

# WEEKLY MEAL PREP MADE EASY

**Weekly Soup:** Soup is an easy meal to prepare, as everything goes in one pot. Switch it up and cook a different soup every week. Ex: Split pea soup, lentil soup or veggie soup. Use your instapot for fast and delicious Soups or stews.



**A Big Pot Of Chili:** Bean chili can be eaten in so many different ways: alone, over grains, on top of potatoes, over homemade baked tortilla chips, or in a power bowl.



**Burger Of The Week:** Double or triple the recipe for your chosen burger of the week. Freeze whatever you don't eat that week for later use. It is better to freeze them after they've been cooked so they don't fall apart in the freezer.



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**Cook A Large Batch Of Grains** - Brown rice, quinoa, millet, etc. can be used to make soups, casseroles, bowls, veggie burgers, or top with beans and veggies.



**Bake Large Batch of Potatoes** - Bake a batch of yellow, white, purple or sweet potatoes at 400°F for about 30 - 40 minutes or until you can stick a fork in them. Serve with steamed veggies, leftover chili, or as a side dish. They also make a great snack when you are on the go!

**Batch cooking (meal prepping) will help to quickly pull a meal together.**

**See the quinoa meal prep example below:**

- **Monday** | Stir fry quinoa in a skillet with low sodium soy sauce and veggies. Top with sesame seeds.
- **Tuesday** | For taco night, use quinoa as a base in a corn tortilla with beans and veggies.
- **Wednesday** | Instead of pasta with marinara sauce, try quinoa.
- **Thursday** | Warm quinoa with veggie broth, frozen peas, and carrots for a "quinoa pilaf" side.
- **Friday** | Try a breakfast of warm quinoa, unsweetened almond milk, cinnamon, fresh fruit, and ground flaxseed.