

Quick and Easy Make-Ahead Recipes

Simple Ham Carbonara

Serves: 4 | Prep Time: 10 minutes | Cook Time: 15 minutes

Ingredients

- 12 ounces spaghetti noodles
- ½ pound ham, sliced into strips
- ½ cup fresh grated parmesan

Pantry Staples

- 2 eggs
- 1 tablespoon olive oil
- 3 cloves garlic, crushed and minced
- ½ teaspoon salt
- 1 teaspoon black pepper

Directions

1. Bring a large pot of lightly salted water to a boil. Place the spaghetti noodles in the water and cook until al dente. Drain and reserve ½ cup of the cooking water.
2. Heat the olive oil in a skillet over medium heat.
3. Add in the ham and cook, stirring frequently, for 5 minutes, or until browned.
4. Add the garlic and cook for an additional minute.
5. Whisk together the eggs and all but 1 tablespoon of the parmesan.
6. Add the cooked pasta to the skillet and toss, then remove the skillet from the heat.
7. Pour the egg mixture into the skillet and quickly work it through the pasta by gently tossing the noodles.
8. Add the reserved pasta water as necessary to reach desired sauce consistency.
9. Serve garnished with remaining parmesan cheese.

Meal Prep Tips

- Precook the pasta so that this meal can be on the table in just about 10 minutes.

Nutritional Information

Calories 525, Total Fat 17.1 g, Saturated Fat 5.6 g, Carbs 65.4 g,
Fiber 3.0 g, Sugars 1.6 g, Protein 28.7 g

Flank Steak with Basil Oil Sauce

Serves: 4-6 | Prep Time: 5 minutes | Cook Time: 15 minutes

Ingredients

- 1½ pounds flank steak
- 1 cup fresh basil leaves

Pantry Staples

- ¼ cup olive oil
- 2 cloves garlic
- 1 teaspoon coarse ground black pepper
- 1 teaspoon sea salt

Directions

1. Begin by preheating an indoor or outdoor grill over medium heat.
2. Lightly brush the flank steak with olive oil and season it with the coarse ground black pepper and sea salt.
3. Place the steak on the grill for 4–7 minutes per side, depending upon desired doneness.
4. Remove the steak from the grill and let it rest 10 minutes before slicing.
5. While the steak is grilling, combine the remaining olive oil, basil and garlic in a blender or food processor. Blend until smooth.
6. Slice the steak and drizzle the basil sauce over the meat, or serve on the side.

Meal Prep Tips

- Make the sauce ahead of time and mix well before serving.
- If desired, prepare the steak ahead of time also and serve on a bed of salad greens with the basil sauce as a light dressing.

Nutritional Information

Calories 236, Total Fat 15.5 g, Saturated Fat 4.6 g, Carbs 0.2 g, Fiber 0.2 g, Sugars 0.0 g, Protein 23.2 g

Couscous Stuffed Tomatoes

Serves: 4 | Prep Time: 10 minutes | Cook Time: 40 minutes

Ingredients

- 4 large tomatoes, or 8 small ones
- 3 cups cooked couscous
- 1 cup sweet yellow onion, chopped
- 4 cups fresh spinach
- ¼ cup fresh basil, chopped
- ½ cup fresh mozzarella, shredded

Pantry Staples

- 1 tablespoon olive oil
- 2 cloves garlic, crushed and minced
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 tablespoon butter
- ¼ cup breadcrumbs or cracker crumbs

Directions

1. Preheat the oven to 400°F and lightly oil an 8×8 inch baking dish.
2. Cut the tops off the tomatoes. Scoop out the inner flesh of each tomato and set aside.
3. Place the olive oil in a skillet over medium heat.
4. Once the oil is hot, add the onions and cook for 3–4 minutes.
5. Add the spinach, basil and garlic. Season the mixture with the salt and black pepper. Continue cooking for an additional 3–5 minutes, or until the onions are tender and the spinach is wilted.
6. Remove the skillet from the heat and stir in the reserved tomato flesh and the cooked couscous.
7. In a bowl, combine the butter with the bread or cracker crumbs. Mix until crumbly, then mix in the mozzarella cheese.
8. Spoon the couscous mixture into each of the tomatoes.
9. Place the tomatoes in the baking dish.
10. Cover each tomato with a sprinkling of the breadcrumb-and-cheese mixture.
11. Place the tomatoes in the oven and bake for 20–25 minutes.
12. Remove and let sit for 5 minutes before serving.

Meal Prep Tips

- Make this dish ahead of time and store in the refrigerator. Heat in a 325°F oven for 20 minutes, or until warmed through.

Nutritional Information

Calories 378, Total Fat 15.8 g, Saturated Fat 5.9 g, Carbs 46.3 g, Fiber 5.4 g, Sugars 2.7 g, Protein 15.3 g

Cream of Potato Soup with Parmesan Croutons

Serves: 6 | Prep Time: 10 minutes | Cook Time: 30 minutes

Ingredients

- 6 cups potatoes, peeled and cubed
- ½ pound ham, diced
- ½ cup fresh grated parmesan cheese
- 2 cups sourdough bread cubes
- ½ cup tomatoes, diced

Pantry Staples

- ¼ cup butter, melted
- 2 cups milk
- 3 cloves garlic, crushed and minced
- ½ teaspoon salt
- 1 teaspoon black pepper
- ½ teaspoon nutmeg

Directions

1. Preheat the oven to 325°F.
2. Place the cubed bread in a bowl and drizzle with all but 1 tablespoon of the melted butter. Toss to coat. Add in the parmesan cheese and stir.
3. Spread the bread cubes out on a baking sheet. Place the baking sheet in the oven and bake for 10–15 minutes, or until lightly toasted. Remove from the oven and set aside.
4. Heat the remaining butter in a large soup pot over medium heat.
5. Add in the ham and garlic. Sauté for 3 minutes.
6. Add in the potatoes and stir.
7. Add enough water to just cover the potatoes. (If you have chicken or vegetable stock in your pantry, you could use that instead.)
8. Increase the heat to medium high and bring the liquid to a boil. Reduce the heat to low and simmer for 15–20 minutes, or until the potatoes are tender.
9. Remove about ½ of the soup mixture and place it in a blender. Blend until smooth.
10. Transfer the mixture back into the soup and stir. Repeat if desired for a creamier consistency.
11. Season the soup with salt, black pepper and nutmeg.
12. Slowly add in the milk, stirring as you go, until you reach your desired thickness for the soup.
13. Continue cooking over low to medium low heat until the soup is thickened and warmed through.
14. Serve the soup garnished with diced tomatoes and parmesan croutons.

Meal Prep Tips

- Make this meal in its entirety ahead of time and reheat in the microwave or over medium low heat on the stovetop until warmed through.

Nutritional Information

Calories 356, Total Fat 13.3 g, Saturated Fat 7.0 g, Carbs 40.0 g, Fiber 3.8 g, Sugars 13.9 g, Protein 19.9 g

Pesto Pasta with Chicken

Serves: 4-6 | Prep Time: 10 minutes | Cook Time: 15 minutes

Ingredients

- 1 pound spaghetti noodles
- 1 pound boneless, skinless chicken breasts, sliced into strips
- 1 cup tomatoes, chopped
- ½ cup pesto sauce
- ¼ cup fresh grated parmesan

Pantry Staples

- 1 tablespoon olive oil
- 2 cloves garlic, crushed and minced
- ½ teaspoon salt
- ½ teaspoon black pepper

Directions

1. Bring a pot of lightly salted water to a boil over high heat.
2. Add the spaghetti noodles and cook until al dente. Drain and set aside.
3. Heat the olive oil in a skillet over medium heat.
4. Add the tomatoes and garlic. Sauté for 5 minutes.
5. Gently push the tomatoes to the edges of the skillet and add the chicken to the center.
6. Season the chicken with salt and black pepper. Cook, stirring occasionally, for 6–7 minutes, or until the chicken is cooked through.
7. Add the cooked pasta to the skillet and toss until warmed.
8. Remove the skillet from the heat and add in the pesto sauce. Toss until the pesto is worked through the pasta.
9. Garnish with fresh grated parmesan to serve.

Meal Prep Tips

- Make the separate components of this dish ahead of time so that all you need to do is combine them in a skillet over medium heat until warmed through, then toss with the pesto and garnish with parmesan.

Nutritional Information

Calories 494, Total Fat 16.5 g, Saturated Fat 3.2 g, Carbs 58.8 g, Fiber 3.0 g, Sugars 1.3 g, Protein 30.0 g

Asian Pork Cabbage Rolls

Serves: 4 | Prep Time: 10 minutes | Cook Time: 10 minutes

Ingredients

- 1½ pounds cooked caramel pork loin (recipe below), shredded
- 8–10 savoy cabbage leaves
- 2 cups cooked brown rice
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil

Pantry Staples

- 1 tablespoon honey

Directions

1. Heat the sesame oil in a large skillet over medium low heat.
2. Add in the shredded pork loin and the cooked brown rice. Cook, stirring occasionally, for 5 minutes.
3. Whisk together the soy sauce and the honey. Add the mixture to the skillet, increase the heat to medium to medium high, and cook just until the pork gets a bit of a caramel crust on the edges.
4. Lay the savoy cabbage leaves out on a flat surface.
5. Spoon equal amounts of the meat mixture into each leaf and roll up to serve.

Meal Prep Tips

- Prepare the meat mixture ahead of time and reheat over low heat, just until warmed through.

Nutritional Information

Calories 563, Total Fat 23.7 g, Saturated Fat 4.1 g, Carbs 31.4 g, Fiber 2.7 g, Sugars 7.4 g, Protein 53.8 g.

Caramel Pork Loin

Serves: 4 | Prep Time: 10 minutes | Cook Time: 8 hours

Ingredients

- 1 3-pound pork tenderloin
- ¼ cup soy sauce
- 3 cups mushrooms, sliced thick
- 3 cups cooked brown rice

Pantry Staples

- 3 tablespoons olive oil
- ¼ cup honey
- 3 cloves garlic, crushed and minced
- 1 teaspoon sea salt
- 1 teaspoon coarse ground black pepper

Directions

1. Season the pork tenderloin with the sea salt and coarse ground black pepper.
2. Add one tablespoon of the olive oil to a large skillet over medium high heat.
3. Place the tenderloin in the skillet and sear on all sides until nicely browned.
4. Place the tenderloin in a slow cooker.
5. Combine the remaining olive oil, soy sauce and honey in a small saucepan. Cook over medium low heat, until the honey dissolves into the sauce and an even consistency is achieved.
6. Remove the sauce from the heat, let it cool slightly, and then pour it over the tenderloin.
7. Add ½ cup water to the slow cooker. Cover and cook on low for 7 hours.
8. Add the mushrooms and continue cooking for 30 minutes, or until ready to serve.
9. Serve half the pork tenderloin over hot, cooked brown rice.
10. Reserve the remaining meat for a second meal.

Meal Prep Tips

- Prepare this meal up to Step 6 and store in the refrigerator.
- Continue starting from Step 7 the day of serving.

Nutritional Information (for one half of the total tenderloin, plus the rice)

Calories 583, Total Fat 20.8 g, Saturated Fat 4.9 g, Carbs 41.6 g,
Fiber 2.8 g, Sugars 7.0 g, Protein 54.6 g.

***These recipes and more are found in Louise Davidson's *Meal Prep Made Easy!: 8 Week Meal Prep Plan with 8 Ingredients a Week - Quick and Easy Make-Ahead Recipes for Busy People*. To get your copy, click on the cover below or click [here](#).

