



Meal Prep Challenge, Week 2: Grocery List

Serves 2

(x) = servings yielded per recipe

1. Meal 1: Slow Cooker Sweet Apple Pork w/ Roasted Green Beans (x4)
2. Meal 2: Blackened Catfish w/ Cajun Brown Rice & Steamed Broccoli (x2)
3. Meal 3: Sloppy Joes over Sweet Potatoes (x4)
4. Meal 4: Honey BBQ Chicken w/ Brown Rice & Roasted Carrots (x4)
5. Meal 5: Paleo Pizza (x4)
6. Breakfast 1: Pumpkin Spice Muffins (x6)
7. Breakfast 2: Blueberry Chia Pudding (x4)
8. Breakfast 3: Hard Boiled Eggs, Avocado & Oranges (x2)
9. Breakfast 4: Green Berry Smoothie (x6)
10. Lunch 1: Chopped Salad (x6)
11. Lunch 2: Crunchy Tuna Salad w/ Cucumber Slices (x4)
12. Snacks: Frozen Grapes (x6), Cherry Mousse (x4)



Herbs

3 garlic cloves (3)
1 bunch basil (4,5)



Veggies

3-4c green beans (1)
1# carrots (3,4,10)
1 bunch celery (3,10)
1 head broccoli (2,10)
1 bag cauli rice (5)
(OR sub 1 head cauliflower)
3 English cucumbers (10,11)
3 avocados (8,12)
2 green bell peppers (3,10)
1 pint cherry tomatoes (10)
1 roma tomato (5)
4 sweet potatoes (3)
1 small red onion (1,10)
1 medium yellow onion (3)
1½c spinach (9)
1 head romaine (11)



Eggs

13 eggs, omega-3 (5,8,10)



Fruits

2 granny smith apples (1)
7c grapes (11,12)
4 large bananas (6,9)
(1 should be very ripe)
2 oranges (8)



Meats & Seafood

3# pork tenderloin (1)
1# grassfed ground beef (3)
4 chicken leg quarters (4)
2 catfish fillets, 4-6oz ea. (2)
(OR sub cod or tilapia)



Frozen

~15oz (3½c) blueberries (7,9)
~10oz (1½c) pineapple (9)
~10oz (4c) dark cherries (12)
~5oz (1½c) strawberries (9)



Dairy (optional)

½c (~2oz) soft goat cheese (5)
~6-8oz ball mozzarella (5)



Nuts & Dried Fruits

¼c chopped walnuts (6)
¾c chia seeds (7)
¼c sunflower seeds (11)
¼c dried cranberries (11)*



Spices

~1½T cinnamon (1,6)
1½tsp pumpkin pie spice (6)
½tsp paprika (3)
2T chili powder (4)*
1tsp oregano (5)
2T Cajun seasoning (2)*



Pantry

3x 5oz cans tuna (11)*
1 can whole kernel corn (10)*
1 can hearts of palm (10)*
1c brown rice (2,4)
~18oz diced tomatoes (3)*
~1c pizza sauce, like Rao's (5)
6T tomato paste (3)*
1c strained tomatoes (4)*
1T dijon mustard (3)*
½c mayo (11)*
2 cans lite coconut milk (7,9)*
3c gluten free rolled oats (6)
~15oz can pumpkin puree (6)*
1½c unsweetened almond milk (6)*
~½c almond butter (6,9)*
7T honey, optional (1,4,7)
½c maple syrup (6)
1tsp baking powder (6)
1tsp vanilla extract (12)*
9 pint/quart freezer bags (9,12)
Parchment muffin liners (6)



Oils & Vinegars

~¾c olive oil
2T apple cider vinegar (4)
¼c balsamic vinegar (10)

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



Meal Prep Challenge, Week 2: Prep Day

Preheat oven to 375 F. (3,5,6)



Sweet Potato: Wrap 4 sweet potatoes in foil and bake ~1 hour until knife inserts easily. [*] (3)



Sweet Apple Pork (1)

Cut 2 granny smith apples into wedges. Make large cuts in 3# pork tenderloin and insert ½ of apple wedges into slits. Place remaining apple wedges in bottom of slow cooker and drizzle w/ 1T honey, optional. Add pork on top and sprinkle with ½tsp cinnamon. Cover and cook on high for 4 hours. [*] (1)



Green Beans: Trim ends on 3-4c green beans, if needed. Slice ½ small red onion and toss w/ 1T olive oil, S&P. [*] (1)

Broccoli: Cut ½ of broccoli into small ½" pieces and set aside (10). Cut remaining into 1" pieces [*] (2). (2,10)

Chopped Salad: Dice remaining ½ small red onion. Dice 2 carrots, 1 English cucumber, 3 stalks celery and 1 bell pepper. Drain & slice 1 can hearts of palm. Slice 1 pint grape tomatoes. Drain 1 can corn. Mix together & with chopped broccoli. [*] (10)

Grapes: Halve ~¾c grapes, set aside. (11) Place 1c whole grapes in a quart freezer bag. Lay flat in freezer. Repeat x5. [*] (12) (11,12)

Sloppy Joes: Dice 1 yellow onion, 1 carrot, 1 stalk celery & 1 bell pepper. Mince 3 garlic cloves. Set aside keeping garlic separate. (3)

Carrots: Cut 3 carrots into bite-sized pieces (~1"). Chop basil for ~1T. Toss carrots w/ 1T olive oil, ~1T chopped basil, S&P. [*] (4)

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

Paleo Pizza: Slice 1 roma tomato and 1 ball fresh mozzarella. [*] (5)

Smoothie: Cut 3 bananas in quarters. Set aside. (9) Note: save very ripe banana for muffins. (6)

Romaine: Separate leaves and store in baggie with damp paper towel. [*] (11)



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. [*] (2,4)

Eggs: Place 12 eggs in a pot & cover w/ water. Bring to a boil for ~5 mins. Cover w/ lid & remove from heat for 20 min. [*] (8,10)



Paleo Pizza (5)

In large bowl beat 1 egg. Add 1 bag cauli rice + ¼c soft goat cheese + 1tsp oregano. Mix well, don't be afraid to use your hands! Form crust on rimmed sheet pan (will be about 9x12 in size) and bake for 35-40 min. Crust should be firm and golden brown.

Cool, wrap in foil and freeze. [*] (5)



Sloppy Joes (3)

Melt 2T olive oil in lg skillet over med-high. Add chopped veg (onion, carrot, celery, bell pepper), cook 5-7 mins until softened.

Add 1# ground beef, stir. Add 3 cloves minced garlic + ~18oz diced tomatoes + 6T tomato paste + 1T dijon mustard + ½tsp paprika + 1tsp salt + ½tsp pepper. Cook until liquid evaporates and all is combined. Season w/ S&P, if necessary. Cool. [*] (3)



Pumpkin Spice Muffins (6)

In small saucepan, melt $\frac{1}{4}$ c almond butter. Option to use microwave.

In large bowl, mash 1 large ripe banana, combine with:

3c GF rolled oats + ~15oz can pumpkin puree + $1\frac{1}{2}$ c unsweetened almond milk + $\frac{1}{2}$ c maple syrup + $\frac{1}{4}$ c melted almond butter + $\frac{1}{4}$ c chopped walnuts + 1tsp baking powder + 1T cinnamon + $1\frac{1}{2}$ tsp pumpkin pie spice.

Line muffin tin with parchment liners, or brush with oil. Pour mixture into tins and fill almost to brim, leaving $\frac{1}{2}$ " at top. Bake 25-30 min or until edges brown. Allow to cool ~10 min before removing from pan. Makes ~12 muffins. [*] (6)



Green Berry Smoothie (9)

Place following in a quart freezer bag:

- 4 banana quarters (1 whole)
- $\frac{1}{2}$ c frozen strawberries
- $\frac{1}{2}$ c frozen blueberries
- $\frac{1}{2}$ c frozen pineapple chunks
- $\frac{1}{2}$ c loosely packed spinach

Repeat for 3 total bags. Lay flat to freeze. [*] (9)

Blueberry Chia Pudding (7)

Whisk together: 1 can lite coconut milk + 2c water + 2T honey, optional.

Stir in $\frac{3}{4}$ c chia seeds and 2c frozen blueberries. [*] (7)

Crunchy Tuna Salad (11)

Combine the following:

- 3 cans tuna, drained
- $\frac{3}{4}$ c sliced grapes
- $\frac{1}{4}$ c sunflower seeds
- $\frac{1}{3}$ c mayo
- $\frac{1}{4}$ c dried cranberries
- S&P. [*] (11)

Honey BBQ Sauce (4)

Whisk together: 1c strained tomatoes + 2T chili powder + 2T apple cider vinegar + 4T honey + $\frac{1}{4}$ tsp S&P. [*] (4)



Balsamic Vinaigrette (10)

Whisk together: $\frac{1}{2}$ c olive oil + $\frac{1}{4}$ c balsamic vinegar + pepper to taste. [*] (10)

AWESOME job on completing your 2nd Prep Day!

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

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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

B: Greek Veggie Frittata

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

1. Remove from freezer. Preheat oven to 350 F.
2. Bake, covered, for 15-20 min or heated through. Option to reheat individual slices in microwave or toaster oven.

L: Chopped Salad w/ Hard Boiled Eggs (10)

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

Reserve: 4 servings of salad for lunch Monday & Wednesday and 4 servings hard boiled eggs for lunch Monday & breakfast Thursday.

1. Mix and serve 1/3 of chopped salad. Slice 2 hard boiled eggs/ person. Top with 1T balsamic vinaigrette/ serving.

D: Slow Cooker Sweet Apple Pork w/ Roasted Green Beans (1)

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

Reserve: 2 total servings for lunch Sunday.

1. Preheat oven to 400 F. Spread green beans & red onion out evenly on a sheet pan and roast ~10 mins.
2. Remove pork from slow cooker and serve w/ green beans & onions. Make sure to reserve 2 servings of each Sunday lunch.

S: Frozen Grapes (12)

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

Reserve: 4 total servings for snack Wednesday & Friday.

1. Remove 1c frozen grapes/ person from freezer for snack.

Sunday

B: Pumpkin Spice Muffins (6)

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

Reserve: 2 total servings for breakfast Tuesday and freeze 2 servings for Week 3.

1. Enjoy 2 muffins per serving.

L: Leftover Sweet Apple Pork w/ Green Beans (1)

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

1. Reheat leftover pork and green beans.

D: Blackened Catfish w/ Cajun Brown Rice & Steamed Broccoli (2)

Yields: Instructions below yield 2 of 2 servings of fish & broccoli and 2 of 4 servings of rice. After eating dinner, you will have 0 servings remaining of fish & broccoli and 2 servings remaining of rice.

Reserve: 2 servings of rice for dinner Tuesday.

1. Preheat oven to 425 F. Season catfish w/ cajun blend & bake for 10-12 mins (for thinner fish) up to 16-18 mins (for thicker fish).
2. Steam (or boil) broccoli for ~5 mins & season w/ S&P.
3. Place 1T olive oil and 1T Cajun seasoning in pan. Add 1/2 cooked rice and stir until rice is warmed and spices are well blended.

S: Almond Butter Protein Bites

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

Reserve: 4 total servings in freezer.

1. Remove from freezer and eat. Option to defrost slightly before eating.

Monday

B: Blueberry Chia Pudding (7)

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

1. Stir before eating.

L: Chopped Salad w/ Hard Boiled Eggs (10)

Yields: Instructions below yield 2 of 6 total servings. After eating lunch, you will have 2 servings remaining.
Reserve: 2 servings of salad for lunch Wednesday and 2 servings of hard boiled eggs for breakfast Thursday.

1. Serve ½ remaining of chopped salad with 2 sliced hard boiled eggs per person. Top with 1T balsamic vinaigrette/ serving.

D: Sloppy Joes over Sweet Potatoes (3)

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

1. Reheat sloppy joes on stovetop or microwave.
2. Slice 2 sweet potatoes in half and warm in microwave. Spoon sloppy joe mixture over potatoes.

S: Cherry Mousse (12)

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

1. Halve 1 avocado. Scoop out flesh into food processor or blender. Add 2c frozen dark cherries + ½tsp vanilla. Blend until smooth.

Tuesday

B: Pumpkin Spice Muffins (6)

Yields: Instructions below yield 2 of 6 total servings. After eating breakfast, you will have 2 servings remaining.
Reserve: 2 total servings in freezer for Week 3.

1. Enjoy 2 muffins per serving.

L: Tuna Salad w/ Cucumber Slices (11)

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

1. Place tuna salad in romaine lettuce leaves to make a wrap. Serve with sliced cucumber.

D: Honey BBQ Chicken w/ Brown Rice and Roasted Carrots (4)

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

1. Preheat oven to 375 F. Set aside half BBQ sauce for dipping and toss chicken leg quarters in remaining sauce.
2. Reheat remaining rice, covered in oven for ~30 minutes or in microwave.
3. Place chicken on baking sheet and bake for ~45 mins or until cooked through (165 F).
4. Place carrots in single layer on another sheet and bake until tender, ~30 min. Toss halfway through cooking time.

S: Almond Butter Protein Bites

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

1. Remove from freezer and eat. Option to defrost slightly before eating.

Wednesday

B: Blueberry Chia Pudding (7)

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

1. Enjoy remaining chia pudding. Stir before serving.

L: Chopped Salad w/ Leftover BBQ Chicken (10)

Yields: Instructions below yield 2 of 6 servings of salad and 2 of 4 serving of chicken. After eating lunch, you will have 0 servings remaining.

1. Serve remaining chopped salad w/ leftover BBQ chicken (either reheated or cold). Top with 1T balsamic vinaigrette/ serving.

D: Sloppy Joes over Sweet Potatoes (3)

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

1. Reheat sloppy joe mixture on stovetop or microwave.
2. Slice 2 sweet potatoes in half and reheat in microwave. Spoon sloppy joe mixture over potatoes.

S: Frozen Grapes (12)

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

Reserve: 2 total servings for snack Friday.

1. Remove 1c per serving from freezer and enjoy.

Thursday

B: Hard Boiled Eggs w/ Avocado & Oranges (8)

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

1. Enjoy 2 eggs, 1 orange and ½ avocado/ serving.

L: Tuna Salad w/ Cucumber Slices (11)

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

1. Place tuna salad in romaine lettuce leaves to make a wrap. Serve with sliced cucumber.

D: Paleo Pizza (5)

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

Reserve: 2 total servings for lunch Friday.

1. Preheat oven to 400 F. Remove pizza crust from freezer.
2. Top crust with 1c pizza sauce, sliced mozzarella cheese and sliced roma tomato.
3. Thinly slice desired amount of basil and sprinkle on top of pizza. Bake for 10-12 min, or until cheese is hot and bubbly.

S: Cherry Mousse (12)

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

1. Halve 1 avocado. Scoop out flesh into food processor or blender. Add 2c frozen dark cherries + ½tsp vanilla. Blend until smooth.

Friday

B: Green Berry Smoothie (9)

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

Reserve: 4 total servings in freezer for breakfast next week.

1. Add 1 smoothie bag + 2T almond butter + 1 can lite coconut milk to a blender. Blend until smooth.

L: Leftover Paleo Pizza (5)

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

1. Reheat pizza, either in microwave (~45 second) or in oven and enjoy!

D: Clean out the fridge day!

S: Frozen Grapes (12)

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

1. Remove 1c per serving from freezer and enjoy.

Whoop! Whoop!
Week 2 of the Challenge is done.
What have you done with your extra time?