

The following are simple recipes my family used minimize our trips to the grocery store and maximize use of everything we purchased. Feel free to make changes based on ingredients your family has!

Batch cook 4 pounds of chicken (I cooked in a large skilled with olive oil, salt and pepper) and then equally separate into containers for later use.

Chicken Pasta

- ✓ Whole wheat pasta
- ✓ 1-pound chicken breast
- ✓ 1.5 cups spinach
- ✓ 1 cup cherry tomatoes
- ✓ ¼ Diced onion
- ✓ 4 tbsp olive oil
- ✓ 1 tbsp minced garlic
- ✓ 2 tbsp butter
- ✓ 1.5 tsp Parmesan cheese
- ✓ Salt, pepper, garlic powder, onion powder to taste

Cook whole wheat pasta according to package. While pasta is cooking, sauté spinach (I like to tear it into smaller pieces), add halved cherry tomatoes and diced onion in pan with 2 tbsp olive oil and minced garlic. Use salt, pepper, garlic and onion powder to taste. When vegetables appear cooked, add in pre-cooked chicken to re-warm. In a large bowl combine cooked whole wheat pasta, chicken and vegetables, remaining 2 tablespoons olive oil, garlic, Parmesan cheese and salt, pepper, garlic and onion powder to taste. Plate and enjoy!

Buffalo Chicken Wraps

- ✓ 1 pound chicken breast
- ✓ ¼ cups buffalo sauce
- ✓ Ranch seasoning (if available)
- ✓ Whole wheat tortillas
- ✓ Cherry tomatoes
- ✓ Spinach
- ✓ Onion
- ✓ Cheddar Cheese

In a bowl toss pre-cooked chicken with buffalo sauce and ranch seasoning (if available) and warm in microwave. Fill each tortilla with buffalo chicken, spinach, tomato and onion. Enjoy

Chicken Stir Fry

- ✓ 1 pound chicken breast
- ✓ 1 bag steamable vegetables or any vegetables available
- ✓ 1 egg
- ✓ 1 cup Brown rice or steam bag rice
- ✓ 2 tbsp Soy Sauce or Coconut Aminos
- ✓ 2 tbsp hoisin sauce

Cook brown rice according to package. Cook frozen vegetables according to bag. In a small bowl, scramble egg. In a large skillet heat 2 tbsp olive oil, add vegetables to one side of pan. On the other side of the pan add scrambled eggs and cook. Combine vegetables and scrambled egg. Add in chicken to re-warm. Once rice is finished cooking add to skillet. Add soy sauce/coconut amino and hoisin to skillet. Mix and enjoy!

Chicken Tacos with black beans

- ✓ 1 pound chicken breast
- ✓ Taco seasoning
- ✓ Whole wheat tortillas
- ✓ Cherry tomatoes
- ✓ Diced onion
- ✓ Spinach
- ✓ Black beans
- ✓ Salsa or taco sauce
- ✓ Cheddar cheese

Toss pre-cooked chicken breast with taco seasoning and 2 tbsp water. Warm in microwave to re-heat. Fill whole wheat tortilla with spinach, diced tomato, onion and black beans. Top with cheddar cheese and salsa. Enjoy!

If you have leftover spinach, for the 5th meal consider a large salad. Use remaining tomato, onion, cheddar cheese and black beans. Boil eggs for a protein source on top. Simply top with olive oil and balsamic vinegar (or whatever vinegar you have at home) for salad dressing and enjoy! If you are out of ingredient, consider getting take out from a local restaurant to support local business!