



# Meal Prep Challenge, Week 3: Grocery List

Serves 2

(x) = servings yielded per recipe

1. Meal 1: Picadillo w/ Rice (Meat x6, Rice x4)
2. Meal 2: Chimichurri Salmon w/ Roasted Carrots & Asparagus (Salmon x2, Veggies x4)
3. Meal 3: Curried Noodles w/ Shrimp & Spinach (x4)
4. Meal 4: Steamed Crab Legs w/ Corn on the Cob & Broccoli (x2)
5. Meal 5: Goat Cheese & Mushroom Meatza (x4)
6. Lunch: Cauliflower & Apple Soup (x4)
7. Breakfast 1: Sweet Potato Topped w/ Egg, Avocado & Cilantro (x4)
8. Breakfast 2: Sweet Potato Waffles (x2)
9. Snacks: Broccoli & Curry Sauce (x4), Pear & Spiced Nut Butter (x4)



## Herbs & Veggies

1 head garlic (1,6)  
 1 bunch cilantro (3,7)  
 3 avocados (7,lunch)  
 2 green bell peppers (1)  
 1 head broccoli (9)  
 (OR 1 bag pre-chopped)  
 1 head cauliflower (6)  
 1 bunch asparagus (2,lunch)  
 1# carrots (2,lunch)  
 8oz sliced mushrooms (5)  
 6-7 sweet potatoes (7,8)  
 2 yellow onions (1,6)  
 5oz bag chopped romaine (1)  
 5oz tub spinach (3)



## Fruits

1 granny smith apple (6)  
 2 pears (9)  
 3 limes (3,9)



## Meats & Seafood

1.5# raw, ground Italian sausage (5)\*  
 2# grass fed ground beef (1)  
 2 salmon fillets, 4-6oz ea (2)  
 (OR sub fish of choice)



## Dairy (optional)

4oz crumbled goat cheese (5)  
 4oz grass fed butter (4)



## Nuts & Dried Fruits

1/2c chopped pecans (8)  
 1/3c raisins (1)\*



## Pantry

1c brown rice (1)  
 (OR sub 1 bag cauliflower rice)  
 4c chicken broth (6)\*  
 2 cans full fat coconut milk (3,6,9)  
 ~1c almond butter (3,8,9)\*  
 (OR sub other nut butter)  
 ~4T salsa (breakfast,lunch)\*  
 4 corn tortillas (lunch)  
 (OR sub lettuce wraps)  
 16oz tomato sauce (1)\*  
 ~15oz marinara sauce (5)\*  
 1/2c pitted green olives (1)  
 1/4c red curry paste (3,9)\*  
 ~14oz thick rice noodles (3)  
 (OR sub 2-3 zucchini)



## Eggs

12 eggs, omega-3 (7,8)



## Frozen

1# peeled & deveined frozen shrimp (3)  
 (can buy fresh & then freeze)  
 ~2# frozen crab legs (4)  
 2 frozen corn on the cob (4)  
 12oz bag frozen broccoli (4)



## Oils & Vinegars

~1/2c olive oil  
 2T apple cider vinegar (7)  
 2tsp coconut oil (8)



## Spices

2T curry powder (6)\*  
 ~1 1/2T pumpkin pie spice (8,9)\*  
 1T dried oregano (1)  
 1T ground cumin (1)

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



## Meal Prep Challenge, Week 3: Prep Day

Preheat oven to 375 F (7,8)



**Sweet Potatoes:** Wrap 6-7 sweet potatoes in foil. Bake for 50-60min or until soft/ cooked through. Cool and then mash all. Store 2c for waffles (7) and rest for breakfast (8). [\*] (7,8)



**Rice:** Place 2c water + 1c brown rice in a pan, bring to a boil, turn heat to low, cover w/ a lid and cook 30-45 min. Cool. [\*] (1)



**Cauliflower Soup:** Roughly chop 1 head cauliflower + 1 granny smith apple + 1 yellow onion + 3 cloves garlic, set aside. (6)

**Picadillo:** Finely chop 1 yellow onion + 2 green bell peppers + 2 garlic cloves. Rough chop 1/2c green olives. Set aside separately. (1)

**Cilantro:** Chop cilantro for topping eggs & sweet potato and curry noodles. [\*] (3,7)

**Broccoli:** Cut 1 head broccoli into bite-sized pieces. [\*] (9)

**Zucchini:** If not using rice noodles, thinly slice 2-3 zucchini into long spaghetti-like strips, (best on a mandolin or spiralizer). [\*] (3)

**Carrots:** Cut 4 carrots into bite-sized pieces. Toss with 1T olive oil + S&P. [\*] (2,lunch)

**Asparagus:** Remove bottom 2-3" from 1 bunch asparagus. Toss with 1T olive oil + S&P [\*] (2,lunch)



### Cauliflower Soup (6)

In a soup pot, heat 2tsp olive oil over med-high heat and add:

- 1 head cauliflower, chopped
- 1 granny smith apple, chopped
- 1 yellow onion, chopped
- 3 garlic cloves, chopped
- 2T curry powder

Sauté for 5-6 minutes. Add 4c chicken broth & simmer for 30 min, adding more broth or water as needed to just cover veggies.

Remove from heat & allow to cool.

Place in blender with 1 can full fat coconut milk (do in stages if needed). Puree until smooth. Season to taste w/ S&P. [\*] (6)



### **Picadillo (1)**

Heat 2-3tsp olive oil in lg pan on med-high heat. Add chopped veggies (1 onion + 2 bell peppers + 2 garlic cloves). Cook 3-5 min.

Add:

- 2# ground beef
- 1T dried oregano
- 1T ground cumin
- S&P

Cook, breaking meat apart, 7-10 min or until cooked through.

Then add:

- 16oz tomato sauce
- 1/2c pitted green olives, roughly chopped
- 1/3c raisins

Cook 3-5 more minutes or until heated through. Cool and Store. [\*] (1)



### **Curry Sauce (3,9)**

In small sauce pan, whisk together:

- 1c full fat coconut milk
- 1c water
- 1/4c red curry paste

Heat until just about to boil. Remove from heat.

Set aside 1/2c to cool and store for curried noodles. [\*] (3)

In remaining sauce, whisk in 1T almond butter (or sub other nut butter) + 1tsp fresh lime juice. Cool and store for snacks. [\*] (9) (3,9)



**Spiced Nut Butter:** Combine 1/2c almond butter with 1T pumpkin pie spice. Stir until combined. [\*] (9)

**Week 3 Prep Day is in the bag.  
Give yourself a big hug for making it this far!**

**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 ½c chimichurri reserved from week 2 from freezer and defrost in fridge\*\*

## **B: AB & J Green Monster Smoothie (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 snack Wednesday.

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: Chicken Pozole (freezer)**

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

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

## **D: Picadillo w/ Rice (1)**

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

Reserve: 2 servings of picadillo for lunch Monday and 2 servings rice and picadillo for dinner Tuesday.

1. Reheat brown rice, covered, in 350 F oven for ~20-30 minutes or in microwave. Or cook cauli rice according to pkg directions.
2. Reheat picadillo in saute pan until warm. Serve over rice.

## **S: Cinnamon Raisin Energy Bites (freezer)**

Yields: Instructions below yield 2 of 8 total servings. After eating snack, you will 0 servings remaining.

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

## **Sunday**

### **B: Sweet Potato Topped w/ Egg, Avocado & Cilantro (7)**

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

Reserve: 2 servings for breakfast Wednesday.

1. Reheat ½ of reserved mashed sweet potatoes in large sauté pan over med heat for ~10 min or heated through.
2. Bring a pot of water to a very low simmer, add 1T apple cider vinegar. Slowly add 4 cracked eggs and poach for 5 min. Remove.
3. Slice 1 avocado.
4. Serve eggs over baked sweet potatoes & topped w/ avocado slices and chopped cilantro. Season w/ S&P.

### **L: Cauliflower & Apple Soup (6)**

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

Reserve: 2 servings for lunch Thursday.

1. Reheat soup in a pot on stove top until heated through, stirring occasionally. Option to microwave.

### **D: Chimichurri Salmon w/ Roasted Carrots & Asparagus (2)**

Yields: Instructions below yield 2 of 2 total servings of fish and 2 of 4 total servings for veggies. After eating dinner, you will have 0 servings remaining of fish and 2 servings of veggies.

Reserve: 2 servings of veggies for lunch Monday.

1. Preheat oven to 400 F. Brush 2 salmon fillets w/ defrosted chimichurri sauce while oven preheats (or up to 1 hr before cooking).
2. Roast carrots for 20-30 minutes. Tossing halfway through cook time.
3. Place asparagus & salmon on sheet pan. Bake ~13-15 mins or cooked through (135 F). Toss asparagus halfway through cooking.
4. Store half the veggies for lunch Monday.

### **S: Broccoli & Curry Sauce (9)**

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

Reserve: 2 servings for snack Tuesday.

1. Serve broccoli with ¼c curry sauce.

## Monday **\*\*defrost 2 sausage links & breakfast bowl veggies in fridge for breakfast tomorrow\*\***

### **B: Mini Egg-Free Quiche (freezer)**

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

1. Remove from freezer and reheat individual quiches in 350 F oven for 15-20 minutes or heated through. You can also reheat in microwave, or enjoy cold.

### **L: Picadillo Salad (1)**

Yields: Instructions below yield 2 of 6 total servings of picadillo and 2 of 4 servings of roasted veggies. After eating lunch, you will have 2 servings remaining of picadillo and 0 servings of roasted veggies.

Reserve: 2 servings of picadillo for dinner Tuesday.

1. Reheat picadillo + roasted carrots and asparagus on stove top or in microwave.
2. Serve on top of chopped romaine.

### **D: Curried Noodles w/ Shrimp & Spinach (3)**

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

Reserve: 2 servings for Tuesday lunch.

1. Bring a lg pot of water to a boil. Remove from heat & add 5oz tub spinach & rice noodles (~14oz). Cover & let sit for 10-12 mins. (If using zoodles, cook spinach & zoodles in a large saute pan until spinach wilts and zoodles heated through).
2. Cook 1# frozen shrimp according to package instructions. Be sure to peel & devein shrimp before cooking if not done already.
3. Drain water from spinach & noodles, toss with remaining curry sauce & cooked shrimp.
4. Slice 1 lime into wedges, reserving 2 wedges for lunch tomorrow. Serve with lime wedges and topped with cilantro.

### **S: Pear & Spiced Nut Butter (9)**

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

Reserve: 2 servings for snack Thursday.

1. Slice 1 pear in half and serve with 1-2T spiced nut butter per person.

## Tuesday

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

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

1. Defrost 2 sausage links and breakfast bowl veggies from freezer if not done last night.
2. Heat a large saute pan over med-high heat & add 2 sausage links. Cook until heated through.
3. Add veggies to same pan and heat until warm.
4. Serve with salsa, optional.

### **L: Curried Noodles w/ Shrimp & Spinach (3)**

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

1. Add 2-3T water to a small pot, add leftover noodles, cover, heat over medium for 5-6 min or until heated through. Stir often.
2. Serve noodles with 2 lime wedges and topped with cilantro.

### **D: Picadillo w/ Rice (1)**

Yields: Instructions below yield 2 of 6 total servings of picadillo. After eating dinner, you will have 0 servings remaining.

1. Reheat brown rice, covered, in 350 F oven for ~20-30 minutes or in microwave.
2. Reheat picadillo in saute pan until warm or microwave. Serve over rice.

### **S: Broccoli & Curry Sauce (9)**

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

1. Serve broccoli with ¼c curry sauce.

## Wednesday

### **B: Sweet Potato Topped w/ Egg, Avocado & Cilantro (7)**

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

1. Reheat remaining reserved mashed sweet potatoes in large sauté pan over med heat for ~10 min or heated through.
2. Bring a pot of water to very low simmer, add 1T apple cider vinegar. Slowly add 4 cracked eggs and poach for 5 min. Remove.
3. Slice 1 avocado.
4. Serve eggs over baked sweet potatoes & topped w/ avocado slices and chopped cilantro. Season w/ S&P.

### **L: Pork Tacos (freezer)**

Yields: Instructions below yield 2 of 10 servings. After eating lunch you will have 0 servings remaining.

1. Remove pork from freezer.
2. Mash 1 avocado and combine with 2T salsa to make guac.
3. Reheat 2 servings pork in a small pan over med-high heat w/ 1tsp oil for ~5-6 minutes or heated through.
4. Serve leftover pork in corn tortillas (OR lettuce wraps) with guac on top.

### **D: Steamed Crab Legs w/ Corn on the Cob & Broccoli (4)**

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

1. Follow directions on the bag to steam crab legs, or follow these: in lg pot w/ strainer insert, bring water to boil (make sure water is below the level of the strainer). Place crab legs in strainer and steam for 6-14 min, or until heated through.
2. In separate pots cook frozen broccoli and corn according to package directions. Season with S&P.
3. Serve crab with melted butter (optional). Option to season corn with butter as well.

### **S: AB & J Green Monster Smoothie (freezer)**

Yields: Instructions below yield 2 of 10 total servings. After eating snack, you will have 0 servings remaining.

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

## Thursday

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

Yields: Instructions below yield 2 of 10 total servings. After eating breakfast, you will have 0 servings remaining.

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: Cauliflower & Apple Soup (8)**

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

1. Reheat soup in pot on stove top until heated through, stirring occasionally.

### **D: Goat Cheese & Mushroom Meatza (5)**

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

Reserve: 2 servings for lunch Friday.

1. Preheat oven to 400 F.
2. Spread 1½# raw, ground Italian sausage into a 9x13" baking pan as if making a pizza crust. Go up edges as meat will shrink.
3. Bake 15 minutes.
4. Top sausage "crust" with desired amount of marinara sauce & 8oz sliced mushrooms. Sprinkle 4oz crumbled goat cheese on top.
5. Return to oven and cook until cheese melts.

### **S: Pear & Spiced Nut Butter (9)**

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

1. Slice pear in half and serve with 1-2T spiced nut butter per person.

## Friday

### **B: Sweet Potato Waffles (8)**

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

1. Mix together ~2c mashed sweet potato + 1tsp pumpkin pie spice + 4 eggs + ½c chopped pecans.
2. Heat waffle iron and brush with coconut oil.
3. Place ~¼ of batter in iron and cook ~5min.
4. Repeat 3 times and serve topped with melted almond butter.

### **L: Goat Cheese & Mushroom Meatza (5)**

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

1. Reheat in oven (or toaster oven) at 375 for 10-15 minutes. Option to reheat in microwave.

### **D: Fridge Clean Out Day**

1. Take a break and enjoy your leftovers, or go celebrate 21 successful Challenge days by eating out!

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

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

1. Place 2 whole frozen bananas (8 total "pieces") & 1c frozen cherries at room temperature for 5-10 minutes 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).

**You did it! It's time to celebrate!!!  
21 Days of Food + Fitness + Fun are D.O.N.E!**

**Thank you for joining us & don't forget to  
mark your calendar for January's Challenge!**