

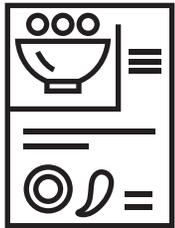


## BASIC MEAL PREP RECIPES

Remember to keep it simple. The idea is that when you have healthier things READY to eat, you will eat them. Prepare your food for better, healthier meals.



INGREDIENTS



RECIPES

### ZESTY CHICKEN

#### MARINADE

- 1 LB. of boneless, skinless chicken breasts
- 1/2 bottle of Wishbone Zesty Italian dressing
- 1 tbsp. of chicken seasoning rub
- 1 tbsp. of garlic powder
- 1 tbsp. of onion powder

Mix and marinate chicken for at least 1-hour up to overnight

To Cook Use either Grill / Slow Cooker / Instant Pot

- 1 LB. of marinated boneless, skinless chicken breasts
- 1.5 tbsp. balsamic vinegar
- 1.5 tbsp. extra virgin olive oil
- salt and pepper to preferred taste

Mix and pour over marinated chicken

Cook to doneness

### JASMINE RICE

INSTANT POT®

Add 3 cups of dried Jasmine Rice with 3 cups of water to Instant Pot®. Allow to come to pressure and cook for (4) four minutes. Do a 10 minute natural release and remove lid, fluff and serve or store for later use.

### BOILED EGGS

INSTANT POT®

Add basket to Instant Pot, pour in 1 cup of water. Place eggs on basket, allow to come to pressure and cook for 4 minutes. While cooking, immediately fill a large bowl with an ice water bath. Once 4 minutes elapses, IMMEDIATELY release pressure and remove eggs and place urgently in ice bath. Once cool enough to touch, peel, eat, enjoy! (Or save for later).

### SWEET POTATOES

OVEN ROASTED

Pre-heat oven to 400 degrees

Wash sweet potatoes, line a baking sheet with foil to easier clean up, place sweet potatoes spread out on baking sheet and bake for 45 mins to 1 hour depending on size of potatoes and preference of doneness. Turn off oven and let potatoes cook with residual heat until oven is cool.

Sweet potatoes will have shrunk in size and pulled away from skins.

Once potatoes are cool enough to handle, you can easily remove skins, choose to cut up potatoes or mash (they will be very soft), and serve immediately or store for later.



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## PROPORTION YOUR MEALS TO YOUR SPECIFIC REQUIREMENTS



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