



Prep Dish Reset Menu - WEEK 3: Grocery List

Serves 4

1. Meal 1: Grilled Ginger-Lime Flank Steak w/ Bell Peppers & Plums
2. Meal 2: BBQ Shrimp w/ Mashed Potatoes & Broccoli
3. Meal 3: Summer "Pasta" Salad
4. Meal 4: BBQ Turkey Meatballs w/ Japanese Sweet Potatoes
5. Salad: Arugula, Watermelon & Feta Salad
6. Breakfast: Broccoli Frittata Muffins w/ Raspberries
7. Snack: Watermelon



Herbs

2 garlic cloves (2,3,4)
 1 bunch basil (3)
 ~3" ginger knob (1)



Fruits

1 watermelon (5,7)
 4 plums (1)
 1 lemon (3)
 2-3 limes (1)
 1 pint raspberries (6)



Dairy (optional)

8oz feta crumbles (3,5)
 1/4c grassfed milk (2)
 1T grassfed butter (2)



Pantry

1 1/4c almond flour (4)
 1/4c sliced kalamata olives (4)
 28oz crushed tomatoes (2)
 (OR sub tomato sauce)



Veggies

2 lg heads broccoli (2,6)
 2 pints cherry tomatoes (3)
 4 bell peppers, mixed colors (1)
 2-4 large zucchini (3)
 (OR sub 1 pkg precut zoodles)
 1 large carrot (4)
 16oz sliced mushrooms (3)
 4 russet potatoes (2)
 (OR sub 1 head cauliflower)
 2-3 Japanese sweet potatoes (4)
 1 red onion (1,5)
 5oz arugula (5)



Meats

1# ground turkey, 85% lean (4)
 1-1 1/2# grassfed flank steak (1)



Nuts & Dried Fruit

1/2c sliced almonds (5)
 1/2c pinenuts, optional (3)
 1/4c medjool dates (2,4)



Spices

3T chili powder (2,4)*
 1T tarragon (4)
 1 dried ancho chili (2,4)
 (OR chipotle)
 1/4tsp cayenne (2,4)
 1tsp turmeric (4)



Seafood

1-1 1/2# shrimp, peeled,
 deveined, tails removed (2)



Eggs

10 eggs, omega 3 (4,6)



Oils & Vinegars

~1 3/4c olive oil
 1/4c balsamic vinegar (5)
 3T apple cider vinegar (2,4)
 (OR sub vinegar of choice)

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



Prep Dish Reset Menu - WEEK 3: Prep Day

Preheat oven to 350 F. (3,6)



Japanese Sweet Potatoes: Peel & chop into 1" cubes. Toss w/ 1T olive oil + 1T tarragon. [*] (4)

Carrot: Finely grate 1 large carrot, squeeze out any excess liquid, set aside. (I use a large cheese grater.) (4)

Zucchini Noodles: Use spiralizer or mandolin to make "spaghetti-like" zucchini noodles (option to purchase pre-cut). [*] (3)

Ginger: Grate ginger for ~2-3T. Set aside. (1)

Red Onion: Thinly slice ~2T for salad, set aside (5). Cut remaining into thick circles (to grill) & brush w/olive oil [*] (1). (1,5)

Bell Peppers: Quarter 4 bell peppers (removing stems/ seeds) brush skin side lightly w/ olive oil. [*] (1)

Plums: Halve 4 plums and remove seeds. Brush cut side lightly w/ olive oil. [*] (1)

Potatoes: Peel 4 russet potatoes (or use 1 head cauliflower) & cut into 1-2" cubes (rough cut is fine, these will be mashed!). (2)

Watermelon: Cut 1c into small ½" cubes, set aside for salad (5). Cut remaining into wedges for snacking [*] (7). (5,7)

Broccoli: Cut 2 bunches into small ½" pieces. Set aside ½ for frittatas (6). Toss remaining w/ 1-2T olive oil + S&P. [*] (2) (2,6)



Ancho: Bring 1c water to boil. Place 1 dried ancho in water, top with lid, remove from heat, allow pepper to re-hydrate. (2,4)

Mashed Potatoes (2)

Place cut potatoes in large pot & cover w/ water. Bring to a boil reduce heat to medium and cook for 30-35 min or until soft. Drain. Return to pan, add S&P + ¼c water (use milk or broth if desired) + 1T butter (optional).

Mash until smooth (if using cauliflower, puree in blender). Cool. [*] (2)



Broccoli Frittata Muffins (6)

In a large bowl, whisk together 8 eggs. Stir in 1 bunch chopped broccoli. Season w/ S&P.

Pour into lined muffin cups and bake at 350 F for 20-30 minutes or cooked through & no longer jiggly. [*] (6)

Summer "Pasta" Salad (3)

Toss 2 pints cherry tomatoes, 16oz sliced mushrooms + 1-2T olive oil + S&P.

Roast in a single layer on 1-2 sheet pans for 25-30 minutes. Cool, set aside. (3)



Steak Marinade (1)

Whisk together:

- ½c olive oil
- 2-3T fresh grated ginger
- 2-3T lime juice (~2-3 limes)
- ½T salt
- fresh ground pepper

Add flank steak to marinate for 4-48 hours. [*] (1)



Lemon Basil Sauce (3)

In blender, combine: $\frac{1}{4}$ c olive oil + 1 clove garlic + large handful fresh basil + juice of 1 lemon (~2T) + S&P.
Toss roasted veggies w/ Lemon Basil Sauce + $\frac{1}{4}$ c sliced kalamata olives + 4oz feta cheese + $\frac{1}{2}$ c pine nuts. [*] (3)

BBQ Sauce (2,4)

Puree the following in blender or food processor until smooth:

- 3T apple cider (can sub other vinegar such as white, red wine, etc.)
- 28oz crushed tomatoes
- $\frac{1}{4}$ c dates, pitted (~2 large)
- 1 clove garlic
- 1 re-hydrated chili, seeds & stem removed (for more heat, add in seeds as desired)
- $\frac{1}{4}$ tsp cayenne
- 2T chili powder
- S&P to taste

Set aside $\frac{1}{4}$ c for meatballs (4). Store remaining (~1c) for shrimp. [*] (2)

Meatballs (4)

In a large bowl, mix together the following (works best using hands):

- $\frac{1}{4}$ c almond flour
- 2 eggs
- 1# ground turkey
- 1 grated carrot
- 1T chili powder
- 1tsp turmeric powder
- 1tsp pepper
- $\frac{1}{4}$ c BBQ sauce

Form into 12 balls and top with 1c BBQ sauce. [*] (4)



Salad (5)

Layer in container as follows:

- $\frac{1}{2}$ of arugula
 - 1T sliced red onion
 - $\frac{1}{2}$ c chopped watermelon
 - $\frac{1}{4}$ c sliced almonds
 - 2oz feta crumbles
- Repeat layers [*] (5)



Balsamic Dressing (5)

Whisk together: $\frac{1}{2}$ c olive oil + $\frac{1}{4}$ c balsamic vinegar + pepper to taste. [*] (5)

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



Prep Dish Reset Menu - WEEK 3: Dish Day

Day 1

Grilled Ginger-Lime Flank Steak w/ Bell Peppers & Plums (1)

1. Remove steak from marinade and grill for 4-6 minutes per side for med rare.
2. Grill bell peppers, skin side down, & red onion 4-8 minutes or until beginning to blister/ soften.
3. Grill plums cut side down for ~5 minutes.
4. Allow steak to rest 5-10 min before cutting. Cut meat very thin, against the grain. Season bell pepper & onion w/ S&P.

Day 2

BBQ Shrimp w/ Mashed Potatoes & Broccoli (2)

1. Preheat oven to 425 F. Marinate shrimp in ½c reserved BBQ sauce for 30 minutes up to 1 hour.
2. Warm mashed potatoes in oven, covered, ~30-40 minutes.
3. Place shrimp & broccoli on sheet pans. Roast ~12-15 min or until shrimp are cooked. Serve dipped in remaining ½c sauce.

Day 3

Summer "Pasta" Salad (3)

1. Heat 1-2tsp olive oil to large sauté pan over med-high. Add zucchini noodles, and cook 2-3 minutes.
2. Add veggie mixture and sauté until heated through, 5-6 minutes.

Day 4

BBQ Turkey Meatballs w/ Japanese Sweet Potatoes (4)

1. Preheat oven to 350 F and bake meatballs for 45 minutes or heated through.
2. Roast sweet potatoes in a single layer for ~35-45 minutes or cooked through. Remove and toss halfway through cooking.

Salad

Arugula, Watermelon & Feta Salad (5)

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

Breakfast

Broccoli Frittata Muffins w/ Raspberries (6)

1. Reheat, covered, in 350 F oven for 15-20 mins or until heated through. Option to reheat in microwave or toaster oven.
2. Serve w/ raspberries.

Snack

Watermelon (7)