



4EVERFIT

More Favorite Recipes



breakfast bowls

MAKES 5 SERVINGS
SERVINGS SIZE: 1 BOWL
318CAL / 29P / 36C / 7.5F

INGREDIENTS

- 3 & 1/2 cups cooked hash browns
- 150g bell peppers, diced
- 5 tablespoons real bacon bits
- 16 ounces turkey breakfast sausage
- 2 cups liquid egg whites
- salt & pepper

INSTRUCTIONS

1. Cook the turkey sausage and drain the fat. Set aside.
2. Evenly distribute your hash browns, peppers, bacon bits, and sausage into 5 containers.
3. Lightly scramble your eggs and add them to your bowls. Top with some salt and pepper.
4. Cover and store in your refrigerator for breakfast for the week. Reheat in the microwave each morning.



I like to use one of these 4.2 oz containers of dehydrated potatoes for this one.





japanese chicken curry



MAKES 5 SERVINGS

SERVING SIZE: 1 BOWL

399 CAL / 31P / 48C / 8.5F

INGREDIENTS

- 1 cup jasmine or basmati rice
- 2 cups water (for the rice)
- 1 tablespoon salt
- 300g baby creamer potatoes, diced
- 170g carrots, diced
- 2 tablespoons water
- 4 pearl onions, minced
- 1 & 1/2 pounds boneless, skinless chicken breast
- 1 package japanese curry mix (any grocery store)
- 2 cups water (for the curry)
- salt and pepper

INSTRUCTIONS

1. Rinse your rice well and put in the rice cooker with the water and salt. If cooking over the stove, follow the directions on the back of the bag of rice.
2. Put the potatoes, carrots, and 2 tablespoons of water in a pot over medium high heat. Sprinkle with salt and pepper, cover and let cook 5 to 10 minutes or until the veggies are soft.
3. Dice up your chicken and add to the pot along with the onions. Cook until the chicken is no longer pink.
4. Add the curry mix and water. Let it cook for an additional 3-5 minutes, or until the sauce gets thick.
5. Get out 5 meal prep containers. To each container add 3 ounces cooked rice and 1/5 of the chicken curry (about 1 cup).
6. Cover with lids and store in the refrigerator up to 5 days.

mini meatloaf bowls

MAKES 5 SERVINGS

SERVING SIZE: 1 BOWL

**479 CAL / 42.1P / 34.6C /
18.5F**

INGREDIENTS

- 4 large sweet potatoes (28 ounces)
- 10 ounces broccoli
- 2 pounds lean ground beef (90/10)
- 1 & 1/2 cup diced onions (75g)
- 1 large egg
- 1/4 cup oat flour (ground oats)
- 1/2 cup tomato sauce
- 1 tablespoon italian seasoning
- 1/8 teaspoon paprika
- salt & pepper

INSTRUCTIONS

1. Preheat the oven to 425 degrees. Bake your sweet potatoes on a parchment paper lined cookie sheet for 1 hour, or until soft when poked with a fork.
2. In a mixing bowl combine all remaining ingredients. Shape into 5 mini loaves. Place in 5 oven safe containers and bake for 45 minutes or until internal temperature of the loaf reaches 160 degrees.
3. Steam the broccoli over the stove or in the microwave until soft.
4. When the meatloaf is done cooking add 4 ounces of sweet potato and 2 ounces of broccoli to each bowl.
5. Let cool before covering with lids and placing in the refrigerator up to 5 days.