



Meal Prep Challenge, Week 1: Grocery List

Serves 2

(x) = servings yielded per recipe

1. Meal 1: Roasted Chicken w/ Zucchini, Carrot & Celery (chicken x12; veggies x2)
2. Meal 2: Maple Mustard Pork w/ Brussels, Mushrooms and Quinoa (pork x2; veggies x6)
3. Meal 3: Brisket over Mashed Cauliflower w/ Green Beans (brisket x8; veggies x4)
4. Meal 4: Bison Marinara over Zoodles (x4)
5. Meal 5: Salmon Picatta w/ Asparagus & Quinoa (x4)
6. Lunch 1: Salmon Cakes (x6)
7. Lunch 2: Greek Salad w/ Chicken (x4)
8. Breakfast 1: Green Eggs w/ Berries (x2)
9. Breakfast 2: AB & J Green Monster Smoothie (x10)
10. Breakfast 3: Mediterranean Frittata (x10)
11. Snacks: Cinnamon Raisin Energy Bites (x8), Cantaloupe (x4), Bell Pepper w/ Maple Mustard (x4)
12. Meal 6: Chicken Pozole (x6)



Herbs & Veggies

1 bunch fresh dill (6,7)
 1 bulb garlic (6,10,12)
 1 bunch parsley (6)
 1 bunch green onions (6)
 1 bunch celery (1,12)
 1# carrots (1,12)
 2 small cucumbers (7)
 3 large zucchini (1,4)
 (OR sub premade zoodles)
 2 pints cherry tomatoes (7,10)
 1 avocado (6)
 1 red bell pepper (11)
 1 yellow bell pepper (11)
 2# Brussels sprouts (2)
 1 head cauliflower (3)
 4c (~1¼#) green beans (3)
 1 bunch asparagus (5)
 2 red onions (10,12)
 16oz sliced mushroom (10)
 3x 8oz whole mushrooms (2)
 10oz bag arugula (10)
 10oz baby kale (4,8)
 (OR sub baby spinach)
 10oz bag chopped romaine (7)



Eggs

34 eggs, omega 3
 (6,8,10,breakfasts)



Fruits

1 pint raspberries (8)
 1 cantaloupe (11)
 3-4 lemons (3,5,6)
 1 bunch grapes (6)
 2 apples (6)



Meats & Seafood

2 whole chickens (1,12)
 ~1# pork tenderloin (2)
 1# ground bison (4)
 (OR sub ground beef)
 3-3.5# beef brisket (3)
 (grassfed preferred)



Frozen

20oz bag baby spinach (9)
 40oz bag mixed berries (9)
 4 salmon fillets, 4-6oz ea. (5)



Dairy (optional)

8oz crumbled feta cheese (10)
 4oz parmesan, optional (4)



Nuts & Dried Fruits

½c pecans (11)
 ½c hemp seeds (11)
 (OR sub flax)
 1c raisins (11)



Spices

4-5T Italian seasoning (3,4)*
 ½tsp turmeric (3)
 2T cumin powder (3)
 1T garlic powder (3)
 2T dried basil (7)
 ¼c dried parsley (10)
 1T cinnamon (11)
 1T dried oregano (12)



Pantry

1½c quinoa (2,5)
 (OR sub cauliflower rice)
 24oz canned wild salmon (6)
 (Wild Planet recommended)
 2c sliced kalamata olives (7,10)
 2 cans white hominy (12)
 7oz can chipotle in adobo (12)
 14oz quartered artichoke hearts in water (7)*
 ~1c Dijon mustard (2,6,11)*
 32oz tomato sauce (4)*
 3.5oz jar capers (5)
 ~2¼c almond butter (6,9,11)*
 (OR sub nut butter of choice)
 ~½c maple syrup, optional (2,11)
 ½c coconut flakes (11)*
 (unsweetened)
 ~¼c coconut flour (6)
 5 freezer quart baggies (9)



Oils & Vinegars

~2c olive oil
 1T apple cider vinegar (2,11)
 2T red wine vinegar (7)

*Note: read ingredient list to avoid added gluten, sugars & msg.



Meal Prep Challenge, Week 1: Prep Day

Preheat oven to 350 F (3,10)



Brisket (3)

Mix together brisket seasonings: ½tsp turmeric + 2T cumin powder + 2T Italian seasoning + 1T garlic powder + 2tsp salt + ~1tsp fresh ground pepper. Spread evenly over brisket.

Place in a pan & cover with foil, bake at 350 F for 3-5 hours, depending on brisket size. Cool. [*] (3)

**Note: This is for Monday dinner, so option to bake on Sunday/ Monday. You can also cook in crock pot; low 6-8 hrs or high 4-6.



Garlic: Finely dice 4 cloves garlic for pozole (12) + 2 cloves for salmon cakes (6) + 2 cloves for frittata (10). Set aside. (6,10,12)

Frittata: Finely chop 1 red onion. Cut 1 pint tomatoes in half. Set aside. (10)

Salmon Cakes: Chop parsley and dill to equal ~2T each. Chop ~4 green onions to equal ~¼c. Set aside. (6)

Dill: Chop remaining dill for greek salad to equal ~1T. Set aside. (7)

Greek Salad: Cut 1 pint cherry tomatoes in half. Dice 2 small cucumbers & 1 can artichoke hearts (drained) into bite-sized pieces.

Toss chopped veggies with 1c sliced kalamata olives + 2T olive oil + 2T red wine vinegar + 2T dried basil + 1-2T fresh dill. [*] (7)

Asparagus: Chop bottom 2-3" from asparagus and cut remaining spears into ½ inch pieces. [*] (5)

Zoodles: Thinly slice 2 large zucchini into long spaghetti-like strips (best on a mandolin or spiralizer). [*] (4)

Chicken/Pozole: Finely dice 2-4 stalks celery (yield ~1c) + 2-4 carrots (yield ~1c) + 1 red onion for pozole.

Store with 4 chopped garlic cloves. [*] (12). Chop remaining celery and carrots into 1" pieces for roast chicken. Set aside. (1) (1,12)

Zucchini: Cut 1 zucchini in half lengthwise, then cut into ~1" "moons". Toss w/ chopped celery & carrots + 1T olive oil + S&P. [*] (1)

Brussel Sprouts: Trim and half 2# Brussels sprouts. [*] (2)

Mushrooms: Half 3x 8oz whole mushrooms. [*] (2)

Bell Peppers: Slice 2 bell peppers (1 red & 1 yellow) into strips for snacking. [*] (11)

Cantaloupe: Cut 1 cantaloupe into slices for snacking. [*] (11)

Green Beans: Trim ends from 4c green beans. [*] (3)



Quinoa (2,5)

Add 3c water + 1½c quinoa to large pot, bring to boil, turn heat to low, cook 15-20 min, stirring occasionally. [*] (2,5)

Note: if you want to sub cauliflower rice for the quinoa, prepare it fresh on Dish Day.

Cauliflower (3)

Roughly chop 1 head of 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. (3)



Frittata (10)

Sauté the following in large pan with 1-2T olive oil over med-high heat for 8-10 mins:

1 sliced red onion + 2 chopped garlic cloves + 16oz sliced mushrooms + 1 pint cherry tomatoes, halved + ¼c dried parsley + S&P.

Add 10oz of arugula & top with a lid for 1-2 minutes (may need to do in 2 batches).

Remove from heat and stir in 8oz feta, optional + 1c sliced kalamata olives. Allow to cool.

In a large bowl, whisk together 18 eggs, season w/ S&P. Stir in cooked & cooled veggies. Put into 2 well-oiled casserole dishes or pie pans. Bake at 350 F for 30-45 min or until no longer jiggly (time varies depending on depth of dish). Allow frittatas to cool.

Store 4 servings in fridge for week 1. Freeze remaining 6 servings for Weeks 2 & 3. [*] (10)



Bison Marinara (4)

In a large sauté pan, add 1# ground bison, 5oz baby kale, and sauté 10-15 min, breaking apart meat and stirring occasionally. Add 32oz tomato sauce, season w/ 2-3T Italian seasoning, S&P to taste. Stir to combine, shut off heat, cool. [*] (4)



Cinnamon Raisin Energy Bites (11)

In blender or food processor add: 1c raisins + 1c almond butter (or nut butter of choice) + ½c hemp seeds (or sub flax) + ½c coconut flakes (unsweetened) + ½c pecans + 1T cinnamon + ¼tsp salt + 2-4tsp maple syrup, optional. Blend on high until just combined. Roll mixture into 1T balls. Place in single layer on baking sheet and freeze. Option to store in baggy in freezer after frozen. Yields ~30. [*] (11)

Cauliflower (3)

Place cooked, cooled cauliflower in a food processor or blender, add ¼c water (or stock), blend until just smooth. Add additional liquid as needed. Season w/ S&P. [*] (3)



****Note: set out bag of frozen baby spinach for smoothies so it can slightly defrost while you prepare Salmon Cakes.****

Salmon Cakes (6)

Preheat oven to 400 F. Drain water from 24oz canned salmon and flake apart. Mix salmon w/ 2T fresh parsley + 2T chopped dill + 2 cloves diced garlic + ~¼c green onion + 1tsp lemon zest + 4tsp Dijon + S&P.

In a separate bowl, mash 1 avocado and whisk in 4 eggs. Add to salmon mixture. Stir in ¼c coconut flour. (If mixture is too wet, add 1tsp coconut flour.) Form mixture into 12 patties.

Place cakes on lightly greased sheet pan and spray tops (or brush lightly) with olive oil. Bake 5 minutes, flip cakes and bake another 5-7 minutes or until cakes start to brown on edges. Cool. [*] (6)

AB & J Green Monster Smoothie (9)

Place the following in a quart freezer baggy: 2T almond butter (or nut butter of choice) + 1c mixed berries + ½c frozen spinach. Repeat and fill 4 more baggies. Freeze in a flat, single layer to keep ingredients from sticking together. Each baggy yields 2 servings.



Maple Mustard (2,11)

Whisk together: 1c olive oil + ½c Dijon mustard + ¼c maple syrup, optional + 1T apple cider vinegar. Divide in half & store. [*] (2,11)

Picatta Sauce (5)

Stir together: zest of 2 lemons (~1tsp) + 2T lemon juice (~2-3 lemons) + 4T olive oil + 4T capers [*] (5)

Congrats, on completing your first Prep Day of the Challenge!
****Great Job!! Keep it Up!!****

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 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

B: Green Eggs w/ Berries (8)

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

1. Heat 2tsp olive oil or butter in a large saute pan over medium heat.
2. Add 5oz baby kale, cover w/ lid allowing kale to wilt, ~2-3 min.
3. Add 4 eggs and "scramble" using a spatula. Continue to stir with spatula for 2-3 min or desired doneness. Season w/ S&P.
4. Serve with 1 pint of raspberries on the side.

**Note: Amounts can easily be increased if you are serving more than 2 people.

L: Salmon Cakes w/ Grapes (6)

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

Reserve: 2 servings for Monday and 2 servings for Wednesday lunch .

1. Reheat 4 salmon patties in a saute pan w/ 1tsp olive oil over med-high heat for 2-3 mins per side or until heated through.
2. Serve with 1/2c grapes.

D: Roasted Chicken w/ Zucchini, Carrot & Celery (1)

Yields: Instructions below yield 2 of 6 servings total. After dinner, you will have 4 servings of chicken remaining + 1 whole chicken.

Reserve: 1 whole cooked chicken in the fridge for the Chicken Pozole in Week 2.

1. Preheat oven to 375 F. Pat 2 whole chickens dry, season with S&P.
2. Place chopped celery, carrots & zucchini in a deep roasting pan, make a "well" in the middle and place 1 chicken in the well.
3. Place 2nd chicken in a separate roasting pan by itself.
4. Roast both at 375 F for 55-65 minutes or internal temperature of 165 F. May need to cover chicken with foil towards end of baking to avoid over-browning.
5. Enjoy the chicken leg quarters for dinner w/ veggies.
6. Slice remaining breast meat and store for Sunday & Tuesday lunches. Store 1 whole chicken to use for Pozole.

**Note: start to marinate pork for Sunday's dinner in half of Maple Mustard dressing. Store in fridge.

S: Cinnamon Raisin Energy Bites (11)

Yields: Instructions below yield 2 of 8 total servings. After eating snack, you will have 6 servings remaining.

Reserve: 6 servings in freezer for snacking on Wednesday and in Weeks 2 & 3.

1. Enjoy 3-4 Energy Bites per person.

Sunday

B: AB & J Green Monster Smoothie (9)

Yields: Instructions below yield 2 of 10 total servings. After eating breakfast, you will have 8 servings remaining.

Reserve: 4 servings for Wednesday breakfast and Friday snack and 4 servings in freezer for Week 3.

1. Place 1/2c water in a blender, add contents of 1 baggy. Blend on high until smooth. Add liquid as needed for desired consistency.

L: Greek Salad w/ Chicken (7)

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

1. Place 5oz chopped romaine in bowl and mix with half of greek salad veggie mixture.
2. Top with leftover roast chicken and divide amongst 2 servings. Be sure to reserve enough chicken for Tuesday lunch.

D: Maple Mustard Pork w/ Brussels & Mushrooms

Yields: Instructions below yield 2 of 2 total servings. After dinner, you will have 0 servings of pork & 4 servings of veggies remaining.

Reserve: 4 servings of veggies for Tuesday and Friday breakfasts.

1. Preheat oven to 425 F. Remove pork from marinade (or marinade while oven preheats) & place in baking pan.
2. Place Brussels and mushrooms on a sheet tray in a single layer.
3. Roast pork & veggies for ~30-40 minutes or pork is cooked through (145 F), tossing veggies halfway through cook time.

S: Cantaloupe (11)

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

1. Enjoy ¼ cantaloupe per person!

Monday *Note: prepare Pozole (recipe on last page) today and freeze for Week 2*

B: Mediterranean Frittata (10)

Yields: Instructions below yield 2 of 10 total servings. After eating breakfast, you will have 8 servings remaining.

Reserve: 2 servings for Thursday breakfast and freeze 6 servings for Weeks 2 & 3 breakfast.

1. Reheat 2 servings, covered, in 350 F oven for 15-20 mins or until heated through. Option to heat in microwave or toaster oven.

L: Salmon Cakes w/ Apple Slices & Almond Butter (6)

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

Reserve: 2 servings of salmon cakes for Wednesday lunch.

1. Reheat 4 salmon patties in a saute pan w/ 1tsp olive oil over med-high heat for 2-3 mins per side or until heated through.
2. Slice 1 apple per person. Serve salmon cakes with apple slices and almond butter.

D: Brisket w/ Mashed Cauliflower & Green Beans (3)

Yields: Instructions below yield 2 servings. After eating dinner, you will have 6 servings of brisket remaining and 2 servings of veggies.

Reserve: 2 servings for Tuesday breakfast, 2 servings (brisket & veggies) for Wednesday dinner, and 2 servings for Friday breakfast

1. Reheat cauliflower in a large pan over med heat until warmed through, stirring often. Add liquid if needed for desired consistency.
2. In another large pan, boil green beans for 6-8 minutes and season to taste w/ S&P.
3. Heat a large saute pan over med-high heat. Thinly slice brisket "against the grain" and heat 2-3 min/ side over med-high heat.

S: Bell Peppers w/ Maple Mustard (11)

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

Reserve: 2 servings of bell peppers and maple mustard for Wednesday snack.

1. Serve ½ sliced bell pepper per person with maple mustard dipping sauce!

Tuesday

B: Brisket w/ Brussels & Mushrooms & Eggs (3)

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

Reserve: 4 servings of brisket (for Wednesday dinner and Friday breakfast) and 2 servings of veggies for breakfast.

1. Thinly slice brisket "against the grain".
2. Heat a large saute pan over med-high heat add brisket, brussels & mushrooms. Cook brisket 2-3 min/ side and veggies until heated through.
3. Cook 2 eggs per person as desired (scrambled, fried, poached). Serve w/ brisket & veggies.

L: Greek Salad w/ Chicken (7)

Yields: Instructions below yield 2 of 4 total servings. After eating lunch, you will have 0 servings remaining.

1. Place 5oz chopped romaine in bowl and mix with remaining half of the greek salad veggie mixture.
2. Top with remaining leftover roast chicken and serve.

D: Bison Marinara over Zoodles (4)

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

Reserve: 2 servings for Thursday lunch.

1. Place bison marinara in a large saute pan and heat over medium heat for 6-8 minutes or until heated through.
2. Heat 1tsp olive oil in large saute pan, add zoodles and cook ~4-5 minutes or until tender.
3. Top with parmesan cheese, optional. Reserve half of marinara and zoodles for lunch Thursday.

S: Cinnamon Raisin Energy Bites (11)

Yields: Instructions below yield 2 of 8 total servings. After eating snack, you will have 4 servings remaining in freezer.

1. Enjoy 3-4 Energy Bites per person!

Wednesday ***defrost salmon in fridge overnight for dinner tomorrow***

B: AB & J Green Monster Smoothie (9)

Yields: Instructions below yield 2 of 10 servings total. After breakfast, you will have 6 servings remaining.

Reserve: 2 servings for Friday snack and 4 servings in freezer for Week 3.

1. Place ½c water in a blender, add contents of 1 baggy. Blend on high until smooth. Add liquid as needed for desired consistency.

L: Salmon Cakes w/ Grapes (6)

Yields: Instructions below yield 2 of 6 servings total. After lunch you will have 0 servings remaining.

1. Reheat 4 salmon patties in a saute pan w/ 1tsp olive oil over med-high heat for 2-3 mins per side or until heated through.
2. Serve salmon cakes with remaining grapes.

D: Brisket w/ Mashed Cauliflower & Green Beans (3)

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

Reserve: 2 servings of brisket for Friday lunch.

1. Reheat cauliflower in a large pan over med heat until warmed through, stirring often. Add liquid if needed for desired consistency.
2. Heat a large saute pan over med-high heat. Thinly slice brisket "against the grain" and heat 2-3 min/ side over med-high heat.
3. Push meat aside, add green beans to pan, and reheat until warmed through, ~2-3 mins.

S: Bell Peppers w/ Maple Mustard (11)

Instructions below yield 2 of 4 total servings. After eating snack, you will have 0 servings remaining.

1. Enjoy ½ sliced bell pepper per person with maple mustard dipping sauce!

Thursday

B: Mediterranean Frittata (10)

Yields: Instructions below yield 2 of 10 total servings. After eating breakfast, you will have 6 servings remaining in freezer.

Reserve: 6 servings in freezer for Weeks 2 & 3.

1. Reheat 2 servings, covered, in 350 F oven for 15-20 mins or until heated through. Option to heat in microwave or toaster oven.

L: Bison Marinara over Zoodles (4)

Yields: Instructions below yield 2 of 4 total servings. After eating lunch, you will have 0 servings remaining.

1. Place remaining bison marinara & zoodles in a large pan over medium for 6-8 minutes or until heated through. Stir often.
2. Top with parmesan cheese, optional.

D: Salmon Picatta w/ Asparagus & Quinoa (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. Remove picatta sauce from fridge and bring to room temp.
2. Place quinoa in a pot with 1-2T water to prevent sticking. Cover and reheat for 10-15 minutes over medium heat.
3. Heat a large sauté pan to medium-high heat with 1-2 tsp olive oil. Place 4 salmon fillets in pan, cook for 3-4 minutes.
4. Flip salmon fillets and pour picatta sauce over top, cover with lid & cook another 3-4 min or cooked through & flaky.
5. Remove salmon from pan, add asparagus to pan and cook for 3-4 minutes. Reserve ½ of veggies & salmon for lunch tomorrow.
6. Serve salmon and asparagus over quinoa.

S: Cantaloupe (11)

Yields: Instructions below yield 2 of 4 total servings. After eating snack, you will have 0 servings remaining.

1. Enjoy ¼ cantaloupe per person!

Friday

B: Brisket w/ Brussels & Mushrooms & Eggs (3)

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

1. Thinly slice brisket "against the grain".
2. Heat a large saute pan over med-high heat add brisket, brussels & mushrooms. Cook brisket 2-3 min/ side and veggies until heated through.
3. Cook 2 eggs per person as desired (scrambled, fried, poached). Serve w/ brisket & veggies.

L: Salmon Picatta w/ Asparagus & Quinoa (5)

Yields: Instructions below yield 2 of 4 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: Skip Day

S: AB & J Green Monster Smoothie (9)

Yields: Instructions below yield 2 of 10 total servings. After eating snack, you will have 4 servings remaining in freezer for Week 3.

1. Place ½c water in a blender, add contents of 1 baggy. Blend on high until smooth. Add liquid as needed for desired consistency.

Pozole Recipe:

1. In a large soup pot, heat 1tsp olive oil over med-high heat.
2. Add 1c diced carrots & celery, ½ diced red onion & 3 cloves chopped garlic. Cook for 5-7 mins.
3. While veggies cook, remove/ discard chicken skin from 1 whole cooked chicken. Remove meat from bones. Set aside separately.
4. Add bones + 12c water + 1T chipotle in adobo (sauce only) + 1T dried oregano to the veggies.
5. Finely chop chicken meat and add to the soup.
6. Bring to a light boil, lower heat to low and cook for ~1 hour.
7. Remove bones from soup.
8. Add 2 cans white hominy, drained. Season w/ salt. Option to add additional chipotle in adobo sauce to taste. Stir well and cool.
9. Soup yields 6 servings, 2c per serving. Divide cooled soup into containers as follows (2c per servings):
 - 1 servings in fridge for Saturday lunch
 - 4 servings in freezer for Thursday dinner
 - 1 servings in freezer for Saturday, Week 3 lunch

**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?!**