

\$75 Whole Foods Meal Prep Challenge

TAKE BACK YOUR HEALTH ACADEMY

5 healthy meals for 5 days, prepped in 2 1/2 hours for only \$71.44

Breakfast: Cinnamon Oatmeal With Walnuts & Bananas

Cost for 5 servings: \$5.87 (\$1.17/serving)

Ingredients

2 1/2 cups rolled oats, uncooked
3 bananas
2 tbsp. honey
1 tsp. ground cinnamon
1/4 cup raw walnuts

Instructions

Heat the rolled oats over medium high heat and add 5 cups water. Cook over medium-high heat, stirring occasionally, until the oats have absorbed the water and are creamy, about 10-12 minutes.

Now that the oatmeal is fully cooked, stir in the honey and cinnamon.

Top with chopped walnuts and freshly sliced banana.

*I recommend waiting until the day of to slice your banana to keep it as fresh as possible.

Light Snack: Peanut Butter with Raisins & Apple Slices

Cost for 5 servings: \$6.54 (\$1.31/serving)

Ingredients

1/2 cup peanut butter
1/4 cup raisins
5 apples

Instructions

Slice an apple into wedges and add a couple tablespoons of peanut butter and a few raisins.

*I recommend slicing the apple the day you are going to eat it to keep it as fresh as possible.

Lunch: Stuffed Bell Peppers

Cost for 5 servings: \$24.11 (\$4.82/serving)

Ingredients

1 tbsp. olive oil
1 1/2 lbs. lean ground beef
1 yellow onion, diced
2 cloves garlic, minced
1 tsp. kosher salt
1/2 tsp. ground black pepper
1 tsp. paprika
1 tsp. chili powder
1/2 tsp. dried oregano
1 1/2 cup brown rice, uncooked
1 14 1/2 oz. can diced tomatoes
8 oz. tomato sauce, low salt
5 large bell peppers (I used green)

Instructions

Preheat oven to 350 degrees.

In a medium pot, heat the rice with 3 cups water over medium-high heat. Simmer, covered, for about 20 minutes or until rice is mostly tender. If more liquid is necessary, add water as needed.

In a large, deep skillet over medium-high heat, add olive oil, the ground beef, onion, garlic, kosher salt, black pepper, chili powder, oregano and paprika and stir to combine. Cook until the meat is well-browned and the onions are tender. Add the diced tomatoes, tomato sauce, and cooked brown rice and stir to combine.

Carefully slice off the tops of each bell pepper, leaving as much of the pepper as possible. Clean out each pepper and wash thoroughly.

Place each pepper in an oven-safe baking dish. It may be necessary to slice off some of the bottom of the pepper if it will not stand up on its own. Peppers should be placed so the hollowed-out opening is facing upward.

Combine cooked rice with beef mixture in large skillet. Add the tomato sauce and stir to combine. Taste for seasonings. Add more kosher salt and/or pepper as needed.

Gently spoon mixture into hollowed-out peppers. If there is extra stuffing, you can spread it around the peppers in the baking dish.

Cover with tented aluminum foil and bake for 45 minutes, or until peppers are tender.

Heavier Snack: Baked Sweet Potatoes with Chicken & Spinach

Cost for 5 servings: \$19.43 (\$3.89/serving)

Ingredients

5 sweet potatoes
1 tbsp. olive oil
1/2 tsp. kosher salt
1/4 tsp. ground black pepper
1/4 tsp. garlic powder
2 chicken breasts, boneless and skinless
1/2 cup plain greek yogurt
3 green onions, sliced
1 bunch fresh spinach, stems removed

Instructions

While the sweet potatoes are cooking, heat two separate skillets. In a skillet, heat the olive oil over medium-high heat. Season the chicken with the salt and pepper and place into the hot oil.

Cook for 8-10 minutes, flipping occasionally, until the chicken is cooked through and the sides are golden-brown. You'll know the chicken is cooked through when the juices run clear and/or the internal temperature reaches 160 degrees F. Once the chicken is cooked, dice into bite-size cubes.

Add the spinach into the skillet you just used for the chicken and toss, cooking over medium heat, for 1-2 minutes, or until the spinach is mostly wilted.

To prepare the sweet potato, start by slicing a deep slit (but not all the way through the potato) from end to end with a knife, then "crack" the potato open by squeezing the ends towards one another. It will pop right open.

Top with the spinach, cubed chicken, dollop of plain greek yogurt, and then the sliced green onions.

Dinner: Dijon Roasted Chicken & Carrots

Cost for 5 servings: \$16.77 (\$3.35/serving)

Ingredients

1 tbsp. olive oil
10 chicken thighs, boneless and skinless
1 tsp. kosher salt
3 tbsp. dijon mustard
1 tbsp. lemon juice (~ 1 lemon)
1/2 tsp. ground black pepper
1/2 tsp. dried thyme
10 carrots, sliced on the bias

Instructions

Preheat oven to 400 degrees.

Heat a large, oven-proof skillet over medium-high heat and add the olive oil.

In a large bowl, combine the chicken thighs, dijon mustard, lemon juice, kosher salt, pepper, and dried thyme and mix to evenly coat the chicken.

Add the chicken to the hot skillet and cook for 6-8 minutes until well-browned. Flip the chicken over, turn off heat, and add the carrots on and around the chicken in the pan.

Transfer the pan to the oven and roast for 30 minutes, or until chicken is cooked through (when pierced with fork, juices run clear and not reddish-pink).

Carefully remove from oven and serve.

Did you enjoy this meal plan??

I sure hope so!

Want more great, healthy information and support? Come join us on Instagram or YouTube and tag #asweetpeachef with your creations!!

- Lacey :)