



FreshPrep with Nic™
Week of March 10, 2019

Menu

Morning Snack

Greek Yogurt Parfait

Mon-Wed-Friday Lunch

Sweet Potato Quinoa
Bowls

Tues-Thurs Lunch

Black Bean Quesadilla
Cucumber Chips

Afternoon Snack

Pistachio nuts

Fruit of the week

Oranges

**Good food ~
~Good mood**

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Grocery Shopping List

Produce

2 ½ cups Berries of your
choice
1 sweet potato large
2 bell peppers (1 red 1
yellow, or your choice)
1 sm onion (chop to equal
½ cup)
2 Cucumbers
5 med oranges

Dairy

32 oz Plain Greek yogurt
(3 ¾ c)
1- 8 oz pkg Monterey jack
cheese (¾ cup)

Meats

1 pkg turkey sausage

Baking/Spices

Rice wine vinegar (¼ cup)

Kitchen Tools

Always have on hand:

Sea salt

Black pepper

Oils (olive and vegetable)

Canned

1 can beef broth (low
sodium) (1 ¼ cup)
2- 12oz cans black beans
(¾ cup, and 1 cup)

Frozen

Miscellaneous/Other

Raw Honey (about 3 Tbsp)
1 cup quinoa
Soy vinaigrette
2 tsp soy sauce (low
sodium)
4 low carb flour tortillas
4 Tbsp salsa
1 pkg pistachio nuts