



Meal Prep Monday

Asian Scrambled Eggs ● Oven Roasted Broccoli ● Fiery Garlic Chicken & Broccoli
Tomato Basil Salad with Italian Sausage ● Rosemary Lemon Pork Chops with Asparagus



Grocery List

Eggs

Soy Sauce

Coriander

Avocado

Black Sesame Seeds

Broccoli

Parsley

Olive Oil

Chicken Thighs

Shallots

Garlic

Balsamic Vinegar

Hot Sauce

Rosemary

Pork Chops

Asparagus

Lemon Juice

Baby Spinach

Cherry Tomatoes

Sliced Onions

Basil Leaves

Oregano

Italian Sausage Links

Asian Scrambled Eggs

3 eggs
soy sauce, few drops
handful coriander, chopped
1/4 avocado
1/2 tsp. black sesame seeds

1. Separate the egg yolks and whites. Mix the yolks with the soy sauce and chopped coriander.
 2. On a dry non-stick pan, fry the egg whites until almost done. Take off the heat and add in the egg yolks, stirring well for about half a minute.
 3. Serve sprinkled with black sesame seeds, additional coriander (optional) and avocado on the side.
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Oven Roasted Broccoli

2 cups broccoli florets
1 Tbsp dried parsley
1 tsp black pepper
1 Tbsp olive oil
Salt and pepper, to taste

1. Preheat oven to 400F. Line a baking sheet with foil, and coat with olive oil. Remove stem and leaves from broccoli; wash and pat dry. Cut head in half, and then cut florets into bite-sized chunks.
 2. Arrange the florets in a single layer on the foil-lined baking sheet. Drizzle oil over the broccoli, and toss gently to coat on all sides. Then sprinkle the broccoli with the parsley, salt and pepper, to taste. Bake for ~25-30 minutes until lightly browned. Serve.
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Fiery Garlic Chicken & Broccoli

2 chicken thighs
1/4 cup chopped broccoli florets
1 teaspoon olive oil
1 tablespoons chopped shallots
1 clove garlic, minced
1 tablespoon balsamic vinegar
1 teaspoon hot sauce

1. Preheat oven to 400 degrees F. Toss the chicken and broccoli with the olive oil, shallots, garlic, vinegar and hot sauce. Lay on a parchment lined sheet pan and bake for 20-25 minutes until chicken is cooked through and broccoli is tender.

Rosemary & Lemon Porkchops with Asparagus

2 tablespoons olive oil
1 clove garlic, minced
1 tablespoons chopped rosemary
1 pork chop
1/2 cup chopped asparagus
1 tablespoon lemon juice
Salt and pepper

1. Heat the olive oil in a large skillet. Add the garlic and rosemary and cook for 1 minute. Add the pork chop and sear until browned on both sides. Add the asparagus to the pan and continue cooking until pork chops are done and asparagus is crisp tender. Add the lemon juice, season with salt and pepper and serve.

Tomato Basil Salad with Italian Sausage

4 cups baby spinach
1/2 cup cherry tomatoes, halved
1/4 cup sliced onions
2 tbsp. fresh chopped basil leaves
1 teaspoon dried oregano
2 (3 oz) Italian sausage links, sliced and cooked
2 tablespoons olive oil
1 teaspoon balsamic vinegar

1. Toss the spinach, tomatoes, onions, basil, and oregano in a bowl.
2. Top with the cooked sausage and drizzle with olive oil and vinegar.