

Two-Week Reserve-Based Meal Plan: Recipes

Week 1

Sunday - Crockpot Salsa Chicken

Ingredients (2-4 servings):

- 2 lbs chicken breasts
- 1 jar (16 oz) salsa
- 1 tsp cumin
- 1 tsp chili powder
- Salt & pepper to taste

Directions:

1. Place chicken in crockpot.
 2. Pour salsa over chicken, sprinkle with spices.
 3. Cook LOW 6-7 hours or HIGH 3-4 hours.
 4. Shred chicken with two forks and serve with rice, tortillas, or salad.
-

Tuesday - Crockpot Italian Chicken & Veggies

Ingredients:

- 2 lbs chicken thighs
- 1 cup baby carrots
- 1 cup potatoes, diced
- 1 cup zucchini, sliced
- 1 tsp Italian seasoning
- Salt & pepper to taste

Directions:

1. Place chicken and veggies in crockpot.
2. Sprinkle with Italian seasoning, salt, and pepper.
3. Cook LOW 6-7 hours or HIGH 3-4 hours.
4. Serve as-is or toss with pasta/grains.

Thursday - Sheet Pan Sausage & Veggies (*Not crockpot*)

Ingredients:

- 1 lb sausage (turkey or chicken)
- 1 red bell pepper, sliced
- 1 zucchini, sliced
- 1 cup baby potatoes, halved
- 1-2 tsp olive oil
- 1/2 tsp garlic powder, salt & pepper

Directions:

1. Preheat oven to 400°F (205°C).
 2. Toss sausage and veggies with oil and seasonings.
 3. Roast 25-30 minutes, turning once.
 4. Serve hot; reserve leftovers for Friday.
-

Week 2

Sunday - Crockpot Salsa Chicken (*Repeat Week 1 Sunday*)

Tuesday - Crockpot Teriyaki Chicken & Rice

Ingredients:

- 2 lbs chicken thighs
- 1/2 cup teriyaki sauce
- 1 cup broccoli florets
- 1 cup carrots, sliced
- Salt & pepper to taste
- Cooked rice, for serving

Directions:

1. Place chicken in crockpot, pour sauce over.

2. Cook LOW 6-7 hours or HIGH 3-4 hours.
 3. Add broccoli and carrots in the last 30 minutes.
 4. Serve over cooked rice.
-

Thursday - Crockpot "Light Creamy" Chicken & Mushrooms

Ingredients:

- 2 lbs chicken breasts
- 1 cup mushrooms, sliced
- 1/2 cup chicken broth
- 1 tsp garlic powder
- Salt & pepper to taste

Directions:

1. Place chicken and mushrooms in crockpot.
2. Pour chicken broth over and sprinkle with garlic powder, salt, and pepper.
3. Cook LOW 6-7 hours or HIGH 3-4 hours.
4. Serve with rice, pasta, or veggies.