



## **Meal Prep LIVE Recipe List and Grocery List**

Generic Meal Prep

Jambalaya Pasta

Chicken Alfredo w/ Chicken Sausage

Burrito Bowl

Orange Chicken Stir Fry

Trevor's Mash

Buffalo Chicken Wrap

Egg Casserole

Overnight Oats

Smoothies

White Chocolate Mocha

Berry Power

Frozen Yogurt

Chocolate Peanut Butter

**Protein:**

Chicken Breasts (3 pounds)  
Chicken Sausages (1 pack)  
Pork Butt  
93% Ground Beef (2 pounds)  
99% Ground Turkey (1 pound)  
Shrimp (optional)  
Eggs  
Liquid Egg Whites  
Deli ham  
Turkey Sausage (precooked)

**Carbs:**

Jasmine Rice  
Barilla Whole Grain Pasta (Penne)  
Brown Rice  
Tortillas (Taco size)  
Whole Oats

**Veggies+:**

Green/Red/Yellow Bell Peppers  
Broccoli (Steam in bag)  
Cilantro  
Corn  
Black Beans  
Stir Fry Veggies (Steam in a bag)  
Shredded Lettuce

**Sauces/Seasonings:**

Spaghetti Sauce  
Light Alfredo Sauce  
Taco Seasoning  
Buffalo Sauce (calorie free)  
Fat Free/Low Fat Ranch  
Lime Juice  
Orange Marinade Sauce (sugar free)  
Teriyaki Sauce (sugar free)  
Chocolate Syrup (sugar free)  
Blueberry/Strawberry Syrup (sugar free)

**Miscellaneous:**

Nonstick Cooking Spray  
I Can't Believe It's Not Butter Spray  
Frozen Berries  
Fairlife Fat Free Milk  
White Chocolate Mocha Protein (optional)  
Vanilla Protein  
Two Good Yogurt (vanilla)  
Powdered Peanut Butter  
Ice

**Must Haves:**

Gallon Size Ziploc Bags  
Meal Prep Storage Containers