



Meal Prep Challenge, Week 1: Grocery List

Serves 4 for dinner & 1 for breakfast, lunch and snacks

1. Meal 1: Citrus-Lime Shrimp Kabob w/ Bell Pepper, Mushrooms & Roasted Sweet Potatoes (x5)
2. Meal 2: Mexican Crockpot Pork w/ Slaw (x6)
3. Meal 3: Asian Flank Steak w/ Grilled Asparagus & Peaches (x5)
4. Meal 4: Mediterranean Turkey Burgers w/ Whole Roasted Carrots (x8)
5. Meal 5: Balsamic Chicken, Olives & Spinach Over "Pasta"/ Salad (x5)
6. Meal 6: Quick & Easy Stir-Fry (x5)
7. Meal 7: Lemon Aioli Baked Swordfish w/ Cauli Rice & Spinach (Freezer Meal) (x4)
8. Breakfast 1: Kale & Feta Scramble w/ Sliced Peaches (x1)
9. Breakfast 2: Purple Haze Smoothie (x4)
10. Breakfast 3: Lumberjack Breakfast Muffin (x3)
11. Breakfast 4: Grab-and-Go Figgy Energy Bites (x3)
12. Breakfast 5: Pork Stuffed Sweet Potato w/ Sautéed Lemony Kale (x1)
13. Lunch: Sweet & Crunchy Tuna Salad Wraps (x2)
14. Snacks: Broccoli & Tahini Sauce (x2), Grapes (x1), Cherry Tomatoes & Guac (x1), Peaches (x1)



Herbs & Veggies

1 lg bulb garlic (1,2,6,12,14)
 2 bunches cilantro (1,2)
 1 package mint (4)
 1/2" ginger knob (6)
 3 red bell peppers (1,10)
 2 yellow bell peppers (1)
 1 jalapeño (1,2)
 3 avocados (2,3,14)
 1 pint cherry tomatoes (14)
 2 bunches asparagus (3)
 12oz pre-cut broccoli (5,14)
 2# whole carrots (4)
 16oz button mushrooms (1)
 1 yellow onion (1,10)
 5 med sweet potatoes (1,12)
 1 small russet potato (10)
 10oz baby spinach (5)
 1 small bunch curly kale (8,12)
 10oz mixed greens (1,3,5)
 16oz coleslaw bag (2)
 2 bunches collards OR
 romaine lettuce (2,4,13)
 (OR lettuce wrap of choice)



Fruits

8 peaches (3,8,14)
 2# grapes (13,14)
 4 oranges (1,2)
 4 bananas (9)
 3 limes (1,2)
 5 lemons (7,12,14)



Meats & Seafood

5.5# bone-in pork roast (2,12)
 .5# country sausage (10)
 2.5# flank steak (3)
 2# 93% lean ground turkey (4)
 (do not buy 99% lean)
 ~2# boneless, skinless chicken
 breast (5)
 3.5# peeled/deveined shrimp
 (1,6) (1.5# should be frozen)



Frozen

32oz blueberries (~4c) (9)
 32oz cauliflower (~4c) (9)
 3 x 16oz bags stir fry blend (6)
 4 x 4-6oz swordfish fillets (7)
 ~24oz bag cauliflower rice (7)
 (OR 1 head cauliflower,
 chopped into rice)
 10oz bag frozen spinach (7)



Nuts & Dried Fruits

2T sunflower seeds (13)
 1/2c chia seeds (9)
 1/2c figs (11)
 1/2 c medjool dates (11)
 2T dried cherries (5)
 ~1/3c dried cranberries* (11,13)
 2T walnuts (5)



Spices

3-4T chili powder (2)
 1/2tsp paprika (10)
 1/4T dried parsley (7)
 2tsp garlic powder (4)



Pantry

1c tahini (14)
 1/4c almond butter (11)*
 1 1/2T honey, optional (1,2)
 1 1/2c coconut aminos (3)
 (OR 1c tamari)
 1 package rice noodles (6)
 (OR use cauliflower rice)
 1 can full fat coconut milk (9)
 1c julienned sundried
 tomatoes (4)
 2/3c sliced kalamata olives (5)
 2 x 5oz cans tuna (13)
 1 1/4c salsa of choice (2,14)*
 ~1/3c mayo (7,13)*
 8oz gluten-free pasta (5)
 (OR 3 lg zucchini for zoodles)
 1 pkg organic corn tortillas (2)
 (OR romaine lettuce)



Oils & Vinegars

~6 1/2c olive oil
 1/4c toasted sesame oil (3)
 2c balsamic vinegar (3)

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



Eggs

9 eggs (omega 3) (8,10)



Dairy (optional)

16oz crumbled feta (4,5,8)



Meal Prep Challenge, Week 1: Prep Day

Preheat oven to 375 F (1,4,10,12)



Baked Sweet Potatoes: Bake 2 med sweet potatoes for 1-1/2 hours or until knife inserts easily. Cool. Peel and mash 1 med sweet potato to equal ~3/4c for Week 2 breakfast. Store remaining baked potato (Friday breakfast). [*] (12)

Roasted Sweet Potatoes: While 3 potatoes bake, peel and chop 3 more med sweet potatoes into bite-sized cubes. Toss with 1T olive oil, S&P and roast for 30-40 mins, turning halfway through cook time. Cool and store. [*] (1)

Carrots: Toss 2# whole carrots (peeling optional) in 2T olive oil + S&P. Bake ~1-1 1/2 hours until roasted & just browned. Cool. [*] (4)



Tuna Salad: Cut 1/3c grapes in half. Set aside. (13) Freeze remaining grapes for snacks for this week and going forward. [*] (14) (13,14)

Bananas: Quarter 4 bananas. Place in freezer bags and freeze in single layer. These will be used throughout the Challenge. [*] (9)

Collards/Romaine: Remove stem from collards, discard. Store leaves (collards or romaine) in baggie/container with a wet paper towel. [*] (4,13)

Asparagus: Chop bottom 2-3" from 2 bunches asparagus and toss with 2T olive oil. [*] (3)

Kale: Remove & discard middle stem from 1 sm bunch kale. Chop the leaves & store 1/2 for scramble and 1/2 for lemon kale. [*] (8,12)

Zoodles (if subbing for GF pasta): Thinly slice 3 large zucchini into long spaghetti-like strips (best on a mandolin or spiralizer). [*] (5)

Lumberjack Muffin: Chop 1/2 onion, 1/2 red pepper & 1 sm russet potato into bite-size pieces. Set aside, keeping onion separate. (10)

Kabobs: Slice 2 1/2 red & 2 yellow bell peppers + 1/2 yellow onion into 1" squares. Cut 16oz button mushrooms in half. [*] (1,2)

Mint: Chop 1 small package mint to equal ~1/4c loosely packed. Set aside for Turkey Burgers. (4)

Cilantro: Chop enough cilantro to equal ~1/2c loosely packed for Asian Steak. [*] (3) Set aside remainder for marinade. (1,2) (1,2,3)

Jalapeño: Remove seeds and white veins from jalapeño and roughly chop. Set aside for Citrus-Lime Marinade. (1,2)



Lumberjack Breakfast Muffin (10)

Cook .5# country sausage and 1/2 onion, chopped for 5 minutes over med-high heat, breaking up meat.

Add 1/2 red pepper + 1 sm potato, both chopped. Cook 5 minutes, stirring often.

Cover and cook 5 more minutes or until potatoes are tender. Allow to cool.

Use 1/4c to scoop meat mixture into oiled or paper-lined muffin tins. Whisk together 6 eggs + S&P to taste + 1/2tsp paprika.

Cover meat mixture w/ eggs & bake 17-19 min. Cool. Freeze 3 for Breakfast, Wk 3. Store remaining. Yields ~12-13 muffins. [*] (10)



Citrus-Lime Marinade (1,2)

Blend until roughly combined: 2 garlic cloves + 1 chopped jalapeño (seeds & white pith removed) + zest and juice of 4 oranges + zest and juice of 3 limes + 3 large handfuls fresh cilantro + 1 1/2c olive oil + 1 1/2T honey (optional) + 1tsp salt + pepper to taste.

Set aside 2c for slaw and shrimp kabobs. (1,2) Store 1c in fridge for next week. [*] (W2, D2) Store 1c in freezer for Week 3. [*] (W3, D2)

Tahini Dip (14)

Blend the following until combined:

1c tahini + 6T lemon juice (juice of ~3 lemons) + 2 cloves garlic, smashed & skin removed + 1c water + 2T olive oil + salt (to taste).

Dip will be used this week and next. Be sure to reserve 1/2c for week 2. [*] (14,W2)



Energy Bites (11)

In blender or food processor add:

½c dried figs (no stems)

½c medjool dates (pitted)

¼c dried cranberries

Pulse until well combined. Stir in ¼c almond butter.

Roll mixture into 1T balls. Place in single layer on baking sheet and freeze. Yields ~12.

Note: you can later transfer frozen bites into a container or baggy and freeze. [*] (11)



Tuna Salad (13)

Mix together the following:

2 x 5oz cans tuna, drained

2T sunflower seeds

3T mayo

2T dried cranberries (break apart if needed)

½c grape halves.

Store in air-tight container in fridge. [*] (13)

Slaw (2)

Mix together the following:

16oz coleslaw mix + 1c citrus lime marinade. [*] (2)

Turkey Burgers (4)

Combine:

2# ground turkey

1c julienned sun-dried tomatoes

~¼c chopped mint

6oz feta, optional

2 tsp garlic powder

S&P, to taste

Form into 8 patties. Freeze 4 patties for week 2 and store 4 patties in fridge. [*] (4,W2)



Asian Sauce (Note: this will be used for all 3 weeks) (3,6)

Combine 1½c coconut aminos (or 1c tamari) + ¼c toasted sesame oil [*] (3,6)

Balsamic Dressing/Marinade (Note: this will be used for all 3 weeks) (5)

Combine 4c olive oil + 2c balsamic vinegar + S&P [*] (5)

Congrats, on completing your first Prep Day of the Challenge!
****Give Yourself a High Five!!****

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

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Meal Prep Challenge, Week 1: Dish Day

This menu provides 4 servings for dinner & 1 serving for all other meals. At some meals you will prepare additional servings and store for a later meal (refer to Yield & Reserve notes for each dish).

Saturday

B: Kale & Feta Scramble w/ Sliced Peaches (8)

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

1. Finely chop 1c loosely packed kale. Add 1tsp olive oil to a saute pan over med-high heat and cook for 7-8 minutes, stirring often.
2. Crack 3 eggs into the pan with kale, stirring until just beginning to set. Season with S&P and sprinkle 2T feta, optional, over top.
3. Serve with 1 sliced peach on the side.

L: Sweet & Crunchy Tuna Salad Wraps (13)

Yields: Instructions below yield 1 of 2 total servings. After eating lunch, you will have 1 servings remaining.

Reserve: 1 serving for Wednesday lunch.

1. Wrap tuna salad in collard leaves or lettuce wraps and serve.

D: Citrus Lime Shrimp Kabob w/ Bell Pepper, Mushrooms & Roasted Sweet Potatoes (1)

Yields: Instructions below yield 5 of 5 servings total. After dinner, you will have 1 serving remaining.

Reserve: 1 serving for Sunday lunch.

1. Place 2# shrimp + bell pepper, onions & mushrooms veggies in ~1c citrus-lime marinade for 30 mins before cooking.
2. Skewer shrimp, bell peppers, onions and mushrooms. (If using wooden skewers, soak in water for 30 mins prior to skewering)
3. Grill 6-10 minutes over medium or broil 4-6 minutes, turning after 3 minutes.
4. Reheat ½ of diced, roasted sweet potatoes either on grill (in "grill-friendly" basket) for ~20 min OR in a saute pan over med-high heat w/ 1T oil for 10-12 min, stirring occasionally.

S: Broccoli & Tahini Sauce (14)

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

Reserve: 1 serving for Monday snack.

1. Serve ¼ bag pre-chopped broccoli with ¼c tahini. Dip and enjoy.

Sunday

B: Purple Haze Smoothie (9)

Yields: Instructions below yield 1 of 4 total servings. After eating breakfast, you will have 3 servings remaining.

Reserve: 1 serving each for Wednesday breakfast and Friday snack and 1 servings in freezer for week 3.

1. Add ½c water + 2T chia seeds to blender and allow to "hydrate" for ~1 min (while you add other ingredients to the blender).
2. Add ¼c full fat coconut milk + 1 quartered/ frozen banana + 1c frozen blueberries + 1c frozen cauliflower & blend on high until smooth. Add additional water as needed for desired consistency.

L: Salad w/ Shrimp Kabobs & Roasted Sweet Potatoes (1)

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

1. Place 3oz mixed greens in bowl and top with leftover shrimp and veggie kabobs.
2. Top with remaining diced, roasted sweet potatoes and 1-2T Balsamic dressing per serving.

D: Mexican Crock Pot Pork w/ Slaw (2) **Start slow cooker in the morning**

Yields: Instructions below yield 4 of 6 total servings. After eating dinner, you will have 2 servings remaining.

Reserve: 1 serving of pork and slaw for Monday lunch and 1 serving pork for Friday breakfast.

1. Pour 1c salsa in crock pot and rub 3-4T chili powder over roast.
2. Cook on low for 7-10 hours or high for 4-6 hours.
3. Serve with ½ of slaw.

Marinate meat for Mon dinner. Combine ¼c Asian sauce w/ handful of cilantro, chopped. Add 2.5# flank steak. Store in fridge.

S: Frozen Grapes (14)

Yields: Instructions below yield 1 of 3 total servings. After eating snack, you will have 2 servings remaining in freezer.

1. Enjoy 1c frozen grapes per person!

Monday

B: Lumberjack Breakfast Muffin (10)

Yields: Instructions below yield 1 of 3 total servings. After eating breakfast, you will have 2 servings remaining.

Reserve: 1 serving for Thursday breakfast and freeze 1 serving for Week 3 breakfast.

1. Reheat 3-4 muffins in 350 F oven for 15-20 mins or heated through. Option to reheat in microwave, toaster oven, or enjoy cold.

L: Pork Tacos w/ Slaw (2)

Yields: Instructions below yield 1 of 2 servings total of pork & guac and 1 of 1 of slaw. After lunch, you will have 2 servings remaining.

Reserve: 1 servings of pork for Friday breakfast and 1 serving guac for Tuesday snack.

1. Mash 2 avocados and combine with ¼c salsa to make guac. You will eat half with lunch and store remaining half for snack tomorrow. Tip: leave pit in center and add optional splash of white vinegar. Cover tightly with saran wrap to prevent browning.
2. Reheat 1 serving pork in a small saute pan over med-high heat w/ 1 tsp oil for ~5-6 minutes or heated through.
3. Serve leftover pork in corn tortillas (OR lettuce wrap) with coleslaw and guac on top.

D: Asian Flank Steak w/ Grilled Asparagus & Peaches (3) **needs 2-24 hours to marinade**

Yields: Instructions below yield 4 of 5 servings total. After eating dinner, you will have 1 serving remaining.

Reserve: 1 serving for Tuesday lunch

1. Preheat grill to medium heat or oven to 400 F.
2. Chop 5 peaches in half and remove pit. Rub cut sides with olive or coconut oil.
3. Remove steak from marinade and grill for 4-6 minutes per side for medium rare.
OR heat large sauté pan to med-high, sear 3 min per side and transfer to preheated 400F oven for ~8 min for medium rare.
4. Allow steak to rest 5-10min before cutting. Cut meat very thin against the grain like you would fajita meat.
5. Grill 2 bunches asparagus and peaches ~5 minutes.
6. After dinner, dice remaining steak, asparagus and peaches into bite-sized pieces and store for Tuesday lunch.

S: Broccoli & Tahini Sauce (14)

Yields: Instructions below yield 1 of 2 total servings. After eating snack, you will have 0 servings remaining.

Reserve: 1/4 bag pre-chopped broccoli for Thursday's salad.

1. Serve 1/4 bag pre-chopped broccoli with ¼c tahini. Dip and enjoy.

Tuesday

B: Grab-and-Go Figgy Energy Bites (11)

Yields: Instructions below yield 1 of 3 total servings. After eating breakfast, you will have 2 servings remaining in freezer.

1. Remove 3-4 bites per person from freezer, defrost, and enjoy!

L: Steak Salad w/ Asparagus, Peaches & Balsamic (3)

Yields: Instructions below yield 1 of 1 total servings. After eating lunch, you will not have any servings remaining.

1. Dice 1 avocado.
2. Combine 3 oz mixed greens + sliced steak + asparagus + diced peaches + avocado and serve with 1-2T balsamic dressing.

D: Mediterranean Turkey Burgers w/ Whole Roasted Carrots (4)

Yields: Instructions below yield 4 of 8 total servings. After eating dinner, you will have 4 servings remaining.

Reserve: 4 servings of burgers only in freezer for Week 2.

1. Reheat carrots over grill for ~20 min or in saute pan for 15-20 min until heated through.
2. Grill 4 turkey burgers or cook in saute pan for ~5min/side over medium.
3. Optional: serve in lettuce/collard wrap.

S: Cherry Tomatoes & Guac (14)

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

1. Dip tomatoes into guac and enjoy!

Wednesday

B: Purple Haze Smoothie (9)

Yields: Instructions below yield 1 of 4 servings total. After breakfast, you will have 2 servings remaining in freezer.

1. Add ½c water + 2T chia seeds to blender and allow to "hydrate" for ~1 min (while you add other ingredients to the blender).
2. Add ¼c full fat coconut milk + 1 quartered/ frozen banana + 1c frozen blueberries + 1c frozen cauliflower and blend on high until smooth. Add additional water as needed for desired consistency.

L: Sweet & Crunchy Tuna Salad Wraps (13)

Yields: Instructions below yield 1 of 2 servings total. After lunch you will have 0 servings remaining.

1. Wrap tuna salad in collard or lettuce wraps and serve.

D: Balsamic Chicken w/ Olives & Spinach Over Pasta (5)

Yields: Instructions below yield 4 of 5 servings total. After eating dinner, you will have 1 serving of chicken remaining.

Reserve: 1 serving of chicken for Thursday lunch.

1. Preheat oven to 375F or grill to medium-high. Bring a large pot of water to boil for GF pasta.
 2. Marinate 2# chicken breast in 1c balsamic marinade while oven/grill preheats.
 3. Cook chicken for ~30-35 min or cooked through or grill chicken for ~5 min/ side or cooked through to 165F.
 4. Cook GF pasta according to package or pan fry zoodles in 1 tsp oil for ~4-5 minutes or until tender.
 5. Slice cooked chicken, saving 1 portion for lunch tomorrow.
 6. Combine with cooked pasta/zoodles + ¾c sliced kalamata olives + 8oz feta, optional + 10oz spinach
- Note: Option to defrost 1.5# shrimp in fridge overnight for dinner tomorrow.

S: Peaches (14)

Instructions below yield 1 of 1 total servings. After eating snack, you will have 0 servings remaining.

1. Serving size = 1 peach.

Thursday

B: Lumberjack Breakfast Muffin (10)

Yields: Instructions below yield 1 of 3 total servings. After eating breakfast, you will have 1 serving remaining in freezer.

1. Reheat 3-4muffins in 350 F oven for 15-20 mins or heated through. Option to reheat in microwave, toaster oven, or enjoy cold.

L: Balsamic Grilled Chicken w/ Dried Cherries, Broccoli, Walnuts & Feta (5)

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

1. Combine reserved sliced chicken from Wednesday dinner with:
3oz mixed greens + 2Tc dried cherries + 1/4 of bag pre-chopped broccoli + 2T walnuts + 2T feta, optional.
2. Top with 1-2T balsamic dressing.

D: Quick & Easy Stir Fry (6)

Yields: Instructions below yield 4 of 5 total servings. After eating dinner, you will have 1 serving remaining.

Reserve: 1 serving for Friday lunch.

1. Defrost 1.5# shrimp in water. Place 3 bags frozen stir-fry blend on counter while preparing rice noodles or cauli rice.
 2. Cook rice noodles according to package directions or saute cauli rice in 1T olive oil over med-high for ~5-7 mins or until tender.
 3. Grate 1T ginger and 1T garlic.
 4. Add 1tsp olive oil to large sauté pan over high heat, add grated garlic + grated ginger + 1.5# shrimp, cook 1 min.
 5. Add stir-fry blend and cook for ~8-10 min. Add ~½c Asian sauce, stirring to coat all ingredients with sauce, cook 3-4 min.
- *Note: option to remove swordfish from freezer to defrost in fridge for dinner tomorrow night.

S: Grab-and-Go Figgy Energy Bites (11)

Yields: Instructions below yield 1 of 3 total servings. After eating breakfast, you will have 1 serving remaining.

1. Remove 3 bites from freezer, defrost and enjoy!

Friday

B: Pork Stuffed Sweet Potato Stuffed w/ Sautéed Lemony Kale (12)

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

1. Finely chop 1 garlic clove.
2. In saute pan heat 2tsp olive oil over med-high. Add chopped garlic + ½ bunch kale and cook for 8-10 min.
3. Add juice from ½ lemon + S&P and cook 4-5 min more.
4. In another saute pan over med heat, reheat leftover pork until heated through, stirring occasionally.
5. Reheat 1 sweet potatoes in microwave for ~2 mins or until heated through.
OR remove potato from skin and mash, then reheat in a large saute pan with pork; just push pork aside to make room.
6. Open potato and stuff with pork and kale (or top mashed potato w/ pork and kale).

L: Leftover Stir-fry (6)

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

1. Reheat in a large saute pan over med-high heat for ~5-7 min or heated through OR option to microwave for ~2-3 min.

D: Lemon Aioli Baked Swordfish w/ Cauli Rice & Spinach (Freezer Meal) (7)

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

1. Defrost fish overnight in fridge or place in water 1-2 hours before cooking.
2. Pre-heat oven to 375 F.
3. While oven preheats, defrost spinach & cauliflower rice on counter.
4. Combine ¼c mayo + 2tsp lemon juice + ¼T dried parsley + S&P.
5. Spread over fish and bake 18-20 minutes.
6. Heat 1tsp oil in lg pan over med-high. Add cauliflower rice + spinach & cook for 6-8min or until heated through. Season w/S&P.

S: Purple Haze Smoothie (9)

Yields: Instructions below yield 1 of 4 total servings. After eating snack, you will have 1 serving remaining in freezer for Week 3.

1. Add ½c water + 2T chia seeds to blender and allow to "hydrate" for ~1 min (while you add other ingredients to the blender).
2. Add ¼c full fat coconut milk + 1 quartered/ frozen banana + 1c frozen blueberries + 1c frozen cauliflower and blend on high until smooth. Add additional water as needed for desired consistency.

**You did it - Week 1 of the Challenge is D.O.N.E!
Wasn't it nice to have a plan for all of your meals this week?!**