



Meal Prep Challenge, Week 3: Grocery List

Serves 2

(x) = servings yielded per recipe

1. Meal 1: Classic Chicken Vegetable Soup (x6)
2. Meal 2: Grassfed Beef & Mushroom Marinara over Spaghetti Squash (x4)
3. Meal 3: Pecan-Crusted Chicken & Spinach Salad w/ Tomato, Olives & Feta (Chicken x6; Salad x2)
4. Meal 4: Lemon Caper Cod w/ Butternut Squash & Sauteed Spinach (Cod x4; Veg x4)
5. Meal 5: Shrimp, Avocado & Grapefruit Salad (x2)
6. Breakfast 1: Bell Pepper & Onion Scramble w/ Avocado (x6)
7. Lunch 1: Massaged Kale Salad w/ Blueberries & Pumpkin Seeds (x4)
8. Lunch 2: Collard Green Wraps w/ Chicken (x4)
9. Snacks: Orange Slices & Pecans (x6), Olives & Cherry Tomatoes (x4), Blueberries & Pumpkin Seeds (x4)



Herbs

1 bulb garlic (1,6)
1 bunch parsley (1,6)



Fruits

1½ pints blueberries (7,9)
7 lemons (1,4,5,7,breakfast)
9 oranges (5,7,9)
1 grapefruit (5)



Dairy (optional)

~6oz crumbled feta (3,8)



Pantry

6c chicken stock (1)*
~24oz jar marinara (2)*
10oz jar olives (3,9)*
¼c julienned sun-dried tomatoes in oil (3)
4T capers (4)



Veggies

1# carrots (1)
1 bunch celery (1)
1 large or 2 small spaghetti squash (2)
2 small butternut squash (4)
(OR 2 bags pre-chopped)
1 tomato (8)
2 pints cherry tomatoes (9)
2 red bell peppers (6)
7 avocados (5,6,7,8)
(1 just soft; 2 firm)
8oz sliced mushrooms (2)
3 medium yellow onions (1,6)
1 bag cole slaw mix (8)
1 bunch curly kale (7)
(OR 1 bag pre-chopped)
1 head collard greens (8)
(OR sub lettuce or GF wraps)
5oz baby spinach (3)
5oz mixed greens (5)



Meats

1½# boneless, skinless chicken thighs (1)
~2# chicken tenders (3)
1# grassfed ground beef (2)



Frozen

4 frozen cod fillets (4)
(4-6oz ea)
1# frozen shrimp (5)
10oz frozen chopped spinach (4)



Nuts & Dried Fruits

1¼c pumpkin seeds (7,9)
~3½c pecans (3,9)
½c sliced almonds (5)



Oils & Vinegars

~1½c olive oil
2T balsamic vinegar (3)



Spices

1tsp coarse sea salt (7)
2 dried bay leaves (1)
1T cumin (3)
1T chili powder (3)*
1T smoked paprika (3)
1T dried basil (4)



Eggs

14 eggs (3,6)
(OR sub 1 pkg bacon for egg-free breakfasts)



Meal Prep Challenge, Week 3: Prep Day

Preheat oven to 350 F. (2,6)



Spaghetti Squash (2)

Pierce the spaghetti squash with a knife. Roast whole for ~1.5 hours for 2 small or ~2 hours for 1 large squash (or until a knife easily pierces the skin). Carefully slice squash in half, allowing heat to escape. Set aside and allow to cool. Remove seeds from cooled squash then scoop out squash. [*] (2)

Bacon: If replacing eggs w/ bacon for breakfast, place bacon in single layer on foil-lined baking sheet. Bake 20-25 mins or crispy. [*] (6)



Kale Salad: Remove leaves from stems of 1 bunch kale, discarding stems. Roughly chop kale leaves into bite-sized pieces, set aside. Dice 1 just soft avocado. Zest 1 lemon & 1 orange (~1tsp ea). Set aside for kale salad & save whole citrus for juicing. (7)

Soup: Chop 2 yellow onions, 1# carrots, & 4 stalks celery. Set aside. Mince 3 cloves garlic & parsley for ¼c. Set aside separately. (1)

Scramble: Finely chop 1 yellow onion, 2 bell peppers & 3 cloves garlic. Store together. Chop parsley for ~3T. Store separately. [*] (6)

Wraps: Halve and thinly slice 1 tomato. [*] (8)

Butternut Squash: If not pre-cut, peel, remove seeds & cut into small, 1" pieces. Toss w/ 2T olive oil + 1T dried basil + S&P. [*] (4)

Grapefruit: Cut 1 grapefruit over a bowl (to collect juice). Cut into ½" segments. Reserve ~2T juice, set aside for vinaigrette. [*] (5)



Classic Chicken Vegetable Soup (1)

Heat 2T olive oil in a large dutch oven or soup pot over high heat. Add 1½# chicken thighs, seasoned with S&P.

Cook chicken ~15 mins until golden brown, turning occasionally. Remove, set aside to cool, then chop into bite-sized pieces.

Add ~1T olive oil to pot + chopped veg (onion, celery & carrot). Reduce heat to medium & cook ~10 min, until veggies are softened.

Add minced garlic, 2 bay leaves, S&P. Cook 1 min.

Add 6c chicken broth and chopped chicken, bring to boil and reduce to simmer. Cook 15 min then remove from heat.

Stir in ¼c minced parsley and juice of 1 lemon. Remove bay leaves, cool, and store. [*] (1)



Collard Wraps (8)

Cut the stems off the bottom of the collard green leaves and discard.

Fill a large skillet with a few inches of water and bring to a simmer.

Using tongs, place 1 collard green leaf in the water and simmer until leaf turns bright green and softens, no more than 30 seconds.

Remove the leaf to a plate and repeat with all 8 leaves. Cool.

Store in the fridge. Option to put wax paper or paper towels in between the leaves so they don't stick together and tear. [*] (8)

Marinara (2)

In lg sauté pan, add 1# ground beef + 8oz sliced mushrooms & sauté 15 min, breaking meat apart and stirring occasionally.

Add ~24oz jar marinara, season w/ S&P to taste. Stir to combine, shut off heat, allow to cool. [*] (2)



Citrus Vinaigrette (5,7)

Whisk together:

- ½c olive oil
- juice of 1 grapefruit
- juice of 2 oranges
- juice of 2 lemons

Set aside ½ for kale salad (7). Store remaining ½ in fridge for shrimp salad [*] (5). (5,7)

Balsamic Dressing (3)

Whisk together: ¼c olive oil + 2T balsamic vinegar + pepper to taste. [*] (3)

Lemon Caper Sauce (4)

Combine the following:

- zest of 1-2 lemons (~1tsp)
- 2T lemon juice (~1-2 lemons)
- ¼c olive oil
- 4T capers [*] (4)



Pecan Crusted Chicken (3)

In a food processor or blender, add:

2c pecans + 1T chili powder + 1T smoked paprika + 1T cumin

Blend until pecans reach bread crumb like consistency. Add salt to taste.

Place chopped pecans in shallow bowl. Whisk 2 eggs in a separate shallow bowl.

Dredge 2# chicken tenders in beaten eggs and then in pecan crust.

Place in container. Repeat steps until all tenders are covered and placed in container. [*] (3)



Kale Salad (7)

In a mixing bowl, combine 1 bunch chopped kale leaves with 1-2T olive oil + 1tsp coarse sea salt.

Using your hands massage the oil and salt into the kale leaves for 2-3 minutes. The leaves should decrease in size by at least half.

Toss 1 diced avocado with reserved citrus vinaigrette.

Toss together salad ingredients: kale + 1tsp orange & lemon zest + dressed avocado + 1c blueberries + ¼c pumpkin seeds. [*] (7)

Spinach Salad (3)

Slice olives to equal ~2T. Toss olives with remaining spinach salad ingredients:

- 5oz spinach
- ¼c julienned sun-dried tomatoes
- 4oz crumbled feta (optional) [*] (3)

**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

B: Almond Butter & Cherry Breakfast Cookies

Yields: Instructions below yield 2 of 12 total servings. After breakfast you will have 2 servings remaining.
Reserve: 2 servings in freezer for breakfast Wednesday.

1. Defrost and serve 2 cookies per serving.

L: Massage Kale Salad w/ Blueberries & Pumpkin Seeds (7)

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

1. Toss and enjoy!

D: Classic Chicken Vegetable 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 and Wednesday.

1. Reheat on stove top and serve.

S: Orange Slices w/ Pecans (9)

Yields: Instructions below yield 2 of 6 total servings. After snack you will have 4 servings remaining.
Reserve: 4 total servings for snack Monday and Friday.

1. Enjoy 1 orange and ¼c pecans (~15) per serving.

Sunday

B: Bell Pepper & Onion Scramble w/ Avocado (6)

Yields: Instructions below yield 2 of 6 total servings. After breakfast you will have 4 servings remaining.
Reserve: 4 total servings for breakfast Tuesday and Thursday.

1. Heat 1tsp oil over med-high heat in large sauté pan. Cook ⅓ of chopped veg (bell pepper, onion & garlic) for 6-8 min.
2. Whisk 4 eggs and add into cooked veggies, stir and cook 2-3 min, season w/ S&P. Option to omit eggs & serve w/ bacon instead.
3. Slice 1 avocado into slices. Top scramble w/ ~1T chopped parsley & avocado slices.

L: Classic Chicken Vegetable Soup (1)

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

1. Reheat on stove top and serve.

D: Grassfed Beef & Mushroom Marinara over Spaghetti Squash (2)

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

1. Preheat oven to 350 F.
2. Reheat spaghetti squash & marinara, covered, for 50-60min. Remove sauce from oven to stir, halfway through.

S: Olives & Cherry Tomatoes (9)

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

1. Enjoy 10 olives + 10 cherry tomatoes per serving.

Monday

B: Tropical Green Smoothie

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

1. Add smoothie bag, juice of 1 lemon and ½c water and blend until smooth. Add more water if needed for consistency.

L: Massage Kale Salad w/ Blueberries & Pumpkin Seeds (7)

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

1. Toss and enjoy!

D: Pecan-Crusted Chicken & Spinach Salad w/ Tomato, Olives & Feta (3)

Yields: Instructions below yield 2 of 6 total servings of chicken and 2 of 2 total servings of salad. After dinner you will have 4 servings remaining of chicken and 0 servings of salad.

Reserve: 4 total servings of chicken for lunch Tuesday and Friday.

1. Preheat oven to 425 F.
2. Place pecan chicken on a sheet tray. Bake 12-15 minutes or cooked through (165 F). Serve w/ salad topped w/ balsamic dressing.
3. Slice remaining chicken tenders in half before storing.

S: Orange Slices w/ Pecans (9)

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

Reserve: 2 servings for snack Friday.

1. Enjoy 1 orange and ¼c pecans (~15) per serving.

Tuesday ***Remove cod from freezer and defrost in fridge for dinner tomorrow.***

B: Bell Pepper & Onion Scramble w/ Avocado (6)

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

Reserve: 2 servings for breakfast Thursday.

1. Heat 1tsp oil over med-high heat in large sauté pan. Cook ½ of remaining chopped veg (bell pepper, onion & garlic) for 6-8 min.
2. Whisk 4 eggs and add into cooked veggies, stir and cook 2-3 min, season w/ S&P. Option to omit eggs & serve w/ bacon instead.
3. Slice 1 avocado into slices. Top scramble w/ ~1T chopped parsley & avocado slices.

L: Collard Green Wraps w/ Leftover Chicken (8)

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

Reserve: 2 servings for lunch Friday.

1. Slice ½ of an avocado.
2. Layer collard green w/ ½ of reserved chicken tenders, ~2T coleslaw mix, tomato slices, ¼ sliced avocado, and ~1T feta (optional).
3. Roll the collard green up from the bottom, tucking in the sides as you go, as if rolling a burrito.
4. Cut in half crosswise if desired. Serve 2 collard wraps per person.

D: Grassfed Beef & Mushroom Marinara over Spaghetti Squash (2)

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

1. Preheat oven to 350 F.
2. Reheat spaghetti squash & marinara, covered, for 50-60min. Remove sauce from oven to stir, halfway through.

S: Blueberries & Pumpkin Seeds (9)

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

Reserve: 2 servings for snack Thursday.

1. Enjoy ½c blueberries and ¼c pumpkin seeds per serving.

Wednesday *Remove shrimp from freezer and defrost in fridge for dinner tomorrow.*

B: Almond Butter & Cherry Breakfast Cookies

Yields: Instructions below yield 2 of 12 total servings. After breakfast you will have 0 servings remaining.

1. Defrost and serve 2 cookies per serving.

L: Classic Chicken Vegetable Soup (1)

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

1. Reheat on stove top and serve.

D: Lemon Caper Cod w/ Butternut Squash & Sauteed Spinach (4)

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

Reserve: 2 servings for Thursday lunch.

1. Remove lemon-caper sauce from fridge and bring to room temp. Preheat oven to 400 F.
2. Place butternut squash in single layer on baking sheet. Roast 30-35 min, tossing halfway through.
3. Heat 1T oil to large saute pan over medium-high heat. Place 4 cod fillets in pan & cook 3-4 minutes.
4. Cook 10oz frozen chopped spinach according to package instructions.
5. Flip cod and pour lemon-caper sauce over top, cover with lid & cook another 3-4 min or cooked through.

S: Olives & Cherry Tomatoes (9)

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

Reserve: 2 servings for snack Wednesday.

1. Enjoy 10 olives + 10 cherry tomatoes per person.

Thursday

B: Bell Pepper & Onion Scramble w/ Avocado (6)

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

1. Heat 1tsp oil over med-high heat in large sauté pan. Cook remaining chopped veg (bell pepper, onion & garlic) for 6-8 min.
2. Whisk 4 eggs and add into cooked veggies, stir and cook 2-3 min, season w/ S&P. Option to omit eggs & serve w/ bacon instead.
3. Slice 1 avocado into slices. Top scramble w/ ~1T chopped parsley & avocado slices.

L: Lemon Caper Cod w/ Butternut Squash Halves & Sauteed Spinach (4)

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

1. Reheat and serve.

D: Shrimp, Avocado & Grapefruit Salad (5)

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

1. Boil 1# shrimp for 4-5 minutes or until color has turned to pink. Drain and cool.
2. Bring citrus vinaigrette to room temp; shake well. Chop 1 avocado.
3. Toss 5oz mixed greens w/ cooked shrimp, cut grapefruit, chopped avocado & ½c sliced almonds. Top with citrus vinaigrette.

S: Blueberries & Pumpkin Seeds (9)

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

1. Enjoy ½c blueberries and ¼c pumpkin seeds per serving.

Friday

B: Tropical Green Smoothie

Yields: Instructions below yield 2 of 12 total servings. After breakfast you will have 0 servings remaining.

1. Add smoothie bag, juice of 1 lemon and ½c water and blend until smooth. Add more water if needed for consistency.

L: Collard Green Wraps w/ Leftover Chicken (8)

Yields: Instructions below yield 2 of 6 total servings of chicken and 2 of 4 total servings wraps. After lunch you will have 0 servings remaining.

1. Slice ½ of an avocado.
2. Layer collard green w/ ½ of reserved chicken tenders, ~2T coleslaw mix, tomato slices, ¼ sliced avocado, and ~1T feta (optional).
3. Roll the collard green up from the bottom, tucking in the sides as you go, as if rolling a burrito.
4. Cut in half crosswise if desired. Serve 2 collard wraps per person.

D: Clean out the fridge day!

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

S: Orange Slices w/ Pecans (9)

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

1. Enjoy 1 orange and ¼c pecans (~15) per serving.

**You did it! It's time to celebrate!!!
21 Days of Food + Fitness + Fun are done!**

Thank you for joining us.