



# Meal Prep Challenge, Week 2: Grocery List

Serves 4 for dinner & 1 for breakfast, lunch and snacks  
(x) = servings yielded per recipe

1. Meal 1: Kalua Pork w/ Slaw (pork x8, slaw x6)
2. Meal 2: Chimichurri Flank Steak w/ Green Beans & Baked Potatoes (x4)
3. Meal 3: Basil Balsamic Shrimp w/ Roasted Tomato, Asparagus & Zucchini (x5)
4. Meal 4: Asian Lettuce Wraps (x5)
5. Meal 5: Cod Poached in Marinara w/ Quinoa (x4)
6. Lunch 1: Egg & Avo Salad (x2)
7. Breakfast 1: Fiesta Breakfast Bowl (x3)
8. Breakfast 2: Mini Egg-Free Quiche (x3)
9. Snacks: Plums (x2), Banana Cherry Nice Cream (x3), Cukes & Sunbutter (x2)



## 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)  
 2 red bell peppers (4,7)  
 2 yellow bell peppers (4,7)  
 2 avocados (1,6)  
 ~4½c green beans (2,lunch)  
 3 med zucchini (3)  
 1 bunch asparagus (3)  
 1 pint cherry tomatoes (3)  
 1 cucumber (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)  
 1 large head romaine (4,lunch)  
 1 bunch endive leaves (6,lunch)  
 (OR sub romaine)



## Eggs

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



## Fruits

4 plums (9)  
 3 bananas (9)  
 16oz strawberries (lunch, 8)



## Meats & Seafood

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



## Frozen

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



## Dairy (optional)

½c 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

1c 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)\*  
 ~24oz marinara sauce (5)\*  
 ¼c julienned sundried tomatoes (8)\*  
 1c garbanzo bean flour (8)  
 (for egg-free quiches)  
 Mini or regular muffin liners (8)  
 2-3T mayo (6)\*  
 ~2½T honey (1,4)  
 ¼c sunbutter (9)\*  
 1 small bag corn tortillas (1)  
 (OR sub lettuce)



## Spices

2tsp chili powder (7)\*  
 1T smoked or Hawaiian sea salt (1)  
 ½tsp turmeric (8)  
 ½tsp 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:

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

Mix with:

- 1T olive oil
- 2tsp 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 4 eggs in a med pot and cover w/ 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 2c water & 1c 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 3 bananas into quarters and freeze in single layer. Once frozen you may store in baggy or container in freezer. [\*] (9)

**Zucchini & Asparagus:** Slice 3 med 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 1 cucumber 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 ~4 1/2c green beans. Toss with 1-2T olive oil + S&P. [\*] (2,lunch)



### Asian Lettuce Wraps (4)

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

- 1½# 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:

1¼c garbanzo bean flour + 1¾c water

Add the following and whisk until smooth until batter forms:

¼tsp salt + ⅛tsp turmeric + ⅛tsp nutmeg

Add the following and mix well:

8oz defrosted and drained spinach + ¼c julienned sundried tomatoes + ⅓c 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 ~12 minis or ~6 standard.

Store 8 minis (4 standard) muffins in the fridge for this week and 4 mini muffins (2 standard) in freezer for Week 3. [\*] (8)

Note: for Paleo or Whole30, replace the garbanzo bean flour & water with 6 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:

- 4 hard-boiled eggs
- 1 avocado
- 2-3T 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 4 servings at dinner & 1 serving at all other meals. At some meals you will prepare additional servings and store for a later meal (refer to Yield & Reserve notes).

**Saturday** \*\*Start slow cooker Kalua Pork in AM\*\*

## **B: Fiesta Breakfast Bowl (7)**

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

Reserve: 1 serving for Wednesday breakfast. Freeze 1 serving and 1 sausage link for Week 3.

1. Heat a large saute pan over med-high heat and add 1 sausage link. 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 1 of 6 total servings. After eating lunch, you will have 5 servings remaining.

Reserve: In freezer reserve 4 servings for Thursday dinner and 1 serving for week 3.

1. Reheat 1 portion 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 4 of 8 total servings of pork. After eating dinner, you will have 4 servings of pork remaining.

Reserve: Pork - 1 serving each for Monday lunch, Tuesday breakfast, Friday lunch and 1 servings in freezer for week 3.

Slaw - 2 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 1 of 2 total servings. After eating snack, you will have 1 serving remaining.

Reserve: 1 serving for Wednesday snack.

1. Enjoy 2 plums for snack.

**Sunday** \*defrost shirmp in fridge for dinner tomorrow\*

## **B: Mini Egg-Free Quiches (8)**

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

Reserve: 1 serving for Thursday breakfast & 1 serving 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 1 of 2 total servings. After eating lunch, you will have 1 serving remaining.

Reserve: 1 serving for Tuesday lunch + 2-3 endive leaves. Reserve remaining endive for Shrimp Salad on Wednesday.

1. Serve egg & avo salad dipped in 2-3 endive leaves.

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

Yields: Instructions below yield 4 of 4 total servings of steak and potatoes and 4 of 5 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 in freezer 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 1 of 3 total servings. After eating snack, you will have 2 servings remaining.

Reserve: 1 serving for Tuesday snack and 1 serving in freezer for week 3.

1. Place 1 whole frozen banana (this should be 4 total "pieces") & ½c frozen cherries at room temp for 5-10 mins to defrost slightly.
2. In a food processor or blender, add banana + 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 1 of 5 total servings. After eating breakfast, you will have 2 servings remaining.

Reserve: 1 serving in freezer for Friday breakfast and 1 serving 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 1 of 6 servings of slaw and 1 of 8 servings of pork. After eating lunch you will have 1 serving of slaw and 3 servings of pork.

Reserve: 1 serving of slaw for Friday lunch, 1 serving of pork for Tuesday breakfast, and Friday lunch and week 3.

1. Mash 1 avocado and combine with 2T salsa to make guac. Store pit in middle of guac to keep fresh for Friday.
2. Reheat 1 serving 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 4 of 5 total servings. After eating dinner, you will have 1 serving remaining.

Reserve: 1 serving veggies for Tuesday breakfast and 1 serving shrimp for Wednesday lunch.

1. Preheat oven to 375 F. Marinate shrimp in basil balsamic marinade for 20-30 minutes.
2. Place 3 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 1 of 2 total servings. After eating snack, you will have 1 servings remaining.

Reserve: 1 serving for week Thursday snack.

1. Eat ½ sliced cucumber with 2T sunbutter.

## **Tuesday** \*defrost cod fillets in fridge for dinner tomorrow\*

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

Yields: Instructions below yield 1 of 8 servings of pork and 1 of 2 servings of veggies. After eating breakfast you will have 2 servings of pork and 0 servings of veggies.

Reserve: 1 serving of pork for Friday lunch and for week 3.

1. Heat 1 serving 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 1 of 2 total servings. After eating lunch, you will have 0 servings remaining.

1. Serve egg & avocado salad dipped in 2-3 endive leaves. Remaining endive leaves will be used for Shrimp Salad tomorrow.

### **D: Asian Lettuce Wraps (4)**

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

Reserve: 1 serving 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.

\*Note: reserve 2-3 lettuce wraps for Thursday lunch and use remaining romaine for Shrimp Salad lunch tomorrow.

### **S: Banana Cherry Nice Cream (9)**

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

Reserve: 1 serving in freezer for week 3.

1. Place 1 whole frozen banana (this should be 4 total "pieces") & ½c frozen cherries at room temp for 5-10 mins to defrost slightly.
2. In a food processor or blender, add banana + cherries and blend on high until smooth (may take 6-10 mins to come together).

## Wednesday \*defrost 4 servings of Chicken Pozole in fridge for dinner tomorrow\*

### B: Fiesta Breakfast Bowl (7)

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

Reserve: 1 serving in freezer for week 3.

1. Heat a large saute pan over med-high heat and add 1 sausage link. 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 1 of 1 serving 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. Chop remaining romaine (be sure to reserve 2-3 leaves for lunch tomorrow) and endive lettuces.
3. Top lettuces w/ leftover shrimp,  $\frac{1}{4}$ c sliced almonds,  $\frac{1}{2}$ c sliced strawberries,  $\frac{1}{2}$ c chopped green beans and 2oz feta (optional).
4. Serve with 2-3T reserved balsamic marinade.

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

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

1. Place  $\sim$ 24oz marinara in large saute pan over med-high heat for  $\sim$ 4-6 min or just beginning to bubble.
2. Add 4 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 1 of 2 total servings. After eating snack, you will have 0 servings remaining.

1. Enjoy 2 plums for snack.

## Thursday

### B: Mini Egg-Free Quiches (8)

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

Reserve: 1 serving in freezer for week 2.

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 1 of 5 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 reserved romaine lettuce leaves w/ dipping sauce.

### D: Chicken Pozole (from freezer)

Yields: Instructions below yield 4 of 6 total servings. After eating dinner, you will have 1 serving remaining.

Reserve: 1 serving in freezer for week 3.

1. Reheat 4 portions of defrosted Chicken Pozole in a pot over medium heat until heated through. Stir often.

### S: Cukes & Sunbutter (9)

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

1. Enjoy  $\frac{1}{2}$  sliced cucumber with 2T sunbutter.

**Friday** \*defrost 1 serving of Chicken Pozole in fridge for lunch tomorrow\*

**B: Mediterranean Frittata (in freezer)**

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

Reserve: 1 serving 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 1 of 8 servings. After eating lunch you will have 1 serving remaining.

Reserve: 1 serving of pork for week 3 in freezer.

1. Reheat 1 serving of pork in a small saute pan over med-high heat w/ 1 tsp oil for ~5-6 minutes or heated through.  
2. Serve leftover pork in corn tortillas (OR lettuce wraps) with slaw 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 1 of 4 total servings. After eating snack, you will have 1 serving remaining.

Reserve: 1 serving for week 3.

1. Enjoy 3-4 Energy Bites.

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