

Easy Meal Prepping Plan for Phase II



This plan makes 14 meals you can use at any point in your day as long as you don't go over 2 fruits, 2-3 vegetables (depending on if you have the rice crackers or not) and 2 proteins of the proper portion sizes daily.

Shopping List

- 2 pounds boneless, skinless chicken breasts
- 1 pound medium shrimp, peeled and deveined (uncooked)
- 1 pound ground turkey
- 1 pound ground beef
- 1 bag mixed greens
- 1 large tomato
- 1 cucumber
- 1 container blueberries
- 1 container strawberries
- 1 bunch fresh basil
- 1 dozen eggs (organic, cage free)
- 1 lemon
- 1 bag riced cauliflower (in the freezer section, steam-in-bag option)
- 1 bag broccoli florets (in the freezer section, steam-in-bag option)
- Coconut oil cooking spray
- Vinegar (apple cider)
- Frank's Red-Hot sauce (optional)
- Italian seasoning blend
- Garlic powder
- Dried poultry seasoning
- Taco seasoning (with no sugar, dextrose or maltodextrin)
- Kosher salt
- Black pepper
- Mrs. Dash lemon pepper seasoning mix
- Old Bay
- Gluten-Free Rice crackers
- Mustard (sugar free, which most are)

Food Prep Tips

Chicken Prep

Preheat oven to 350 degrees. Cut your chicken breasts into 4-ounce portions (typically in half). Place chicken on a cookie sheet. Spray each piece with a small amount of coconut oil cooking spray. Use a pastry brush to evenly coat each breast with the oil you've sprayed on. Dust each breast with your choice of; taco seasoning, salt/pepper/garlic powder or Mrs. Dash. You can season each breast differently. Use as much (or little) seasoning as you like. Cook for 15-20 minutes until cooked through.

Tip: dice or cube some of your chicken to put on top of greens or other vegetables.

Ground Beef Prep

Divide ground beef into two portions. Mix ½ tablespoon taco seasoning into one portion. Into the other portion add ½ teaspoon salt/pepper/garlic powder and Italian seasoning. Brown and thoroughly cook each portion separately over medium high heat in a frying pan. Remove from pan onto a paper towel to drain fat.

Turkey Prep

Place ground turkey into a mixing bowl. Add 3 tablespoons poultry seasoning, 1 egg, 1 tablespoon mustard, 1 teaspoon salt, ½ teaspoon pepper and 4 crushed rice crackers. Mix

thoroughly. Place in the refrigerator for 30 minutes to 1 hour. Remove from the refrigerator. Form into balls approximately the size of a golf ball. Place on a baking sheet. Return to the refrigerator while the oven preheats to 350. Bake for 15 minutes or until cooked through. Alternately you can choose to boil your meatballs in water rather than bake them if you'd like. Baking tends to deepen the flavor.

Shrimp Prep

Steam or boil shrimp - shell off, deveined, and tail off. While still warm spray with a small amount of coconut oil cooking spray, toss to coat. Add 1-2 tablespoons of Old Bay and toss to coat.

Egg Prep

Boil 6-8 eggs

Additional Prep

- Slice cucumbers - dicing them can also add a new texture
- Slice tomato - 1/8 inch slices suggested
- Wash berries and greens
- Steam cauliflower and broccoli - ideal option is to buy steam-in-bag frozen

Assembly Items

- Measuring cups
- Measuring spoons
- Plastic containers
- Fork
- Mixing bowl

Recipes/Assembly

- Measure 3 cups of greens into 3 plastic containers. Top with 4 ounces of chicken. Drizzle with vinegar if you'd like.
- Measure 3 cups of broccoli into 3 plastic containers. Top with 4 ounces of turkey meatballs. Rip up some fresh basil and add if you'd like. Drizzle with a touch (no more than a half teaspoon) of balsamic - optional.
- Measure 3 cups of riced cauliflower into 3 plastic containers. Top with 4 ounces of ground beef seasoned with taco seasonings. Add a dash or two of Frank's Red-Hot sauce - optional.
- Divide tomato into 2 plastic containers. Top with seasoned shrimp. Add fresh basil if desired.
- Measure 1/2 cup of greens and 1/2 cup of cucumber into 2 plastic containers. Top with your choice of 1 whole boiled egg and 2 boiled egg whites, turkey meatballs, shrimp or chicken.
- Measure 1/2 cup of greens, 1/2 cup cucumber, 1/2 cup blueberries and 1/2 cup strawberries into 1 plastic container. In a mixing bowl combine 1/2 packet of stevia with 1 tablespoon apple cider vinegar, garlic powder, salt and pepper to taste and mix well with a fork. Toss into ingredients in the container.