



BULK COOKING



- Bake Chicken Breast
- Cook Taco Meat
- Crockpot Chicken (shredded)
- Crockpot Roasts
- Grill meats
- Egg muffins
- Egg bake

PROTEIN



- Wash & Cut Fresh Veggies
- Oven Roasted Veggies
- Sweet Potato Fries
- Riced Cauliflower
- Rice, Quinoa
- Fajita Peppers & Onions
- Stir fries

SIDES & VEGGIES



- Curried Pumpkin Soup
- Ground Beef Hobo Stew
- Vegetable Soup
- Butternut Squash Soup
- Crockpot Sweet Potato Beef Stew
- Indian Spiced Bean and Tomato Soup

[Visit the Challenge Pinterest Page for Recipes!](#)

SOUPS & STEWS



- White Chicken Chili
- Buffalo Chicken Chili
- Roasted Red Pepper Chicken Chili
- Chili Chili Bang Bang
- Sweet Potato Black Bean Chili with Avocado
- Pumpkin Beef Chili

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CHILI



- Water Pitcher with natural flavor by adding:
- Fresh Berries
 - Cucumbers
 - Mint
 - Cold Press Coffee
 - Iced Green Tea
 - Iced Tea with Lemon

DRINKS