

Batch Cooking Made Simply Delicious : Fat Loss Over 50



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Two delicious, protein-packed recipes you can prep ahead to save time and stay on track.”

Lemon Herb Chicken & Veggie Sheet Pan

Why it works: High-protein, low-carb, and packed with flavor. Perfect for prepping 4–5 meals at once.

Ingredients:

4–6 boneless chicken breasts
2 zucchini, sliced
2 bell peppers, chopped
1 red onion, chopped
2 tbsp olive oil
Juice of 2 lemons
3 garlic cloves, minced
1 tsp oregano
Salt & pepper to taste

Instructions:

Preheat oven to 400°F (200°C).
Arrange chicken and veggies on a sheet pan.
Whisk olive oil, lemon juice, garlic, and oregano together; drizzle over everything.
Bake for 25–30 minutes until chicken is cooked through.
Portion into containers with veggies.
🌟 Meal prep tip: Add ½ cup quinoa or cauliflower rice for variety

Spiced Turkey & Lentil Chili

Why it works: Protein + fiber combo keeps you full and balances blood sugar. Stores beautifully in the fridge or freezer.

Ingredients:

1 lb ground turkey
1 cup dry lentils, rinsed
1 can black beans (rinsed)
1 can diced tomatoes (no salt added)
1 cup corn (optional)
1 bell pepper, diced
1 onion, diced
2 tbsp chili powder
1 tsp cumin
½ tsp smoked paprika
Salt & pepper to taste

Instructions:

Brown turkey with onion and pepper in a large pot.
Stir in spices until fragrant.
Add lentils, beans, tomatoes, and 3 cups water or broth.
Simmer 25–30 minutes until lentils are tender.
Cool, portion, and refrigerate or freeze.
🌟 Meal prep tip: Serve over cauliflower rice or spinach for an extra nutrient boost.