



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.