



Prep Dish Reset Menu - WEEK 2: Grocery List

Serves 4

1. Meal 1: Grilled Balsamic Pork Chops w/ Asparagus & Sliced Cantaloupe
2. Meal 2: Cobb Salad
3. Meal 3: Bison & Mushroom Tacos w/ Sliced Jicama
4. Meal 4: Grilled Chicken w/ Asian Dipping Sauce & Thai Roasted Eggplant & Cauliflower
5. Salad: Arugula, Raspberries & Sliced Almonds
6. Breakfast: Lamb, Sweet Potato, Spinach & Mushroom Hash
7. Snack: Bell Pepper w/ Almond Butter Dipping Sauce



Herbs

~2" ginger knob (4)
1 bulb garlic (3,6)



Fruits

1 pint raspberries (5)
1 lime (4,7)
1 cantaloupe (1)



Nuts & Dried Fruit

½c sliced almonds (5)
2 medjool dates (7)



Pantry

¾c lite coconut milk (4,7)
½c almond butter (4,7)*
~3T red curry paste (4,7)*
1tsp coconut aminos (4,7)



Veggies

4 avocados (2,3)
1 pint cherry tomatoes (2)
1 bunch asparagus (1)
1-2 jicama (3)
1 head cauliflower (4)
1 lg eggplant (4)
2x 8oz sliced mushrooms (3,6)
2 red bell peppers (7)
2 yellow onions (3,6)
1 sweet potato (6)
1 head romaine lettuce (2)
1 head butter lettuce (3)
5oz arugula (5)
5oz baby spinach (6)



Meats

4-8 thin cut pork chops (1)
1-1½# ground bison (3)
(OR sub ground beef)
4 boneless, skinless chicken breasts, 5-7oz each (4)
4 thin slices bacon (2)
1# ground lamb (6)
(OR ground beef)



Oils & Vinegars

~1½c olive oil
½c balsamic vinegar (1,5)
¼c red wine vinegar (2)
1T white vinegar, optional (6)



Spices

~4T chili powder (3,6)*
1T parsley (6)
1½T dried basil (1,2)



Eggs

4-12 eggs, omega 3 (2,6)
(Note: 4-8 eggs are optional)

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



Prep Dish Reset Menu - WEEK 2: Prep Day

Preheat oven to 400 F. (2)



Eggs: Place 4 eggs in a pot & cover w/ water. Bring to a boil for ~5min. Cover w/ lid & remove from heat for 20 min. [*] (2)



Bacon: Place 1 package of bacon in single layer on baking sheet and bake for 18-22 minutes or cooked/ crispy, cool. Chop 6-8 slices and store for salad. [*] (2) Note: store remaining for use throughout week either at breakfast or as a snack.



Butter Lettuce: Wash whole leaves from lettuce and store in baggy w/ damp paper towel. [*] (3)

Cantaloupe: Cut into wedges (removing seeds). [*] (1)

Jicama: Peel and cut into "sticks", about 2-3" long. [*] (3)

Red Bell Pepper: Cut 2 bell peppers into thin slices for snacking. [*] (7)

Asparagus: Cut ends off asparagus (bottom 2-3"), discard. Toss w/ 1T olive oil, S&P. [*] (1)

Cobb Salad: Finely chop romaine lettuce. Cut cherry tomatoes in half (or quarter for larger tomatoes). Set aside. [*] (2)

Tacos: Finely dice 1 yellow onion + 2 cloves garlic, set aside. (3)

Hash: Dice 1 sweet potato into small 1/2" pieces & 1 yellow onion into 1/4" pieces. Finely chop 3 cloves garlic. Set aside. (6)

Curried Veggies: Cut cauliflower & eggplant into small, bite-sized pieces, ~1/2", set aside. (4)



Bison Tacos (3)

Place 1-1 1/2# ground bison (or ground beef) in a large sauté pan over medium high heat, breaking apart meat.

Add 1 chopped onion + 2 chopped garlic cloves + 8oz sliced mushrooms + 2-3T chili powder, cook for 8-10 mins. Cool. [*] (3)

Lamb Hash (6)

In a large sauté pan, add 1# ground lamb (breaking apart meat). Season with 1T chili powder + 1T parsley + S&P to taste.

Add 1 diced sweet potato + 1 diced onion + 3 chopped garlic cloves + 8oz sliced mushroom & 5oz spinach.

Sauté ~15 minutes, or until sweet potato is cooked through, stirring occasionally. [*] (6)



Asian Sauce (4,7)

In a blender add:

- ¾c lite coconut milk (option: use extra in tea or coffee or freeze for use in smoothies, soups, etc)
- ½c almond butter
- 1" fresh ginger, peeled, roughly chopped
- 2tsp red curry paste (adjust according to desired heat)
- 2 medjool dates, pit removed
- 2tsp lime juice (~juice of 1 lime)
- 1tsp coconut aminos

Blend until smooth. [*] (4,7)

Curried Veggies (4)

Whisk together:

- ¼c olive oil
- ¾c water
- 1-2T red curry paste
- ¾tsp salt

Toss above with chopped eggplant & cauliflower. [*] (4)

Salad (5)

Layer in container as follows:

- ½ of arugula
- ½ of raspberries
- ¼c sliced almonds

Repeat layers. [*] (5)



Balsamic Dressing (5)

Whisk together: ½c olive oil + ¼c balsamic vinegar + pepper to taste [*] (5)

Balsamic Marinade for Pork (1)

Whisk together:

- ¼c olive oil
- ¼c balsamic vinegar
- 1T dried basil
- pepper to taste [*] (1)

Note: option to begin marinating pork chop now if consuming within the next 24 hours.

Red Wine Vinaigrette (2)

Whisk together:

- ½c olive oil
- ¼c red wine vinegar
- ½T dried basil
- pepper to taste [*] (2)

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



Prep Dish Reset Menu - WEEK 2: Dish Day

Day 1

Grilled Balsamic Pork Chops w/ Asparagus & Sliced Cantaloupe (1) *requires 30 min-24 hours marinating time*

1. Marinate pork chops for 30 min up to 24 hours (in fridge). Preheat grill to med-high or 400F.
2. Grill chops for 3-4 minutes/ side or reaches internal temp of 145 F. (Option to bake at 400 F for ~10-15 minutes)
3. Grill asparagus directly on grill (perpendicular to grill grates), 5-7 minutes (or bake in oven for 10-12 min at 400F).

Day 2

Cobb Salad (2)

1. Bring red wine vinaigrette to room temp (~20 min). Slice 2 avocados. Peel & quarter 4 hardboiled eggs.
2. Toss chopped romaine + tomatoes with avocado + eggs + crumbled bacon. Top w/ vinaigrette.

Day 3

Bison & Mushroom Tacos w/ Sliced Jicama (3)

1. Preheat oven to 425 F.
2. Put bison filling in a large sauté pan over med-high heat and re-heat for ~5 minutes. Slice 2 avocados.
3. Place taco filling in lettuce leaves & top with avocado slices. Serve jicama on side

Day 4

Grilled Chicken w/ Asian Dipping Sauce & Thai Roasted Eggplant & Cauliflower (4)

1. Preheat oven to 400 F.
2. Place cauliflower & eggplant in a large baking pan and roast for 35-40 minutes, tossing halfway through.
3. Brush chicken w/ olive oil. Preheat indoor grill (like George Foreman), cook chicken ~10min or cooked to 165F.
Option: cook on outdoor grill until internal temp reaches 165 F or roast chicken at 400 F for ~30-40 minutes until cooked to 165 F.
4. Serve w/ almond butter dipping sauce (reserving 1/2 for snack).

Salad

Arugula, Raspberries & Sliced Almonds (5)

Let salad dressing come to room temp (~30min) and shake well. Drizzle ~1T over 1 serving of salad.

Breakfast

Lamb, Sweet Potato, Spinach & Mushroom Hash (6)

1. Re-heat in large sauté pan over med-high heat, 6-8 min or heated through.
Optional: serve with a poached or fried egg on top.
Poached Egg: Bring a pot of water + 1T vinegar to just boiling, lower heat and add eggs. Cook for ~5min or desired doneness.
Pan Fried Egg: heat 1-2tsp oil or butter in a sauté pan over med, add eggs, cover with a lid & cook until desired doneness.

Snack

Bell Pepper w/ Almond Butter Dipping Sauce (7)