

Faithful Workouts

Meal Prep #3: Recipes

Lemon Chicken:

- Cut off a piece of your cooked chicken breast that is about the size of a deck of cards
- Warm your chicken in the oven or a pan
- Top with a squeeze of lemon, 1/4 tsp of olive oil, salt and pepper to taste, 1/4 tsp of dried dill

White Bean Mash:

- Place 1/2 can of white beans in a blender
- Add 1 clove of garlic, juice of 1/2 a lemon, 1 tbsp of olive oil
- Blend until smooth

Roasted Veggie Salad:

- Start with 2 cups of greens of your choice
- Top with 1 cup of roasted vegetables
- Finish with 2 tbsps of homemade dressing
- Mix together and enjoy!

Roasted Veggie Egg Muffins:

- Crack 4 eggs into a blender
- Add 1/2 cup of greek yogurt, and salt and pepper to taste
- Blend your eggs and greek yogurt to combine
- Spray your muffin tin with a healthy cooking spray
- Fill each muffin tin 1/3 of the way with roasted vegetables
- Pour the egg mixture over top of your vegetables (be careful not to fill it too high as it will rise a bit!)
- Bake at 425 for 10 minutes

Quinoa and Black Bean Salad:

- Add 1 cup of quinoa, 1/2 cup of drained black beans, 1/4 cup of tomatoes, 1 large handful of power greens, and 2 tbsp of homemade dressing
- Mix it all together and enjoy!

Chicken Fajitas:

- Cut peppers and onions into long thin strips (about 1/4 cup of each)
- Cut chicken into bite size pieces
- Heat a pan on the stove, add 1 tbsp of olive oil, peppers and onions and sauté together
- Add 1/4 cup of black beans to the pot and mix
- Add salt and pepper to taste, 1 tsp of cumin
- Add chicken and mix until everything is warmed
- Fill 2 tortillas with the heated mixture and top with any sauce you would like

Sweet Potato and Black Bean Cakes:

- Take 1/2 of one large sweet potato (already cooked)
- Dice the sweet potato and place in the blender with 1 egg
- Blend until smooth
- Add 2 tbsps of black beans to the sweet potato mixture
- Add 1/4 tsp of cumin
- Mix well
- Heat a pan on the stove over medium heat

- Place 1 tsp of oil in the bottom of the pan
- Pour the sweet potato, black bean mixture into the pan (should make 4 patties)
- Cook for 4 minutes and then flip and cook for 4 more minutes

Coconut Curry Soup:

- Dice chicken into bite size pieces and place in a pot
- Add 3/4 cup of roasted vegetables
- Add 1/2 can of coconut milk and 1 cup of vegetable broth
- Flavor with salt, pepper and 1 tsp of red curry
- Mix the curry in well and then cook until all ingredients are warm
- Top with cilantro and a squeeze of lime

Chicken Parmesan:

- Cut a piece of chicken the size of a deck of cards
- Pour tomato sauce (or marinara sauce) over the chicken (just enough to cover your chicken)
- Place a slice of fresh mozzarella onto of the sauce and the chicken
- Place in the oven at 425 and bake until the cheese is melted
- Top with fresh basil