

Here is a simple way to add variety to your meal prep

1 - Cook your protein as desired – here is one quick example:

Chicken, cut into bite size cubes.

Cooked over med-high heat for apx 7 min (until cooked)

Season as desired, I used seasoned salt, pepper, garlic on this one

I cook on high for a few minutes when almost done, this adds some better color and flavor to the meat

2 – cook your vegetables and flavor as desired, I used Mrs. Dash

3 – Cook your rice, I used boil-in-a-bag. It takes 8 min

After everything is cooked, separate the rice into serving sizes. I prefer to do this into Ziploc baggies.

- Add your flavor options directly to the rice, it will hold the flavor quite well and give you a great variety without cooking the same thing multiple times.
- I used Cheese with one to create a cheesy-chicken recipe. This is great when it is reheated!
- The second and third options are supper simple as well, I merely added soy sauce into one and teriyaki sauce in the other.
- Other options may include: sweet and sour, BBQ, sweet mango... your options are almost limitless. Just check the marinade and sauce isles. Don't forget to look in the Asian, Spanish, or international sections at your local super market.

