

ChefGirl Nutrition

Flexible Meal Planning & Prep Demo



This demo will show you how the same handful of ingredients is used to create 3 entirely different meals so you're not left eating the same exact meal day after day.

The recipes included here will be cooked ahead of our workshop – the demo during the workshop will show you how to assemble the prepped ingredients/recipes into 3 different balanced meals to illustrate the flexible meal planning & prep method that guides you to select ingredients & prep them to assemble balanced meals with ease during the week.

The main ingredients

Protein:

Shredded chicken (chicken breasts)

Vegetable:

Leafy greens

Starch/grain:

Sweet potatoes

Tortillas

Healthy Fat:

Avocado



Toppers:

Cheddar cheese

Flavor Makers:

Cilantro

Salsa

Pantry Ingredients:

Black beans

Brown rice

Olive oil

Salt & pepper

Garlic

Sautéed Black Beans & Greens

Ingredients

1 tablespoon olive oil
1 clove garlic, minced
3 cups greens (like baby spinach)
1-15 oz. can black beans, drained & rinsed
Pinch of salt & pepper

Procedure

Heat olive oil in a large skillet over medium heat. Add the garlic & sauté for 2 minutes. Add in the greens and cook until just starting to wilt, then add in the black beans, along with a pinch of salt & pepper, to taste. Cook until greens are wilted down and beans are heated through, ~5 minutes.



Roasted Sweet Potatoes

Ingredients

2 medium-sized sweet potatoes, scrubbed clean & diced into ~1" pieces
1 tablespoon olive oil
1/4 teaspoon salt
1/2 teaspoon garlic powder (optional)
Pinch black pepper

Procedure

1. Preheat oven to 425°.
2. In a large mixing bowl, toss diced sweet potatoes with olive oil, salt, pepper & garlic powder. Spread evenly on baking sheet (use two baking sheets if potatoes are overlapping).
3. Transfer to the oven & roast for 20 minutes. Toss the sweet potatoes around, flipping pieces over, then return to oven & roast another 10-15 minutes, until potatoes are lightly caramelized.

Shredded Chicken

Ingredients

1-1.5 lbs. boneless skinless chicken breast (or thighs)

Salt & black pepper

Water

Procedure

1. Season chicken with salt and pepper on both sides. Place in large pot and cover chicken with ~1 inch of cold water. Bring to a boil over high heat, then reduce to a simmer and cook for:

~10-15 minutes for boneless skinless breasts

~30 minutes for boneless skinless thighs

*Time will vary a bit based upon the thickness & size of your chicken pieces. Time will be longer if you use bone-in chicken pieces, as well. The chicken should reach an internal temperature of 160°F with an instant read thermometer (note there is carry-over cooking when you first take the chicken out of the pot, so it will reach total doneness of 165°F without being dried out).

2. Once chicken is cooked through, remove from the pot with tongs and transfer to a plate. Allow chicken to cool enough for you to handle (but still warm for easier shredding), then shred. You can use two forks to shred or just use your hands (my preferred method!).

The Grocery List

1-1.5 lb. boneless skinless chicken breasts or thighs

2 medium-sized sweet potatoes

Leafy greens of your choice (1 bunch or 1 package)

Cilantro

2 avocados

Shredded cheddar cheese

Corn or flour tortillas

Staple Ingredients:

Eggs

Garlic

Salt & pepper

Garlic powder

Olive oil

Canned black beans

Brown rice

Salsa

Equipment needed:

Measuring cups & spoons

Knife & cutting board

1 or 2 baking sheets

Large skillet/pan

Wooden spoon or spatula

Colander (for draining canned beans)

Large mixing bowl

Large pot with lid

Tongs

Assembling the Meals

1. **Shredded chicken tacos:** tortillas filled with shredded chicken, sautéed black beans + greens, topped with cheddar, avocado, cilantro & salsa

Ingredients (*per one serving*)

- 2-3 corn tortillas (1-2 flour tortillas)
- 3/4 cup shredded chicken
- 1/2 cup sautéed black beans + greens
- 1/4 cup cheddar cheese
- 1/4 of an avocado, sliced
- Cilantro & salsa for topping

2. **Sweet potato hash** with sautéed black beans + greens, topped with 2 over-easy eggs + avocado, cheddar cheese, cilantro

Ingredients (*per one serving*)

- 3/4 cup diced roasted sweet potatoes
- 1/2 cup sautéed black beans + greens
- 2 eggs
- 1/4 of an avocado, diced
- 2 tablespoons cheddar cheese
- Cilantro & salsa, for topping

3. **Grain bowl:** brown rice, greens, shredded chicken, diced roasted sweet potato, avocado

Ingredients (*per one serving*)

- 3/4 cup brown rice
- 3/4 cup shredded chicken
- 1 cup greens
- 1/2 cup roasted sweet potato
- 1/4 of an avocado, diced