

Enjoy a delicious Sunday dinner with your family and then use the leftovers to meal prep lunches or simple suppers throughout the week.



ENJOY SUNDAY DINNER meal prep WITH THE LEFTOVERS



Sunday Dinner Menu Plan

I use several different appliances, so I can easily make large batches of each dish.

Slow Cooker Rotisserie Chicken

For this meal, I did not add paprika or oregano when seasoning the chicken, because I wanted the flavors of the leftover chicken to work in the Asian Meal Prep dishes.

This cooks on high for 4 hours in a slow cooker. **Start it 4 1/2 hours before dinner.** This will give you time to season the chicken before it cooks and allow time after it cooks for it to rest.

Instant Pot Onion & Garlic Rice

If you don't have an Instant Pot, you can cook it on the stovetop, by adding more liquid and using these [stovetop rice directions](#).

The Instant Pot Rice cooks for 3 minutes on high pressure, with 7 minutes of slow-release. Start 20 minutes before dinner. This will give you time to prep the ingredients and then allow the Instant Pot time to reach high pressure.

Roasted Broccoli

Wash and chop the broccoli **30 minutes before dinner** and set it on a towel to dry.

Preheat the oven to 450 degrees 20 minutes before dinner (right before you start working on the rice).

As soon as you have started the rice cooking, start working on the broccoli.

Using Leftovers to Meal Prep

You can use these meal prep recipes for lunches throughout the week or for simple suppers on busy nights.

Make a double batch of the [**easy Asian Salad Dressing recipe**](#) included in both Asian Chicken and Rice Bowls and the Asian Chicken Salads. Because we use it in both recipes and it will save time to make a double batch rather than make it twice.

Dice your leftover chicken into bite-size pieces.

Meal Prep Recipe #1

Asian Chicken and Rice Bowls

If you are going to use this for lunches, use 5 lidded bowls that hold at least 2 1/2 cups.

1. Add 1/2 cup of cooked rice to the bottom of each bowl.
2. Add 1/3 cup of cooked chicken to each dish.
3. Add 1 cup of cooked broccoli to each dish.
4. Drizzle 2 tablespoons of the Asian dressing over the meat and vegetables.
5. Seal the bowl and either refrigerate or freeze your bowls.

If you are going to serve this as a simple supper, you can store the chicken, rice, and broccoli in large containers in the refrigerator overnight and make the bowls on the night you plan on serving it.

Meal Prep Recipe #2

Asian Chicken Salads

If you are going to use this for lunches, use 5 lidded bowls that hold at least 4 cups.

Dice your peppers, julienne your carrots, and slice a green onion.

1. Add 2 -3 cups of salad greens to each of the 5 lidded bowls.
2. Add the chicken, carrots, red pepper, green onion, and almond slices between the 5 bowls.
3. Pour salad dressing into 5 small condiment containers with lids and add a container of dressing to each bowl. Seal the bowls and store them in the refrigerator.

If you don't have condiment containers to put your salad dressing in, then you will need to put the dressing in the bowl first. Then you will add the chicken, carrots, pepper, onion, and almond slices to create a barrier between the salad dressing and the leafy greens.

If you will be serving this as a simple supper, you can build this in a large salad bowl instead of individual bowls. Add your salad greens, chicken, carrots, peppers, green onion, and almond slices to a large bowl and cover it.. Put a lid on your salad dressing cruet and store it separately from your salad. Plate the salad before serving and drizzle with the Asian dressing.

Bonus Meal Prep Recipe #3

Chicken and Rice Soup

If you still have some leftover chicken and rice after making your Rice Bowls and Salad, then use them to make this Chicken and Rice Soup. It takes about 20 minutes to make

1. Sauté the celery and onion in olive oil until the onion is translucent.
2. Add the broth, carrots, and spices to the pot. Cook over high heat and bring to a boil.
3. Once it boils, cover the pot, lower the heat, and simmer for 10 minutes.
4. Add the chicken and rice. Bring back to a boil to ensure rice and chicken pieces are heated through.
5. Store the rice in either a large bowl for a simple supper or individual bowls with air-tight lids for lunches.

You can store the soup in the refrigerator for up to 5 days or in the freezer for up to 3 months.

More Meal Prep Tips

How to Meal Prep Salads and Keep them Fresh

Ways to Prevent Soggy Bread When Packing Sandwiches for Lunch

Easy Ways to Meal Prep Lunches

Happy Cooking!

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