



HELPING YOU EAT BETTER
ANOTHER GOLDEN NUGGET

Meal-Prepping Tips



Looking to make healthier weekday meals? Preparing your meals ahead-of-time can help you save you time and money. Plus, it makes it easier to eat healthful, whole foods during the work week.

1. Choose and prepare a protein, a starch and some vegetables from the list on the right (see page two for cooking instructions).
2. Combine these ingredients in a bowl and top with your dressing of choice...enjoy!

Use this section for additional notes:

INGREDIENTS

Choose one source of protein:

- Pulled chicken
- Spiced chickpeas

Choose one starch :

- Potatoes of preference (i.e. purple potatoes, sweet potatoes or yams)
- Brown, white or cauliflower rice

Choose one or more vegetable(s):

- Broccoli
- Cauliflower
- Asparagus
- Other vegetable of preference



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PREPARATION INSTRUCTIONS

Item	Method	Directions
Pulled chicken	Crockpot	Add 1-2 tbsp. of extra virgin olive oil to the crockpot. Then add organic chicken thighs or breasts, one 17 oz. container of broth (should cover the chicken), and salt and pepper. Cook on high for 4 hours. Remove and let sit for 5-10 minutes, then shred. Finally, mix in preferred sauce.
Spiced chickpeas	Oven	Preheat oven to 400 degrees Fahrenheit. Open and drain a 15 oz. can of chickpeas. Blot them dry, and toss chickpeas in 1 tbsp. of extra virgin olive oil and spices (1/2 tsp. salt, 1/2 tsp. black pepper, 1/2 tsp. garlic and 1 tsp. oregano). Cook for 20-30 minutes.
Potatoes of preference	Oven	Preheat oven to 400 degrees Fahrenheit. Slice potatoes vertically so they're circles. Coat potatoes with a thin layer of extra virgin olive oil and sprinkle with coarse salt. Bake for 30 minutes, flipping halfway or until done.
Vegetables of preference	Oven	Preheat the oven to 400 degrees Fahrenheit. Wash and dry the veggies. Toss veggies in extra virgin olive oil and salt. Cook asparagus for 12-15 minutes and broccoli/cauliflower for 20-22 minutes, checking until done.



PRO TIP: Using a delicious dressing is a great way to spice up your bowl. However, it can also be a source of added sugar.

The next time you're in the grocery store, check out the condiment brands "Primal Kitchen" and "The New Primal" for delicious low-sugar options.