



# Meal Prep Challenge, Week 2: Grocery List

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

1. Meal 1: Curried Crockpot Chicken w/ Rice (x5)
2. Meal 2: Pesto Sausage, Tomato, Zucchini & Summer Squash Kabob (x5)
3. Meal 3: Asian Salmon, Grilled Sesame Asparagus & Rice (x5)
4. Meal 4: Balsamic Pork Chops w/ Pesto Grilled Portobello Mushrooms & Zucchini (x4)
5. Meal 5: Chicken "No Tortilla" Soup (x7)
6. Meal 6: Meatza (x4)
7. Breakfast 1: Shakshuka (x2)
8. Breakfast 2: Summertime Breakfast Hash (x3)
9. Breakfast 3: Ponana Breakfast Breakfast Cookie (x3)
10. Lunch 1: Lamb Kofta w/ Tahini Sauce & Watermelon (x1)
11. Lunch 2: Turkey Romaine Wraps w/ Frozen Grapes (x2)
12. Snacks: Peaches (x1), Popsicles (x4), Cukes & Almond Butter (x2), Watermelon (x2)



## Herbs & Veggies

1 small bunch parsley (7,10)  
 1 head garlic (2,4,5)  
 2-3 bunches basil (2)  
 (enough to yield ~3c)  
 1 bunch cilantro (5)  
 2 bunches asparagus (3)  
 1-2 large leeks (8)  
 6 zucchini (2,4)  
 2 summer squash (2)  
 1 acorn squash (1)  
 (OR 2 squash if skipping rice)  
 1 cucumber (12)  
 2 pints cherry tomatoes (2)  
 2 jalapenos (5)  
 4-6 avocados (3,5,11)  
 1 bunch celery (5)  
 1# carrots (5)  
 5 portobello mushrooms (4)  
 8oz sliced mushrooms (8)  
 1 large yellow onion (1)  
 1 large red onion (5,6)  
 4 oz mixed greens (2)  
 10oz baby spinach (2,3,6,7)  
 1# baby yellow or purple potatoes (8)  
 (OR 2 med sweet potatoes)  
 1 head romaine lettuce (11)



## Fruits

1 lemon (2,4)  
 2 limes (5)  
 1 med watermelon (2,11,12)  
 1 peach (12)  
 1 medium banana (9)



## Meats & Seafood

1 whole chicken (1)  
 ~2# bone-in chicken thighs (5)  
 ~1.5# boneless, skinless chicken breasts (5)  
 8-12oz bacon (8)\*  
 1/4-1/2# ground lamb (10)  
 1.5# thin cut pork chops (4)  
 1.5-2# Italian sausage (~4-6 links) (2)\*  
 1.5# raw, ground pork Italian sausage (6)\*  
 1/2# turkey deli meat (11)\*  
 5 salmon fillets, 4-6oz ea (3)



## Dairy (optional)

3-4oz parm (2)  
 1c mozzarella cheese (6)



## Frozen

10oz mango chunks (12)  
 10oz strawberries (12)  
 10oz corn kernels, optional (5)  
 (OR sub w/ 1 sweet potato for Paleo)



## Nuts & Dried Fruits

1T chia seeds (9)  
 3c walnuts (2,4)  
 1-2T sesame seeds (3)



## Eggs

12 eggs (4,7,8,9)



## Pantry

~24oz jar marinara (6,7)\*  
 5c black rice (1,3)  
 (OR sub cauliflower rice)  
 2 cans full fat coconut milk (1,12)\*  
 1 jar red curry paste (1,3)\*  
 ~1T mustard (11)\*  
 1/3c kalamata olive slices (6)  
 1/4c almond butter (12)\*  
 1/8c dark chocolate chips, optional (9)\*



## Oils & Vinegars

1 1/3c olive oil  
 ~2T apple cider vinegar, optional (4,8)



## Spices

1/4tsp cumin (10)  
 1/2tsp coriander (10)  
 1/2tsp cinnamon (9)  
 1T chili powder (5)\*

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



## Meal Prep Challenge, Week 2: Prep Day

**Pre-heat oven to 350 F. Remove reserved sweet potato from freezer & thaw at room temp. (9)**



**Acorn Squash:** Roast 1 squash for 45-55 min until tender. Allow to cool, cut in half and remove/ discard seeds. [\*] (1)



**Rice:** Add 10c water & 5c black rice to a pot & bring to boil. Reduce to simmer, cover, cook ~1hr, set aside (covered) to cool. [\*] (1,3)



**Watermelon:** Cut into slices for sides/ snacking. [\*] (2,10,12)

**Asparagus:** Remove & discard bottom 2-3" from asparagus and toss remaining spears with 1-2T olive oil. [\*] (3)

**Portobello mushrooms & zucchini:** Clean mushrooms and trim ends from zucchini. Cut zucchini lengthwise into "planks" (each zucchini will yield 2-6 "planks" depending on size). Toss veggies w/ 1T olive oil. [\*] (4)

**Parsley:** Finely chop parsley to yield ~2T for shakshuka (7) and 1tsp for kofta (10). Set aside. (7,10)

**Hash:** Dice 1# baby potatoes. Cut & discard top green & bottom roots of 1-2 leeks. Finely dice white part of leek & place in a bowl of water, allowing any dirt to settle to the bottom of the bowl. Drain. Set both aside. (8)

**Kabobs:** Slice 2 zucchini and 2 summer squash into ½" squares. Cut 1.5-2# Italian sausage into 1" slices. Store separately. [\*] (2)

**Romaine:** Store leaves in baggie/container with a wet paper towel. [\*] (12)

**Yellow onion:** Peel & roughly chop 1 yellow onion. [\*] (1)

**Red Onion:** Thinly slice onion for 2-3T for meatza & store (6). Finely dice remaining onion for soup (5). (5,6)

**Soup:** Finely chop 3 garlic cloves, 2 jalapenos (removing seeds & white pith), set aside.

**Soup:** Dice 1# carrots + 1 bunch celery (minus 4 stalks for snack) + 1 sweet potato (Paleo only). Set aside. (5)

**Soup:** Finely chop cilantro and quarter 2 limes and store for dish day. [\*] (5)

**Celery & Cucumber:** Slice remaining 4 stalks celery into sticks and 1 cucumber (peeling optional) into ½" slices and store. [\*] (12)

**Hash:** Chop 8-12oz bacon, set aside. (8)



### **Chicken "No Tortilla" Soup (5)**

In a large soup pot heat 1tsp olive oil over medium heat. Saute chopped red onion + 3 chopped garlic cloves + 2 chopped jalapeno. Add 1# chopped carrots + ~¾ bunch celery chopped + 1 chopped sweet potato (Paleo only) + ~2# bone-in, skin-on chicken thighs + ~1.5# boneless skinless chicken breast + S&P and saute for 10-15 min.

Add 1T chili powder and 12c water. Cover until boiling then lower to simmer and cook for 45 minutes or until chicken is cooked.

Remove chicken from soup and allow to cool. Remove & discard the skin/ bones. Chop remaining meat into bite-sized pieces.

Add meat back to soup with 10oz frozen corn (optional) and salt to taste. Cool. Yields ~8-10 servings.

Store 2 portions in freezer for week 3 & remainder in fridge for this week. [\*] (5)



### Summertime Breakfast Hash (8)

Saute 8-12oz chopped bacon in large saute pan over med-high for 2-3 min.  
 Add 1# diced baby potatoes + 8oz sliced mushrooms + 1-2 diced leeks.  
 Cover with lid and cook on med for 15-20 min (if using white potatoes, add 2-3T water to prevent sticking)  
 Remove lid, continue to cook if needed to remove liquid/ finish cooking potatoes. Yields ~3 servings.  
 Freeze 1 servings for week 3 and refrigerate 2 servings for this week. [\*] (8)



### Ponana Breakfast Cookies (9)

In a small bowl, "hydrate" 1T chia seeds in 1T water for ~1-2 minutes.  
 In a large bowl, mix together:  
 - 3/4c mashed banana (~1 medium)  
 - 3/4c mashed sweet potato (cooked last week)  
 - 2 eggs (note: for egg free, replace eggs w/ 1/4c almond butter)  
 - 1/2tsp cinnamon  
 - hydrated chia seeds (do not drain)  
 - Optional: gently fold in 1/8c dark chocolate chips.  
 Drop by 1/8c scoop and bake at 350 F for ~10 min. Yields ~16 cookies. [\*] (9)



### Strawberry Mango Popsicles (12)

Blend 10oz mango chunks + 10oz strawberries + 1 can full fat coconut milk on high until smooth.  
 Pour into popsicle molds & freeze. Recipe yields ~16 pops. You will have plenty to share! [\*] (14)

### Spinach Pesto (2,4)

Blend the following on high until smooth and garlic is chopped:  
 - 3 garlic cloves  
 - 1c olive oil  
 - ~1/4c lemon juice (juice of 3-4 lemons)  
 Then add the following and blend until almost smooth (add water or olive oil as needed for smooth consistency):  
 - 3oz parm, roughly chopped if not already grated/ shredded (optional)  
 - 3c walnuts  
 Add in and blend until pesto-like texture is reached:  
 - 2-3 cups loosely packed fresh basil  
 - 5oz baby spinach  
 Freeze ~1c for week 3, store ~1/4c for veggies (4) and store the remaining for the kabobs. [\*] (2,4)



### Lamb Kofta (10)

Mix 1/4 - 1/2# lamb + 1/4tsp cumin + 1/2tsp coriander + 1tsp chopped parsley + S&P. Form into 1 patty. [\*] (10)

**Congrats on completing your 2nd Prep Day of the Challenge!**  
**Do a victory dance, you're 2/3 of the way done!**

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

© 2017 by Prep Dish. All rights reserved. June Meal Prep Challenge, Wk 2  
 Created by Personal Chef & Dietitian Allison Schaaf, MS, RD, LD



# Meal Prep Challenge, Week 2: 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** \*\* Start slow cooker in the morning or at least 4 hours before Saturday dinner. \*\*

## **B: Shakshuka (7)**

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

Reserve: 1 servings for Wednesday breakfast. You will have ingredients and cook them on Wednesday.

1. In lg saute pan over med-high heat add ~1/3 jar marinara + 1 handful spinach. Cover & cook for 5-7 min (or spinach wilts). Stir.
2. Add 2 eggs to pan, one at a time "nesting" into sauce. Cover, cook for another 3-4 min or until eggs reach desired doneness.
3. Season w/ S&P and 1T chopped parsley.

## **L: Lamb Kofta w/ Tahini Sauce & Watermelon (10)**

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

1. For kofta, heat a large sauté pan over med-high heat. Add kofta and cook 3-4 min/ side or until desired doneness (or option to grill).
2. Serve w/ tahini sauce (leftover from week 1) and watermelon on the side.

## **D: Curried Crockpot Chicken w/ Rice (1)**

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

Reserve: 1 serving of chicken for Sunday lunch and 4 servings rice for Monday dinner and 1 for Tuesday lunch.

1. In slow cooker, place: whole chicken + 1 chopped yellow onion + 1 can full fat coconut milk + 1 jar red curry paste (setting aside 1T for Monday dinner). Cook 8-10 hrs on low or 4-6 hrs on high OR cook in InstantPot for 30 min on high.
2. Pre-heat oven to 425 F. Place black rice in an oven safe container, cover, reheat for 40-50 min or heated through OR re-heat in microwave.
3. Gently pull chicken from bone & serve with curry sauce over rice.
4. After dinner has cooled, remove remaining chicken from bone, chop, and store with sauce for lunch tomorrow.

## **S: Peaches (12)**

Yields: Instructions below yield 1 of 1 total servings.

1. Slice and enjoy your peach!

## **Sunday**

### **B: Summertime Breakfast Hash (8)**

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

Reserve: 1 serving for Tuesday breakfast and 1 serving for Week 3 in freezer.

1. Reheat hash in a saute pan for 10-12 min over medium heat, stirring occasionally.
2. Option to top with 2 over-easy, fried or poached eggs. To poach eggs bring a pot of water to a very low simmer, add ½T apple cider vinegar. Slowly add 2 cracked eggs and cook 5 min. Remove eggs with slotted spoon to drain eggs.

### **L: Curried Chicken over Winter Squash (1)**

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

1. Scoop & remove acorn squash from peel, discarding peel.
2. Add leftover curried chicken & acorn squash to a large saute pan and heat over med-high heat for 8-10 min or heated through.

### **D: Pesto Sausage, Tomato, Zucchini, & Summer Squash Kabob (2)**

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

Reserve: 1 servings kabob for Monday lunch and ½c pesto for Tuesday dinner.

1. Toss sausage, tomato, zucchini & summer squash with pesto and skewer (if grilling).  
If using wooden skewers, let soak in water for 30 minutes prior.
2. Grill over medium for 10-12 min or toss all ingredients in large saute pan over med-high w/ 1T olive oil and cook for 8-10 min. Or place in a single layer on a sheet pan and roast at 375 F for ~25 min.

## **S: Strawberry Mango Coco Pops (12)**

Yields: Instructions below yield 1 of 8 total servings. After eating snack, you will have 7 servings remaining in freezer.

Reserve: 1 servings for Tuesday snack & 2 servings for Week 3 snack.

1. Remove 2 popsicles from freezer and enjoy. Don't forget to share the extras!

## **Monday**

### **B: Ponana Breakfast Cookie (9)**

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 1 for Friday snack.

1. Serving size = 3-4 cookies.

### **L: Pesto Kabob Salad w/ Watermelon (2)**

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

1. Serve leftover sausage and veggies over 2-3 oz mixed greens.
2. Top with balsamic dressing (recipe from week 1) and serve with sliced watermelon.

### **D: Asian Salmon, Grilled Sesame Asparagus & Rice (3) \*\*needs 30-60 mins to marinade\*\***

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

Reserve: 1 serving for Tuesday lunch.

1. Whisk 1/2c Asian sauce from Week 1 (or use 1/4c tamari/coconut aminos + 1/8c toasted sesame oil ) with 1T red curry paste.
2. Marinate 5 salmon fillets in marinade for ~30 min.
2. Pre-heat oven to 425 F. Place black rice in an oven safe container, cover, reheat for 40-50 min or heated through (or microwave).
3. Pre-heat grill to medium-high, remove salmon from marinade & grill ~12 minutes or just cooked & flaking.
4. Grill asparagus ~5 min and serve topped with 1T sesame seeds.

### **S: Veggies & Almond Butter (14)**

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

Reserve: 1 serving for Thursday snack.

1. Eat half of sliced cucumbers & celery w/ 2T almond butter.

## **Tuesday \*\*Marinate 1# pork chops in 1/2c balsamic marinade the fridge for ~1-12 hr.\*\***

### **B: Shakshuka (7)**

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

1. In lg saute pan over med-high heat add ~1/3 jar marinara + 1 handful spinach. Cover & cook for 5-7 min (or spinach is wilted). Stir.
2. Add 2 eggs to pan, one at a time "nesting" into sauce. Cover, cook for another 3-4 min or until eggs reach desired doneness.
3. Season w/ S&P and 1T chopped parsley.

### **L: Salmon, Spinach, Rice & Avocado Bowl (3)**

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

1. Heat 1tsp oil in large saute pan over med-high heat. Add 3/4c rice and leftover salmon fillet.
2. Top with 1 handful baby spinach and cover with a lid for 2-3 minutes, allowing spinach to cook down.
3. Remove lid and continue to until heated through, ~3-4 minutes.
4. Top with 1/2 sliced avocado and sprinkle with 1T sesame seeds.

### **D: Balsamic Pork Chops w/ Pesto Grilled Portobello Mushrooms & Zucchini (4)**

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

Reserve: 2 servings for Wednesday breakfast.

1. Pre-heat grill to med-high or oven to 400 F and grill chops for ~3 minutes/ side or 145 F.  
OR cook in saute pan over med-high heat for 2-3 min/ side.
2. Grill portobello mushrooms and zucchini directly on grill (perpendicular to grill grates), 5-7 minutes.
3. Remove from heat and toss with remaining 1/4c pesto.
4. Chop leftover pork chops and veggies into bite-sized pieces for breakfast tomorrow.

## **S: Strawberry Mango Coco Pops (12)**

Yields: Instructions below yield 2 of 8 total servings. After eating snack, you will have 2 servings remaining.

Reserve: 2 servings for Week 3 snack.

1. Remove 2 popsicles from freezer & enjoy!

## **Wednesday** \*\*Place 1.5# ground sausage from freezer into fridge to defrost for Thursday dinner (meatza).\*\*

### **B: Leftover Pork & Veg w/ Eggs (4)**

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

1. Heat 1-2tsp oil in lg saute pan over med-high heat, add leftover pork/ veggies from last night. Saute for 6-8 mins or warmed.
2. Option to top with 2 over-easy, fried or poached eggs.

Note: I prefer using a large enough pan and cooking meat, veg & eggs all in 1 pan. Less dishes!

### **L: Turkey Romaine Wraps w/ Frozen Grapes (11)**

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

Reserve: 1 serving for Friday lunch.

1. Slice 1/2 avocado into slices.
2. Place romaine lettuce on plate, top with sliced turkey, top with avocado and 1tsp mustard.
3. Serve with 1c frozen grapes (frozen from week 1).

### **D: Chicken "No Tortilla" Soup (5)**

Yields: Instructions below yield 4 of 7 total servings. After eating dinner, you will have 3 servings remaining.

Reserve: 1 serving for Thursday lunch and freeze 2 servings for Week 3.

1. Reheat soup on the stovetop until bubbly & heated through. Add broth/ water if needed.
2. Chop 2 avocados and serve soup topped with avocado, cilantro, and a lime wedge.
3. Save 1 portion for lunch tomorrow.

### **S: Watermelon (12)**

Instructions below yield 1 of 1 total servings. After eating snack, you will have 4 servings remaining for Friday dinner.

1. Enjoy your watermelon snack! Yum!!!

## **Thursday**

### **B: Ponana Breakfast Cookie (9)**

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

Reserve: 1 serving for Friday snack.

1. Serving size 3-4 cookies/ person.

### **L: Leftover Chicken Soup (5)**

Yields: Instructions below yield 1 of 7 total servings. After eating lunch, you will have 2 servings remaining.

Reserve: 2 servings in freezer for Week 3.

1. Heat leftover soup on the stovetop until bubbly & heated through. Add broth/ water if needed.
2. Chop 1/2 avocado and serve soup topped with avocado, cilantro, and a lime wedge.

### **D: Meatza (6)**

Yields: Instructions below yield 4 of 4 total servings.

1. Pre-heat oven to 400 F.
2. Spread 1.5# raw, ground pork sausage into a 9x13" baking pan as if making a pizza crust. Go up edges as meat will shrink.
3. Bake at 400 F for 15 minutes.
4. Top sausage "crust" with remaining marinara sauce (~1/3 of a jar) + thinly sliced red onion + 2 handfuls baby spinach + 1/3c kalamata olive slices. Sprinkle ~1c mozzarella cheese on top.
5. Return to oven and cook until cheese melts.

### **S: Veggies & Almond Butter (14)**

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

1. Eat remaining sliced cucumber and celery w/ 2T almond butter.

### **Friday \*\*Place Week 1 Turkey Burgers from freezer into fridge to defrost for dinner.\*\***

#### **B: Summertime Breakfast Hash (8)**

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

Reserve: 1 serving for Week 3 in freezer.

1. Reheat hash in a saute pan for 10-12 min over medium heat, stirring occasionally.
2. Option to top with 2 over-easy, fried or poached eggs (2 per person).

#### **L: Turkey Romaine Wraps w/ Frozen Grapes (11)**

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

1. Slice 1/2 avocado into slices.
2. Place romaine lettuce on plate, top with sliced turkey, top with avocado and 1tsp mustard.
3. Serve with 1c frozen grapes per person from week 1.

#### **D: Turkey Burgers w/ Watermelon Slices**

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

1. Grill defrosted turkey burgers or cook in saute pan for ~5min/side over medium.
2. Optional: serve in lettuce wrap or eat plain.
3. Serve with watermelon slices.

#### **S: Ponana Breakfast Cookie (9)**

Yields: Instructions below yield 1 of 3 total servings. After eating snack, you will have 0 servings remaining.

1. Serving size 3-4 cookies/ person.

**What are you doing with all that extra time that \*used\* to be spent scrambling at mealtime?! Take a moment, give yourself a pat on the back and savor the ease & extra time.**