

Three Dinner Meal Prep Plan

Monday: Baked Ziti | **Tuesday:** Pork Loin | **Wednesday:** Chicken and Corn | **Thursday:** Ziti
Friday: Pork Loin | **Saturday:** Chicken and Corn | **Sunday:** Prep day

Slow Cooker Pork Loin Recipe

Prep Time: 10 mins | Cook Time: 8 hrs | Total Time: 8 hrs 10 mins

6 servings of this will go in the freezer for grab-n-go, repeatable dinners. The other 2 will be for this week's plan for one person. Note that this prep plan is for the pork loin only. You will need to decide what sides you want to serve with it.

Yield: 8 servings

- 6 lbs. pork loin
- 6 medium garlic cloves
- 1 large yellow onion (thickly sliced)
- 1 cup beef broth (no sugar added)
- 6 whole cloves
- 1 tsp. dried thyme
- 1 tsp. salt
- 1 tsp. ground black pepper
- 1 tbsp. Worcestershire sauce (optional, but tasty! - I used a clean one, the Wizard brand.)
- 1 medium bay leaf

Chicken And Corn Sheet Pan Dinner

Prep Time: 10 mins | Cook Time: 1 hr | Total Time: 1 hr 10 mins

Three servings of this will go into your freezer after cooking, one serving will be prepped for this week's plan for one person.

Yield: 4 servings

- 10 oz. bag frozen corn
- 12 oz. bag frozen pearl onions
- 14 oz. bag frozen tri-colored bell peppers (pre-sliced - I got mine at trader joes)
- 1 lb. frozen chicken breasts (at least 2 breasts)
- 1 tbsp. garlic powder
- 1 tbsp. dried cilantro (parsley if you don't like cilantro)
- 1 tbsp. ground cumin
- oil for cooking
- 1 medium lime (optional for garnish)

Three Dinner Meal Prep Plan

Baked Italian Ziti

Prep Time: 10 mins | Cook Time: 30 mins | Total Time: 40 mins

Feel free to cut this recipe in half if you need to. You will need two servings for the week for one person.

Yield: 12 servings

Ingredients

- 1 lb. whole wheat penne pasta (cooked to package directions)
- 1 1/2 lb. ground turkey
- 1 tsp. salt
- 1 tbsp. olive oil
- 2 tbsp. dried basil
- 1 tsp. dried oregano
- 1 tbsp. garlic powder
- 1 tbsp. onion powder
- 1 tsp. honey
- 1 tsp. balsamic vinegar
- 1/2 cup water
- 15 oz. can tomato sauce (low sodium, no sugar)
- 1 cup grated parmesan cheese
- 1 cup grape tomatoes (cherry tomatoes work too - chopped)

Instructions for making all three meals efficiently:

1. Preheat oven to 350 F.
2. In a large greased slow cooker, layer onions and garlic on the bottom of the insert.
3. Add the pork loin and season with salt, black pepper and the bay leaf.
4. Add remaining ingredients and cover with lid.
5. Cook on low for 6-8 hours or high for 4-5 hours.
6. Slice and portion into containers. 6 servings of this will go in the freezer for grab-n-go, re-heatable dinners. The other 2 will be for this week's plan.
7. Set pasta to cook to package directions.
8. Place the frozen Chicken and Corn ingredients and spices into a 1 gallon, zipper-top freezer bag. Pour in some oil (I used 1/3 cup), close up the bag again and toss to coat the contents with oil.
9. Pour the contents of the bag out onto a sheet pan with edges.
10. Bake for 1 hour or until the chicken reaches at least 165 F. on a meat thermometer.
11. If the pasta is done, drain it and set it aside now.
12. Remove the sheet pan from oven, shred the chicken if you wish and then divide the whole thing into four equal portions. Three servings of this will go into your freezer after cooking, one serving go in the fridge.
13. In a large mixing bowl, combine the ziti's basil, oregano, garlic powder, onion powder, honey, vinegar, water and tomato sauce.
14. In a large skillet, cook the turkey meat in the olive oil. Add salt during cooking.
15. Add the cooked pasta and the cooked meat to the bowl of tomato sauce and mix well.
16. Transfer to a baking dish and top with chopped, grape tomatoes.
17. Sprinkle your cheese over the whole thing.
18. Bake at 350 F. for about 20 minutes or until the cheese is melted.
19. Remove from oven and cool slightly. You will need two servings for the week for one person.

Three Dinner Meal Prep Plan

Shopping list

Protein:

- 6 lbs. pork loin
- 1 1/2 lb. ground turkey
- 1 cup grated parmesan cheese

Produce:

- 1 medium lime (optional for garnish)
- 6 medium garlic cloves
- 1 large yellow onion
- 1 cup grape tomatoes
- Sides for your pork loin (ex: potatoes, asparagus, broccoli, etc)
- Lettuce for salad as a side dish to the baked ziti if you wish (plus salad toppings if needed)

Frozen:

- 10 oz. bag frozen corn
- 12 oz. bag frozen pearl onions
- 14 oz. bag frozen tri-colored bell peppers (pre-sliced - I got mine at trader joes)
- 1 lb. frozen chicken breasts (at least 2 breasts)

Pantry:

- Oil for cooking
- 1 cup beef broth (no sugar added)
- 1 tbsp. Worcestershire sauce (optional, but tasty!)
- 1 lb. whole wheat penne pasta
- 1 tbsp. olive oil
- 1 tsp. honey
- 1 tsp. balsamic vinegar
- 15 oz. can tomato sauce (low sodium, no sugar)
- Whole grain wraps for the Mexican chicken if you wish to make burritos or tacos

Spices:

- 2 tbsp. garlic powder
- 1 tbsp. dried cilantro (parsley if you don't like cilantro)
- 1 tbsp. ground cumin
- 6 whole cloves
- 1 tsp. dried thyme
- 2 tsp. salt
- 1 tsp. ground black pepper
- 1 medium bay leaf
- 2 tbsp. dried basil
- 1 tsp. dried oregano
- 1 tbsp. onion powder

Extras

- 1/2 cup water