THE 4 BOWLS
- ADD SESAME SEEDS IF DESIRED!



Healthy Recipe Guide: Breakfast

EGG MUFFINS!

15 minute prep, 25 minute cook!



Makes 12 muffins!

INGREDIENTS

- 1 CUP LIGHTLY PACKED BABY SPINACH CHOPPED
- 3/4 CUP FINELY DICED RED BELL PEPPER ABOUT 1 SMALL PEPPER
- 3/4 CUP FINELY DICED GREEN BELL PEPPER ABOUT 1 SMALL PEPPER
- 3/4 CUP QUARTERED CHERRY TOMATOES OR GRAPE TOMATOES, ABOUT 1 CUP WHOLE TOMATOES
- 6 LARGE EGGS
- 4 LARGE EGG WHITES
- 1/4 TEASPOON KOSHER SALT
- 1/4 TEASPOON DRIED BASIL
-
- 1/4 TEASPOON DRIED OREGANO
- PINCH GROUND BLACK PEPPER OR CAYENNE PEPPER IF YOU LIKE A LITTLE KICK!
- 1/4 CUP CRUMBLED FETA CHEESE PLUS ADDITIONAL TO SPRINKLE ON TOP
- OPTIONAL TOPPINGS: AVOCADO SALSA, HOT SAUCE, FRESHLY CHOPPED PARSLEY

DIRECTIONS

- PLACE A RACK IN THE CENTER OF YOUR OVEN AND PREHEAT TO 350 DEGREES F.
- LIGHTLY COAT A STANDARD 12-CUP MUFFIN TIN WITH NONSTICK SPRAY. DIVIDE THE SPINACH, RED BELL PEPPER, GREEN BELL PEPPER, AND TOMATOES AMONG THE CUPS (THEY WILL BE ABOUT TWO-THIRDS OF THE WAY FULL).
- IN A LARGE BOWL OR LARGE MEASURING CUP WITH A SPOUT (MY FAVORITE BECAUSE IT MAKES THE MIXTURE EASY TO POUR), BRISKLY WHISK TOGETHER THE EGGS, EGG WHITES, SALT, BASIL, OREGANO, AND PEPPER UNTIL WELL COMBINED.
- CAREFULLY FILL EACH MUFFIN CUP THREE-QUARTERS OF THE WAY TO THE TOP WITH THE EGG MIXTURE. SPRINKLE THE FETA EVENLY OVER THE TOPS OF THE CUPS.
- BAKE FOR 24 TO 28 MINUTES, UNTIL THE EGG MUFFINS ARE SET.
- LET COOL FOR A FEW MINUTES, AND THEN RUN A BUTTER KNIFE AROUND THE EDGES OF EACH MUFFIN TO LOOSEN IT.
- REMOVE THEM FROM THE PAN AND ENJOY IMMEDIATELY, OR LET COOL ON A WIRE RACK AND REFRIGERATE OR FREEZE FOR LATER.



Healthy Recipe Guide: "On the Go"



COACH MELANIE'S GREEN PROTEIN SMOOTHIE

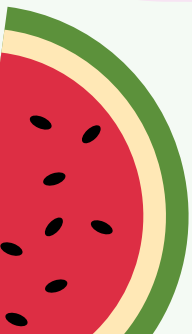
**3 servings
of fruits
and
vegetables!**

DIRECTIONS

- ADD ALL INGREDIENTS TO BLENDER AND BLEND UNTIL DESIRED CONSISTENCY

INGREDIENTS

- 1 BANANA
- 1 CUP FROZEN MANGO
- 1 CUP FROZEN SPINACH
- 1 TBSP CHIA SEEDS
- 1-1.5 CUP ALMOND MILK, MILK, OR WATER (ADD MORE OR LESS FOR DESIRED THICKNESS)
- 1 SCOOP VANILLA PROTEIN (CAN USE PLAIN GREEK YOGURT)



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