



# Around The World Meal Prep Plan

**For this meal prep plan, you will need a slow cooker, a large soup pot and either and Instant Pot OR another soup pot.**

**This prep plan is a little different than my others in that all you have to do to be efficient with this, is prep all your produce first. Once that's all done, it's simply a matter of putting ingredients where they need to go and starting the cooking process. Don't overthink this.**

**I've left the instructions as they are in my original recipes. If you look at the shopping list to know which veggies you'll be prepping, it becomes pretty simple. Promise!**

## **Egg Roll In A Bowl**

**Prep Time: 20 mins | Cook Time: 20 mins | Total Time: 40 mins | Yield: 6 servings**

### **Ingredients**

- 1 1/2 lbs. boneless, skinless chicken breasts
- 1 cup chicken broth (no sugar added, low sodium is best)
- 1 medium head green cabbage (cored and sliced)
- 1 medium yellow onion (cut into halved slices like you would for grilled onions)
- 2 tbsp. coconut oil
- 1 tbsp. garlic powder
- 1 1/2 tsp. ground ginger
- 1/4 cup coconut aminos (or low sodium soy sauce)
- 1 medium carrot (peeled and finely grated - optional)
- 2 medium green onions (sliced - both green and white parts)
- 2 tbsp. sesame seeds (optional but tasty)

### **Instructions**

#### **Instant Pot Instructions**

1. Place the chicken breasts and the chicken broth in your Instant Pot. Close the lid and vent. Press the manual button and adjust time to 12 minutes.
2. When the chicken is done, drain off the remaining liquid and shred the chicken. Transfer to a separate bowl while you cook the rest.
3. Press the sauté button and put the oil in the IP. (No need to clean it after cooking the chicken)
4. Melt the oil and add the chopped onions and cabbage.
5. Cook them down until they are wilted and you have some brown coating on the bottom of the pot.
6. Add in the spices and chicken and stir well for about 1-2 minutes.
7. Lastly, stir in the coconut aminos (or soy sauce), sprinkle with any toppings you like and serve.

#### **Stove Top Instructions**

1. Cook the chicken separately. You can bake it, boil it or fry it, the choice is yours. Cook it plain with no seasonings. Then shred it.
2. In a large skillet or stock pot, add the oil, onions and cabbage and stir, cooking until the cabbage and onions have wilted.
3. Add the spices and chicken and stir.
4. Lastly, pour the coconut aminos (or soy sauce) over the top and add any toppings you like.

# Around The World Meal Prep Plan

## **Black Bean Mexican Chicken Recipe**

**Prep Time: 10 mins | Cook Time: 6 hrs | Total Time: 6 hrs 10 mins**

This easy to make chicken dish is sure to become a staple in your eating plan. Delicious!!

Yield: 2 servings

### **Ingredients**

- 7 oz. boneless, skinless chicken breast
- 1 tbsp. garlic powder
- 1 tbsp. onion powder
- 1 tbsp. ground cumin
- 1/2 small red onion, chopped
- 1 (15 oz.) can or home-cooked black beans, drained and rinsed
- 1 (14.5 oz.) can diced tomatoes OR fresh, chopped tomatoes
- salt to taste after cooking

### **Instructions**

1. Lay the onions at the bottom of your crock.
2. Place the chicken breasts over that.
3. Sprinkle the spices over the chicken.
4. Layer the tomatoes over that, and then finally the beans.
5. Cook on low for 4-6 hours.
6. When finished, stir the chicken in the crock so that it shreds.
7. Serve with some fresh cilantro.

# Around The World Meal Prep Plan

## Lentil Dal Recipe

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

A delicious lentil recipe best served over flavored rice.

Yield: 6 cups

### Ingredients

- 1 1/2 cups brown lentils
- 2 1/2 cups vegetable broth
- 2 tbsp. coconut oil
- 3 medium garlic cloves
- 1/2 tsp. ground black pepper
- 2 cups chopped, yellow onion
- 2 tsp. ground cumin
- 1 tsp. ground turmeric
- 2 tsp. curry powder
- 2 tsp. garam masala
- 28 oz. can diced tomatoes
- 1/2 cup fresh, chopped cilantro (for garnish)

### Instructions

1. Set the lentils and broth to boil in a pot. Once the broth reaches a boil, reduce to a simmer and cook covered until all the liquid has cooked out.
2. In a skillet, heat the oil.
3. Once the oil is hot, add the garlic and ground black pepper to the oil and sauté for about 1 minute. You want the garlic to brown slightly.
4. Add the onions and continue to stir as it cooks.
5. Once the onions become a bit translucent, add in the cumin, turmeric, curry and garam masala. Stir well.
6. At this point, the pan should be pretty dry. That's a good thing. Do NOT add more oil. Keep "dry frying" your spices and onions for about 5 minutes, stirring constantly.
7. Now add in the diced tomatoes and cook for about another 5 - 10 minutes. Just enough to let the spices really infuse into the tomatoes.
8. When the lentils are finished, add the spice mixture to the lentil pot and stir well. If the mixture is too dry, add a little water as needed
9. Serve over brown rice and garnish with fresh cilantro.

# Around The World Meal Prep Plan

## Shopping List

### Protein

- 2 lbs. boneless, skinless chicken breasts

### Produce

- 1 head medium green cabbage
- 3 large yellow onions
- 1 medium carrot
- 1 medium red onion
- 1 bunch green onions (you'll need 2 stalks)
- 1 head garlic
- 1 bunch fresh cilantro (garnish)

### Pantry

- 32 oz. carton chicken broth (no sugar added, low sodium is best - The Imagine brand is great!)
- 32 oz. carton vegetable broth
- coconut oil
- coconut aminos (or soy sauce)
- 15 oz. can or home-cooked black beans, no sugar added
- 14.5 oz. can diced tomatoes
- dry brown lentils (1 1/2 cups)
- 28 oz. can diced tomatoes

### Spices

- garlic powder
- onion powder
- ground ginger
- ground cumin
- sesame seeds (optional)
- salt
- ground black pepper
- turmeric
- curry powder
- garam masala