

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

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Puja Mehta



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Food Cost and Menu Planning Ohio State Restaurant Association,1963 **Ideas for Refreshment Rooms** ,1923
Food Retailing ,1947 **Food and Nutrition Information and Educational Materials Center catalog** Food and
Nutrition Information Center (U.S.),1976 **Food and Beverage Cost Planning and Control Procedures** Carl H.
Albers,1976 Abstract The principles of the managerial approach to food and beverage cost accounting are explored and
discussed The nature and importance of cost control are illustrated with practical application suggestions The purpose of
controls and functions that make up the process are discussed The calculation and establishment of standard costs are
explored along with the methodology used to compute actual costs Special controls and related concepts are introduced
Principles for the control of food are applied to the control of beverages Specific topics include food and beverage purchasing
receiving storing and inventory control food costs standards procedures and sales values **Study of Computer**
Procedures for Menu Planning and Recipe Service for DoD Elements Roger T. Baust,1967 A survey of present status of
computerized menu planning accomplishments and research showed that no computerized menu planning system now exists
in any military service and there are no present plans to develop one The U S Navy and Marine Corps have no
accomplishments in computerization of food service which would have a bearing on the development of a system Both U S
Army and Air Force accomplishments are in the area of Food Plan recapitulation and nutrient content and costing verification
These are fully compatible with the system model proposed The Food Service Division Walter Reed General Hospital is
conducting research on a comprehensive food service system of which menu planning is a minor and final part Although
specific for hospital use parts of the system may be useful for a general troop feeding system The Veterans administration
computerized procedure which develops a 28 day Food Plan from which dietitians manually construct menus may provide
guidance for a DoD system Accomplishments and research in university hospitals are not directly applicable to military
feeding They are directed toward a demand based stochastic system whereas the military services use a plan based
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