

Favorite Meal Prep Recipes

Keep on the fridge and scan the codes to view recipes during your next meal prep session.



Unstuffed Pepper Bowls

ground beef & tons of veggies in a delicious savory sauce



Creamy Tuscan Chicken Bowls

chicken thighs with sun-dried tomatoes in a creamy sauce



Chicken Quinoa "Fried Rice" Bowls

all the flavors of fried rice, with quinoa! packed with chicken & veggies



Buffalo Chicken Salad

easy chicken salad with carrots, celery & red onion



Mediterranean Grain Bowl

vegetarian roasted veggie bowl with lemon dill hummus



Tuna Egg Salad

perfect combo of tuna & egg salad! great on crackers

