

# Cooking Protein in Bulk

Save time and money by prepping protein in bulk using the oven, slow cooker and stove

## Oven -

Chicken	Season or sauce (salt/pepper, BBQ, buffalo, teriyaki, garlic herb) Bake at 375-400 degrees F for 20-30 minutes
Pork	Season, bake at 400 degrees F for 20-25 minutes
Salmon	Bake at 375 degrees F for 15-20 minutes
Steak	Sliced and seasoned (with soy sauce, oil and pepper) bake on sheet pan 425 degrees F for 12-15 minutes

## Slow Cooker -

Pulled Pork or Chicken	3-5 pounds chicken or pork, salsa or BBQ Sauce, cook 4-6 hours on low and shred
Shredded Beef	Chuck roast, broth, onion (optional), cook 8 hours on low and shred
Turkey Chili	Ground turkey, tomatoes, chili seasoning, cook 6 hours on low
Beef Chili	Ground beef, 2 cans diced tomatoes, chili powder, cumin, garlic, onion (optional)

## Stove -

Ground beef, chicken or turkey	Brown in bulk (2-4 pounds at once), season for tacos, Italian or salt and pepper
Stir-fry chicken or beef strips	Cook with oil or butter
Eggs	Scramble a dozen, or boil a dozen for 5-7 minutes and eat throughout the week

**Mead Wellness Coaching, LLC 2025**