

• Prep Tips •

WEEK THREE

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Make ahead & store:

Chicken breast
(leave some whole & some cubed for meal variety)
Ground Turkey
Canned Beans
Veggie Kabobs
Turkey Burger Patties
Chicken Leg Quarters
(I prefer these fresh but can be made in advance if necessary)
Pancake batter
(Extra batter can be frozen & stored for the following weekend!)
Chicken Salad
Salmon Filets

TIP: Creating the Kabobs on Sunday and allowing to marinate will add GREAT flavor when you are ready to grill them.

TIP: For the fish tacos, I recommend preparing the fish on the same day, so that is why it is not included in the make ahead & store category.

Wash, dry, & store fresh produce:

Fresh strawberries
Cilantro
Jalapeno
Garlic Cloves
Jicama
Radishes
Red Onion
Cherry Tomatoes
Romaine Lettuce
Mushrooms
Bell Pepper
Zucchini (prepare some chopped & some spiralized for meal variety)
Basil
Mixed Berries
Red Cabbage
Green Cabbage
Mango
Shallot
Fresh kale
Cucumber
Spaghetti Squash (bake & store)
Mango Salsa for fish tacos
****keeps VERY well & taste just as great 2-3 days after prep!****
Sweet Corn & Avocado Salad
****watch the avocado & make sure it doesn't get brown as it sits****