

## MINDFUL MEAL PREP

Serves: 6 • Serving size: 1 cup shredded chicken

35  
minutes

PREP TIME: 10 mins  
COOK TIME: 25 mins

# Rotisserie CHICKEN

1 – 4.25lb/1.9 kg young chicken  
4 garlic cloves, minced  
1 tbsp. salt  
½ tbsp. pepper  
1 tsp. paprika  
3 tbsp. vinegar  
4 tbsp. olive oil  
2 cups water

1. In a small bowl, place garlic, salt, pepper, paprika, vinegar and oil. Mix until well combined.
2. Place chicken on cutting board breast side up and using kitchen shears, cut the center connective tissue under the skin to separate it from the breast.
3. Rub spice blend under the skin and continue massaging the seasoning all around the chicken until it is fully covered in seasoning. Add remaining seasoning inside the cavity.
4. Place chicken breast side down into base of Microwave Pressure Cooker. Add water, replace cover, lock and microwave on high power for 25 minutes.
5. Check the internal temperature of the chicken has reached 165° F/75° C. Remove chicken from Microwave Pressure Cooker and place on cutting board. Remove chicken meat from bones. Save the broth to use as chicken stock.

*\*Note: Microwave cooking time will vary depending on the size of the chicken being used. The chicken should not exceed 5 lbs/2.3 kg.*

Nutritional Information (per serving):  
Calories: 770 Total Fat: 58g Saturated Fat: 16g Cholesterol: 240mg Sodium: 1390mg  
Carbohydrates: 1g Fiber: 0g Sugar: 0g Protein: 60g Vitamin D: 0% Calcium: 2% Iron: 20%  
Potassium: 0%

date  
me

Tupperware®



TO DEMO



Microwave Pressure  
Cooker

OPTIONAL



Kitchen  
Shears



Measuring  
Spoons



Measuring  
Cups



Thatsa® Bowl



Micro Pitchers



Universal  
Series Chef  
Knife



## MINDFUL MEAL PREP

Serving size: 1 cup • Serves: 8

25  
minutes

PREP: 15 minutes  
COOK: 10 minutes

# CHICKEN Orzo Soup

2 cups chicken stock\*  
2 carrots, peeled & quartered  
2 celery stalks, rinsed & quartered  
2 cups water  
1 cup dry orzo pasta  
2 cups cooked chicken, shredded\*  
1½ tsp. salt  
½ tsp. black pepper

1. Place carrots and celery in base of Power Chef® System fitted with blade attachment. Replace cover and pull cord until roughly chopped. Transfer mixture to base of Pressure Cooker.
2. Add water and orzo. Cover, lock in place and microwave on high power 10 minutes.
3. At the end of cooking time, remove Pressure Cooker from microwave and allow pressure to release naturally until pressure indicator fully lowers.
4. Stir shredded chicken into soup and serve.

Nutritional Information (per serving):  
Calories: 220 Total Fat: 4g Saturated Fat: 1g Cholesterol: 85mg Sodium: 590mg  
Carbohydrates: 15g Fiber: 1g Sugar: 2g Protein: 29g Vitamin D: 0% Calcium: 2% Iron: 6%  
Potassium: 10%

\*Reference Rotisserie Chicken Recipe for Shredded Chicken and Chicken Stock.

date  
me

Tupperware®



TO DEMO



Microwave Pressure  
Cooker



Power Chef®  
System

OPTIONAL



Silicone  
Spatula



Measuring  
Spoons



Measuring  
Cups



Universal  
Series  
Chef Knife



Micro  
Pitchers



Ladle



FridgeSmart  
Medium



Thermal  
Flask



## MINDFUL MEAL PREP

Serves: 4 • Serving size: 1 cup

10  
minutes

PREP TIME: 10 minutes

# Chinese Chicken SALAD

2 cups fresh cilantro, chopped  
3 limes, juiced  
¼ cup vegetable oil  
1 head of red cabbage, cored & quartered  
4 cups cooked chicken, shredded\*  
1 red bell pepper, sliced  
4 green onions, chopped  
1 head romaine lettuce, chopped  
¾ cup cashews

1. To make dressing, place cilantro, lime juice and vegetable oil in All-in-One Shaker, replace cover and shake vigorously until well combined.
2. Assemble Grate Master with slicing cone. Place bowl underneath hopper.
3. Place cabbage into hopper, and pressing down lightly with plunger, turn crank to slice. Continue with remaining cabbage until all is shredded. Transfer to large bowl.
4. Add remaining ingredients to bowl and pour dressing over top. Toss to combine.

#### Nutritional Information (per serving):

Calories: 740 Total Fat: 39g Saturated Fat: 7g Cholesterol: 165mg Sodium: 180mg  
Carbohydrate: 38g Fiber: 10g Sugar: 16g Protein: 64g Vitamin D: 0% Calcium: 15%  
Iron: 45% Potassium: 43%

\*Reference Rotisserie Chicken Recipe for Shredded Chicken.

date  
me

Tupperware®

TO DEMO



Grate Master®  
Shredder

OPTIONAL



Zest 'n  
Press



Measuring  
Cups



Thatsa® Bowl



Universal  
Series  
Chef Knife



All in One  
Shaker



FridgeSmart  
Small Deep



Salad  
On-the-Go



## MINDFUL MEAL PREP

Serves: 5 • Serving size: 1 bowl

40  
minutes

PREP TIME: 15 minutes  
COOK TIME: 25 minutes

# QUINOA Powerhouse

1½ cup white quinoa, rinsed  
3 cups water  
12 oz./350 g fresh broccoli florets  
2½ cups sweet potatoes, cut into bite size cubes  
½ onion, chopped  
1 – 15 oz./425 g can black beans, drained and rinsed  
2 sliced avocados  
¼ cup olive oil  
Salt and pepper to taste

1. In base of Tupperware® Smart Multi-Cooker add quinoa and water, place in microwave and cook at full power for 15 minutes. Transfer quinoa to bowl.
2. Add broccoli to shielded colander tray, add water to maximum steam line, cover and microwave for 10 minutes.
3. Let broccoli cool for 5 minutes and transfer to bowl.
4. Add sweet potatoes to shielded colander, add water to maximum steam line, cover and cook in microwave for 10 minutes. Let cool 5 minutes.
5. To assemble, arrange 5 bowls, add ¾-cup quinoa to each bowl, ¾-cup broccoli, ½-cup sweet potatoes, 2 tbsp. red onion, and ½-cup beans, sliced avocados. Drizzle each with olive oil and sprinkle with salt and pepper to taste.

#### Nutritional Information (per serving):

Calories: 470 Total Fat: 17g Saturated Fat: 2g Cholesterol: 0mg Sodium: 370mg  
Carbohydrates: 68g Fiber: 12g Sugar: 8g Protein: 16g Vitamin D: 0% Calcium: 10%  
Iron: 30% Potassium: 12%

date  
me

Tupperware®



TO DEMO



Smart MultiCooker

OPTIONAL



Universal  
Series Chef  
Knife



Measuring  
Cups



Thatsa® Bowl



Vertical  
Peeler



FridgeSmart  
Small Deep



Vent 'N Serve®  
Round Divided Dish