

Prep Checklist

CHOP

- Thinly slice 1 bell pepper, Thai Quinoa Salad
- Small dice 1 bell pepper, Enchilada Skillet
- Chop 4 green onions, Thai Quinoa Salad
- Chop 1/3 cup roasted peanuts, Thai Quinoa Salad
- Chop 1 yellow onion, Enchilada Skillet
- Chop 1 shallot or small onion, Chicken and Rice Soup
- Chop 8 GF white corn tortillas into squares, Enchilada Skillet
- Thinly slice/shave 12oz brussels sprouts, Fall Brussels Sprouts Salad
- Chop 1/4 cup pecan halves, Fall Brussels Sprouts Salad
- Thinly slice 2 jumbo shallots then separate into rings, Fall Brussels Sprouts Salad

COMBINE

- Make Peanut Dressing up to 3 days ahead of time, Thai Quinoa Salad
- Make Maple-Balsamic Vinaigrette up to 5 days ahead of time, Fall Brussels Sprouts Salad

PROTEIN

- Trim 3lb chuck roast of visible fat then cut into 4-6 pieces, Crock Pot Italian Beef
- Chop 1lb chicken breasts into bite-sized pieces, Chicken and Rice Soup

COOK

- Cook 1-1/2 cups quinoa in 3 cups chicken stock or broth up to 3 days ahead of time, Thai Quinoa Salad
- Make red enchilada sauce, Enchilada Skillet
- Cook pizza toppings if needed, GF Pizza

MISCELLANEOUS

- Thaw 1 cup frozen edamame in 1 cup water, Thai Quinoa Salad
- Drain then rinse 15oz can of black beans, Enchilada skillet