Meal Prep

Recipes for a week.

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

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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.

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.

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.

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.

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.

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