Meal Prep Challenge, Week 1: Grocery List

Serves 4 for Dinners & Serves 1 for Breakfasts, Lunches & Snacks

1. **Meal 1: Ginger-Lime Salmon w/ Coconut Quinoa & Gingered Mushrooms & Spinach (x5)**
2. **Meal 2: Mustard Chicken w/ Brussels & Fingerling Potatoes (x5)**
3. **Meal 3: Lamb Kofta w/ Tahini Sauce & Parsley Quinoa (x4)**
4. **Meal 4: Tom Kha Gai Soup (Coconut Chicken Soup) (x7)**
5. **Meal 5: Mixed Greens w/ Dried Cherries, Sunflower Seeds, Sweet Potato & Tuna (x3, 2 w/Tuna)**
6. **Breakfast 1: Spinach & Mushroom Scramble w/ Raspberries (x1)**
7. **Breakfast 2: Sweet Potato w/ Egg & Avocado (x3)**
8. **Lunch: Turkey Avocado Rollups w/ Apples (x2)**
9. **Snacks: Mini Bell Peppers, Snap Peas & Carrots w/ Tahini Sauce (x3) & Clementines (x2)**

Veggies

1 bulb garlic (1,3,4,9)
~8" knob ginger (1,4)
1 bunch parsley (3)
1 bunch green onion (4)
2 stalks lemon grass, optional (4)
2 jalapeños (4)
1# carrot (4,9)
2 red bell peppers (4)
1 bag mini bell peppers (9)
5 small avocados (7,8)
3x 5oz sliced mushrooms (1,6)
2c shiitake mushrooms (4)
1.25# Brussels sprouts (2)
1 bag snap peas, ~3-4c (9)
4 large sweet potatoes (5,7)
1.25# fingerling potatoes (2) (get smallest available)
2 small yellow onions (4)
2x 5oz baby spinach (1,6)
5oz tub mixed greens (5)
2 heads cauliflower or 2 bags cauliflower rice (1,3) (IF SUBBING FOR QUINOA)

Fruits

6 limes (1,4)
2 lemons (3,9)
1 pint raspberries (6)
1 bag clementines (9)
4 apples (8)

Fish

5 salmon fillets, 4-6 oz ea (1) (OR sub halibut or tuna)

Meats

7 bone-in, skin on chicken leg quarters (2,4)
½-¾# ground lamb (3)
(OR sub ground beef or bison)
2 bone-in, skin-on chicken breasts (4)
1½# deli turkey meat (8)* (sliced for roll ups)

Nuts & Dried Fruits

½c dried cherries (5)*
½c sunflower seeds (5)

Oils & Vinegars

~1½c olive oil
~3T coconut oil (1,4)
½c balsamic vinegar (5)

Eggs

12 eggs (omega 3) (6,7)

Pantry

4 cans lite coconut milk (1,4)
½c tahini (3,9)
1½c uncooked quinoa (1,3) (CAN SUB W/ CAULI RICE FOR PALEO)
1 jar grainy mustard (2,8)*
8c chicken broth(4)*
6oz can tuna, in water (5)*
½c mayo, optional (5)*

Spices

½tsp cumin (3)
1tsp coriander (3)

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

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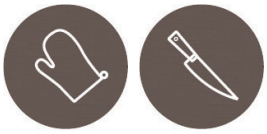
Created by Personal Chef & Dietitian Allison Schaaf, MS, RD, LD

Meal Prep Challenge, Week 1: Prep Day

Pre-heat oven to 400 F (5,7)



Sweet Potatoes: Wrap 2 sweet potatoes in foil & bake for 55-75 minutes or until knife inserts easily. Cool. [*] (7)
Peel & cut 2 sweet potatoes into bite-sized pieces. Toss w/ 2-3T olive oil, S&P, place in single layer on baking sheet (may need 2 baking sheets). Bake ~20 min or until tender, tossing halfway through cook time. Cool. (5)

Quinoa (if using): Place 1½c quinoa & 3c water in a pot, cook over low for ~20 min. Set aside to cool. (1,3)

Ginger & Garlic: Peel & chop ¼ of ginger knob for ~1T & chop 2-3 cloves garlic for ~1T; store together for Meal 1 veggies. [*] (1)
Ginger & Lime: Peel & grate ½ of remaining ginger for ~2T. Thinly slice 2 limes in circles. Top 4 salmon fillets with ginger and lime slices. [*] (1)
Soup: Finely chop 2 carrots, 2 red bell peppers, 2c shiitake mushrooms, 2 yellow onions & 4-6 garlic cloves. Peel & finely chop 1½ of remaining ginger knob (to yield ~2T). Set aside. (4)
Carrots: Chop remaining carrots, peeling optional, into sticks and store for snacking. [*] (9)
Soup: Remove outer layer of lemon grass, bruise by pounding with a meat tenderizer, keep whole. Set aside. (4)
Soup: Remove/ discard jalapeño seeds, finely chop jalapeño. Finely chop white part of green onions. Set aside. (4)
Soup: Chop green part of green onions and cut 2 limes into quarters. [*] (4)
Parsley: Finely dice fresh parsley leaves. Set aside ½T for Kofta (3). Toss ~¼c w/ 2c cooked quinoa. [*](3)
Cauliflower (IF SUBBING FOR QUINOA): Remove core, leaves, & any dark spots from 2 cauliflower heads. Coarsely chop, making sure it is completely dry and set aside. (1,3)

Thai Soup (4)
Heat 2T coconut oil in large soup pot over medium-high heat. Add 2 chicken quarters & 2 breasts, sear 1-2 min skin side down, flip. Add all chopped veggies (garlic, ginger, onion, bell pepper, carrot, shiitakes, jalapeno, white part of green onion & lemon grass). Cook 5 minutes. Add 8c chicken broth & 3⅔ – 4 cans lite coconut milk (note: reserve ⅓ can of milk for quinoa on next page; use 4 cans for Paleo). Cook 20 mins over medium. Remove chicken & allow to cool, ~5 minutes. Cut meat from chicken & return to soup. Add juice + zest of 2 lime. Season to taste w/ salt. Cool & store. [*] (4)

Tahini Sauce (3,9)
Place the following in a food processor or blender:
½c tahini (stirred) + 3T lemon juice + 2 garlic cloves (smashed, skin removed) + ½c water + 1T olive oil + pinch of salt (or to taste)
Blend on high until smooth. [*] (3,9)

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Cauliflower Rice (1,3) **IF SUBBING FOR QUINOA**
Place chopped cauliflower in food processor. (Do in multiple batches.) Pulse until it is a small rice-like texture.
Be careful not to go too far or it will be mushy.
Divide riced cauliflower in half and store in separate containers (half for Meal 1 & half for Meal 3). [*] (1,3)

Coconut Quinoa (if using): Mix ~3c cooked quinoa + ⅓c lite coconut milk. [*] (1)

Brussels & Potatoes: Toss 1.25# Brussels sprouts & 1.25# fingerling potatoes w/ 2-3T olive oil, S&P. [*] (2)
**Note: option to cut Brussels or fingerlings in half if they are larger in size.

Chicken: Place 5 chicken leg quarters in a container and cover with 1 jar grainy mustard (reserving ~1-2T for lunch, 8) [*] (2)

Lamb Kofta: Mix ½-¾# lamb w/ ½tsp cumin, 1tsp coriander, ½T fresh chopped parsley + S&P. Form into 2 patties. [*] (3)

Salad (5)
Layer in salad tub as follows:
½ mixed greens, ~2.5oz
½ of roasted sweet potato, cooled
¼c dried cherries
¼c sunflower seeds
Repeat layers. [*] (5)

Balsamic Dressing (5)
In a vinaigrette bottle (or other container) combine: 1c olive oil + ½c balsamic vinegar + pepper to taste [*] (5)

Congrats, on completing your first Prep Day of the Challenge! **You're doing GREAT!!**

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

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January Menu, Week 1: Dish Day

This menu provides 4 servings at dinner and 1 serving at Breakfast, Lunch & Snacks. For some meals you will prepare additional servings and store for a later meal (refer to Yield & Reserve notes for each dish).

Saturday

L: Mixed Greens w/ Cherries, Sunflower Seeds, Sweet Potato & Tuna (5)

Yields: Instructions below yield 1 serving. After eating lunch, you will have 2 servings remaining.
Reserve: 2 servings of salad for Monday lunch & Wednesday lunch.

1. Drain 1 can of tuna (3oz total). Option to mix with 1-2T mayo. Add to top of ~1/3 of salad.
2. Shake or whisk balsamic vinaigrette and drizzle over salad.

D: Ginger-Lime Salmon w/ Coconut Quinoa & Mushrooms & Spinach (1)

Yields: Instructions below yield 5 servings total. After dinner you will have 1 serving remaining.
Reserve: 1 serving (salmon, quinoa & veggies) for Sunday lunch AND ½c sautéed veggies for Monday breakfast.

1. Pre-heat oven to 425 F. Place ginger-lime salmon on a baking sheet and bake for 16-18 min or just cooked through/ flaky.
2. Heat 2tsp coconut or olive oil in large sauté pan over med-high heat. Add chopped ginger & garlic + 3 tubs sliced mushrooms + 10oz spinach to pan. Sauté ~15 min. Season to taste w/ S&P.
3. If using quinoa: re-heat in saucepan over medium until heated through, stirring often, or in microwave.
3. If using cauli rice: heat 1T coconut oil (or olive) in large sauté pan. Add ½ cauliflower rice (from 1 head cauliflower). Cover & cook ~ 5 min stirring frequently until crisp on the outside and tender on the inside. Season w/ S&P.

S: Mini Bell Peppers (9)

You will have 1 serving remaining.

1. Enjoy! (I bite into these whole, like an apple.)
2. Option to dip into Tahini Sauce.

Sunday

B: Sweet Potato w/ Egg & Avocado (7)

Yields: Instructions below yield 1 serving. After eating breakfast, you will have 2 servings remaining.

1. Peel & mash ½ sweet potato and cook over medium heat in a large sauté pan.
2. Cook 2 eggs as desired, poach, fry or scramble (2 eggs / serving). (I cook eggs in the same pan as potato).
3. Slice ½ an avocado. Serve eggs over sweet potato & topped w/ avocado slices.

L: Ginger-Lime Salmon w/ Coconut Quinoa & Mushrooms & Spinach (1)

Yields: Instructions below yield 1 serving. You will not have any servings remaining.

1. Heat 1T coconut oil in a large sauté pan over medium heat. Add salmon, quinoa/ cauliflower & veggies.
2. Cook in pan for 6-8 minutes or heated through. Flipping salmon and stirring veggies as needed.

D: Mustard Chicken Legs w/ Brussels & Fingerling Potatoes (2)

Yields: Instructions below yield 5 total servings. After eating dinner, you will have 1 serving remaining.
Reserve: 1 cooked chicken leg for Monday lunch (salad) AND ¾c cooked Brussels & potatoes for Wednesday Breakfast.

1. Pre-heat oven to 425 F.
2. Place chicken quarters in single layer on baking sheet & roast for ~40-45 min or chicken reaches 165 F.
3. Place Brussels sprouts & potatoes in a single layer on an additional baking sheet and roast ~30-40 min (depending on size).

S: Clementines (9)

You will have 2 servings remaining.

1. Peel & enjoy!

Monday

B: Spinach & Mushroom Scramble w/ Raspberries (6)

Yields: Instructions below yield 1 serving. After breakfast, you will have zero servings remaining.

1. In a large sauté pan, reheat cooked spinach & mushrooms (reserved from Meal 1).
2. Whisk 2 eggs, add to veggies, scramble and season w/ S&P.
3. Serve w/ raspberries.

L: Greens w/ Cherries, Sunflower Seeds, Sweet Potato & Chicken (5)

Yields: Instructions below yield 1 serving. After lunch you will have 1 serving remaining.
Reserve: 1 serving of salad for Wednesday's lunch.

1. Remove cooked chicken from remaining mustard chicken leg & add to ~1/2 the remaining salad mixture.
2. Shake or whisk balsamic vinaigrette and drizzle over salad.

D: Lamb Kofta w/ Tahini Sauce & Parsley Quinoa (3)

Yields: Instructions below yield 4 of 4 servings total. After dinner you will have 0 servings remaining.
Reserve: Any remaining Tahini Sauce for a dip with veggie snacks. (Can also use as a salad dressing!)

1. If using quinoa: re-heat in saucepan over medium until heated through, stirring often, or in microwave.
1. If using cauli rice: heat 1T coconut oil in large sauté pan. Add remaining cauliflower rice (from 1 head cauliflower). Cover & cook ~ 5 min stirring frequently until crisp on the outside and tender on the inside. Season w/ S&P.
2. For kofta, heat a large sauté pan over med-high heat. Add kofta and cook 3-4 min/ side or until desired doneness.
3. Serve kofta over quinoa/ cauliflower with tahini sauce on the side.

S: Snap Peas (9)

You will have 1 serving remaining.

1. Enjoy! (I eat these whole/ raw OR steam/ boil for 2-3 minutes and serve with salt.)
2. Option to dip into Tahini Sauce.

Tuesday

B: Sweet Potato w/ Egg & Avocado (7)

Yields: Instructions below yield 1 serving. After eating breakfast, you will have 1 servings remaining.

1. Peel & mash ½ of a sweet potato and cook over medium heat in a large sauté pan.
2. Cook 2 eggs as desired, poach, fry or scramble. (I cook eggs in the same pan as potato).
3. Slice ½ an avocado. Serve eggs over sweet potato & topped w/ avocado slices.

L: Turkey Avocado Rollups w/ Apples (8)

Yields: Instructions below yield 1 serving. You will have 1 serving remaining.

1. Slice ½ avocado into slices.
2. Place 3-4 slices of turkey on a plate, top each with an avocado slice and ~1tsp mustard. Roll up & serve with an apples.

D: Tom Kha Gai (Coconut Chicken Soup) (3)

Yields: Instructions below yield 7 of 7 total servings. After eating dinner, you will have 3 servings remaining.
Reserve: Place 1 servings in fridge for Week 1, Friday Breakfast
In freezer, place 1 serving for Week 2, Thursday lunch & in separate container 1 serving for Week 3, Wednesday lunch.

1. Re-heat on stove top over low-medium until bubbly & heated through. Remove & discard whole piece of lemon grass.
2. Serve with lime wedges & chopped green onion on top.

S: Carrots (9)

You will have 0 servings remaining.

1. Option to peel and to dip into Tahini Sauce.

Wednesday

B: Roasted Brussels Sprouts & Potatoes w/ Fried Eggs

Yields: Instructions below yield 1 serving total. After breakfast, you will have 0 servings remaining.

1. Heat 1-2tsp olive oil in a large sauté pan. Add leftover Brussels & potatoes, cook 4-5 min or until heated through.
2. Push veggies to the side of pan & add more oil. Fry 2 eggs until desired doneness.
3. Serve eggs atop veggies & season w/ S&P.

L: Mixed Greens w/ Cherries, Sunflower Seeds, Sweet Potato & Tuna (5)

Yields: Instructions below yield 1 serving total. After lunch you will have 0 servings remaining.

1. Drain 1 cans of tuna (6oz total). Option to mix with 1-2T mayo. Add to top of remaining salad.
2. Shake or whisk balsamic vinaigrette and drizzle over salad.

D: Turkey Italian Meatballs w/ Mashed Sweet Potato (Italian Freezer Meals)

Yields: Instructions below yield 4 of 9 servings total. After dinner you will have 5 servings remaining.
Reserve: 1 serving meatballs & sweet potato in fridge for Friday, Week 1 lunch.
4 servings meatballs + sweet potato in freezer for Thursday, Week 3 dinner.

1. Pre-heat oven to 350 F. Add meatballs & sweet potatoes (covered) and cook until heated through, 30-45 minutes.

S: Mini Bell Peppers (9)

You will have 0 servings remaining.

1. Enjoy! (I bite into these whole, like an apple.)
2. Option to dip into Tahini Sauce.

Thursday

B: Sweet Potato w/ Egg & Avocado (7)

Yields: Instructions below yield 1 total serving. After eating breakfast, you will have 0 servings remaining.

1. Peel & mash ½ of a sweet potato and cook over medium heat in a large sauté pan.
2. Cook 2 eggs as desired, poach, fry or scramble (2 eggs / serving). (I cook eggs in the same pan as potato).
3. Slice an avocado (½ avocado/serving). Serve eggs over sweet potato & topped w/ avocado slices.

L: Turkey Avocado Rollups w/ Apples (8)

Yields: Instructions below yield 2 of 2 total servings. You will not have any servings remaining.

1. Slice ½ of an avocado into slices.
2. Place 3-4 slices of turkey on a plate, top each with an avocado slice and ~1tsp mustard. Roll up & serve with an apples.

D: Spinach, Mushroom & Beef Lasagna (Italian Freezer Meals)

Yields: Instructions below yield 9 of 9 total servings. After eating dinner, you will have 5 servings remaining.
Reserve: 4 servings of lasagna (~1/2), place in freezer for Friday, Week 2 dinner.
1 servings of lasagna, place separately in freezer for Thursday, Week 3 lunch .

1. Pre-heat oven to 350 F. Add lasagna, covered, & bake for 1 hour. Remove cover and bake another 5-10 min.

S: Clementines (9)

You will have 0 servings remaining.

1. Peel & enjoy!

Friday

B: Tom Kha Gai (Coconut Chicken Soup) (3)

Yields: Instructions below yield 1 serving. 2 servings remain (should already be in freezer).

1. Re-heat on stove top over low-medium until bubbly & heated through.
2. Option to serve with lime wedges & chopped green onion on top.

L: Turkey Italian Meatballs w/ Mashed Sweet Potato (Italian Freezer Meals)

Yields: Instructions below yield 1 of 9 servings total. After lunch you will have 4 servings remaining (should alread be in freezer).

1. Pre-heat oven to 350 F. Add meatballs & sweet potatoes (covered) and cook until heated through, 30-45 minutes.
(or option to re-heat in microwave or on stovetop).

D: Pizza Soup (Italian Freezer Meals)

Yields: Instructions below yield 4 of 8 servings total. After dinner you will have 4 servings remaining (should already be in freezer).

1. Re-heat on stove top over low-medium until bubbly & heated through

S: Snap Peas (9)

You will have 0 servings remaining.

1. Enjoy! (I eat these whole/ raw OR steam/ boil for 2-3 minutes and serve with salt.)
2. Option to dip into Tahini Sauce.

Saturday

B: Banana Pancakes

Yields: Instructions below yield 1 serving. After eating breakfast, you will have 0 servings remaining.

1. Place the following in a blender:
- 2 bananas
- 2 eggs
- 2T almond butter (optional)
- ½tsp cinnamon
Blend until smooth.
2. Preheat pancake griddle or sauté pan on med heat, cook 2-3 min/ side. Top w/ nut butter or maple syrup as desired.
Note; these are NOT Whole 30 compliant. Use a “breakfast hash” or egg recipe in place of pancakes.