

Sample meal prep menus

Meal 1

Spring mix, apple, gorgonzola, balsamic vinaigrette salad

Fettuccine with creamy garlic and shrimp sauce

- Stovetop: place contents in a small sauce pan and heat on medium heat, stirring occasionally. Add a splash of milk to thin sauce if necessary
- Microwave: Cover and microwave for 1 minute, then stir. Microwave an additional minute and stir again. Repeat until contents are hot.

Green beans

- Microwave 1 minute

Dinner rolls

- Wrap in foil and place in oven preheated to 350°F for 5-10 minutes. Enjoy with butter.

Meal 2

Caprese Salad

Mango chicken

- Oven: Preheat oven to 350°F. Place contents on sheet pan. Bake for 8-10 minutes or until hot.
- Microwave: Cover and microwave for 2 minutes or until hot

Rice pilaf

- Microwave 1-2 minutes or until hot

Steamed broccoli

- Microwave 1-2 minutes or until hot

Meal 3

Mixed green salad with pomegranate and candied pecans

Ribeye steak

- Microwave 1 minute or until hot

Roasted potatoes

- Preheat oven to 350°F. Place potatoes on a sheet pan and bake for 8-12 minutes or until hot.

Asparagus

- Stovetop: Reheat on a frying pan at medium heat until hot, about 2 minutes
- Microwave: Microwave 1-2 minutes

Meal 4

Butter leaf salad with goat cheese and strawberries

Garlic herbed pork tenderloin

- Microwave 1-2 minutes or until hot

Glazed heirloom carrots & fennel

- Microwave 1-2 minutes or until hot

Mushroom risotto

- Microwave 1 minute, then stir. Add a splash of milk if it's too thick. Repeat until hot.

Meal 5

Caesar salad

Beef lasagna

- Oven: Preheat oven to 350°F. Bake covered for 15 minutes, then uncovered for 10 minutes or until hot and cheese is melted.
- Microwave: Microwave 1-2 minutes or until hot. Cutting the lasagna into smaller pieces prior to heating will help the center warm faster

Green beans

- Microwave 1 minute

Garlic bread

- Toaster oven: Toast for 2-3 minutes
- Oven: Preheat oven to 350°F. Bake for 5-8 minutes or until crispy

Sample meal menu 2

Meal 1

Heirloom tomatoes, cucumber, basil salad with fresh mozzarella, olive oil, and balsamic reduction

Chicken skewers with bell pepper, pineapple & red onion

- Preheat oven to 350°F. Bake on a sheet pan for 10-15 minutes or until hot

Brown rice pilaf

- Microwave 2-4 minutes stirring after each minute until hot

Tzatziki sauce (yogurt lemon cucumber sauce)

Meal 2

Summery Caesar salad with blueberries and country bread croutons

Garlic lemon salmon

- Oven: Preheat oven to 350°F. Bake on a sheet pan for 8-10 minutes or until hot.
- Microwave: Microwave for 2-4 minutes or until hot.

Roasted potatoes

- Preheat oven to 350°F. Place potatoes in an even layer on a sheet pan and bake for 10-12 minutes or until hot.

Garlicky green beans

- Stovetop: Place beans in a sauce pan or skillet on medium heat. Stir frequently 5-7 minutes or until hot.
- Microwave: Microwave 3-5 minutes or until hot.

Meal 3

Mixed greens, gorgonzola cheese, spiced walnuts, Bosc pear, champagne vinaigrette

Fried chicken

- Preheat oven to 350°F. Lay chicken in an even layer on a sheet pan and bake 10-12 minutes or until hot.

Mashed potatoes

- Stovetop: Place mashed potatoes in a sauce pan on medium low heat. Stir often adding a splash of milk or cream to thin out if necessary, 5-10 minutes.
- Microwave: Microwave 3-4 minutes or until hot.

Honey biscuits

- **Preheat oven to 350°F. Wrap biscuits in foil and bake 5-10 minutes or until slightly warm.**

Meal 4

Watermelon, cucumber & feta salad

Pan seared halibut

- Reheat in oven at 350°F 8-10 minutes

Roasted sweet potatoes

- Reheat in oven at 350°F 10-12 minutes

Chiogga beets

- Reheat in oven at 350°F 5-8 minutes

Corn relish