

# Getting Started & Week 1 Prep

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Before starting on Day 1, most of the recipes can be made, frozen and reheated for quick and easy weeknight meals. Designate a prep day to prepare meals before the beginning of the new week and prepare all of the freezer meals following the 'Prep and freeze' instructions.

## ***Prep and freeze before starting Day 1:***

- Make a double batch of [Herbed Turkey Meatloaf](#) (prepare in two loaf pans)
- Make a triple batch of [Lemon-Oregano Chicken](#) (divide in thirds and freeze)
- [Pesto Sauce](#) (best stored in a quart-sized Ziploc bag)
- Make a double batch of [Creamy Butternut Squash & Leek Soup](#) (store in 4 single serving portions)
- Make a double batch of [Spicy Lime Shrimp](#) (divide into two quart-sized Ziploc bags)
- Make double batch of [Thai Chicken Burgers](#) (divide into two bags and freeze uncooked)

Prep the night before Day 1:

- Bake Omelet Bites with asparagus and onion
- Soak Garbanzo beans in water, loosely covered on the counter overnight (if you live in a very warm or humid environment, place them in the fridge) the night before making the Easy Hummus
- Prepare Easy Hummus
- Prepare 1 serving Oven-Roasted Shrimp (half the recipe) or if possible cook right before eating lunch tomorrow (If shrimp was purchased frozen, defrost ¼ lb. in the refrigerator overnight)
- Remove 1 serving of Creamy Butternut Squash & Leek Soup from freezer and place in the fridge to defrost.

Day 1 Instructions:

- Prepare the M'lis Instant Meal for a quick and easy snack. One scoop is the perfect snack-size and can be mixed, shaken, or blended with an array of ingredients for variety! Some program approved ingredients are: Pureed pumpkin & spices for Pumpkin Pie, avocado & spinach for a creamy green smoothie or simply mix with unsweetened almond or coconut milk
- Save ½ of Easy Hummus for another use
- For the Mexican Chicken & 'Rice': prepare entire head of cauliflower into "rice" and divide in half. Use one half of the rice for the recipe and freeze the remaining cauliflower rice with leftover half of the green chilies in a Ziploc freezer bag for another use
- Remove one Herbed Turkey Meatloaf from the freezer to defrost overnight in the fridge

Day 2 Instructions:

- Remove one bag of Lemon-Oregano Chicken from the freezer to defrost overnight in the fridge

- Prepare and refrigerate Steel Cut Oats for a quicker breakfast tomorrow morning
- Hard-boil 2 eggs and refrigerate

Day 3 Instructions:

- Serve Steel Cut Oats with unsweetened almond milk and M'lis Sweet or any flavor M'lis Instant Meal
- After cooking the spaghetti squash, scoop out the 'noodles' and reserve half in the fridge for another use

Day 4 Instructions:

- Freeze remaining coconut milk from German Chocolate Cake Protein Shake (ice cube trays are perfect sized portions you can pull out of the freezer when only a small amount is needed)
- Remove Spicy Lime Shrimp directly from freezer and sauté until shrimp are cooked. Add diced tomato
- Reserve ½ of the Cilantro-Lime Rice for another use
- Break off ¼ cup of pesto from the freezer and defrost in the fridge overnight
- Prepare the Rosemary Roasted Almonds

Day 5 Instructions:

- Prepare and refrigerate Steel Cut Oats for a quicker breakfast tomorrow morning

Day 6 Instructions:

- Prepare Roasted Yam for tomorrow's snack
- Remove 1 bag Thai Chicken Burgers from the freezer to defrost overnight

Day 7 Instructions:

- Remove 1 bag Coconut Curry from the freezer to defrost overnight
- Prepare Roasted Rosemary Almonds for tomorrow's snack