

# MIX AND MATCH

## Portable Oven Meal Prep

<b>PROTEIN</b>	<b>VEG</b>	<b>SAUCE</b>	<b>SIDE</b>
Chicken Breast Strips	Broccoli	Balsamic Vinaigrette	Mac and Cheese
Thin Sliced Chicken Breast	Sliced or Baby Carrots	Italian Dressing	Cooked Rice
Boneless Skinless Chicken Thighs	Frozen Peas	Soy Sauce with Honey and Red Pepper Flakes	Mashed Potato Pouch
Black Beans	Coleslaw Mix	Pasta Sauce	Cooked Pasta
Fajita Beef	Zoodles	Butter and Mrs. Dash	Shredded Cheese
Breakfast Sausage	Mashed or Roasted Sweet Potato	Everything Bagel Seasoning	Stuffing
Ham Steak or Diced Ham	Stir-Fry Vegetables	Gravy	Frozen Butternut Squash