

{ Prep List }

w/o: feb 12, 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

- trim, peel, slice onions and peppers into thin slices for fajitas
- shred/chop rotisserie chicken into bite-size pieces for fajitas
- trim, peel, quarter onions and cut carrots into 2" pieces for roast

marinate

- pat chuck roast dry and rub generously with salt and pepper

mix it up

- make turkey meatballs (store in large tupperware - you can stack them but put a piece of parchment paper in between layers)