

MEAL PREP MEALS

By Julie Cottrell, MS, RD, LD

Meal prep is a strategy that allows you to prepare meals for several days all at one time. This is different from simply taking “leftovers” for lunch (which can also be great!). With this strategy, you will intentionally cook a batch of food, then portion it out into individual containers. Then, you will have several meals ready to go for lunch (or dinner) on subsequent days.









Containers for storing your meals could simply be ones you have on hand; or you could purchase ones that are specifically designed to keep your food fresh and portioned. Avoid plastic containers unless they are BPA-free. For meals that need to be reheated, already having it in a glass or microwave-safe container is a bonus. It’s also helpful to use containers that are uniform in size; this can help visually as you portion the food into each container.

→ To select quality storage containers, check out: [The Best Meal Prep Containers](#).

Below you will find pictures of recipes that work well with this strategy. These recipes are taken from websites I have vetted and feel confident in stating that they are using quality ingredients. Click on the recipe link(s) below to visit the website and learn how to prepare some amazing meals!





★ www.sweetpeasandsaffron.com





This site is LOADED with ideas for meal prep!! Click this link to view [30 Low Carb Recipes You Can Meal Prep](#). Several of these recipes are shown below, with direct links included. The author includes excellent tips with each recipe, including ways to swap ingredients and change things up.

			
Egg Roll in a Bowl	Baked Meatballs with Spaghetti Squash	Low Carb Indian Chicken Skillet	Baked Lemon Pepper Salmon
			
Sesame Ginger Beef & Zucchini Noodles	Thai Turkey Lettuce Wraps	Herb Zucchini & Kale Egg Bake	Ranch Chicken Jar Salads

★ www.eatwell101.com





Use this link to view [12 Low-Carb Meal Prep Recipes that Are Healthy + Quick + Easy](#). Some of these mouth-watering meals are pictured below.

			
<u>Easy Meal Prep Keto Breakfast</u>	<u>Cheesy Chicken Fritters</u>	<u>Chicken Spinach Cauliflower Salad</u>	<u>Cajun Shrimp and Veggies</u>





			
<u>Lettuce Wrap Sandwich with Ham, Tomato and Mozzarella</u>	<u>Salmon & Asparagus in Garlic Lemon Butter Sauce</u>	<u>Creamy Tuscan Chicken and Cauliflower Rice</u>	<u>Garlic Butter Chicken Meatballs with Cauliflower Rice</u>

★ www.primaverakitchen.com

Use this link to view a [wide variety of meal prep recipes](#) with [outstanding](#) visuals and tips.

			
<u>Low-Carb Chicken Meal Prep Bowls</u>	<u>Shrimp and Sausage Meal Prep</u>	<u>Chopped Chicken Salad Meal Prep</u>	<u>Greek Chicken Salad Bowls</u>





Continued from www.primaverakitchen.com

			
<u>One Pan Chicken and Cabbage Meal</u>	<u>Ground Beef Butternut Squash Meal Prep Bowl</u>	<u>Low Carb Shrimp Fajita Meal Prep Bowls*</u>	<u>Salmon Patties with Coleslaw</u>

*She has the shrimp fajitas listed as 5 servings; I might modify it to make 4 with a little more/bowl.

Moderate Carb Options

Some of these may use potatoes or starchier veggies but can still be part of a healthy plan.

			
<u>Quick Beef and Zucchini Skillet</u>	<u>Healthy Meatloaf Meal Prep Bowls</u>	<u>Sweet Potato, Kale and Shrimp Skillet</u>	<u>Ground Beef Zucchini Sweet Potato Skillet</u>

MORE INSPIRATION!!

There's other websites you can check out too, but due to the size of pictures, this is all this PDF can handle. For reference, below are a couple more noteworthy sites with some great looking recipes.

Caution: Be careful if the author recommends a processed food item, like a dressing or sauce; read the ingredients on any store-bought items to be sure they go along with the healthy ones we know to use.

- ★ Wholesome Yum - [The Best Keto Meal Prep Ideas for Lunch and Dinner](#)
- ★ Whole Lotta Yum - [30 Low Carb Lunch Ideas You Can Meal Prep](#)