



### **Meal Prep Menu Prep List**

Set aside time on Sunday to grocery shop and do about two hours of meal prep. When I tested the meal prep, I was sure to multitask to make sure that I got everything prepped in 2 hours

**1. First Build the Stuffed Shells with Spinach**

Assemble them right into a casserole dish and cover them with foil. To speed up the prep work, prep the filling while you wait for the pasta water to boil. Note: that this recipe uses all but 1/2 cup of the tomato basil sauce. You'll need to save that 1/2 cup for Friday night's pizza!

**2. Freeze the Slow Cooker Chicken and Wild Rice Soup Kit**

You'll set up two bags. I like to use Ziplock Freezer gallon bags. Lay them flat to freeze them. Before adding the bag of chicken and rice to the slow cooker, whack it a few times with a rolling pin to break it up.

**3. Cook the Sloppy Joe Meat**

The sloppy joes meat can be made entirely ahead. Cool it completely before sealing it in a glass storage container.

To rewarm the sloppy joes meat, microwave it, stirring occasionally until piping hot. You can alternatively add about 1/4 cup water and rewarm it on the stovetop over low heat in a skillet or saucepan. Note: If you would prefer to spend less time prepping on the weekend, this is one of those flexible recipes where you could make it during the week.

**4. Prepare a batch of Lemon Juice Salad Dressing**

Just blend the ingredients together in a mini-prep or with an immersion blender for the creamiest dressing. Store it in a jar in the fridge for the week. (You'll use it Monday and Friday.) If it becomes solid (especially by the end of the week) set the jar in a bowl of warm water to let it come up to room temperature. Shake well.

**5. Cut Broccoli and Cauliflower**

Your side dish for Wednesday is roasted cauliflower and broccoli with cheese. I find that taking the time to chop it on the meal prep day is much easier than getting out the cutting board and chopping it up after a long day of work! Just seal it up in a large glass resealable container or in Ziplock bags and store in the fridge.