Week 1

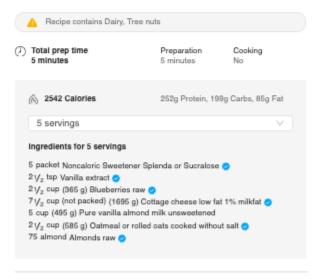
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Divide prepped foods evenly into 5 meal prep containers.



This recipe is best mixed together in a large bowl and then divided out into mason jars for quick grab-n-go.

Berry Cheesecake Overnight Oats (High Protein)

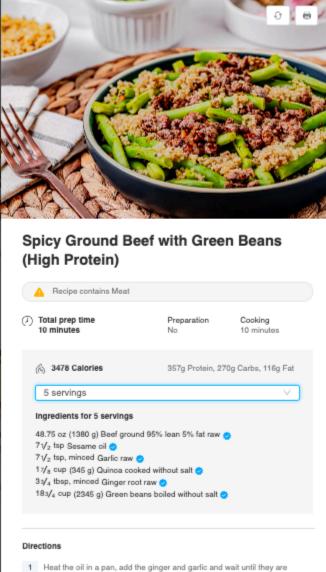


Directions

- 1 In a bowl or jar, combine berries, and vanilla and mash with a fork. Add oats, cottage cheese, and almond milk and stir to combine.
- 2 Refrigerate for at least 6 hours, and top with chopped almonds.

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Please note this recipe uses 3 bags of frozen green beans (disregard the 18-³/₄ cups).



- Heat the oil in a pan, add the ginger and garlic and wait until they are slightly brown.
- 2 Next, add the ground beef, salt, and crushed red flakes to taste. Combine and wait until the meat changes its color. Remove the ginger.
- 3 Once ready, add the quinoa and green beans and stir until well combined.
- 4 Dish out and enjoy!

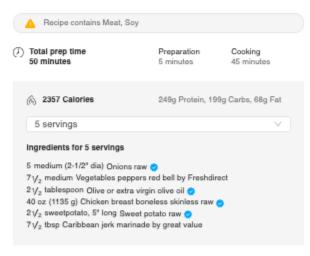
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Sheet Pan Jerk Chicken with Sweet Potato Wedges (High Protein)



Directions

- 1 Preheat oven to 425 F
- 2 Slice onions, peppers, and potato into wedges and toss with olive oil, salt and pepper.
- 3 Toss chicken strips in jerk marinade, and a pinch of salt.
- 4 Arrange all ingredients on a sheet pan with space in between each ingredient - bake for 40 minutes, or until potatoes are crisp, and chicken is cooked