



E A S Y , L O W - C A R B

Meal Prep in Minutes

prep ahead printables and
plans for easy meals



EASY, LOW-CARB MEAL PREP IN MINUTES

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(*NOTE: this menu uses the low-carb prep session, but is not entirely low-carb as written)



HELLO!

Hi! I'm Jen, and I just wanted to say thank you for purchasing "Easy Low-Carb Meal Prep in Minutes." I'm so excited to share this book with you!

I came up with the concept of this book almost a year ago when I was struggling to stick to my healthy way of eating because I just didn't have time to cook a good meal from scratch. I know if I can spend just 15 minutes to an hour in the kitchen every week, I'm all set! Keeping simple foods prepped and ready has been a lifesaver! Hours of trial and error went into this book, and I think it will be a very helpful resource for you! ! My goal is to make it as easy as possible for you to have healthy meals on the table every single day.

I hope this book is a time-saver and a source of inspiration for you!

Please stop by thewellplannedkitchen.com for tons of free meal plans, time-saving resources, and loads of helpful information to keep you on track!

 Jen

WHAT YOU'LL FIND IN THIS BOOK

This book includes prep-ahead packs organized by general Low-Carb, Breakfasts, Lunches, and Dinner Starters (simple ingredients you can use to make many different meals). Additionally, there are prep-ahead instructions organized by time: 15 minutes, 30 minutes (there are two 30 minute sessions to choose from), or 1 hour.

Each prep pack includes a meal plan with the food you've prepared already filled in. The Low-Carb and Breakfast, Lunch, and Dinner Meal Plans also include suggested meal plans, which fills in the extra meals with additional meal ideas. You don't have to use those; they're just suggestions!

You'll also find a Dinner Starter Meal Idea Worksheet - just to give you a taste of all of the awesome stuff you can make ahead and use! Not all of those Dinner Starters are included here in this book; use it as encouragement to branch out and make something exciting (and time-saving)!

The best thing about this book is that it's **customizable**.

You can make as many or as few individual servings as you'd like, or as much or as little of the bigger recipes as you'd like - make as much as you will eat! Try a different deli meat or cheese, different veggies, or a different cut of meat to make everything taste new and delicious.

PREP PACK

instructions

1. Print the pack you'd like to make this week in it's entirety. You may wish to save each printed pack for future prep sessions.
2. Review each recipe and its instructions.
3. Shop your pantry, freezer, and refrigerator for ingredients you already have and cross them off of the shopping list.
4. Shop for needed ingredients.
5. Choose your prep time and commit to it.
6. Review Prep Pack instructions to see if you need to follow any special directions prior to your prep time.
7. One cooking day: Set all needed ingredients and tools out on your counter, along with your printed Prep Pack. Mixing bowls, spoons, and the like are not listed on your shopping list or under needed tools, so please make sure that these basics are available to you.
8. Follow the instructions on your prep sheet and store appropriately for use throughout the week.
9. Keep track of how long it takes you to complete each prep pack. Try to beat your time when you try the prep pack again!
10. Use the printable meal plans to see and use what you've made. Fill in the blanks with your family favorites, knowing you've already done a lot of the work!
11. Use one of the two full suggested meal plans when you don't have time to plan your own menu.

Note:

These printable packs re-use some of the same recipes several times in various printable prep ahead packs. The recipes are meant to be used as guides - you can make them as-written, or swap in your favorites! For example, you can make a different protein shake pack every time you use a prep ahead session that calls for one - just find a recipe that works for your way of eating, put the dry ingredients into the packs, and write down the wet ingredients you'll want to add when it's time to prepare the shake. You are not limited to just the recipes I've included here - they are just a great place to start! Use these prep packs as customizable how-to guides!



TIPS

& How-To's

- Don't forget what you've got cooking! The packet instructions will remind you to check on your oven, but oven temperatures may vary. Please keep an eye on everything that's cooking! I often set multiple timers so that nothing is overlooked.
- Try freezing recipes you won't have time to finish before the week is out. Freezable recipes included in this book are marked.
- Try swapping out seasonings to make your prep-ahead meals taste totally different each time.
- Use these prep ahead sessions as guides - swap in your favorite recipes for lots of variety.
- Lay out what you'll need to use before you start your prep session to save time.
- Use the best tools - I use an Instant Pot and it saves so much time! I also have some awesome, inexpensive bento boxes I use for lunches throughout the week. You can see my top picks at amazon.com/shop/thewellplannedkitchen under the Food Prep section.
- In addition to prepping ahead every week, try doubling a dinner recipe and freezing the second portion from time to time. It's a great way to fill your freezer with very little time.
- Before you hit the grocery store for needed ingredients, shop your pantry, freezer, and refrigerator first!



A wooden crate filled with white eggs is shown on a blue-painted wooden surface. The crate is made of light-colored wood and is filled with several white eggs. The surface it sits on is painted a vibrant blue with some white and brown streaks, suggesting a rustic or farmhouse style. The lighting is soft and even, highlighting the smooth texture of the eggs and the grain of the wood.

PREP PACK *one*

LOW-CARB



LOW-CARB

prep pack

Today I'm Making: Pepperoni Chips, Low-Carb Protein Shake Packs, Batch Jar Salads, Baked Bacon and Eggs, Cream Cheese Frosting

****Day Before (optional)****

- Label ziploc sandwich bags or small mason jars with instructions for Low-Carb Peanut Butter Protein Shake Packs as directed on the recipe card.

****About an hour before****

-Set cream cheese and butter out on the counter.

****On Prep Day****

1. Line baking sheets with parchment paper for Baked Bacon and Eggs.
2. Arrange bacon in a single layer on the parchment paper and place in a cold oven. Set the oven temperature to 400 degrees F and set the timer for 20 minutes.
3. Spray a muffin tin with coconut oil cooking spray and crack an egg into each cup. Sprinkle with garlic salt and pepper to taste, and fresh chives if desired.
4. Put eggs in the oven and cook at the same time as the bacon (about 13 minutes).
5. While bacon and eggs are cooking, open mason jars and start chopping salad veggies. Add veggies in the order described on the Batch Jar Salads recipe card. Tightly close the jars and store them in the refrigerator.



LOW-CARB

prep pack

Today I'm Making: Pepperoni Chips, Low-Carb Protein Shake Packs, Batch Jar Salads, Baked Bacon and Eggs, Cream Cheese Frosting

6. Keep an eye on your eggs and bacon and pull them out when the timer goes off. When bacon and eggs are cooling, set the oven temperature to 350 if following oven directions.
7. Lay pepperoni slices out on a parchment-lined baking sheet for oven directions or on a paper-towel-lined plate if using the microwave.
8. Bake or microwave pepperoni, and continue prepping Batch Jar Salads while it cooks.
9. Pull pepperoni out of oven or microwave and let it cool.
10. Follow directions to measure out Low-Carb Peanut Butter Shake Packs.
11. Label ziploc sandwich bags or small mason jars with instructions for Low-Carb Peanut Butter Protein Shake Packs as directed on the recipe card.
12. Combine all ingredients for Cream Cheese Frosting and mix well. Store in the refrigerator in an airtight container.
13. Wrap and store food.

estimated time: about 40 minutes

- Pepperoni Chips
- Low-Carb Protein Shake Packs
- Batch Jar Salads
- Baked Bacon and Eggs
- Cream Cheese Frosting



LOW-CARB

Shopping List

Pepperoni Chips, Low-Carb Protein Shake Packs, Batch Jar Salads,
Baked Bacon and Eggs,
and Cream Cheese Frosting

- 12-24 oz sliced pepperoni
- unsweetened vanilla protein powder
- Truvia or Trim Healthy Mama Sweet Blend
- pure stevia extract
- sea salt
- cocoa powder
- defatted peanut flour
- 1 carton unsweetened almond milk
- MCT Oil
- lettuce (about 1 head per two people)
- favorite non-starchy salad veggies
- protein for salad (cooked chicken, canned tuna, etc)
- 1 dozen eggs
- 1 pound of bacon
- coconut oil spray
- garlic salt
- black pepper
- 1 package 1/3 less fat cream cheese
- unsalted butter
- 1 teaspoon vanilla extract
- THM Gentle Sweet

Tools & Supplies

- ziploc bags (sandwich size)
- 3-5 mason jars
- 2 large baking sheets
- 1 standard sized muffin tin
- parchment paper
- foil
- food containers or ziploc bags
for food storage



Pepperoni Chips

serving size: up to 1/4 cup "chips"

Ingredients

- One 12 or 24 ounce package of pepperoni

Instructions

In the Microwave:

1. Arrange slices in a single layer on a paper towel-lined plate and microwave for 30-60 seconds or until crispy.

In the Oven:

1. Preheat oven to 350 degrees F.
2. Arrange pepperoni slices on a parchment-lined baking sheet and bake for 5 minutes.
3. Carefully remove baking sheet, let cool, and blot pepperoni slices with paper towels. Return to oven for 1 minute, or until fully crispy.

Store in airtight container or plastic zip bags.

Storage:

I store mine in the refrigerator for 5-7 days.

Please review FDA guidelines for food safety.



Low-Carb Protein Shake Packs

single serve, you'll want to make multiple packets

Ingredients for One Serving

Dry:

- 1 scoop unsweetened vanilla protein powder
- 4 teaspoons Truvia OR 2 1/2 teaspoons of THM Super Sweet (I start with 2 teaspoons and adjust to taste)
- 3 shakes of pure white stevia or Trader Joe's Stevia (omit if you used Sweet Blend in the step above)
- dash of good sea salt
- 1 Tablespoon cocoa powder
- 1-2 Tablespoons defatted peanut flour

Wet: (you don't need these for prep session)

- 3/4 cup unsweetened vanilla almond milk
- 1 Tablespoon MCT Oil
- 1-2 Cups of ice, depending on desired thickness

Instructions

1. Label 5 sandwich bags with "Peanut Butter Shake Mix" and write instructions at the bottom of this bag on each page.
2. Measure each **dry** ingredient into 5 sandwich bags.
3. Repeat until 5 sandwich bags have all dry ingredients.

Instructions to write on each bag:

1. Pour dry ingredients from one bag into blender.
2. Add wet ingredients (except for ice) and blend for 30 seconds.
3. Add ice and blend until all ice chunks are blended well.

Storage:

Keep plastic bags with dry mix in your pantry for up to 1 month or in your freezer for up to six months.

Please review FDA guidelines for food safety.



Batch Jar Salads

serving size: 1 salad - you'll want to make multiple jars

Ingredients

- Cucumbers
- Lettuce
- Tomatoes
- Cabbage
- lettuce
- favorite non-starchy salad veggies
- Protein of Choice (hard-boiled eggs, baked or grilled chicken, rinsed and drained tuna, etc.)

Instructions

1. Set out 4 or 5 empty mason jars.
2. Either add 2 Tablespoons of salad dressing to the bottom of the jar (or skip this step and take the dressing in a separate container).
3. Layer salad ingredients into jars, placing firmer ingredients (like broccoli) in the bottom of the jar.
4. Place lids on the jars and store in the refrigerator.

Storage:

I store mine in the refrigerator for up to 5 days.

Please review FDA guidelines for food safety.



Baked Bacon & Eggs

serving size: 1-2 slices of bacon and 1-2 eggs

Ingredients

- 1 dozen eggs
- 1 pound of bacon
- coconut oil spray
- garlic salt
- black pepper

Instructions

1. Line 1-2 baking sheets with parchment paper (you may put foil down first, if you wish, for easier clean-up).
2. Arrange bacon slices on a single layer on the parchment-lined baking sheets.
3. Place the baking sheets in a cold oven and turn the heat to 400 degrees F.
4. Set a timer for 15 minutes. The bacon will need to cook for 15-20 minutes until cooked through (there should be tiny bubbles all over the bacon when it's cooked).
5. While bacon is cooking, spray muffin cups with coconut oil spray.
6. Crack an egg into each muffin cup and season with garlic salt and pepper to taste.
7. Place muffin tray in the oven and bake for 13 minutes or until eggs have reached desired texture.

Storage:

I store mine in the refrigerator for up to 5 days.

Please review FDA guidelines for food safety.



Cream Cheese Frosting

serving size: 3 Tablespoons

Ingredients

- 4 ounces 1/3 less fat cream cheese, softened
- 1/2 stick of unsalted butter, softened
- 1 teaspoon vanilla extract
- 4 Tablespoons THM Gentle Sweet

Instructions

1. Add all ingredients to a small bowl and stir very well.
2. Serve 3 Tablespoons with fresh or thawed frozen berries.

Storage:

I store mine in the refrigerator for 4-6 days.

Please review FDA guidelines for food safety.



LOW-CARB

On the Menu

Breakfast

Lunch

Dinner

Snack

S

1 slice bacon
+ 1 egg*

Batch Jar Salads*

pepperoni
chips*

M

low-carb protein
shake*

baked egg*
&
salad*

T

Batch Jar Salads*

bacon*

W

1 slice bacon
+ 1 egg*

low-carb protein
shake*

frosting*
& berries

Th

Batch Jar Salads*

pepperoni
chips*

F

frosting*
& berries

S

low-carb protein
shake*

*Pre-made with low-carb prep session



PREP PACK *two*

BREAKFASTS



BREAKFAST

prep pack

Today I'm Making: Low-Carb Protein Shake Packs,
Baked Bacon and Eggs, Easy Mini Omelets

****Day Before (optional)****

- Label ziploc sandwich bags or small mason jars with instructions for Low-Carb Peanut Butter Protein Shake Packs as directed on the recipe card.

****On Prep Day****

1. Line baking sheets with parchment paper for Baked Bacon and Eggs.
2. Arrange bacon in a single layer on the parchment paper and place in a cold oven. Set the oven temperature to 400 degrees F and set the timer for 20 minutes. Note: Thicker bacon may take longer to cook.
3. Spray two muffin tins with coconut oil cooking spray and crack an egg into each cup of one of the muffin tins - set the other tin aside. Sprinkle with garlic salt and pepper to taste, and fresh chives if desired.
4. Put eggs in the oven and cook at the same time as the bacon (about 13 minutes).
5. While bacon and eggs are cooking, whisk together ingredients for Easy Mini Omelets. Once combined, pour omelet mixture into muffin tins until they are 2/3 of the way full. Put the mini omelets in the oven and set a second timer for 15 minutes or until cooked through.



BREAKFAST

prep pack

Today I'm Making: Low-Carb Protein Shake Packs,
Baked Bacon and Eggs, Easy Mini Omelets

6. Keeping an eye on both timers, follow directions on recipe card to measure out Low-Carb Peanut Butter Shake Packs.
7. Label ziploc sandwich bags or small mason jars with instructions for Low-Carb Peanut Butter Protein Shake Packs as directed on the recipe card.
8. When bacon and eggs are cool, portion onto plates or into plastic bags and keep in refrigerator.
9. When Easy Mini Omelets are cool, portion out 2-3 for the week. Wrap the remaining omelets tightly and freeze for later.
10. Wrap and store food.

estimated time: about 50 minutes or less

- Low-Carb Protein Shake Packs
- Baked Bacon and Eggs
- Easy Mini Omelets



BREAKFAST

Shopping List

Low-Carb Protein Shake Packs,
Baked Bacon and Eggs, Easy Mini Omelets

- unsweetened vanilla protein powder
- Truvia or THM Sweet Blend
- pure stevia extract
- sea salt
- cocoa powder
- defatted peanut flour
- unsweetened almond milk
- MCT Oil
- 2 dozen eggs
- 1 pound of bacon
- coconut oil spray
- garlic salt
- black pepper
- 1 package pre-cooked turkey sausage
- 1 bunch green onions
- 4 oz. grated cheese of choice

Tools & Supplies

- ziploc bags (sandwich size)
- parchment paper
- foil (for easy clean up)
- 2 large baking sheets
- 1 standard size muffin tin
- food containers or ziploc bags for food storage



Low-Carb Protein Shake Packs

single serve, you'll want to make multiple packets

Ingredients for One Serving

Dry:

- 1 scoop unsweetened vanilla protein powder
- 4 teaspoons Truvia OR 2 1/2 teaspoons of THM Super Sweet (I start with 2 teaspoons and adjust to taste)
- 3 shakes of pure white stevia or Trader Joe's Stevia (omit if you used Sweet Blend in the step above)
- dash of good sea salt
- 1 Tablespoon cocoa powder
- 1-2 Tablespoons defatted peanut flour

Wet: (you don't need these for prep session)

- 3/4 cup unsweetened vanilla almond milk
- 1 Tablespoon MCT Oil
- 1-2 Cups of ice, depending on desired thickness

Instructions

1. Label 5 sandwich bags with "Peanut Butter Shake Mix" and write instructions at the bottom of this bag on each page.
2. Measure each **dry** ingredient into 5 sandwich bags.
3. Repeat until 5 sandwich bags have all dry ingredients.

Instructions to write on each bag:

1. Pour dry ingredients from one bag into blender.
2. Add wet ingredients (except for ice) and blend for 30 seconds.
3. Add ice and blend until all ice chunks are blended well.

Storage:

Keep plastic bags with dry mix in your pantry for up to 1 month or in your freezer for up to six months.

Please review FDA guidelines for food safety.



Baked Bacon & Eggs

serving size: 1-2 slices of bacon and 1-2 eggs

Ingredients

- 1 dozen eggs
- 1 pound of bacon
- coconut oil spray
- garlic salt
- black pepper

Instructions

1. Line 1-2 baking sheets with parchment paper (you may put foil down first, if you wish, for easier clean-up).
2. Arrange bacon slices on a single layer on the parchment-lined baking sheets.
3. Place the baking sheets in a cold oven and turn the heat to 400 degrees F.
4. Set a timer for 15 minutes. The bacon will need to cook for 15-20 minutes until cooked through (there should be tiny bubbles all over the bacon when it's cooked).
5. While bacon is cooking, spray muffin cups with coconut oil spray.
6. Crack an egg into each muffin cup and season with garlic salt and pepper to taste.
7. Place muffin tray in the oven and bake for 13 minutes or until eggs have reached desired texture.

Storage:

I store mine in the refrigerator for up to 5 days.

Please review FDA guidelines for food safety.



Easy Mini Omelets

serving size: 2 omelets

Ingredients

- 1 package pre-cooked turkey sausage
- 12 eggs
- 4 oz. grated cheese
- 1/2 cup chopped green onions
- 1/2 teaspoon garlic salt
- 1/4 teaspoon pepper

Instructions

1. Preheat oven to 350 degrees F.
2. Grease a muffin tin with coconut oil spray.
3. Whisk eggs and seasoning in a medium sized bowl.
4. Add all ingredients and combine well.
5. Pour mixture into greased muffin tins and bake 20-25 minutes or until butter knife inserted in the center of an omelet comes out clean.

Storage:

I store mine in the refrigerator for 4-6 days, or in the freezer for up to six months; freezes well.

Please review FDA guidelines for food safety.



BREAKFAST

On the Menu

Breakfast

Lunch

Dinner

Snack

S

easy mini
omelets *

M

1 slice bacon
+ 1 egg*

T

easy mini
omelets*

W

low-carb protein
shake*

Th

1 slice bacon
+ 1 egg*

F

low-carb protein
shake*

S

low-carb protein
shake*

*Pre-made with breakfast prep session

PREP PACK *three*

LUNCHES





LUNCH

prep pack

Today I'm Making: Easy Hard Boiled Eggs, Batch Jar Salads, Deli Meat Roll Ups, Low-Carb Chocolate Milk Mix

****Day Before (optional)****

- Label ziploc sandwich bags or small mason jars with instructions for Low-Carb Chocolate Milk Mix as directed on the recipe card.

****On Prep Day****

1. Follow directions on recipe card to begin Easy Hard Boiled Eggs. Set timers and move the eggs as appropriate following recipe directions.
2. Open mason jars and start chopping salad veggies. Add veggies in the order described on the Batch Jar Salads recipe card.
3. Tightly close the jars and store them in the refrigerator.
4. Begin making Deli Meat Roll-Ups: Lay out each slice of deli meat, place a slice of cheese on each slice of meat and roll it up, store in sandwich bags or storage containers.
5. Follow directions on recipe card to measure out Low-Carb Chocolate Milk Mix. Remove all baking items from oven and cool when finished.
6. Label ziploc sandwich bags or small mason jars with instructions for Low-Carb Chocolate Milk Mix as directed on the recipe card.
7. Wrap and store food.

estimated time : about 25 minutes

- Easy Hard Boiled Eggs
- Batch Jar Salads
- Deli Meat Roll Ups
- Low-Carb Chocolate Milk Mix



LUNCH

Shopping List

Easy Hard Boiled Eggs, Batch Jar Salads, Deli Meat Roll Ups,
Low-Carb Chocolate Milk Mix

Tools & Supplies

- 1 dozen eggs
 - cucumbers, lettuce, other favorite non-starchy veggies
 - 8 oz. protein for salad (cooked chicken, canned tuna, etc)
 - at least 10 oz. deli meat
 - at least 6 oz. sliced cheese
 - 1-2 bell peppers or cucumbers for deli meat roll-ups
 - unsweetened cocoa powder
 - THM Gentle Sweet
 - plain whey protein powder
 - salt
- ziploc bags (sandwich size)
 - parchment paper
 - 3-5 mason jars
 - 2 large baking sheets
 - 1 pan or Instant Pot
 - food containers or ziploc bags for food storage



Easy Boiled Eggs

Ingredients

serving size: 2 eggs

- One dozen eggs

Instructions

In a Pan:

1. Gently place eggs in a saucepan and cover with cold water.
2. Add a pinch of salt.
3. Bring to a low boil for one minute.
4. Remove from heat and cover with lid. Let sit for 12 minutes.
5. Transfer eggs to ice water with tongs and let sit for 5 minutes.
6. Store for up to 5 days in the refrigerator.

In an Instant Pot:

1. Gently place eggs in a steamer rack in the Instant Pot. To ensure fewer cracked eggs, I recommend egg inserts for the Instant Pot.
2. Add 1 cup of cold water to the Instant Pot, put the lid on, and move the Instant Pot Steam Release Handle to "Sealing."
3. Set the pressure level to "HIGH" and manually set the cooking time to 5 minutes.
4. Once the Instant Pot reaches pressure, the five minutes of cooking time will begin. After those five minutes are up, let the pressure release naturally for another 5 minutes. Once you get to five minutes of pressure release, use a pot holder and move the Steam Release Handle to "Venting."

As soon as the steam has released and you can open the Instant Pot, use tongs to transfer the eggs to a bowl of ice water and let them cool there for another five minutes.

Basically, you'll cook the eggs for five minutes, let the pressure release naturally for five minutes, and then cool them in the ice water bath for another five minutes. That's it!

Storage:

I store mine in the refrigerator for up to 7 days.

Please review FDA guidelines for food safety.



Deli Meat Roll-Ups

serving size: 2-3 roll ups

Ingredients

- 10 oz. deli meat (choose from deli roast beef, deli chicken, deli ham, pastrami, prosciutto, capicola ham)
- 6-10 oz. cheese of choice
- Veggies (optional - bell pepper and cucumbers work well)

Instructions

1. Lay out each slice of deli meat.
2. Place a slice of cheese on each slice of meat and roll it up.
3. Store in sandwich bags or storage containers.
4. When ready to eat, enjoy the roll-ups on their own or rolled in a low-carb tortilla with a smear of mayonnaise or mustard.

Storage:

I store mine in the refrigerator for 4-5 days.

Please review FDA guidelines for food safety.



Low-Carb Chocolate Milk Mix

single serve; you'll want to make multiple packets

Ingredients for One Serving

Dry:

- 1 Tablespoon unsweetened cocoa powder
- 5 teaspoons THM Gentle Sweet (to taste)
- 1/2 to 1 scoop plain whey protein powder
- pinch of salt

Wet. (you don't need these for prep session)

- 8 ounces unsweetened vanilla almond milk
- 1/2 teaspoon vanilla extract

Instructions

1. Label 5 sandwich bags with "Chocolate Milk Mix" and write instructions at the bottom of this bag on each page.
2. Measure each **dry** ingredient into 5 sandwich bags.
3. Repeat until 5 sandwich bags have all dry ingredients.

Instructions to write on each bag:

1. Add 8 ounces unsweetened vanilla almond milk and 1/2 teaspoon vanilla extract
2. Pour into blender and blend for 10-30 seconds

Storage:

Keep plastic bags with dry mix in your pantry for up to 1 month or in your freezer for up to six months.

Please review FDA guidelines for food safety.



LUNCH

On the Menu

Breakfast

Lunch

Dinner

Snack

S

batch jar salad*

M

hard-boiled egg &
deli meat
roll-ups*

T

batch jar salad*

W

batch jar salad*

Th

hard-boiled egg
& low-carb
chocolate milk*

F

deli meat roll-up
& low-carb
chocolate milk*

S

deli meat
roll-ups & hard-
boiled eggs*

*Pre-made with lunch prep session



PREP PACK *four*

DINNER STARTERS



DINNER STARTER

prep pack

Today I'm Making: Batch Cooked Ground Beef, Batch Cooked Baked Chicken, Simple Roasted Veggies

****On Prep Day****

1. Lightly spray a large skillet or grill pan with coconut oil spray and place it on your stovetop over medium heat.
2. While pan or skillet is heating up, preheat oven to 425 degrees F.
3. Place ground meat in the skillet or pan and break it up with a spoon. Season with salt and pepper.
4. While meat is cooking, arrange rinsed and dried chicken in a single layer on a parchment-lined baking sheet. Drizzle with butter, season, and place in the oven for 30-35 minutes or until juices run clear.
5. When chicken and ground meat are both cooking, start chopping vegetables. Keep an eye on the ground meat, stirring as needed, and keep an eye on the timer for the chicken.
6. When all veggies are chopped, arrange in a single layer on a parchment-lined baking sheet. Drizzle veggies with olive oil and season to taste.
7. Stir the ground meat again, if needed.
8. Put veggies in the oven and roast for 15-20 minutes or until cooked through. Set a second timer if needed.



DINNER STARTER

prep pack

Today I'm Making: Batch Cooked Ground Beef, Batch Cooked Baked Chicken, Simple Roasted Veggies

9. Remove chicken from oven when it is done and allow it to cool. Portion, transfer to container, and refrigerate or freeze.
10. Drain the fat from the ground meat (or scoop it onto a paper-towel-lined plate to cool). Portion, transfer to container, and refrigerate or freeze.
11. Remove veggies from oven when cooked and allow to cool before portioning and storing in an airtight container in the refrigerator.
12. Wrap and store food.

estimated time: about 60 minutes

- Batch Cooked Ground Beef
- Batch Cooked Baked Chicken
- Simple Roasted Veggies



DINNER STARTER

Shopping List

Batch Cooked Ground Beef, Batch Cooked Baked Chicken,
Simple Roasted Veggies

- 3-5 cloves garlic
- salt
- pepper
- 1 pound of butter
- olive oil
- 4-6 cups favorite non-starchy veggies
- bone-in, skin-on chicken thighs and drumsticks (1-3 lbs)
- garlic powder
- 1-3 pounds ground beef or turkey

Tools & Supplies

- 1 large pan
- 2-4 large baking sheets
- parchment paper
- foil for easy clean up
- food containers or ziploc bags for food storage



Batch Cooked Ground Beef

I recommend making 3 lbs. of beef to use in multiple recipes

Ingredients

- 1-3 pounds ground beef or turkey
- salt and pepper

Instructions

1. Lightly spray pan with coconut oil.
2. Place raw ground beef or turkey in the pan and cook through.
3. Drain fat from the pan, portion, and store in airtight containers or sandwich bags.

Keep in the refrigerator for up to five days or in the freezer for up to six months.

Storage:

I store mine in the refrigerator for 3-4 days; freezes well.

Please review FDA guidelines for food safety.



Batch Cooked Baked Chicken

serving size: 1-2 pieces of chicken

Ingredients

- Bone-in, skin-on chicken thighs and drumsticks
- Salt, garlic powder, and freshly ground black pepper
- 1/2 cup butter

Instructions

1. Preheat oven to 425 degrees F.
2. Rinse the chicken and pat it dry with paper towels, then place it on a parchment-lined baking sheet.
3. Drizzle chicken with melted butter.
4. Season to taste.
5. Bake chicken for 30-35 minutes or until cooked through and juices run clear.

Storage:

I store mine in the refrigerator for 3-4 days.

Please review FDA guidelines for food safety.



Simple Roasted Veggies

Ingredients

- 3- 5 Cloves Garlic
- salt and pepper to taste
- butter or olive oil
- 4-6 cups chopped vegetables of choice:

Asparagus
Green Beans
Brussels sprouts
Broccoli
Cabbage
Carrots
Cauliflower
Eggplant
Greens
Hearts of palm
Jicama
Leeks
Mushrooms
Okra
Pea pods
Peppers
Radishes
Squash

Instructions

1. Preheat oven to 425 degrees F.
2. Chop veggies into 1 - 2" chunks and arrange on a parchment-lined baking sheet.
3. Mince garlic.
4. Drizzle veggies with olive oil and sprinkle with salt and pepper.
5. Toss veggies with chopped garlic.
6. Bake 15-20 minutes or until veggies are roasted.
7. Serve as-is or with a sprinkle of cheese (I like Pecorino Romano on mine).

Storage:

I store mine in the refrigerator for 5-7 days.

Please review FDA guidelines for food safety.



Meal Prep in Minutes

Dinner Starter Ideas

Dinner Starter Pack includes instructions for bone-in chicken, vegetables, and ground beef. Other starters mentioned here are ideas for you to swap in.

COOKED CHICKEN (CUBED OR SHREDDED)

- low carb enchiladas
- chicken tacos
- salad
- casserole
- chicken chili
- soup
- fajitas

COOKED GROUND BEEF OR TURKEY

- chili
- tacos
- taco salad
- spaghetti sauce
- cheeseburger casserole
- pizza casserole
- egg roll in a bowl

COOKED VEGETABLES

- buttered and seasoned veggie side dish
- big bowl of scrambled eggs and veggies
- soup
- stir-fry

SHREDDED PORK OR BEEF

- carnitas
- crockpot sandwiches
- burritos
- salads
- wraps

COOKED CHICKEN OR STEAK (BONE-IN PIECES)

- easy when seasoned or marinated for main dish
- stews
- soups

Tip: If you prep ahead any of the main ingredients listed, you'll have a quick dinner starter to put into one of the suggested dishes on a busy night.



PREP PACK *five*

SNACKS & DESSERTS



SNACKS & DESSERT

prep pack

Today I'm Making: Easy Hard Boiled Eggs, Pepperoni Chips, Deli Meat Roll-Ups, Bacon Chips, Easy No-Bake Cheesecake, Brownie Batter in a Mug

****Day Before (optional)****

- Label ziploc sandwich bags or small mason jars with instructions for Brownie Batter in a Mug as directed on the recipe card.

****On Prep Day****

1. Follow directions on recipe card to begin Easy Hard Boiled Eggs. Set timers and move the eggs as appropriate following recipe directions.
2. Chop bacon into 1" pieces and arrange chopped bacon pieces on a parchment-lined baking sheet.
3. Place baking sheet into a cold oven and set to 400 degrees F. Set a timer for 15 minutes.
4. While bacon is cooking, lay pepperoni slices out on a parchment-lined baking sheet for oven directions or on a paper-towel-lined plate if using the microwave.
5. Bake or microwave pepperoni, and begin Deli Meat Roll-Ups while Pepperoni Chips are cooking.
6. Begin making Deli Meat Roll-Ups: Lay out each slice of deli meat, place a slice of cheese on each slice of meat and roll it up, store in sandwich bags or storage containers.
7. Check on the eggs and follow directions to work on them as necessary.



SNACKS & DESSERTS

prep pack

Today I'm Making:

Easy Hard Boiled Eggs, Pepperoni Chips, Deli Meat Roll-Ups, Bacon Chips, Easy No-Bake Cheesecake, Brownie Batter in a Mug

8. Check on the bacon and remove it to cool or continue cooking if necessary. Continue following directions for Pepperoni Chips, and portion and store them when they are done.
9. Start the Easy No-Bake Cheesecake: Beat cream cheese until smooth.
Clean beaters and whip cream in a separate bowl until stiff peaks form.
Combine whipped cream with cream cheese and add Gentle Sweet. When all ingredients are well-combined, spoon into muffin tin cups and refrigerate.
10. Follow directions on recipe card to measure out Brownie Batter in a Mug packets.
11. Label ziploc sandwich bags or small mason jars with instructions for Brownie Batter in a Mug packets as directed on the recipe card.
12. Wrap and store food.



SNACKS & DESSERT

Shopping List

Easy Hard Boiled Eggs, Pepperoni Chips, Deli Meat Roll-Ups, Bacon Chips, Easy No-Bake Cheesecake, Brownie Batter in a Mug

- 1 dozen eggs
- 12-24 oz sliced pepperoni
- at least 10 oz. deli meat
- at least 6 oz. sliced cheese
- 1-2 bell peppers or cucumbers
- 1 pound of bacon
- guacamole or ingredients to make guacamole
- 8 ounces 1/3 fat cream cheese
- 1 cup heavy whipping cream
- THM Gentle Sweet
- cocoa powder
- THM Gentle Sweet
- THM Baking Blend
- baking powder
- salt
- Lily's Baking Chips
- coconut oil
- unsweetened vanilla almond milk
- vanilla extract

Tools & Supplies

- 1 large pot or Instant Pot
- 2-3 large backing sheets
- parchment paper
- foil for easy clean-up
- ziploc bags (sandwich size)
- food containers or ziploc bags for food storage



Easy Boiled Eggs

Ingredients

serving size: 2 eggs

- One dozen eggs

Instructions

In a Pan:

1. Gently place eggs in a saucepan and cover with cold water.
2. Add a pinch of salt.
3. Bring to a low boil for one minute.
4. Remove from heat and cover with lid. Let sit for 12 minutes.
5. Transfer eggs to ice water with tongs and let sit for 5 minutes.
6. Store for up to 5 days in the refrigerator.

In an Instant Pot:

1. Gently place eggs in a steamer rack in the Instant Pot. To ensure fewer cracked eggs, I recommend egg inserts for the Instant Pot.
2. Add 1 cup of cold water to the Instant Pot, put the lid on, and move the Instant Pot Steam Release Handle to "Sealing."
3. Set the pressure level to "HIGH" and manually set the cooking time to 5 minutes.
4. Once the Instant Pot reaches pressure, the five minutes of cooking time will begin. After those five minutes are up, let the pressure release naturally for another 5 minutes. Once you get to five minutes of pressure release, use a pot holder and move the Steam Release Handle to "Venting."

As soon as the steam has released and you can open the Instant Pot, use tongs to transfer the eggs to a bowl of ice water and let them cool there for another five minutes.

Basically, you'll cook the eggs for five minutes, let the pressure release naturally for five minutes, and then cool them in the ice water bath for another five minutes. That's it!

Storage:

I store mine in the refrigerator for up to 7 days.

Please review FDA guidelines for food safety.



Pepperoni Chips

serving size: up to 1/4 cup "chips"

Ingredients

- One 12 or 24 ounce package of pepperoni

Instructions

In the Microwave:

1. Arrange slices in a single layer on a paper towel-lined plate and microwave for 30-60 seconds or until crispy.

In the Oven:

1. Preheat oven to 350 degrees F.
2. Arrange pepperoni slices on a parchment-lined baking sheet and bake for 5 minutes.
3. Carefully remove baking sheet, let cool, and blot pepperoni slices with paper towels. Return to oven for 1 minute, or until fully crispy.

Store in airtight container or plastic zip bags.

Storage:

I store mine in the refrigerator for 5-7 days.

Please review FDA guidelines for food safety.



Deli Meat Roll-Ups

serving size: 2-3 roll ups

Ingredients

- 10 oz. deli meat (choose from deli roast beef, deli chicken, deli ham, pastrami, prosciutto, capicola ham)
- 6-10 oz. cheese of choice
- Veggies (optional - bell pepper and cucumbers work well)

Instructions

1. Lay out each slice of deli meat.
2. Place a slice of cheese on each slice of meat and roll it up.
3. Store in sandwich bags or storage containers.
4. When ready to eat, enjoy the roll-ups on their own or rolled in a low-carb tortilla with a smear of mayonnaise or mustard.

Storage:

I store mine in the refrigerator for 4-5 days.

Please review FDA guidelines for food safety.



Bacon Chips

serving size: 1/4 cup of "chips"

Ingredients

- 1 pound of bacon

Instructions

1. Chop bacon into 1" pieces
2. Arrange chopped bacon pieces on a parchment-lined baking sheet.
3. Place baking sheet into a cold oven and set to 400 degrees F.
4. Bake 15-20 minutes, or until bacon is done (you can usually tell that it's done because it will be covered in tiny bubbles).
5. Carefully remove from oven and use a slotted spoon to place bacon "chips" onto a paper-towel lined plate to drain.
6. Store in baggies or storage containers.
7. When ready to eat, re-heat in the microwave and serve with guacamole for dipping.

Storage:

I store mine in the refrigerator for 4-5 days, or in the freezer for up to six months; freezes well.

Please review FDA guidelines for food safety.



Easy No-Bake Cheesecake

serving size: 1-2 muffin-sized portions

Ingredients

- 8 oz softened cream cheese
- 1 cup heavy cream
- 2 Tablespoons + 1 teaspoon THM Gentle Sweet (taste to see if you'd like it to be sweeter and add more sweetener if necessary)

Instructions

1. Beat cream cheese until smooth.
2. Clean beaters and whip cream in a separate bowl until stiff peaks form.
3. Combine whipped cream with cream cheese and add Gentle Sweet.
4. When all ingredients are well-combined, spoon into 8-10 standard-sized muffin tin cups and refrigerate 4-6 hours or until set.

Storage:

I store mine in the refrigerator for 4-6 days.

Please review FDA guidelines for food safety.



Brownie Batter in a Mug Mix

single serve, you'll want to make multiple packets

Ingredients for One Serving

Dry:

- 1½ Tablespoons cocoa powder (you can reduce to 1 T cocoa powder if you don't want it to be as intense)
- 1 Tablespoon THM Gentle Sweet OR 2 tsp Swerve plus a good pinch of pure stevia extract
- 2½ Tablespoons THM Baking Blend
- ¼ tsp baking powder
- 2 pinches of salt
- 2 Tablespoons Lily's Baking Chips

Wet: (you don't need these for prep session)

- 1 Tablespoon melted coconut oil
- 3 Tablespoons unsweetened vanilla almond milk
- 1/2 teaspoon vanilla extract

Instructions

1. Label 5 sandwich bags with "Brownie Batter in a Mug" and write instructions at the bottom of this bag on each page.
2. Measure each **dry** ingredient into 5 sandwich bags.
3. Repeat until 5 sandwich bags have all dry ingredients.

Instructions to write on each bag:

1. Add 1 Tablespoon melted coconut oil, 3 Tablespoons unsweetened vanilla almond milk, and 1/2 teaspoon vanilla extract.
2. Pour into microwave-safe ramekin or mug.
3. Microwave for 30-40 seconds.
4. Let cool and eat.

Storage:

Keep plastic bags with dry mix in your pantry for up to 1 month or in your freezer for up to six months.

Please review FDA guidelines for food safety.



SNACKS & DESSERTS

prep pack

Today I'm Making:

Easy Hard Boiled Eggs, Pepperoni Chips,
Deli Meat Roll-Ups, Bacon Chips,
Easy No-Bake Cheesecake, Brownie Batter in a Mug

estimated time: about 40 minutes

- Easy Hard Boiled Eggs
- Pepperoni Chips
- Deli Meat Roll-Ups
- Bacon Chips
- Easy No-Bake Cheesecake
- Brownie Batter in a Mug



SNACKS & DESSERTS

On the Menu

- Easy Hard Boiled Eggs
- Pepperoni Chips
- Deli Meat Roll-Ups
- Bacon Chips
- Easy No-Bake Cheesecake
- Brownie Batter in a Mug



SNACKS

On the Menu

Breakfast

Lunch

Dinner

Snack

S

easy hard-boiled
eggs*

M

bacon chips and
guacamole*

T

deli meat roll-
ups*

W

bacon chips and
guacamole*

Th

easy no-bake
cheesecake*

F

pepperoni chips*

S

brownie batter in a
mug*

*Pre-made with snack prep session

PREP PACK *six*

If you have 15 minutes





15 MINUTE

prep pack

Today I'm Making: Pepperoni Chips, Deli Meat Roll-Ups, Cream Cheese Frosting, Quick Salad Starters

****On Prep Day****

1. Lay pepperoni slices out on a paper-towel-lined plate and follow directions to microwave Pepperoni Chips from recipe card.
2. While Pepperoni Chips are cooking, begin Deli Meat Roll-Ups.
3. Lay out each slice of deli meat, place a slice of cheese on each slice of meat and roll it up, store in sandwich bags or storage containers.
4. Stir together ingredients for Cream Cheese Frosting. If you wish to serve frosting with berries, portion some frozen berries into ziploc bags and place in the refrigerator to thaw.
5. Quick Salad Packs - Put a handful of washed baby lettuce into at least 3 sandwich bags. Add a few uncut cherry tomatoes to each bag for an instant veggie serving you can grab on the go.

estimated time : about 15 minutes

- Pepperoni Chips
- Deli Meat Roll-Ups
- Cream Cheese Frosting
- Quick Salad Starters



15 MINUTE

Shopping List

Pepperoni Chips, Deli Meat Roll-Ups,
Cream Cheese Frosting, Quick Salad Starters

- 12-24 ounce package pepperoni
- at least 10 oz. deli meat
- at least 6 oz. sliced cheese
- 1-2 bell peppers or cucumbers
- 1/3 less fat cream cheese
- unsalted butter
- vanilla extract
- THM Gentle Sweet
- 1 container of baby lettuce
- 1 pint grape or cherry tomatoes

Tools & Supplies

- 1-2 large backing sheets
- parchment paper
- foil for easy clean-up
- ziploc bags (sandwich size & quart size)
- food containers or ziploc bags for food storage



Pepperoni Chips

serving size: up to 1/4 cup "chips"

Ingredients

- One 12 or 24 ounce package of pepperoni

Instructions

In the Microwave:

1. Arrange slices in a single layer on a paper towel-lined plate and microwave for 30-60 seconds or until crispy.

In the Oven:

1. Preheat oven to 350 degrees F.
2. Arrange pepperoni slices on a parchment-lined baking sheet and bake for 5 minutes.
3. Carefully remove baking sheet, let cool, and blot pepperoni slices with paper towels. Return to oven for 1 minute, or until fully crispy.

Store in airtight container or plastic zip bags.

Storage:

I store mine in the refrigerator for 5-7 days.

Please review FDA guidelines for food safety.



Deli Meat Roll-Ups

serving size: 2-3 roll ups

Ingredients

- 10 oz. deli meat (choose from deli roast beef, deli chicken, deli ham, pastrami, prosciutto, capicola ham)
- 6-10 oz. cheese of choice
- Veggies (optional - bell pepper and cucumbers work well)

Instructions

1. Lay out each slice of deli meat.
2. Place a slice of cheese on each slice of meat and roll it up.
3. Store in sandwich bags or storage containers.
4. When ready to eat, enjoy the roll-ups on their own or rolled in a low-carb tortilla with a smear of mayonnaise or mustard.

Storage:

I store mine in the refrigerator for 4-5 days.

Please review FDA guidelines for food safety.



Cream Cheese Frosting

serving size: 3 Tablespoons

Ingredients

- 4 ounces 1/3 less fat cream cheese, softened
- 1/2 stick of unsalted butter, softened
- 1 teaspoon vanilla extract
- 4 Tablespoons THM Gentle Sweet

Instructions

1. Add all ingredients to a small bowl and stir very well.
2. Serve 3 Tablespoons with fresh or thawed frozen berries.

Storage:

I store mine in the refrigerator for 4-6 days.

Please review FDA guidelines for food safety.



Quick Salad Starters

serving size: 1 salad - you'll want to make multiple servings

Ingredients

- 1 container of baby lettuce
- 1 pint of grape or cherry tomatoes

Instructions

For a quick, healthy veggie side

Storage:

I store mine in the refrigerator for up to 5 days.

Please review FDA guidelines for food safety.

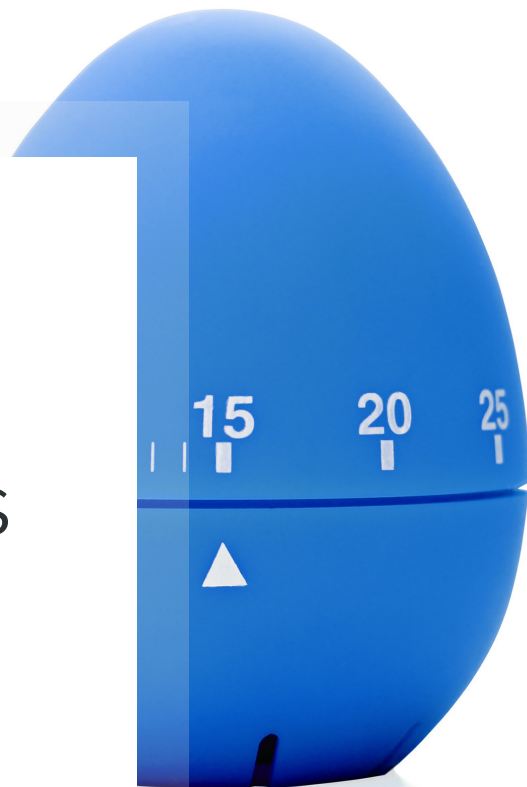


15 MINUTE SESSION

On the Menu

	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>	<i>Snack</i>
<i>S</i>				pepperoni chips*
<i>M</i>		deli meat roll-ups*		cream cheese frosting* w/ berries
<i>T</i>		quick salad*		
<i>W</i>		deli meat roll-ups*		cream cheese frosting* w/ berries
<i>Th</i>		quick salad *		
<i>F</i>				pepperoni chips*
<i>S</i>				

*Pre-made with 15 minute prep session



PREP PACK *seven*

If you have 30 minutes





30 MINUTE

prep pack

Today I'm Making: Easy Hard Boiled Eggs, Bacon Chips, Low-Carb Chocolate Milk Mix, Batch Cooked Ground Beef

****Day Before (optional)****

- Label ziploc sandwich bags or small mason jars with instructions for Low-Carb Chocolate Milk Mix as directed on the recipe card.

****On Prep Day****

1. Lightly spray a large skillet or grill pan with coconut oil spray and place it on your stovetop over medium heat.
2. Place ground meat in the skillet or pan and break it up with a spoon. Season with salt and pepper.
3. While meat is cooking, follow directions on recipe card to begin Easy Hard Boiled Eggs. Set timers and move the eggs as appropriate following recipe directions. Check ground beef and stir before moving on to the next step.
4. Chop bacon into 1" pieces and arrange chopped bacon pieces on a parchment-lined baking sheet.
5. Place baking sheet into a cold oven and set to 400 degrees F. Set a timer for 15 minutes.
6. While bacon is cooking, check and stir ground beef and check on eggs. Continue following Easy Hard Boiled Eggs directions.



30 MINUTE

prep pack

Today I'm Making: Easy Hard Boiled Eggs, Bacon Chips, Low-Carb Chocolate Milk Mix, Batch Cooked Ground Beef

7. Follow directions on recipe card to measure out Low-Carb Chocolate Milk Mix.
8. Check on the bacon and ground beef. When they are done, remove from oven/stovetop and cool.
9. Label ziploc sandwich bags or small mason jars with instructions for Low-Carb Chocolate Milk Mix as directed on the recipe card.

estimated time : about 30 minutes

- Easy Hard Boiled Eggs
- Bacon Chips
- Low-Carb Chocolate Milk Mix
- Batch Cooked Ground Beef



30 MINUTE (SESSION 1) *Shopping List*

Easy Hard-Boiled Eggs, Bacon Chips,
Low-Carb Chocolate Milk Mix, Batch Cooked Ground Beef

- 1 dozen eggs
- 1 pound of bacon
- 1-3 pounds ground beef or ground turkey
- salt
- pepper
- unsweetened cocoa powder
- unsweetened plain or vanilla protein powder
- salt
- unsweetened almond milk
- vanilla extract

Tools & Supplies

- 1-2 large backing sheets
- parchment paper
- foil for easy clean-up
- large pot or Instant Pot
- large skillet
- ziploc bags (sandwich size & quart size)
- food containers or ziploc bags for food storage



Easy Boiled Eggs

Ingredients

serving size: 2 eggs

- One dozen eggs

Instructions

In a Pan:

1. Gently place eggs in a saucepan and cover with cold water.
2. Add a pinch of salt.
3. Bring to a low boil for one minute.
4. Remove from heat and cover with lid. Let sit for 12 minutes.
5. Transfer eggs to ice water with tongs and let sit for 5 minutes.
6. Store for up to 5 days in the refrigerator.

In an Instant Pot:

1. Gently place eggs in a steamer rack in the Instant Pot. To ensure fewer cracked eggs, I recommend egg inserts for the Instant Pot.
2. Add 1 cup of cold water to the Instant Pot, put the lid on, and move the Instant Pot Steam Release Handle to "Sealing."
3. Set the pressure level to "HIGH" and manually set the cooking time to 5 minutes.
4. Once the Instant Pot reaches pressure, the five minutes of cooking time will begin. After those five minutes are up, let the pressure release naturally for another 5 minutes. Once you get to five minutes of pressure release, use a pot holder and move the Steam Release Handle to "Venting."

As soon as the steam has released and you can open the Instant Pot, use tongs to transfer the eggs to a bowl of ice water and let them cool there for another five minutes.

Basically, you'll cook the eggs for five minutes, let the pressure release naturally for five minutes, and then cool them in the ice water bath for another five minutes. That's it!

Storage:

I store mine in the refrigerator for up to 7 days.

Please review FDA guidelines for food safety.



Bacon Chips

serving size: 1/4 cup of "chips"

Ingredients

- 1 pound of bacon

Instructions

1. Chop bacon into 1" pieces
2. Arrange chopped bacon pieces on a parchment-lined baking sheet.
3. Place baking sheet into a cold oven and set to 400 degrees F.
4. Bake 15-20 minutes, or until bacon is done (you can usually tell that it's done because it will be covered in tiny bubbles).
5. Carefully remove from oven and use a slotted spoon to place bacon "chips" onto a paper-towel lined plate to drain.
6. Store in baggies or storage containers.
7. When ready to eat, re-heat in the microwave and serve with guacamole for dipping.

Storage:

I store mine in the refrigerator for 4-5 days, or in the freezer for up to six months; freezes well.

Please review FDA guidelines for food safety.



Low-Carb Chocolate Milk Mix

single serve; you'll want to make multiple packets

Ingredients for One Serving

Dry:

- 1 Tablespoon unsweetened cocoa powder
- 5 teaspoons THM Gentle Sweet (to taste)
- 1/2 to 1 scoop plain whey protein powder
- pinch of salt

Wet: (you don't need these for prep session)

- 8 ounces unsweetened vanilla almond milk
- 1/2 teaspoon vanilla extract

Instructions

1. Label 5 sandwich bags with "Chocolate Milk Mix" and write instructions at the bottom of this bag on each page.
2. Measure each **dry** ingredient into 5 sandwich bags.
3. Repeat until 5 sandwich bags have all dry ingredients.

Instructions to write on each bag:

1. Add 8 ounces unsweetened vanilla almond milk and 1/2 teaspoon vanilla extract
2. Pour into blender and blend for 10-30 seconds

Storage:

Keep plastic bags with dry mix in your pantry for up to 1 month or in your freezer for up to six months.

Please review FDA guidelines for food safety.



Batch Cooked Ground Beef

I recommend making 3 lbs. of beef to use in multiple recipes

Ingredients

- 1-3 pounds ground beef or turkey
- salt and pepper

Instructions

1. Lightly spray pan with coconut oil.
2. Place raw ground beef or turkey in the pan and cook through.
3. Drain fat from the pan, portion, and store in airtight containers or sandwich bags.

Keep in the refrigerator for up to five days or in the freezer for up to six months.

Storage:

I store mine in the refrigerator for 3-4 days; freezes well.

Please review FDA guidelines for food safety.



30 MINUTE SESSION 1

On the Menu

Breakfast

Lunch

Dinner

Snack

S

hard-boiled eggs*
& bacon chips*
w/ guac

hard-boiled
eggs*

M

low-carb
chocolate milk*

T

hard-boiled eggs*
& bacon chips*
w/ guac

zoodles w/
spaghetti sauce &
ground beef*

W

taco salad w/
ground beef*

low-carb
chocolate milk*

Th

bacon chips* w/
guac

F

S

*Pre-made with 30 minute prep session 1



PREP PACK *seven 1/2*

If you have 30 minutes
(part 2)





30 MINUTE²

prep pack

Today I'm Making: Pepperoni Chips, Easy Mini Omelets, Low-Carb Protein Shake Packs, Quick Salad Starters

****Day Before (optional)****

- Label ziploc sandwich bags or small mason jars with instructions for Low-Carb Peanut Butter Protein Shake Packs as directed on the recipe card.

****On Prep Day****

1. Spray a muffin tin with coconut oil cooking spray and preheat the oven to 350 degrees F.
2. Whisk together ingredients for Easy Mini Omelets. Once combined, fill muffin tins 2/3 full. Place muffin tin with mini omelets in the oven and set a timer for 15 minutes or until cooked through.
3. While Easy Mini Omelets are in the oven, lay pepperoni slices out on a paper-towel-lined plate and follow directions to microwave Pepperoni Chips from recipe card.
4. While Pepperoni Chips are cooking, make Quick Salad Starters - Put a handful of washed baby lettuce into at least 3 sandwich bags. Add a few uncut cherry tomatoes to each bag for an instant veggie serving you can grab on the go.
5. Follow directions on recipe card to measure out Low-Carb Peanut Butter Shake Packs.
6. Label ziploc sandwich bags or small mason jars with instructions for Low-Carb Peanut Butter Protein Shake Packs as directed on the recipe card.



30 MINUTE²

prep pack

Today I'm Making: Pepperoni Chips, Easy Mini Omelets,
Low-Carb Protein Shake Packs, Quick Salad Starters

7. Wrap and store all food.

estimated time : 30 minutes

- Pepperoni Chips
- Easy Mini Omelets
- Low-Carb Protein Shake Packs
- Quick Salad Starters



30 MINUTE (SESSION 2) *Shopping List*

Pepperoni Chips, Easy Mini Omelets,
Low-Carb Protein Shake Packs, Quick Salad Starters

- 12-24 ounces sliced pepperoni
- 1 package pre-cooked turkey sausage
- 1 dozen eggs
- 1 bunch green onions
- 4 oz. grated cheese of choice
- garlic salt
- black pepper
- 1 container of baby lettuce
- 1 pint of grape or cherry tomatoes
- unsweetened plain or vanilla protein powder
- Truvia or THM Sweet Blend
- pure stevia extract
- sea salt
- unsweetened cocoa powder
- defatted peanut flour
- 1 carton unsweetened vanilla almond milk
- MCT Oil

Tools & Supplies

- 1-2 large baking sheets
- standard sized muffin tins
- ziploc bags (sandwich size)
- food containers or ziploc bags for food storage



Pepperoni Chips

serving size: up to 1/4 cup "chips"

Ingredients

- One 12 or 24 ounce package of pepperoni

Instructions

In the Microwave:

1. Arrange slices in a single layer on a paper towel-lined plate and microwave for 30-60 seconds or until crispy.

In the Oven:

1. Preheat oven to 350 degrees F.
2. Arrange pepperoni slices on a parchment-lined baking sheet and bake for 5 minutes.
3. Carefully remove baking sheet, let cool, and blot pepperoni slices with paper towels. Return to oven for 1 minute, or until fully crispy.

Store in airtight container or plastic zip bags.

Storage:

I store mine in the refrigerator for 5-7 days.

Please review FDA guidelines for food safety.



Easy Mini Omelets

serving size: 2 omelets

Ingredients

- 1 package pre-cooked turkey sausage
- 12 eggs
- 4 oz. grated cheese
- 1/2 cup chopped green onions
- 1/2 teaspoon garlic salt
- 1/4 teaspoon pepper

Instructions

1. Preheat oven to 350 degrees F.
2. Grease a muffin tin with coconut oil spray.
3. Whisk eggs and seasoning in a medium sized bowl.
4. Add all ingredients and combine well.
5. Pour mixture into greased muffin tins and bake 20-25 minutes or until butter knife inserted in the center of an omelet comes out clean.

Storage:

I store mine in the refrigerator for 4-6 days, or in the freezer for up to six months; freezes well.

Please review FDA guidelines for food safety.



Low-Carb Protein Shake Packs

single serve; you'll want to make multiple packets

Ingredients for One Serving

Dry:

- 1 scoop unsweetened vanilla protein powder
- 4 teaspoons Truvia OR 2 1/2 teaspoons of THM Super Sweet (I start with 2 teaspoons and adjust to taste)
- 3 shakes of pure white stevia or Trader Joe's Stevia (omit if you used Sweet Blend in the step above)
- dash of good sea salt
- 1 Tablespoon cocoa powder
- 1-2 Tablespoons defatted peanut flour

Wet: (you don't need these for prep session)

- 3/4 cup unsweetened vanilla almond milk
- 1 Tablespoon MCT Oil
- 1-2 Cups of ice, depending on desired thickness

Instructions

1. Label 5 sandwich bags with "Peanut Butter Shake Mix" and write instructions at the bottom of this bag on each page.
2. Measure each **dry** ingredient into 5 sandwich bags.
3. Repeat until 5 sandwich bags have all dry ingredients.

Instructions to write on each bag:

1. Pour dry ingredients from one bag into blender.
2. Add wet ingredients (except for ice) and blend for 30 seconds.
3. Add ice and blend until all ice chunks are blended well.

Storage:

Keep plastic bags with dry mix in your pantry for up to 1 month or in your freezer for up to six months.

Please review FDA guidelines for food safety.



Quick Salad Starters

serving size: 1 salad - you'll want to make multiple servings

Ingredients

- 1 container of baby lettuce
- 1 pint of grape or cherry tomatoes

Instructions

For a quick, healthy veggie side

Storage:

I store mine in the refrigerator for up to 5 days.

Please review FDA guidelines for food safety.



30 MINUTE SESSION 2

On the Menu

Pepperoni Chips, Easy Mini Omelets, Low-Carb Protein Shake Packs, Quick Salad Starters

Breakfast

Lunch

Dinner

Snack

S

salad w/ quick
salad starter*

pepperoni
chips*

M

easy mini
omelets*

low-carb protein
shake mix*

salad w/ quick
salad starter*

T

easy mini
omelets*

salad w/ quick
salad starter*

pepperoni
chips*

W

easy mini
omelets*

low-carb protein
shake mix*

pepperoni
chips*

Th

F

low-carb protein
shake mix*

S

*Pre-made with 30 minute prep session 2

A stainless steel kitchen timer is shown against a white background. The timer has a circular dial with numbers 30, 55, 0, 5, and 10. A black triangle points to the 0 mark. A white rectangular box is overlaid on the top half of the timer, containing text.

PREP PACK *eight*

If you have 1 hour



1 HOUR

prep pack

Today I'm Making: Simple Roasted Veggies, Batch Cooked Baked Chicken, Batch Jar Salads, Easy No Bake Cheesecakes, Deli Meat Roll Ups

****On Prep Day****

1. Preheat oven to 425 degrees F.
2. Arrange rinsed and dried chicken in a single layer on a parchment-lined baking sheet. Drizzle with butter, season, and place in the oven for 30-35 minutes or until juices run clear.
3. While the chicken is cooking, chop the vegetables. Keep an eye on the timer for the chicken.
4. When all veggies are chopped, arrange in a single layer on a parchment-lined baking sheet. Drizzle veggies with olive oil and season to taste.
5. Put veggies in the oven and roast for 15-20 minutes or until cooked through. Set a second timer if needed.
6. While chicken and veggies are cooking, open mason jars and start chopping salad veggies. Add veggies in the order described on the Batch Jar Salads recipe card. Tightly close the jars and store them in the refrigerator.
7. Check chicken and veggies and remove from oven if they are ready.
8. Start the Easy No-Bake Cheesecake: Beat cream cheese until smooth.
Clean beaters and whip cream in a separate bowl until stiff peaks form.
Combine whipped cream with cream cheese and add Gentle Sweet. When all ingredients are well-combined, spoon into muffin tin cups and refrigerate.



1 HOUR

prep pack

Today I'm Making: Simple Roasted Veggies, Batch Cooked Baked Chicken, Batch Jar Salads, Easy No Bake Cheesecakes, Deli Meat Roll Ups

7. If chicken and veggies are done, remove them from the oven to cool.
8. Begin making Deli Meat Roll-Ups: Lay out each slice of deli meat, place a slice of cheese on each slice of meat and roll it up, store in sandwich bags or storage containers.
9. Wrap and store all food.

estimated time : about 60 minutes

- Simple Roasted Veggies
- Batch Cooked Baked Chicken
- Batch Jar Salads
- Easy No Bake Cheesecakes
- Deli Meat Roll Ups



1 HOUR

Shopping List

Simple Roasted Veggies, Batch Cooked Baked Chicken, Batch Jar Salads, Easy No Bake Cheesecakes, Deli Meat Roll Ups

- 1 head of garlic
- salt
- pepper
- 1 pound of butter
- olive oil
- favorite non-starchy veggies
- Bone-in, skin-on chicken thighs and drumsticks
- garlic powder
- 8 oz. cream cheese
- THM Gentle Sweet
- 8 oz. heavy whipping cream
- deli meat
- cheese
- bell peppers or cucumbers

Tools & Supplies

- 2-4 large backing sheets
- standard sized muffin tins
- ziploc bags (sandwich size)
- 3-5 mason jars
- food containers or ziploc bags for food storage



Simple Roasted Veggies

Ingredients

- 3- 5 Cloves Garlic
- salt and pepper to taste
- butter or olive oil
- 4-6 cups chopped vegetables of choice:

Asparagus
Green Beans
Brussels sprouts
Broccoli
Cabbage
Carrots
Cauliflower
Eggplant
Greens
Hearts of palm
Jicama
Leeks
Mushrooms
Okra
Pea pods
Peppers
Radishes
Squash

Instructions

1. Preheat oven to 425 degrees F.
2. Chop veggies into 1 - 2" chunks and arrange on a parchment-lined baking sheet.
3. Mince garlic.
4. Drizzle veggies with olive oil and sprinkle with salt and pepper.
5. Toss veggies with chopped garlic.
6. Bake 15-20 minutes or until veggies are roasted.
7. Serve as-is or with a sprinkle of cheese (I like Pecorino Romano on mine).

Storage:

I store mine in the refrigerator for 5-7 days.

Please review FDA guidelines for food safety.



Batch Cooked Baked Chicken

serving size: 1-2 pieces of chicken

Ingredients

- Bone-in, skin-on chicken thighs and drumsticks
- Salt, garlic powder, and freshly ground black pepper
- 1/2 cup butter

Instructions

1. Preheat oven to 425 degrees F.
2. Rinse the chicken and pat it dry with paper towels, then place it on a parchment-lined baking sheet.
3. Drizzle chicken with melted butter.
4. Season to taste.
5. Bake chicken for 30-35 minutes or until cooked through and juices run clear.

Storage:

I store mine in the refrigerator for 3-4 days.

Please review FDA guidelines for food safety.



Batch Jar Salads

serving size: 1 salad - you'll want to make multiple jars

Ingredients

- Cucumbers
- Lettuce
- Tomatoes
- Cabbage
- lettuce
- favorite non-starchy salad veggies
- Protein of Choice (hard-boiled eggs, baked or grilled chicken, rinsed and drained tuna, etc.)

Instructions

1. Set out 4 or 5 empty mason jars.
2. Either add 2 Tablespoons of salad dressing to the bottom of the jar (or skip this step and take the dressing in a separate container).
3. Layer salad ingredients into jars, placing firmer ingredients (like broccoli) in the bottom of the jar.
4. Place lids on the jars and store in the refrigerator.

Storage:

I store mine in the refrigerator for up to 5 days.

Please review FDA guidelines for food safety.



Easy No-Bake Cheesecake

serving size: 1-2 muffin-sized portions

Ingredients

- 8 oz softened cream cheese
- 1 cup heavy cream
- 2 Tablespoons + 1 teaspoon THM Gentle Sweet (taste to see if you'd like it to be sweeter and add more sweetener if necessary)

Instructions

1. Beat cream cheese until smooth.
2. Clean beaters and whip cream in a separate bowl until stiff peaks form.
3. Combine whipped cream with cream cheese and add Gentle Sweet.
4. When all ingredients are well-combined, spoon into 8-10 standard-sized muffin tin cups and refrigerate 4-6 hours or until set.

Storage:

I store mine in the refrigerator for 4-6 days.

Please review FDA guidelines for food safety.



Deli Meat Roll-Ups

serving size: 2-3 roll ups

Ingredients

- 10 oz. deli meat (choose from deli roast beef, deli chicken, deli ham, pastrami, prosciutto, capicola ham)
- 6-10 oz. cheese of choice
- Veggies (optional - bell pepper and cucumbers work well)

Instructions

1. Lay out each slice of deli meat.
2. Place a slice of cheese on each slice of meat and roll it up.
3. Store in sandwich bags or storage containers.
4. When ready to eat, enjoy the roll-ups on their own or rolled in a low-carb tortilla with a smear of mayonnaise or mustard.

Storage:

I store mine in the refrigerator for 4-5 days.

Please review FDA guidelines for food safety.



1 HOUR

On the Menu

Breakfast

Lunch

Dinner

Snack

S

deli meat
roll-ups*

easy no bake
cheesecake*

M

scrambled eggs
w/ roasted
veggies*

batch jar salad*

batch cooked
chicken*, salad,
cauli rice

deli meat
roll-ups*

T

deli meat
roll-ups*

batch jar salad*

easy no bake
cheesecake*

W

easy no bake
cheesecake*

batch jar salad*

batch cooked chicken*
w/ simple roasted
veggies*

Th

deli meat
roll-ups*

F

S

*Pre-made with 1 hour prep session

Low-Carb



Easy Prep



Recipes



Brownie Batter in a Mug Mix

single serve, you'll want to make multiple packets

Ingredients for One Serving

Dry:

- 1½ Tablespoons cocoa powder (you can reduce to 1 T cocoa powder if you don't want it to be as intense)
- 1 Tablespoon THM Gentle Sweet OR 2 tsp Swerve plus a good pinch of pure stevia extract
- 2½ Tablespoons THM Baking Blend
- ¼ tsp baking powder
- 2 pinches of salt
- 2 Tablespoons Lily's Baking Chips

Wet: (you don't need these for prep session)

- 1 Tablespoon melted coconut oil
- 3 Tablespoons unsweetened vanilla almond milk
- 1/2 teaspoon vanilla extract

Instructions

1. Label 5 sandwich bags with "Brownie Batter in a Mug" and write instructions at the bottom of this bag on each page.
2. Measure each **dry** ingredient into 5 sandwich bags.
3. Repeat until 5 sandwich bags have all dry ingredients.

Instructions to write on each bag:

1. Add 1 Tablespoon melted coconut oil, 3 Tablespoons unsweetened vanilla almond milk, and 1/2 teaspoon vanilla extract.
2. Pour into microwave-safe ramekin or mug.
3. Microwave for 30-40 seconds.
4. Let cool and eat.

Storage:

Keep plastic bags with dry mix in your pantry for up to 1 month or in your freezer for up to six months.

Please review FDA guidelines for food safety.



Low-Carb Chocolate Milk Mix

single serve; you'll want to make multiple packets

Ingredients for One Serving

Dry:

- 1 Tablespoon unsweetened cocoa powder
- 5 teaspoons THM Gentle Sweet (to taste)
- 1/2 to 1 scoop plain whey protein powder
- pinch of salt

Wet: (you don't need these for prep session)

- 8 ounces unsweetened vanilla almond milk
- 1/2 teaspoon vanilla extract

Instructions

1. Label 5 sandwich bags with "Chocolate Milk Mix" and write instructions at the bottom of this bag on each page.
2. Measure each **dry** ingredient into 5 sandwich bags.
3. Repeat until 5 sandwich bags have all dry ingredients.

Instructions to write on each bag:

1. Add 8 ounces unsweetened vanilla almond milk and 1/2 teaspoon vanilla extract
2. Pour into blender and blend for 10-30 seconds

Storage:

Keep plastic bags with dry mix in your pantry for up to 1 month or in your freezer for up to six months.

Please review FDA guidelines for food safety.



Low-Carb Protein Shake Packs

single serve, you'll want to make multiple packets

Ingredients for One Serving

Dry:

- 1 scoop unsweetened vanilla protein powder
- 4 teaspoons Truvia OR 2 1/2 teaspoons of THM Super Sweet (I start with 2 teaspoons and adjust to taste)
- 3 shakes of pure white stevia or Trader Joe's Stevia (omit if you used Sweet Blend in the step above)
- dash of good sea salt
- 1 Tablespoon cocoa powder
- 1-2 Tablespoons defatted peanut flour

Wet: (you don't need these for prep session)

- 3/4 cup unsweetened vanilla almond milk
- 1 Tablespoon MCT Oil
- 1-2 Cups of ice, depending on desired thickness

Instructions

1. Label 5 sandwich bags with "Peanut Butter Shake Mix" and write instructions at the bottom of this bag on each page.
2. Measure each **dry** ingredient into 5 sandwich bags.
3. Repeat until 5 sandwich bags have all dry ingredients.

Instructions to write on each bag:

1. Pour dry ingredients from one bag into blender.
2. Add wet ingredients (except for ice) and blend for 30 seconds.
3. Add ice and blend until all ice chunks are blended well.

Storage:

Keep plastic bags with dry mix in your pantry for up to 1 month or in your freezer for up to six months.

Please review FDA guidelines for food safety.



Cream Cheese Frosting

serving size: 3 Tablespoons

Ingredients

- 4 ounces 1/3 less fat cream cheese, softened
- 1/2 stick of unsalted butter, softened
- 1 teaspoon vanilla extract
- 4 Tablespoons THM Gentle Sweet

Instructions

1. Add all ingredients to a small bowl and stir very well.
2. Serve 3 Tablespoons with fresh or thawed frozen berries.

Storage:

I store mine in the refrigerator for 4-6 days.

Please review FDA guidelines for food safety.



Easy No-Bake Cheesecake

serving size: 1-2 muffin-sized portions

Ingredients

- 8 oz softened cream cheese
- 1 cup heavy cream
- 2 Tablespoons + 1 teaspoon THM Gentle Sweet (taste to see if you'd like it to be sweeter and add more sweetener if necessary)

Instructions

1. Beat cream cheese until smooth.
2. Clean beaters and whip cream in a separate bowl until stiff peaks form.
3. Combine whipped cream with cream cheese and add Gentle Sweet.
4. When all ingredients are well-combined, spoon into 8-10 standard-sized muffin tin cups and refrigerate 4-6 hours or until set.

Storage:

I store mine in the refrigerator for 4-6 days.

Please review FDA guidelines for food safety.



Easy Mini Omelets

serving size: 2 omelets

Ingredients

- 1 package pre-cooked turkey sausage
- 12 eggs
- 4 oz. grated cheese
- 1/2 cup chopped green onions
- 1/2 teaspoon garlic salt
- 1/4 teaspoon pepper

Instructions

1. Preheat oven to 350 degrees F.
2. Grease a muffin tin with coconut oil spray.
3. Whisk eggs and seasoning in a medium sized bowl.
4. Add all ingredients and combine well.
5. Pour mixture into greased muffin tins and bake 20-25 minutes or until butter knife inserted in the center of an omelet comes out clean.

Storage:

I store mine in the refrigerator for 4-6 days, or in the freezer for up to six months; freezes well.

Please review FDA guidelines for food safety.



Bacon Chips

serving size: 1/4 cup of "chips"

Ingredients

- 1 pound of bacon

Instructions

1. Chop bacon into 1" pieces
2. Arrange chopped bacon pieces on a parchment-lined baking sheet.
3. Place baking sheet into a cold oven and set to 400 degrees F.
4. Bake 15-20 minutes, or until bacon is done (you can usually tell that it's done because it will be covered in tiny bubbles).
5. Carefully remove from oven and use a slotted spoon to place bacon "chips" onto a paper-towel lined plate to drain.
6. Store in baggies or storage containers.
7. When ready to eat, re-heat in the microwave and serve with guacamole for dipping.

Storage:

I store mine in the refrigerator for 4-5 days, or in the freezer for up to six months; freezes well.

Please review FDA guidelines for food safety.



Deli Meat Roll-Ups

serving size: 2-3 roll ups

Ingredients

- 10 oz. deli meat (choose from deli roast beef, deli chicken, deli ham, pastrami, prosciutto, capicola ham)
- 6-10 oz. cheese of choice
- Veggies (optional - bell pepper and cucumbers work well)

Instructions

1. Lay out each slice of deli meat.
2. Place a slice of cheese on each slice of meat and roll it up.
3. Store in sandwich bags or storage containers.
4. When ready to eat, enjoy the roll-ups on their own or rolled in a low-carb tortilla with a smear of mayonnaise or mustard.

Storage:

I store mine in the refrigerator for 4-5 days.

Please review FDA guidelines for food safety.



Pepperoni Chips

serving size: up to 1/4 cup "chips"

Ingredients

- One 12 or 24 ounce package of pepperoni

Instructions

In the Microwave:

1. Arrange slices in a single layer on a paper towel-lined plate and microwave for 30-60 seconds or until crispy.

In the Oven:

1. Preheat oven to 350 degrees F.
2. Arrange pepperoni slices on a parchment-lined baking sheet and bake for 5 minutes.
3. Carefully remove baking sheet, let cool, and blot pepperoni slices with paper towels. Return to oven for 1 minute, or until fully crispy.

Store in airtight container or plastic zip bags.

Storage:

I store mine in the refrigerator for 5-7 days.

Please review FDA guidelines for food safety.



Easy Boiled Eggs

Ingredients

serving size: 2 eggs

- One dozen eggs

Instructions

In a Pan:

1. Gently place eggs in a saucepan and cover with cold water.
2. Add a pinch of salt.
3. Bring to a low boil for one minute.
4. Remove from heat and cover with lid. Let sit for 12 minutes.
5. Transfer eggs to ice water with tongs and let sit for 5 minutes.
6. Store for up to 5 days in the refrigerator.

In an Instant Pot:

1. Gently place eggs in a steamer rack in the Instant Pot. To ensure fewer cracked eggs, I recommend egg inserts for the Instant Pot.
2. Add 1 cup of cold water to the Instant Pot, put the lid on, and move the Instant Pot Steam Release Handle to "Sealing."
3. Set the pressure level to "HIGH" and manually set the cooking time to 5 minutes.
4. Once the Instant Pot reaches pressure, the five minutes of cooking time will begin. After those five minutes are up, let the pressure release naturally for another 5 minutes. Once you get to five minutes of pressure release, use a pot holder and move the Steam Release Handle to "Venting."

As soon as the steam has released and you can open the Instant Pot, use tongs to transfer the eggs to a bowl of ice water and let them cool there for another five minutes.

Basically, you'll cook the eggs for five minutes, let the pressure release naturally for five minutes, and then cool them in the ice water bath for another five minutes. That's it!

Storage:

I store mine in the refrigerator for up to 7 days.

Please review FDA guidelines for food safety.



Batch Jar Salads

serving size: 1 salad - you'll want to make multiple jars

Ingredients

- Cucumbers
- Lettuce
- Tomatoes
- Cabbage
- lettuce
- favorite non-starchy salad veggies
- Protein of Choice (hard-boiled eggs, baked or grilled chicken, rinsed and drained tuna, etc.)

Instructions

1. Set out 4 or 5 empty mason jars.
2. Either add 2 Tablespoons of salad dressing to the bottom of the jar (or skip this step and take the dressing in a separate container).
3. Layer salad ingredients into jars, placing firmer ingredients (like broccoli) in the bottom of the jar.
4. Place lids on the jars and store in the refrigerator.

Storage:

I store mine in the refrigerator for up to 5 days.

Please review FDA guidelines for food safety.



Quick Salad Starters

serving size: 1 salad - you'll want to make multiple servings

Ingredients

- 1 container of baby lettuce
- 1 pint of grape or cherry tomatoes

Instructions

For a quick, healthy veggie side

Storage:

I store mine in the refrigerator for up to 5 days.

Please review FDA guidelines for food safety.



Simple Roasted Veggies

Ingredients

- 3- 5 Cloves Garlic
- salt and pepper to taste
- butter or olive oil
- 4-6 cups chopped vegetables of choice:

Asparagus
Green Beans
Brussels sprouts
Broccoli
Cabbage
Carrots
Cauliflower
Eggplant
Greens
Hearts of palm
Jicama
Leeks
Mushrooms
Okra
Pea pods
Peppers
Radishes
Squash

Instructions

1. Preheat oven to 425 degrees F.
2. Chop veggies into 1 - 2" chunks and arrange on a parchment-lined baking sheet.
3. Mince garlic.
4. Drizzle veggies with olive oil and sprinkle with salt and pepper.
5. Toss veggies with chopped garlic.
6. Bake 15-20 minutes or until veggies are roasted.
7. Serve as-is or with a sprinkle of cheese (I like Pecorino Romano on mine).

Storage:

I store mine in the refrigerator for 5-7 days.

Please review FDA guidelines for food safety.



Baked Bacon & Eggs

serving size: 1-2 slices of bacon and 1-2 eggs

Ingredients

- 1 dozen eggs
- 1 pound of bacon
- coconut oil spray
- garlic salt
- black pepper

Instructions

1. Line 1-2 baking sheets with parchment paper (you may put foil down first, if you wish, for easier clean-up).
2. Arrange bacon slices on a single layer on the parchment-lined baking sheets.
3. Place the baking sheets in a cold oven and turn the heat to 400 degrees F.
4. Set a timer for 15 minutes. The bacon will need to cook for 15-20 minutes until cooked through (there should be tiny bubbles all over the bacon when it's cooked).
5. While bacon is cooking, spray muffin cups with coconut oil spray.
6. Crack an egg into each muffin cup and season with garlic salt and pepper to taste.
7. Place muffin tray in the oven and bake for 13 minutes or until eggs have reached desired texture.

Storage:

I store mine in the refrigerator for up to 5 days.

Please review FDA guidelines for food safety.



Batch Cooked Baked Chicken

serving size: 1-2 pieces of chicken

Ingredients

- Bone-in, skin-on chicken thighs and drumsticks
- Salt, garlic powder, and freshly ground black pepper
- 1/2 cup butter

Instructions

1. Preheat oven to 425 degrees F.
2. Rinse the chicken and pat it dry with paper towels, then place it on a parchment-lined baking sheet.
3. Drizzle chicken with melted butter.
4. Season to taste.
5. Bake chicken for 30-35 minutes or until cooked through and juices run clear.

Storage:

I store mine in the refrigerator for 3-4 days.

Please review FDA guidelines for food safety.



Batch Cooked Ground Beef

I recommend making 3 lbs. of beef to use in multiple recipes

Ingredients

- 1-3 pounds ground beef or turkey
- salt and pepper

Instructions

1. Lightly spray pan with coconut oil.
2. Place raw ground beef or turkey in the pan and cook through.
3. Drain fat from the pan, portion, and store in airtight containers or sandwich bags.

Keep in the refrigerator for up to five days or in the freezer for up to six months.

Storage:

I store mine in the refrigerator for 3-4 days; freezes well.

Please review FDA guidelines for food safety.

BONUS MEAL PLANS

COMPLETE MEAL PLANS WRITTEN OUT AS SUGGESTED MENUS FOR YOUR CONVENIENCE. THE **BOLD** TYPE INDICATES A CLICKABLE RECIPE LINK.



LOW-CARB

The Low-Carb full Meal Plan included uses what you created in the Low-Carb Prep Session, with additional meal suggestions to round out your week.



BREAKFAST, LUNCH, AND DINNER

The Breakfast, Lunch, and Dinner full meal plan included combines the prep-ahead sessions for Breakfast, Lunch, and Dinner to create a full menu to use throughout the week.



LOW-CARB

*On the Menu
(Suggested Meal Plan)*

	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>	<i>Snack</i>
<i>S</i>	1 slice bacon + 1 egg*	batch jar salads*	Meatball Casserole & Side Salad	pepperoni chips*
<i>M</i>	low-carb protein shake*	baked egg* & salad*	Taco Salad	pepperoni chips*
<i>T</i>	1 slice bacon + 1 egg*	batch jar salads*	Egg Roll in a Bowl	bacon*
<i>W</i>	Banana Split Oatmeal	low-carb protein shake*	Slow Cooker Spanish Chicken	frosting* & berries
<i>Th</i>	1 slice bacon + 1 egg*	batch jar salads*	Italian Chicken & Buttered Green Beans	pepperoni chips*
<i>F</i>	low-carb protein shake*	leftover rice	Broccoli & Cheese Soup	frosting* & berries
<i>S</i>	Banana Split Oatmeal	leftover soup	Greek Chicken w/ Side Salad	cheese stick, nuts, Lily's chocolate

*Pre-made with low-carb prep session

* The added meals in this meal plan are not all low-carb. The "Low-Carb" name comes from the prep session you used to create this meal plan. This meal plan uses a healthy carbs, but you can make it your own and completely low-carb by swapping out the meals in Bold.



BREAKFAST, LUNCH & DINNER

On the Menu

Breakfast

Lunch

Dinner

Snack

S

easy mini omelets*

batch jar salad*

scrambled eggs with simple roasted veggies*

M

1 slice bacon + 1 egg*

hardboiled egg & deli meat roll-ups*

baked chicken* & steamed veggies

T

easy mini omelets*

batch jar salad*

burrito bowls (brown rice, beans, chicken breasts, salsa)

W

low-carb protein shake*

batch jar salad*

baked chicken* w/ simple roasted veggies*

Th

1 slice bacon + 1 egg*

hardboiled egg & low-carb chocolate milk*

Korean ground beef (use cauli rice and cooked ground beef*)

F

low-carb protein shake*

deli meat roll-up & low-carb chocolate milk*

low-carb pizza night w/ side salad

S

low-carb protein shake*

deli meat roll-ups & hardboiled eggs*

tacos (skip the shells & use cooked ground beef*)

*Pre-made with low-carb prep session if you combine the breakfast session, lunch session, and dinner session



Photo credit Jennifer Mason and Adobe Stock

DEDICATION

*This ebook is for my five wonderful little sidekicks.
I love you more than I could ever put into words.*

*Love,
Mommy*

OTHER BOOKS FROM JEN AT THEWELLPLANNEDKITCHEN.COM



What if you never had to waste time meal planning again? I've completed a FULL YEAR of healthy meal plans and shopping lists for you!

365: One Year of Healthy Meal Plans for Busy Families

Free Bonus Download: THM fuel types for each meal listed

No time to cook? No problem! Perpetually Prepped Kitchen teaches you how to make super healthy, super easy meals in minutes!

Perpetually Prepped Kitchen: The Simple Method for Meals in Minutes

Free Bonus Download: THM fuel types for each recipe

