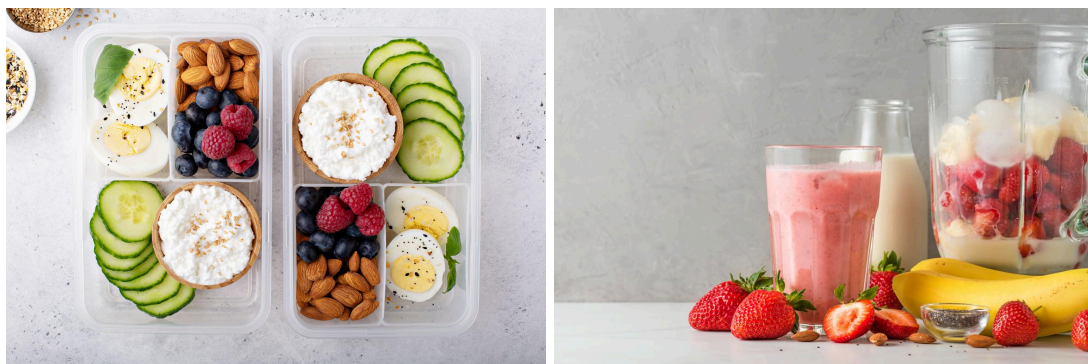


# Atlanta Bariatrics

## Meal Prepping Ideas



***Creative*** ideas for prepping ahead for a busy schedule:

- Breakfast:
  - Egg Muffin Cups (see recipe next page)
- Lunch:
  - Mason Jar Salads:
    - Place light dressing in the bottom of a mason jar. Next add the sturdier produce, like carrots, cucumbers and peppers. Then add the cooked protein, i.e. boiled eggs, chickpeas, black beans, cooked chicken or deli turkey. Sprinkle a couple tablespoons of low-fat cheese on top. Finally, add the leafy greens.
    - Store in the refrigerator 3-4 days until ready to eat and dump out on a plate or bowl. You can also leave a little space at the top of the jar, seal the jar with a lid and give it a few shakes to mix contents together and eat right out of the jar.
- Dinner:
  - Choice of protein cooked ahead in a crock pot, frozen mixed veggies, winter squash or quinoa frozen
- Snacks:
  - Ham/Turkey, pickle and cream cheese roll-ups
  - Cinnamon, flax seeds and cottage cheese in a cup
  - Roasted chick peas
  - Cucumber and hummus
- Smoothies
  - Make ahead and store smoothie in a mason in the refrigerator up to 2 days- separation is normal
  - You can freeze in ice cube trays or freezer bags and put in the blender when ready to make a smoothie

## **Egg Muffin Cups:**

### **Ingredients:**

- 6 large eggs
- 1/3 cup low-fat milk
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- ½ cup chopped onion
- ½ cup chopped bell pepper
- ½ cup diced tomato or chopped mushrooms
- 1/3 cup shredded low-fat cheese of choice
- Hot sauce to taste (optional)

### **Directions:**

1. Wash hands with soap and warm water.
2. Preheat oven to 325 degrees F.
3. Coat 12-cup muffin pan with cooking spray.
4. Whisk eggs, milk, salt and pepper in a medium bowl.
5. Divide onion, bell pepper, tomato or mushrooms, and cheese among the muffin cups. Top with the egg mixture.
6. Bake until set and lightly brown, 20 to 25 minutes. Let stand for 5 minutes before removing from the pan.

### **Tips:**

To make ahead: Cool completely and refrigerate in an airtight container for up to 3 days or freeze for up to 1 month. To reheat, wrap in a paper towel and microwave on High for 30 to 60 seconds.

*Recipe modified from: EatingWell.com, March 2020*