



Weekend Prep List - 4 servings

Oven/Stove/Rice Cooker:

- Cook 1 cup brown rice according to package instructions. Place in a freezer-safe storage container or bag and freeze until ready to use. [W]
- Cook 1 cup brown rice according to package directions. Let cool, then place in a labeled storage container and freeze until ready to use. [S]

Cutting Board:

- Cut 1 small head of cauliflower into small florets. Place in a labeled storage container and refrigerate until ready to use. [T]

Meats:

- Cut 1 pound chicken breasts into 1-inch chunks. Place in a labeled storage container and refrigerate until ready to use. [M]
- Cut 1 pound boneless chicken breasts into 4 ounce portions, then place between two pieces of plastic wrap and pound to 1/4-inch thick using a meat mallet, rolling pin or heavy skillet. Place in a labeled storage container and freeze until ready to use. [Su]

Countertop:

- Make crunchy coating according to “Prep Day” step 2. [M]

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

[M] Crunchy Chicken Nuggets

[T] Sausage & Cauliflower Spaghetti

[W] Asian Beef Bowls

[Th] Sheet Pan Brown Sugar Pork Chops & Squash

[F] Breakfast Quesadillas

[S] **Slow Cooker Salsa Verde Pork Loin

[Su] Skillet Chicken Parmesan

[D] Slow Cooker Pumpkin Spiced Apples

***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.*