



Hungry Hobby

Healthy Easy Meal Prep
Recipes & Tips
(for Lunches, Snacks and Dinner)



www.hungryhobby.net

1 FOOD YOU HAVE

3 GROCERY LIST

2 MEALS TO COOK

Meal Planning for Meal Prep Success!

1) **START WITH WHAT YOU HAVE**

Make a list of what you have in the fridge first. Add the remainder of the ingredients you need to the grocery list.

2) **GROCERY SHOP ONE TIME A WEEK**

Get enough fresh food for the first part of the week and use the freezer for the second part of the week. This minimizes the time required and the amount of food that can go bad.

3) **MAKE LEFTOVERS**

Plan to and making enough leftovers for multiple meals, especially for meal prepping. Have a thing with leftovers or reheating food? Make as many cold item leftovers, like salads, as possible.

4) **PLAN EASY BACK UPS**

Meal planning should always be flexible so that you can have healthy meals regardless of what life throws your way.

5) **THINK ABOUT YOUR SCHEDULE**

Really think about your week, when do you have time for what? Plan accordingly. **Use the meal planning template (left), Think about your week when filling it out!**



What to Meal Prep

Veggies

- Pre-cut and wash all your veggies at the beginning of your meal prep week.
- Ingredients will be ready throughout the week without having to worry about the cutting board
- Store any unused veggies in the freezer.

Salads

- Prepare a big salad
- Add dressing when your ready to eat throughout the week.

Protein

- Prep meat ahead of time at the beginning of your meal prep week.
- Store and incorporate in as many recipes as it calls for.

Grains

- Cook your favorite grain of choice and plan to make leftovers.
- Leftovers can be frozen

On-the-go Snacks or Breakfast

- Healthy baked goods such as a breakfast bar or muffins that are easy to grab and go. (Make sure to pair with protein for a balanced breakfast.)
- Cut and washed fruits or veggies portioned and packaged in containers
- Make hard boiled eggs, muffins or quiches to eat all week.



Tools for success

Storage Containers

- Use glass storage containers to hold prepped food including ingredients and meals
- Use to pre-assemble dry ingredient for cooking

Muffin Tins

- Use for healthy baked goods on the go.
- Make egg muffins with extra prepped ingredients for a quick breakfast or snack

Grocery List

- Use a grocery list to help keep you organized with your meal planning.

Mason Jars

- Make pre-assembled salads
- Store premade smoothies for on the go
- Use for overnight oats
- Use for baked oats

The Freezer

- Don't let any unused meal prepping go to waste! Utilize the freezer for long term storage.
- Extend the life of your meals and ingredients.

Timer

- A timer can keep you efficient in the kitchen by cooking ingredients accordingly.
- Delegate tasks to a certain amount of time to improve efficiency



Meal Prep Shortcuts

Don't have time to prepare meal prep ingredients?

1. Purchase veggies pre-washed and cut.
2. Purchase proteins precooked. For example, picking up a rotisserie chicken is a great way to incorporate the protein in any recipe.
3. Use pre-made condiments and sauces. Can't make your own sauce or dressing? Pre-made condiments are easy to incorporate in your meals without the cost of time. Choose wisely and always [read your ingredients.](#)
4. Find microwaveable versions of your favorite grain, my favorites are brown rice, quinoa, or blends.



Make Meal Prep Easy

- 1.) Mix meal prep recipes up each week. Avoid getting tired of the meal prep routine by planning for a new meal the next week.
- 2.) Experiment with different spices and herbs to change the flavor profiles of your meals.
- 3.) Cook all your foods at once. Choose one day of the week that you can set aside the time to prepare all of your veggies, protein, grains, recipes, etc.
- 4.) Pre-proportion meals and individual servings into containers.
- 5.) Always keep your goals in mind. Meal prepping helps keep you accountable and stay on track with your health and wellness journey!
- 6) Chose how many days per week you want to meal prep. Avoid spending all day on Sunday doing meal prep, break it up to two days if you need too.





Lunch

“Remember, healthy eating does not have to taste like bland crap! Also, remember there is no such thing as perfect, especially when it comes to eating.” - HH



The Healthy Adult “Lunchable”



Ingredients:

- ❑ **High Quality Protein-** Deli Meat, Smoked Salmon, Hard Boiled Eggs, Tofu, etc.
- ❑ **Healthy Fat-** Avocado, Cheese, Guacamole, Hummus, Almond Butter
- ❑ **Veggies-** Baby Carrots, Cucumber, Zucchini, Cherry Tomatoes, Mushrooms, Snap Peas, etc.
- ❑ **Goodies-** Fruit, Dark Chocolate, Whole or 2% Greek Yogurt

Instructions:

1. Combine a High Quality Protein, Healthy Fat, Veggies and a Goodie in a container and enjoy!

Combinations from the pictured Adult Lunchables:

- ❑ Lemon Turkey + Cherry Tomatoes + Cheese
- ❑ Ham + Nuts + Hummus + Snap peas
- ❑ Cottage Cheese with Avocado + mini sweet peppers + Plantain Chips
- ❑ Smoked Turkey + Celery + PB + Apple (unpictured)

Meal Prep Tip: Prepare your Adult Lunchables at the start of the week in rectangle glass containers (like the ones pictured above). Finally, a lunch that is filling enough and provides energy. The best part is that it only takes less than 10 minutes to prepare!

Easy Collard Green Wraps

Ingredients:

- 8 Collard Green Leaves Large – un-ripped
- 8 ounces shredded carrots
- 8 ounces shredded red cabbage
- 2 cucumbers cut julienne
- 1 cup Greek yogurt hummus or other hummus*

Instructions:

1. Wash collard green leaves in HOT water. My fast version of parboiling them.
2. Slice off the stems of the collard green leaves. Trim down the stems so they are same thickness of the leaves.
3. Slather collard green leaves with 2T of hummus each.
4. Add in 1-ounce carrots, 1-ounce shredded carrots, and a few cucumber strips to each wrap.
5. Fold-ins and roll up like a burrito. If you are meal prepping and not eating them right away, use a rubber band or tie to keep them closed

Meal Prep Tip: Roll those bad boys up and rubberband them to keep them together as shown. (Use new rubber bands to avoid contamination.) No fancy ties, no craziness, just refreshing crunchy portable wraps all week!





Broccoli and Cauliflower Rice Quiche

Ingredients:

- 1 tsp avocado oil
- 1 package frozen cauliflower rice (12 ounces)
- 1 cup broccoli steamed and chopped
- 4 large eggs
- 1 cup 100% liquid egg whites
- 1tsp garlic powder
- 1tsp onion powder
- 1/4tsp salt
- sprinkle pepper
- sprinkle turmeric
- ¼ cup bacon cheddar cheese (can omit for dairy free or sub crumbled bacon)

Instructions:

1. Preheat oven to 350F
2. Grease a 9 x 13 oven safe casserole dish with avocado oil.
3. Add 1 tsp avocado oil to skillet with frozen cauliflower rice, cook until rice is tender, stir frequently.
4. Whisk eggs and seasoning in a large bowl.
5. Pour egg mixture into casserole dish, then add the broccoli and cauliflower rice. Make sure the veggies are evenly distributed throughout dish.
6. If desired top with cheese or crumbled bacon.
7. Bake for 40-45 minutes or until set.

Meal Prep Tip: Cut into 6 squares and store in the refrigerator to enjoy for a quick breakfast throughout the week.



Make Ahead Chop Chop Salad

Ingredients:

- 2 cucumbers, chopped
- 2 bell peppers, chopped
- 2 cups cherry tomatoes, halved
- 10 artichoke hearts in water squeezed of excess water and chopped in quarters
- 1 ounce feta
- 2T avocado oil
- 1T lemon juice
- 1/2 cup cooked quinoa
- sprinkle of garlic salt (keep adding to taste)
- sprinkle of pepper (keep adding to taste)
- 12 ounces grilled chicken in cubes (or about .75lbs) or other protein (tofu for vegan)

Instructions:

1. Chop all veggies and combine with the rest of the ingredients in a large bowl.
2. **Store in the refrigerator up to 5 days.**
3. Can sub other meat or fish for the chicken.

Meal Prep Tip: Recommendations for modifications; **Vegetarian-** Replace chicken with firm tofu. **Vegan-** Replace the quinoa with firm tofu, replace feta with walnuts and add 1T vegan parmesan cheese or nutritional yeast. **Grain Free-** leave out quinoa Paleo- leave out quinoa and sub walnuts for feta

Thai



Carrot Raisin



Buffalo Ranch



Spicy Avocado



4 Simple Tuna Salad Recipes

Ingredients

THAI TUNA SALAD

- 2T peanut dressing*
- 1tsp sriracha sauce
- 1 cup chopped veggies (I used Trader Joe's Healthy 8)
- 1 can tuna

CARROT RAISIN TUNA SALAD

- 1/4 cup vanilla yogurt*
- 1 tablespoon lemon juice
- 1 cup shredded carrots
- 1/4 cup raisins
- 1 can tuna

Continued...

BUFFALO RANCH TUNA SALAD

- 2 tablespoons ranch *
- 1 tablespoon buffalo sauce
- 1 cup chopped veggies (I Used Trader Joe's Healthy 8, but plain celery would work)
- 1 can tuna

SPICY STUFFED AVOCADO

- 1avocado
- 2 tablespoon salsa*
- 1 cup cherry tomatoes, halved
- 1 can tuna

Meal Prep Tip: For each recipe just combine all the ingredients and serve or store!



Snacks

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Easy Peanut Butter Protein Balls

Ingredients:

- 1 scoop (1/4) cup whey protein (or plant protein)
- 1/4 cup peanut butter powder
- 1/4 cup old fashion oats
- 2T unsweetened almond milk

Instructions:

1. Combine four ingredients in a bowl.
2. Roll into balls. You can whip these up in less than a minute with no food processor!

Meal Prep Tip: Peanut Butter Protein Balls with 9 grams of protein each! Substitute whey protein for plant protein for a vegan friendly snack anytime of day.

Sweet Potato Protein Muffins

Ingredients:

- 1 cup mashed sweet potato
- 1/3 cup sunflower seed butter
- 2 scoops vanilla protein powder
- 3 Tablespoons coconut flour
- 1/2 cup liquid egg whites

Instructions:

1. Preheat oven to 375F.
2. Prepare a muffin tin with paper cups or silicone cups.
3. Combine all ingredients (mix by hand don't food process it or it will get too runny)
4. Divide mixture among 10-12 muffins.
5. Bake for 20-25 minutes until toothpick inserted comes out clean.
6. Let cool for 10 minutes.



Meal Prep Tip: Sweet Potato Protein Muffins are a healthy, sweet, and portable breakfast or snack to give you energy and keep you full on the go!

Creamy Yogurt Hummus (No Tahini)



Ingredients:

- 1 can (15oz) chickpeas (garbanzo beans)- drained and rinsed
- ½ cup plain Greek Yogurt
- 1 tbsp lemon juice
- 1 clove fresh garlic
- 2 tbsp water
- 1 tsp olive oil
- ½ tsp salt
- ½ tsp cumin
- 1/8 tsp black pepper
- ¼ cup fresh chopped parsley

Instructions:

1. Pulse parsley in food processor 3-4 times, remove from processor and set aside.
2. Combine everything into food processor (except parsley) and blend until smooth.
3. Add in parsley, pulse until combined.
4. Garnish with paprika.

Meal Prep Tip: Add this creamy hummus in your “Adult Lunchable” or simply enjoy with any fresh veggies for a quick snack! This hummus can be added to any dish that calls for it. You do you!

The Ultimate Superfood Breakfast Bar



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Ingredients:

- 1/2 cup (gluten free if needed) oats ground into oat flour (I used my coffee grinder)
- 2 cups oats (gluten free if needed)
- 1/2 cup hemp seeds
- 1/2 cup brown sugar (not packed)
- 1T cinnamon
- 1/4 tsp salt
- 1.5 tsp baking POWDER
- 1/3 cup chia seeds
- 1 cup vanilla unsweetened almond milk (or other non dairy milk)
- 1 mashed banana
- 1/2 cup almond butter (can sub any other type of nut/seed butter)
- 1 tsp vanilla extract
- 2 cups quinoa (1 cup uncooked quinoa)

Instructions:

1. Preheat oven to 350F
2. Start by cooking the quinoa according to package directions, 1 cup uncooked should make about 2 - 3 cups cooked. While your quinoa is cooking on the stove you can assemble the rest of the ingredients.
3. Combine dry ingredients including oat flour, oats, hemp seeds, brown sugar, cinnamon, salt, and baking soda in a large bowl and mix well.
4. In another medium size bowl combine chia seeds, milk, mashed banana, almond butter and vanilla and whisk until smooth and well combined. Chia seeds will start to gel thickening the ingredients.
5. When the quinoa is done add it to the dry ingredients, then add the wet ingredients and mix till well combined.
6. Spread evenly in a 9 x 13 greased baking dish and compact with a spatula. Just press the back of the spatula across the bake so everything is well combined together.
7. Bake 40-45 minutes until browned around the edges. A toothpick should come out clean and it should feel firm. Let cool 30 minutes before cutting into bars.



Dinner

“....Everyone has had those nights where they realized what they had planned to put on the table just isn't going to happen. It's in that moment that you HAVE to be flexible. It isn't drive-thru or 5-course dinner.... Have a backup plan, be flexible, and let it be enough, whatever you do, just let it be enough. Then enjoy, you deserve it!” -HungryHobby



Cilantro Jalapeno Creamy Shrimp Stir-Fry

Ingredients:

- 8 ounces cilantro jalapeno hummus (or your favorite flavor)
- .75lb (or 3 cups) defrosted*, medium, tail off, precooked shrimp
- 16 ounces cauliflower rice*)
- ½ T avocado oil
- optional garnish – green onions

Instructions:

1. Add oil and cauliflower rice to a very large non-stick skillet on medium high. Cook until cauliflower rice is tender.
2. Add shrimp and hummus and cook until mixture is hot, stirring frequently.
3. Garnish with green onions if desired.



Meal Prep Tip: Use pre-cooked shrimp to assemble quickly. Riced cauliflower is available frozen and fresh in many grocery stores.

One Pan Arugula Pesto Chicken and Tomatoes



Ingredients:

- 2 lbs chicken breast
- ½ cup arugula pesto
- ½ cup chopped onion
- 2 cups cherry tomatoes
- 1 lemon

Arugula Pesto

- ¾ cup macademia nuts
- ½ cup olive oil
- 2 tablespoons lemon juice
- 1 tsp garlic powder
- ¼ teaspoon salt or too taste
- 3 ounces arugula leaves

Instructions:

1. Preheat oven to 375F. Line a casserole dish with parchment paper.
2. Cut a slit in the middle of the chicken breast and add pesto. Slather another tablespoon of pesto on top of each chicken breast. Place chicken breasts side by side in the casserole dish. Top each one with a slice of lemon (optional).
3. Sprinkle the top with ½ cup chopped onions.
4. Bake chicken for 20 minutes. Take out the casserole dish and add cherry tomatoes. Bake dish for another 10-15 minutes longer until chicken is cooked throughout and reaches 165F.

Meal Prep Tip: To save some time you can purchase pre made pesto. To make arugula pesto add ingredients (above) to a food processor. While it's processing slowly add olive oil through the top, continue until all the olive oil is added to the food processor. Process until smooth, you may want to stop the processor and scrap the edges once or twice.



5 Ingredient Salsa Chicken Bowls

Ingredients:

For Slow Cooker Chicken:

- 2 pounds chicken breast (fresh or frozen)
- 116 ounce jar of your favorite salsa (if using frozen chicken, use only 1/2 jar salsa)

For Mexican Cauliflower Rice:

- 1T Avocado Oil
- 12 ounce package cauliflower rice (or 1 small head shredded in a food processor)
- 1T Taco Seasoning

For Beans:

- Refried Beans

Optional Toppings:

- Cheese
- Avocado

Instructions:

1. Add chicken and salsa to a slow cooker. Cook on high for 4-6 hours or low 6-8 hours. (Cook until the internal temp reaches 165F and it shreds easily.)
2. For Mexican Cauliflower Rice:
3. 1. Add avocado oil to skillet and heat to medium high. Add frozen or fresh cauliflower rice and taco seasoning. Cook until tender throughout but not soggy, about 8-10 minutes.
4. For Bowls:
5. Assemble bowls with desired ingredients and devour.

Meal Prep Tip: Prepare chicken ahead of time. Mexican cauliflower rice can be cooked and frozen to enjoy anytime of the week.

Sheet Pan Baked Jamaican Jerk SALMON & ZUCCHINI



Ingredients:

- 4- 6 ounce defrosted (or fresh) salmon fillets
- 4 Tablespoons Jamaican Jerk Seasoning (I used this one.)
- 1 lemon
- 3-4 Medium Zucchini cut into rounds
- garlic salt
- avocado oil cooking spray

Instructions:

1. Preheat oven to 400F
2. Line a baking sheet with heavy-duty aluminum foil and then spray it with cooking spray (I'm a big fan of avocado oil spray.) Place salmon pieces on the middle of baking sheet in a line, top each one with 1T of Jamaican Jerk Seasoning
3. Top each piece of salmon with 1 slice of lemon
4. Cut zucchini into wedges and spread evenly across pan around the salmon. Sprinkle garlic salt on top to taste.
5. Bake for 20-25 minutes until salmon is cooked throughout and flaky. Broil for 1-2 minutes to get a nice golden brown layer on top.
6. We served ours with microwavable brown rice but you do you!

Meal Prep Tip: Cook and refrigerate seasoned salmon and sauce ahead of time to enjoy tacos throughout the week. *For non-dairy/paleo version, combine avocado with ½ cup your favorite salsa. Add lime juice, salt and pepper as needed



Sauteed Sweet Apple Chicken Sausage & Brussel Sprouts

Ingredients:

- 1 tablespoon avocado oil
- 1 package chicken apple sausage(I used Trader Joe's)
- 1 package shaved Brussels sprouts
- 1 cup shredded green cabbage
- 1/2 cup chopped onion (optional)
- 1-2 fuji apples (thinly sliced, I used my mandolin)
- 1/3 cup water
- 1 tsp caraway seeds
- 1/4tsp lemon pepper
- salt to taste (I used a sprinkle of garlic salt)
- parsley garnish (optional)

Instructions:

1. Brown chicken sausage in a large skillet (one that has a lid) in oil on medium high.
2. Once browned add remaining ingredients and cook covered for 5 minutes, stirring occasionally. Meal is done when Brussels sprouts are tender.
3. Serve immediately.

Meal Prep Tip: Packed with 22grams of protein this recipe makes up to 3 servings. Double ingredients to have more prepped throughout the week. Sub tofu to make it vegan friendly.



Visit www.HungryHobby.net for more meal prep recipes and tips!