

{ Prep List }

dinner guide #7

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 sausage and chop spinach for frittata
- shred rotisserie chicken and spinach + crumble queso for quesadillas
- core and dice apples and toss with lemon juice for pork chops
- clean and trim lettuce leaves for lettuce wraps
- slice green onion, jalapeno, garlic, and cilantro for lettuce wraps

marinate

- marinate pork chops in olive oil, salt, and pepper
- make quick-pickled onions for lettuce wraps