

# EATING CLEAN

## Cooking Dirty

WE PLAN + YOU PREP = LESS STRESS + CLEAN MEALS

### THE WEEKEND TRIP SUMMER 2017

- Roast Chicken (1)
- Eggs, Bacon & Cheese (2)
- Fresh Veggies & Dip (3)
- Paleo Trail Mix (4)
- Berry Gummies (5)
- Cutie Oranges (6)

### GROCERY LIST

#### PRODUCE

- 1 Pint Raspberries (fresh or frozen) (5)
- 1/2 Pint Blueberries (fresh or frozen) (5)
- 1 Bag Cutie Oranges (6)
- 2 Lemons (3,5)
- 1 Pint Cherry Tomatoes (3)
- 4 Carrots (3)
- 5 Celery Sticks (3)
- 2 Cucumbers (3)

#### HERBS

- 1 Small Bunch Dill (3)

#### MEAT/FISH

- 1 Dozen Eggs (2)
- 1 PKG Bacon (2)
- 1 Store Roasted Chicken (1)

#### DAIRY

- 1 Block Hard Cheese (2)

#### BULK

- 1 tsp Garlic Powder (3)
- 1 tsp Onion Powder (3)
- 1 tsp Salt (3)
- 1/2 tsp Pepper (3)
- 1/4 Cup Dark Chocolate Chips (or Carob Chips) (4)
- 1/4 Cup Pumpkin Seeds (4)
- 1/4 Cup Sunflower Seeds (4)
- 1/4 Cup Cashews (4)
- 1/4 Cup Pecans (4)
- 1/4 Cup Dried Cherries (or other of choice) (4)
- Pinch of Sea Salt (4)

#### PANTRY

- 1 Cup Mayo (3)
- 2 1/2 Scoops Gelatin ([Vital Proteins Beef Gelatin](#)) (5)

### INGREDIENT LIST

#### Roast Chicken (1)

- 1 Store Roasted Chicken

#### Eggs, Bacon & Cheese (2)

- 1 Dozen Eggs
- 1 PKG Bacon
- 1 Block Hard Cheese

#### Fresh Veggies & Dip (3)

- 1 Pint Cherry Tomatoes
- 4 Carrots
- 5 Celery Sticks
- 2 Cucumbers
- 1 Lemon
- 1 Small Bunch Dill
- 1 Cup Mayo
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- 1 tsp Salt
- 1/2 tsp Pepper

#### Paleo Trail Mix (4)

- 1/4 Cup Dark Chocolate Chips (or Carob Chips)
- 1/4 Cup Pumpkin Seeds
- 1/4 Cup Sunflower Seeds
- 1/4 Cup Cashews
- 1/4 Cup Pecans
- 1/4 Cup Dried Cherries (or other of choice)
- Pinch of Sea Salt

#### Berry Gummies (5)

- 1 Pint Raspberries (fresh or frozen)
- 1/2 Pint Blueberries (fresh or frozen)
- Juice of 1 Lemon
- 3/4 Cup Water
- 2 1/2 Scoops Gelatin ([Vital Proteins Beef Gelatin](#))

#### Cutie Oranges (6)

- 1 Bag Cutie Oranges

## PREP DAY

The instructions for the meal prep instructs you to store the food in the refrigerator. When you're ready to leave transfer everything to a cooler with ice for your trip. If you are getting on a plane, take a travel cooler with ice packs.

### TOOLS

- 1 Large Container with Lid (1)
- 3 Medium Containers with Lids (2,5)
- 1 Small Container with Lid (2)
- 1 16-ounce Mason Jar (or 5 small dressing containers) (3)
- 1 Baking Sheet (2)
- 5 Lunch Bags (or 1 medium container with lid) (3)
- 5 Lunch Bags (or similar containers) (4)
- [Silicon Molds](#) (or a 9x9 baking tin lined with plastic wrap) (5)
- Cooler & Ice (to store all the food)

### PRE-PREP

- Preheat oven to 400. (2)
- Spread bacon out on the baking sheet, bake 8-10 minutes, turn bacon, bake another 5 minutes. (2)
- Transfer bacon to container with lid, seal and refrigerate. (2)

### CHOP

- Cube 1 block of hard cheese, store in a small container with lid and refrigerate. (2)
- Prep the following and divide into 5 lunch bags, or consolidate into 1 medium container with lid: (3)
  - 1 pint cherry tomatoes, wash and leave whole
  - 4 carrots, peeled and sliced into matchsticks
  - 5 celery sticks, washed and sliced into matchsticks
  - 2 cucumbers, washed and sliced into matchsticks
- Cut up the roast chicken and store pieces in a large container with lid: (1)
  - Place chicken on a cutting board, breast down, and remove string (if it is tied up). (1)
  - Using kitchen scissors, cut down the right side of the spine, then cut down the left side of the spine, remove and toss that piece. (1)
  - Cut the wings off where they connect to the body, set aside. (1)
  - Cut thighs off where they connect to the body with legs still attached, set aside. (1)
  - If breasts have not already separated by now, cut breast bone down the middle and separate into two pieces. (1)
  - Using your hands, remove breast bone from the meat, toss the bones. (1)
  - Slice breast about ½" thick against the grain, then turn and slice the opposite direction so it is cubed, place cut up chicken in the large container. (1)
  - Separate leg from thigh by either pulling apart, or cutting at the joint. Place all pieces in the large container. (1)
  - Finally, place wings in the container, seal and refrigerate. (1)

## PREP DAY (cont'd)

### STOVETOP

- Place 1 dozen eggs in a large pot, fill with water until the level is 1" above the eggs. (2)
- Set pot on the stove to boil. Once boiling, turn off heat and allow eggs to sit for 8 minutes. (2)
- Place eggs in an ice bath (bowl filled with ice), allow to cool, transfer to a container with lid and refrigerate. (2)
- In a pot, bring raspberries, blueberries, juice of 1 lemon and ¾ cup water to a boil. (5)
- Whisk while it bubbles breaking up the fruit, about 10 minutes. Strain berry mix through a fine strainer and into a bowl or large measuring cup with spout. (5)
- Whisk in 2 ½ scoops (scoop is in the container) of gelatin while the liquid is still hot. Pour into molds and refrigerate at least an hour. Pop out of molds, store in a container with lid. (5)

### MIX

- In a large bowl, combine 1/4 cup dark chocolate chips (or carob chips), 1/4 cup pumpkin seeds, 1/4 cup sunflower seeds, 1/4 cup cashews, 1/4 cup pecans, 1/4 cup dried cherries (or other of choice), pinch of sea salt. (4)
- Divide evenly between 5 lunch size Ziploc bags (or similar) and store in a cool place. (4)
- In a small bowl, combine the following, whisk well, then store in a mason jar or 5 small dressing containers, seal and refrigerate: (3)
  - Juice of 1 lemon
  - 1 small bunch dill, stems removed and finely chopped
  - 1 cup mayo
  - 1 tsp garlic powder
  - 1 tsp onion powder
  - 1 tsp salt
  - ½ tsp pepper

## DAY OF

**Roast Chicken (1)** | Ready to eat cold with a side of the veggies and dip.  
Add the cubed chicken to the kid's lunch boxes so they can easily enjoy on the go.

**Eggs, Bacon & Cheese (2)** | Perfect to enjoy cold either together with a cutie orange on the side, or individually as an afternoon snack.

**Fresh Veggies & Dip (3)** | Ready to eat with a fun tangy dip. Either pack in single serving bags or put some on a larger container and some in the kids lunch so they have easy access.

**Paleo Trail Mix (4)** | Ready to eat. Single servings make this a perfect snack for everyone.

**Berry Gummies (5)** | Ready to eat. Great for an early morning bite before going out to breakfast, an afternoon snack or dessert at the end of a fun day.

**Cutie Oranges (6)** | Ready to eat anytime.