



For a fast prep that can give you multiple recipes we like to work in sets of 3. Three main recipes that require cooking time is usually enough to get you through a few days but also not a crazy amount of time in the kitchen. These meals usually fill the midday and dinner meals.

The grocery list and recipes for the following. The mains can be prepped (or finishing cooking) by the end of 20 minutes. With such a short prep, you could add one more simple recipe to fill breakfast.

*Prepped in under 20 minutes:*

**Crock Pot Gyro = 4-5 meals**

**CK Veggie Soup = 6-8 meals**

**Chicken Parm Bake = 4 meals**

Extra meals to think about:

Snack: CK Protein Fruit Dip = 3 servings

Make every morning a Veggie Omelet = 6 meals

### 3 Day Meal Plan

**Meal 1 Breakfast:** 7:00 AM • Veggie Omelet with grapes

**Meal 2 snack:** 10:00 AM • CK Veggie soup

**Meal 3 Lunch:** 1:00 PM • Crock Pot Gyro steak/ chicken plate with salad plate

**Meal 4 snack:** 3:30 PM • CK Veggie soup (or CK Protein Fruit dip with almonds and strawberries)

**Meal 5 Dinner:** 6:30 PM • Chicken Parm Bake with roasted or steamed broccoli

### Equipment

- Crock pot
- crock pot liner
- Large soup pot
- 9x13" baking dish
- cooking spray
- cutting board
- chef knife
- wooden spoon or cooking spoon
- small skillet for omelet cooking

### Grocery List

#### Fresh

- 2 pounds thin cut sirloin (Gyro Steak)
- 1 lb. lean ground turkey (Veggie Soup)
- 4-5 chicken breast (Chicken Parm Bake)
- dozen eggs (Veggie Omelet)
- 1 bag frozen peppers and onion blend (Veggie Omelet)
- 3 onions or 3 cups frozen onion (Gyro Steak/Veggie Soup)
- 3 green bell peppers (Gyro Steak)
- 2 tbs lemon juice (Gyro Steak)
- 16 oz low fat cottage cheese (Chicken Parm Bake/ CK Protein Fruit Dip)
- 1/2 cup parmesean cheese (Chicken Parm Bake)
- 16 oz bag frozen mixed veggies (Veggie Soup)
- 8 oz (1/2 bag) frozen cut green beans (Veggie Soup)
- 1 bag of frozen steamer broccoli or bag of fresh broccoli florets (side for Chicken Parm Bake)
- 16 oz box fresh spinach (Gyro Steak Plate/ Veggie Omelet)
- box of fresh strawberries or blueberries (CK Protein Fruit Dip)

#### Pantry

- extra virgin olive oil (Gyro Steak/Veggie Soup)
- garlic powder (Gyro Steak/Veggie Soup)
- dried oregano (Gyro Steak)
- kosher salt (all)
- ground black pepper (Gyro Steak/Veggie Soup)
- beef bullion cubes or Better Than Bullion Beef base (Gyro Steak/Veggie Soup)
- arrowroot flour or cornstarch (Veggie Soup)
- 4 cups beef bone broth or stock (Veggie Soup)
- 1 packet of McCormick's Thick N Zesty (Chicken Parm Bake)
- 2 - 15 oz can diced tomatoes (Veggie Soup/Chicken Parm Bake)
- 2 - 15 oz can tomato sauce (Veggie Soup/Chicken Parm Bake)
- Quest Vanilla Protein Powder
- chopped walnuts or sliced almonds



## Crock Pot Gyro Steak

**Servings: about 5 servings**

**\*The meat shrinks up a good bit**

### Ingredients for meat:

#### Fresh

- 2 pounds thin cut sirloin
- 2 onions
- 3 green bell peppers
- 2 tbs lemon juice

### pantry ingredients:

- 1/4 cup oil (walnut or extra virgin olive oil)
- 1/2 tbs garlic powder
- 1 tsp oregano
- 1/2 tsp salt
- 1/4 tsp ground black pepper
- beef bullion cube

### Ingredients for Cucumber-dill yogurt sauce:

- 1 cup non fat, plain greek yogurt
- 1/2 cup cucumber
- 1 tbs dill (dried dill weed)
- 1/4 tsp salt
- Blend all ingredients together.

### Optional toppings for your steak plate or salad:

- chopped romaine or spinach
- mild pickled banana peppers (so good on this because it adds a vinegar!)
- tomatoes
- cucumber slices with a side of humus

### Directions:

Simple. Slice up the meat. Slice up the peppers and onions. Throw them in a crock pot. Mix oil, lemon juice, and seasonings together, then pour over meat and veggies. Don't forget the bullion cube! Cover and set heat on low for about 5 hours. Stir occasionally, but not necessary.

There will be a lot of liquid. Scoop out majority of juice and toss it. Leave a little juice to keep meat from drying out. When the meat is done, it's not the prettiest looking stuff, but man it is tasty!!!!!! So decorate it with some yummy toppings. Do not skip out on the banana peppers or the sauce, its awesome!



## CK Veggie Soup

6-8 servings

### Ingredients

#### Fresh

- 1 lb. lean ground turkey or ground sirloin
- 1 small onion, chopped or 1 cup frozen onions
- 16 oz bag frozen mixed veggies
- 8 oz (1/2 bag) frozen cut green beans

#### Pantry

- 15 oz can diced tomatoes
- 15 oz can tomato sauce
- 4 cups beef bone broth or stock
- 1 tbs arrowroot flour or cornstarch
- 1 tbs Better Than Bullion Beef base or 2 beef bouillon cubes\*
- 2 tbs ghee or olive oil
- 1 tsp garlic powder
- pepper, to taste
- kosher salt, to taste
- \*Depending on how salty your bone broth or stock is will determine how much bullion you should use. We use a minimally salted bone broth. Taste test your soup before adding more salt or bullion.

#### Directions

1. In a large stock pot, heat ghee over medium heat. Add onions and meat.
2. Brown meat, then drain juices and return to pot and stove.
3. While meat is cooking, in a bowl mix together the bone broth with 1 tbs of arrow root flour and set aside.
4. Add all frozen veggies to pot and stir. Let them defrost and come back to medium heat.
5. Add diced tomatoes and tomato sauce to pot, stir.
6. Stir in garlic powder and beef bullion.

7. Pour in beef bone broth and arrowroot flour mixture and bring to a boil.
8. Reduce heat to low-medium and simmer for about 15-20 minutes. The arrowroot flour should help the liquid tighten up a bit. Stir occasionally.

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## Chicken Parm Bake & Roasted or steamed broccoli

4 servings

This was the EASIEST meal eveeeeerrrr.

### Ingredients:

- 1 bag of frozen whole green beans
- 4- 5 Frozen- rock-solid chicken breast
- 15 oz can of tomato sauce
- 15 oz can diced tomatoes
- 1 packet of McCormick's Thick N Zesty
- 1 cup low fat cottage cheese
- 1/2 cup parmesan cheese (optional)

### Directions:

1. Pre heat oven to 425 degrees.
2. Place broccoli on pan, spray with cooking oil spray and season. Pop them in the oven.
3. Mix together 1 can of tomato sauce, 1 can diced tomatoes and 1 packet of McCormick's Thick N Zesty.
4. Place 4-5 Chicken breast in a baking dish. Season with salt.
5. Pour sauce mixture on top.
6. Top each chicken breast with a dollop of cottage cheese, then sprinkle with a little parm cheese.
7. Bake (both broccoli and chicken) for about 30-35 minutes. DONE.