

Meal Prep

January, Week 3 (Days 15-21)

Breakfast and Lunch:

- Make Blueberry Cobbler Overnight Oatmeal (1 per person)
- Make egg muffins
- Cook bacon
- Make one large pot of quinoa

Dinner:

- Chop veggies for side salad

Can make ahead and freeze if needed:

- Chicken Tacos
- Crustless Quiche
- Posse Stew