



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

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



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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

Cilantro (small bunch)

Sweet potato (1 lg)

Pistachios (15-20 x 5 days)

**Pomegranates (2 or 3)

Dairy

Eggs (9)

Feta cheese (1/2c)

Greek yogurt (3/4c)

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