

• Prep Tips •

## WEEK TWO

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### *Cook in advance & store:*

Beef flank steak

Turkey Burger

Skinless, boneless chicken  
(some shredded, some chopped, and  
some saved whole)

Spaghetti Sauce

*\*\*Breakfast Banana Muffins will keep nicely  
& are great to make in advance! Super  
convenient for breakfasts & snacks.\*\**

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

Berries

Onion

Bell Pepper

Lettuce

Kale

Romaine

Mushrooms

Carrots

Tomatoes

Mangos

Jicama

Sweet Potatoes

Black olives

Fresh parsley

Green Onions