

Meals for a week: How to be fridge-ready

Menu

- Pesto shrimp with zucchini “noodles”
- Beef stew
- Butternut squash soup with grilled chicken
- Pork chops and homemade applesauce
- Kale, kielbasa, and white bean soup
- Asparagus and leek chicken pot pie

Prep ahead list

Pesto shrimp with zucchini “noodles”:

1. Saute shrimp
2. Make pesto *place all in separate bowls*
3. Spiralize zucchini

Beef stew:

1. Dice potatoes, place in a container and cover with water to prevent browning.
2. To a zip-top bag or bowl, add chopped onions, carrots, celery, minced garlic, and spices.

Butternut squash soup with grilled chicken:

1. To a zip-top bag or bowl, add minced garlic, sliced carrot, chopped apple, butternut squash, onion, and spices.

Pork chops with homemade applesauce:

1. To a zip-top bag or bowl, add chopped apples, brown sugar, and spices.

Kale, kielbasa, and white bean soup:

1. Chop sausage.
2. Chop carrots, onions and celery. *place all in separate bowls*
3. Chop kale.

Asparagus and leek chicken pot pie:

1. Wash and chop leeks; add sliced carrots.
2. Chop asparagus *place all in separate bowls*
3. Cook and shred chicken (whole or breasts)

Food prep tips

- Do an inventory of your pantry/fridge/freezer. Plan meals that include what you already have.
- Do a specific shopping trip each week based on what you need for your recipes that week.
- Read the recipe first, and create an order of bowls. Don't just chop everything and put in one bowl.
- Raw meat and chicken CAN touch veggies beforehand, because all bacteria will cook out once in the pan.
- Don't prep more than you are realistically going to eat. If you know you have plans to go out, or will have plenty of leftovers, don't overplan. This will lead to wasted food.
- Plan easier meals for days that you know you'll have less time/energy to cook. (Slow-cooker meals for days you know you'll have no time)
- Judge which foods will hold their integrity longer, and save those for later in the week. Eat foods that will spoil faster, sooner.
- Make meals you want to eat! If you look forward to your food, you will be more inclined to eat at home.