



Meal Prep Plan

WEEKEND PREP LIST

Make Soupe Au Pistou Kit (20 Minutes)

Combine the vegetables for the freezer kit. [NOTE: DO NOT add onion and garlic to freezer kit. They get sautéed separately.] Follow instructions to make the freezer kit bag in the “Meal Prep” section of the notes on the recipe. Press air out of bag and freeze as flat as possible.

Make Enchilada Filling (20 Minutes)

Follow instructions for step 2 only: Stir Scallions, canned chilis (or jalapenos), chicken, corn, salsa and sour cream in a medium bowl. Transfer the mixture to a resealable container and refrigerate. [NOTE: DO NOT assemble enchiladas. The tortillas will fall apart as they sit in the fridge.]

Chop Cabbage and Make Dressing for Mexican slaw (7 Minutes)

Chop the cabbage and store in a resealable glass container in the fridge. Make the dressing for the slaw in a jar, cover and refrigerate.

Slow Cooker Chili Kit (20 minutes)

Combine chicken, onion, peppers, corn and cornmeal in a large bowl. Toss to coat. Transfer to a 1 gallon freezer bag. Add garlic, cumin, coriander, chili powder, salt and cayenne. Press out any excess air, and seal shut. Freeze as flat as possible.

Mustard Salad Dressing (5 Minutes)

Follow instructions for the dressing, and transfer to jar. Cover and store in the fridge.

Wholesome cornbread dry mix (10 min)

Combine cornmeal, flour, sugar, baking powder, baking soda and salt in a resealable glass container. Cover and store on the counter or in the pantry.

Freeze baguette (2 minutes)

When you bring the baguette home, wrap it up in a couple layers of plastic wrap and freeze it.

Week Day Menu Notes

MONDAY

- Prepare the Pan Fried Fish recipe with the pineapple salsa variation.
- Prepare the Coconut Rice with Spinach. The recipe is at the bottom of this document.

TUESDAY

- Note that the prepped chicken filling may weep a bit. Simply stir it well before filling the tortillas.
- Follow steps 1, 3 and 4 in Chicken Enchilada recipe.
- While the enchiladas bake, chop scallions and cilantro for Mexican Slaw. Toss together the chopped cabbage, the prepped lime juice dressing, scallions, cilantro and pepitas if using.

WEDNESDAY

- Remove the baguette from the freezer and unwrap it. Set the oven to 350 degrees. Bake the baguette for 15 minutes. Slice and serve with the soup.
- Meanwhile, remove the Soupe Au Pistou freezer kit bag from the freezer and smash with a rolling pin or heavy skillet a few times to break up the mixture.
- Dice the onion and chop the garlic.
- Heat the oil in either Instant pot on sauté mode or in a heavy soup pot over medium-high. Add the onion and garlic, and cook, stirring often until the onion is starting to brown, about 7 minutes.
- **For Instant Pot:** Empty the frozen vegetable mixture into Instant Pot. Add wine and broth and cover with lid. Seal vent and set to pressure cook for 4 minutes. When timer goes off, carefully quick release the steam with a pot holder and tongs. Remove lid and stir. Mash 1 cup beans in a small bowl. Stir the mashed and whole beans into the soup. Rewarm on sauté mode if necessary. Ladle into bowls and top with pesto.
- **For Stove Top:** Add wine and let simmer one minute. Empty the frozen vegetable mixture into the soup pot. Add broth and cover with lid. Increase heat to high, and bring to a lively simmer, stirring often, 13 to 15 minutes. Cook until the vegetables are tender, about 10 minutes. Stir the mashed and whole beans into the soup. Rewarm if necessary. Ladle into bowls and top with pesto.

THURSDAY

- Follow instructions for Apple and Ham Quesadillas.
- Make a Spinach Salad with the salad fixings you purchased and toss with about half of the prepped Mustard Salad Dressing.

FRIDAY

- Remove the White Chicken Chili freezer kit bag from the freezer and smash it with a rolling pin or heavy skillet several times to break apart. Transfer the frozen ingredients to the insert of a large (6-quart) slow cooker.
- Add broth, cover and cook for **8 hours on high**.
- **About 1 hour to 30 minutes before serving dinner**, prepare the cornbread. Follow instructions, using the dry mix.
- When the chili is done cooking, stir in beans and heavy cream. Ladle the chili into bowls and garnish with cilantro. Serve it with the lime wedges and the warm cornbread, cut into squares.



Coconut Rice with Spinach

Makes: 4 cups

Active Time: 8 minutes

Cook Time: 8 minutes

Total Time: 10 minutes

INGREDIENTS

2 8 ounce bags cooked brown rice

1 14-ounce can light coconut milk

½ teaspoon salt

1 5-ounce box baby spinach

METHOD

1. Bring rice, coconut milk and salt to a boil in a medium saucepan over high heat, stirring often. Simmer, stirring to break up the rice until the coconut milk is reduced and the rice is the consistency of risotto, about 7 minutes total. Stir in spinach until wilted and remove from the heat. Serve hot.