



## Bonus 1: Freezer Meals: Grocery List

Serves 2

1. Pizza Soup (4 servings: 2 in fridge; 2 in freezer)
2. Spinach, Mushroom & Ground Beef Lasagna (6 servings: 2 in fridge; 4 in freezer)
3. Turkey Italian Meatballs w/ Mashed Sweet Potato (6 servings: 4 in fridge; 2 in freezer)



### Veggies

1 bunch basil (2)  
2 garlic cloves (1)  
1 red onion (1,2)  
2 green bell peppers (1)  
3x 8oz sliced mushrooms (1,2)  
5 zucchini (2,3)  
2x 5oz tub spinach (2)  
3 large sweet potatoes (3)  
(OR sub with white potatoes or cauliflower)



### Meats

4oz pepperoni (1) \*  
2# ground grassfed beef (2)  
1.5# ground turkey thigh (3)



### Eggs

1 large egg (3)



### Pantry

4c beef broth (1) \*  
2x 25.5oz marinara sauce (2)  
1c almond flour (3)  
(OR 2T coconut flour)  
28oz can diced tomatoes (1)  
2.25oz sliced black olives, drained (1)  
6oz tomato paste (3)  
gluten-free lasagna noodles, optional (2)



### Oils

~1-2tsp olive oil



### Nuts

2c cashews, optional (2)



### Daily Challenges

Purchase the following for Wednesday's daily challenge:  
1 bunch Italian parsley

Purchase 1 or more of the following to make "spa water" for Thursday's daily challenge:  
oranges  
lemons  
mint  
cucumber  
ginger



### Spices

1T dried basil (1)  
1T dried oregano (1)  
7T Italian seasoning (2,3)

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



## Bonus 1: Freezer Meals: Prep Day

Pre-heat oven to 375 (3)



**Sweet Potatoes:** Pierce 3 sweet potatoes w/ a fork, wrap in foil, bake 1-1.25 hrs or knife easily inserts. Cool. (3)  
Note: if subbing cauliflower or potatoes, rough chop and boil until fork tender and cool before mashing.



**Lasagna White Layer:** bring 2c water to a boil, pour over 2c cashews and soak for at least 20 minutes. (2)



**Zucchini:** Thinly slice 4 zucchini into long strips lengthwise, resembling lasagna noodles (set aside 1 zucchini for meatballs, 3). (2)  
Optional: roast zucchini in a single layer, drizzled w/ olive oil at 400 F for 10-12 minutes or just browning. (2)

**Onion:** Finely dice 1 red onions. Set aside half for soup (1) and half for lasagna (2). (1,2)

**Basil:** Finely chop 1 bunch basil leaves. (2)

**Soup:** Finely chop 2 garlic cloves, 2 green bell peppers & rough chop 4oz pepperoni, set aside. (1)

**Parsley:** Finely chop 1 bunch of parsley and store in fridge. [\*] (small habits challenge)

**Spa Water:** Slice 1 cucumber, 2 oranges, 2 lemons, ~2-3" ginger knob (peeled), mint, etc. Store. [\*] (small habits challenge)



### Meat Sauce for Lasagna (2)

In a large sauté pan over med-high heat, add 2# ground beef, breaking apart.

Add:

- 1/2 of red onion, chopped
- 16oz sliced mushrooms
- 10oz spinach
- 4T Italian seasoning

Cook for ~12 min or beef is cooked through and spinach is wilted. Stir in 2 jars marinara, remove from heat. (2)



### Pizza Soup (1)

In a large soup pot, heat 1tsp olive oil over med-high heat and add 2 cloves garlic, chopped + 1/2 red onion, chopped + 2 green bell peppers, chopped + 8oz sliced mushrooms.

Add 1T dried basil & 1T dried oregano. Sauté for 8-10 minutes.

Add 4c beef broth + chopped 4oz pepperonis + 28oz diced tomatoes + 2.25oz sliced black olives (drained).

Bring to a low boil and then lower to a simmer. Cook ~30 minutes.

Add water as needed. Season with S&P. Allow to cool.

Store half (~2 portions) in fridge and half (~2 portions) in freezer. [\*] (1)



**Lasagna White Layer:** blend 2c soaked cashews + soaking water until smooth, add additional water as needed. Stir in chopped basil and season to taste w/ S&P. (2)  
Note: for nut-free, simply omit this layer.



### Lasagna (2)

Assemble lasagna by layering in three (3) 9"x9" pans:

- 1/3 meat sauce
- zucchini "noodles" (or GF lasagna noodles)
- 1/3 meat sauce
- 3/4 white layer mix (or just use the chopped basil if omitting dairy)
- zucchini "noodles" (or GF lasagna noodles)
- remaining 1/3 meat sauce
- drop spoonfuls of any remaining white mixture on top.

Cover tightly with foil. . If you prepared in 1 large 9x13" pan, store in fridge. If you prepared in 3 pans, store 1 in fridge and the other 2 in the freezer. [\*] (2)

### Meatballs (3)

Grate 1 zucchini and use a paper towel to remove excess moisture.

In a mixing bowl, combine the following:

- 1.5# ground turkey thigh
- 1c almond flour (or 2T coconut flour)
- 1 egg
- 3T Italian seasoning
- 6oz tomato paste
- 1 zucchini, grated
- S&P

Form into ~30 meatballs. Store in fridge. [\*] (3)

### Sweet Potatoes (3)

Peel and mash cooked and cooled sweet potatoes (or white potatoes/cauliflower). Season w/ S&P. [\*] (3)

**KEY** — [\*]: store in container, label & freeze.



## Bonus 1: Freezer Meals: Dish Day

### Pizza Soup (1)

1. Reheat soup in a large soup pot over medium heat until bubbly/heated through (~20 minutes).
2. When ready to cook freezer portions, defrost for 24-48 hours in fridge and follow instructions above.

### Spinach, Mushroom & Ground Beef Lasagna (2)

1. Pre-heat oven to 350 F.
2. Bake, covered, for 55-65 minutes or heated through and noodles are cooked.
3. If you made all portions in a 9x13" pan, store 4 total servings in the freezer: 2 servings for Week 2 Friday dinner & 2 servings for Week 3 Thursday lunch.

#### **Freezer Instructions:**

1. When ready to cook, defrost in fridge 24-48 hours prior to serving.
2. Bake, covered, for 55-65 minutes or heated through and noodles are cooked. This will take longer if not fully defrosted.

### Turkey Italian Meatballs w/ Mashed Sweet Potato (3)

1. Pre-heat oven to 375 F.
2. Reheat sweet potatoes in oven for ~50-55 minutes or until warm.
3. Bake meatballs for 35 minutes or meatballs reach an internal temperature of 165 F.
4. Store 2 servings of meatballs and sweet potatoes in the fridge for Friday lunch.
5. Store remaining 2 servings of cooked meatballs & mashed sweet potatoes in the freezer for Week 3 Thursday dinner.