Quick Beef Stir-Fry

**Ingredients**

* 2 tablespoons olive oil
* 1 pound beef sirloin, cut into 2-inch strips
* 1 1/2 cups fresh or frozen broccoli florets
* 1 red bell pepper, cut into matchsticks
* 2 carrots, thinly sliced
* 1 green onion, chopped
* 1 teaspoon minced garlic
* 2 tablespoons soy sauce
* 2 tablespoons sesame seeds, toasted

**Directions**

1. Heat olive oil in a large wok or skillet over medium-high heat; cook and stir beef until browned, 3 to 4 minutes.
2. Move beef to the side of the wok and add broccoli, bell pepper, carrots, green onion, and garlic to the center of the wok.
3. Cook and stir vegetables for 2 minutes.
4. Stir beef into vegetables and season with soy sauce and sesame seeds.
5. Continue to cook and stir until vegetables are tender, about 2 more minutes.

# Chicken Sweet Potato Bake

**Ingredients**

* 2 tbsp olive oil
* 6 cloves garlic, diced
* 1 extra large sweet potato, cut into 1-inch pieces
* 1½ cup roughly diced onion
* 1 lb raw chicken breast, cut into 1-inch pieces
* 2 carrots sliced
* 1 tsp dried rosemary
* 1 lb steamed broccoli
* ½ cup parmesan

**Directions**

1. Preheat oven to 375 degrees.
2. In a large baking dish, combine the olive oil, garlic, sweet potato, onion, chicken, carrots, and rosemary. Season with plenty of salt and pepper and bake for 30-40 minutes or until chicken is fully cooked and the vegetables are easily pierced with a fork.
3. Add in the steamed broccoli and mix in the parmesan. Season with salt and pepper to taste

# Slow Cooker Cilantro Lime Chicken

**Ingredients**

* 1 (16 ounce) jar salsa
* 1(1.25 ounce) package dry taco seasoning mix
* 1 lime
* 3 tablespoons chopped fresh cilantro
* 3 pounds skinless, boneless chicken breast halves

**Directions**

1. Place the salsa, taco seasoning, lime juice, cilantro into a slow cooker, and stir to combine.
2. Add the chicken breasts, and stir to coat with the salsa mixture.
3. Cover the cooker, set to High, and cook until the chicken is very tender, about 4 hours.
4. If desired, set cooker to Low and cook 6 to 8 hours. Shred chicken with 2 forks to serve.

\*Or you can combine all ingredients into a large gallon freezer bag.

\*\*1 day before you plan cook, place the frozen bag in your refrigerator to thaw.

\*\*\*For week #1 meal plan, thaw on Tuesday and start cooking Wednesday morning.