

# FreshPrep with Nic TM Week of January 27, 2019

## Menu

**Morning Snack:** 

**Egg Muffins** 

Mon-Weds-Fri Lunch:

**Taco Bowls** 

Tues-Thurs Lunch:

Bun-less Burgers w/

Sweet potatoes fries

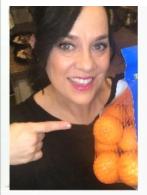
Afternoon Snack:

**Pistachios** 

Fruit of the week:

Pomegranate Juice or seeds

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# Grocery Shopping List

## **Produce**

Fresh spinach (1c)

Grape tomatoes (1/2c)

Lettuce (large leaf; i.e., iceberg, lg romaine)

Large tomato

Small onion

Dairy Eggs (9)

Cilantro (small bunch)

Sweet potato (1 lg)

Pistachios (15-20 x 5 days)

\*\*Pomegranates (2 or 3)

## Baking/Spices

Sea Salt

Black pepper

Olive oil

Onion powder

Cumin

Oregano

Chili powder

Garlic powder

Paprika

### Meats

Ground \*chicken\* (not

turkey or beef) 1.5 lbs

### **Kitchen Tools**

To-go containers

Muffin tin

## Canned

Black beans (12oz can)

Black olives (sliced) (1-

small can)

## Miscellaneous/Other

Fresh/jar salsa

Panko breadcrumbs

Dijon mustard

Worcestershire sauce

Pickles

Yellow mustard

Lite Mayo

\*\*Pomegranate Juice

Feta cheese (1/2c)

Greek yogurt (3/4c)