



Easy & Delicious Meal Prep Recipes

Make cooking efficient, simple,
and most importantly, fun!

How does cooking daily sound? Recipes with 15 or more ingredients and complicated directions? Getting home from your stressful work day and realizing it'll be at least another hour or two before dinner is ready?

This scenario is certainly less than ideal. And it's made all the more frustrating by the fact that to achieve weight loss goals, you need to cook your own healthy meals with the right foods... especially when dealing with metabolic type 3 weight gain. Surely there's a solution out there!

That's where I come in. My name is Lauren, and I'm a registered dietician at The Trim Down Club. I created this book to help you meal prep and eat well, the simplest way possible. These yummy recipes use hormone-balancing ingredients and can be prepared beforehand and then stored in the fridge or freezer! But before we get to the recipes, I'm sure you have a few questions. Like...

What exactly is meal prep?

Meal prep means dedicating a block of time to batch-cook ingredients and/or prepare full meals in advance to save time during the week. It can be as simple as chopping a bunch of veggies for salads and stirring together a sauce for the week, or as involved as cooking and portioning full recipes. A little bit of planning ahead of time can go a long way!

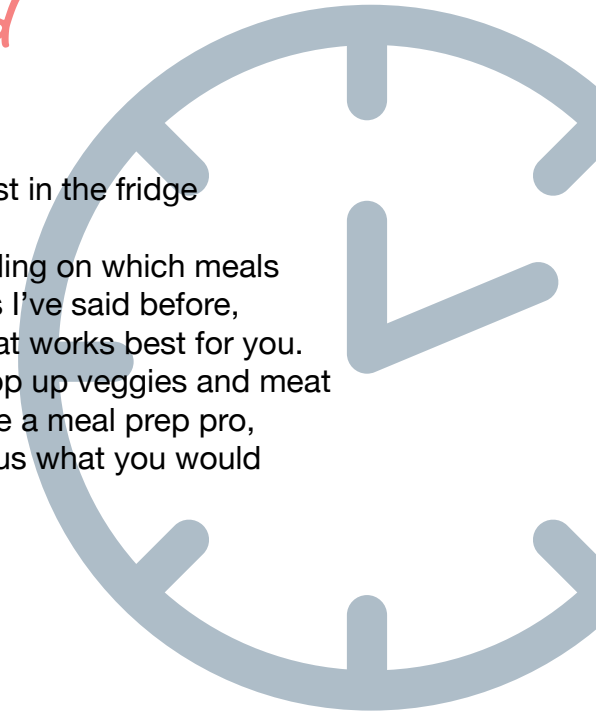
Meal prep also helps you feel more in control of what you're eating and how you're spending your time. Meal prep isn't a one-size-fits-all process that looks the same every week, for every person. It also doesn't necessarily mean prepping, cooking, and portioning every single meal for the week ahead. Unless, of course, that's what you want it to be. What works for one person might not work for another, and that's okay. It also might not look the same from week to week, as schedules or needs can shift or change. Meal prepping is meant to be flexible, which is why it's a great tool to utilize throughout your weight loss journey. Whether you're looking to drop those last five pounds or you need to shed metabolic weight, meal prepping can help you get there.



How Long Does Food Stay Good When You Meal Prep?

Most of the meal prep recipes you'll find in this book will last in the fridge for **4 to 6 days**.

That will cover the work week for most people, and depending on which meals you're preparing, may even leave some leftovers. Score! As I've said before, meal prepping is a process, and in time, you'll discover what works best for you. You may decide to meal prep ingredients separately, or chop up veggies and meat in advance and then cook both on the spot. As you become a meal prep pro, you'll figure out what you need to make ahead of time versus what you would rather enjoy fresh.



Steps to Meal Prep

Step 1:

Determine the Best Prep Method for You

Depending on your schedule, the meals you prefer to prep, and your cooking style, one (or a combination) of these meal-prep methods may work best for you:

Make-ahead meals: For those with little time to prepare meals during the week, cooking complete meals in advance to be reheated at mealtimes, like soups, casseroles, or stir fry, makes for super fast weeknight dinners.

Batch cooking/freezing: Batch cooking is preparing multiple batches of a recipe to be portioned out and frozen for meals in the weeks to come. For example, doubling a chili recipe to freeze and use in the next 3 to 6 months is a common approach to batch cooking.

Individually portioned meals: Those with specific health goals or who want the convenience of grab-and-go meals may choose to prepare foods and portion them into individual servings. Think overnight oats divided into single-serving containers and mason jar salads.

Step 2: Plan your Meal Prep

Choose meals to prep: Are you looking to streamline your morning routine? Prepping smoothie packs cuts down on time spent on breakfast. If busy evenings limit time to cook during the week, consider make-ahead dinners that can be easily reheated.

Schedule your prep: Setting aside some time for actually prepping is important! Consider meal prepping on the same day you shop and write a realistic prep plan. It may not be reasonable to cook five meals in an hour, but you may have time to prep certain ingredients for the recipes. And if you like a challenge, set a timer to keep you on task!

Step 3: Prep and Store

Make the most of your time: Begin with foods that require the longest cooking times. Preheat the oven and prepare ingredients that will be cooked first. Bring water to a boil for longer-cooking grains like farro or brown rice. If two recipes call for the same ingredient, like chopped onions, prep the onions for both recipes at once, then divide to use as needed. To save the step of needing to wash your cutting board between tasks, cut produce that will be eaten raw first, followed by produce to be cooked. Always remember to use a clean cutting board and utensils after preparing raw proteins, like meat or poultry.

Be mindful of storage life: If stored in airtight containers, cut vegetables like onions and peppers will keep for 2 to 3 days in the refrigerator. Heartier vegetables, like chopped carrots and winter squash, will keep for at least 4 days. Lettuce and greens that have been washed, dried and kept in the refrigerator can stay fresh for up to a week. Cooked vegetables, grains and dishes containing meat, poultry, seafood or eggs should be consumed within 3 to 4 days. Be sure to reheat these to 165°F.

Step 4: Enjoy the Fruits of your Labor

With a bit of practice, you'll discover a meal prep style that works best for you. Whether you prep ingredients for one meal, prepare work lunches for the week, or cook a double batch of chili to freeze for next month, any amount of time spent meal prepping yields big returns. If you're in need of recipe inspiration, check out the recipes below and choose what works best for you.

The best part?

They all make for satisfying, wholesome meals that are equally tasty!



Recipes



Healthy Berry Morning Cookies

(servings: 8)

Ingredients

- 2 cups rolled oats
- 2 large bananas, mashed
- ¼ cup strawberries, chopped
- ¼ cup blueberries
- ½ cup almond or peanut butter, all-natural

Directions

- Preheat oven to 350°F. Line a cookie sheet with parchment paper. In a large bowl, combine all the ingredients and mix well.
- Form 16 small balls of dough and place each one on the cookie sheet.
- Press each ball into cookie shape.
- Bake for 12-15 minutes or until edges become golden. Remove from the oven and cool.

Note: Can be stored in the fridge for up to a week.



Green Protein Smoothie

(servings: 2)

Ingredients

- 2 cups spinach
- 1 cup frozen pineapple or mango
- 2 small green apples, chopped
- 1 thumb-sized piece of ginger, peeled
- 2 tbsp chia seeds
- 1 heaping tbsp of hemp seeds
- 1.5 cups unsweetened almond milk
- 1 tsp spirulina powder, optional

Directions

- Add ingredients to a high-powered blender and mix until smooth. Add some ice cubes if you want a colder, thicker smoothie.
- Taste and adjust, if needed. If it's too thick - add more almond milk.
- Pour into two large glasses.



Avocado Toast

(servings: 1)

Ingredients

- 1 slice whole grain bread, toasted
- ½ avocado, sliced or mashed
- 1 egg, fried or hard-boiled and sliced
- ½ tsp pepper
- ½ tsp red chili flakes, optional

Directions

- Toast whole grain bread.
- Slice the avocado and cook egg.
- Place the egg and avocado on the bread and season as desired.



Asian Salmon Sheet Pan

(servings: 4)

Ingredients

- 1-½ lb. salmon fillet, cut into 4 pieces
- 4 carrots, peeled and cut into matchsticks
- 3 cups broccoli florets
- 2 cups green beans
- 1 tsp sesame oil
- ½ cup low sodium soy sauce or tamari
- ¼ cup cilantro, minced
- 1 tsp ginger, minced
- 2 tsp garlic, minced
- 1 tbsp sesame seeds, optional
- 4 green onions, minced, optional

Directions

- Preheat oven to 400°F.
- In a small bowl, combine sesame oil, soy sauce or tamari, cilantro, ginger, garlic, and sesame seeds.
- On a large baking sheet, arrange salmon fillets, broccoli, green beans, and carrots. Drizzle half of the sauce over the entire sheet pan, using your hands to toss if needed.
- Bake on the center rack for 18 minutes.
- Drizzle with remaining sauce, sprinkle with green onions and serve warm along with rice or just as is.



Overnight Oats

(servings: 1)

Ingredients

- ⅓ cup old-fashioned oats
- 1-½ tbsp chia seeds
- ⅓ cup unsweetened almond milk
- ¼ cup blueberries
- ¼ cup raspberries
- ½ tsp cinnamon, optional
- ½ tsp vanilla essence, optional



Directions

- Add oats and chia seeds to a mason jar or a sealed container.
- Add milk and stir.
- Add remaining ingredients and stir to combine.
- Place lid on jar or container and place in fridge overnight.
- Before eating, add ¼ cup plain 1% Greek yogurt, if desired.

Grilled Lemon Chicken

(servings: 4)

Ingredients

- 4-6 oz. boneless, skinless chicken breasts
- 5 tbsp olive oil
- ¼ cup lemon juice plus zest of a lemon
- 2 tsp oregano
- 3 garlic cloves, pressed
- ½ tsp salt
- ½ tsp pepper
- Fresh or dried parsley to taste



Directions

- Combine the olive oil, lemon juice, oregano, garlic, salt and pepper in a bowl.
- Add chicken and toss well to combine. The longer it marinates, the better.
- Preheat grill, grill pan, or regular pan to medium high heat. Place chicken on the heat for 5-7 minutes
- Flip to the other side for 5-7 minutes.
- Remove chicken once the inside is white and sprinkle with parsley.

Mushroom and Spinach Cauliflower Rice

(servings: 4)

Ingredients

- 10 oz frozen cauliflower rice
- 1 tbsp soy sauce
- 1 tbsp olive oil
- ½ cup onion, chopped
- 2 garlic cloves, minced
- 3 cups mushrooms, sliced
- 2 cups spinach



Directions

- Cook cauliflower rice according to instructions on the package.
- Heat olive oil in a skillet, add onions, and cook until soft.
- Toss in mushrooms and saute until cooked.
- Add in garlic and stir.
- Add cauliflower rice and soy sauce.
- Let the cauliflower rice absorb the soy sauce.
- Top mixture with spinach, sit and cook until wilted.

Hummus Veggie Wrap

(servings: 2)

Ingredients

- 2 whole wheat tortillas
- ½ cup hummus
- 1 Persian/Lebanese cucumber, sliced
- 1 tomato, sliced
- ½ avocado, sliced
- ½ yellow bell pepper, sliced
- ½ cup carrots, julienned
- ½ cup mixed salad greens
- 2 tbsp sriracha sauce, optional



Directions

- Warm up the tortillas in a microwave for 8-10 seconds.
- Spread about 4 tbsp of hummus onto tortillas.
- Layer on the sliced cucumber, tomato, avocado, bell pepper, and carrot.
- Top with mixed salad leaves.
- Drizzle with sriracha hot sauce.
- Wrap up the tortillas tightly in a burrito shape, cut in the middle, and serve.

Mediterranean Chickpea Salad

(servings: 4)

Ingredients

- 2 15-oz cans chickpeas
- 2 tbsp lemon juice
- 2 tbsp olive oil
- 1 tsp paprika
- ½ tsp sea/kosher salt
- ½ tsp pepper
- 2 large tomatoes, diced
- 4 Persian cucumbers, diced
- 1 bell pepper, diced
- ½ medium red onion, chopped
- ½ cup minced fresh parsley
- Fresh mint, to taste

Directions

- Drain the chickpeas and run under cool water
- In a large bowl, combine all of the ingredients and mix together.



Spinach Salad

(servings: 4)

Ingredients

- 5.5 oz baby spinach
- 2 hard boiled eggs, sliced
- ½ cup grape tomatoes, halved
- ½ cup long English cucumber, sliced
- 1 cup mushrooms, sliced
- 1 tbsp sesame seeds, toasted

Healthy Spinach Salad Dressing:

- ¼ cup olive oil
- 1-½ tbsp apple cider vinegar
- 1 tbsp dijon mustard
- 1 tbsp soy sauce

Directions

- Combine all ingredients in a bowl.
- In a jar, mix the salad dressing ingredients together. Top salad with 2 tbsp of dressing.



Spinach and Feta Egg Cups

(servings: 6)

Ingredients

- 6 large eggs, free range (preferably)
- 1-½ cup fresh spinach
- ¼ cup feta cheese (or replace with your cheese of choice)
- ¼ tsp garlic powder
- ¼ tsp onion powder
- Pinch of salt and pepper
- 1 tbsp olive oil, to oil the muffin tin



Directions

- Preheat oven to 350°F.
- Oil the muffin tin .
- Add spinach and feta to the muffin tins.
- Whisk eggs and add salt, pepper, garlic, and onion.
- Pour egg mixture into cups until at least ¾ way full.
- Bake for 20 minutes.
- Remove and cool.

Note: Can be stored in the fridge for up to 5 days.

Cottage Cheese Protein Pancakes

(servings: 1)

Ingredients

- 1 large egg
- ¼ cup 2% cottage cheese
- ¼ cup rolled oats
- Dash of cinnamon
- 1 tsp vanilla extract
- 1 tbsp coconut oil or olive oil

Directions

- Combine all ingredients in a blender until smooth.
- Heat a pan over medium-high heat and add your oil of choice.
- Pour ¼ cup of batter (per pancake) onto the pan.
- Cook each side for 3 minutes or until golden brown.



Sheet Pan Bruschetta Chicken

(servings: 4)

Ingredients

- 1 tbsp olive oil
- 4 chicken breasts, boneless
- 1 zucchini, sliced
- 1 head broccoli, chopped
- 1 tbsp italian seasoning

Bruschetta:

- 1 tbsp olive oil
- 5 tomatoes, diced
- 4 cloves garlic, minced
- ¼ cup fresh basil, chopped (dry if that's all you have)
- ½ tsp salt
- ½ tsp pepper



Directions

- Preheat the oven to 400F. Drizzle chicken breasts with a bit of olive oil (about ½ tbsp) and season with salt and pepper and ½ tbsp of Italian seasoning.
- Bake in the oven for 15 minutes. Meanwhile, combine all ingredients for bruschetta and set aside.
- Remove chicken from oven and add broccoli and zucchini to baking sheet, tossing with about 1/2 tbsp of olive oil, ½ tbsp of Italian seasoning, salt, and pepper. Bake another 10-12 minutes until chicken is fully cooked.
- Remove baking sheet from oven and top chicken with bruschetta.

Pesto Salmon

(servings: 2)

Ingredients

- 1 lb. fresh salmon, cut into 4 (6-8 oz.) filets
- 1 tbsp basil pesto

Directions

- Preheat oven to low broil or 450°F if a broil option is unavailable.
- Line a baking sheet with foil and spray with nonstick spray.
- Place each salmon filet on to the lined baking sheet and spread the basil pesto on top.
- Bake for 15 to 20 minutes (rotating the pan halfway) or until salmon is firm and flaky.
- Add any desired vegetables as a side.



One Pan Roasted Chicken and Vegetables

(servings: 4)

Ingredients

- 1 lb. Brussels sprouts, trimmed and halved
- 1 lb. butternut squash, cut into bite-sized pieces
- 4-6 chicken thighs (bone in or boneless)
- 1/2 red or yellow onion, chopped
- 1 lemon, thinly sliced
- 3 large cloves garlic, minced
- 2 tbsp olive oil
- 1 tsp pepper
- 1 tsp crushed red pepper
- 1 tsp paprika
- 1 tsp garlic powder
- 1 tsp sea salt



Directions

- Preheat the oven to 450°F. Combine the Brussels sprouts, squash, onion, lemon slices, and minced garlic in a large bowl, add 2 tablespoons of oil, salt, pepper, and toss to combine. Spread veggie mixture onto a large baking sheet.
- Marinate chicken with salt, pepper, olive oil, red pepper, paprika, and garlic and place on a baking sheet.
- Bake for 30-40 minutes or until the veggies and chicken are cooked through.

Avocado Egg Cups

(servings: 2)

Ingredients

- 1 medium avocado
- 2 eggs
- 1 pinch of salt
- 1 pinch of black pepper
- 1 tbsp chives, chopped

Directions

- Cut an avocado in half and remove the pit.
- Arrange avocados in a single layer on a baking sheet.
- Crack an egg into each half of the avocado and season with salt and pepper.
- Bake at 425°F for 10-15 minutes or until eggs are cooked through.
- Garnish with chives.



Turkey Meatloaf and Broccoli Sheet Pan

(servings: 4)

Ingredients

Meatloaf:

- 1.3 pounds (20 oz) lean ground turkey
- ⅓ cup quick cook oats
- 6 tbsp ketchup or tomato sauce
- ⅓ cup onion, minced
- 1 large egg
- ½ tsp dried thyme leaves
- 1 tsp kosher salt
- 2 tsp Worcestershire sauce

Broccoli & Cauliflower:

- 1 large broccoli, cut into florets
- 1 cauliflower, cut into florets
- 2 tbsp olive oil or avocado oil
- ¾ tsp kosher salt
- ½ tsp pepper



Directions

- Preheat the oven to 425°F. Line a 13x9-inch sheet pan with aluminum foil, dull side facing up towards food.
In a medium bowl toss broccoli and cauliflower with oil and season with ½ teaspoon salt. Spread out on the sheet pan in a single layer on one side.
- In a medium bowl combine ground turkey, oatmeal, ¼ cup ketchup, onion, egg, ¾ teaspoon salt, 1 tsp Worcestershire sauce and thyme. Mix well.
- Divide mixture into 4 equal portions. Shape each portion into a 4x3 inch free form loaf on the other side of the sheet pan.
- In a small bowl, mix remaining 2 tbsp ketchup with remaining tsp of Worcestershire sauce and brush onto loaves.
- Bake 30 minutes in the center of the oven, turning the broccoli and cauliflower halfway, until meat is cooked through in the center and the broccoli is slightly charred.

Chicken and Broccoli Stir Fry

(servings: 2)

Ingredients

- 1 lb. chicken breast or thighs, cut into small pieces
- 8 cloves garlic, minced
- 2 tsp ginger, minced
- 2 tsp salt
- ½ tsp black pepper
- 2 tsp red chili flakes
- 2 tbsp avocado oil
- 8 cup broccoli florets
- ⅔ cup water
- ½ cup soy sauce or tamari
- 3 tsp sesame oil
- Green onion, for garnish
- Sesame seeds, for garnish



Directions

- Add the chicken thighs/breast, garlic, ginger, salt, black pepper, and red pepper flakes to a small bowl and stir until combined.
- Heat a large skillet over medium-high heat. Once hot, coat the pan with oil and then add in the chicken. Cook the chicken for 6-8 minutes until browned.
- Once cooked, remove the chicken from a pan and set aside.
- Make the sauce.
- Add in the broccoli florets and ⅓ cup of water. Cook the broccoli until bright green and slightly tender, around 4-6 minutes.
- Add the chicken back to the skillet and then add the sauce. Give everything a stir to combine chicken, broccoli, and sauce, and cook for one more minute.
- Top with green onion and sesame seeds.

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