



Meal Prep Challenge, Week 3: Grocery List

Serves 2

(x) = servings yielded per recipe

1. Meal 1: Taco Soup (x6)
2. Meal 2: Cilantro Citrus Shrimp w/ Mexican Quinoa Pilaf (x4)
3. Meal 3: Herb Roasted Chicken Breasts (x6) w/ Butternut Squash (x4) & Spinach (x2)
4. Meal 4: Crab Cakes (x4) w/ Roasted Asparagus & Tomatoes (x2)
5. Meal 5: Beef & Broccoli Stir Fry w/ Sesame Quinoa (x4)
6. Lunch 1: Balsamic Roasted Beet Salad w/ Shaved Prosciutto (x4)
7. Lunch 2: Summer Pasta Salad (x4)
8. Snacks: Apples w/ Cinnamon (x6), Bell Pepper & Avocado (x4), Blueberries & Walnuts (x4)



Herbs

1 lg bulb garlic (1,2,3,4,5,7)
(need 12 cloves)
~3" knob ginger (5)
1 large bunch basil (3,7)
1 bunch cilantro (2)



Fruits

6 med apples (8)
1 pint blueberries (8)
3 lemons (2,4,7)
3-4 limes (2)
3 oranges (2,breakfast)



Dairy (optional)

4oz crumbled goat cheese (6)
4oz crumbled feta cheese (7)
Greek yogurt and/or shredded
cheese, for soup garnish (1)



Pantry

2c quinoa (2,5)
1/4c coconut aminos (5)*
(OR sub tamari)
2 cans lite coconut milk
(breakfast)*
1/4c sliced kalamata olives (7)
2c tomato puree (1)*
4c vegetable broth (1)*
2 cans black beans (1,2)*
1 can red beans (1)*
~2/3c mayo (4)*
4T almond butter (breakfast)*
1/4c almond flour (4)
1 1/2T coconut flour (4)



Veggies

1 sm fennel bulb (6)
1 bunch green onions (4)
1 head broccoli (5)
(OR 1 bag pre-cut)
4 lg beets (6)
3 medium zucchini (7)
(OR sub 2 containers zoodles
or 1 box GF pasta)
1 bunch asparagus (4)
2# pre-cut butternut squash
(3,breakfast)
(OR 1 whole)
4 pints cherry tomatoes (2,4,7)
6 avocados (1,8,breakfast)
5 red bell peppers (1,4,8)
2 jalapenos (1,2)
16oz sliced mushrooms (7)
1 lg yellow onion (1)
5oz mixed greens (6)
5oz spinach (3)



Meats & Seafood

1# grassfed ground beef (1)
8oz shaved prosciutto (6)
1# grassfed beef stir fry meat
(5)
6 boneless, skinless chicken
breasts, 4-6oz each (3)
~16oz lump crabmeat (4)
(OR sub canned salmon)



Frozen

~1-1 1/2# frozen shrimp (2)
1c frozen corn kernels (1)



Nuts & Dried Fruits

1/2c chopped walnuts (6)
48 (~1c) walnuts (8)
1/2c pine nuts (7)
1/2c pumpkin seeds (2)



Oils & Vinegars

~2c olive oil
~1/3c balsamic vinegar (6)
3T toasted sesame oil (5)



Spices

~1tsp cinnamon (8)
1tsp Old Bay seasoning (4)*
1T dried basil (3)
red chili flakes, optional (5)
2T taco seasoning (1)*



Eggs

8-10 eggs, omega-3 (breakfast)



Meal Prep Challenge, Week 3: Prep Day

Preheat oven to 375 F. (3,6,7)



Beets: Peel 4 beets and dice into 1/2" cubes. Toss with 1-2T olive oil and season with S&P. Roast 40-45 min and toss halfway through cooking. When cooked through, toss with 1T balsamic vinegar and cool. (6)

Butternut Squash: If not pre-cut, peel, remove seeds & cut into small, 1" pieces. Toss w/ 1-2T olive oil + 1T dried basil + S&P. Place butternut squash in single layer on baking sheet. Roast 35-40 min, tossing halfway through. Cool. [*] (3,breakfast)

Tomatoes & Mushrooms: Toss 2 pints cherry tomatoes + 16oz sliced mushrooms + 1-2T olive oil + S&P. Roast in single layer on baking sheet for 20-25 min. Cool. (7)



Quinoa: Add 4c water + 2c quinoa to large pot. Bring to a boil, turn heat to low. Cook 20-25 mins. Set aside to cool. (2,5)



Aioli: Mince 1 garlic clove and zest 1 lemon for 1/2tsp. Set aside. (4)

Fennel: Thinly slice 1 fennel bulb, ~1c. Set aside. (6)

Taco Soup: Finely chop 1 yellow onion, 2 red bell peppers, 3 cloves garlic & 1 1/2 jalapeños (discard seeds). (1)

Jalapeno: Roughly chop remaining 1/2 jalapeno. Remove seeds for less spice. Set aside. (2)

Crab Cakes: Finely dice 1 red bell pepper for ~1/2c & thinly slice green onions for ~1/4c. Set aside. (4)

Bell Peppers: Slice any remaining bell pepper + 2 additional red bell peppers into strips for snacking. [*] (8)

Pilaf: Quarter 1 pint cherry tomatoes and chop cilantro for ~2T. Set aside. (2)

Asparagus & Tomatoes: Trim 2-3" ends from 1 bunch asparagus. Toss with 1/2 pint tomatoes and 2T olive oil + S&P. [*] (4)

Herb Marinade: Finely chop basil for ~6T (rest of basil used in Summer Pasta Salad). Chop 2 garlic cloves. Mix w/ 1/2c olive oil. [*] (3)

Stir Fry: Finely chop 3 garlic cloves. Grate ginger for ~2T. Set aside. (5)

Broccoli: Chop 1 head broccoli into bite-sized pieces. [*] (5)

Zucchini, if using: Cut 3 zucchini into "spaghetti-like" noodles. Best to use spiralizer. Set aside. (7)



Taco Soup (1)

In a lg soup pot over med-high heat, add: 1tsp olive oil + chopped veggies (1 yellow onion + 2 bell peppers + 3 garlic cloves + 1 1/2 jalapeños). Cook for ~5 mins. Add 1# ground beef + 2T taco seasoning, crumbling meat. Cook for 10 mins. Add 2c tomato puree + 4c veggie broth, turn to low, cook 30 mins. Add 1 can drained/rinsed black & red beans + 1c frozen corn, cook 10 mins. [*] (1)



Crab Cakes (4)

In large bowl gently combine the following until just mixed together: ~16oz lump crabmeat + ~1/2c diced red bell pepper + ~1/4c sliced green onions + 1tsp Old Bay seasoning + 4T mayo + 1 1/2T coconut flour + S&P to taste.

Line baking sheet with parchment paper. Use 1/2c scoop and form into 4 uniform patties. Set on sheet and freeze.

When patties are frozen, transfer to freezer bag/container. [*] (4)



Summer Pasta (7)

Cook pasta to box directions. If using zoodles, heat 1-2tsp olive oil in saute pan over med-high. Add zoodles & cook 2-3 mins.

Make lemon basil sauce by combining the following in a blender:

1/4c olive oil + 1 clove garlic + handful of fresh basil + juice of 1 lemon (~2T) + S&P, to taste.

Then add to drained pasta/cooked zoodles: roasted tomatoes + mushrooms + 1/4c sliced kalamata olives + 1/2c pine nuts + 4oz feta cheese crumbles + lemon basil sauce. [*] (7)



Cilantro Citrus Marinade (2)

Combine the following in blender: zest and juice of 2 limes + zest and juice of 1 lemon + zest and juice of 1 orange + handful cilantro + 1c water + 2tsp salt + 2 cloves garlic + 1/2 roughly chopped jalapeno. [*] (2)



Mexican Quinoa Pilaf (2)

In large bowl toss together the following:

- 3c cooked quinoa
- 1 pint chopped cherry tomatoes
- 1 can black beans, drained & rinsed
- 1/2c pumpkin seeds
- ~2T cilantro (Note: if you have any remaining cilantro, chop & store for taco soup, Meal 1).
- juice of 1-2 limes
- 1/4c olive oil

Season w/ S&P if needed. [*] (2)

Sesame Quinoa: Toss remaining cooked quinoa (~3c) w/ 2T toasted sesame oil. [*] (5)

Lemon-Garlic Aioli (4)

Combine the following: 1/3c mayo + 1 minced garlic clove + 1/2tsp lemon zest + juice of 1/2 lemon + S&P to taste. [*] (4)

Stir Fry Sauce (5)

Whisk together: 1/4c tamari or coconut aminos + 1T toasted sesame oil + ~2T fresh grated ginger + 3 cloves chopped garlic [*] (5)

Roasted Beet Salad (6)

Layer the following:

- 1/2 of mixed greens
- 1/2c thinly sliced fennel
- 1/4c chopped walnuts
- 1/2 of roasted beets
- 2oz crumbled goat cheese

Repeat. [*] (6)



Balsamic Vinaigrette: Whisk together: 1/2c olive oil + 1/4c balsamic vinegar + pepper to taste [*] (6)

Congrats on completing your last Prep Day of the Challenge!

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 *Thaw ½ of shrimp for dinner Sunday.*

B: Almond Butter Protein Bites

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

1. Remove 4 protein bites per serving from freezer and enjoy. Option to thaw slightly before eating.

L: Balsamic Roasted Beet Salad w/ Shaved Prosciutto (6)

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

Reserve: 2 total servings for lunch Monday.

1. Serve beet salad topped with balsamic vinaigrette and 2oz shaved prosciutto/ serving.

D: Taco Soup (1)

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

Reserve: 4 total servings for lunch Sunday and Wednesday.

1. Reheat on stovetop, on low, until bubbly & heated through, stirring occasionally.
2. Dice 1 avocado. Top soup with diced avocado, Greek yogurt, shredded cheese, or cilantro as desired.

S: Apples w/ Cinnamon (8)

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

Reserve: 4 total servings for snack Monday & Friday.

1. Slice 1 apple per person and sprinkle with cinnamon.

Sunday

B: Crab Cakes w/ Eggs (4)

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

Reserve: 2 servings crab cakes for dinner Tuesday and 2 servings eggs for Tuesday.

1. Preheat oven to 400 F.
2. Place 2T almond flour on plate. Take 2 frozen crab cakes and dust lightly with almond flour (don't cake on or cakes will be dry).
3. Line baking sheet with parchment and bake crab cakes for 15-20 min, flipping halfway through.
4. Poach or pan fry 2 eggs to serve with crab cakes.

L: Taco Soup (1)

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

Reserve: 2 total servings for lunch Wednesday.

1. Reheat on stovetop, on low, until bubbly & heated through, stirring occasionally.
2. Dice 1 avocado. Top soup with diced avocado, Greek yogurt and/or shredded cheese as desired.

D: Cilantro Citrus Shrimp w/ Mexican Quinoa Pilaf (2)

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. Defrost ½ of shrimp if not done already. Then marinate 30 mins-1 hr in ½ of Cilantro Citrus marinade.
2. Preheat oven to 400 F and roast shrimp for ~10 mins.
2. Option to reheat pilaf or serve cold.

S: Bell Pepper & Avocado (8)

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

Reserve: 2 total servings for snack Wednesday.

1. Slice 1 avocado and enjoy ½ sliced bell pepper and ½ avocado/ person.

Monday

B: Green Berry Smoothie

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

Reserve: 2 total servings for breakfast Friday.

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

L: Balsamic Roasted Beet Salad w/ Shaved Prosciutto (6)

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

1. Serve remaining beet salad topped with balsamic vinaigrette w/ 2oz shaved prosciutto/ serving.

D: Herb Roasted Chicken Breasts w/ Butternut Squash & Spinach (3)

Yields: Instructions below yield 2 of 6 servings of chicken and 2 of 4 servings of butternut squash and 2 of 2 servings of spinach. After eating dinner, you will have 4 servings remaining of chicken and 2 servings of butternut squash and 0 servings of spinach.

Reserve: 4 servings of chicken for lunch Tuesday & Thursday and 2 servings of butternut squash for breakfast Tuesday.

1. Preheat oven to 375 F. Toss 6 chicken breasts with Herb Marinade and bake for ~30-35 mins or cooked through to 165 F.
2. Reheat butternut squash in oven until warm.
3. Heat 1-2tsp olive oil in large sauté pan. Sauté 5oz spinach for 3-4 minutes, season to taste w/ S&P.

S: Apples w/ Cinnamon (8)

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

Reserve: 2 servings for snack Friday.

1. Slice 1 apple per person and sprinkle with cinnamon.

Tuesday *Thaw remaining shrimp for dinner Wednesday*

B: Eggs w/ Leftover Butternut Squash

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

1. Reheat butternut squash and fry/ poach 1 egg/ person.

L: Summer Pasta Salad w/ Leftover Chicken (7)

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

Reserve: 2 total servings for lunch Thursday.

1. Serve pasta salad w/ leftover chicken, either warm or cold.

D: Crab Cakes w/ Roasted Asparagus & Tomatoes (4)

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

1. Preheat oven to 400 F. Place 2T almond flour on plate.
2. Take 2 frozen crab cakes and dust lightly with almond flour (don't cake on or cakes will be dry).
3. Line baking sheet with parchment and bake crab cakes for 15-20 min, flipping halfway through.
4. Place asparagus & tomatoes on another parchment lined baking sheet. Bake for 15-20 min, flipping halfway through.
5. Serve crab cakes with Lemon-Garlic Aioli.

S: Blueberries & Walnuts (8)

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

Reserve: 2 total servings for snack Thursday.

1. Enjoy ½c blueberries and 12 (~¼c) walnuts/ person.

Wednesday

B: Pumpkin Spice Muffins

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

1. Remove from freezer and enjoy.

L: Taco Soup (1)

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

1. Reheat on stovetop, on low, until bubbly & heated through, stirring occasionally.
2. Dice 1 avocado. Top soup with diced avocado, Greek yogurt and/or shredded cheese as desired.

D: Cilantro Citrus Shrimp w/ Mexican Quinoa Pilaf (2)

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

1. Defrost remaining shrimp if not done already. Then marinate 30 mins-1 hr in remaining Cilantro Citrus marinade.
2. Preheat oven to 400 F and roast shrimp for ~10 mins.
2. Option to reheat pilaf or serve cold.

S: Bell Peppers & Avocado (8)

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

1. Slice 1 avocado and enjoy 1/2 sliced bell pepper and 1/2 avocado/ person.

Thursday ***Note: beef for Stir Fry marinates for 1-24 hours***

B: 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 cooked your favorite way w/ 1 orange & 1/2 avocado per serving.

L: Summer Pasta Salad w/ Leftover Chicken (7)

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

1. Serve pasta salad w/ leftover chicken, either warm or cold.

D: Beef & Broccoli Stir Fry w/ Sesame Quinoa (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. Reheat sesame quinoa, covered, in 350 F oven for 30-40min (option to reheat in microwave).
2. Heat 1tsp oil in large sauté pan or wok over medium-high heat.
3. Cook broccoli 10 min. Scoot veggies to side, add beef to pan (including marinade) & cook 3-5 min, or pink is just disappearing.
4. Option to top stir fry w/ red chili flakes as desired. Serve immediately over quinoa.

S: Blueberries & Walnuts (8)

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

1. Enjoy 1/2c blueberries and 12 (~1/4c) walnuts/ person.

Friday

B: Green Berry Smoothie

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

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

L: Beef & Broccoli Stir Fry w/ Sesame Quinoa (5)

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

1. Reheat leftover Stir Fry on stove top or in microwave.

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: Apples w/ Cinnamon (8)

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

1. Slice 1 apple per person and sprinkle with cinnamon.

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

Thank you for joining us.