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

	<b>Monday-Tuesday</b>	<b>Wednesday-Thursday</b>	<b>Friday-Saturday</b>
<b>Week 1</b>	Balsamic Chicken Kale Bowl	Crispy Cod with Succotash	Cashew Chicken
<b>Week 2</b>	Cajun Chicken	Crock Pot Butter Chicken	Buffalo Chicken Bowls
<b>Week 3</b>	Crock Pot White Chicken Chili	Crock Pot Pot Roast	Grilled Salmon and Veggies*
<b>Week 4</b>	Lasagna Roll Ups with Meat Sauce	Mongolian Beef Stir Fry	<i>Catch-Up**</i>
<b>Week 5</b>	Teriyaki Chicken Egg Rolls with Broccoli	Crispy Parmesan Pork	Mongolian Beef Stir Fry
<b>Week 6</b>	Mom's Catalina Chicken and Rice	Chicken in Sun-Dried Tomato	Lasagna Roll Ups with Meat Sauce
<b>Week 7</b>	Sun-Dried Tomato Kale Bowl	Crock Pot White Chicken Chili	<i>Catch-Up**</i>
<b>Week 8</b>	Crispy Cod with Succotash	Cajun Chicken	<i>Catch-Up**</i>

\* - no prep required for this meal! Just buy frozen fish and grill based on your preference. There will be a blog post with my favorite method!

\*\* - 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!

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## 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!

<b>Balsamic Chicken Kale Bowl</b> 2 large or 4 small boneless skinless chicken breasts 2 tsp italian seasoning 1 cup balsamic vinegar 1/4 cup honey 1T sugar 1 bunch kale 1 cup rice 1 avocado	<b>Crispy Cod with Succotash</b> 4 cod fillets 6 cloves garlic 5 oz shishito peppers 2 ears corn 1.5 lb potatoes (purple if you can find them!) 1 bunch fresh oregano 4T butter 4T sherry vinegar 2 shallots	<b>Cashew Chicken</b> 2 large or 4 small boneless skinless chicken breasts 2T cornstarch 2/3 cup soy sauce 4T Hoisin sauce 1/2 tsp powdered ginger 4 tsp garlic, minced (4 cloves) 2T rice vinegar 1/2 cup cashews 1 cup rice 4 servings roasted broccoli optional: scallions for garnish
<b>Cajun Chicken</b> 2 large or 4 small boneless skinless chicken breasts 3T cajun seasoning 4 servings pasta 1 jar alfredo sauce	<b>Crock Pot Butter Chicken</b> 2 large or 4 small boneless skinless chicken breasts 1 large onion 4 garlic cloves, minced 1 (29 oz.) can of tomato sauce 2 tsp garam masala 2 tsp cumin 1 tsp curry powder 1 tsp turmeric 1 cup whipping cream 2T butter	<b>Buffalo Chicken Bowls</b> 3 large or 4 small boneless skinless chicken breasts 1 16 oz bottle buffalo wing sauce 1 can black beans 1 can corn 1 pint cherry tomatoes, halved 1 TBS garlic, minced (4 cloves) 2 avocados 1 packet Hidden Valley Greek Yogurt Dressing 1 1/3 cups plain Greek yogurt 3T milk
<b>Crock Pot White Chicken Chili</b> 2 large or 4 small boneless skinless chicken breasts 0.5 lb navy beans, dried (or 1 can) 0.5 lb great northern beans, dried (or 1 can) 2 tsp chili powder 2 tsp cumin 2 jalapeno peppers 1 can chicken broth 1 cup pepper jack cheese <i>optional:</i> 2T cilantro, chopped <i>optional:</i> sour cream <i>optional:</i> tortilla chips	<b>Crock Pot Pot Roast</b> 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	<b>Grilled Salmon and Veggies</b> 4 salmon fillets 2 zucchini squash 2 yellow squash Optional: leftover Teriyaki sauce from Egg Rolls Optional: other kebab veggies - mushroom, cherry tomato, red onion
<b>Lasagna Roll Ups with Meat Sauce</b> 1 box lasagna noodles 1 jar marinara sauce 1 package ground beef or turkey ~7 oz ricotta cheese 1 egg 1/2 cup parmesan cheese 2 tsp italian seasoning 1 tsp garlic, minced (1 clove) 1 cup chopped spinach (1-8oz frozen block, or 2 cups fresh, sauteed until wilted, then chopped)	<b>Mongolian Beef Stir Fry</b> ~3lb flank steak 1/4 cup corn starch 1/2 tsp ground ginger 2T garlic, minced 3/4 cup soy sauce 1/2 cup brown sugar 4 servings roasted broccoli or other stir fry veggies (snap peas, peppers, green beans, carrots) 4 servings cooked rice <i>optional:</i> scallions, for garnish <i>optional:</i> sesame seeds, for garnish	
<b>Teriyaki Chicken Egg Rolls with Broccoli Slaw</b>	<b>Crispy Parmesan Pork</b>	<b>Mongolian Beef Stir Fry</b>

<p>2 large or 3 small boneless skinless chicken breasts            1 bottle thick-texture teriyaki sauce (I use Soy Vay)            12 oz package broccoli slaw            1 package egg roll wrappers</p>	<p>4 boneless pork chops            ½ cup grated Parmesan cheese            Italian breadcrumbs (dried)            paprika            dried parsley            garlic powder            olive oil            pepper</p>	<p>~3lb flank steak            1/4 cup corn starch            1/2 tsp ground ginger            2T garlic, minced            3/4 cup soy sauce            1/2 cup brown sugar            4 servings roasted broccoli or other stir fry veggies (snap peas, peppers, green beans, carrots)            4 servings cooked rice            optional: scallions, for garnish            optional: sesame seeds, for garnish</p>
<p><b>Mom's Catalina Chicken and Rice</b></p> <p>2 large or 4 small boneless skinless chicken breasts            2 packages onion soup mix            1 16 oz bottle Catalina salad dressing (I used lite)            1 18 oz jar apricot jam or preserves</p>	<p><b>Chicken in Sun-Dried Tomato Cream Sauce</b></p> <p>2 large or 4 small boneless skinless chicken breasts            1/3 cup sun dried tomatoes, drained and chopped            1 cup whipping cream            1 cup milk (I used skim)            2T butter            2T flour            1/2 cup parmesan cheese            1 cup fresh spinach            2 tsp garlic, minced            4 servings pasta</p>	<p><b>Lasagna Roll Ups with Meat Sauce</b></p> <p>1 box lasagna noodles            1 jar marinara sauce            1 package ground beef or turkey            ~7 oz ricotta cheese            1 egg            1/2 cup parmesan cheese            2 tsp italian seasoning            1 tsp garlic, minced (1 clove)            1 cup chopped spinach (1-8oz frozen block, or 2 cups fresh, sauteed until wilted, then chopped)</p>
<p><b>Sun-Dried Tomato Kale Bowl</b></p> <p>2 large or 4 small boneless skinless chicken breasts            1 bunch kale            lemon or lemon juice            1 16-oz jar of sun-dried tomatoes, drained            2 cloves garlic            2T lemon juice            1/4 c olive oil            1 avocado            2 cups quinoa, uncooked            1/2 c almonds</p>	<p><b>Crock Pot White Chicken Chili</b></p> <p>2 large or 4 small boneless skinless chicken breasts            0.5 lb navy beans, dried (or 1 can)            0.5 lb great northern beans, dried (or 1 can)            2 tsp chili powder            2 tsp cumin            2 jalapeno peppers            1 can chicken broth            1 cup pepper jack cheese  <i>optional:</i> 2T cilantro, chopped  <i>optional:</i> sour cream  <i>optional:</i> tortilla chips</p>	
<p><b>Crispy Cod with Succotash</b></p> <p>4 cod fillets            6 cloves garlic            5 oz shishito peppers            2 ears corn            1.5 lb potatoes (purple if you can find them!)            1 bunch fresh oregano            4T butter            4T sherry vinegar            2 shallots</p>	<p><b>Cajun Chicken</b></p> <p>2 large or 4 small boneless skinless chicken breasts            3T cajun seasoning            4 servings pasta            1 jar alfredo sauce</p>	

## Shopping List - Meal Prep

Meat/Poultry	Dairy	Bread/Pasta
25 large or 47 small boneless skinless chicken breasts (if using large, pound thin and cut in half, or filet in half to make thinner pieces) (I used 2, 6.5lb bags of chicken breasts from Costco)	12T butter	4 cups uncooked rice (1 cup uncooked = 4 servings cooked)
4 boneless pork chops	~1 ½ cup parmesan cheese	2T flour
2, ~3lb flank steak	2 eggs	2 cups quinoa, uncooked
1 beef chuck roast, round roast, or bottom roast (~2lbs)	2 cups whipping cream (1-16 oz bottle)	1/2 cup Italian breadcrumbs (dried)
2 packages ground beef or turkey, ~1 lb	~14 oz ricotta cheese	2 boxes lasagna noodles
8 frozen cod fillets	1 cup milk (I used skim)	12 servings pasta
	2 jars alfredo sauce	

Produce/Herbs	Misc	Spices
2 bunches kale	1 cup balsamic vinegar	6 tsp italian seasoning
2 ears corn	1/2 cup sherry vinegar	1 tsp ground ginger
2 shallots	2 cups soy sauce 2T rice vinegar 1/2 cup cashews	6T cajun seasoning
40 tsp garlic, minced (1 tsp = 1 clove) □□□	1 (29 oz.) can of tomato sauce	1 tsp curry powder
4 servings roasted broccoli	1 packet Hidden Valley Greek Yogurt Dressing	2 tsp garam masala
1 large onion	1 16 oz bottle buffalo wing sauce	4 tsp chili powder
1 can black beans	1 lb navy beans, dried (or 2 cans) 1 lb great northern beans, dried (or 2 cans)	4 tsp cumin
1 can corn	1 16 oz bottle Catalina salad dressing (I used lite)	1 tsp turmeric
2 jalapeno peppers	1 packet brown gravy mix 1 packet italian dressing mix 1 packet ranch dressing mix	optional: sesame seeds, for garnish
2 jalapeno peppers	2 cans chicken broth	2 tsp paprika
3-4 loose carrots	2 packages onion soup mix	2 tsp cumin
Yellow onion	2 jars marinara sauce	2 tsp dried parsley
1 pint cherry tomatoes, halved	1 18 oz jar apricot jam or preserves	2 tsp garlic powder
2 red or white potatoes, or 2 cans whole new potatoes	1 package egg roll wrappers	
5 oz shishito peppers	1 bottle thick-texture teriyaki sauce (I use Soy Vay)	
12 oz broccoli slaw	1 16-oz jar of sun-dried tomatoes, drained	
1 cup fresh spinach	olive oil	
lemon or lemon juice + 2T lemon juice	1/4 cup Hoisin sauce	
1.5 lb potatoes (purple if you can find them!)	1/2 c almonds	
5 cups chopped spinach (2-8oz frozen block + 1 cup fresh, or 5 cups fresh, sauteed until wilted, then chopped)	1/4 cup honey	
8 servings roasted broccoli or other stir fry veggies (snap peas, peppers, green beans, carrots)	1T sugar	
1 bunch fresh oregano	1/2 cup +2T corn starch	
	1 cup brown sugar	

## Shopping List - Weekly

<b>Week 1</b>	<b>Balsamic Chicken Kale Bowl</b> <i>1 avocado</i>	<b>Crispy Cod with Succotash</b> <i>4 cod fillets, fresh (if not already purchase</i>	<b>Cashew Chicken</b> <i>optional: scallions, for garnish</i>
<b>Week 2</b>	<b>Cajun Chicken</b> <i>Veggie to serve on the side</i>	<b>Crock Pot Butter Chicken</b>	<b>Buffalo Chicken Bowls</b> <i>2 avocados 1 1/3 cups plain Greek yogurt 3T milk 1 pint cherry tomatoes, halved</i>
<b>Week 3</b>	<b>Crock Pot White Chicken Chili</b> <i>1 cup pepper jack cheese optional: 2T cilantro, chopped optional: sour cream optional: tortilla chips</i>	<b>Crock Pot Pot Roast</b>	<b>Grilled Salmon and Veggies</b> <i>4 salmon fillets 2 zucchini squash 2 yellow squash Optional: leftover Teriyaki sauce from Egg Rolls Optional: other kebab veggies - mushroom, cherry tomato, red onion</i>
<b>Week 4</b>	<b>Lasagna Roll Ups with Meat Sauce</b> <i>Ingredients for side salad</i>	<b>Mongolian Beef Stir Fry</b> <i>optional: scallions, for garnish</i>	
<b>Week 5</b>	<b>Teriyaki Chicken Egg Rolls with Broc</b> <i>optional: scallions, for garnish</i>	<b>Crispy Parmesan Pork</b> <i>Veggie to serve on the side</i>	<b>Mongolian Beef Stir Fry</b> <i>optional: scallions, for garnish</i>
<b>Week 6</b>	<b>Mom's Catalina Chicken and Rice</b> <i>Veggie to serve on the side</i>	<b>Chicken in Sun-Dried Tomato Cream</b>	<b>Lasagna Roll Ups with Meat Sauce</b> <i>Ingredients for side salad</i>
<b>Week 7</b>	<b>Sun-Dried Tomato Kale Bowl</b> <i>1 avocado</i>	<b>Crock Pot White Chicken Chili</b> <i>1 cup pepper jack cheese optional: 2T cilantro, chopped optional: sour cream optional: tortilla chips</i>	<b>Catch-Up**</b>
<b>Week 8</b>	<b>Crispy Cod with Succotash</b> <i>4 cod fillets, fresh (if not already purchase</i>	<b>Cajun Chicken</b> <i>Veggie to serve on the side</i>	<b>Catch-Up**</b>

\*\* - 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 Buses! 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!		
<b>Friday</b>		<b>Meal</b>
8:00-8:05 AM	Rinse navy and great northern beans and place in the crock pot. Cover with water and place on low.	White Chicken Chili x2
<b>BREAK</b>		
6:00-6:05 PM	Turn off crock pot, place beans evenly in 2 separate meal prep containers (meant to hold 4 servings each) and refrigerate overnight.	White Chicken Chili x2
6:05-6:10 PM	Place 4 cups rice and 8 cups water in a pot or rice cooker, cook according to rice package directions. (16 servings). Preheat oven to 350°F.	Cashew Chicken, Mongolian Beef x2, Balsamic Chicken Bowl
6:10-6:15 PM	Stir together ingredients for sauce (Catalina dressing, jam, and onion soup mix)	Mom's Catalina Chicken and Rice
6:15-6:30 PM	While rice cooks, rinse and pat dry 9 large or 18 small boneless skinless chicken breasts (if using large, cut them in half).  Add 4 to a 9x13 baking pan with the Catalina sauce. Bake ~25 minutes. When done, remove from oven and let cool.  <i>**Make sure to set a timer to remind you when its done - this will dry out very quickly if overcooked!</i>	Cajun Chicken x2, Balsamic Chicken Kale Bowl, Sun-Dried Tomato Kale Bowl
6:30 PM	Remove rice from stove to cool.	
6:30-7:15 PM	Remaining chicken: season 4 each according to recipes for meals noted at right. Cook chicken coated in cajun seasoning last. Add to appropriate meal prep container.	Cajun chicken x2, Balsamic Chicken Kale Bowl, Sun-Dried Tomato Kale Bowl
7:15-7:20 PM	Make sauce for balsamic chicken according to recipe. Add to meal prep container containing cooked chicken.	Balsamic Chicken Kale Bowl
7:20-7:35 PM	While balsamic sauce simmers, wash and chop 12 servings of broccoli, 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 350°F for 20-30 minutes or until tender.	Mongolian Beef x2, Cashew Chicken
7:35-8:00 PM	Wash and chop 2 bunches kale, saute in batches. Place portions evenly in 2 separate meal prep containers (meant to hold 4 servings each), with rice and cooked chicken.	Balsamic Chicken Kale Bowl, Sun-Dried Tomato Kale Bowl
8:00-8:30 PM	Assemble prepped meals in containers, divide rice evenly among 4 meals referenced above. Refrigerate overnight (see Saturday AM). Place raw pot roast in meal prep container and freeze. Do the dishes!	Pot Roast
	<i>*Note, I chose not to prep rice for Catalina chicken, because I think it will taste best with fresh rice. If you do decide to include that rice in your prep, add an extra 1 cup/4 servings of rice to the step at 6:05. I recommend storing the cooked rice in a separate container from the cooked chicken and sauce.</i>	
<b>Saturday</b>		
8:25-8:30 AM	Place Friday's meals from fridge into freezer (except the white beans for white chicken chili, kale and chicken from sun-dried tomato kale bowl, and rice for cashew chicken).	
8:30-8:40 AM	Place ingredients for white chicken chili in crock pot (chicken, broth, and spices). Cover and place on high for 4 hours, or low for 6-8 hours.	White Chicken Chili
8:40 - 9:00 AM	Cut steak for 2x mongolian beef into bite size pieces. Place in bowl and toss with cornstarch according to recipe. Let sit at room temp.	2x Mongolian Beef
9:00 - 9:35 AM	Prepare 4 servings of quinoa according to package directions.	Sun-Dried Tomato Kale Bowl
9:15-9:35 AM	While quinoa cooks, stir fry beef and make sauce according to recipe. Add to meal prep container containing rice and broccoli (from Friday PM) and place in fridge.	2x Mongolian Beef
9:35-9:40	Let quinoa cool, then add to meal prep container in fridge.	Sun-Dried Tomato Kale Bowl
<b>BREAK</b>	<i>consider doing some dishes...</i>	
10:00-10:20 AM	Boil water in large pot, cook lasagna noodles (I had to do 1 box at a time). Cook ground turkey or beef over medium high heat, stirring occasionally.	Lasagna roll-ups
10:10-10:40 AM	While noodles and ground meat cook, make filling for lasagna noodles according to recipe. (You may have to saute spinach until wilted, unless you're using frozen spinach. If you do this, prepare the spinach for the chicken in sun-dried tomato cream sauce at the same time, and set aside).  Prepare surface for making roll ups (I used a large piece of aluminum foil with a bit of olive oil drizzled over it)	Lasagna roll-ups
10:40-12 PM	Let everything cool until it's safe to touch. Drain any fat from ground meat, then stir in 1/4 cup marinara sauce. Pour 1/2 of remaining marinara sauce into the bottom of meal prep container. Make lasagna roll ups according to recipe. Top with remaining ground meat and marinara sauce. Place in fridge. Do the dishes!	Lasagna roll-ups
<b>BREAK</b>		
1:30-2:15 PM	Make breading for pork chops, coat and pan-fry. Place in meal prep container and refrigerate.	Parmesan Pork Chops
2:15-3:00 PM	In the same pan, saute 4 chicken breasts, seasoned according to recipe at right. Prepare the pan sauce in the same pan. Place in meal prep container and refrigerate.	Chicken in Sun-Dried Tomato Cream Sauce
<b>BREAK</b>		
3:30-4:00 PM	Remove chicken from crock pot, shred, and place evenly in 2 containers with beans from Friday. Add 1 cup crock pot liquid to each container. Place in fridge. Wash crock pot, place 2-3 chicken breasts with teriyaki sauce, place on high for 4 hours or low for 6 hours.	White Chicken Chili, Teriyaki Chicken Egg Rolls
4:00-4:45 PM	Prepare succotash - preheat oven to 400°F. Wash and slice potatoes, season according to recipe. Wash and chop 4 servings broccoli, season with salt, pepper, garlic powder, and olive oil. Place potatoes and broccoli in oven and roast 20-30 minutes or until broccoli is tender and potatoes are golden and crispy (potatoes will likely take longer). Saute peppers, corn, etc. according to recipe. Place with potatoes in meal prep container in the fridge. Place broccoli in separate meal prep container in fridge.  <i>optional Roast any other veggies to use as sides or additions to kale bowls, while the oven is on.</i>	Crispy Cod with Succotash, Cashew Chicken
4:45-5:15 PM	More dishes!	
<b>BREAK</b>		
9:30 PM	Remove teriyaki chicken from crock pot, shred, place in container and refrigerate overnight.	
<b>Sunday</b>		
8:55-9:00	Place Saturday's meals from fridge into freezer, except teriyaki chicken and broccoli for cashew chicken.	
9:00-9:05	Place ingredients for Butter Chicken in the crock pot. Cover and cook on low 6-8 hours.	Crock Pot Butter Chicken
9:05-9:35 AM	Assemble egg rolls with broccoli slaw according to recipe. Place in meal prep container and freeze.	Teriyaki Chicken Egg Rolls
9:30-10:30 AM	Wash 4 chicken breasts and pat dry. Dice into bite sizes pieces, toss with cornstarch according to recipe directions. Let sit at room temp while making the sauce. Saute chicken and prepare sauce. Place in meal prep container with broccoli and rice and refrigerate.	Cashew Chicken
<b>BREAK</b>		
4:00-4:10 PM	Place Butter Chicken in meal prep container in fridge. Wash crock pot, and place ingredients for Buffalo Chicken in. Cover and cook on high for 4 hours or low 6-8 hours.	Butter Chicken, Buffalo Chicken
<b>BREAK</b>		
10:00-10:05 PM	Shred buffalo chicken and place in meal prep container in fridge. <i>Optional - add 1 can black beans and 1 can corn to container. I usually just add these when I'm ready to serve.</i>	Buffalo Chicken
<b>Monday</b>		
8:00-8:05 AM	Place Sunday's meals from fridge into freezer. Celebrate!!!!	

# Balsamic Chicken Kale And Rice Bowl

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

Serves 4

## Ingredients

- 2 large or 4 small boneless skinless chicken breasts (cut in 4 even portions)
- 2 tsp italian seasoning
- 1 cup balsamic vinegar
- 1/4 cup honey
- 1T sugar
- 1 bunch kale
- 1 cup rice
- 1 avocado

## Rice

- 1 Prepare according to package directions.

## Kale

- 1 Wash, de-stem, and chop.
- 2 Saute until wilted in a large pan over medium heat, seasoning liberally with salt and pepper.
- 3 Set aside.

## Chicken

- 1 Wash and pat dry.
- 2 Sprinkle with salt, pepper, and Italian seasoning on both sides.
- 3 In the same pan as the kale was prepared in, sauté with 1 tsp olive oil, until cooked through, ~5 minutes per side.
- 4 Set aside.

## Sauce

- 1 While chicken cooks, place balsamic vinegar, honey, and sugar in a small saucepan and bring to a boil. Simmer 10-15 minutes or until thickened, stirring occasionally.

## To Freeze

- 1 Layer rice, kale, and chicken in meal prep container. Pour sauce over top. Refrigerate overnight, then freeze. When ready to eat, thaw overnight in the fridge.

## Bowl

- 1 Assemble bowl with rice, kale, chicken, and sauce. Reheat, then garnish with avocado.

## Notes

Add any other seasonal roasted vegetables that you have! Sweet potato or butternut squash would be amazing!

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# Brown Butter Crispy Cod With Succotash

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

Serves 4

## Ingredients

4 cod fillets  
6 cloves garlic, minced (~6tsp)  
5 oz shishito peppers, stems removed and halved  
2 ears corn, cut off the cob  
1.5 lb potatoes, sliced to 1/4 inch thick circles (purple if you can find them!)  
1 bunch fresh oregano, de-stemmed and roughly chopped  
4T butter  
4T sherry vinegar  
2 shallots, minced

## Instructions

- 1 Preheat oven to 400°F. Place potato rounds in one layer across a couple of non-stick cookie sheets. Drizzle with olive oil (or spray with cooking spray), salt, and pepper. Roast 20 minutes or until browned and crispy, flipping halfway through.
- 2 While the potatoes cook, heat 1 tsp olive oil on medium high until hot. Add the peppers and cook, stirring occasionally, 2 to 3 minutes, or until browned and softened; season with salt and pepper. Set aside.
- 3 Add 1 tsp olive oil, if needed. Add the garlic and shallot; season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until softened and fragrant. Add the corn; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until lightly browned and slightly softened. Add half the oregano and cook, stirring occasionally, 30 seconds to 1 minute, or until fragrant.
- 4 Combine potatoes, corn, and peppers, and set aside.
- 5 Pat the cod fillets dry with paper towels. Season with salt and pepper on both sides. In the same pan, heat butter and 1 tsp of olive oil on medium-high until melted and hot. Add the seasoned fillets and cook 2 to 3 minutes on the first side, or until browned. Flip and slowly add the vinegar. Cook, occasionally spooning the sauce over the fillets, 1 to 2 minutes, or until thoroughly coated and cooked through. Transfer to a plate, leaving the sauce in the pan.
- 6 Drizzle sauce over the cooked veggies. Serve cod over top and garnish with oregano.

## Notes

To meal prep, I recommend buying frozen cod fillets and just cooking them the night you want to eat. The cod only takes ~10 minutes to cook and make the sauce. For meal prep, do steps 1-4 to prep the succotash. Place in a meal prep container and freeze, then thaw when you're ready to serve the cod. Reheat the succotash while the cod cooks, and add the brown butter sauce immediately before serving.

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# Buffalo Chicken Bowls

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

Serves 5

## Bowls

- 3 large or 4 small boneless skinless chicken breasts
- 1 TBS garlic, minced (4 cloves)
- 1 16 oz bottle buffalo wing sauce
- 1 can black beans, rinsed and drained
- 1 can corn, rinsed and drained
- 1 pint cherry tomatoes, halved
- 2 avocados, diced

## Dressing

- 1 packet Hidden Valley Greek Yogurt Dressing
- 1 1/3 cups plain Greek yogurt
- 3T milk

## Instructions

- 1 Place chicken, garlic, and 1/2 bottle of buffalo sauce in the crock pot. Cover and cook on high for 4 hours or low 6-8 hours.
- 2 Remove chicken, shred, and mix in remaining buffalo sauce.

## Meal Prep

- 1 Freeze just the chicken, or stir in the black beans and corn before freezing.

## Dressing

- 1 Stir together ingredients for dressing until desired thickness. Add more milk if necessary.

## Bowl

- 1 Stir together chicken, beans, corn, and tomatoes. Gently fold in avocado. Drizzle dressing over top and enjoy!

## Notes

This also makes a great burrito filling, or a healthier version of buffalo chicken dip, served with tortilla chips. Also, if you have extra cilantro on hand, it makes a nice garnish!

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# Cajun Chicken

**Prep Time:** 5 Min **Cook Time:** 10 Min

Serves 4

## Ingredients

2 large or 4 small boneless skinless chicken breasts

3T cajun seasoning

## Instructions

- 1 Wash chicken and pat dry.
- 2 Rub both sides of chicken with cajun seasoning.
- 3 Saute chicken in a pan with 1 tsp olive oil over medium heat ~5 minutes per side or until cooked through.

## Notes

Serve over pasta with Alfredo sauce. Quick tip - add some frozen peas or broccoli to the pasta as it cooks for a quick and easy extra veggie!

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# Cashew Chicken Stir Fry

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

Serves 4

## Cashew Chicken

2 large or 4 small boneless skinless chicken breasts

Sauce, see below

1/2 cup cashews

1 cup rice

4 servings roasted broccoli

optional: scallions for garnish

## Sauce

2T cornstarch

2/3 cup soy sauce

4T Hoisin sauce

1/2 tsp powdered ginger

4 tsp garlic, minced (4 cloves)

2T rice vinegar

## Instructions

- 1 Prepare rice according to package directions.
- 2 Wash chicken and pat dry. Season with salt and pepper, cut into bite-size cubes, and set aside.
- 3 In a small bowl, add cornstarch and slowly stir in soy sauce, ensuring any lumps are stirred out. Add remaining sauce ingredients.
- 4 Heat a large pan or wok to high heat. Add 2 tsp sesame oil (or olive oil).
- 5 Once pan is hot, add chicken and cook until browned and cooked through, stirring occasionally (~10 mins).
- 6 Reduce heat to medium, add sauce and simmer until thickened. Stir in broccoli.
- 7 Serve over rice and enjoy!

## Notes

See my meal prep tips and tricks page for tips on how to best freeze and thaw your meal prep recipes!

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# Chicken In Sun-Dried Tomato Cream Sauce

**Prep Time:** 10 Min **Cook Time:** 25 Min

## Ingredients

2 large or 4 small boneless skinless chicken breasts, cut into 4 servings  
4 tsp Italian seasoning  
1/3 cup sun dried tomatoes, drained and chopped (retain some of the oil)  
2T butter  
2T flour  
2 tsp garlic, minced  
1 cup whipping cream  
1 cup milk (I used skim)  
1/2 cup parmesan cheese  
1 cup fresh spinach  
4 servings pasta

## Instructions

- 1 Season chicken with Italian seasoning, salt, and pepper on both sides.
- 2 Heat 2 tsp sun-dried tomato oil in a large pan on medium high heat. Saute chicken until cooked through, ~5 minutes per side. Set aside.
- 3 In the same pan, saute spinach until wilted. Set aside.
- 4 In the same pan, over medium heat, melt butter and whisk in flour and garlic.
- 5 Slowly add milk and cream, whisking constantly to avoid lumps. Bring to a simmer and let thicken.
- 6 Stir in sun-dried tomatoes, parmesan cheese, Italian seasoning, and salt & pepper to taste.

## To Freeze

- 1 Place chicken, spinach, and sauce in meal prep container. Refrigerate overnight, then place in freezer. When ready to serve, thaw overnight in the fridge.
- 2 Reheat and serve over pasta.

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# 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.

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# Crock Pot Butter Chicken

**Prep Time:** 10 Min **Cook Time:** 8 Hr

Serves 4

## Ingredients

2 large or 4 small boneless skinless chicken breasts  
1 large onion, chopped  
2T butter  
4 garlic cloves, minced  
1 (29 oz.) can of tomato sauce  
2 tsp garam masala, divided  
2 tsp cumin, divided  
1 tsp curry powder, divided  
1 tsp turmeric, divided  
1 cup whipping cream or 1 can coconut milk  
Optional: cilantro for garnish

## Instructions

- 1 Add tomato sauce and 1/2 each of garam masala, cumin, curry powder, and turmeric to the crock pot and stir to combine. Set remaining spices aside.
- 2 Add garlic, onion, butter, and chicken, and stir so the chicken is covered in the sauce.
- 3 Cover and cook on high 4 hours or low 6-8 hours.
- 4 In the last 20 minutes or so of cooking, stir in the remaining spices, cream, and salt & pepper to taste.

## To Freeze

**Place In Meal Prep Container And Let Cool. Refrigerate Overnight And Place In Freezer The Next Day. To Serve**

- 1 Thaw overnight.
- 2 Serve over rice, garnish with cilantro.

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# Crock Pot White Chicken Chili

**Prep Time:** 10 Min **Cook Time:** 8 Hr

Serves 5

## Ingredients

2 large or 4 small boneless skinless chicken breasts  
0.5 lb navy beans, cooked (or 1 can, drained)  
0.5 lb great northern beans, cooked (or 1 can, drained)  
2 tsp chili powder  
2 tsp cumin  
2 jalapeno peppers, diced  
1 can chicken broth  
1 cup pepper jack cheese  
optional: 2T cilantro, chopped  
optional: sour cream  
optional: tortilla chips

## Instructions

- 1 Place chicken, jalapeños, chili powder, cumin, and chicken broth in the crock pot. Cover and cook on high 4 hours or low 6-8 hours.
- 2 When done, stir chicken to shred and stir in the beans.

## To Freeze

- 1 Place cooked chicken and beans in a storage container and freeze.

## To Eat

- 1 Thaw overnight. Place in individual portioned containers, stir in cheese, and reheat.
- 2 Top with cilantro, sour cream, and your other favorite chili toppings.

## Notes

Check out my meal prep tips and tricks page for tips on how to best thaw and freeze your meals!

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# Lasagna Roll-Ups

**Prep Time:** 30 Min **Cook Time:** 15 Min  
Serves 5

## Filling

- 7 oz ricotta cheese
- 1/2 cup parmesan cheese
- 2 tsp Italian seasoning
- 1 cup fresh spinach, or ~1/3 cup frozen chopped spinach, thawed and drained Coupons
- 1 egg

## Roll Ups

- 1 box lasagna noodles
- 1 jar marinara sauce, divided
- 1 lb package ground beef or turkey (optional)

## Instructions

- 1 Cook lasagna noodles according to package directions.
- 2 Cook ground meat over medium high heat until cooked through. Drain and stir in 1/4 cup of marinara sauce.
- 3 If using fresh spinach, saute over medium heat with 1 tsp olive oil until wilted. Drain and chop.
- 4 Stir together ingredients for filling.

## Roll-Ups

- 1 Prepare a clean surface and coat lightly with olive oil or cooking spray. Prepare a container lined with nonstick foil or cooking spray, spread 1/2 of remaining marinara sauce in the base of the container.
- 2 Lay 1 noodle flat, spread with ~1T filling and ~1T meat. Roll and place seam side down in the prepared container.
- 3 Repeat until noodles and filling are gone.
- 4 Spread remaining meat and sauce over top of the roll ups. Cover, refrigerate overnight, and freeze until ready for use.

## Reheat

- 1 Thaw overnight.
- 2 Place desired number of rolls in a pan lined with nonstick foil or cooking spray. Cover and bake at 350°F for 20 minutes, or until cheese is hot and bubbling.

## Notes

When spreading the filling, it helps to keep the filling at least 1" away from both the short edges of the lasagna noodle. This makes for easier rolling!

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# Mom's 5 Ingredient Catalina Chicken And Rice

**Prep Time:** 10 Min **Cook Time:** 25 Min

## Ingredients

- 2 large or 4 small boneless skinless chicken breasts (if using large, cut into 4 pieces of similar size)
- 2 packages onion soup mix
- 1 16 oz bottle Catalina salad dressing (I used lite)
- 1 18 oz jar apricot jam or preserves
- 4 servings rice, cooked according to package directions

## Instructions

- 1 Preheat oven to 350°F. Line a pan with nonstick foil or cooking spray.
- 2 Wash chicken and pat dry.
- 3 In a medium bowl, stir together dressing, onion soup mix, and jam.
- 4 Add 1/2 the sauce mixture to the prepared pan, add chicken, then top with remaining sauce.
- 5 Bake 25 minutes or until chicken is cooked through.
- 6 Serve over rice and enjoy!

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# Mongolian Beef Stir Fry

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

Serves 4

## Ingredients

- ~3lb flank steak
- 1/4 cup corn starch
- 1/2 tsp ground ginger
- 2T garlic, minced
- 3/4 cup soy sauce
- 1/2 cup brown sugar
- 4 servings roasted broccoli or other stir fry veggies (snap peas, peppers, green beans, carrots)
- 4 servings cooked rice
- optional: scallions, for garnish
- optional: sesame seeds, for garnish

## Instructions

- 1 Prepare steak: Pat flank steak dry and slice into bite sized pieces, slicing across the grain first. Toss with cornstarch in a bowl, set aside.
- 2 Make the sauce: stir together ginger, garlic, soy sauce, and brown sugar in a small bowl and set aside.
- 3 Heat 2 tsp sesame oil or vegetable oil to high heat. Slowly add steak, maintaining high heat. Stir occasionally until steak is browned and cooked to desired doneness ~5 minutes.
- 4 Turn heat down to medium and add sauce to pan. Bring to a boil and simmer until slightly thickened. Stir in broccoli.
- 5 Serve over rice, or freeze in appropriate meal prep container.
- 6 Garnish with scallions and sesame seeds before serving.

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# 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.

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# Kale And Quinoa Bowl With Sun-Dried Tomato Sauce

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

## Marinade

1/4 cup olive oil  
2-3 T lemon juice  
salt and pepper to taste

## Bowls

2 large or 4 small chicken breasts  
1 bunch kale, washed, de-stemmed, and chopped  
2 cups quinoa  
1 avocado

## Sun-Dried Tomato Sauce

1 16-oz jar of sun-dried tomatoes, drained  
2 cloves garlic Coupons  
2T lemon juice  
1/4 c olive oil  
1/2 c almonds  
salt and pepper to taste

## Instructions

- 1 Whisk together ingredients for marinade and marinate chicken about 1 hour.
- 2 Saute chicken over medium high heat for 5-7 minutes per side or until cooked through.
- 3 Cook quinoa according to package directions.
- 4 Saute the kale in 1 tsp of olive oil over medium heat until wilted. Season with salt and pepper to taste.

## To Freeze

- 1 Store cooked quinoa in its own bag, and cooked kale and chicken together in separate bag.

## To Eat

- 1 Thaw overnight. Place ingredients for sauce in a blender or food processor and pulse until combined. Stir 1/2 of the sauce into the quinoa, add kale and chicken, and reheat. Garnish with remaining sauce and avocado.

## Notes

While the chicken marinates, work on sautéing the kale for this and the other kale bowls in my meal prep plan! Check out my quick tips page for other meal prep tips!

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## 4 Ingredient Chicken Teriyaki Egg Rolls

**Prep Time:** 20 Min **Cook Time:** 6 Hr  
Yields 20

### Ingredients

- 2 cups thick texture teriyaki sauce (I use Soy Vay), plus extra for dipping
- 2 boneless skinless chicken breasts Coupons
- 1 package egg rolls
- 1 12-oz package broccoli slaw
- optional: scallions, for garnish

### Chicken

- 1 Rinse chicken and pat dry. Place in crock pot, pour teriyaki sauce over top.
- 2 Cook on high 4 hrs or low for 6 hours.
- 3 When done, shred chicken and stir with sauce. Then, remove chicken using a slotted spoon (you don't want too much liquid or the egg rolls will get soggy).

### Egg Rolls

- 1 Prepare a cookie sheet with foil and nonstick cooking spray. Preheat the oven to 350°F.
- 2 To assemble egg rolls, prepare a station with a flat surface for rolling, and a small bowl of cool water.
- 3 Start with one egg roll wrapper laid flat. Add approx. 1T broccoli slaw and 1T chicken.
- 4 Dip a finger in water and wet bottom 2 edges of the roll, then fold bottom up and sides in.
- 5 Dip a finger in the water again and wet the top corner of the roll. Finish rolling and place seam side down on the cookie sheet.
- 6 Repeat until all rolls are made.
- 7 Spray the tops of the egg rolls lightly with cooking spray.
- 8 Bake 10-15 minutes or until golden browned, flipping halfway through.

### Notes

Serve with extra teriyaki sauce for dipping!

You can also cook the chicken, shred it, and put it in the fridge to assemble the rolls later. The chicken should stay good for 2-3 days in the fridge.

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