

A Week of Meals

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PREP LIST:

1. Peel and chop 3 sweet potatoes.
2. Peel and slice 3 sweet potatoes (fry shape).
3. Place the fries into a bag with cinnamon, and write directions for fries on the bag.
4. Microwave (or cook) spaghetti squash.
5. Chop broccoli. Place the chopped broccoli into a bag, and write directions for sautéing on the bag.
6. Chop mushrooms and 2 tomatoes (for frittatas). Set aside for later.
7. Chop the other tomatoes (for shrimp scampi). Set aside.
8. Chop 1/2 onion (for cauliflower rice).
9. Chop then blend cauliflower (for rice).
10. Begin to thaw shrimp.
11. Spiralize the zucchini (or chop into thin strips)... or just use dry pasta!
12. Peel and chop 2 garlic (for shrimp scampi) and peel the rest for the pulled pork.
13. Blend Brussels sprouts (or chop finely) (for twice-baked potatoes).
14. Chop sausage links (for sausage, carrots, apple, and zucchini).
15. Peel and chop carrots.
16. Peel and chop apples.
17. Chop 1/2 of the red pepper.

OVEN LIST:

1. Preheat oven to 400F.
2. Place bacon into the oven. Set a 20-minute timer.
3. Pierce holes in red potatoes. Place them in baking dish.
4. Put potatoes in the oven. Set a 40-minute timer.
5. Remove bacon.
6. Increase the heat to 475F.
7. Prep the whole chicken.
8. Place whole chicken into Dutch oven, into oven. Set 15-minute timer.
9. Remove potatoes (let cool).
10. Lower oven temperature to 350F.
11. Set timer for chicken based on weight (20 minutes per pound).
12. Near end of the timer, prepare the frittatas.
13. Put frittatas into oven.
14. Set 25 minutes timer (since the temperature is at 350F).
15. Remove frittatas.
16. Remove chicken.

RECIPE LIST:

1. Pulled pork, mashed sweet potatoes, sautéed broccoli
2. Whole chicken, cauliflower rice
3. Shrimp scampi with zucchini noodles
4. Twice-baked potatoes
5. Crab cakes, sweet potato fries, green beans
6. Sausage, carrots, apple, zucchini
7. Beef meatballs, spaghetti squash
8. Spinach, mushroom, tomato frittatas