

Meal Prep

Recipes for a week.

- [5-Day Dinner Plan with Chicken, Rice, Pasta & Veggies](#)

5-Day Dinner Plan with Chicken, Rice, Pasta & Veggies

Monday: Baked Chicken Tenders, Mashed Potatoes, Steamed Carrots



Ingredients

- 700-800 g chicken tenders

- 100 g flour
- 2 eggs
- 100 g breadcrumbs
- 1 kg potatoes
- 2 tbsp butter
- 100 ml milk
- 500 g carrots
- Olive oil, salt

Instructions

- Preheat oven to 200°C. Coat chicken in flour, egg, then breadcrumbs. Bake 20–25 minutes.
 - Boil potatoes until soft. Mash with milk and butter.
 - Steam sliced carrots for 10–15 minutes.
 - Prepare extra chicken, potatoes, and carrots for reuse later in the week.
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Tuesday: Chicken & Veggie Quesadillas

Ingredients

- Leftover chicken and carrots
- 1 small zucchini
- 150 g mild shredded cheese
- 5 whole wheat tortillas
- 1 cucumber

Instructions

- Chop chicken and carrots. Sauté zucchini until soft.
 - Fill tortillas with mixture and cheese. Fold and toast each side in a dry pan.
 - Serve with sliced cucumber.
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Wednesday: Chicken & Broccoli Rice Casserole

Ingredients

- Leftover chicken (200–300 g)
- 1 head broccoli (or 250 g frozen)
- 1 grated carrot
- 350 g cooked rice
- 400 ml cream of chicken soup
- 50 g shredded cheese

Instructions

- Preheat oven to 180°C.
 - Lightly steam broccoli. Mix all ingredients in a baking dish.
 - Top with cheese. Bake for 20–25 minutes.
 - Cook extra rice for Friday.
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Thursday: Pasta Primavera with Light Cream Sauce

Ingredients

- 450 g pasta (penne or fusilli)
- 1 zucchini
- 1 carrot
- 100 g broccoli
- 100 g peas
- 2 tbsp flour
- 2 tbsp butter
- 250 ml milk
- 50 g cheese

Instructions

- Boil pasta and drain.
 - Sauté vegetables until soft.
 - Make sauce: melt butter, whisk in flour, add milk. Stir until thickened. Add cheese.
 - Combine pasta, veggies, and sauce. Mix gently.
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Friday: Chicken Fried Rice

Ingredients

- 350 g cooked rice
- 200 g cooked chicken (chopped)
- 100 g peas
- 1 grated carrot
- 1 tbsp coconut aminos or soy sauce
- 2 eggs
- Olive oil

Instructions

- Sauté vegetables in oil. Add chicken and stir.
- Add rice and soy sauce. Mix well.

- Push aside, scramble eggs in the pan, then combine.
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Shopping List (Metric)

Proteins

- 1.5-1.8 kg chicken breast or tenders
- 6 eggs
- 200 g shredded mild cheese
- 250 g Greek yogurt
- 1 can (400 ml) cream of chicken soup

Grains & Breads

- 10 whole wheat tortillas
- 450 g pasta
- 350 g rice (uncooked)
- 100 g breadcrumbs
- 100 g flour

Vegetables

- 6-8 carrots (approx. 1 kg)
- 2 zucchini (400-500 g)
- 2 heads broccoli or 500 g frozen
- 150-200 g peas
- 1-2 cucumbers (300-400 g)

Starches & Dairy

- 1.2-1.5 kg potatoes
- 1-1.5 litres milk
- 100-120 g butter

Pantry

- Olive oil
- Salt and pepper
- Dried parsley or basil
- 250 ml coconut aminos or low-sodium soy sauce