



Prep Dish Reset Menu - WEEK 5: Grocery List

Serves 4

1. Meal 1: Salmon over Mixed Greens w/ Strawberries, Cucumber & Walnuts
2. Meal 2: Grilled Lemon Tenders w/ Grilled Asparagus & Pineapple
3. Meal 3: Steaks, Baked Potatoes & Sautéed Swiss Chard
4. Meal 4: Mexican Zucchini Stuffed w/ Bison, Mushrooms, Bell Pepper & Tomato Sauce
5. Salad: Arugula w/ Peaches & Sliced Almonds
6. Breakfast: Onion, Mushroom & Spinach Frittata
7. Snack: Plums



Herbs

1 garlic clove (4)



Fruits

2 peaches (5)
 8 plums (7)
 ½ pint strawberries (1)
 1 pineapple (2)
 (OR fresh pineapple slices)
 2 lemons (2)



Nuts

½c chopped walnuts (1)
 ½c sliced almonds (5)



Pantry

1c strained tomatoes (4)*



Veggies

1 bunch asparagus (2)
 4 medium zucchini (4)
 1 large cucumber (1,5)
 1-2 bunches Swiss chard (3)
 1 red & 1 yellow bell pepper (4)
 16oz sliced mushrooms (4,6)
 2 red onions (4,6)
 4 russet potatoes (3)
 (OR sub sweet potatoes)
 5oz baby spinach (6)
 5oz arugula (5)
 5oz mixed greens (1)



Meats

4 grassfed tenderloin steaks,
 5-7oz each (3)
 ~1# chicken tenders (2)
 ½# ground bison (4)
 (OR sub ground beef)



Oils & Vinegars

~1½ c olive oil
 ½c balsamic vinegar (1,5)



Spices

1T cumin (4)
 1T chili powder (4)*
 1T oregano (4)
 4T steak seasoning (3)*
 1T tarragon, basil, or oregano,
 optional (2)



Eggs

8 eggs, omega 3 (6)



Seafood

4 salmon fillets, 4-6oz ea (1)

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



Prep Dish Reset Menu - WEEK 5: Prep Day

Preheat oven to 350 F. (3,6)



Baked Potatoes: Pierce 4 potatoes with a fork. Bake at 350 F for ~60min or until soft/ cooked through. Cool. [*] (3)



Cucumber: Chop 1 cucumber into small, bite-sized pieces. Set aside 1/2 for side salad and 1/2 for salmon salad. (1,5)

Side Salad: Chop 2 peaches into small bite-sized pieces for salad, set aside with 1/2 chopped cucumber. (5)

Strawberries: Finely dice strawberries into bite-sized pieces. Set aside w/ other 1/2 chopped cucumber. (1)

Red onion: Cut 1 1/2 red onions into long, thin strips (save remaining 1/2 for zucchini, below). (6)

Zucchini: Finely chop 2 bell peppers + 1 clove garlic + 1/2 red onion. Cut 4 zucchini in 1/2 lengthwise, scoop out center & discard. (4)

Asparagus: Remove, discard bottom 2". Toss w/ 1T olive oil, S&P. [*] (2)

Pineapple: Peel, core & cut pineapple into 1/2" thick pineapple slices (if not already pre-sliced). [*] (2)

Swiss Chard: Remove leaves from stems discarding stems. Roughly chop leaves. [*] (3)



Frittata (6)

Heat 1T oil over in a large sauté pan over medium heat, add 1 1/2 sliced onions and a pinch of salt. Sauté for 10-15 min.

Add 8oz sliced mushrooms + 5oz spinach, cook another ~10 mins, stirring occasionally. Turn off heat and allow to cool. (6)

Stuffed Zucchini (4)

Heat 1tsp oil in lg pan over med-high heat. Add 1/2 diced red onion + garlic + bell pepper + 8oz sliced mushrooms + 1/2# bison.

Add 1T cumin + 1T chili powder + 1T oregano. Cook for 8-10 minutes, breaking apart meat. Add 1c strained tomatoes.

Cook 5 minutes. Season to taste w/ S&P. Allow to cool. (4)



Frittata (6)

Whisk 8 eggs in a large bowl.

Stir in sautéed onions + mushrooms + spinach and season with 1/2tsp fresh ground black pepper.

Pour into an oiled 8x8" or 9x9" pan. Sprinkle w/ 1/8 tsp salt.

Bake at 350 F for 30-35 minutes or until no longer jiggly. Allow to cool. [*] (6)



Lemon Chicken (2)

Whisk together:

- juice & zest of 2 lemons
- 1/2c olive oil
- 1T salt
- fresh ground pepper

optional: add 1T dried herb of choice: tarragon, basil, oregano, etc . [*] (2)

**Side Salad (5):**

Layer in container as follows:

- 1/2 mixed arugula
- 1/2c diced peaches
- 1/4 diced cucumber
- 1/4c sliced almonds

Repeat layers. [*] (5)

Salmon Salad (1):

Layer in container as follows:

- 1/2 mixed greens
- 1/4c chopped walnuts
- 1/2c sliced strawberries
- 1/4 chopped cucumber

Repeat layers. [*] (1)

Stuffed Zucchini: Fill hollowed zucchini with cooled filling. [*] (4)

GrassFed Steak: Coat each steak w/ ~1T steak seasoning. [*] (3)

**Balsamic Dressing (1,5)**

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

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



Prep Dish Reset Menu - WEEK 5: Dish Day

Day 1

Salmon over Mixed Greens w/ Strawberries, Cucumber & Walnuts (1)

1. Place balsamic vinaigrette at room temp and shake well before serving. Reserve ½ for Side Salad (5).
2. Preheat oven to 425 F. Season salmon w/ S&P. Bake for 18-20 minutes (or option to grill).
3. Divide salad into 4 bowls and top each w/ 1 baked salmon fillet & drizzle w/ 1-2T vinaigrette.

****Marinate chicken tenders in refrigerator for up to 24 hours for D2. ****

Day 2

Grilled Lemon Chicken Tenders w/ Asparagus & Pineapple (2) ****Marinate 30 min up to 24 hours****

1. Preheat grill or oven to 400 F. Marinate chicken for at least 30 minutes, if not done overnight.
2. Grill asparagus & pineapple for 5-6 minutes, flipping occasionally. (If baking, bake asparagus 8-10 min, and eat pineapple fresh.)
3. Grill chicken for 2-3 min/ side OR bake for 12-15 min. Internal temp should be 165 F (depends on size of tenders).

Day 3

Steaks, Baked Potatoes & Swiss Chard (3)

1. Preheat oven to 400 F. Place potatoes in oven for ~20 minutes or heated through.
2. Heat 1-2tsp olive oil in large, oven-safe sauté pan over med-high heat. Cook steaks 2-3 min/ side or until color develops.
3. Meanwhile, heat 2tsp oil in a 2nd sauté pan. Cook chard ~5 mins, season w/ S&P OR option: cook in steak pan while steak rests.
4. Transfer steaks to oven and continue to cook for ~6 minutes for medium-rare (cook longer for desired doneness).

Day 4

Mexican Zucchini Stuffed w/ Bison, Mushrooms, Bell Pepper & Tomato Sauce (4)

1. Preheat oven to 375 F. Bake zucchini for 35-45 minutes.

Salad

Arugula w/ Peaches, Cucumber & Sliced Almonds (5)

Let salad dressing come to room temp (~30 mins), shake well. Drizzle ~1T per serving of salad. Reserve ½ for Salmon Salad (1).

Breakfast

Onion, Mushroom & Spinach Frittata (6)

1. Cover with foil and reheat in 350 F oven for 15-20 minutes or until heated through.
OR heat individual slice in toaster oven (~5 mins) or microwave (1-2 mins).

Snack

Plums (7)