

# { Prep List }

week of: jan 29, 2017

Whoohoo, it's prep time! After you're finished prepping each ingredient, store in covered container if you're not using it right away.

## *chop it up*

- dice onions for meat sauce + curry
- dice zucchini and bell pepper for curry
- cut broccoli into bite-sized pieces for curry
- cut chicken into bite-sized pieces for curry
- cut sweet potatoes into wedges. for wedges.
- prep side salad stuff for spaghetti night

## *mix it up*

- pre-make salmon burgers and put parchment or plastic between patties when you store them