



Beginners Menu & Guide: Quick Tips

Tip 1

Take advantage of online shopping.

Many of our Prep Dish veterans use online shopping to make the experience that much easier. We offer .txt shopping lists for easy copy & paste into shopping apps and also offer a complete shopping list for Thrive Market and U.S. Wellness Meats and others.

Tip 2

Wash before you start.

For a more efficient experience wash all fruits and veggies before you start prepping so they're all ready to go!

Tip 3

Read & Prepare.

Read through the menu once and get all containers, measuring cups, measuring spoons and other tools out to make the process more efficient.

Tip 4

Don't let scraps pile up.

While prepping a lot of fruits, veggies and meats at one time, the scraps (pepper stems, seeds, etc) start to pile up. Keep one produce bag by your work station and throw the scraps in as you go.

Tip 5

Have fun!

Put on your favorite tunes, listen to a book or an inspirational podcast. It's a great time to enjoy some you time!

Next Steps

Super Fast Menu

Once you've finished this menu, we recommend you move on to the Super Fast menu for the month. Our regular menus take ~2 hours prep time but while you're getting used to the system it may take a little longer. Our monthly super fast menus only take 1 hour to prep so it's a perfect transition!

Words of Encouragement from Subscribers

Though I might grumble a bit during the prep (tired or distracted...that's life!), I LOVE the freedom of knowing I have healthy, delicious food stocked in the fridge all week long. I actually look forward to prep days now, knowing how awesome the results are. Perspective and attitude are a big part of the overall meal prep success.

This has absolutely been a game changer for me and my family. The top three are:

- 1. That my kids are in the kitchen with me on prep day, and are taking pride in their work.*
- 2. The environment in my home has changed! I am not stressed out when my husband comes home, and I have more time to spend with my kids in the afternoon.*
- 3. We are eating SO much healthier! Oh...and not to mention...my grocery bill has gone down by about \$100!*

Helpful Links

[Meal Planning Tips 101: Prep Day](#)

[Meal Planning Tips 101: Dish Day](#)

[Meal Planning Tips 101: The Grocery List](#)



Beginners Menu & Guide: Grocery List

Serves 4

1. Meal 1: Chimichurri Salmon w/ Roasted Cauliflower & Green Beans
2. Meal 2: Salt & Pepper Drumsticks w/ Roasted Mushrooms & Asparagus
3. Meal 3: Chimichurri Flank Steak w/ Baked Sweet Potatoes & Sautéed Spinach
4. Meal 4: Flank Steak Fajitas
5. Salad: Arugula w/ Blackberries, Feta & Sliced Almonds
6. Breakfast: Blueberry-Banana Green Smoothie
7. Snack: Snap Peas
8. Dessert: Cherry Mousse



Herbs

Don't like cilantro? You can omit to customize menus to your taste

- 1 bulb garlic (1,3)
- 1 bunch parsley (1,3)
- 1 bunch cilantro (1,3)



Fruit

- 1 pint blackberries (5)
- 6 bananas (6)



Dairy always optional

Dairy (optional)

- 4oz feta crumbles (5)



The * symbol means to read all ingredient lists: avoid added msg, gluten, sugar, etc.

Pantry

- 3T salsa of choice (4)*
- ~1/2c peanut butter (6)* (OR nutbutter of choice)
- 8 corn tortillas (4) (OR sub with lettuce wraps)
- 1tsp vanilla (8)*



Buy pre-chopped cauliflower & green beans to save time!

Veggies

- 1 head cauliflower (1)
- 2-3c fresh green beans (1)
- 2-4c snap peas (7)
- 5 avocados (4,8)
- 1 each- red, yellow & green bell pepper (4)
- 1 red onion (4)
- 1 bunch asparagus (2)
- 16oz sliced mushrooms (2)
- 2 portabella mushrooms (4) (optional if choosing vegetarian fajitas)
- 4 med sweet potatoes (3)
- 16oz spinach (3,6)
- 5oz arugula (5)
- romaine or bibb lettuce for fajita "wraps" (if not using tortillas) (4)



Meats

- 8-12 bone-in, skin-on chicken drumsticks (2)
- 3# grass fed flank steaks (3)

The # symbol = pound

*Want vegetarian fajitas? Decrease steak to 1 1/2# & purchase 2 portabella mushrooms to replace.



Fish

- 4 salmon fillets, 4-6oz each (1)



Nuts

- 1/2c sliced almonds, optional (5)



Frozen

- 10oz frozen blueberries (6)
- 4c (~24oz) frozen cherries (8)



T = Tablespoon

Spices

- 2T fajita seasoning (3)* (OR sub with taco seasoning or chili powder*)
- 1/2tsp crushed red pepper (1)



Oils & Vinegars

- ~1/4c olive oil
- 1/4c balsamic vinegar (5)
- 1/2c red wine vinegar (1,3)

The (numbers) reference the meal from the list above

The ~ symbol means "around". The measurement is rounded to the nearest Tablespoon

*Note: read all ingredient lists; avoid added msg, gluten, sugar, etc.



Beginners Menu & Guide: Prep Day (<1 hour!)

Preheat oven to 350 F (4) ← First step- turn oven on! This temp will be used throughout the entire Prep Day unless otherwise noted.



← These icons help prepare you by image to bake, chop, blend or assemble

Sweet Potatoes: Place 4 sweet potatoes on sheet pan and bake for ~40-50min or until soft, cooked through. (Option to cook in microwave for ~ 8min). Cool & store. [*] (4)



↖ The [*] symbol on Prep Day page means to store this item. If you don't see this symbol it means to set aside for a future step

Fajitas: Slice 3 bell peppers, 2 portabellas (optional for vegetarian fajitas) & 1 red onion into long strips for fajitas. Sprinkle with 2T fajita seasoning. [*] (3)

Asparagus: Cut & discard woody ends off asparagus. Store. [*] (2)

Cauliflower & Green Beans: Cut cauliflower into bite-sized pieces. If needed, remove ends from green beans & cut into 2" pieces. Toss both together with 2-3T olive oil + S&P. [*] (1)



Chimichurri (1,3)

Blend the following on high until garlic and herbs are chopped:

- 1c olive oil
- 1/2c red wine vinegar
- 4 cloves garlic
- 1c loosely packed fresh Italian parsley + 1c loosely packed fresh cilantro
- 1tsp salt + 1/2tsp crushed red pepper. [*] (1,3)



Salad (5)

Layer in salad greens tub as follows: ← Store in the tub the salad greens come in!

- 1/2 of arugula
- 1/2 pint blackberries
- 1/4c almond slices
- 2oz feta crumbles. [*] (5)



↙ Feel free to double or triple this recipe for the month. Shake right before serving or for a creamier version, blend with a hand blender

Balsamic Dressing: Whisk together: 1/2c olive oil + 1/4c balsamic vinegar. [*] (5) ← Reminder: these numbers reference the meal number on page 1

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



Beginners Menu & Guide: Dish Day

Day 1

Chimichurri Salmon w/ Roasted Cauliflower & Green Beans (1)

1. Preheat oven to 400 F.  This temp is used for all meal items (i.e. fish and veggies)
2. Place green beans & cauli in a single layer on a baking sheet and roast for 25-35 min, removing and tossing halfway through.
3. Season salmon lightly w/ S&P and bake for 10-12 minutes or just cooked through and flaky.
4. Once salmon is cooked, drizzle ~2T chimichurri sauce over each piece. *Note: save remainder of chimichurri for Dish Day 3

Day 2

Salt & Pepper Drumsticks w/ Roasted Asparagus & Mushrooms (2)

1. Preheat oven to 425 F. Season chicken drumsticks w/ S&P.
2. Place chicken on sheet pan & roast ~30-40 min (chicken should be 165 F).  On Dish Day, feel free to use parchment paper to line sheet pans for meats and veg to save time w/clean up!
3. Place asparagus & mushrooms on separate sheetpan, drizzle w/ 1T olive oil + S&P to taste.  The [~} symbol means "around". It may be more or less of allotted cooking time depending on your oven
4. Roast veggies ~8min or until fork tender, turning halfway through cooking.

Day 3

Chimichurri Flank Steak w/ Baked Sweet Potatoes & Sautéed Spinach (3)

1. Preheat oven 400 F. Reheat sweet potatoes in oven or microwave.
2. Sprinkle flank steaks w/ S&P. Grill for 4-6 mins/ side for medium rare or sear on stove top & transfer to oven at 400F for ~6min.
3. Allow steak to rest 5-10 mins before cutting. Cut very thin against the grain.
4. In a large sauté pan, heat 1tsp olive oil, add ½ large tub of spinach (reserving ½ for breakfast). Sauté ~5 min, season w/ S&P.
5. Serve ½ of the steaks w/ ~2T chimichurri sauce. *Note: Save remainder of sliced steaks for fajitas Dish Day 4

Day 4

Flank Steak Fajitas (4)

1. Heat 1-2tsp oil in a large sauté pan over med-high heat. Add peppers, onions & portabella mushrooms (if using). Cook ~15 min or until veggies are cooked. Season as needed w/ S&P.
2. Add steak after cooking veg ~5 min until warmed.
3. Make guac by mashing 3 avocados & stirring in 3T salsa.
4. Serve veggies in warmed corn tortillas or lettuce wraps and top with guac.

Salad

Arugula w/ Blackberries, Feta & Sliced Almonds (5)

1. Shake balsamic vinaigrette well & drizzle over salad.  Weekly salads can be used as extra veg w/ dinner or use for lunch w/ leftover chicken, fish or beef.

Breakfast

Blueberry-Banana Green Smoothie (6)

1. Place the following in a blender: ½c water (or milk of choice) + 3 bananas + 1c frozen blueberries + large handful baby spinach + ½c peanut butter (or nut butter of choice)
2. Blend on high until smooth. Add more liquid as needed. May need to do in multiple batches. Yields ~2 servings.

Snack

Snap Peas (7)

1. Snack on these raw or steam/boil for 2-3 minutes and season to taste with salt.

Dessert

Cherry Mousse (8)

1. Add 4c frozen cherries, pulp of 2 avocados + 1tsp vanilla to food processor. Blend until smooth.