

# Step by Step

## Prep For The Week

1. Wash and dice cucumber, tomatoes, bell peppers and 1/2 cup of greens. Set aside 3/4 cup of the diced bell pepper, 1/2 cup + 2 tbs diced onion, one diced tomato and the greens. Place the remaining vegetables in an airtight container and refrigerate. These will be used to add to the Dinner Salads.
2. Prepare Salad Dressing by combining 1/3 cup olive oil and 1/3 cup of balsamic vinegar in jar. Refrigerate. Shake well before serving.
3. Preheat the oven to 350°. Spray 6 wells of a muffin tin with cooking spray. Combine 5 eggs, 1/8 tsp garlic powder and salt and pepper (to taste) in a bowl and whisk.
4. Use 1/4 cup of the diced bell pepper and 2 tbs of the yellow onion set aside in step #1. Divide the vegetables into the 6 sprayed muffin wells. Top each with 1 1/4 tbs of shredded cheese. Pour egg mixture equally over the 6 muffin wells and bake for approximately 20 minutes or until set. Let the *Make Ahead Egg Muffins* cool and store in airtight container.
5. Keep your oven at 350°. Place all 3 chicken breasts and the pork tenderloin (or chicken breast) on a baking dish sprayed with cooking spray. Bake the meats for 20 minutes or until cooked through. Let cool. Place 1 of the breasts in an airtight container and refrigerate. Slice the other two chicken breasts into thin slices. You will use it in the next step. Dice the pork tenderloin. It will be used in step #9.
6. Cook 1/4 cup dry quinoa according to directions. Let cool. Mix the sliced chicken breast, cooked quinoa, 1/2 cup salsa, 2 tbs yogurt and 1 diced tomato and 1/2 cup diced lettuce from step #1 together. Cover in airtight container and refrigerate for the *Chicken and Quinoa Burritos*.
7. Cook 1 cup of dry brown rice according to directions.
8. Put 1/2 tbs olive oil in a large frying pan and cook 1/2 cup of the bell pepper and 1/2 cup of the yellow onion from step #1 until tender. Place vegetables in a bowl.
9. Place 1 tbs oil in the same pan over medium high heat. Once the oil is hot, add the cooked rice. Cook 2 minutes. Crack one egg into the rice and stir folding the egg in. Cook for another 2 minutes then add 2 tbs soy sauce, and the cooked peppers and onions from step #8 and 1/2 cup of peas. Add the diced pork. Let cool, place the *Asian Brown Rice* in an airtight container and refrigerate.
10. Cook 2 cups of edamame according to directions. Salt lightly. Place in airtight container and refrigerate.
11. Combine 1 cup old fashioned oats, 1 cup milk, 1/2 cup yogurt, 2 tbs chia seeds, 1 tbs honey or maple syrup and 1/2 tsp vanilla extract in a large bowl and stir. Pour mixture equally into 2 separate containers, preferably glass. Cover the container with lid or plastic wrap. Place *Overnight Oats* in refrigerator.

