

• Prep Tips •

## WEEK ONE

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### *Cook in advance & store:*

Ground turkey  
Quinoa  
Spaghetti Squash  
Hard boiled eggs  
Bake tofu  
Spaghetti Sauce

### *Wash, dry, & store fresh produce:*

Bell pepper  
Broccoli  
Onion  
Mushrooms  
Cucumber  
Chop jalapeños & remove seeds  
Tomatoes  
Lettuce  
Garlic  
Kale

### *Snacks to Prepare on Sunday:*

Super Seed Energy Bars  
Vanilla Shakeology Macadamia Nut Pineapple Balls

*\*\*These will store nicely & be super convenient to have on hand during busy week days!\*\**

*\*\*Veggie Egg Cups also warm up wonderfully & are great to prepare in advance & have on hand for the week.\*\**