



Easy Meal Prep Ideas

Breakfast

Breakfast Burritos
Breakfast Sandwiches
Egg Muffins
Smoothie Packs
Overnight Oats
Chia Pudding
Sheet Pancakes
Baked Oatmeal

Lunch

Mediterranean Cous Cous Bowl
Greek Chicken Bowl
Sandwich Wraps
Chicken Salad
Burrito Bowl
Salads
Quinoa Salad
Stir Fry
Teriyaki Chicken & Veggies
Stuffed Peppers

Dinner

Freezer Quiche

Freezer Chicken Satay
Freezer Meatballs
Freezer Enchiladas
Freezer Chicken Pot Pie
Crockpot Honey Garlic Chicken
Crockpot Chicken Tacos
Crockpot Beef & Broccoli
Crockpot Chicken Tortilla Soup
Crockpot Chicken Noodle Soup
Crockpot Sweet Potatoes
Crockpot Minestrone Soup
Pot Roast
Beef Stew
Chili

Snacks

Veggies & Dip
Yogurt Parfait
Trail Mix
Energy Bites
Pinwheel Wraps
Cheese & Whole Grain Crackers
Hard Boiled Egg
Cottage Cheese & Fruit
Whole Grain Chips & Salsa

Contact your onsite Health Coach for more information:

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National Board Certified Health & Wellness Coach,

Nutrition & Dietetic Technician, Registered & Certified Personal Trainer

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