

## Sunday Prep

### [Mason Jar Baked Oatmeal](#)

- Mix ingredients according to recipe and bake in the oven, let cool.

### [Mason Jar Salads](#)

- Bake or grill two boneless chicken breasts lightly seasoned with salt and pepper. Let cool. You can also bake or grill your chicken for Friday's pizza and store tightly in the fridge.
- Cook 8 slices of turkey bacon - bake or use your microwave, let cool
- Make **Maple Vinaigrette Dressing** by whisking ingredients together; divide equally into 4 mason jars
  - 4 T of extra virgin olive oil
  - 2.5 T maple syrup
  - 2.5 T apple cider vinegar
  - 1 tsp Dijon mustard
  - sprinkle of salt and pepper
- Compose Salads; layering in the following order:

#### **Apple Bacon**

- Dressing
- 1/3 c matchstick carrots
- 4 slices chopped turkey bacon
- 1 c chopped apple
- 1 2/3 c spinach or kale
- 2 T pecans

#### **Chicken Pear**

- Dressing
- 1/3 c matchstick carrots
- 2/3 c diced chicken
- 1 pear, sliced or chopped
- 1 2/3 c spinach or kale
- 2 T pecans

- Pack fruit/snacks if you work out of the home or like to grab and go**

- [Prep Salt-free Taco Seasoning](#) for Sweet Potato Chili

- Make Monday's Dinner** - Use the premade taco seasoning for your [Sweet Potato and Black Bean Chili](#)

**Still here? Have more left in you? Go ahead and make the Spaghetti Squash Lasagna! Your Tuesday-self will thank you!**

- [Spaghetti Squash Lasagna](#) (wait to bake!)
  - Cook your [squash](#) (click to learn how!)
  - Cook turkey sausage while squash cools
  - [Make homemade sauce if you want!](#) Or just use your store bought yumminess
  - Layer Lasagna according to recipe. Cool, then store in fridge.

**For the rest of the week, please see below!**

## **Remainder of the Week..**

### **Monday**

- Just reheat your chili. These flavors get better by the day- you'll be glad you made it ahead!

### **Tuesday**

- Just bake your dinner! Yum!
- Prep your lemon garlic marinade for tomorrow and let the chicken soak up all that delicious flavor!

### **Wednesday**

- Bake the chicken in the oven
- Make your [Loaded Cauliflower Mash](#) in the Instant Pot. No Instant Pot? Make a simple [Mashed Cauliflower](#) instead!
- Don't forget your clean treat!

### **Thursday**

- Make the Kale, Sausage, and Chickpea Skillet. Such a quick and yummy dinner! Yay!

### **Friday**

- Crock Pot trick** - place your Butternut Squash in the crock pot and set on low! It will be soft and easy to puree in 6-8 hours!
- Make the [Butternut squash soup](#) and [Buffalo Chicken Pizza!](#) When you cook the bacon for the soup, make enough for the pizza, too! (You may have made your chicken on Sunday during meal prep- double check the fridge!)