

Meal Prep Day Step by Step

This Week's Menu:

Proteins:

Slow cooked chicken with salsa
Chicken cilantro frittata
Indian Spiced meatballs
Chili lime turkey burgers

Vegetables/Sides:

Kabocha squash with curry sauce
Roasted butternut squash
Baked cumin carrot fries
Kale with caramelized onions and sun dried tomatoes
Braised cabbage with garlic
Cilantro lime dressing
Lettuce for salads

Kitchen supplies needed:

- ✧ Oven and stovetop
- ✧ Crockpot
- ✧ Blender or food processor
- ✧ Zester tool or microplane tool
- ✧ Decent kitchen knives to chop through squash
- ✧ Cutting board
- ✧ Baking sheets
- ✧ Medium and large skillet (about 8" and 12"), with something to use as a lid (a large plate or smaller skillet can be a lid for large skillet)
- ✧ Parchment paper (optional, can use extra oil on baking sheets in recipes calling for parchment)
- ✧ Storage containers for leftovers, baggies
- ✧ A jar or container for salad dressing (I recommend a glass container, even just a leftover salad dressing bottle or glass jar, plastic is harder to clean)

First things first:

1. Assemble tools and clear space. Be sure to locate your food storage containers and baggies to put foods into when they are done.
2. Be sure to have a few kitchen rags and to wipe up messes as you go.
3. Be sure to make room in your fridge for the containers that will be going in.
4. Remove eggs, chicken, turkey and beef from fridge to allow to come to room temp.
5. Have a big glass of water nearby, have a healthy snack, put on your favorite tunes and give yourself a few hours to power through this!

Slow Cooker:

1. Assemble ingredients and start slow cooker, being sure to set it to the side so that you have space to cook your other meals.

Foods to bake:

1. Heat oven to 375F for frittata.
2. Assemble chicken cilantro frittata and bake. Set a timer! While frittata bakes, assemble meatballs and clean up what you can.
3. When frittata is complete, remove from oven and heat oven to 400F. When oven is heated to 400F, cook meatballs and set timer. Clean up what you can!
4. While meatballs cook, chop butternut squash, kabocha squash and carrots. Melt enough coconut oil to use for all three recipes, then line baking sheets with parchment and assemble each recipe.
5. When kabocha is ready to go in oven, place on available oven rack and set timer!
6. When meatballs are done, remove from oven and place butternut squash on available rack. Set timer!
7. When kabocha squash is done, remove and add carrots to available rack and set timer!
8. When all baked foods have been started in the oven, clean up what you can.

Foods to cook on stove top:

1. Slice and caramelize onions in medium skillet, they will take the longest and not require your constant attention.
2. While onions cook, prepare kale and remaining ingredients for kale recipe.
3. Chop cabbage and other ingredients for that recipe, cook in large skillet.
4. Assemble turkey burgers and fry these last, set a timer to cook each side!
5. Clean lettuce to have it ready for salads on the go!

Clean up tips:

- ✧ Clean up as much as possible as you go, reuse bowls, cutting boards and knives for each recipe, **unless raw meat or eggs have come into contact with any kitchen tool! Be sure to clean and disinfect each kitchen tool thoroughly after it comes into contact with raw meat or egg! This includes counter tops and sinks!**
- ✧ Be sure to put cooked foods into the fridge quickly, **especially meat and egg dishes!** There is no need to let your meals come to room temperature before putting into the fridge. For food safety, put them away within 30 minutes of cooking. Feel free to label and date foods if you can't see clearly through your containers.
- ✧ Enlist help, if available for chopping, putting food away, cleaning up or whatever else you can think of!
- ✧ Make a menu to put on your fridge and cross things off when they're eaten.
- ✧ Be proud of yourself, you're a damn adult and you've got this!