

# PREP GUIDE

## DAY 1: SUNDAY

## CROCKPOT SHREDDED BBQ BEEF

**1. Make Crockpot Shredded BBQ Beef recipe in your slow cooker.** I always make a double batch so that we have leftovers for the freezer or to use for sandwiches or on top of salads for lunches throughout the week. 30 minutes before you're ready to eat, start the roasted green beans as your veggie side dish for tonight's dinner.

**2. Prep Beef + Veggie Kabobs for Monday night's dinner.** Soak bamboo skewers for 10 minutes in water. Chop peppers + additional kabob veggies of choice (tomatoes, mushrooms, etc.) Slice Top Sirloin Steak into 1-inch thick cubes. Toss kabob veggies + steak cuts in seasoning of choice. Assemble on skewers, and store in fridge in an airtight container of choice.

**3. Prep fajita veggies for Tuesday night's Steak + Black Bean Soft Tacos.** Chop additional peppers if you'd like to add fajita-style veggies to your Steak + Black Bean Tacos on Tuesday night. You won't be making the tacos until later in the week, but bulk chopping veggies makes life easier. Store the pre-chopped veggies in a produce saver container or in a ziplock bag with paper towels to keep fresh.

## DAY 2: MONDAY

## BEEF + VEGGIE KABOBS

**1. Marinate steak for Tuesday night's Steak + Black Bean Soft Tacos.** Slice Bottom Round or Top Sirloin and marinate in an airtight glass container or larger ziplock bag in the fridge overnight. Use your favorite seasoning, or reference recipe for marinade ingredients.

**2. Prep fajita veggies for Tuesday night's Steak + Black Bean Soft Tacos.** If you did this already yesterday, skip this step!

**3. Option: use leftover kabobs from tonight's meal to make meal prep steak + veggie salads for lunches for the week.** You also can repurpose leftovers into salads for Wednesday night's leftover/eat out dinner!

# PREP GUIDE

## DAY 3: TUESDAY

### *STEAK + BLACK BEAN TACOS*

1. **Easy dinner tonight thanks to prep you did earlier in the week!**
2. Option to use leftover taco ingredients from tonight's meal to make meal prep Southwest salads for lunches for the week.

## DAY 4: WEDNESDAY

### *LEFTOVERS*

1. **Option: Prep stir fry veggies for Thursday night's Asian Stir Fry.** If you didn't buy pre-chopped stir-fry mix, chop your veggies for Thursday's Asian Stir Fry today. Store the pre-chopped veggies in a produce saver container or in a ziplock bag with paper towels to keep fresh.

## DAY 5: THURSDAY

### *ASIAN STIR FRY*

1. **Option: Peel and chop sweet potato wedges for Friday night's Burgers + Sweet Potato Wedges.** To save time on Friday night, you can prep sweet potato wedges the day before. Peel + chop, and store in produce saver container or ziplock bag with paper towels.

## DAY 6: FRIDAY

### *BURGERS + SWEET POTATO WEDGES*

1. **No additional prep work needed for Friday night's Burgers + Sweet Potato Wedges.** Saturday night's dinner is either leftovers or eating out, so no prep work there either!