

Healthy Meal Prep Recipes

All these recipes can be “meal prep”-worthy, meaning they yield multiple meals. If you are cooking for several people, you may have to make two batches in order to have enough leftovers for the week.

A list of vegetarian and vegan meals is provided toward the end of this document; some can be found in the following categories, too.

Meal Prep Recipes: Meant to last you for multiple lunches or dinners!

[Mediterranean Chicken Bowls](#) – Pook’s Pantry

[Thai Peanut Chicken Bowls](#) – From Valerie’s Kitchen

[Roasted Chicken and Veggies](#) – Gimme Delicious Food

[Chicken Burrito Bowls](#) – Gimme Delicious Food

[Balsamic Tempeh and Roasted Veggie Quinoa Bowls](#) – Simply Quinoa

[Spicy Chicken and Sweet Potato Meal Prep](#) – Pinch of Yum

[Healthy Chicken Pad Thai](#) – Fit Men Cook

[Greek Chicken Bowls](#) – Eazy Peazy Mealz

[Sweet Potato Kale Quinoa Lunch Bowls](#) – The Girl on Bloor

[Honey Sesame Chicken Lunch Bowls](#) – Sweet Peas and Saffron

[Healthy Turkey Enchiladas](#) – Recipe Diaries

[Chicken Enchilada Zucchini Boats](#) – Cooking Classy

[Baked Firecracker Chicken](#) (add veggies and rice) – Closet Cooking

[Mongolian Beef](#) – A Saucy Kitchen

[Honey Sriracha Turkey Meatballs](#) – A Saucy Kitchen

[Chicken and Broccoli Cauliflower Rice Casserole](#) – A Saucy Kitchen

[Taco Stuffed Peppers](#) – A Saucy Kitchen

[Cashew Chicken](#) – My Natural Family

[Cajun Salmon](#) – Creole Contessa

Sheet-Pan Meals: The glory of sheet pan meals is that everything bakes on one sheet and cleanup is easy!

[Honey Lime Chicken](#) – Life Made Sweeter

[Teriyaki Chicken](#) – Life Made Sweeter

[Thai Peanut Coconut Chicken with Pineapple and Broccoli](#) – Carlsbad Cravings

[Honey Balsamic Chicken with Veggies](#) – My Food Story

[Thai Peanut Chili Chicken](#) – Host the Toast

[Roasted Balsamic and Honey Chicken and Asparagus](#) – Everyday Made Fresh

[Baked Teriyaki Salmon with Veggies](#) – Crème de la Crumb

[Honey Mustard Salmon with Rainbow Veggies](#) – Cooking Classy

[Parmesan Crusted Salmon with Roasted Broccoli](#) – Cooking Classy

[Shrimp Fajitas](#) – Number 2 Pencil

[Chicken Fajitas](#) – Number 2 Pencil

[Greek Chicken and Roasted Veggies](#) – A Saucy Kitchen

[Chili Lime Chicken](#) - CafeDelites

Vegetarian Options:

[Southwest Avocado Quinoa Corn Salad](#) – A Saucy Kitchen

[Potato and Asparagus Frittata](#) – A Saucy Kitchen

[Butternut Squash, Kale and Goat Cheese Quiche](#) – A Saucy Kitchen

[Spiralized Sweet Potato Enchilada Casserole](#) – A Saucy Kitchen

[Creamy Parmesan Mushroom and Spinach Tortellini Soup](#) – Closet Cooking

[Crispy Honey Lemon Cauliflower on Chili and Garlic Zoodles](#) – Closet Cooking

[Cauliflower Enchilada Casserole](#) – Closet Cooking

[Mediterranean Tortellini Pasta Salad](#) – Closet Cooking

[Rainbow Pizza](#) – Babble

[Black Bean Spinach Enchiladas](#) – The Garden Grazer

Vegan Options:

[Roasted Herb and Lentil Salad](#) – A Saucy Kitchen

[Moroccan Stuffed Zucchini Boats](#) – A Saucy Kitchen

[Burrito Bowl Stuffed Peppers](#) – B. Britnell

[Black Bean Avocado Enchiladas](#) – The Garden Grazer

[Hearty Vegan Chili](#) – The Garden Grazer

[Quick and Easy Asian Noodle Soup](#) – The Garden Grazer

[Lentil Taco Soup](#) – The Garden Grazer

[Portobello Fajitas](#) – The Garden Grazer

[Asian Tofu with Rice](#) – The Garden Grazer

[BBQ Tempeh Wraps with Spinach](#) – The Garden Grazer

[Hawaiian BBQ Quesadillas](#) – The Garden Grazer

[Protein Monster Vegan Enchiladas](#) – The Garden Grazer

[Cuban Bowls](#) – The Wanderlust Kitchen

[Chickpea Tikka Masala with Pineapple](#) – Neurotic Mommy

[No Fake Cheese, No Tofu Lasagna](#) – Cilantro and Citronella

[Mushroom Farro with Beans](#) – Cilantro and Citronella

[Vegan Gumbo](#) – Cilantro and Citronella

[Red Beans and Rice with Spicy Mushrooms](#) – Cilantro and Citronella

This list was curated by OEA Choice Trust. All recipes are credited to their respective chefs and bloggers. If for some reason a link does not work, please Google search for the recipe and author.

