

EXPLORATORY

Meal Prep Supper Like a Pro

Provided Ingredients:

- Onion powder
- Oregano
- Garlic powder
- Paprika
- Salt
- Pepper
- Ground Ginger
- Italian Season
- Fry Day Seasoning
- Olive Oil
- Mayo
- Ketchup
- Yellow mustard
- Pickles/ Pickle Juice
- Dill relish
- Chicken broth
- Soy sauce
- Honey
- Sesame oil
- Rice vinegar
- Cornstarch
- Minced garlic
- Italian bread crumbs
- Milk
- Onion (to shred)
- Egg
- Parmesan Cheese

Provided Items:

- Gallon Ziplock bags
- Snack Ziplock bag
- Quart Ziplock bag
- Tinfoil Pan with lid
- 2 Sauce Containers
- Cutting Boards
- Gloves

What You Need to Bring to Class

Ingredients to bring:

- ☐ Romaine or iceberg lettuce
- ☐ Bacon (optional)
- ☐ Yellow or Russett potatoes
- ☐ 1-1.5 lbs Chicken (thighs or breast)
- ☐ Stir Fry Vegetables of your choice – red/orange/yellow bell pepper, broccoli, yellow onion, carrots, and/or mushrooms
- ☐ 1 lb lean ground beef

Equipment to bring:

- At least 2 knives (1 for meat and 1 for veggies)
- Small box / bin / or grocery bag to carry everything home in
- *Optional* – baller for meatballs if you have one

Groceries to Complete Meals

Burger Bowls -

- Lean ground beef or turkey
- Favorite burger toppings like tomatoes, red onion, mushrooms, avocado, cheese, pickles

Chicken Stir Fry -

- Rice or ramen noodles
- Sesame seeds and green onions to garnish
- Soy sauce for extra flavor

Meatballs -

- Spaghetti noodles (or zucchini) or Hoagie Buns (if wanting to make meatball subs)
- Favorite spaghetti sauce
- Mozzarella, parmesan, and/or provolone cheese to top