

BREAKFAST

Package of bacon---cook in oven on foil lined cookie sheet until crisp. (4 slices bagel sandwiches) (4 slices breakfast) (4 slices fried rice) Keep in refrigerator or place in freezer and warm up to serve.

Egg cups-whisk 16 eggs in bowl add ½ cup water. Pour into muffin tin or silicone liners cups-you will need 12. Sprinkle with 1 cup total cheese. Bake 350 for 30 minutes or until done. Store in refrigerator in covered container. Save 4 cups for bagel sandwiches.

Egg cup days---heat up in microwave, with 1 slice of bacon, and ½ bagel toasted with butter.

Bagel sandwich---Place egg cup, slice of bacon on bagel. Wrap in wax paper and place in Ziploc bag to freeze. This you will eat week 2.

Oatmeal—cook and serve to your specific taste. Butter and sugar added as desired.

Plain yogurt—mash frozen strawberries(3-4 each day) and sprinkle with sugar to taste. Dice up 1 banana each day and mix together. Serve over yogurt.

FOOD PREP DAY 1

Cook the bacon and divide up. 4 for breakfast, 4 for bagels, and 4 slices chopped up for fried rice. You can freeze or refrigerate it.

Make egg cups and store in refrigerator.

Make bagel sandwiches and place in freezer

Make strawberry sauce and keep in refrigerator. Add banana as you eat it.

LUNCH

Salad bowls—divide into mason jars or plastic containers or even plastic baggies. Divide up the leafy lettuce among all 5 containers. Slice cucumber and divide among all containers. Divide a can of chick peas among all of containers. **to serve add 2 hardboiled eggs and favorite dressing.

Hardboiled eggs-make 12 on food prep day. Place in container and store in refrigerator.

Pita bread sandwich-1/4 cup shredded rotisserie chicken, ¼ cup cheese. Place under broiler to melt. Serve with salsa.

Rice bowls—make black beans and rice and store in freezer in individual containers or bags. To serve, thaw and heat up . Top with ¼ cup cheese, ¼ cup salsa.

Protein lunch—while doing food prep—eat 1 cup shredded rotisserie chicken, 2 hardboiled eggs, and 1 banana.

FOOD PREP DAY 1

Prepare your salad in individual containers(mason jars or baggies). Divide the following into 5 containers: leafy lettuce, sliced cucumber, and chick peas.

Hard-boil a dozen eggs

Rotisserie chicken—pull all of the chicken off of the bone. You should get about 4 cups. Divide for the following: pita bread sandwiches 4 total ¼ cup each, fettucine dinner 1 cup, chicken burrito dinner 1 cup, save some for protein lunch today-you have about 1 cup to eat.

Make black beans and rice in crockpot or on stove top. 1 can black beans, drained, 2 cups rice, 1 garlic bulb, 4 chicken bouillon cubes, and 4 cups water. Bring to a boil and let simmer until water is absorbed. When cooled, divide into individual container or Ziploc bags and freeze. You need 4 bags for meals.

DINNER

Taco—cook 1 lb ground beef with 1 pkg taco seasoning. To serve, divide on 6 tortillas. Spread canned refried beans, top with meat, and shredded cheese. For meal serving add sour cream, salsa, and chopped lettuce. Freeze extra 3 tacos without the sour cream, salsa, and lettuce.

Fettucine with chicken—cook pasta 1/3 pkg, drain. Pour in ½ jar alfredo sauce and add 1 cup shredded chicken. Heat and serve with frozen veggies.

Fettucine with sausage—cook pasta 1/3 pkg, drain. Pour in ½ jar alfredo sauce and cut up 1 kielbasa sausage. Heat and serve with frozen veggies.

Chicken burrito. In pot or crockpot add the following: 1 cup shredded rotisserie chicken, 1 can drained corn, 1 cup salsa, 1 cup drained black beans and 1 pkg taco seasoning. Heat and serve. For meals serve with 2 tortillas each meal. Make the other 2 and freeze for an easy meal prep.

Fried rice. (you can use oil for this but if you do not you can use the butter you bought) Heat oil or butter in skillet about 1 T. Scramble 2 eggs and cook in skillet. Remove from skillet. Add Crumbled up 2 pieces of bacon and fry. Add ½ cup mixed frozen veggies and heat. Stir in 1-2 cups cooked rice—depending upon hunger. Add soy sauce and scrambled egg pieces. Can add chopped up green onions.

Chili—cook 1 pkg ground beef. Then add: 1 pkg taco seasoning, 1 pkg ranch powder, 2 cans chili beans, 1 can diced tomatoes, 1 can corn-not drained. Heat, serve and eat.

Chili haystack---serve chili over cooked rice and top with shredded cheese, chopped lettuce, sour cream and salsa.

Chili over baked potato—cook baked potato and slice open. Pour chili mixture over top and top with salsa, shredded cheese, and sour cream.

Pasta with chili—cook 1/3 pkg fettucine. Top with chili and add toppings as desired.

***MEAL PREP FOR THE WEEK

I would cook your hamburger as soon as you get it. Place in containers or bags and freeze.

Look ahead to your week and see if you need any rice. You can cook and keep in refrigerator for the week.