



Meal Prep Challenge, Week 3: Grocery List

Serves 2

1. Meal 1: Soy Marinated Chicken Thighs w/ Rice & Sautéed Spinach (x2)
2. Meal 2: Brisket w/ Cabbage & Apples (x4)
3. Meal 3: Garlic Shrimp, Tomatoes & Green Beans w/ Rice (x2)
4. Meal 4: Bison Burgers w/ Carrot & Parsnip "Fries" (x4)
5. Salad: Romaine w/ Roasted Beets, Chicken & Avocado w/ "Ranch" (x4)
6. Snacks: Veggie Tray with Homemade "Ranch", Apples & Pears (x6 for veggies, x2 for fruit)
7. Bonus Snack: Chocolate "Milk" (x4)



Veggies

1 bulb garlic (1,2,3,5,6)
 1 bunch parsley (5,6)
 1 pre-chopped veggie tray (6)
 (OR sub w/ veggies of choice)
 2 heads cauliflower or 2 bags
 cauliflower rice (1,3)
 (IF SUBBING FOR RICE)
 1 head purple cabbage (2)
 2c trimmed green beans (3)
 (OR sub 1/2# asparagus)
 2-3 large beets (5)
 1# carrots (4)
 1# parsnips (4)
 (OR sub w/ sweet potatoes)
 1/2 pint cherry tomatoes (3)
 2 avocados (5)
 5oz baby spinach (1)
 1 head romaine lettuce (4,5)
 (note: need leaves for wraps)



Fish

3/4# shrimp (3)
 (peeled, deveined)



Meats

~2# boneless, skinless chicken
 thighs (6-10 thighs) (1,5)
 ~3# grassfed beef brisket (2)
 1# ground bison (4)
 (OR sub ground beef)



Nuts & Dried Fruits

1c cashews (7)
 1c medjool dates (7)



Oils & Vinegars

~1 1/2c olive oil
 ~3T coconut oil (1,3)
 2T apple cider vinegar (5,6)



Pantry

2c uncooked white rice (1,3)
 (OR sub cauliflower rice)
 1/2c low-sodium tamari (1)*
 (OR coconut aminos)
 1 can full fat coconut milk (5,6)
 1 can lite coconut milk
 (smoothie)
 1/4c cocoa powder (7)
 3T almond butter, optional
 (Saturday breakfast)



Spices

1/2tsp turmeric (2)
 2T cumin powder (2)
 2T Italian seasoning (2)
 ~1 1/2T garlic powder (2,4)
 ~2tsp cinnamon (7,Breakfast)



Fruits

1 pint blueberries (Sun b'fast)
 2 pears (6)
 2 red apples (6)
 2 granny smith apples (2)
 3 ripe bananas (Sat b'fast)
 1 lime (Thai Soup)



Eggs

8 eggs (omega-3) (Breakfasts)



Daily Challenges

Purchase the following for
 Week 3's daily challenge:
 - 1 jar cinnamon
 - 1 bottle plain sparkling water
 - extra lime or lemon

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



Meal Prep Challenge, Week 3: Prep Day

Pre-heat oven to 325 F (2,5)



Brisket (2)

Mix together brisket seasonings:

½tsp turmeric + 2T cumin powder + 2T Italian seasoning + 1T garlic powder + 2tsp salt + ~1tsp fresh ground pepper

Spread evenly over brisket.

Place in a pan and cover with foil, bake at 325 F for 3-5 hours, depending on brisket size. Allow to cool. [*] (2)

**Note: This is for Sunday night dinner, so option to bake on Sunday. You can also use a crock pot to cook; low 6-8 hrs or high 4-6.



Beets: Peel & finely dice (~½") 2-3 lg beets. Toss w/ 1T olive oil, S&P. Roast, in single layer, on baking sheet for 45min-1hr. Cool. (5)



Chocolate "Milk": Bring 1c water to a boil and pour over 1c cashews. Add ½tsp salt and let soak for ~1hour. (7)

Rice (if using): Add 4c water + 2c rice to a pan, bring to a soft boil, cover, turn to low and cook 20-30 min or cooked through. (Or cook according to package instructions.) [*] (1,3)



Garlic: Finely chop 6-7 cloves garlic, store 1T for Spinach & 1T for Shrimp [*] (1,3)

Cabbage: Chop 1 head red cabbage into thin 2" strips (can also use a food processor attachment for this), set aside. (2)

Apples: Chop 2 granny smith apples into bite-sized pieces, set aside. (2)

Asparagus (if subbing for green beans): Trim bottom 2-3" off 1# asparagus. Store spears. [*] (3)

Carrot & Parsnip: Peel & cut into 2-3" long "fries." Toss w/ 2-3T olive oil + 1tsp garlic powder (optional) + S&P. [*] (4)

Cauliflower (IF SUBBING FOR RICE): Remove core, leaves, & any dark spots from 2 cauliflower heads. Coarsely chop, making sure it is completely dry and set aside. (1,3)

Romaine & Beets: Store 4-8 romaine leaves for burger wraps. [*] (4). Chop remaining leaves for salad and store together with roasted, chopped beets for salad. [*] (5). (4,5)



Sautéed Cabbage & Apples (3):

Heat 1T coconut oil (or ghee) over med heat & place 2 chopped apples and 1 red cabbage, chopped in strips, in pan.

Season w/ S&P. Option to add a splash of apple cider vinegar (~1tsp) or more to taste.

Cover and cook over medium heat for ~30-40 min, stirring occasionally. Remove lid during final 5-10 min of cooking. [*] (3)



Cauliflower Rice (1) **IF SUBBING FOR WHITE RICE**

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 in half and store in 2 separate containers. [*] (1,3)

"Ranch" Dressing (5,6)

Blend the following until smooth in a blender: 1c olive oil + 1 peeled garlic clove + 1 can full fat coconut milk + 2T apple cider vinegar + ½tsp salt + ¼tsp pepper.

Add 1-2 handfuls of parsley leaves and pulse quickly, 6-8 times or until just chopped. [*] (5,6)

Note: don't over-blend the parsley or it may become bitter.

Chocolate "Milk" (7)

Blend the following on high speed until smooth:

1c rehydrated cashews (no water) + 1c dates, pitted + 8c water + ¼c cocoa powder + ¼tsp cinnamon

Option to pass through a sieve to strain out solids. Store in refrigerator. [*] (7)



Burgers: Form 1# ground bison meat (or beef) into 4 patties, season w/ S&P. [*] (4)

Chicken Marinade: Marinate ~2# chicken thighs in ½c low-sodium tamari (or coconut aminos). [*] (1,5)

CONGRATULATIONS!

You just finished your last Prep Day of the 21-Day Meal Prep Challenge!

You are AWESOME!!!

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

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January Menu, Week 3: Dish Day

This menu provides 2 servings at each meal, but at some meals you will prepare additional servings and store for a later meal.

Saturday

Defrost 2 servings of Broccoli Frittata in fridge for tomorrow.

B: Banana Pancakes

Yields: Instructions below yield 2 of 2 total servings. After eating breakfast, you will have 0 servings remaining.

Note: this recipe is for 2-4 servings. These are NOT Whole 30 compliant. Use a "breakfast hash" or egg recipe in place of pancakes.

1. Blend the following in a blender until smooth:
3 bananas + 3 eggs + 3T almond butter (optional) + 1tsp cinnamon
2. Preheat pancake griddle or sauté pan on med heat, cook 2-3 min/ side. Top w/ nut butter or maple syrup as desired.

L: Tom Kha Gai (Coconut Chicken Soup) (Freezer Meal)

Yields: Instructions below yield 2 of 2 servings total. After eating lunch, you will have 0 servings remaining.

1. Remove soup from freezer and heat on stovetop over medium heat, stirring occasionally, for ~15 min or heated through.
2. Serve w/ lime wedges.

D: Soy Marinated Chicken Thighs w/ Rice & Sautéed Spinach (1)

Yields: Instructions below yield 2 of 2 servings total, after dinner you will have 4 servings of chicken only remaining.

Reserve: 4 servings of chicken only for Sunday & Tuesday lunch.

1. Pre-heat oven to 400 F. Remove chicken from marinade and bake in a single layer for 35-40 minutes or cooked through to 165 F.
2. If using rice: Cover rice and place in oven for 30-40 minutes or until heated through.
2. If using cauli rice: heat 1T coconut oil (or olive) in large sauté pan. Add cauliflower rice (from 1 head cauliflower). Cover & cook ~ 5 min stirring frequently until crisp on outside & tender on inside. Season w/ S&P and optional splash of tamari.
3. Heat 1tsp olive oil in lg sauté pan over med-high heat. Add 1T chopped garlic & 5oz baby spinach. Cook 5-7 min, season w/ S&P.

S: Chocolate "Milk" (7)

You will have 2 servings remaining.

1. Enjoy!

Sunday

B: Broccoli Frittata w/ Blueberries (From Breakfast Meals Handout)

Yields: Instructions below yield 2 total servings. After eating breakfast, you will have 2 servings remaining (should be in freezer).

1. Cover with foil and re-heat in 350 F oven for 15-20 minutes or until heated through. Serve w/ ½ of blueberries.

L: Romaine w/ Roasted Beets, Chicken & Avocado w/ "Ranch" (1)

Yields: Instructions below yield 2 of 4 servings total. After eating lunch, you will have 2 servings remaining.

1. Chop 1 avocado and 2 reserved chicken thighs.
2. Top salad w/ chopped avocado, chicken and "ranch" dressing.

D: Brisket w/ Cabbage & Apples (2)

Yields: Instructions below yield 4 servings total. After dinner you will have 2 servings remaining.

Reserve: 2 servings for Monday breakfast.

1. Thinly slice brisket "against the grain". Reserve 2 servings of beef for breakfast tomorrow. (note: leftover brisket freezes well)
2. Heat a large saute pan over med-high heat. Thinly slice brisket "against the grain" and heat 2-3 min/ side.
3. Re-heat cabbage & apples in a large sauté pan, covered, over medium heat, stirring occasionally, until heated through.

S: Veggies w/ "Ranch" (6)

You will have 4 servings remaining.

1. Enjoy!

Monday

B: Leftover Brisket, Cabbage & Apples w/ Fried Egg

Yields: Instructions below yield 2 of 4 total servings. After eating breakfast, you will have 0 servings remaining.

1. In a large saute pan, re-heat brisket, cabbage & apples. Flip meat after 2-3 minutes of cooking.
2. In a separate pan, fry 2-4 eggs.

Note: If you have leftover brisket, it freezes well or works great chopped & tossed into a breakfast hash or on a salad.

L: Spaghetti Squash w/ Marinara (Freezer Meal)

Yields: Instructions below yield 2 servings total. After lunch you will have 2 servings remaining.

Reserve: 4 servings in freezer for Friday, Wk 3 dinner. (Note: the freezer portion should already be in the freezer).

1. Reheat both in 375 F oven, covered, for ~45-55 min OR stovetop, saute for 10-12 minutes.

D: Garlic Shrimp w/ Tomatoes, Green Beans & Rice (3)

Yields: Instructions below yield 2 of 2 servings total. After dinner you will have 0 servings remaining.

1. If using rice: Cover rice and place in oven for 30-40 minutes or until heated through.
1. If using cauli rice: heat 1T coconut oil (or olive) in large sauté pan. Add 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. In a lg sauté pan, heat 1-2T olive oil. Add 2c trimmed green beans (or ½# asparagus) & ½ pint cherry tomatoes.
*Note: Add extra asparagus (if using) and cherry tomatoes to veggie tray snack on Tuesday & Thursday.
3. Cook 2-3 mins. Add ¾# shrimp + 1-2 chopped garlic cloves to pan, cook 5-8 min or until shrimp turns color. Season w/ S&P.

S: Pear Slices (6)

You will have 0 servings remaining.

1. Slice 2 pears and enjoy!

Tuesday

Defrost 2 servings of Broccoli Frittata in fridge for tomorrow.

B: Raspberry Dream Smoothie (From Breakfast Meals)

Yields: Instructions below yield 2 of 2 total servings. After eating breakfast, you will have 0 servings remaining.

Note: Smoothies are NOT Whole 30 compliant. Use a "breakfast hash" or egg recipe instead.

1. Place 1c water in a blender, add contents of 1 baggy.
2. Blend on high until smooth. Add additional water as needed for desired consistency.

L: Romaine w/ Roasted Beets, Chicken & Avocado w/ "Ranch" (1)

Yields: Instructions below yield 2 of 4 servings total. After eating lunch, you will have 0 servings remaining.

1. Chop 1 avocado and 2 reserved chicken thighs.
2. Top salad w/ chopped avocado, chicken and "ranch" dressing.

D: Bison Burger w/ Carrot & Parsnip "Fries" (4)

Yields: Instructions below yield 2 of 4 servings total. After dinner you will have 2 servings remaining.

Reserve: 2 servings for Lunch tomorrow.

1. Pre-heat oven to 425 F. Place carrots & parsnips in oven and roast for 45-55 minutes, tossing half-way through.
2. Cook burgers on a grill (outdoor or indoor), ~4-5min/ side OR bake in 425 F oven ~20-25min. Serve in lettuce wrap or on bun.

S: Veggies w/ "Ranch" (6)

You will have 2 servings remaining.

1. Enjoy!

Wednesday

Defrost 2 servings of Lasagna in fridge for tomorrow.

B: Broccoli Frittata w/ Blueberries (Breakfast Meals)

Yields: Instructions below yield 2 total servings. After eating breakfast, you will have 0 servings remaining.

1. Cover with foil and re-heat in 350 F oven for 15-20 minutes or until heated through.

L: Bison Burger w/ Carrot & Parsnip "Fries" (4)

Yields: Instructions below yield 2 of 2 servings total. After lunch you will have 0 servings remaining.

1. Re-heat burgers and veggies in 350 F oven for 15-20 minutes or until warmed through. Can also do on stove-top.

D: Pizza Soup (Italian Freezer Meals)

Yields: Instructions below yield 2 of 2 servings total. After dinner you will have 0 servings remaining.

1. Remove soup from freezer and heat on stove top over low-medium until bubbly & heated through.

S: Apple Slices (6)

You will have 0 servings remaining.

1. Slice 2 apples and enjoy!

Thursday

Defrost 2 servings of Hearty Hash in fridge for tomorrow.

B: Gingered Mango Smoothie (Breakfast Meals)

Yields: Instructions below yield 2 of 2 total servings. After eating breakfast, you will have 0 servings remaining.

Note: Smoothies are NOT Whole 30 compliant. Use a "breakfast hash" or egg recipe instead.

1. Place 1 can **lite coconut milk** + ½c water in blender, add contents of 1 baggy & blend on high until smooth.
2. Add liquid as needed.

L: Spinach, Mushroom & Ground Beef Lasagna (Freezer Meals)

Yields: Instructions below yield 2 of 6 servings total. After lunch you will have 0 servings remaining.

1. Bake, covered, at 350 F for 55-65 minutes or heated through and noodles are cooked. This will take longer if not fully defrosted.

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

Yields: Instructions below yield 4 of 6 servings total. After dinner you will have 0 servings remaining.

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

S: Veggies w/ "Ranch" (6)

You will have 0 servings remaining.

1. Enjoy!

Friday

B: Winter Hash (Breakfast Meals)

Yields: Instructions below yield 2 of 6 servings total. After breakfast you will have 0 servings remaining.

1. Re-heat in a large skillet over med heat, stirring often, until heated through.

L: Grassfed Beef Chili (Freezer Meal)

Yields: Instructions below yield 2 of 6 servings total. After lunch, you will have 0 servings remaining.

1. Heat chili on stovetop over medium heat, stirring occasionally, for ~15 min or heated through.

D: Spaghetti Squash w/ Marinara (Freezer Meal)

Yields: Instructions below yield 2 of 6 servings total. After dinner you will have 0 servings remaining.

1. Reheat both in 375 F oven, covered, for ~45-55 min OR stovetop, saute for 10-12 minutes.

S: Chocolate "Milk" (7)

After snack, you will have 0 servings remaining.

1. Enjoy!

CONGRATULATIONS!

You have finished the 21-Day Meal Prep Challenge! We hope you have learned new meal prep habits and are feeling like a better YOU. We are super proud of you and cannot wait for the next Challenge!

**Here's to a happy, healthier you,
~Allison**