



WEEKLY MENU

and weekly prep

Borsch

roast beets
chop onion
grate/shred carrot
chop celery
peel garlic
cut cabbage

Pulled Pork Sandwiches

No prep

Cabbage Salad

cut cabbage
thinly julienne zucchini
slice celery
grate/shred carrot
julienne cucumber
slice shallot

Burrito Bowls

make salsa
shred cheese

Braised Chicken With Vegetables

chop onion
peel garlic
cut cauliflower into florets
slice carrots
slice celery
chop turnip
julienne bell pepper

Other Prep

bake bread
wash and store herbs
make oatmeal
cook 1 sweet potato