



Meal Prep Challenge, Week 2: Grocery List

Serves 2

(x) = servings yielded per recipe

1. Meal 1: Kalua Pork w/ Slaw (pork x10, slaw x6)
2. Meal 2: Chimichurri Flank Steak w/ Green Beans & Baked Potatoes (x2)
3. Meal 3: Basil Balsamic Shrimp w/ Roasted Tomato, Asparagus & Zucchini (x4)
4. Meal 4: Asian Lettuce Wraps (x4)
5. Meal 5: Cod Poached in Marinara w/ Quinoa (x2)
6. Lunch 1: Egg & Avo Salad (x4)
7. Breakfast 1: Fiesta Breakfast Bowl (x6)
8. Breakfast 2: Mini Egg-Free Quiches (x6)
9. Snacks: Plums (x4), Banana Cherry Nice Cream (x6), Cukes & Sunbutter (x4)



Herbs & Veggies

1 head garlic (2,4)
 1 bunch Italian parsley (2)
 1 bunch cilantro (2,4)
 1 bunch basil (3)
 2" knob ginger (4)
 1 bunch green onions (2,4)
 3 red bell pepper (4,7)
 3 yellow bell pepper (4,7)
 4 avocados (1,6)
 ~3c green beans (2,lunch)
 2 zucchini (3)
 1 bunch asparagus (3)
 1 pint cherry tomatoes (3)
 2 cucumbers (9)
 2 carrots (4)
 8oz sliced mushrooms (4)
 1 small red onion (7)
 6 baking potatoes (2,7)
 (OR sub sweet potatoes)
 1.5# coleslaw mix (1)
 (OR sub shredded cabbage)
 Lettuce for wraps (4)
 (like Bibb or romaine)
 1 bunch endive leaves (6)
 (OR sub romaine)
 5oz mixed greens (lunch)



Eggs

8 eggs, omega-3 (6)
 note: add 12 eggs if using
 eggs in quiches (8)



Fruits

8 plums (9)
 6 bananas (9)
 16oz strawberries (lunch, 8)



Meats & Seafood

~4.5# boneless pork shoulder
 roast (1)
 6 chicken sausage links (7)
 1# ground dark turkey (4)
 1# grassfed flank steak (2)



Frozen

2# shrimp (3)
 2 cod fillets (5)
 (note: can purchase fresh and
 then freeze)
 8oz chopped spinach (8)
 ~16oz frozen cherries (9)



Dairy (optional)

¾c Gruyere, grated (8)
 (OR sub Swiss cheese)
 2oz feta (lunch)



Nuts & Dried Fruits

¼c sliced almonds (lunch)



Oils & Vinegars

~2¾c olive oil
 1T apple cider vinegar (1)
 ½c red wine vinegar (2)
 ½c balsamic vinegar (3)
 2T toasted sesame oil (4)
 2T rice wine vinegar (4)*



Pantry

½c quinoa (5)
 (OR sub 1 bag cauli rice)
 8oz can water chestnuts (4)
 3T tamari (4)
 (OR sub coconut aminos)
 15oz jar salsa of choice
 (1,7,wk3)*
 ~12oz marinara sauce (5)*
 ½c julienned sundried
 tomatoes (8)*
 2½c garbanzo bean flour (8)
 (for egg-free quiches)
 Mini or regular muffin liners (8)
 ¼c mayo (6)*
 ~2½T honey (1,4)
 ½c sunbutter (9)*
 8 corn tortillas (1)
 (OR sub lettuce)



Spices

1T chili powder (7)*
 1T smoked or Hawaiian sea
 salt (1)
 ¼tsp turmeric (8)
 ¼tsp nutmeg (8)
 ~2tsp crushed red pepper (2,4)

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



Meal Prep Challenge, Week 2: Prep Day

Preheat oven to 350 F (2,7,8)



Baked Potatoes: Pierce 2 baking potatoes with a fork. Bake for 55-65 mins or until soft/ cooked through. Cool. [*] (2)

Fiesta Breakfast Bowl (7)

Dice:

- 4 baking potatoes
- 2 red bell peppers
- 2 yellow bell peppers
- 1 small red onion

Mix with:

- 2T olive oil
- 1T chili powder
- S&P

Roast on a baking sheet for ~40 minutes or until veggies are just browning, tossing halfway through cook time. [*] (7)



Eggs (6)

Place 8 eggs in a lg pot and cover with cool water by 1 inch. Slowly bring water to a boil over medium heat; when the water has reached a boil, cover and remove from heat. Let sit 12 mins. Drain eggs & place in ice bath. Cool in fridge, drain & peel. Set aside. (6)

Quinoa (5)

Add 1c water & 1/2c quinoa to large pot. Bring to a boil, turn heat to low. Cover & cook 20-25min. Set aside to cool. [*] (5)

Note: Quinoa can be subbed with 1 bag of cauli rice, which will be prepared on Dish Day.



Spinach: Thaw 8oz frozen chopped spinach in colander & squeeze out any excess liquid. (8)

Bananas: Cut 6 bananas into quarters and freeze in single layer. Once frozen you may store in baggy or container in freezer. [*] (9)

Zucchini & Asparagus: Slice 2 zucchini into 1/2" pieces. Chop bottom 2-3" off 1 bunch asparagus and slice into 1/2" pieces. Toss together w/ 1-2T olive oil + S&P. [*] (3)

Cucumber: Slice 2 cucumbers for snacking. [*] (9)

Garlic/Ginger/Cilantro: Finely chop 3 garlic cloves. Peel and finely grate ginger, to yield ~1T. Finely chop 1/3 of cilantro. Set aside. (4)

Lettuce Wraps: Finely chop 1 yellow & 1 red bell pepper + 2 carrots + drained water chestnuts (keep separate). Set aside. (4)

Green Onions: Chop 4 green onion whites & greens. Set aside, keeping separate. (4) Chop remaining to top potatoes. [*] (2) (2,4)

Green Beans: Trim ends of ~3c green beans. Toss with 1T olive oil + S&P. [*] (2,lunch)



Asian Lettuce Wraps (4)

In large sauté pan heat 1tsp olive oil and add:

- 1# ground turkey
- chopped veggies (bell pepper, onion, garlic, ginger, whites of green onion, carrot)
- 8oz sliced mushrooms

Cook for ~10-12 minutes, breaking apart ground turkey.

Add:

- remaining chopped veg (water chestnuts, chopped cilantro, green onion tops)
- 1T sesame oil
- 1T tamari
- 1T rice wine vinegar

Stir to combine. Remove from heat & cool. [*] (4)



Mini Egg Free Quiches (8)

In a large bowl, whisk together:

2½c garbanzo bean flour + 3c water

Add the following and whisk until smooth until batter forms:

½tsp salt + ¼tsp turmeric + ¼tsp nutmeg

Add the following and mix well:

8oz defrosted and drained spinach + ½c julienned sundried tomatoes + ¾c grated gruyere (optional)

Oil a mini muffin tin or line with muffin liners. Fill with batter ¾ of the way to the top.

Bake for 25 minutes at 350 F for mini muffins or 30-35 for standard muffins, or until the quiches look browned and crispy. Cool.

Yields ~24 minis or ~12 standard.

Store 16 minis (8 standard) muffins in the fridge for this week and 8 mini muffins (4 standard) in freezer for Week 3. [*] (8)

Note: for Paleo or Whole30, replace the garbanzo bean flour & water with 12 eggs, and then follow the same directions as above.

Adjust the baking time for the mini muffins to ~15 minutes and standard to ~20 minutes or until tops are no longer jiggly.



Chimichurri (2)

Blend the following on high until garlic and herbs are chopped:

- 1c olive oil
- ½c red wine vinegar
- 4 cloves garlic
- 1c loosely packed fresh Italian parsley
- 1c loosely packed fresh cilantro
- 1tsp salt
- ½tsp crushed red pepper

Reserve ½c in freezer for week 3 and marinate flank steak in remaining chimichurri for up to 48 hours. [*] (2)

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



Basil Balsamic Marinade (3, lunch)

Blend together until just combined:

- 1c olive oil
- ½c balsamic vinegar
- 1c loosely packed basil leaves
- S&P

Reserve ¼c for shrimp salad dressing and remaining 1½c for marinade. [*] (3, lunch)



Slaw (1)

Whisk together:

- ¼c olive oil
- 1T apple cider vinegar
- 1-2T honey, optional

Toss together with 1.5# bag coleslaw mix (or shredded cabbage). Season to taste with S&P. [*] (1)

Egg & Avo Salad (6)

Mash together:

- 8 hard-boiled eggs
- 2 avocados
- ¼c mayo
- S&P [*] (6)

Asian Lettuce Wrap Dipping Sauce (4)

Mix together:

- 1T toasted sesame oil
- 1T rice vinegar
- 2T tamari
- 1tsp red chili flakes, optional
- 1tsp honey, optional [*] (4)

**Week 2 Prep Day is D.O.N.E!
Sending you a virtual fist bump!**



Meal Prep Challenge, Week 2: 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 **Start slow cooker Kalua Pork in AM**

B: Fiesta Breakfast Bowl (7)

Yields: Instructions below yield 2 of 6 total servings. After eating breakfast, you will have 4 servings remaining.
Reserve: 2 servings for Wednesday breakfast. Freeze 2 servings and 2 sausage links for Week 3.

1. Heat a large saute pan over med-high heat add 2 sausage links. Cook until heated through.
2. Add 1/3 of roasted veggies (baking potatoes + red & yellow bell peppers + red onion) and heat until warm.
3. Serve with salsa, optional.

L: Chicken Pozole

Yields: Instructions below yield 2 of 6 total servings. After eating lunch, you will have 4 servings remaining.
Reserve: In freezer reserve 2 servings for Thursday dinner and 2 servings for week 3.

1. Reheat 2 portions of Chicken Pozole that was cooked in Week 1 in a pot over medium heat until warmed through. Stir often.

D: Kalua Pork w/ Slaw (1)

Yields: Instructions below yield 2 of 10 total servings of pork. After eating dinner, you will have 8 servings of pork remaining.
Reserve: Pork - 2 servings for Monday lunch, Tuesday breakfast, Friday lunch and 2 servings in freezer for week 3.
Slaw - 4 servings for Monday & Friday lunch.

1. Rub 1T salt (smoked or Hawaiian sea salt) into pork roast & place in crockpot on low for 12-14 hours.
2. Shred pork and serve with slaw.

S: Plums (9)

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. Enjoy 2 plums per person.

Sunday *defrost shirmp in fridge for dinner tomorrow*

B: Mini Egg-Free Quiches (8)

Yields: Instructions below yield 2 of 6 total servings. After eating breakfast you will have 4 servings remaining.
Reserve: 2 servings for Thursday breakfast & 2 servings in freezer for week 3.

1. Reheat individual quiches in 350 F oven for 15-20 minutes or heated through. You can also reheat in microwave or enjoy cold.

L: Egg and Avo Salad (6)

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

1. Serve egg & avo salad dipped in endive leaves.

D: Chimichurri Flank Steak w/ Green Beans & Baked Potatoes (2)

Yields: Instructions below yield 2 of 2 total servings of steak and potatoes and 2 of 4 servings of green beans. After eating dinner, you will have 0 servings remaining of steak and potatoes and 1/2c green beans.
Reserve: ~1/2c green beans for lunch Wednesday and 1/2c chimichurri marinade for week 3.

1. Preheat grill and remove steak from marinade. Place baked potatoes on grill to reheat.
2. Grill flank steak for 4-6 mins per side for medium rare. Allow steak to rest 5-10min before cutting. Cut very thin against the grain.
3. Place green beans in grill basket or in a foil pouch. Drizzle green beans w/ olive oil, S&P. Cook for ~15 mins.
4. Cool and chop ~1/2c cooked green beans and store for Wednesday lunch.
5. Serve steak with remaining green beans and baking potatoes topped with chopped green onions.

Option to cook inside:

1. Preheat oven to 400 F. Place baked potatoes in oven for ~20 minutes or completely reheated.
2. Place green beans in a single layer on sheet pan. Roast for ~20 minutes, tossing halfway through cook time.
3. Heat 1-2tsp olive oil in large, oven-safe sauté pan over med-high heat. Cook steaks 2-3 min/ side or until color develops.
4. Transfer steak to oven and continue to cook for 6 minutes for medium-rare (cook longer for desired doneness).

S: Banana Cherry Nice Cream (9)

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

Reserve: 2 servings for Tuesday snack and 2 servings in freezer for week 3

1. Place 2 whole frozen bananas (this should be 8 total "pieces") & 1c frozen cherries at room temp for 5-10 mins to defrost slightly.
2. In a food processor or blender, add bananas + cherries. Blend on high until smooth (this may take 6-10 mins to come together).

Monday

B: Mediterranean Frittata (in freezer)

Yields: Instructions below yield 2 of 10 total servings. After eating breakfast, you will have 4 servings remaining.

Reserve: 2 servings in freezer for Friday breakfast and 2 servings in freezer for week 3.

1. Cover with foil and reheat in 350 F oven for 15-20 minutes or until heated through. Option to heat in microwave or toaster oven.

L: Pork Tacos (1)

Yields: Instructions below yield 2 of 4 servings of slaw and 2 of 10 servings of pork. After eating lunch you will have 2 servings of slaw and 6 servings of pork.

Reserve: 2 servings of slaw for Friday lunch and 2 servings of pork for Tuesday breakfast and Friday lunch and week 3.

1. Mash 1 avocado and combine with 2T salsa to make guac.
2. Reheat 2 servings of 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 wraps) with slaw and guac on top.

D: Basil Balsamic Shrimp w/ Roasted Tomato, Asparagus & Zucchini (3)

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

Reserve: 2 servings veggies for Tuesday breakfast and 2 servings shrimp for Wednesday lunch.

1. Preheat oven to 375 F. Marinate shrimp in basil balsamic marinade for 20-30 minutes.
2. Place 2 sliced zucchini + 1 bunch asparagus + 1 pint cherry tomatoes on sheet pan & bake 25-30 mins, tossing halfway through.
3. Remove shrimp from marinade and place on sheet pan. Bake ~13 minutes or until cooked.

S: Cukes & Sunbutter (9)

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

Reserve: 2 servings for week Thursday snack.

1. Eat 1 sliced cucumber with ¼c sunbutter.

Tuesday *defrost cod fillets in fridge for dinner tomorrow*

B: Leftover Pork w/ Tomato, Asparagus & Zucchini (1)

Yields: Instructions below yield 2 of 10 servings of pork and 2 of 4 servings of veggies. After eating breakfast you will have 4 servings of pork and 0 servings of veggies.

Reserve: 2 servings of pork for Friday lunch and 2 servings for week 3.

1. Heat 2 servings of leftover pork and veggies in large saute pan over medium heat until cooked through.

L: Egg and Avo Salad (6)

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

1. Serve egg & avocado salad dipped in endive leaves.

D: Asian Lettuce Wraps (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. Reheat filling in a sauté pan over med-high heat for 5-10 minutes or heated through.
2. Serve ~¼c filling in a folded lettuce leaf w/ dipping sauce.

S: Banana Cherry Nice Cream (9)

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

Reserve: 2 servings in freezer for week 3.

1. Place 2 whole frozen bananas (this should be 8 total "pieces") & 1c frozen cherries at room temp for 5-10 mins to defrost slightly.
2. In a food processor or blender, add bananas + cherries and blend on high until smooth (may take 6-10 mins to come together).

Wednesday *defrost 2 servings of Chicken Pozole in fridge for dinner tomorrow*

B: Fiesta Breakfast Bowl (7)

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

Reserve: 2 servings in freezer for week 3.

1. Heat a large saute pan over med-high heat add 2 sausage links. Cook until heated through.
2. Add $\frac{1}{3}$ of roasted veggies (baking potatoes + red & yellow bell peppers + red onion) and heat until warm.
3. Serve with salsa, optional.

L: Shrimp Salad (3)

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

Reserve: Remaining strawberries for breakfast tomorrow.

1. Slice $\sim\frac{1}{2}$ c strawberries, storing remaining strawberries for breakfast tomorrow.
2. Combine 5oz mixed greens w/ leftover shrimp.
3. Top w/ $\frac{1}{4}$ c sliced almonds, $\frac{1}{2}$ c sliced strawberries, $\frac{1}{2}$ c chopped green beans and 2oz feta (optional).
4. Serve with $\frac{1}{4}$ c reserved balsamic marinade.

D: Cod Poached in Marinara w/ Quinoa (5)

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

1. Place \sim 12oz marinara in large saute pan over med-high heat for \sim 4-6 min or just beginning to bubble.
2. Add 2 cod fillets to marinara and cook for 2-3 minutes or until fish has turned white.
3. Flip fish and continue to cook another 3-4 minutes or until fish is white & flaky.
4. Heat quinoa on stove top or in microwave. Serve cod and marinara over quinoa.

**Note: If using cauli rice instead of quinoa:

1. Heat 1T oil in lg sauté pan and add 1 bag cauliflower rice.
2. Cover and cook cauli rice \sim 5 min stirring frequently until it's crisp on the outside and tender on the inside. Season w/ S&P.

S: Plums (9)

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

1. Enjoy 2 plums per person.

Thursday

B: Mini Egg-Free Quiches (8)

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

Reserve: 2 servings in freezer for week 3.

1. Reheat individual quiches in 350 F oven for 15-20 minutes or heated through. You can also reheat in microwave or enjoy cold.
2. Serve w/ remaining strawberries. Note: if you still have leftover strawberries, enjoy them tomorrow with breakfast or snack.

L: Asian Lettuce Wraps (4)

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

1. Reheat filling in a sauté pan over med-high heat for 5-10 minutes or heated through.
2. Serve $\sim\frac{1}{4}$ c filling in a folded lettuce leaf w/ dipping sauce.

D: Chicken Pozole (from freezer)

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

Reserve: 2 servings in freezer for week 3.

1. Reheat 2 portions of defrosted Chicken Pozole in a pot over medium heat until heated through. Stir often.

S: Cukes & Sunbutter (9)

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

1. Enjoy 1 sliced cucumber with $\frac{1}{4}$ c sunbutter.

Friday *defrost 2 servings of Chicken Pozole in fridge for lunch tomorrow*

B: Mediterranean Frittata (in freezer)

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

Reserve: 2 servings in freezer for week 3.

1. Remove frittata from freezer. Cover with foil and reheat in 350 F oven for 15-20 minutes or until heated through. Option to heat in microwave or toaster oven.

L: Pork Tacos (1)

Yields: Instructions below yield 2 of 10 servings. After eating lunch you will have 2 servings remaining.

Reserve: 2 servings of pork for week 3 in freezer.

1. Mash 1 avocado and combine with 2T salsa to make guac.
2. Reheat 2 servings 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 wraps) with coleslaw and guac on top.

D: Fridge Clean Out Day

1. Take a break and enjoy your leftovers!

S: Cinnamon Raisin Energy Bites (in freezer)

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

Reserve: 2 servings for week 3.

1. Enjoy 3-4 Energy Bites per person.

Whoop! Whoop!
Week 2 of the Challenge is D.O.N.E!
Time for a little happy dance! :)