



FreshPrep with Nic™

Week of February 3, 2019

Menu

Morning Snack:

Avocado toast

Mon-Weds-Fri Lunch:

Asian Turkey Meatballs
w/ Quinoa

Tues-Thurs Lunch:

Tuna Lunchables

Afternoon Snack:

Baby Carrot Sticks

Fruit of the week:

Apple Sauce

<https://www.facebook.com/freshprepwithnic/>



I never lose...

*I either win
or I learn.*

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Grocery Shopping List

Produce

Ripe avocado (2)

Garlic (3 cloves)

Green onion (2)

Broccoli crowns (1c)

Large-leaf lettuce (2 leaves)

Apple (1)

Celery (1 stalks)

Cucumber (1)

Baby carrots (about 4c)

Lime (1)

Red onion (1 sm)

Lemon (1)

Dairy

Eggs (2)

Cheddar cheese (1/2c)

Non-fat Greek yogurt
(1/2c)

Baking/Spices

Sea Salt

Black pepper

Olive oil

Onion powder

Red pepper flakes

Cinnamon

Garlic powder

Sesame oil

Meats

Ground turkey 1 lb

Kitchen Tools

To-go containers

Small to-go containers

Canned

Tuna (in water-6 oz can)

Apple sauce (unsweetened
4c)

Chicken (or veg) stock (2c)

Miscellaneous/Other

Lite Mayonnaise

Panko breadcrumbs (3/4 c)

Dijon mustard

Sweet pickle relish

Soy sauce – low sodium

Sesame seeds

Hoisin sauce

Quinoa (1c)

Raw almonds (1/2c)

Multi-grain, thin sliced
bread (5 slices)

**Or 3 whole wheat
rounds/halved)