



# 10 STEPS TO MEAL PLANNING AND PREPPING + MEDITERRANEAN CHICKEN MEATBALLS

How to get organized,  
save time and money,  
and eat delicious,  
nutritious foods  
throughout the week!





# 10 STEPS TO MEAL PLANNING & PREPPING SUCCESS

1

## PICK YOUR PLANNING DAY

By committing to a set time in your schedule each week, it ensures you'll carve out an hour or two to make your weekly plan a reality.

2

## TAKE STOCK OF WHAT'S IN YOUR FRIDGE

Do you have a few carrots in the crisper or a handful of fresh parsley left over? Plan to use leftover bits of fresh food in your upcoming week's recipes.

3

## SELECT YOUR RECIPES

Peruse cookbooks and magazines, search the internet (Pinterest is a great resource!), scroll through Instagram, or turn to old favorites for recipe inspo.

4

## PICK YOUR PLANNING TOOL

Download a meal planning app, use a spreadsheet, grab my free [7-Day Meal Planner](#), or use a pen and paper to write up your plan.

5

## GET SHOPPING!

Make your [grocery list](#) and check it twice. Buying only what you need for your recipes reduces food waste, so it's good for the planet and your wallet.

6

## STOCK THE PANTRY WITH NUTRIENT-RICH FOODS

Include whole grains, lentils, canned beans, heart-healthy oils, canned tomatoes and pasta sauce, canned tuna and salmon, and nuts and seeds.

7

## HAVE GOOD STORAGE CONTAINERS ON HAND

Ample storage containers keep diced, sliced, and cooked foods fresher for longer. Consider glass versus plastic—which can go from fridge to microwave.

8

## PICK YOUR PREP DAY

It doesn't have to be the same day as your grocery shopping day. But choose one day (perhaps Sunday) when you can do the lion's share of the food prep.

9

## START WITH A BIG BATCH RECIPE

Make hearty soups, stews, meatballs, or slow cooked pulled pork first when you are most motivated. Eat it throughout the week or freeze for later.

10

## WASH AND CHOP YOUR HEARTY VEGGIES

Prep and store sweet potatoes, peppers, carrots, celery, onions, broccoli, and other veggies that keep for a few days. Save same-day prep for delicate produce—apples, avocados, berries.

# MEDITERRANEAN CHICKEN MEATBALLS

## NUTRITION INFORMATION / SERVES 4

150 Calories; 31g Protein; 7.5g Carbohydrates; 2.5g Total Fat; 1g Saturated Fat, 220mg Sodium

This recipe for Mediterranean Chicken Meatballs is perfect for meal planning and prepping. Use it in build-your-own power bowls (AKA nourish / protein bowls), serve with marinara over whole grain pasta, or stuff into saucy sub rolls. On your prep day, you can double the recipe and freeze extras for a later date.



## INGREDIENTS:

- 1 large egg, lightly beaten
- ½ small onion, cut into ¼-inch dice (about ⅓ cup)
- 3 garlic cloves, minced (about 2 tablespoons)
- ¼ cup panko or regular bread crumbs
- 1 teaspoon dried oregano
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- ½ teaspoon black pepper
- ½ teaspoon kosher salt
- ⅓ cup roughly chopped fresh parsley
- 1 pound ground white meat chicken

## DIRECTIONS:

1. Preheat the oven to 350°F.
2. Line a large baking sheet with parchment paper. You can use aluminum foil, but be sure to spray with cooking spray to avoid sticking.
3. Place egg, onion, garlic, panko, oregano, coriander, cumin, pepper, and salt into a large mixing bowl. Whisk or mix until well combined. Add the ground chicken and parsley and mix until just combined. You can use your clean hands to do this!
4. Form meatballs into golf ball size balls (eighteen, 1-inch balls) and place on the prepared baking sheet. Bake until the internal temperature reads 165°F and the meat is no longer pink, 18 to 20 minutes.
5. Serve immediately or keep in fridge for up to 4 days.