



Bonus 1: Freezer Meals: Grocery List

Serves 4 for Dinners; Serves 1 for Lunches

1. **Pizza Soup (8 servings: 4 in fridge; 4 in freezer)**
 2. **Spinach, Mushroom & Ground Beef Lasagna (9 servings: 4 in fridge; 5 in freezer)**
 3. **Turkey Italian Meatballs w/ Mashed Sweet Potato (9 servings: 5 in fridge; 4 in freezer)**
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Veggies

1 bunch basil (2)
4 garlic cloves (1)
2 red onion (1,2)
3 green bell peppers (1)
4x 8oz sliced mushrooms (1,2)
6 zucchini (2,3)
2x 5oz tub spinach (2)
5 large sweet potatoes (3)
(OR sub with white potatoes or cauliflower)



Meats

8oz pepperoni (1) *
2# ground grassfed beef (2)
2.5# ground turkey thigh (3)



Eggs

2 large eggs (3)



Pantry

8c beef broth (1) *
2x 25.5oz marinara sauce (2)
1.5c almond flour (3)
(OR 4T coconut flour)
2x 28oz diced tomatoes (1)
4.5oz sliced black olives, drained (1)
12oz 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

2T dried basil (1)
2T dried oregano (1)
8T 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 Potato: Pierce 5 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 2 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 2 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 4 garlic cloves, 3 green bell peppers & rough chop 8oz 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 2tsp olive oil over med-high heat and add 4 cloves garlic, chopped + 1 red onion, chopped + 3 green bell peppers, chopped + 16oz sliced mushrooms.

Add 2T dried basil & 2T dried oregano. Sauté for 8-10 minutes.

Add 8c beef broth + chopped 8oz pepperonis + 2x 28oz diced tomatoes + 4.5oz 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 to taste. Allow to cool. Store half (~4 portions) in fridge and half (~4 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 the following in two (2) 9x13" pans (one for the freezer and one for fridge):

- 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 nuts)
- zucchini "noodles" (or GF lasagna noodles)
- remaining 1/3 meat sauce
- drop spoonfuls of any remaining white mixture on top.

Cover tightly with foil. Store 1 pan (~4 servings) in fridge & 1 pan in freezer (~5 servings) [*] (2)

Meatballs (3)

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

In a mixing bowl, combine the following:

- 2.5# ground turkey thigh
- 1.5c almond flour (or 2T coconut flour)
- 2 eggs
- 4T Italian seasoning
- 12oz tomato paste
- 2 zucchini, grated
- S&P

Form into ~45 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)

Fridge:

1. Pre-heat oven to 350 F.
2. Bake, covered, for 55-65 minutes or heated through and noodles are cooked.

Freezer:

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 1 serving of meatballs/ sweet potato in the fridge for Friday lunch.
5. Store remaining 4 servings of cooked meatballs & mashed sweet potato in the freezer for Week 3 Thursday dinner.