



Prep Dish Reset Menu - WEEK 4: Grocery List

Serves 4

1. Meal 1: Nicoise Salad
2. Meal 2: Pork, Pineapple & Veggie Kabobs
3. Meal 3: Bison Burgers w/ Sweet Potato Wedges & Green Apple Coleslaw
4. Meal 4: Walnut Crusted Chicken w/ Sautéed Spinach & Dilled Carrots
5. Salad: Mixed Greens w/ Grapes & Walnuts
6. Breakfast: Hard Boiled Eggs & Strawberries
7. Snack: Blueberry, Pumpkin Seed & Coconut Flake "Trail Mix"



Herbs

1 bulb garlic (4)



Fruits

1 pint strawberries (6)
 2 granny smith apples (3)
 1 sm bunch seedless grapes (5)
 1 pineapple (2)
 (OR sub 2c pre-cut chunks)
 1 pint blueberries (7)



Eggs

12 eggs (1,4,6)



Pantry

¼c sliced kalamata olives (1)
 1T coconut aminos (2)
 1c lg coconut flakes (7)*
 (unsweetened)
 4-8 sandwich baggies (7)
 metal or wooden skewers (2)



Veggies

1# carrots (4)
 4 bell peppers, mixed colors (2)
 1 pint cherry tomatoes (1)
 1c green beans, optional (1)
 1 large red potato (1)
 2 large sweet potatoes (3)
 8oz bag coleslaw mix (3)
 (OR sub shredded cabbage)
 2 x 5oz tubs mixed greens (1,5)
 10oz baby spinach (4)
 lettuce for burger wraps (3)



Meats

4 boneless, skinless chicken breasts, 5-7oz ea (4)
 1# ground bison (3)
 (OR sub ground beef)
 1-1½# butterflied pork loin chops (2)
 (OR sub boneless pork chops)



Nuts & Dried Fruit

2½c walnuts (4,5)
 1c pumpkin seeds (7)



Oils & Vinegars

~1¼c olive oil
 ¼c balsamic vinegar (1,5)
 2T apple cider vinegar (3)
 1T toasted sesame oil (2)



Spices

1T chili powder (3)*
 1T cumin (3)
 1tsp dried dill (4)
 1tsp turmeric (2)
 ½tsp chipotle powder (2)
 (OR sub chili powder)



Seafood

4 tuna steaks, 5-7oz each (1)
 (OR sub salmon)

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



Prep Dish Reset Menu - WEEK 4: Prep Day



Eggs: Place 10 eggs in a pot, fill with water to cover, bring to a boil. Boil 3-5 minutes, shut off heat and cover pot, cool. [*] (1,6)



Potato & Green Beans: Chop red potato into 1/4" cubes. Chop green beans into 1/2" pieces. Set aside to boil. (1)

Carrots: Thinly slice 5-6 carrots into coins, set aside. (4) Note: chop remaining carrots into sticks for snacking.

Sweet Potatoes: Cut potatoes into thin wedges. Toss w/ 1-2T olive oil, 1T chili powder, 1T cumin, S&P. [*] (3)

Grapes: Cut in half, for a total of 1 1/2c, set aside. (5)

Apples: Thinly slice green apples (should be ~size of a match- works well on a mandolin). Set aside. (3)

Garlic: Finely chop 2-4 cloves garlic for sautéed spinach, (option to store in spinach tub). [*] (4)

Kabobs: Cut 4 bell peppers and pineapple (peeled & cored) into ~1" cubes [*] (2). Cut pork into ~1" cubes, set aside. (2)



Carrots (4)

Boil (or steam) 5-6 sliced carrots for ~20 min or a knife inserts easily. Season w/ 1tsp dried dill + S&P. [*] (4)

Potato & Green Beans (1)

Boil chopped potato for ~15-20 minutes or until a knife is easily inserted. Drain and allow to cool. (1)

Steam chopped green beans (option to steam above potato) or boil for 2-4 minutes. (1)



Walnut Chicken (4)

In blender or food processor, blend 2c walnuts until roughly to finely chopped - should resemble crumbs. Place in a shallow bowl.

Whisk 2 eggs, place in a second shallow bowl. .

Dredge each chicken breast in eggs & then walnuts. Salt lightly. [*] (4)



Coleslaw (3)

Whisk together:

- 1/2c olive oil
- 2T apple cider vinegar
- salt, to taste

Toss dressing with sliced apples. Toss all together w/ 8oz bag of coleslaw (shredded cabbage). [*] (3)



Nicoise Salad (1)

Add the following to the tub of mixed greens:

- 1/2 pint cherry tomatoes (note: use any remaining tomatoes for snack).
- 1c steamed green bean pieces (cooled)
- 2 hardboiled eggs (cooled, peeled & quartered)
- chopped boiled potatoes
- 1/4c sliced kalamata olives [*] (1)

Trail Mix (7)

Toss 1 pint blueberries + 1c pumpkin seeds + 1c large coconut flakes in a bowl.

Use a 1/2c measuring cup and separate into baggies. [*] (7)

Side Salad (5)

Layer in container as follows:

- 1/2 of mixed greens
- 1/4c walnuts
- 3/4c grape halves

Repeat layers [*] (5)

Pork (2)

Create spice blend by whisking together:

- 1tsp turmeric
- 1/2tsp chipotle powder
- 1T coconut aminos
- 1T toasted sesame oil.

Toss spice blend w/ pork cubes. [*] (2)

(if not eating within 48 hours, hold off on marinating until 2-48 hours in advance.)

Burgers (3)

Form ground bison into 4 patties. Season lightly w/ S&P. [*] (3)



Balsamic Dressing (1,5)

Whisk together: 1/2c olive oil + 1/4c balsamic vinegar + pepper to taste [*] (1,5)

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



Prep Dish Reset Menu - WEEK 4: Dish Day

Day 1

Nicoise Salads (1)

1. Remove salad dressing from refrigerator and allow to come to room temp.
2. Heat 1tsp oil in sauté pan over med-high to high heat. Sear tuna 2-3 mins/ side or desired doneness. Season w/ S&P.
3. Divide salads among 4 bowls, top each w/ a seared tuna. Shake vinaigrette well and drizzle on top of salads.

Day 2

Pork, Pineapple & Veggie Kabobs (2) ****Note: if using wooden skewers, soak in water****

1. Preheat outdoor grill. Skewer pork, pineapple & bell pepper on skewers.
2. Grill for ~15 minutes, flipping kabobs every ~5 minutes.

Day 3

Bison Burgers w/ Sweet Potato Wedges & Green Apple Coleslaw (3)

1. Preheat oven to 375 F. Roast sweet potatoes for 35-45 minutes, removing and tossing halfway through cooking.
2. Grill burgers 3-4 minutes/ side or desired doneness (or in a sauté pan over medium-high heat).
3. Serve in lettuce wraps w/ coleslaw and sweet potato wedges.

Day 4

Walnut Crusted Chicken w/ Sautéed Spinach & Dilled Carrots (4)

1. Preheat oven to 375 F. Place carrots in oven, covered, to warm.
2. Bake chicken for 25 minutes for smaller breasts, up to 40 minutes for larger, or until cooked to 165 F.
3. Heat 1tsp oil in large sauté pan over high heat. Add garlic & spinach to pan & cook 3-4 mins or spinach just wilts. Season w/ S&P.

Salad

Mixed Greens w/ Grapes & Walnuts (5)

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

Breakfast

Hard Boiled Eggs & Strawberries (6)

Snack

Blueberry, Pumpkin Seed & Coconut Flake "Trail Mix" (7)