

#### **Sunday:**

- Preheat your oven to 400 degrees and prep your [Cranberry Orange Muffins](#).
- While your muffins are baking, season chicken breast with salt, pepper, and garlic powder and spray with cooking spray. Line a sheet pan with parchment paper and cook chicken for 20-25 minutes (time varies depending on thickness). I love that you can cook the muffins and the chicken at the same time! Just be sure to set two separate timers!
- If you are making turkey bacon for the week, it also bakes up perfect at 400 degrees, so pop them in, too, and cook for 18 minutes, flipping halfway. If you aren't making bacon, prep your hard boiled eggs. Try my Instant Pot or Air Fryer methods!
- Since you have your flour and baking supplies out, mix up the batter for the [Instant Pot Chicken and Dumplings](#). Cover batter and place it in the fridge for now.
- Ok - here's the not so fun part of prepping, but it makes a HUGE difference. Put on some fun music, listen to an audiobook, or put on your favorite show and grab a good, sharp knife. Wash and chop the following veggies:

#### **Listed by Veggie:**

- Onions: 3 ½ onions, diced (but dice up 4 and save or freeze that half!)
- Bell Peppers: 3-4 peppers, diced
- Carrots: 2 cups, chopped
- Celery: 2 cups, chopped
- Garlic: 12 cloves, chopped
- Ginger: 2 tablespoons, chopped
- Kale: about 3 cups, chopped
- Romaine: about 3 cups, chopped
- Baby Bok Choy: about 2 cups, but you can sub with extra Kale
- Head of Cauliflower: wash and trim the bottom leaves off, but keep the rest in tact

#### **Veggies Listed by Recipe:**

- [Kale Caesar Salad](#)
  - Kale
  - Romaine
  - Tomatoes (just washed, not sliced unless you want to!)
- [Instant Pot Chicken and Dumplings](#)
  - 1 cup chopped celery
  - 2 cups chopped carrots
  - 1 cup diced onion (about 1 small onion)
  - 3 cloves of garlic
  - Head of Cauliflower - wash and trim the bottom leaves off, but keep the rest in tact
- [Easy Taco Skillet](#)
  - 1 onion, diced
  - 1 large or 2 small green bell pepper, diced

- [Instant Pot Jambalaya](#)
    - 1 onion, diced
    - 3 cloves garlic, minced
    - 3 stalks celery
    - 2 bell peppers, diced
  - [Chicken Parmesan Pasta](#)
    - ½ onion, diced
    - 3 cloves garlic, minced
  - [Instant Pot Ramen Noodles](#)
    - 2 tablespoons grated or finely chopped ginger
    - 1 1/2 tablespoons minced garlic
    - 1–2 cups finely chopped baby bok choy greens or finely chopped baby kale
- Prep snacks as needed and assemble salads if you need to have them prepared in advance.
  - Finally, if you have a little extra time, cook your [Instant Pot Chicken and Dumplings](#). There is something about having Monday's Dinner all prepped that makes me feel amazing! But, even if you don't have the time, this meal will still come together fast tomorrow!

#### Monday:

- Either cook your [Instant Pot Chicken and Dumplings](#) or just heat it up if you prepped it in advance! If you end up having extra, this is awesome to freeze!

#### Tuesday:

- One of the quickest dinners ever, this [Easy Taco Skillet](#)\* is also perfect for doubling for your freezer. I like to put it in individual portion sizes and pull out for lunch! \*[Plans C-F: Depending on how many people will be eating, you may need to 1.5 or 2x the recipe. Taco skillet recipe makes 4 servings.]
- Midweek prep: while you have your spices out, mix up the spice blend for [Instant Pot Jambalaya](#). You will need:
  - 1/2 tsp of sea or kosher salt
  - 1 tsp garlic powder
  - 1 tsp paprika
  - 1/4 tsp black pepper
  - 1/2 tsp onion powder
  - 1/2 tsp dried oregano
  - 1/2 tsp dried thyme
  - 1/8 tsp cayenne pepper
  - 1/8 red pepper flakes (optional)

#### Wednesday:

- This [Instant Pot Jambalaya](#)\* takes a little bit of time, but it's mainly hands off time! But while you have your cutting board out and you are cutting your chicken and sausage, cut up the chicken for tomorrow's dinner! This will save you time and a little bit of mess.
- \*[Plans C-F: Depending on how many people will be eating, you may need to 1.5 or 2x the recipe. Jambalaya recipe makes 6 servings and you will need one for Friday's lunch.]
- [Plan B-F] If you are making a treat swap (but feel free to pour a glass of wine with your Jambalaya) you can do that while the Jambalaya cooks!

**Thursday:**

- Brand new recipe!!!! This [Chicken Parmesan Pasta](#) will be on your table in under 30 minutes, so buckle up!
- [Plans C-F] Don't forget to steam your broccoli or quickly put a freezer steamer bag in the microwave!
- [Plans B-F] Whip up your [Chocolate Chia Pudding](#) to be ready for tomorrow's dessert!

**Friday:**

- We are obsessed with [Instant Pot Ramen Noodles](#) on Friday nights, so hopefully you love this dish as much as we do!
- \*[Plans C-F: Depending on how many people will be eating, you may need to 1.5 or 2x the recipe. Ramen noodles recipe makes 4 servings.]