

## BATCH COOKING GROCERY LIST

This list includes ingredients for Instant Pot® (or Crockpot®) Garlic Herb Chicken, Garlic Veggie Noodles with Chicken, Curry Mango Chicken Salad and Chicken Ranch Stuffed Peppers.

### Produce

- 1 pkg. grape tomatoes
- 1 lb. zucchini noodles or 4 lg. zucchini
- 1 head of garlic
- 1 lb. bite-sized potatoes
- 4 lg. bell peppers, any color, with flat bottoms
- 1 red bell pepper
- Fresh dill
- Flat leaf parsley
- 2 mangoes
- 1 stalk celery
- 1 bunch green onions
- 2 med. sweet potatoes
- 8 c. mixed greens (about one 10 oz. bag)

**NUTRITIONIST TIP:** Pre-cut zucchini noodles can be found in the produce section of most grocery stores. Pre-cut mangoes are also often available, frozen or fresh.

### Meat

- 4 lb. boneless skinless chicken breasts

### Dairy

- 4 oz. full-fat cream cheese

### Pantry

- Salt
- Pepper
- Avocado oil
- Italian herb blend
- Garlic powder
- Onion powder
- Curry powder
- Hot pepper sauce
- Mayonnaise (we recommend expeller-pressed safflower or avocado oil mayo)
- Apple cider vinegar

**NUTRITIONIST TIP:** You'll see that most of our shopping list (minus the spices) comes from the perimeter of the grocery store. That's where you'll find real food that is best for our bodies.



## INSTANT POT GARLIC HERB CHICKEN

*Gluten Free/Dairy Free | Serves 12*

*This recipe serves 12 on its own, but we recommend using it in the following recipes: Garlic Veggie Noodles with Chicken, Curry Mango Chicken Salad and Chicken Ranch Stuffed Peppers.*

### **INGREDIENTS:**

4 lb. boneless skinless chicken breasts  
2 Tbsp olive oil  
1 ½ Tbsp dried Italian herb blend  
1 Tbsp garlic powder  
4 tsp salt  
2 tsp ground black pepper  
¼ c. water

### **DIRECTIONS:**

1. Toss chicken with olive oil and seasoning. Place chicken in Instant Pot insert, top with water. Twist lid to seal.
2. Select MANUAL function and set timer to 12 minutes. Allow to naturally depressurize for 5 minutes then carefully use quick release. (For a Crockpot, cook about 4-5 hours on low or until tender.)
3. Once cooked, divide chicken into amount needed for recipes during the rest of the week or freeze for future use. Thaw in the refrigerator overnight before using.

## PREP FOR NEXT RECIPES

*While the garlic herb chicken is cooking, prepare for your other three meals:*

### **Garlic Veggie Noodles with Chicken**

- Make zucchini noodles if not purchasing, cut tomatoes in half, mince garlic
- Roast potatoes if desired (See below for instructions)

### **Curry Mango Chicken Salad**

- Chop vegetables and mango
- Salad can be made and stored in the refrigerator for several days as soon as the chicken is cool

### **Chicken Ranch Stuffed Peppers**

- Prep the peppers by cutting off but reserving the tops and removing the seeds
- Peppers can be stuffed the day before baking and stored in the refrigerator overnight
- Roast sweet potatoes if desired (See below for instructions)

For best results, cut potatoes into bite-sized pieces and toss with avocado oil, salt and pepper. Roast for 15-20 minutes at 400° or until tender. If you don't have avocado oil, roast in olive oil for 20-30 minutes at 375°.

**NUTRITIONIST TIP:** Fats like organic lard, avocado oil or ghee can be cooked at a higher temperature. Cooking at a temperature above a fat's specific smoke point (when it starts to burn) is very damaging to that fat and consumption should be avoided. Use parchment paper for easy clean up.



# GARLIC VEGGIE NOODLES WITH CHICKEN

*Gluten Free/Dairy Free | Serves 4*

## **INGREDIENTS:**

3 Tbsp olive oil  
1 c. grape tomatoes, cut in half  
2 tsp minced garlic  
1 lb. zucchini noodles (about 4 large zucchini)  
16 oz. Instant Pot Garlic Herb Chicken Breast, sliced  
Salt and pepper to taste  
Potatoes

## **DIRECTIONS:**

1. Heat oil in a large skillet over medium heat. Add tomatoes and garlic, cook until tomatoes are slightly softened.
2. Add zucchini noodles and chicken; cook until zucchini is tender crisp and chicken is heated through.
3. Season with salt and pepper.

**TO BALANCE THE MEAL:** Serve with roasted potatoes. Toss bite-sized potatoes with olive oil, salt and pepper, roast for 25-30 minutes at 375°, until tender.





## CURRY MANGO CHICKEN SALAD

*Gluten Free/Dairy Free | Serves 4*

### INGREDIENTS:

16 oz. Instant Pot Garlic Herb Chicken, chopped  
2 mango, peeled and chopped (about 2 cups)  
1 c. chopped celery  
1 chopped red pepper  
½ c. chopped green onions  
¼ c. mayonnaise  
1 Tbsp apple cider vinegar  
2 tsp curry powder  
Salt and pepper  
8 cups mixed salad greens

**NUTRITIONIST TIP:** If you don't want to tackle cutting your own mango, you can purchase pre-cut mango in the produce or freezer section of the grocery store.

### DIRECTIONS:

1. In a bowl, mix together chicken, mango, celery, red pepper, green onions, mayonnaise, vinegar and curry powder. Season to taste with salt and pepper.
2. Serve ¼ of the chicken salad over 2 cups salad greens.

**TO BALANCE THE MEAL:** This meal is balanced.

**NUTRITIONIST TIP:** Chicken salad can be made as soon as the chicken is cool. Once ready, it can be stored for several days in the refrigerator.

# CHICKEN & RANCH STUFFED PEPPERS

*Gluten Free | Serves 4*

## INGREDIENTS:

4 bell peppers  
16 oz. Instant Pot Garlic Herb Chicken, shredded  
4 oz. full-fat cream cheese, softened  
1 Tbsp fresh dill, chopped  
1 Tbsp flat leaf parsley, chopped  
¼ tsp garlic powder  
¼ tsp onion powder  
¼ tsp hot pepper sauce (optional)  
¼ tsp Kosher salt  
¼ tsp ground black pepper  
Sweet potatoes

## DIRECTIONS:

1. Heat oven to 375°. Cut tops off top ½-inch of pepper, keeping stems intact, reserve. Remove seeds from the peppers; stand peppers up in an 8x8-inch baking dish. Add about ½ cup of water to the bottom of the pan; set aside.
2. In a large bowl, mix together chicken, cream cheese, herbs and seasonings until well blended. Divide mixture evenly between peppers. Place reserved tops back on peppers.
3. Bake 45-50 minutes until peppers are tender and filling is hot.

**TO BALANCE THE MEAL:** Serve with roasted sweet potatoes. Peel and cube sweet potatoes, toss with olive oil, salt and pepper, roast at 375° for 25-30 minutes until tender.

**NUTRITIONIST TIP:** If peppers won't stand without falling over, try trimming a small amount off the bottom to give a flat base but be careful not to cut a hole in the bottom.



## OTHER BATCH COOKING RECIPE IDEAS ON OUR BLOG

### PORK



Citrus Pork Shoulder



Pork & Pineapple  
Cauliflower Fried Rice



BBQ Pork & Peppers  
with Roasted Sweet  
Potatoes



Pork Hash with Eggs

### BEEF



Beef Brisket



Shredded Beef with  
Cabbage



Cumin Beef  
Cauliflower Rice  
Bowls



Beef & Mushrooms  
with Cauliflower  
Potato Mash

*Find these recipes and more at [weightandwellness.com/resources/recipes](https://weightandwellness.com/resources/recipes)*



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