100 Weekly Meal Prep Ideas

Breakfast

Lunch

Dinner

Snacks + Treats

- Oatmeal
- Baked oatmeal
- Pancakes
- Waffles
- Dutch Baby
- Homemade granola
- Parfaits
- Eggs + toast
- Breakfast burritos
- Mini banana muffins
- Smoothles.
- French Toast
- Breakfast quesadillas
- Freezer breakfast sandwiches
- Egg in a Hole
- Blueberry Muffins
- Cinnamon Rolls
- Cinnamon raisin baked French toast
- Apple cinnamon steel-cut oats
- Sausage Biscuits
- Breakfast sausage patties (homemade or prepped)
- Zucchini or pumpkin bread
- Chocolate Chip Muffins
- Scones
- Egg muffins

- · Chicken Burritos
- Pasta salad with veggies
- Cheese + crackers + fruit
- Hummus snack boxes with veggies + pita
- Turkey & cheese rollups
- PB & honey roll-ups
- Chicken salad or tuna salad
- Quinoa & roasted veggie bowls
- Hard-boiled egg bento boxes
- Taco salad
- Mini frittatas or quiches
- · Chicken and rice bowls
- Soups (chicken tortilla or chicken noodle)
- Grilled chicken Caesar wraps
- Grilled cheese sandwiches
- Leftover roasted veggie wraps
- DIY Lunchables (meat, cheese, crackers)
- · Steak sandwiches
- · Mason jar salads
- · Burrito bowls
- Sloppy Joe or BBQ chicken sliders
- Taguitos
- Chicken wraps
- Flatbread pizzas
- Mini quesadillas

 Baked pasta casserole (lasagna, ziti)

- Crockpot shredded chicken
- Grilled chicken + veggies
- Meatballs (freeze ahead)
- Stir fry kits (prepped veggies + sauce)
- Beef Tacos
- Sheet pan chicken & veggies
- Steak
- Loaded baked potatoes
- Pulled pork or BBQ chicken
- · Chili or stew
- Teriyaki chicken & rice
- · Stuffed bell peppers
- Spaghetti & meatballs
- Sloppy Joes
- Rotisserie chicken + frozen sides
- Homemade Pizza
- Ravioli
- Soup + grilled cheese night kit
- Tuna or salmon patties (frozen, then baked)
- Enchiladas
- · Chicken Wraps
- · Loaded nachos
- Chicken pot pie
- · Fancy sandwiches

- Veggies * dip (hummus, ranch, tzatziki)
- Power balls
- Hard-botted eggs
- · Cheese sticks or cubes
- Mini muffins (banana. blueberry, zucchini)
- Apples + peanut butter packs
- · DIY trail mix
- Homemade granola bars
- · Homemade popcorn
- Yogurt + granola cups
- Freezer smoothie pops
- Mini quesadillas
- Baked pita chips + hummus
- No-bake cookies
- · Frozen banana bites
- · Chocolate chip cookies
- Apple crisp
- · Brownles
- Lemon loaf
- Chocolate-dipped pretzels
- Sliced fruit + dark chocolate squares
- Muffin-tin cheesecakes
- Frozen yogurt bark with Pruit
- PB cookles
- Rice Krispie Treats

Meal Prep Ideas Vs Coupon

Sabine Zange

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