

A "STAYING
#DAYCLUBREADY"
ORIGINAL

**the
easiest
meal prep**

VERSION: TRADER JOE'S



by **Baroque Medusa**

Preface

The simplest and most satisfying meal prep is a reality!

These Trader Joe's recipes are prepared with chicken breast as the protein base. You can substitute with the meat or plant-based of your preference.

Common sense: Should you have a food allergy to any of the ingredients, substitute the food allergy ingredient for another ingredient.

Disclaimer: The Staying #DayclubReady Meal-Prep plan(s) and its contents are not to be given away, sold, shared, posted online, or circulated in any form.

Protein

Protein feeds the muscle. It also keeps you fuller, longer.
1 oz. chicken breast = 4 grams protein

Kitchen Equipment

- Slow cooker
- Food scale (to measure chicken when meal prepping)

No time to slow cook?

Pick up a rotisserie chicken from your local grocer's deli to shred up.

Who would cook chicken this way?

I make protein, chicken breast, as my base.
I add sides, sauces, etc. depending on what my pallet is craving.



Recipe by @dayclubseazn



Slow Cooker Chicken Breast Recipe

Ingredients:

- 4½ c Chicken broth (low sodium)
- ½ c Water
- 2 T Apple cider vinegar
- Olive Oil, sea salt, garlic pepper to your liking
- 1 tray chicken breasts, cut up

Instructions:

1. Cook on low at 6 hours. Your cooking time may vary
2. Upon completion, remove chicken breasts and shred using two forks
3. Toss liquid contents down the drain

Recipe by @dayclubseazn



Greek Chickpeas Chicken

Ingredients:

4 oz. Shredded chicken breast

$\frac{1}{3}$ can Trader Joe's Greek Chickpeas Parsley & Cumin

Instructions:

- Mix chickpeas into chicken.
- Can be eaten cold, best at room temperature
- Good for 3 meals

Recipe by @dayclubseazn



Chicken Antipasto

Ingredients:

- 4 oz. Shredded chicken breast
- 1/2 container Trader Joe's Pepper Drop & Olive Antipasto

Instructions:

- Mix 1/2 container into chicken
- Tastes best at room temperature
- Good for 2 meals

Recipe by @dayclubseazn



Chicken Balela

Ingredients:

4 oz. Shredded chicken breast
 $\frac{1}{3}$ container Trader Joe's Balela

Instructions:

- Mix $\frac{1}{3}$ container into chicken
- Tastes best at room temperature
- Good for 3 meals

Recipe by @dayclubseazn



Limed Chicken Tahini

Ingredients:

4 oz. Shredded chicken breast
2 T Trader Joe's herbed Tahini Sauce
½ Lime

Instructions:

- Stir 2T Herbed Tahini w/ juice of ½ lime
- Mix into chicken
- Tastes best at room temperature
- Good for 4 meals

Recipe by @dayclubseazn



Chicken Pesto

Ingredients:

4 oz. shredded chicken breast (seasoned to your liking)

2T Trader Joe's Genova pesto

A sprinkle: Trader Joe's Feta Cheese

To add heat: Trader Joe's Italian Bomba hot pepper sauce

Instructions:

- Mix all ingredients into chicken
- Good for 4 meals
- *Skip the Italian Bomba hot sauce if you don't want heat*

Recipe by @dayclubseazn



Chicken Zhoug

Ingredients:

4 oz. shredded chicken breast (seasoned to your liking)
1 1/2T Trader Joe's Zhoug Sauce
A sprinkle: Trader Joe's Feta Cheese

Instructions:

- Mix all ingredients into chicken
- Good for 4 meals
- **HEAT ALERT:** Taste-test zhoug sauce before adding to chicken

Recipe by @dayclubseazn