

Ideas for

MEAL PREP RECIPES

Resource by Roll Dog Fitness



SPICY CHICKEN MEAL PREP WITH RICE AND BEANS

PREP TIME: 20 MINUTES



Ingredients

For the Chicken Meal Prep:

- 1 cup long grain white rice, brown rice, quinoa, or rice cauliflower.
- 1 cup water
- 14 ounces of fresh salsa (undrained canned tomatoes also work)
- 1/2 teaspoon salt
- 1 teaspoon oil
- about 1 lb. chicken breasts, cut into 4-6 smallish pieces
- lots of spices like cumin, chili powder, garlic powder, and cayenne (taco seasoning also works)

For Adding In Later:

- 1 14-ounce can black beans, rinsed and drained
- a handful of chopped fresh cilantro

Directions

Cook

Place the rice, water, tomatoes, salt, and oil in the pot. Stir to combine. Place the chicken pieces on top and sprinkle generously with your favorite spices and some salt. Turn the instant pot on high pressure for 7-8 minutes. When done, use the quick release valve for the steam.

Mix

Remove the chicken. Mix the black beans (and maybe a little sunshine sauce) in with the rice.

Meal Prep

Divide the rice and beans amongst 4-6 meal prep containers. Top each with a piece of chicken. Sprinkle with cilantro and drizzle with a spoonful of sauce.

INSTANT POT BUFFALO CHICKEN TACOS

PREP TIME: 10 MINUTES

Ingredients

Buffalo Chicken:

- 1.25 lb boneless skinless chicken thighs
- 1/2 teaspoon onion powder salt and pepper
- 1/4 cup buffalo sauce

Ranch:

- 1/2 cup mayonnaise
- 1/4 cup olive oil
- 1/4 cup water
- 1 tablespoon white vinegar
- 1 clove garlic
- 1 teaspoon dried dill (or about 1/4 cup fresh)
- 1/4 cup fresh parsley
- 1/2 teaspoon onion powder
- 1/2 teaspoon salt
- black pepper to taste

Tacos:

- tortillas
- shredded cabbage
- cilantro
- avocado
- limes



Directions

Step 1:

Place chicken, seasonings, and buffalo sauce in the Instant Pot. Cook on high pressure for 15 minutes. Allow for natural pressure release for 5-10 minutes. When chicken is done, shred with two forks.

Step 2:

While chicken cooks, make the ranch. Combine everything in a food processor and pulse until smooth.

Step 3:

Transfer shredded chicken and sauce to a baking sheet. Broil for 10-15 minutes until browned and crispy.

Step 4:

Assemble tacos: buffalo chicken, mashed avocado, shredded cabbage, lime squeeze, cheese of choice, and ranch all in a nice fluffy tortilla.



THREE CHEESE BAKED ZITI

PREP TIME: 30 MINUTES

Ingredients

The Sauce

- 2 tablespoons olive oil
- 1 ounce pancetta, finely chopped (optional)
- 1 large onion, finely chopped
- 4 garlic cloves, minced
- ½ teaspoon crushed red pepper flakes
- 2 tablespoons tomato paste
- 1 28-oz. can tomato sauce
- 1 14-oz. can crushed tomatoes
- 1 teaspoon salt (more to taste)

The Baked Ziti

- 1 pound ziti
- 8 ounces mascarpone cheese
- 1 clove garlic, grated
- pinch of salt
- 8 ounces fresh mozzarella cheese, shredded
- 8 ounces provolone cheese, shredded

Directions

Sauce:

Sauce: Heat olive oil in a large pot over medium high heat. Add pancetta and sauté until slightly crisped, about 5 minutes. Add onion and garlic; turn heat down and sauté for 5 minutes. Add red pepper flakes and tomato paste; sauté for 2 minutes. Add tomato sauce, crushed tomatoes, and salt. Simmer for 20-30 minutes.

Ziti

Cook ziti according to package directions. Toss with about two thirds of the pasta sauce. Reserve remaining 2-or-so cups of sauce.

Mascarpone

Mix mascarpone with grated garlic and a pinch of salt.

Layering:

Preheat oven to 400 degrees. Transfer half of the pasta to a 9×13 baking dish. Spoon the mascarpone over the top in little blobs. Cover with half of the mozzarella and half of the provolone. Cover with about a cup of sauce. Transfer the rest of the saucy ziti on top of your cheese layer. Finish with remaining mozzarella, provolone, and spoon the remaining sauce around on top for prettiness.

Bake

Bake for 20 minutes until warm, delicious, molten-cheesy, and bubbly. Top with some parmesan, fresh basil, or freshly cracked black pepper to be a baked ziti superstar.