Back-to-School Meal Prep

September 17

NOURISHING MEALS. LESS STRESS. MORE TIME TOGETHER.



Recipes by
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GROCERY LIST

Produce

2-3 very ripe bananas
1 lemon
1 shallot
1 small onion
1 garlic head
5 cups arugula
1–2 cups radicchio (optional)
2 lemons
Fresh flat-leaf parsley (1 small bunch)
1 container blueberries

Meat

4 boneless, skinless chicken breasts (about 1½ pounds), halved horizontally (see tip)
3 eggs

Dairy

Pantry

3 cups blanched almond flour
All- purpose flour or GF flour
1 teaspoon baking soda
½ teaspoon Kosher salt
½ teaspoon baking powder
½ cup honey
¼ cup coconut oil or butter
1 teaspoon vanilla extract
Chopped nuts (¼ cup — pecans or walnuts, plus extra for topping)
Olive oil
capers
3/4 cup low-sodium chicken broth or homemade
Freshly ground black pepper

Optional: Quinoa, farro or brown rice to serve with chicken

EQUIPMENT LIST

For Protein Banana Muffins

12-cup muffin tin
Muffin liners or cooking spray
Mixing bowls (large + medium)
Whisk or spatula
Fork or Potato masher
Ice cream scoop

For Chicken Picatta

Large deep skillet with lid
Tongs

For Arugula & Lemon Glow Salad

Large mixing bowl or salad bowl
Mason jar (for vinaigrette)
Colander + bowl for ice (if using radicchio)

General / Class Essentials

Chef Knife
Cutting board
Measuring Spoons/cups
Hand towels or paper towels

PROTEIN BLUEBERRY MUFFINS

INGREDIENTS

3 cups Blanched Almond Flour
1 teaspoon baking soda
½ teaspoon sea salt
½ teaspoon baking powder
3 eggs
2-3 very ripe bananas, mashed
½ cup honey
¼ cup melted coconut oil or butter
1 tsp vanilla
¼ cup chopped nuts (pecans or walnuts)
1 cup blueberries

INSTRUCTIONS

1. Preheat oven to 350F. Grease a 12 muffin tin or use muffin liners.
2. Mix dry ingredients in a large bowl.
3. Mix wet ingredients in a medium sized bowl.
4. Add wet ingredients to dry mixture. Stir just to combine.
5. Fill Muffin cups.
6. Sprinkle with chopped nuts.
7. Bake for 20 minutes.

12 Servings

SUPERFOOD HIGHLIGHT

Blueberries: Packed with antioxidants, vitamin C and fiber to support brain, heart and gut health



Nutrition Facts

12 servings per recipe

Serving size	1 muffin (about 75g)
Amount per serving	
Calories	**210**
	% Daily Value*
Total Fat 13g	**17%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 45mg	**15%**
Sodium 160mg	**7%**
Total Carbohydrate 21g	**8%**
Dietary Fiber 3g	**11%**
Total Sugars 11g	
Includes 7g Added Sugars	**14%**
Protein 6g	**12%**
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 1mg	6%
Potassium 180mg	4%

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CHICKEN PICATTA

Ingredients

- 4 boneless, skinless chicken breasts (about 1½ pounds), halved horizontally
- Kosher salt and black pepper
- All-purpose flour, for dredging
- 1 tablespoon unsalted butter
- 1-2 tablespoons extra-virgin olive oil, plus more as needed
- 1 shallot, peeled and sliced lengthwise
- 1 lemon, halved (half thinly sliced and seeds removed; half juiced, about 2 tablespoons)
- ¾ cup low sodium chicken stock
- 4 teaspoons drained capers (less sodium when rinsed/drained)
- Coarsely chopped fresh parsley, for garnish (optional)

Serve with Quinoa, Farro or brown rice and cook according to directions on package.

INSTRUCTIONS

1. Season both sides of the chicken with salt and pepper. Dredge the chicken in flour and shake off any excess.
2. In a large skillet, heat 1-2 tablespoons olive oil over medium-high heat until the butter has melted. Working in batches to avoid crowding the pan, add the chicken and sauté until golden brown and cooked through, about 3 minutes per side.
3. Remove the chicken, place on a plate and repeat with the remaining pieces, adding more olive oil if needed.
4. Once the chicken is cooked, add the shallot and lemon slices to the pan and sauté, stirring occasionally, until lightly caramelized and fragrant, 2 to 3 minutes. Add the stock and simmer until reduced by half, about 3 minutes.
5. Reduce the heat to low, then stir in the remaining 1 tablespoons butter, capers and lemon juice, to taste. Season with salt and pepper to taste. Serve the chicken with the sauce poured over the top. Garnish with parsley.

SUPERFOOD HIGHLIGHT

Chicken: A lean source of high-quality protein, B vitamins and selenium to support muscle, energy and immune health

Nutrition Facts

4 servings per recipe

Serving size	**1 piece chicken with sauce (about 5 oz / 140g)**
Amount per serving	
Calories	**290**
	% Daily Value*
Total Fat 11g	**14%**
Saturated Fat 4g	**20%**
Trans Fat 0g	
Cholesterol 85mg	**28%**
Sodium 300mg	**13%**
Total Carbohydrate 9g	**3%**
Dietary Fiber 0g	**0%**
Total Sugars 1g	
Includes 0g Added Sugars	**0%**
Protein 35g	**70%**
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1mg	6%
Potassium 350mg	8%

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*Nutrition Facts do not include the grain

ARUGULA+ LEMON GLOW SALAD

Ingredients

5 cups arugula

1–2 cups finely sliced radicchio (optional)

2 tablespoons olive oil

2 tablespoons fresh lemon juice

1 teaspoon lemon zest

Sea salt + freshly ground black pepper, to taste

INSTRUCTIONS

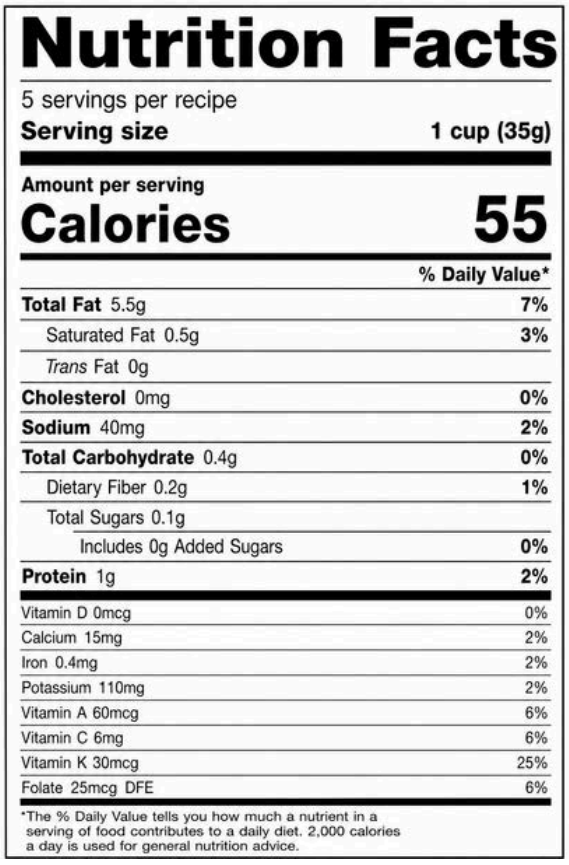
1. Add arugula to a large bowl.
2. If using radicchio:

- Slice very thin
- Place in an ice bath (bowl with icecubes and water) for 10 minutes to reduce bitterness
- Drain, pat dry + add to arugula

3. While arugula is in ice bath, whisk olive oil, lemon juice, and lemon zest in a mason jar. Shake well. Season with salt and pepper.
4. Drizzle dressing over greens right before serving and toss gently.
5. Season greens with sea salt + freshly ground pepper.

SUPERFOOD HIGHLIGHT

Arugula: Nutrient-packed and rich in vitamin K, folate and antioxidants to support bone, heart and cellular health



Nutrition Facts

5 servings per recipe

Serving size **1 cup (35g)**

Amount per serving

Calories **55**

	% Daily Value*
Total Fat 5.5g	**7%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 40mg	**2%**
Total Carbohydrate 0.4g	**0%**
Dietary Fiber 0.2g	**1%**
Total Sugars 0.1g	
Includes 0g Added Sugars	**0%**
Protein 1g	**2%**
Vitamin D 0mcg	0%
Calcium 15mg	2%
Iron 0.4mg	2%
Potassium 110mg	2%
Vitamin A 60mcg	6%
Vitamin C 6mg	6%
Vitamin K 30mcg	25%
Folate 25mcg DFE	6%

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