



Meal Prep Challenge, Week 1: Grocery List

Serves 2

(x) = servings yielded per recipe

- Meal 1: Potato & Bacon Soup (x6)
- Meal 2: Salmon over Sautéed Spinach w/ Mushrooms & Feta (salmon x4, veggies x2)
- Meal 3: Lemon Parsley Pork Chops w/ Cabbage & Apples (pork chops x2, cabbage/apples x4)
- Meal 4: Baked Whole Chicken w/ Roasted Fennel & Fingerling Potatoes (chicken x4, veggies x2)
- Meal 5: Turkey, Eggplant & Zucchini Lasagna (x4)
- Breakfast 1: Tropical Green Smoothie (x12)
- Breakfast 2: Asparagus, Bacon & Feta Frittata Muffins (x6)
- Breakfast 3: Almond Butter & Cherry Breakfast Cookies (x12)
- Lunch 1: Turkey Avocado Lettuce Wraps (x6)
- Lunch 2: Mixed Greens w/ Beets, Goat Cheese & Walnuts (x4)
- Snacks: Apples w/ Almond Butter (x4), Grapes & Walnuts (x4), Cucumber w/ Avocado (x4)



Herbs

- 1 bulb garlic (1,2,7)
- 1 bunch parsley (3)
- 1 bunch fresh thyme (4)



Fruits

- 12 kiwis (6)
- 10 lemons (2,3,4,6,11)
- 4 apples (11)
- 2 granny smith apples (3)
- 1 bag of grapes (~4c) (11)



Dairy (optional)

- 6 slices cheese (9)
- 6oz crumbled feta (2,7)
- 4oz goat cheese crumbles (10)
- 1tsp butter (3)
- (OR sub ghee or coconut oil)
- 1½c shredded parmesan (5)
- 32oz low-fat Greek yogurt (5)
- (IF not using dairy in lasagna, sub with 1c cashews)



Pantry

- 4c veggie broth (1)*
- 1½c almond butter (8,11)*
- ~24oz jar marinara sauce (5)*
- 12 muffin liners (7)
- 6 quart-sized freezer bags (6)



Veggies

- 1 fennel bulb (4)
- 7 English cucumbers (6,9,11)
- 8 avocado (6,9,11)
- 1 carrot (1)
- 1 bunch asparagus (7)
- 4 large beets (10)
- 2 zucchini (5)
- 1 eggplant (5)
- 16oz sliced mushrooms (2,5)
- 1 yellow onion (1)
- 6 red potatoes (1)
- 1# fingerling potatoes (4)
- 1 head purple cabbage (3)
- (OR 1 bag pre-chopped)
- 20oz baby spinach (2,6)
- 1 head romaine lettuce (9)
- 5oz tub mixed greens (10)



Meats & Seafood

- 12 slices deli turkey (9)*
- 1 package bacon (1,7,9)
- 4 thin-cut, bone-in pork chops (3)
- 1 whole chicken (4)
- 1# ground turkey, 93% lean (5)
- 4 salmon fillets, 4-6oz ea (2)
- (skin-on)
- 4 breakfast sausage links (breakfast)*



Nuts & Dried Fruits

- 1c walnut halves (11)
- ½c chopped walnuts (10)
- 1c medjool dates, ~8 (8)
- ½c dried cherries (8)*



Spices

- ~½tsp garlic powder (11)



Eggs

- 12 eggs, omega-3 (7,8)



Frozen

- 6c frozen pineapple (6)
- 6c frozen mango (6)



Oils & Vinegars

- ~2c olive oil
- ~¼c balsamic vinegar (10)
- ~1tsp apple cider vinegar, optional (3)



Meal Prep Challenge, Week 1: Prep Day

Preheat oven to 350 F. (5,7,8,9,10)



Beets: Peel 4 beets and dice into 1/2" cubes. Toss w/ 1-2T olive oil + S&P. Roast for ~45-60 mins, tossing halfway through cook time. When a knife easily slides through the beets, remove from oven and toss w/ 1T balsamic vinegar. Allow to cool. (10)

Eggplant & Zucchini: Thinly slice 1 eggplant & 2 zucchini into 1/4" strips - best done on a mandolin. Brush eggplant & zucchini lightly w/ olive oil, season w/ S&P, place on parchment-lined sheet pans. Bake eggplant for 15-20 mins and zucchini for ~10 mins or lightly browned, carefully flipping halfway through cook time. Cool. (5)



Lemons: Cut 2 lemons into quarters for whole chicken. [*] (4)

Wraps: Cut 2 cucumbers into spears & separate leaves from 1 head romaine lettuce. Store lettuce wrapped in a damp paper towel. Store cucumber spears separately. [*] (9)

Tropical Smoothie: Quarter 3 English cucumbers and peel and half 12 kiwi. Set aside. (6)

Soup: Finely chop 1 yellow onion + 1 carrot + 2 cloves garlic, set aside. Cut 6 red potatoes into 1/2" pieces, set aside. (1)

Asparagus: Remove & discard lower 2" of 1 asparagus bunch, cut spears in 1/2" pieces. Set aside. (7)

Salmon Topping: Zest 1 lemon, combine with 2T olive oil + S&P. Keep remaining whole lemon for juicing on Dish Day. [*] (2)

Apples: Peel & roughly chop 2 granny smith apples, set aside. (3)

Cabbage: Finely chop 1 head purple cabbage (option to use a food processor attachment). Set aside. (3)

Cucumber: Slice 2 cucumbers for snacking. [*] (11)

Fennel: Remove & discard green fronds from fennel. Slice white bulb into ~1/2"-1" wedges & toss w/ 1-2T olive oil, S&P. [*] (4)

Garlic: Finely chop 2 cloves garlic, set aside (7). Thinly slice and store 3 cloves garlic. [*] (2) (2,7)

Bacon: Finely chop 8 slices bacon. Set aside half for soup and half for frittata. (1,7)



Potato & Bacon Soup (1)

In a large stock pan over high heat, sauté 4 slices chopped bacon + chopped veg (1 onion, 1 carrot & 2 cloves garlic) for 4-5 mins.

Add 6 cut red potatoes + 4c veggie broth + 4c water, bring to boil & lower to simmer 30 min, add more liquid as needed. [*] (1)



Frittata Muffins (7)

Cook 4 chopped bacon slices in sauté pan, for 3-4 min. Add chopped asparagus + 2 chopped garlic cloves, cook 3-4 min or until the bacon is crispy.

Whisk 11 eggs in a lg bowl & season w/ S&P. Stir in cooked bacon & asparagus. Pour into lined muffin pan.

Top w/ 4oz crumbled feta. Bake for 15-17 mins or until no longer jiggle. Cool. Makes 12 muffins.

Store 8 muffins in fridge for wk 1 & freeze 4 muffins for wk 2. [*] (7)

Bacon: Place remaining slices of bacon on a foil-lined sheet pan and bake for ~20 minutes or until crispy. Cool. [*] (9)



Cabbage & Apples (3)

Heat 1tsp butter (or ghee or coconut oil) over med heat & place chopped apples and cabbage in pan. Season w/ S&P.

Option to add a splash of apple cider vinegar (~1tsp) or more to taste. Cover and cook over medium heat for ~30-40 min, stirring occasionally. Remove lid during final 5-10 min of cooking. Cool. [*] (3)

Tomato Sauce, Lasagna (5)

In a lg sauté pan over med-high heat, cook 1# ground turkey + 8oz sliced mushrooms for ~12 min. Stir in ~24oz jar marinara sauce, remove from heat, allow to cool. (5)



Almond Butter Cookies (8)

Place 1 egg & 1c pitted dates in a blender or food processor. Blend until smooth (3-4 mins). Add in 1c almond butter, blending until mixed through. Stir in ½c dried cherries. Drop by spoonfuls (best to use a 1.5T ice cream scoop) onto an oiled baking sheet.

Bake in 350 F oven for ~10-12 minutes. Cool. Makes 18-20 cookies. Serving size = 1 cookie for snack; 2 for breakfast. [*] (8)



Lasagna (5)

Stir together the following for the "white layer": 32oz greek yogurt + 1c shredded parmesan (OR if not using dairy, soak 1c cashews in 1c hot water for ~1 hr. Then blend cashews + water until smooth).

Assemble lasagna by layering in a 9x13" pan:

- ½ of turkey-tomato sauce
- eggplant "noodles"
- ¾ of white layer
- zucchini "noodles"
- remaining ½ of tomato sauce

Dot w/ remaining white layer & top w/ ½c parmesan & cover w/ foil and place in freezer. [*] (5)

Tropical Green Smoothie (6)

Place the following in a quart-sized freezer bag:

- 1c frozen pineapple
- 1c frozen mango
- 2 kiwis, peeled and halved
- ½ English cucumber, quartered
- ½ avocado
- 2 handfuls fresh baby spinach

Repeat 5 times. Place one in fridge for Saturday breakfast. Freeze remaining 5 baggies, laying flat in a single layer to keep ingredients from sticking together. Each baggy yields 2 servings. [*] (6)

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



Salad (10)

Layer the following:

- 1/2 tub of mixed salad greens
- 1/4c chopped walnuts
- 1/2 of roasted beets
- 2oz goat cheese crumbles

Repeat layers. [*] (10)



Lemon Parsley Marinade (3)

Place the following in a blender:

- juice of 2 lemons
- 1/2c olive oil
- large handful fresh parsley
- 1tsp salt

Blend until parsley is chopped. [*] (3)



Balsamic Dressing (10)

Whisk together:

- 1/2c olive oil
- 1/4c balsamic vinegar
- pepper to taste [*] (10)

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



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: Tropical Green Smoothie (6)

Yields: Instructions below yield 2 of 12 total servings. After breakfast you will have 10 servings remaining.

Reserve: 4 total servings in freezer for breakfast Monday & Wednesday, and the remaining 6 servings for future weeks.

1. Add 1 smoothie bag, juice of 1 lemon and ½c water to a blender. Blend until smooth. Add water as needed for consistency.

L: Turkey Avocado Lettuce Wraps (9)

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

Reserve: 4 total servings for lunch Tuesday & Thursday.

1. Slice an avocado into 4-8 slices.
2. Top one piece of romaine lettuce on plate w/ 1 slice of turkey, avocado slices, cucumber spear, cooked bacon & ½ slice cheese.
3. Roll up and enjoy! 2 wraps per serving.

D: Potato & Bacon Soup (1)

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

Reserve: 4 total servings for lunch Sunday & dinner Wednesday.

1. Reheat on stove top until just bubbly/ heated through.

S: Apples w/ Almond Butter (11)

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

Reserve: 2 servings for snack Tuesday.

1. Slice 1 apple/ serving and top with 2T almond butter.

Sunday

B: Asparagus, Bacon & Feta Frittata Muffins (7)

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

Reserve: 2 servings for breakfast Thursday and freeze 2 servings for week 2.

1. Reheat 4 muffins, covered, in 350 F oven for 15-20 mins or until heated through. Option to reheat in microwave or toaster oven.

L: Leftover Potato & Bacon Soup (1)

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

Reserve: 2 servings for dinner Wednesday.

1. Reheat on stove top until just bubbly/ heated through.

D: Salmon over Sautéed Spinach w/ Mushrooms & Feta (2)

Yields: Instructions below yield 2 of 4 total servings of salmon and 2 of 2 total servings of spinach & mushrooms.

After dinner you will have 2 servings of salmon remaining and 0 servings of spinach & mushrooms.

Reserve: 2 servings of salmon for lunch Monday.

1. Preheat oven to 450 F. Place salmon fillets in baking dish & rub w/ lemon oil mixture. Bake 8-10 mins, or until flaky.
2. Heat 2T olive oil in lg pan over med-high heat. Add 8oz sliced mushrooms. Cook ~15 mins, stir occasionally, until golden brown.
3. Add 3 sliced garlic cloves + S&P and cook for ~1 min, until fragrant and tender.
4. Add 8oz baby spinach to mushrooms, cook for ~4 mins, stirring often, or until wilted.
5. Top spinach and mushrooms with 2T feta cheese + drizzle of lemon juice and serve with salmon.

S: Almond Butter & Cherry Breakfast Cookies (8)

Yields: Instructions below yield 2 of 12 total servings. After snack you will have 10 servings remaining.

Reserve: 4 cookies for breakfast Friday, and freeze remaining for future weeks.

1. Enjoy 1 cookie per person for snack.

Monday ***Note: marinate pork chops in Lemon Parsley marinade for 1-24 hours.***

B: Tropical Green Smoothie (6)

Yields: Instructions below yield 2 of 12 total servings. After breakfast you will have 8 servings remaining.
Reserve: 2 servings in freezer for breakfast Wednesday, and remaining 6 for future weeks.

1. Add 1 smoothie bag, juice of 1 lemon and ½c water to a blender. Blend until smooth. Add water as needed for consistency.

L: Mixed Greens w/ Beets, Goat Cheese, & Walnuts Topped w/ Leftover Salmon (10)

Yields: Instructions below yield 2 of 4 total servings. After lunch you will have 2 servings remaining of salad and 0 servings remaining of salmon.

Reserve: 2 servings of salad for lunch Wednesday.

1. Reheat salmon or serve cold over salad. Top w/ balsamic dressing.

D: Lemon Parsley Pork Chops w/ Cabbage & Apples (3)

Yields: Instructions below yield 2 of 2 total servings of pork and 2 of 4 servings of cabbage and apples. After dinner you will have 0 servings remaining of pork and 2 servings of cabbage and apples.

Reserve: 2 servings cabbage and apples for breakfast Tuesday.

1. Preheat oven to 425 F. Remove pork chops from marinade.
2. Bake pork chops in single layer on a baking sheet for ~10-12 minutes or until 150 F internal temp.
3. Reheat cabbage & apples in a large sauté pan, covered, over medium heat, stirring occasionally, until heated through.

S: Cucumber w/ Avocado (11)

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

Reserve: 2 servings for snack on Wednesday.

1. Slice 1 avocado (½ avocado per serving), sprinkle with lemon juice & garlic powder. Serve with 1 sliced cucumber.

Tuesday

B: Sausage w/ Cabbage and Apples

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

1. In a large sauté pan over high heat, add 4 breakfast sausages and sear (to add color).
2. Add cabbage & apples to pan with sausages, reduce heat to medium and cover. Cook for ~15 minutes or cooked through.

L: Turkey Avocado Lettuce Wraps (9)

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

Reserve: 2 servings for lunch Thursday.

1. Slice an avocado into 4-8 slices.
2. Place piece of romaine lettuce on plate, top w/ 1 slice of turkey, avocado slice, cucumber spear, cooked bacon & ½ slice cheese.
3. Roll up and enjoy 2 wraps/ serving!

D: Baked Whole Chicken w/ Roasted Fennel & Fingerling Potatoes (4)

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

Reserve: 2 servings of chicken for lunch Wednesday.

1. Preheat oven to 375 F. Pat chicken dry and stuff bird with lemon wedges, 1 bunch fresh thyme, olive oil, and S&P.
2. Season outside with olive oil, S&P. Roast for 1-1.25 hrs or until chicken reaches temp of 165 (~30min/ pound).
3. Toss 1# fingerling potatoes w/ 1-2T olive oil + S&P. Roast ~40-50 min or knife inserts easily, tossing halfway through cook time.
4. Roast fennel on parchment lined baking sheet for ~35-45 min.
5. Each serving is either 1 breast or 1 leg quarter & wing.

S: Grapes & Walnuts (11)

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

Reserve: 2 servings for snack Friday.

1. Enjoy 1c grapes & 12 walnut halves/ serving.

Wednesday ***remove lasagna from freezer to defrost for dinner Thursday***

B: Tropical Green Smoothie (6)

Yields: Instructions below yield 2 of 12 servings total. After breakfast, you will have 6 servings remaining.

Reserve: 6 servings in freezer for future weeks.

1. Add 1 smoothie bag, juice of 1 lemon and ½c water to a blender. Blend until smooth. Add water as needed for consistency.

L: Mixed Greens w/ Beets, Goat Cheese, & Walnuts Topped w/ Leftover Chicken (10)

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

1. Reheat chicken or serve cold over salad. Top w/ balsamic dressing.

D: Leftover Potato & Bacon Soup (1)

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

1. Reheat on stove top until just bubbly/ heated through.

S: Cucumber w/ Avocado (11)

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

1. Slice 1 avocado (½ avocado per serving), sprinkle with lemon juice & garlic powder. Serve with 1 sliced cucumber.

Thursday

B: Asparagus, Bacon & Feta Frittata Muffins (7)

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

Reserve: 2 servings in freezer for week 2.

1. Reheat 4 muffins, covered, in 350 F oven for 15-20 mins or until heated through. Option to heat in microwave or toaster oven.

L: Turkey Avocado Lettuce Wraps (9)

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

1. Slice an avocado into 4-8 slices.
2. Place piece of romaine lettuce on plate, top w/ 1 slice of turkey, avocado slice, cucumber spear, cooked bacon & ½ slice cheese.
3. Roll up and enjoy 2 wraps/ serving!

D: Turkey, Eggplant & Zucchini Lasagna (5)

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

Reserve: 2 servings for lunch Friday.

1. Preheat oven to 375 F and bake lasagna, covered, for 50 min-1 hr or until bubbly/ heated through. Cool ~10 min.

S: Apples w/ Almond Butter (11)

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

1. Slice 1 apple/ serving and top with 2T almond butter per person.

Friday

B: Almond Butter & Cherry Breakfast Cookies (8)

Yields: Instructions below yield 2 of 12 total servings. After breakfast you will have 8 servings remaining.

Reserve: 8 servings in freezer for future weeks.

1. Enjoy 2 cookies/ serving.

L: Turkey, Eggplant & Zucchini Lasagna (5)

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

1. Reheat and serve. Note: if you have remaining servings after lunch, freeze for another meal or fridge clean out day.

D: Clean out the fridge day!

1. Take a break and enjoy your leftovers!

S: Grapes & Walnuts (11)

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

1. Enjoy 1c grapes & 12 walnut halves/ serving.

**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?!**