

FIT.NOT.RIPT: HEALTHY CROCK POT DUMP MEALS

**PREP OVER THE WEEKEND THEN SET IT AND FORGET IT
— COME HOME TO A HOT, HEALTHY DINNER WITHOUT
THE WORK**



PROTEIN OPTIONS

- ☐ Chicken breasts or thighs (skinless)
- ☐ Ground beef, turkey, or chicken
- ☐ Pork tenderloin or chops
- ☐ Beans, lentils, chickpeas (for vegetarian options)
- ☐ Salmon or white fish (add last 30–45 mins of cooking)

(Tip: use for lunch next day)

VEGGIES & FIBER

- ☐ Carrots, bell peppers, onions, zucchini, mushrooms
- ☐ Broccoli, cauliflower (add last 30 mins to avoid overcooking)
- ☐ Sweet potatoes or butternut squash cubes
- ☐ Canned tomatoes or tomato sauce → adds flavor & moisture

FLAVOR BOOSTERS

- ☐ Brown rice, quinoa, or lentils
- ☐ Whole-grain pasta or noodles
- ☐ Sweet potato or roasted root veggies
- ☐ Cauliflower rice (low-carb option)

(Tip: don't overcomplicate — 3–5 ingredients plus seasoning = delicious)

MEAL IDEAS/COMBOS

- ☐ Chicken + carrots + potatoes + rosemary + garlic
- ☐ Ground turkey + bell peppers + black beans + chili seasoning → Taco Bowl
- ☐ Pork tenderloin + apples + onions + cinnamon → Fall Comfort
- ☐ Lentil & veggie stew → hearty vegetarian option
- ☐ Beef + mushrooms + low-sodium broth + onions → classic beef stew

TIME SAVING TIPS

- ☐ Prep Everything Over The Weekend and Label the Freezer Bags → Literally Dump and Go every Morning
- ☐ Cook on low 6–8 hours or high 3–4 hours depending on protein & schedule
- ☐ Add delicate greens or herbs at the very end to preserve texture and flavor