Easy Meal Prep Recipes

1. Crockpot Chicken

* This recipe requires a crockpot, spices of your choosing, oil of your choosing (a thicker oil works better, like grapeseed or olive oil) and vegetables of your choosing.
* First fill crockpot with chicken, don’t stack the chicken breasts because they will not cook thoroughly. Add spices to the chicken. I used Weber’s Chicken and Rib spice, generously.
* Next, cut up the vegetables you want in there. I used zucchini and red bell peppers but you can use any vegetables of your choosing.
* After that, put the vegetables in the crockpot with the chicken and add oil. The oil doesn’t need to cover the chicken but there needs to be atleast 2 tablespoons in there.
* Add a small amount of water, just enough to cover the bottom of the crockpot.
* Turn crockpot on low for roughly 6 hours and once done, shred and serve with a starch.

Easy Lettuce Wraps

* For this recipe you’ll need a skillet, ground turkey, taco spices, lettuce, fat free cheese, canned corn, black beans and tomato sauce.
* First, add ground turkey to skillet season it. I added black beans, taco seasoning, low sodium tomato sauce, and red bell peppers.
* With the lettuce use bigger pieces that you can put the turkey mix on.
* Top with fat free cheese and hot sauce of your choice.

Healthy Shrimp Scampi

* For this one you’ll need frozen shrimp, Weber’s zesty lemon spice, minced garlic, butter, quinoa and brown rice noodles (Trader Joe’s).
* First put thawed shrimp in pan, add butter, lemon spice, garlic, butter (1 tbsp) and let simmer for no more than 10 minutes.
* Follow instructions on bag of pasta. Put the shrimp over the pasta once it’s done.