



FreshPrep with Nic™

Week of February 17, 2019

Menu

Morning Snack

Peppers and Egg
Scramble

Mon-Wed-Friday Lunch

Meatloaf w/sweet
mashed
potatoes/broccoli

Tues-Thurs Lunch

Lemon Chicken &
Asparagus

Afternoon Snack

Popcorn

Fruit of the week

Cuties

~Whatever the problem is,
the answer isn't in the fridge...

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

Grocery Shopping List

Produce

Red pepper (1)
Yellow pepper (2)
Sweet potato (2 large)
Broccoli crowns (3 c)
Yellow or white onion (1sm)
Lemon (1 sm)
Cuties (5)
Asparagus stalks (15-20)
Garlic (1 clove)

Dairy

Eggs (9)
Cheddar cheese
Butter
Skim milk

Meats

Ground beef (1/2 lb
80/20%)
Boneless/skinless chicken
breasts (2 med)

Baking/Spices

Onion powder
Garlic powder
Parsley flakes
Garlic salt
Dry mustard
Brown sugar (1/8 c)
Italian seasoning

Kitchen Tools

Always have on hand:
Sea salt
Pepper
Olive oil

Canned

Tomato sauce (8oz can)
Chicken broth (1 sm can)

Frozen

Miscellaneous/Other

Rolled oats
5 bags 100 cal pack
popcorn
Worcestershire sauce