

Table of Contents

Title	Description	Page
Meal Plan	Here's the order to thaw & serve the meals once they're cooked. This is optimized to spread flavors out across different weeks to avoid getting repetitive, while also trying to reuse perishable ingredients when possible.	2
Shopping List - Meal Prep	Everything you need to buy before you start the meal prep process.	3
Ingredient List by Meal	This is the most useful when you're ready to start cooking and want to make sure you have everything on hand for a certain meal, or if you're only going to meal prep certain meals within this plan.	4-5
Shopping List - Weekly	If you follow the Meal Plan, this is a list of perishable ingredients you'll want to buy closer to the time you serve the meal (for example, cheese or avocado)	6
Timetable - Master Prep	This is an example of a meal prep timeline. Everyone's methods will be different, but this is just an example to give you an idea of what makes sense to cook at the same time!	7

© Busy Girl Bites

****Before you start!**** Please read "[The Big Bite: Meal Prep](#)" and "[Quick Bite: Meal Prep Tips & Tricks](#)" on busygirlbites.com!

Meal Plan

All these recipes will yield 4 servings. If you're a family of two, that means you'll get to eat each meal twice a week. The recipes are easy to adjust for a family of any size!

	Monday-Tuesday	Wednesday-Thursday	Friday-Saturday
Week 1	Salsa Chicken	Peanut Kale Bowl	Stir Fry
Week 2	Balsamic Chicken	Pot Roast	Chicken Parm Meatballs
Week 3	Carnitas	Pork Loin*	Catch-Up**
Week 4	Taquitos	Pork Chops	Turmeric Bowl
Week 5	Stir Fry	Pesto Chicken	Catch-Up**
Week 6	Sun Dried Tomato Kale Bowl	Chicken Parm Meatballs	Blood Orange Chicken
Week 7	Pot Roast	Chicken Tikka Masala	Catch-Up**
Week 8	Grilled Steaks with Chimichurri Sauce	Grilled Chicken*	Catch-Up**

* - these don't have an original recipe. For the pork loin, just purchase a pre-seasoned pork loin from your grocery store and cook according to package directions. For the grilled chicken, just thaw 4 chicken breasts and marinate in your favorite bottled marinade, then grill!

** - catch up on meals that yielded more than 4 servings, or reward yourself for a great round of meal prep with a dinner out - where you don't have to prep anything!

© Busy Girl Bites

Shopping List - Meal Prep

Meat/Poultry	Dairy	Bread/Pasta
1 1/4 pounds ground chicken	2 eggs	1 container (at least 2 cups) breadcrumbs
20 large or 40 small chicken breasts (I usually start with 2, 6lb packages from Costco and supplement with smaller packages from the grocery store if needed)	1 tub parmesan or Pecorino cheese (minimum 1 cup)	12, 6-inch corn tortillas (for carnita tacos)
1 1/4 pounds ground turkey	8 ounce package cream cheese	20, 6 inch flour tortillas (for taquitos)
1 beef chuck roast, round roast, or bottom roast (~2lbs)	2 cup package shredded colby or Mexican blend cheese	pearl couscous
8 steaks (any cut, I recommend sirloin or flank)		brown rice or quinoa, 20 servings
1 pork loin		
4 boneless pork chops		

Produce/Herbs	Misc	Spices
9-12 loose carrots	olive oil	chili powder
1 head of garlic or jar of pre-minced garlic (I use the pre-minced, it's a big time saver and I love garlic!)	sugar	cumin
1 yellow onion	brown sugar	fennel seeds (optional)
1 white onion	1 jar pesto sauce	garlic powder
1 bunch parsley	1/2c almonds	ground coriander
1, 2-3 inch ginger root	1 jar salsa	Garam masala
scallions (optional but recommended)	honey	paprika
2 red or white potatoes, or 2 cans whole new potatoes	1 can/bottle of beer (optional)	turmeric
2 navel oranges	1 packet ranch dressing mix	cinnamon
1 blood orange, navel orange, or OJ	1 packet italian dressing mix	bay leaves
1 lime	1 packet brown gravy mix	dried parsley
capers	soy sauce	cayenne pepper or chili flakes
shallot	corn starch	italian seasoning
broccoli, 12 servings	sesame oil (optional but recommended)	
3 large kale bunches	sesame seeds (optional but recommended)	
1 can black beans (or substitute dried black beans, see recipe here)	rice vinegar	
1 can corn	1 (29 oz.) can of tomato sauce	
1 can diced tomato (or substitute 1-2 fresh roma tomatoes, diced)		
2 cans chickpeas (garbanzo beans)	optional: sunflower seeds	
2 lemons or lemon juice	peanut butter	
2 sweet potatoes	maple syrup	
2 cups butternut squash, cubed	balsamic vinegar	
	1 bottle grilling marinade, such as lemon pepper or garlic & herb	

Ingredient List by Meal

All these recipes will yield 4 servings. If you're a family of two, that means you'll get to eat each meal twice a week. The recipes are easy to adjust for a family of any size!

Salsa Chicken	Peanut Kale Bowl	Stir Fry
2 large or 4 small boneless skinless chicken breasts 1 jar salsa 1 can black beans 1 can corn 1 can diced tomato (or substitute 1-2 fresh roma tomatoes, diced) brown rice optional toppings: avocado, cilantro, salsa, sour cream, etc.	kale chickpeas sweet potato brown rice peanut butter 1 clove garlic 2 tsp ginger rice vinegar soy sauce maple syrup cayenne pepper or chili flakes	2 sirloin steaks broccoli 3-4 loose carrots 1 clove garlic ginger root soy sauce corn starch brown rice sesame oil (optional but recommended) sesame seeds (optional but recommended) scallions (optional but recommended)
Balsamic Chicken	Pot Roast	Chicken Parm Meatballs
2 large or 4 small boneless skinless chicken breasts italian seasoning balsamic vinegar honey sugar	1 beef chuck roast, round roast, or bottom roast (~2lbs) 1 packet brown gravy mix 1 packet italian dressing mix 1 packet ranch dressing mix 3-4 loose carrots 2 red or white potatoes, or 2 cans whole new potatoes Yellow onion	1 1/4 pounds ground turkey 1/2 cup breadcrumbs 2 tablespoons chopped onion 1 tablespoon chopped parsley 1/2 cup Pecorino (or Parm) salt to taste pepper to taste 1 clove garlic, minced 1 teaspoon fennel seeds (optional) 1 egg, whisked
Carnitas	Pork Loin	
2 large or 4 small boneless skinless chicken breasts 2 oranges 1 lime 1 can/bottle of beer chili powder cumin garlic clove corn tortillas optional toppings: avocado, cilantro, salsa, sour cream, etc.	1 pork loin brown sugar garlic	
Chicken Taquitos	Parmesan Crusted Pork	Chicken Turmeric Kale Bowl
2 large or 4 small boneless skinless chicken breasts chili powder garlic powder cumin 8 ounces cream cheese shredded colby or Mexican blend cheese 12-6 inch corn or flour tortillas optional toppings: avocado, cilantro, salsa, sour cream, etc.	4 boneless pork chops 1/3 cup grated Parmesan cheese Italian breadcrumbs (dried) paprika dried parsley garlic powder olive oil pepper	2 large or 4 small boneless skinless chicken breasts brown rice turmeric paprika 2 cloves garlic, minced 1 large kale bunch butternut squash 1 can chickpeas (garbanzo beans) optional: avocado, sliced optional: sunflower seeds

Stir Fry 2 sirloin steaks broccoli 3-4 loose carrots 1 clove garlic ginger root soy sauce corn starch brown rice sesame oil (optional but recommended) sesame seeds (optional but recommended) scallions (optional but recommended)	Pesto Chicken 2 large or 4 small boneless skinless chicken breasts 1 jar pesto sauce	
Chicken Parm Meatballs 1 1/4 pounds ground chicken 1/2 cup breadcrumbs 2 tablespoons chopped onion 1 tablespoon chopped parsley 1/2 cup Pecorino (or Parm) salt to taste pepper to taste 1 clove garlic, minced 1 teaspoon fennel seeds (optional) 1 egg, whisked	Sundried Tomato Kale Bowl 2 large or 4 small boneless skinless chicken breasts kale lemon or lemon juice sundried tomatoes brown rice or quinoa garlic almonds avocado	Blood Orange Chicken 2 large or 4 small boneless skinless chicken breasts capers shallot blood orange, navel orange, or OJ broccoli pearl couscous verjus rouge (or red wine vinegar)
Chicken Tikka Masala 2 large or 4 small boneless skinless chicken breasts 1 large onion 4 garlic cloves, minced ginger 1 (29 oz.) can of tomato sauce Garam masala ground cumin ground coriander paprika turmeric cinnamon 2 bay leaves	Pot Roast 1 beef chuck roast, round roast, or bottom roast (~2lbs) 1 packet brown gravy mix 1 packet italian dressing mix 1 packet ranch dressing mix 3-4 loose carrots 2 red or white potatoes, or 2 cans whole new potatoes Yellow onion	
Grilled Steaks w/ Avocado Chimichurri 4 steaks (any cut, I recommend sirloin or flank) cilantro red wine vinegar 2 garlic cloves 2 avocados	Grilled Chicken 2 large or 4 small boneless skinless chicken breasts Grilling marinade	

Shopping List - Weekly

Week 1	Salsa Chicken <i>optional toppings: avocado cilantro salsa sour cream, etc.</i>	Peanut Kale Bowl	Stir Fry
Week 2	Balsamic Chicken <i>Serve w/ leftover frozen broccoli or other roasted vegetables, and a starch like roasted potatoes or french bread</i>	Pot Roast	Chicken Parm Meatballs <i>Serve w/ pasta and/or sauteed zucchini</i>
Week 3	Carnitas <i>optional toppings: avocado cilantro salsa sour cream, etc.</i>	Pork Loin <i>Serve w/ leftover frozen broccoli or other roasted vegetables, and a starch like roasted potatoes or french bread</i>	Catch-Up**
Week 4	Taquitos <i>optional toppings: avocado cilantro salsa sour cream, etc.</i>	Pork Chops <i>Serve w/ leftover frozen broc</i>	Turmeric Bowl <i>optional: avocado, sliced</i>
Week 5	Stir Fry	Pesto Chicken <i>Serve w/ pasta and/or sauteed zucchini</i>	Catch-Up**
Week 6	Sun Dried Tomato Kale B	Chicken Parm Meatballs <i>Serve w/ pasta and/or sauteed zucchini</i>	Blood Orange Chicken
Week 7	Pot Roast	Chicken Tikka Masala	Catch-Up**
Week 8	Grilled Steaks with Chimi <i>1 bunch cilantro red wine vinegar 2 garlic cloves 2 avocados</i>	Grilled Chicken <i>Serve w/ grilled corn, asparagus, or veggie kabobs</i>	Catch-Up**

** - catch up on meals that yielded more than 4 servings, or reward yourself for a great round of meal prep with a dinner out - where you don't have to prep anything!

Master Prep Plan Timetable

Hi Busies! Here's my meal prep timeline. Everyone's methods will be different, but this is just an example to give an idea of what makes sense to cook at the same time, and how long it will take!

Friday		Meal
8:00-8:05 AM	Place all ingredients for salsa chicken in the crock pot. Cover and put on low heat.	<i>Salsa chicken</i>
BREAK		
6:00-6:05 PM	Turn off crock pot, place salsa chicken in appropriate meal prep container and refrigerate overnight, then freeze.	
6:05-6:10 PM	Place 5 cups rice and 10 cups water in a pot or rice cooker, cook according to rice package directions. (20 servings). Preheat oven to 400°F.	<i>Peanut Kale Bowl, Turmeric Kale Bowl, and Sun Dried Tomato Kale Bowl, and 2x Beef Stir Fry</i>
6:10-6:20 PM	While rice cooks, wash and chop 8 servings of broccoli & carrots, and any other veggies desired to include in kale bowls (4 servings each of sweet potato, butternut squash, asparagus, etc.). Season with salt and pepper. Roast on non-stick cookie sheet at 400°F for 20-30 minutes or until tender.	<i>Beef Stir Fry (broccoli and carrots); Kale Bowls (all other)</i>
6:20-6:45 PM	While rice and veggies cook, wash and chop 3 bunches kale, saute in batches. Place portions evenly in 3 separate meal prep containers (meant to hold 4 servings each), with rice where applicable.	<i>Peanut Kale Bowl, Turmeric Kale Bowl, and Sun Dried Tomato Kale Bowl)</i>
6:45-6:50 PM	When rice and vegetables are done, place portions evenly in appropriate meal prep containers.	<i>Peanut Kale Bowl, Turmeric Kale Bowl, and Sun Dried Tomato Kale Bowl, and 2x Beef Stir Fry</i>
6:50-7:50 PM	Wash and pat dry 12 chicken breasts. Season 4 each according to recipes for meals noted at right. Cook chicken coated in turmeric last. Add to appropriate meal prep container.	<i>Peanut Kale Bowl, Turmeric Kale Bowl, and Sun Dried Tomato Kale Bowl</i>
7:50-8:00 PM	Place raw pot roast (2x), steaks, and 4 chicken breasts in 4 separate meal prep containers and freeze.	<i>Grilled Chicken, Grilled Steaks, 2x Pot Roast</i>
8:00-8:30 PM	Assemble prepped meals in containers, refrigerate overnight (leave the beef stir fry ingredients in the fridge until the beef is finished, see Saturday AM). Then, do the dishes!	
Saturday		
8:25-8:30 AM	Place Friday's meals from fridge into freezer.	
8:30-8:40 AM	Place ingredients for chicken carnitas in crock pot. Cover and place on high for 4 hours, or low for 6-8 hours.	<i>Chicken Carnitas</i>
8:40 - 9:00 AM	Cut steak for 2x stir fry beef into bite size pieces. Place in bowl and toss with cornstarch according to recipe. Let sit at room temp.	<i>2x Beef Stir Fry</i>
9:00 - 9:35 AM	Preheat oven to 400°F, stir together ingredients for 2x chicken parm meatballs, form meatballs. Put in oven and bake according to recipe.	<i>2x Chicken Parm Meatballs</i>
9:15-9:35 AM	While meatballs cook, stir fry beef and make sauce according to recipe. Add to meal prep container containing rice, broccoli, and carrots (from Friday PM). Refrigerate overnight and add to freezer Sunday morning.	<i>2x Beef Stir Fry</i>
9:35-9:40	Add cooked meatballs to 2 separate meal prep containers (4 servings each), place in fridge.	<i>2x Chicken Parm Meatballs</i>
BREAK		
10:00-11:00 AM	Wash and pat dry 8 chicken breasts. Saute according to recipe directions and place in 2 separate meal prep containers. Add pesto sauce to appropriate container.	<i>Balsamic Chicken, Pesto Chicken</i>
11:00-11:15 AM	Make sauce for balsamic chicken according to recipe. Add to meal prep container.	<i>Balsamic Chicken</i>
11:15-12 PM	Make breading for pork chops, coat and pan-fry. Place in meal prep container.	<i>Parmesan Pork Chops</i>
BREAK		
3:30-4:00 PM	Remove carnitas from crock pot, place in meal prep container. Place ingredients for taquitos in crock pot, cover and place on high for 3 hours, or low for 6-8 hours.	<i>Chicken Carnitas, Cream Cheese Taquitos</i>
4:00-4:45 PM	Prepare blood orange chicken: Roast broccoli; boil couscous; saute capers, shallot, and chicken; make pan sauce. Place in meal prep container and allow to cool, place in fridge overnight.	<i>Blood Orange Chicken</i>
	<i>optional While roasting broccoli, roast other veggies to freeze and use as sides for other meals (ex. parmesan pork chops or balsamic chicken)</i>	
4:45-5:15 PM	Clean up and do the dishes!	
BREAK		
9:30 PM	Place taquitos ingredients in meal prep container, place in fridge overnight.	<i>Cream Cheese Taquitos</i>
Sunday		
8:55-9:00	Place Saturday's meals from fridge into freezer.	
9:00-9:30 AM	Assemble taquitos with cheese, filling, and tortillas. Place in meal prep container and freeze.	<i>Cream Cheese Taquitos</i>
9:30-9:45	Place ingredients for crock pot Chicken Tikka Masala in crock pot. Cover and cook on low 6-8 hours.	<i>Chicken Tikka Masala</i>
	<i>optional Make slow cooker black beans to serve with carnitas and/or taquitos. Freeze in appropriate portions.</i>	
	<i>optional Make spanish rice to serve with carnitas and/or taquitos. Freeze in appropriate portions.</i>	
5:00-5:30 PM	Place all prepped meals in the freezer in appropriate containers. Do the dishes!	

2 Ingredient Pesto Chicken

Prep Time: 10 Min **Cook Time:** 14 Min
Serves 4

Ingredients

- 2 large or 4 small boneless skinless chicken breasts Coupons
- 1 jar high-quality pesto sauce

Instructions

- 1 Wash chicken and pat dry. Season with salt and pepper on both sides.
- 2 Heat 1 tsp olive oil over medium heat. Once hot, cook chicken 5-7 minutes per side or until cooked through.
- 3 Remove from heat and spoon pesto sauce over both sides of chicken.

To Freeze

- 1 Place in freezer-safe storage, let cool in fridge for at least 1 hour, then freeze, making sure individual chicken breasts are spread out for quick freezing.

To Eat

- 1 Thaw overnight. Boil water for pasta and slice squash. Cook pasta according to package directions and sauté squash in 1 tsp olive oil, sprinkling with salt and pepper. Add additional pesto sauce to the pasta. Reheat chicken in individual bowls, then serve over pasta and squash. Enjoy!

Notes

Check out my meal prep tips page for even more meal prep advice!

busy girl bites <http://busygirlbites.com/>

Beef Stir Fry

Prep Time: 20 Min **Cook Time:** 15 Min
Serves 4

Ingredients

2-3 sirloin or flank steaks Coupons

3 T cornstarch

Sesame oil

2/3 cup soy sauce (I use low sodium)

Stir fry veggies, cooked (I use carrots and broccoli, roasted separately as part of my meal prep; see link in post above)

Optional: sesame seeds or green onions for garnish

Serve with: rice or lo mein noodles

Instructions

- 1 Dice steak into 1 inch cubes, place in small bowl with cornstarch and toss to coat. Let sit at room temperature 15 minutes. While waiting, this is a good time to work on other meal prep recipes or prepare the carrots and broccoli.
- 2 Heat sesame oil in large wok or pan over medium high heat. Oil is ready when a drop of water sizzles when added to the pan.
- 3 Add steak and cook for 4-6 minutes or until desired doneness, stirring occasionally.
- 4 Add soy sauce and bring to a boil, then reduce heat to low and simmer 5 minutes or until sauce is thickened.
- 5 Remove from heat, stir in veggies.
- 6 To Freeze: Place stir fry in storage container or baggie and let cool in fridge, then lay flat in freezer.
- 7 To Serve: Thaw stir fry overnight, prepare rice or noodles according to package instructions. Heat stir fry in skillet over medium heat or in microwave until warmed through. Garnish with optional toppings.

busy girl bites <http://busygirlbites.com/>

Blood Orange Chicken With Pearl Couscous

Prep Time: 15 Min **Cook Time:** 30 Min
Yields 4

Ingredients

- 2 large or 4 small boneless, skinless chicken breasts (if using 2 large, I like to pound them thin and cut in half, or just slice them in half, butterfly style) Coupons
- 1 3/4 cup pearl couscous
- Juice of 1 blood orange or navel orange
- 1 cup precooked broccoli (drizzle with olive oil, salt, and pepper, roast @ 400°F for about 20 mins)
- 2 T verjus rouge (I substituted red wine vinegar and a pinch of sugar)
- 2 T capers
- 1 shallot
- 1/2 tsp crushed red pepper flakes

Prep

- 1 Prepare couscous according to box directions. While water boils, measure capers and pat dry with paper towel, and dice shallot.
- 2 Rinse chicken, pat dry, and season with salt and pepper.

Cook

- 1 Heat 1T olive oil in a large skillet over medium high heat. Add capers to the skillet and fry until lightly browned and crispy. Drain onto a plate lined with paper towel. If needed, add 1t additional olive oil to the pan, and add shallot. Sautee until lightly browned, then drain with the shallots.
- 2 In the same pan, add additional 1t olive oil if needed. Once the oil is hot, add the chicken and sautee about 5 minutes per side, until the chicken is browned and cooked through. Remove chicken from pan and add orange juice and verjus, season with salt and pepper. Bring this mixture to a boil and simmer 5-7 minutes or until slightly thickened. Remove from heat and add chicken back to the pan.

Serve

- 1 Once couscous is finished, season with salt and pepper and stir in broccoli and capers.

To Freeze

I like to keep the veggies and chicken in 2 separate bags here, mostly to keep the broccoli and capers from getting saturated with the sauce. Chicken, couscous, and sauce in 1 bag, broccoli and capers in the other. See my freezer tips page for some information on how to optimize your meal for freezing.

To Eat

Thaw overnight, then make individual dishes in a shallow bowl or plate. Spoon couscous mixture first, then top with chicken and a spoonful of sauce. Microwave 1-2 minutes or until heated through. Enjoy!

busy girl bites <http://busygirlbites.com/>

Chicken Parm Meatballs

Prep Time: 15 Min **Cook Time:** 12 Min
Serves 6

Ingredients

- 1 1/4 pounds ground chicken (or ground turkey)
- 1/2 cup breadcrumbs
- 2 tablespoons dried minced onion
- 1 tablespoon chopped parsley
- 1/2 cup Parmesan Coupons
- 1 clove minced garlic
- 1 egg, whisked

Instructions

- 1 Preheat oven to 400°F, setting rack to upper third part of oven. Stir together all ingredients except ground chicken, then add ground chicken and stir until just combined. Form into golf-ball sized balls and place on greased baking sheet. Bake for 10-12 minutes, turning over halfway through. Enjoy!
- 2 To Freeze: Let cool to room temperature or put in the fridge for a few hours. Then just pop them in a freezer bag! For additional freezer tips see here.
- 3 To Eat: Thaw overnight and bake on greased cookie sheet at 350°F for 5-8 minutes, until heated through. Or, bake straight from the freezer at 350°F for 10-12 minutes. These also do well in the microwave, but I recommend adding your favorite pasta sauce before microwaving.

busy girl bites <http://busygirlbites.com/>

Crispy Parmesan Crusted Pork

Prep Time: 10 Min **Cook Time:** 15 Min
Serves 4

Ingredients

4-6 boneless pork medallions Coupons
1/2 cup grated parmesan cheese
1/4 cup Italian breadcrumbs
1 tsp paprika
1 tsp dried parsley
1/2 tsp garlic powder
salt & pepper to taste

Instructions

- 1 In a small bowl, combine parmesan, breadcrumbs, and seasonings and stir to combine.
- 2 Rinse pork and pat dry, then dip medallions into coating, ensuring they are fully covered.
- 3 Sautee over medium high heat in a pan with 1 tsp olive oil, 4-5 minutes per side, making sure oil is hot before adding the pork. Add more oil halfway through cooking if needed.

busy girl bites <http://busygirlbites.com/>

Peanut Kale Bowl

Prep Time: 20 Min **Cook Time:** 30 Min
Serves 4

Ingredients

1 cup cooked brown rice
2 sweet potatoes, diced
1 bunch kale
1 cup chickpeas (canned or precooked) Coupons
Avocado (optional, for garnish)

Peanut Sauce

1/4 cup peanut butter
2 T soy sauce
2 T maple syrup
1 clove garlic
2 tsp ginger, peeled and sliced
pinch of cayenne pepper or chili flakes

Instructions

- 1 Sweet Potato: Preheat oven to 400°F. Peel and dice sweet potatoes, drizzle with olive oil, salt, and pepper, and bake 30 minutes or until tender.
- 2 Kale: Rinse, dry, de-stem, and chop kale. Saute until wilted over medium high heat in a large pan drizzled with olive oil. Season liberally with salt and pepper.
- 3 Peanut Sauce: To make the peanut sauce, combine all ingredients in a blender and pulse until well combined. Add water to thin as necessary - I usually add between 1/4 and 1/3 cup of water.
- 4 Assembly: Stir together rice, kale, sweet potatoes, chickpeas, and garnish with avocado. Drizzle with peanut sauce. Enjoy!

Notes

Before you start! Check out my tips for how to meal prep like a pro here (link).

busy girl bites <http://busygirlbites.com/>

Slow Cooker Beef Pot Roast

Prep Time: 5 Min **Cook Time:** 8 Hr
Yields 5

Ingredients

- 1 beef pot roast (round roast, bottom roast, or chuck roast will all yield delicious results!) Coupons
- 1 packet dry brown beef gravy mix
- 1 packet dry Italian dressing mix
- 1 packet dry Ranch dressing mix
- 5-6 loose carrots
- 2 cans whole New potatoes or 4-5 Yukon Gold potatoes, quartered **See note
- optional: 1 yellow onion, sliced
- 1/3c water

Instructions

- 1 Prep vegetables: wash, peel & dry carrots, quarter potatoes, slice onion (if using).
- 2 Prep meat: Rinse meat and pat dry. Sprinkle dressing mixes over the meat and rub in on all sides of the meat.
- 3 Add roast to crock pot and cover with vegetables, filling vegetables in around the sides of the meat. Add water, cover and cook on low ~8 hours, stirring occasionally.
- 4 Recommendation: to serve, sprinkle with salt, pepper, and dried parsley.

Notes

Note: if you are using Yukon Gold potatoes, these should be washed, quartered, and added to the crock pot to cook for the full 8 hours. If you are using canned potatoes, add them to the crock pot approximately 1 hour prior to serving and stir so the gravy covers them.

busy girl bites <http://busygirlbites.com/>

Slow Cooker Chicken Taquitos

Prep Time: 5 Min Cook Time: 6 Hr
Serves 6

Filling

- 2 large or 4 small boneless skinless chicken breasts
- 1 8-oz packet cream cheese
- 2 tsp chili powder
- 2 tsp garlic powder (or 2 cloves minced garlic)
- 2 tsp cumin
- 1 tsp salt
- 1/2 tsp pepper
- 1/3 cup water

Taquitos

- 20 6-inch flour tortillas
- 3/4 cup shredded sharp cheddar or Mexican blend cheese
- optional: toppings such as salsa, sour cream, cilantro, etc.

Filling

- 1 In a small bowl, combine chili, garlic, cumin, salt, and pepper.
- 2 Place cream cheese and water in bottom of crock pot.
- 3 Place chicken breasts in crock pot and sprinkle with spice mixture. Rub spices into chicken.
- 4 Cover and cook on low 6-8 hours, stirring occasionally to ensure the chicken gets coated in the melted cream cheese mixture.

To Assemble/Freeze

- 1 Shred chicken and stir to coat with the sauce from the slow cooker.
- 2 Place ~1/4 cup of chicken and 1 T of cheese in the middle of a tortilla. Roll tortilla and place, seam side down, in storage container or bag.

To Cook

- 1 optional: thaw overnight.
- 2 Preheat oven to 375°F. Prepare a baking sheet with non-stick spray. Place taquitos seam side down on the sheet and spray the taquitos with cooking spray.
- 3 Bake 10 minutes, flipping halfway through. If taquitos are still frozen, bake 20-25 minutes at 400°F.
- 4 Serve with salsa for dipping or smother with your favorite toppings!

Notes

Note: if you don't have time to roll the taquitos right away, the filling can be kept in the fridge for 1-2 days before assembling and freezing.

Note: once these are frozen the tortilla will stay rolled, but be careful when putting them in the freezer that they are seam side down so they don't unroll. I pack them tight into a plastic baggie and remove as much air as I can.

busy girl bites <http://busygirlbites.com/>

Turmeric Chicken Kale And Brown Rice Bowl

Prep Time: 20 Min **Cook Time:** 20 Min
Serves 4

Ingredients

- 2 tsp ground turmeric
- 1 tsp smoked paprika
- 1/2 tsp coarse sea salt (regular is fine too)
- 1/4 tsp black pepper
- 2 large or 4 small boneless skinless chicken breasts
- 1 cup brown rice
- 1 large kale bunch
- 2 cloves garlic, minced
- 1 cup chickpeas
- 1 avocado, sliced, for garnish
- 1/3 cup sunflower seeds, for garnish

Instructions

- 1 Begin boiling water and cook rice according to package instructions.
- 2 In small bowl, combine turmeric, paprika, salt, and pepper. Rub onto chicken.
- 3 Rinse and chop kale.
- 4 In a large saucepan, heat 1 tsp olive oil over medium heat. Add chicken and saute 5-7 minutes per side, or until cooked through. Remove chicken from pan.
- 5 Into the same pan, add 1 tsp olive oil and chopped kale. Season generously with salt and pepper, stirring occasionally. After kale is wilted (3-5 minutes), add garlic and cook an additional 2 minutes.

To Freeze

- 1 Add cooked rice, kale, and chicken to freezer bag. Let cool in the fridge before putting in the freezer, storing as flat as possible.

To Eat

- 1 Thaw overnight. To assemble bowls, add brown rice, kale, and chicken, and reheat. Then add chickpeas, avocado, and a sprinkle of sunflower seeds. Enjoy!

Notes

Please check out my meal prep guide and meal prep/freezer tips page for hints on how to make this recipe the easiest and tastiest possible!

busy girl bites <http://busygirlbites.com/>