



Meal Prep Challenge, Week 3: Grocery List

Serves 2

1. Meal 1: Slow Cooker Italian Beef w/ Polenta or Mashed Cauliflower (x6)
2. Meal 2: Citrus-Lime Halibut w/ Potato, Mushroom & Brussels Sprouts (x2)
3. Meal 3: Pesto Pasta w/ Ratatouille & Chicken Sausage (x4)
4. Meal 4: Chicken & Veggie Stir-fry w/ Sesame Quinoa (x2)
5. Meal 5: Farmer's Market Tart (x4)
6. Meal 6: Trout w/ Cauliflower Rice & Spinach (freezer meal) (x2)
7. Breakfast 1: Chia Bowl w/ Fruit (x4)
8. Breakfast 2: Pancakes (x2)
9. Lunch: BLT Salad w/ Ranch (x4)
10. Snacks: Veg w/ Ranch (x4), Cherries (x4)



Herbs & Veggies

1 bulb garlic (3,4,9,10)
 ~1" knob ginger (4)
 1 bunch cilantro (soup)
 1 bunch parsley (6,9,10)
 1 tomato (3)
 1 pint cherry tomatoes (9)
 4 avocados (9, soup)
 2 bell peppers (3)
 1 zucchini (3)
 1 bunch asparagus (5)
 1# brussels sprouts (2)
 1 eggplant (3)
 1 bunch swiss chard (5)
 24oz sliced mushrooms (3,5)
 8oz button mushrooms (2)
 1# carrots (1)
 2 yellow onion (1,3)
 1 red onion (5)
 1# mini red potatoes (2)
 1 head romaine lettuce (9)
 1 large pre-chopped veggie tray (10)
 (OR sub pre-chopped veggie of choice)



Fruits

1 pint blackberries (7)
 4c cherries (10)
 1 lemon (6)
 2 limes (soup)
 7 bananas (7,8, smoothie)
 4 plums (5)



Meats & Seafood

12-16oz thin-cut bacon slices (9,breakfast)
 2 chicken sausage links (3)
 3-4# boneless beef roast (1) (rump, chuck or bottom)
 ~3/4# boneless, skinless chicken breasts (4)
 2 halibut fillets, 4-6oz ea (2)



Frozen

1 bag stir-fry blend (4)
 12oz bag cauliflower rice (6) (OR sub 1 head cauliflower, chopped into rice)
 5oz bag spinach (6)
 2 trout fillets, 4-6oz ea (6) (OR sub other fish of choice)



Dairy (optional)

5T butter (5)
 (OR sub olive oil)
 4oz goat cheese (5)



Eggs

16 eggs (5,8,9,breakfasts)



Nuts & Dried Fruits

~1c chia seeds (7,8,smoothie)



Oils & Vinegars

~1.5c olive oil
 2T apple cider vinegar (9,10)
 ~1/4c toasted sesame oil (4)



Pantry

~25oz jar marinara (1)*
 4oz GF pasta (3)*
 (OR sub 1 lg zucchini for zoodles)
 2c quinoa (1,3,4)
 (OR sub 1 head cauliflower, chopped into rice)
 1/2c cornmeal (1)*
 (OR sub 1 head cauliflower)
 2 cans full fat coconut milk (7,9,10)
 3c almond flour (5)
 3T almond butter, optional (8)*
 2T mayo (6)*
 1/4c honey, optional (7)
 ~1/4c maple syrup, optional (8)



Spices

3T Italian seasoning* (1)
 3/4tsp cinnamon (8)

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



Meal Prep Challenge, Week 3: Prep Day

Preheat oven to 375 F (9).



Quinoa: Add 4c water + 2c quinoa to a pot, bring to boil, lower to med, cook ~20 min. Cool. Store in fridge. [*] (1,3,4)

Eggs: Place 4 eggs in a pot & cover w/ water. Bring to a boil for ~5min. Cover w/ lid & remove from heat for 20 min. [*] (9)



Italian Beef: Peel & roughly chop 1 yellow onion and chop 1# carrots into 1" pieces. (1)

Potatoes, Mushrooms & Brussels: Cut Brussels in half. Toss all veggies w/ 2-3T olive oil + S&P. [*] (2)

(Note: cut potatoes in half if larger than ping pong ball and store in water until Dish Day)

Ratatouille: Finely chop 1-2 cloves garlic + 1 yellow onion + 1 eggplant, set aside. (3)

Ratatouille: Dice 1 tomato + 2 bell peppers, set aside. Dice 1 zucchini into ~1/2" pieces & set aside (separately). (3)

BLT Salad: Finely chop romaine lettuce. Cut cherry tomatoes in half (or quarter for larger tomatoes). [*] (9)

Soup: Finely chop cilantro and quarter 2 limes. Store separately for Dish Day. [*]

Freezer Meal (Trout): Finely chop parsley for 2T (or option to use cilantro instead). [*] (6)

(Note: you can optionally save cilantro & parsley standing in a cup of water (like flowers in a vase) and chop on Dish Day.)

Tart: Separate swiss chard stems from chard leaves. Chop 1 red onion and the chard stems. Store together.

Finely chop 1 bunch asparagus. Store separate. Finely chop the swiss chard leaves. Store separate. [*] (5)

Zoodles (if subbing for GF pasta): Thinly slice 1 large zucchini into long spaghetti-like strips (best on a mandolin or spiralizer). [*] (3)



Slow Cooker Italian Beef (1):

1. Rub 3-4# boneless beef roast w/ 3T Italian seasoning and S&P, to taste.

2. Place 1 chopped onion + 1# chopped carrots + 1 jar marinara (~25oz) + seasoned beef roast in crock pot.

3. Cook on low for 8-10 hours or high for 4-6 hours. [*] (1)



Ratatouille (3):

Heat 1 tsp olive oil in large saute pan over med-high.

Add 1-2 cloves chopped garlic + 1 chopped yellow onion + 1 diced eggplant. Lower heat to medium and cook 10 min.

Add 8oz sliced mushrooms + 1 chopped tomato + 2 diced bell peppers. Cook 15 min, stirring occasionally.

Add 1 chopped zucchini and cook 10 more minutes. Season to taste with S&P. Cool and store. [*] (3)

****Note: if making mashed cauliflower instead of polenta, option to prepare now. Please refer to DD instructions (Tues dinner). (1)**



Bacon (9)

Place 12-16oz of bacon in single layer on baking sheet and cook in oven for 20-25 min or until crispy. Cool. Reserve 4 slices for breakfast. Crumble & store the rest for salads. [*] (9,breakfast)



Chia Bowl (7)

Whisk together the following:

~1c full fat coconut milk

2½c water

¼c honey, optional.

Stir in ¾c chia seeds.

Store in fridge and stir 1-2 times before eating to distribute chia seeds & soak up excess liquid. [*] (7)

**Note: store remaining ~½c coconut milk for the smoothie on Saturday morning.



"Ranch" Dressing (9,10)

Blend the following in a blender until smooth:

1c olive oil

1 peeled garlic clove

1 can full fat coconut milk

2T apple cider vinegar

½tsp salt

¼tsp pepper.

Add 1 handful of parsley leaves at end and pulse quickly, 6-8 times or just chopped (overpulsing = bitter) [*] (9,10)

Congrats on completing Prep Day #3 of the Challenge!

DO A HAPPY DANCE!!!

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

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Meal Prep Challenge, 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 (refer to Yield & Reserve notes for each dish).

Saturday **Remove pesto from freezer and thaw in fridge for lunch. Start slow cooker dinner if not done on Prep Day**

B: Purple Haze Smoothie

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

1. Add 1c water + ¼c chia seeds to blender and allow to “hydrate” for ~1 min (while you add other ingredients to the blender).
2. Add ½c full fat coconut milk + 2 bananas, broken into pieces + 2c frozen blueberries + 2c frozen cauliflower.
3. Blend on high until smooth, adding additional water as needed for desired consistency.

L: Pesto Quinoa Bowl w/ Ratatouille (3)

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

Reserve: 2 servings ratatouille for Monday dinner.

1. Place ~2c cooked quinoa in a pot over med heat. Add 1-2T water to prevent sticking & cover. Heat for ~10 min or heated through.
2. Add ratatouille to lg saute pan over med-high heat, stir in ~½c pesto and cook for 5-7 min or heated through. Reserve remaining ½c pesto for Monday’s dinner.

**Note: if you have a large enough pan and don’t mind “mixing” I prefer reheating quinoa & ratatouille together.

D: Slow Cooker Italian Beef w/ Quinoa or Cauliflower Rice (1)

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

Reserve: 2 servings for beef for Monday lunch and 2 servings beef for Tuesday dinner.

1. Rub beef roast w/ 3T Italian seasoning and S&P.
 2. Place 1 chopped onion + 1# chopped carrots + 1 jar marinara (~25oz) + seasoned beef roast in slow cooker/ crock pot.
 3. Cook on low for 8-10 hours or high for 4-6 hours.
 4. Reheat ~2c cooked quinoa + 1-2T water in a pot over medium heat. Cover. Cook for ~10 min or heated through.
- OR Saute cauli rice in 1T olive oil over med-high for ~5-7 mins or until tender.

S: Veg & Ranch (10)

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

Reserve: 2 servings for Tuesday snack + 4 servings of ranch for BLT Salad on Sunday and for Wednesday lunch.

1. Serve veggies w/ ¼c ranch for 2 servings.

Sunday **Remove hash & cilantro marinade from freezer to fridge to defrost for Monday breakfast & Sunday dinner.**

B: Chia Bowl w/ Fruit (7)

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

Reserve: 2 servings chia bowl for Wednesday breakfast.

1. For each serving, scoop ~1c chia pudding into a bowl & top w/ ½ pint blackberries.
- Option to drizzle with additional honey and top with nuts and/or coconut flakes.

L: BLT Salad w/ “Ranch” Dressing (9)

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

Reserve: 2 servings salad for Wednesday lunch + 2 servings ranch for Tuesday snack.

1. Slice 1 avocado. Peel & quarter 2 hardboiled eggs.
2. Toss chopped romaine + tomatoes w/ avocado, eggs & ½ of crumbled bacon. Drizzle w/ 1-2T ranch per individual salad (9).

**Note: the bacon should be enough for 4 slices for breakfast + 4 total servings of BLT salad.

D: Cilantro Lime Halibut w/ Potato, Mushroom & Brussels Sprouts (2)

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

Reserve: 2 servings veggies for Tuesday breakfast

1. Preheat oven to 400 F and marinate halibut in defrosted citrus-lime marinade from week 1 for ~30 minutes.
3. Roast potatoes, mushrooms and Brussels' sprouts for 35-45 minutes, or desired doneness. Toss halfway through cooking.
4. Grill or bake halibut for 12-15 min until cooked/ flaky.
5. Reserve leftover veggies for Tuesday's breakfast.

S: Cherries (10)

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

Reserve: 2 servings for Thursday snack.

1. Serving size = 1c.

Monday **Transfer Chicken No-Tortilla Soup (wk 2) from freezer to fridge to defrost for Tuesday & Thursday lunches.**

B: Summertime Breakfast Hash

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

1. Reheat hash in a saute pan for 10-12 min over medium heat.
2. Option to top with 4 over-easy, fried or poached eggs (2 per person).

L: Leftover Slow Cooker Beef (1)

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

Reserve: 2 servings beef for Tuesday dinner.

1. Heat a large saute pan over med-high heat. Add remaining beef (and quinoa/ cauli rice) and heat for 8-10 min or heated through.

D: Pesto Pasta w/ Ratatouille & Chicken Sausage (3)

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

1. Cook GF pasta according to package, drain & toss w/ remaining ½c pesto.
OR saute zoodles in a lg saute pan over med-high heat w/ tsp oil for ~4-5 min or until tender & toss w/ ½c pesto.
2. Slice 2 chicken sausage links into bite-sized pieces and cook over medium in lg saute pan for 8-10 min.
3. Add remaining ratatouille to cooked chicken sausage until heated through (4-5 min).
4. Serve over pasta/ zoodles.

S: Strawberry Mango Coco Pops

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

Reserve: 2 servings for Wednesday snack

1. Remove 2 popsicles from freezer & enjoy!

Tuesday **Marinate 1# pork chops in ½c balsamic marinade in the fridge for ~1-12 hr.**

B: Leftover Veggies w/ Eggs & Bacon

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

1. Heat remaining potato/mushrooms/Brussels from Sunday w/ 4 slices of bacon in large saute pan until heated through, 6-8 mins.
2. Option to top with 4 over-easy, fried or poached eggs (2 per person).

L: Leftover Soup

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

Reserve: 2 servings in freezer

1. Remove defrosted soup (from wk 2) & heat on stove top over med heat, stirring occasionally for ~10min or until heated through.
2. Chop 1 avocado and serve topped with chopped cilantro, avocado, and a squeeze of lime juice.

D: Slow Cooker Beef w/ Polenta or Mashed Cauliflower (1)

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

1. Preheat oven to 375 F. Place leftover Italian beef in a 9x13" pan, cover w/ foil & reheat for ~45-60 min.

OR

1. Heat a large saute pan over med-high heat. Add remaining slow cooker beef and heat for 8-10 min or heated through.

For Polenta: Bring 2c water to a boil add ½c cornmeal, whisking constantly. Add ½tsp salt, reduce heat to low and continue to cook for 30-35 min. Whisk occasionally, making sure to scrape edges/ bottom of pan to avoid sticking. Add salt & pepper to taste.

For Mashed Cauliflower: Roughly chop 1 cauliflower and place in a large steamer or soup pot. Boil or steam cauliflower in 3-4" water for ~15-20 minutes or a knife inserts easily. Drain and set aside to cool. Place cooked, drained cauliflower in a food processor/ blender, add ¼c water (or stock), blend until just smooth. Season w/ S&P.

S: Veg & Ranch (10)

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

Reserve: 2 servings ranch for BLT Salad for Wednesday lunch.

1. Serve veggies w/ ¼c ranch for 2 servings.

Wednesday **Remove 4-6 lumberjack muffins from freezer & place in fridge for Thursday breakfast. **

B: Chia Bowl w/ Fruit (7)

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

1. For 1 serving, scoop ~1c chia pudding into a bowl & top w/ 1 sliced banana. Option: drizzle w/ additional honey and/or nut butter.

L: BLT Salad w/ Ranch (9)

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

1. Slice 1 avocado. Peel & quarter 2 hardboiled eggs.

2. Toss chopped romaine + tomatoes w/ avocado, eggs & remaining crumbled bacon. Drizzle w/ "ranch" (9).

D: Chicken & Veggie Stir Fry w/ Sesame Quinoa (4)

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

1. Heat ~2c cooked quinoa, covered, in 350 F oven for 30-40min (option to reheat in microwave). Toss with 2-3T sesame oil.

2. Remove frozen stir fry blend from freezer and set on counter while preparing chicken

3. Slice ~¾# chicken breasts into strips (~2" each) & grate garlic & ginger to = 1T each.

4. Add 1tsp olive oil to large sauté pan over high heat, add 1T grated garlic + 1T grated ginger + chicken, cook 1 min.

5. Add stir-fry blend and cook for ~8-10 min. Add ~¼c Asian sauce, stirring to coat all ingredients with sauce, cook 1 min longer.

**Note: If any quinoa is left over, it freezes well for an easy side dish another day.

S: Strawberry Mango Coco Pops

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

1. Remove 2 popsicles from freezer and enjoy!

Thursday **Place trout for Friday dinner in fridge to defrost.**

B: Lumberjack Breakfast Muffins

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

1. Reheat 6 muffins in 350 F oven for 15-20 mins or heated through. Option to reheat in microwave, toaster oven, or enjoy cold.

L: Leftover Chicken Soup

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

1. Remove defrosted soup (from wk 2) & heat on stove top over med heat, stirring occasionally for ~10min or until heated through.

2. Chop 1 avocado and serve soup topped with avocado, cilantro, and a lime wedge.

D: Farmer's Market Tart (5)

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

Reserve: 2 servings for Friday lunch.

1. Preheat oven to 350 F. Combine 3c almond flour + 4T butter or olive oil + ½tsp salt + 1 egg in a food processor and pulse until dough comes together (or use a fork to combine in a bowl).
 2. Press onto bottom of 9x13" pan and bake for 10-15 min.
 2. Melt 1T butter or olive oil over med-low heat. Add 1 chopped red onion + chopped chard stems. Season w/ salt and cook 15 min.
 3. Add 16 oz sliced mushrooms and cook 10 min (add 2-3T water as needed to prevent burning). Season w/ salt.
 4. Add 1 bunch finely chopped asparagus, cook 5 min. Add 1 bunch finely chopped swiss chard leaves, cook 5 min more. Add S&P to taste.
 5. Top crust with cooked veggies & 4oz goat cheese crumbles (optional). Return to oven and cook ~10 min until goat cheese melts.
- Yields ~4 servings, reserve 2 servings for Friday lunch.

S: Cherries (10)

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

1. Serving size = 1c

Friday

B: Pancakes (8)

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

1. In a small bowl, whisk with a fork for ~1 minute: 1T chia seeds + 1T water to allow chia seeds to "hydrate."
2. Place in blender: hydrated chia seeds + 3 eggs + 3 ripe bananas + 3T almond butter (optional) + ¾tsp cinnamon.
3. Blend until smooth.
4. Preheat griddle or saute pan to med heat.
5. Drop by ¼c onto griddle/pan and cook 2-3 min/ side.
6. Top with melted almond butter & maple syrup as desired.

L: Farmer's Market Tart w/ Plums (5)

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

1. Reheat tart or serve cold.
2. Serve tart with 2 plums/ person as a side dish.

D: Trout w/ Cauliflower Rice & Spinach (6)

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

1. If fish was not defrosted overnight, place in water 1-2 hours to defrost before cooking.
2. Preheat oven to 375 F.
3. While oven preheats, defrost frozen spinach & cauliflower rice on counter.
4. Combine 2T mayo + ½T lemon juice + 1T fresh chopped parsley or cilantro + 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: Grab-and-Go Figgy Energy Bites

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

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

**Whoop, Whoop! You did it! It's time to celebrate!!!
21 Days of Meal Time Bliss, AHHHHH.**