



PREP + RALLY

- SALMON FISH STICKS
WITH GREEN GODDESS DIP,
LEMONY SMASHED
POTATOES, GREEN BEANS

- SHAWARMA BOWLS
WITH TEHINI LEMON-
SHAWARMA DRESSING

- LOADED CHICKEN NICOISE
SALAD WITH
GREEN GODDESS DRESSING

- CHEESY QUINOA SPINACH
BAKE

SHOPPING LIST

**Bolded items are for assembling during the week, not for the Prep Rally*

Produce:

- 6 lemons + **1 for serving**
- 24 oz green beans, pre-trimmed
- 3 lb baby red potatoes
- 1 bunch parsley
- 1 bunch fresh dill
- 1 head garlic
- **4 English cucumbers**
- **8-10 radishes**
- **2 pomegranates (or 1 cup pre-seeded pomegranates)**
- **1 bunch fresh mint**
- **2 pints cherry tomatoes**
- **2 ripe avocados**

Dairy/Frozen:

- 13 eggs
- 2 cups finely grated parmesan
- **2 cups mozzarella cheese**
- **4, 10 oz boxes frozen spinach, thawed and wrung out**
- **1/4 cup half and half**

Poultry/Meat/Fish:

- 2 whole chickens cut into eighths
- 2 lb boneless, skinless chicken breast
- 2 lb fresh tuna or salmon (center-cut preferable)

Pantry:

- paprika
- cumin
- turmeric
- garlic powder
- allspice
- salt
- pepper
- honey
- 2 cups quinoa
- 2 cups panko bread crumbs
- 1 cup flour (or gluten free flour)
- cooking oil spray (Pam)
- 1/4 cup tahini
- maple syrup
- apple cider vinegar
- olive oil
- light mayonnaise
- **1 can chick peas, drained and rinsed**
- **Optional pita or lafa for serving (shawarma bowls)**
- **1 cup pitted kalamata olives**



PREP + RALLY

SUNDAY PREP RALLY!



PREP LIST :

Marinate and Bake Chicken

Boil Green Beans

Boil Potatoes

Boil Eggs

Quinoa

Prep and Store Fish

Tahini Shawarma Dressing

Green Goddess Dressing

Before shopping read through all recipes and adjust accordingly to make this week's plan perfect for YOU!

TUNE IN!

LIVE INSTAGRAM #PREPRALLY: 10/21 @8:30PM EST

WEEK 3 (10/21)



@prepandrally

LET'S PREP

Here are the items we'll be prepping this Sunday:

1

Shawarma Chicken

Ingredients:

- 5-6 lb chicken on the bone (I use two whole chickens cut into 8ths)
- 2 lb boneless skinless chicken cutlets (6 pieces)
- 2 tablespoons paprika
- 2 tablespoons cumin
- 2 teaspoons turmeric
- 2 tablespoons garlic powder
- 2 teaspoons allspice
- 4 teaspoons salt
- 4 tablespoons honey
- juice of 2 lemons (about 4 tablespoons)

Directions:

Divide the two chicken varieties among two baking pans. Divide the spices, honey and lemon and massage with olive oil. Let marinate overnight and cook fresh the next day or cook now. Cover the chicken cut in eighths tightly with foil and leave the boneless chicken breast uncovered. Bake at 400°. The chicken cut in eighths will cook for around 45-50 minutes. And the boneless chicken breast will cook in about 30 minutes or so depending on how thick the pieces are. Remove from the oven and let cool.

Cut the boneless chicken breast into 1/2 inch cubes and store covered with sauce. This will be served with our Nicoise salad bowls.

Shred remainder of chicken (on the bone) and store in sauce to serve with the shawarma bowl.

LIVE INSTAGRAM #PREPRALLY: 10/21 @8:30PM EST

WEEK 3 (10/21)



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LET'S PREP

Here are the items we'll be prepping this Sunday:

2

**Boiled Green
Beans,
Potatoes, and
Eggs**

Ingredients:

- 24 oz fresh green beans, tops trimmed
- 3 lb baby red potatoes
- 8 eggs

Directions:

Bring a large (pareve) pot filled 3/4 way full of water to a boil.

Add in the green beans and cook for 4 minutes until bright green and somewhat soft but not mushy. Meanwhile prepare a bowl with ice water and set it next to the pot. Using a large slotted spoon remove the green beans from the pot and plunge them into the ice water to stop the cooking process and keep them crisp and green.

Let sit for 5 minutes and then strain and store in a container in the fridge.

LIVE INSTAGRAM #PREPRALLY: 10/21 @8:30PM EST

WEEK 3 (10/21)



LET'S PREP

Here are the items we'll be prepping this Sunday:

2

**Boiled Green
Beans, Potatoes,
and Eggs
(continued...)**

Using the same water, add in the potatoes and cook for 15 minutes or so until potatoes are soft enough to be pierced with a fork. Remove to a bowl with the same slotted spoon. Let cool and store in the fridge.

Lastly add the 8 eggs and boil on medium heat for 8-10 minutes. Shock in cold water, peel and store in the fridge.

3

Quinoa

Ingredients:

- 2 cups white quinoa
- 3 1/2 cups water

Directions:

In a medium pot (pareve) mix together quinoa and water. Bring to a boil and then cover and simmer until water is absorbed, about 10 minutes.

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WEEK 3 (10/21)



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LET'S PREP

Here are the items we'll be prepping this Sunday:

4

Salmon or Tuna Fish Sticks

Ingredients:

- 2 lb fresh tuna or salmon, skin and bones removed, cut into strips for fish sticks about 1/2 inch thick and 4-5 inches in length
- 2 cups panko bread crumbs (gluten free if you prefer)
- 2 cups finely grated parmesan cheese
- 3 eggs
- 1 tablespoon water
- 1 cup flour (gluten free flour if preferred)
- 1 teaspoon salt
- 1/2 teaspoon pepper
- Cooking spray oil

Directions:

In a large bowl mix together the the panko and cheese. Set aside.

In a medium bowl whisk 3 eggs together with water. Set aside.

In a third medium bowl mix the flour with salt and pepper. Set aside.

Line two baking sheets with parchment paper and top with a few layers of paper towels.

Place fish sticks on the paper towels and dry

LIVE INSTAGRAM #PREPRALLY: 10/21 @8:30PM EST

WEEK 3 (10/21)



LET'S PREP

Here are the items we'll be prepping this Sunday:

4

Salmon or Tuna Fish Sticks (continued)

Remove fish from baking sheet with paper towel and set aside. Spray parchment lined sheet with cooking spray.

Dip each fish stick in the flour and dust off. Then dip into the egg and then finally the Panko mixture. Place all the fish on the baking sheet and spray tops with cooking spray. Cover tightly and store in fridge until ready to cook.

Once ready to cook, uncover fish and let come to room temperature. Preheat oven to 450° and cook for 15-20 minutes until golden and crisp.

5

Tahini Shawarma Dressing

Ingredients:

- 1/4 cup tahini
- 1/4 cup parsley
- 3 tablespoons maple syrup
- 1 clove garlic
- 1 teaspoon salt
- 1/2 teaspoon paprika
- 1/2 teaspoon cumin
- Juice of 2 lemons
- 1/4-1/3 cup water as needed

Directions:

Put all ingredients in a food processor or immersion blender with a cup and blend until smooth.

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WEEK 3 (10/21)



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LET'S PREP

Here are the items we'll be prepping this Sunday:

6

Green Goddess Dressing

Ingredients:

- 1 cup parsley, roughly torn
- 1/2 cup fresh dill
- juice of 2 lemons
- 2 tablespoons apple cider vinegar
- 1 clove garlic, peeled
- 1/2 cup olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup mayonnaise

Directions:

In a food processor or a cup with immersion blender, combine all ingredients and blend until smooth and store in airtight container.

LIVE INSTAGRAM #PREPRALLY: 10/21 @8:30PM EST

WEEK 3 (10/21)



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MONDAY



PREP TIME: 5 mins

RALLY INGREDIENTS:

- fish sticks
- green goddess
- potatoes
- green beans

Baked Salmon Fish Sticks with Green Goddess Dip, Lemony Smashed Potatoes and Green Beans

For serving your fish fresh tonight, uncover the fish and let come to room temperature. Preheat oven to 450° and cook for 15-20 minutes until golden and crisp. Otherwise reheat at 300° for 15 minutes until warm.

For lemony smashed potatoes, cover a baking sheet with parchment paper and drizzle with 2 tablespoons of olive oil. Using 3/4 of the prepped boiled potatoes (reserve remaining 1/4 for the Nicoise salad on Wednesday), place potatoes on the baking sheet and press each potato down, smashing it with either your hand or the back of a cup. Top with one additional tablespoon or two of olive oil and season with 2 teaspoons of salt, 1 teaspoon pepper, 1/2 teaspoon garlic powder, and juice and zest of one lemon.

Massage to evenly coat. Bake at 425° for 20-30 minutes until super crisp and golden!

Serve warm fish sticks with green goddess dip and green beans (half of the prepped beans reserving the rest for Nicoise bowls) and lemony smashed potatoes.

Shawarma Bowls with Tahini Lemon-Shawarma Dressing

If you want to warm the chicken, heat covered in 300° oven for 25-30 minutes until warmed through. Otherwise serve room temperature.

In a serving bowl place the chicken, quinoa (be sure to reserve 2 1/2 cups for Thursday's dinner), chick peas, cucumber (spiralized if possible), thinly shaved radishes, and top with pomegranate seeds, mint, and the tahini shawarma dressing.

*This can also be served in a pita or lafa

TUESDAY



PREP TIME: 8 mins

RALLY INGREDIENTS:

- shredded chicken
- quinoa
- tahini shawarma dressing

WEDNESDAY



PREP TIME: 10 mins

RALLY INGREDIENTS:

- cubed chicken
- potatoes
- green beans
- green goddess sauce

Loaded Chicken Nicoise Salad with Green Goddess Dressing

In a serving bowl place the chicken, potatoes (cut into quarters), green beans (cut into 1 inch pieces), cherry tomatoes (halved), cucumbers (cut into bite size pieces), avocado slices, egg slices, kalamata olives, and top with fresh dill for garnish, and green goddess dressing.

Cheesy Quinoa Spinach Bake

Preheat oven to 425°.

In a 9X13 pan, place 2 1/2 cups cooked quinoa, four 10-oz boxes of frozen spinach *thawed and drained well*, 2 eggs, 1 teaspoon garlic powder, 1 teaspoon onion powder, 2 teaspoons salt, 1/2 teaspoon pepper, 1/4 cup half and half, 1 1/2 cups mozzarella cheese + 1/2 cup for topping!

Bake for 15-20 minutes until golden and bubbly. Broil for the last minute or two to create that golden crust if you haven't already reached it!

Serve immediately.

THURSDAY



PREP TIME: 10 mins

RALLY INGREDIENTS:

- quinoa