

# Bulk Prep Meals

- [Cheesy Meat & Rice Burritos](#)
- [Garlic Butter Chicken Alfredo](#)

# Cheesy Meat & Rice Burritos

Makes ~18 Burritos

- Preheat oven to 325F
- Place all ingredients in large roast pan
- 2KG meat - diced, chopped, whole; chicken, pork, beef
- 6Tbsp / 2 packets taco seasoning
- 1Tbsp lime juice
- 1Tbsp chicken/beef bouillon
- 420g Green Enchilada sauce
- Garlic & Salt to taste
- 2 diced white onions
- 2 diced peppers
- Cook for 2 hours
- Increase heat to 350F
- -600g of uncooked rice with 3/4ths its water
- Mix all ingredients
- Cook for 2x rice cook time
- Dice 5 Roma tomatoes
- Dice 1 bundle of spinach / kale / cilantro
- 4Tbsp lime juice
- 500g Greek yogurt
- 300g cheese
- Mix all ingredients
- Evenly apply to all tortillas!

# Garlic Butter Chicken Alfredo

- Preheat oven to 325F
- 0.9kg Chicken
- 30g parm
- 4.5tbsp lemon juice
- 3tbsp garlic puree
- 3tsp garlic powder
- 3tsp onion powder
- 1.5tbsp salt
- 1tbsp black pepper
- 1/2 tbsp red pepper flakes
- 3/4 cup water
- 2 onions
- 500g vegetables
- Mix all ingredients
- Evenly distribute 3 tbsp butter on top
- Cook for 2 hours
- Half cook 700g of pasta
- reserve 3/4 cup of pasta water

## **Mix cream sauce**

- 1kg cottage cheese
- 120g cream cheese
- 400g sour cream
- 200g parmesan
- 360ml milk

## **Finishing up**

- remove chicken and veggies from oven
- add half cooked pasta
- add reserved pasta water
- mix with cream sauce
- back in oven for 20 minutes