



# Prep Dish Reset Menu - WEEK 1: Grocery List

Serves 4

1. Meal 1: Sesame Roasted Halibut w/ Broccoli & Cashews
2. Meal 2: Grilled Chicken w/ Pineapple Salsa & Grilled Zucchini
3. Meal 3: Gingered Beef & Veggie Stir Fry
4. Meal 4: Frittata w/ Arugula, Tomato, Mushrooms & Olives w/ Dilled Cucumbers
5. Salad: Blueberry & Walnut Salad
6. Breakfast: Eggs Baked in Avocados w/ Oranges
7. Snack: Carrots Dipped in Almond Butter



## Herbs

- 1 bunch cilantro (2)
- 1 bunch fresh dill (4)
- 1 bulb garlic (2,3,4)
- ~2" knob ginger (3)



## Fruits

- 1/2 pint blueberries (5)
- 4-8 oranges (2,6)
- 1 lemon (2)
- 4 limes (2)
- 1 pineapple (2)



## Nuts & Seeds

- 1/2c chopped walnuts (5)
- 1/2c chopped cashews (1)
- 2T black sesame seeds, optional (1)



## Pantry

- 1/2c almond butter (7)\*
- ~1/2c coconut aminos (1,3)
- 1/4c sliced kalamata olives (4)



## Veggies

- 4-6 large carrots (7)
- 1 pint cherry tomatoes (4)
- 1 head broccoli (1)
- 1 cucumber (4)
- (English preferred)
- 2 zucchini (2)
- 4 bell peppers (3)
- 1 red onion (2,3,4)
- 2-4 avocados (6)
- 1 jalapeño (2)
- 8oz sliced mushroom (4)
- 5oz mixed greens (5)
- 5oz arugula (4)



## Meats

- 4 chicken breasts (2)
- 1 1/2-2# grassfed beef stir fry meat (3)



## Oils & Vinegars

- ~1c olive oil
- 1/4c balsamic vinegar (5)
- 2 1/4T toasted sesame oil (1,3)
- 1/3c white wine vinegar (1,4)



## Spices

- 1T red chili flakes, optional (2)
- 2T dried parsley (4)



## Seafood

- 4 halibuts fillet, 5-7oz each (1)
- (OR sub salmon)



## Eggs

- 14-18 eggs, omega 3 (4,6)

\*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.



# Prep Dish Reset Menu - WEEK 1: Prep Day

Preheat oven to 375 F. (4)



**Pineapple:** Finely dice 1c pineapple. Set aside. (2) Cut and store remaining pineapple for a snack or use as side for Day 3.

**Bell Pepper:** Slice 4 bell peppers into long, thin strips. [\*] (3)

**Carrots:** Cut carrot into 3" sticks for snacking. [\*] (7)

**Zucchini:** Thinly slice, lengthwise, this works best using a mandolin, ~1/2" thick [\*] (2).

**Red Onion:** Finely chop 1T red onion for the salsa (2) and thinly slice remaining onion into long strips, set aside 1/2 for stirfry (3) & other 1/2 for frittata (4). [\*] (2,3,4)

**Jalapeño:** Remove seeds & finely chop 1/2 jalapeno for salsa. Note: add extra for heat, if desired. (2)

**Garlic:** Finely chop 2 cloves garlic for stir fry (3) + 1 clove of garlic for frittata (4). Peel 2 cloves garlic for marinade (2). (2,3,4)

**Ginger:** Peel & grate 2T fresh ginger (3). (3)

**Cilantro:** Finely chop 1-2T of cilantro for salsa, set aside. Save remaining cilantro for marinade. (2)

**Dill:** Finely chop dill to equal ~1T, setting aside for cucumbers. (4)

**Broccoli:** Chop 1 head broccoli into 1" pieces. Set aside. (1)

**Cucumber:** Thinly slice cucumber (this works well using a food processor or mandolin). Set aside. (4)

**Beef:** Thinly slice beef, cutting against the direction of the meat "grain". You should have super-thin, 2-3" strips. [\*] (3)



## Frittata (4)

Sauté the following in lg sauté pan in 1/2T olive oil over med-high heat:

1/2 chopped red onion + 1 clove garlic + 8oz sliced mushrooms + 1 pint cherry tomatoes + 2T dried parsley + S&P, for 8-10 min.

Add 5oz arugula & top with a lid for 1-2 minutes (may need to do in 2 batches).

Remove from heat and stir in 1/4c sliced kalamata olives. Allow to cool. (4)



**Broccoli:** Steam or boil chopped broccoli 3-5min. Toss w/ 2T coconut aminos + 2T white wine vinegar + 1/2c cashews. [\*] (1)



## Frittata (4)

In a large bowl, whisk together 10 eggs, season w/ S&P. Stir in cooked/ cooled veggies.

Put into well-oiled casserole or pie pan & bake for 25-40 min or until no longer jiggly (will vary depending on depth of dish).

Allow frittata to cool. [\*] (4)



## Dilled Cucumbers (4)

In a large bowl, whisk:

1tsp salt + 1/4c white wine vinegar + 1T chopped dill (loosely packed)

Toss together w/ sliced cucumbers. [\*] (4)



### Chicken Marinade (2)

Blend the following until smooth:

- Zest and juice of 2 limes
- Zest and juice of 1 lemon
- Zest of 1 orange
- Handful of cilantro (remaining)
- ¼c olive oil
- ¼c water
- 1T salt
- 2 cloves garlic [\*] (2)



### Salsa (2)

Toss together:

- 1c pineapple, ½ jalapeño, chopped + 1T cilantro + 1T chopped ed onion + lime juice to taste (1-2tsp) + ⅛tsp salt. [\*] (2)

### Stir Fry Sauce (3)

Whisk together:

- ¼c coconut aminos
- 1T sesame oil
- 2T fresh grated ginger
- 2 cloves chopped garlic [\*] (3)

### Salad (5)

Layer in container as follows:

- ½ of mixed greens
- ½ of blueberries
- ¼c walnuts

Repeat layers. [\*] (5)



### Balsamic Dressing (5)

Combine: ½c olive oil + ¼c balsamic vinegar + pepper to taste. [\*] (5)

**KEY** - [\*]: store in container, label & refrigerate for use later in week



# Prep Dish Reset Menu - WEEK 1: Dish Day

## Day 1

### Sesame Roasted Halibut w/ Broccoli & Cashews (1)

1. Preheat oven to 400 F.
2. Rub ~1tsp toasted sesame oil onto each halibut fillet. Sprinkle each w/ ~1½tsp black sesame seeds (optional).
3. Option to heat broccoli in oven (~20 min) or eat cold. Bake halibut for 12-15 min or cooked/ flaky.

## Day 2 **\*\*Note: requires 2-12hr marinating time, this is best done in the morning**

### Grilled Chicken w/ Pineapple Salsa & Grilled Zucchini (2)

1. Add chicken to marinade for 2-12 hours prior to grilling. Marinate in fridge.
2. Preheat grill to med-high & grill chicken for ~5 min/ side or cooked through to 165 F. (longer if bone-in)
3. Brush zucchini lightly w/ oil and season w/ S&P. Grill for 4-6 minutes, flipping halfway through.
4. Serve chicken w/ pineapple salsa & grilled zucchini.

## Day 3 **Note: requires 30min-12hr marinating time, this is best done in the morning**

### Gingered Beef & Veggie Stir Fry (3)

1. Place sliced beef into stir fry sauce, marinate in refrigerator for at least 30 minutes (or up to 12 hours).
2. Heat 2 tsp olive oil (can use coconut oil) in large sauté pan or wok over medium-high heat.
3. Cook onion & bell pepper 10min. Scoot to side, add beef + marinade to pan & cook 3-5 min, or pink is just disappearing.
4. Option to top stir fry w/ red chili flakes as desired.

## Day 4

### Frittata w/ Arugula, Tomato, Mushrooms & Olives w/ Dilled Cucumbers (4)

1. Cover with foil and reheat in 350 F oven for 20-30 minutes or until heated through. Serve w/ cucumbers.

## Salad

### Blueberry & Walnut Salad (5)

1. Let balsamic vinaigrette come to room temp (~30 min) and shake well. Drizzle over salad.

## Breakfast

### Eggs Baked in Avocado w/ Oranges (6)

1. Preheat oven to 425 F. Cut 2-4 avocados in half.
2. Crack 1 egg into each avocado half and bake for 18-24 min or desired egg doneness. Season w/ S&P.
3. Serve w/ oranges.

## Snack

### Carrots Dipped in Almond Butter (7)