

• Prep Tips •

## WEEK FOUR

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\*\*This is a master list: refer to each recipe for how much to prepare of each food group\*\*

### *Make ahead & store:*

Quinoa  
Chicken Breasts (skinless, boneless)  
Sweet Potatoes  
Soba Noodles  
Fish (choose preference of white fish,  
cod, mahi mahi)

### *Miscellaneous:*

Store black coffee in a jug & add to  
shakes during the week (quick energy  
boost!)

Crumble Feta for salads (if buying in  
brick)

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

Dice Tomatoes  
Chop Garlic Cloves  
Slice/Shred/Dice Carrots  
Chop/Dice Bell Peppers  
Chop/Shred Cabbage  
Chop Cucumber  
Slice Mushrooms  
Slice/Chop Red Onion  
Shred/Chop Lettuce  
Cut Cherry Tomatoes in 1/2  
Slice Tomatoes for sandwiches  
Chop Green Onions  
Wash & store Strawberries (chop & dice  
for recipes)

Peel & chop fresh Ginger  
Chop Cilantro  
Chop Jalapeno  
Chop Basil