



Weekend Prep List - 8 servings

Oven/Microwave:

- Place 8 slices bacon on a microwave-safe plate between layers of paper towels. Microwave on high until crisp, about 4-5 minutes. Crumble, place in a labeled storage container and refrigerate until ready to use. [M]

Rice Cooker/Stovetop:

- Cook 2 cups jasmine or brown rice according to package directions. Let cool, then place in a labeled storage container and freeze until ready to use. [F]

Cutting Board:

- Cut 2 heads cauliflower into bite-sized florets. Place in a labeled storage container and refrigerate until ready to use. [M]
- Dice 2 yellow onions and 2 green bell peppers. Place together in a labeled storage container and freeze until ready to use. [S]
- Dice 2 yellow onions. Place in a labeled storage container and freeze until ready to use. [Su]

Meats:

- Trim 2 pounds boneless skinless chicken thighs of excess fat and cut into 1" pieces. Place in a labeled storage container and freeze until ready to use. [F]
- Dice 2 pounds boneless skinless chicken breasts into 1/2-inch cubes. Place in a labeled storage container and freeze until ready to use. [Su]

This Week's Meals: (**Indicates a prep step needs to be done the night before or morning of the meal)

[M] Cheesy Ham & Cauliflower Bake

[T] **Slow Cooker Cube Steak

[W] Juicy Pork Chops + Roasted Asparagus

[Th] Taco Bravos

[F] Skillet Sesame Chicken

[S] One-Pot Vegetarian Chili Mac

[Su] Creamy White Chili

[D] Chocolate Chip Banana Muffins

***Freeze any meats that will not be used within 3 days, unless packaging indicates longer refrigeration life.*

***Please note the prep list is written assuming meals will be prepared on the day they are scheduled for. If you adjust the schedule, please use your discretion on proper food storage to ensure food safety.*