

# 100 Weekly Meal Prep Ideas

## Breakfast

- Oatmeal
- Baked oatmeal
- Pancakes
- Waffles
- Dutch Baby
- Homemade granola
- Parfaits
- Eggs + toast
- Breakfast burritos
- Mini banana muffins
- Smoothies
- French Toast
- Breakfast quesadillas
- Freezer breakfast sandwiches
- Egg in a Hole
- Blueberry Muffins
- Cinnamon Rolls
- Cinnamon raisin baked French toast
- Apple cinnamon steel-cut oats
- Sausage Biscuits
- Breakfast sausage patties (homemade or prepped)
- Zucchini or pumpkin bread
- Chocolate Chip Muffins
- Scones
- Egg muffins

## Lunch

- Chicken Burritos
- Pasta salad with veggies
- Cheese + crackers + fruit
- Hummus snack boxes with veggies + pita
- Turkey & cheese roll-ups
- PB & honey roll-ups
- Chicken salad or tuna salad
- Quinoa & roasted veggie bowls
- Hard-boiled egg bento boxes
- Taco salad
- Mini frittatas or quiches
- Chicken and rice bowls
- Soups (chicken tortilla or chicken noodle)
- Grilled chicken Caesar wraps
- Grilled cheese sandwiches
- Leftover roasted veggie wraps
- DIY Lunchables (meat, cheese, crackers)
- Steak sandwiches
- Mason jar salads
- Burrito bowls
- Sloppy Joe or BBQ chicken sliders
- Taquitos
- Chicken wraps
- Flatbread pizzas
- Mini quesadillas

## Dinner

- Baked pasta casserole (lasagna, ziti)
- Crockpot shredded chicken
- Grilled chicken + veggies
- Meatballs (freeze ahead)
- Stir fry kits (prepped veggies + sauce)
- Beef Tacos
- Sheet pan chicken & veggies
- Steak
- Loaded baked potatoes
- Pulled pork or BBQ chicken
- Chili or stew
- Teriyaki chicken & rice
- Stuffed bell peppers
- Spaghetti & meatballs
- Sloppy Joes
- Rotisserie chicken + frozen sides
- Homemade Pizza
- Ravioli
- Soup + grilled cheese night kit
- Tuna or salmon patties (frozen, then baked)
- Enchiladas
- Chicken Wraps
- Loaded nachos
- Chicken pot pie
- Fancy sandwiches

## Snacks + Treats

- Veggies + dip (hummus, ranch, tzatziki)
- Power balls
- Hard-boiled eggs
- Cheese sticks or cubes
- Mini muffins (banana, blueberry, zucchini)
- Apples + peanut butter packs
- DIY trail mix
- Homemade granola bars
- Homemade popcorn
- Yogurt + granola cups
- Freezer smoothie pops
- Mini quesadillas
- Baked pita chips + hummus
- No-bake cookies
- Frozen banana bites
- Chocolate chip cookies
- Apple crisp
- Brownies
- Lemon loaf
- Chocolate-dipped pretzels
- Sliced fruit + dark chocolate squares
- Muffin-tin cheesecakes
- Frozen yogurt bark with fruit
- PB cookies
- Rice Krispie Treats

# Meal Prep Ideas Prices Tutorial

**L Reisser**



## **Meal Prep Ideas Prices Tutorial:**

## Enjoying the Tune of Phrase: An Emotional Symphony within **Meal Prep Ideas Prices Tutorial**

In a world taken by monitors and the ceaseless chatter of immediate communication, the melodic elegance and emotional symphony created by the written term often disappear into the back ground, eclipsed by the persistent noise and distractions that permeate our lives. Nevertheless, nestled within the pages of **Meal Prep Ideas Prices Tutorial** an enchanting literary treasure full of fresh feelings, lies an immersive symphony waiting to be embraced. Constructed by a wonderful musician of language, this charming masterpiece conducts visitors on a psychological trip, well unraveling the concealed melodies and profound influence resonating within each cautiously crafted phrase. Within the depths of this touching analysis, we can explore the book is key harmonies, analyze their enthralling publishing design, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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