



Favorite Food Prep Recipes



4 easy recipes that save you
time, energy and money!



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About Author



Amy Lawrence is the CEO of Gourmet Done Skinny, where she empowers foodies and family cooks to rise above mediocre and become masterful in the kitchen.

Dedicated to helping families avoid the dread of eating boring, bland meals, Amy is passionate about teaching other foodies how to make healthy gourmet meals to enjoy today, preserve, and freeze for another day.

Her signature Gourmet Done Skinny Meal Method blends the efficiency of meal planning and prep with the creativity and fun of Amy's signature recipes to create flavorful, satisfying, nutritious meals that can make the cook of the house feel like a gourmet chef.

Check out her food blog and Food Prep for Foodies Group at www.gourmetdoneskinny.com.

Why Food Prep?

There are four main benefits of food prep: ease, time, money and health/saving calories. Each is important in their own way.

We often think we don't have time and it's easier to just eat out, get delivery or takeout but lack of time is a habitual story we tell ourselves. Many times it's actually faster and much less expensive to just pull something out of the freezer vs take out, delivery and eating out.

And eating out, eating processed food is very calorie laden. You save a ton of calories just by cooking meals yourself.

Once you start doing your own food prep, you'll be



amazed at how spoiled you get. You won't worry about what to eat anymore because you'll have such a reserve of healthy foods in your freezer. That is the power of food prep! This ebook is just a little taste of what's I have in store for you. Learn more about my entire **Gourmet Done Skinny Meal Method**. Check out these resources:

The Power of Food Prep
Food Prep for Foodies Membership

Send me an email to subscribe to my newsletter for the most up to date news and events: amy@gourmetdoneskinny.com

Serving size 12 people
Prep time 10 mins
Cooking time 100 mins
Total time 110 mins

Instant Pot Kalua Pig



Ingredients

- 5 lb pork shoulder roast
- bacon crumbles optional about 5 tablespoons
- 2 ½ teaspoons kosher salt or coarse salt
- 2 tablespoons liquid smoke
- ½ cup water
- 5 cloves garlic
- Serve pork with [Homemade Hoisin Sauce](#)

Directions

1. Turn Instant Pot on to sauté .
2. Cut meat into 3-4 big pieces.

Sprinkle with salt. Brown meat on all sides. Turn pot off.

3. Add water, liquid smoke, garlic and bacon.

4. Press “Pressure Cook,” and set for 90 min. on high pressure with vent sealed. Let sit for 10 min, when done then release naturally.

5. After pork has cooled transfer to vacuum sealed bags (1 cup portions) and freeze

6. Use over rice, in salads, Thai Pork Pizza, Kalua Pig Dip and more!

Serving size 24 cups
Cooking time 20 mins
Total time 45 mins + brining
Prep time 15 mins +
chopped chicken
brining time

Healthy Grilled Chicken



Ingredients

Brine

1 cup kosher salt

3 quarts water

Chicken

- 1 large pack of chicken thighs or breasts about 7 1/2 pounds (or however much you want to make)
- Homemade Chipotle Seasoning or any other spice you want to use - Cajun etc.

Directions

1. In a big plastic container with a lid, or bowl mix 3 qts. of water with the salt.
2. Add chicken. Cover with lid or plastic wrap. Allow to brine overnight or at least 1 hour in the refrigerator. Overnight is best.

To Grill the Chicken

1. Preheat grill to 375°. You can use a gas, charcoal, Big Green Egg, Traeger, whatever you have.
2. When grill is hot, remove chicken from brine. Lay chicken flat on grill. Try to spread the pieces out. You may have to do this in a few batches.
3. Sprinkle generously with Homemade Chipotle Seasoning or whatever seasoning you're using.
4. Grill chicken for about 15 min, then flip over and grill until temperature reaches 165°.
5. Cool. Then cut into bite sized pieces, freeze into vacuum sealed bags. I like to freeze them in about 1 cup packs.



Serving size
12 people

Prep time
30 mins

Cooking time
10 mins



Total time
40 mins



Chipotle Egg Cups



Ingredients

- 20 whole eggs
- 3 cloves garlic
- 1/4 cup onion
- 6 oz. ham
- 1/2 jalapeño
- 1/2 teaspoon kosher salt
- black pepper to taste
- 12 tablespoons crumbled bacon
I like to use the Kirkland brand from Costco
- 1 tablespoon [Homemade Chipotle Seasoning](#) or use whatever spice you like
- 4 oz cheddar shredded (about 1 cup shredded)
- non-stick cooking spray

Directions

1. Preheat oven to 350°. Spray silicone muffin cups (2 sets of 12) with cooking spray and place cups on a cookie sheet.
2. In a food processor combine: garlic, onion, ham and jalapeño. Lightly pulse until finely chopped.
3. In a large mixing bowl, mix eggs, salt and pepper, chipotle seasoning and bacon.
4. Scoop about 1/4 cup of egg mixture into each cup. Distribute the shredded cheese evenly over each cup.



Serving size 2 people
Prep time 30 mins
Cooking time 10 mins
Total time 40 mins

Chipotle Egg Cups (continued)



5. Bake 18-30 min until set. You don't want them overdone. Every oven is different. If you use a convection oven, bake time is about 18 min, where as a regular oven may take up to 30 min. Take them out when they don't, "jiggle," when you gently shake the pan.
6. Allow egg cups to sit 5 minutes before removing them to platter.
7. Carefully remove each egg cup with two forks on either side, or sometimes I run a knife around each up before I pull them out. Transfer to a plate to cool.
8. When cool, transfer to a cookie sheet and place in the freezer. Flash freeze for at least 10-20 min then put into vacuum sealed bags.
9. When ready to eat, place frozen egg cup on a plate and microwave for about 1 minute 15 seconds. Or if you have time reheat in toaster oven until warm.

Serving size 12 people
Prep time 30 mins
Cooking time 10 mins
Total time 40 mins



Even Better Than Granny's Meatloaf



Ingredients

- 1 1/2 cup red onions finely chopped
- 1 cup celery finely chopped
- 2 cloves garlic minced
- oil spray
- 1 1/2 lbs ground turkey
- 1 lb. ground beef use 85% lean not the 93% lean or the meatloaf will be too dry.
- 1 cup oatmeal dry
- 2 eggs beaten
- 2 tablespoons Chipotle Seasoning
- 2 teaspoons salt
- 2 teaspoons pepper
- 1 tablespoon Worcestershire sauce
- 2/3 cup ketchup divided
- 3/4 cup kale washed, chopped finely
- 12 tablespoons crumbled bacon bits I like the Kirkland brand from Costco

Directions

1. Preheat oven to 350°.
2. In a large non-stick skillet, saute onions, celery and garlic until soft. Depending on your skillet, you may need to spray pan with a bit of oil.
3. In a large mixing bowl, combine ground beef, turkey, eggs, vegetables, Chipotle Seasoning, salt and pepper, Worcestershire sauce, 1/3 cup ketchup, oatmeal and kale.
4. Using a dry measuring cup (3/4 cup) scoop about 3/4 cup of meat mixture, form a loaf and place into 12 mini non-stick loaf pans. (My mini non-stick loaf pans are a set of 8, so I use 2 pans and have 4 empty loaves which I then fill with water. This makes them bake more evenly). You can also use muffin pans or individual casserole dishes-you may have to adjust the bake time.



Serving size: 2 people
Prep time: 30 mins
Cooking time: 25 mins
Total time: 55 mins

Even Better Than Granny's Meatloaf (Continued)



Directions (continued)

5. Spoon remaining ketchup over each loaf (almost 1 teaspoon per loaf) and top with 1 tablespoon of crumbled bacon. Press bacon down into meat loaf slightly so that it doesn't fall off when baking.
6. Bake loaves until temperature reaches 165° at 25 minutes.
7. When finished baking, carefully lift out each loaf with a spatula and fork and transfer to a wire rack. Cool. Place in individual vacuum sealed bags and freeze. Use as needed.

6 Food Prep Tips You'll Wish You Knew Sooner

These quick and clever food prep tips will change how you cook for the better.



SAVE CALORIES AND TIME

Make a double batch of cookies when you bake. Flash freeze them on a cookie sheet until frozen. Transfer to packs of 6 cookies in a vacuum sealed bag in the freezer. When guests arrive, thaw them out for 15 min, then bake in the oven or toaster oven. This way you don't eat the whole batch and they are always fresh!

CREATE A GRAB AND GO IN YOUR FREEZER

Vacuum seal and freeze single leftover portions of steak, casserole, hamburgers, lasagna, rice. Whenever anyone needs a quick meal, they can grab from the Grab and Go Drawer in the freezer, heat it up and be on their way!

FREEZE LEFTOVER ARTISAN BREAD IN PACKETS OF TWO OR THREE SLICES

If you buy a nice loaf of artisan bread and you know you won't possibly eat it all, take out what you need and freeze the rest in 2 or 3 slices in vacuum sealed packs. You'll always have a nice piece of bread to serve with a cup of soup.

FREEZE LEFTOVER RICE

Freeze leftover rice, cooked grains, quinoa in 1 cup portions in vacuum sealed bags.

Whenever you need a quick grain, it's all ready to go. Just reheat in the microwave.

GUACAMOLE AND AVOCADOS

Most people don't know you can keep avocados in your refrigerator. Take out the avocado a few days before you want to eat it and let it ripen on the counter. If you only use half of an avocado, vacuum seal it up and place in fridge. It will stay fresh for over a week.

WHY VACUUM SEAL?

When you use a vacuum sealer, it deprives your food of oxygen. It also protects your food from freezer burn.

Foods vacuumed sealed can last in the freezer for years. Save yourself time, money and effort by protecting your food before you put it in the freezer.

Discover the Gourmet Done Skinny Method and Join my Food Prep for Foodies Group!

Thank You!

Thanks so much! Hope you've enjoyed this free ebook.



Get in Touch

Check out my latest book:

The Power of Food Prep

Take the Stress Out of Meal Planning with the Gourmet Done Skinny Method

&

My Food Prep for Foodies Membership

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