

MEAL PREP – OPTION 1

Shopping list:

- 1 lb ground turkey or chicken
- 3 thin chicken breasts
- 1 pkg zucchini noodles
- 1 pkg squash noodles
- 3 peppers
- Boil-in-bag rice

Snacks:

- Tuna pack
- Carrot chips

Total price
\$22.61
\$3.76 per meal



Chop peppers into bite size pieces

(my green one was bad so not included)



Sauté the vegetables with a little olive oil



Once vegetables soften, add ground meat and season however you desire. I use Mrs Dash initially and then add teriyaki marinade when the meat is almost done



I divide the portions in the pan, I think this is the best way to make them even.

Boil rice as directed, apx 8 min



Separate into containers, I prefer Ziploc bags over Rubbermaid containers just based on the space they



require in your cooler. I'll freeze them in the bag.

The other 3 meals are chicken breasts with buffalo Sauce, squash noodles, and rice. You can use BBQ or Teriyaki if you prefer.

Cook chicken then cut into desired sizes

Add the squash into the sauce for the best flavor

Cook rice as directed

(I think the jasmine rice has better flavor but serving

Sizes are larger with plain white rice)



Package the chicken meals the same manner as the ground turkey meals above. Freeze them as desired. Having the meals frozen and then adding a freezer pack to your cooler will keep them cold substantially longer. Also, using this technique will allow you to prep your meals a week or so in advance. If you don't freeze them, you'll be forced to cook the night before or potentially the morning your trips start. That is even more difficult to determine while you're on reserves and may not know of a trip far enough in advance to properly prep.

Visit us at WWW.Aviatorsedge.com for some more great recipe and meal prep ideas