



HOW TO HOST A

Meal Prep Party





Prep Party Starter Week: **Getting Organized**

1 Week Before Party:

- **Invite friends.** Make sure they understand that the prep party will take 2-3 hours and ensure that they can stay the entire time. It is important that you have exactly 4 people attend. Let each guest know that they will leave with 4 prepped dinners and 1 prepped breakfast. Instruct guests to bring a crockpot, measuring cups and spoons, a sharp knife and a cutting board.
- **Familiarize yourself with Prep Party Starter Week.** You and your friends will be making 5 different recipes for 16 people ... that's A LOT of food. If you don't have a clear understanding of how the party works, it isn't going to go smoothly. Step by step directions for the party are listed on pg. 5. In a nutshell, everybody chops everything together and then each person picks a station and prepares that meal according to the recipe directions provided in their recipe packet. As each person finishes they will begin preparing smoothie packs and then will help whoever isn't yet finished.

2 Days Before Party:

- **Gather Kitchen/Storage Equipment.** At the top of each of the recipes, there is a section titled **EQUIPMENT**. Gather the items needed for each of the 5 recipes. If there is something you don't have, make arrangements for a guest attending the party to bring it or purchase it yourself.
- **Determine where each station will be located in your kitchen.** Keep in mind, the shrimp pesto uses a food processor so will need to be near an outlet and the sloppy joe will need to be set up near the stove.

1 Day Before Party: Grocery Shopping:

- **Grocery Shop.** A complete grocery list is included for your convenience. I like to purchase everything new so that I know that I won't run out. Remember, you will be making meals for 16 people (4 families of 4) so you will need A LOT of each ingredient. If you have a service like "Kroger Click-List (aka online ordering) it is really convenient in a situation like this.
- **Print Prep Party Packets for Each Guest.** Print pg. 5-11 of this packet for each guest. Staple or paper clip together. They will need to take this packet home so that they have the recipe and instructions to finish preparing each meal. Make sure your guests know that the AT HOME MEAL DAY INSTRUCTIONS are provided. This is where they will find the directions to complete the meals and prepare the recommended side dishes.

Day of Party:

- **Set up Stations.** Follow detailed Station-Set Up Instructions. You will have 6 stations total. Chopping, Station 1, Station 2, Station 3, Station 4, and Station 5. Use notecards to label each station with a recipe name and number. This will help everyone stay organized once the party starts.
- **Prepare TAKE HOME BAGS.** Write each person's name on a large grocery sack with a sharpie. This will be the bag that they placed their prepped meals in as they are completed. In each take home bag, place 4 ears of corn, 3 sweet potatoes, 1 lb. green beans and an individual container of plain yogurt (you can store the yogurt in the fridge if you are setting the bags up early, just don't forget to add it back).

Prep Party Starter Week: **Grocery List**

Serves 4 families of 4

1. Dinner 1: **Asian Turkey Burgers with Soy Glazed Green Beans**
2. Dinner 2: **Basil Pesto Pasta with Cajun Shrimp**
3. Dinner 3: **Sloppy Joe and Sweet Potato Fries**
4. Dinner 4: **Salsa Verde Chicken Tacos with Mexican Style Corn**
5. Breakfast: **Green Smoothie Packs**



PANTRY

Olive Oil (4 cups)
Salt/Pepper



MEAT

4 lbs. ground turkey (1)
4 lbs. raw shrimp, peeled (2)
4 lbs. ground beef (3)
24 boneless, chicken thighs (4)



NON-PERISHABLE

2 cups Panko (1)
1/4 cup soy sauce (1)
1/4 cup sesame oil (1)
2 TBS rice vinegar (1)
1 bottle Sriracha (1)
3/4 cup mayo
32 oz whole-wheat pasta (2)
1 cup honey (3)
1/4 cup red wine vinegar (3)
4 - 15 oz cans tomato sauce (3)
8 TBS tomato paste (3)
4 cups salsa verde (4)
1/2 cup natural peanut butter (5)



PRODUCE

3/4 cup cilantro (1)
31 garlic cloves (1,3,4)
1/4 cup ginger, grated (1)
4 green onions (1)
8 limes (1,4)
4 tomatoes (1)
1 head romaine lettuce (1)
6 yellow onions (1,4)
8 cups fresh basil (2)
16 cups baby spinach (2,5)
4 medium carrots (3)
4 celery stalks (3)
4 small red peppers (3)
4 avocados (4)
8 bananas (5)
4 lbs green beans (side)
12 sweet potatoes
16 ears corn



BULK BIN

1 1/2 cups pine nuts (2)
1 1/2 cup walnuts (2)
1/2 cup chia seeds (5)



SPICES

1/4 cup cajun seasoning (2)
1/4 cup steak seasoning (3)
cinnamon (5)



DAIRY

4 cups parmesan cheese (2)
1/4 cup butter (2)
4 individual containers plain yogurt



BAKERY

32 whole-wheat hamburger buns
48 corn tortillas



STORAGE EQUIPMENT

16 gallon Ziplock® bags (1,3,4)
8 quart Ziplock® bags (5)
4 Ziplock® med rectangle containers (2)
4 Ziplock® xsmall square containers (1)
4 snack size Ziplock® bags (2)



Prep Party Starter Week: **Station Set-Up**

CHOPPING STATION

Equipment Needed: 4 cutting boards, 4 sharp knives, vegetable peeler, grater, trash can or bag, measuring cups and spoons

Ingredients: All produce not specifically designated for a station + ingredients everyone will need (olive oil, salt/pepper)

STATION 1 : ASIAN TURKEY BURGERS

Equipment Needed: 1 large mixing bowl, 1 small mixing bowl, empty plate (for chopped veggies), measuring cups and spoons, lemon zester, lemon juicer, spoon, 8 Ziplock© gallon bags, 4 Ziplock© extra - small containers

Ingredients: ground turkey, Panko, soy sauce, sesame oil, rice vinegar, Sriracha, hamburger buns, 4 tomatoes, 1 head of romaine lettuce, 2 onions

STATION 2: BASIL-PESTO WITH CAJUN SHRIMP

Equipment Needed: food processor, rubber spatula, empty plate (for chopped veggies), measuring cups and spoons 4 - Ziplock© medium rectangle containers, 4 snack-size Ziplock© bags

Ingredients: 8 cups baby spinach, 8 cups spinach, pine nuts, walnuts parmesan cheese, whole wheat pasta, butter, cajun seasoning (NOTE: Raw shrimp will be kept in the freezer)

STATION 3: SLOPPY JOES

Equipment Needed: 2 large skillets, 2 wooden spoons, measuring cups and spoons, empty plate (for chopped veggies), 4 large/gallon Ziplock© bags

Ingredients: ground beef, steak seasoning, honey, red wine vinegar, tomato sauce, tomato paste

STATION 4: SALSA VERDE CHICKEN TACOS

Equipment Needed: 4 slow-cookers, measuring cups, empty plate (for chopped veggies), 4 gallon Ziplock© bags

Ingredients: chicken thighs, salsa verde, corn tortillas, 4 limes, 4 avocados, 1 bunch cilantro

STATION 5: GREEN SMOOTHIE PACKS

Equipment Needed: 8 quart size Ziplock© bags, measuring cups and spoons

Ingredients: 8 cups baby spinach, bananas, peanut butter, chia seeds, vanilla extract, cinnamon

1/3 Plant-Based Challenge: Prep Day Instructions



CHOPPING STATION:

GROUP EFFORT: Place chopped veggies at the station indicated in parenthesis.

Cilantro: Chop 1/2 cup of cilantro + 1 TBS (store any extra cilantro in the fridge) (1)

Garlic: Mince 8 garlic cloves and place them at **station 1**; peel 15 garlic cloves and place them at **station 2**; mince 8 garlic cloves and place them at **station 4**

Ginger: Grate 1/4 cup ginger (1)

Green Onions: Finely chop 4 green onions (1)

Carrots: Dice 4 carrots (3)

Celery: Dice 4 Celery Stalks (3)

Red Peppers: Dice 4 red peppers (3)

Onions: Thinly slice 4 onions and place them at **station 4**, slice 2 onions in 1/2 and place at **station 1**, slice 2 onions in half and place at **station 3**.



LETS GET PREPPING

EVERY WOMAN FOR HERSELF

Each person should choose a station. No doubling up 😊 . Follow instructions in **GREEN**, ignore instructions written in black. When finished, start making smoothie packs. If smoothie packs are done.. help a friend out!

Station 1: Asian Turkey Burgers

Station 2: Basil-Pesto with Cajun Shrimp

Station 3: Sloppy Joes

Station 4: Salsa Verde Chicken Tacos



PACK IT UP

EVERY WOMAN FOR HERSELF

Each person's "take-away" box should contain the following:

1. 4 Asian turkey burgers
2. 8 whole-wheat buns (1 package)
3. 1 Ziplock© bag containing 1 tomato, 1/4 head of Romaine lettuce and 1/2 onion
4. 1 container of Sriracha Mayonnaise
5. 1 container of basil- pesto
6. 1 ziplock bag containing cajun seasoning and butter
7. 1 - 16 oz bag of frozen shrimp
8. 1 bag containing sloppy joe
9. 1 - slow - cooker full of salsa verde chicken
10. 1 Ziplock© bag containing 12 corn tortillas, 1 lime, 1 avocado and 1/2 of an onion
11. 8 oz. whole-wheat pasta
12. 4 ears of corn
13. 3 sweet potatoes
14. 1 container plain yogurt



1/3 Plant-Based Challenge: At Home Meal Day Instructions

Meal 1

Asian Turkey Burgers with Soy Glazed Green Beans

1. **Asian Turkey Burgers:** Heat grill/indoor pan to medium high heat. Cook patties for 5-6 minutes per side or until cooked through. Place on whole-wheat bun with sliced tomato, romaine lettuce and sliced onions.
2. **Soy Glazed Green Beans:** Bring a large pot of water to a boil and season with salt. Add green beans to pot and allow to cook until tender-crisp, about 2-3 minutes. Transfer green beans to a bowl of ice water to stop cooking process. Place on a baking sheet lined with paper towels to drain. Once beans are dry, heat a skillet over medium-high heat, add 1 TBS of butter and 4 cloves of minced garlic. Once fragrant, add green beans, 2 TBS soy sauce and freshly ground black pepper. Cook until sauce thickens slightly. Do not overcook.

Meal 2

Basil Pesto Pasta with Cajun Shrimp

1. **Pasta:** Prepare according to package directions.
2. **Cajun Shrimp:** In a skillet over medium-high heat, add butter, 1 TBS olive oil and cajun seasoning. When butter/olive oil has melted, add shrimp in a single layer to the skillet. Allow it to cook until pink, 1-2 minutes per side. Remove from heat and set aside.
3. **Assembly:** Toss the noodles with the pesto sauce (you may have leftover sauce). Top with Cajun shrimp. Serve immediately.

Meal 3

Sloppy Joe with Sweet Potato Fries

1. **Sloppy Joe:** Add sloppy joe to a skillet over medium heat for 7-10 minutes or until warmed through. Pile onto whole-wheat buns.
2. **Sweet Potato Fries:** Heat oven to 425. Fit a baking sheet with parchment paper. Peel sweet potatoes and cut them into fry-shaped pieces. Toss uncooked sweet potatoes with a couple TBS of olive oil and season with salt, pepper and paprika. Bake for 15 minutes, then flip so they cook on all sides. Bake 10-15 additional minutes until fries are crispy.

Day 4

Salsa Verde Chicken Tacos

1. **Salsa Verde Chicken:** Cook salsa-verde chicken in the slow cooker on low for 5-7 hours.
2. **Mexican Corn:** Preheat grill or grill-pan to medium-high. Combine mayo, yogurt and chili powder in a small bowl. Grill corn, turning occasionally until marked and tender, about 8-12 minutes. Spread each ear with 1 TBS of the sauce and sprinkle with 1 TBS of parmesan.
3. **Assembly:** Slice lime into wedges, chop onion and avocado. Pile salsa verde onto warmed corn tortillas. Squeeze lime wedge over chicken. Top with onion and avocado. Serve with Mexican corn.

Breakfast

Green Smoothie Packs

1. Add contents of the smoothie pack to blender. Add 1 cup of almond milk. Blend until combined.

Prep Party Starter Week: **Asian Turkey Burger**

16 servings



Burger Ingredients: 4 lbs. ground turkey; 2 cups panko crumbs; 3/4 cup cilantro, chopped; 8 garlic cloves, minced; 1/4 cup ginger, grated; 4 green onions, finely chopped; 1/4 cup soy sauce; 1/4 cup sesame oil; 2 TBS rice vinegar; Sriracha to taste (I do about 20 dashes)

Sriracha Mayo Ingredients: 3/4 cup Mayo; 1/4 cup Sriracha; 4 limes, juiced and zested

Toppings: 16 whole wheat buns, 4 tomatoes, 1 head of romaine lettuce, 1/2 onion

Equipment:

1 large mixing bowl, 1 small mixing bowl measuring cups, measuring spoons, lemon zester, lemon juicer, spoon, 8 Ziplock © Gallon Bags, 4 Ziplock© Extra Small Square Containers

Prep Directions:

Burgers: In a large mixing bowl, combine all the burger ingredients. Form meat mixture into 16 equal sized patties.

Sriracha Mayo: In a small bowl, combine 3 TBS Mayo, 1 TBS Sriracha and the juice and zest of the limes. Mix until fully incorporated

Storage:

1. Place 1/4 of the burger mixture into each of 4 Ziplock. Ensure each bag is airtight and sealed. Store in the refrigerator for 1-3 days (depending on when ground turkey was purchased).
2. Place 1/4 of the Sriracha Mayo in each of the 4 square containers. Secure lid.
3. In each of 4 Gallon Ziplock bags place 1 tomato, 1/4 head of romaine, and 1/2 of an onion. Use a sharpie to label each bag "Asian Turkey Burger."
4. Set aside 1 8-pack of burger buns for each person.
5. Clean up your station. Store any leftover food in the refrigerator and wash /put away dishes.

Cooking Instructions:

Heat a grill/indoor grill pan to medium-high heat. Make 4 turkey burger patties. Cook patties for 5-6 minutes per side or until cooked through. Place on whole wheat bun with sliced tomato, romaine lettuce and 1/2 of a sliced onion.



Prep Party Starter Week: **Basil Pesto Pasta with Cajun Shrimp**



16 servings

Pesto Ingredients: 8 cups fresh basil; 8 cups baby spinach; 1 1/2 cups pine nuts; 1 1/2 cup walnuts; 15 garlic cloves, 3 cups olive oil + 4 TBS, divided; 4 cups parmesan cheese, grated; salt and pepper, 32 oz. whole wheat pasta

Cajun Shrimp Ingredients: 1/4 cup butter, 4 lbs. raw shrimp, peeled and deveined; 1/4 cup cajun seasoning

Equipment:

Food processor, Rubber Spatula, 4 Ziplock© Medium Rectangle Containers, 4 snack size Ziplock© bags

Prep Directions:

You will be making 2 batches of pesto since all ingredients will not fit into the food processor at once.

Pesto: De-stem and place 4 cups basil, 4 cups baby spinach, 3/4 cup pine nuts, 3/4 cup walnuts and 7.5 cloves of garlic into the base of a food processor. Pulse until roughly chopped. Scrape sides of bowl with rubber spatula. With food processor running, slowly drizzle in 1 1/2 cups of olive oil. Stop to scrape down the sides of the food processor as needed. Stir in 2 cups of parmesan cheese and desired amount of salt and pepper. Repeat process with remaining 1/2 of the ingredients.

Storage:

1. Place 1/4 of pesto in each of 4 Ziplock© Medium Rectangle Containers. Top with a thin layer of olive oil on top to maintain pesto color.
2. Place 1 TBS of cajun seasoning into each of 4 snack sized Ziplock© bags with 1 TBS of butter. Seal tightly.
3. Set aside 1 1lb. frozen bag of shrimp and 8 oz whole-wheat pasta for each person.
4. Clean up your station. Store any leftover food in the refrigerator and wash/put away dishes.

Cooking Instructions:

Pasta: Prepare according to package directions.

Cajun Shrimp: In a skillet over medium-high heat, add butter, 1 TBS of olive oil and cajun seasoning. When butter/olive oil has melted, add shrimp in a single layer to the skillet. Allow it to cook until pink, 1-2 minutes per side. Remove from heat and set aside.

Assembly: Toss the noodles with pesto sauce (you may have leftover sauce). Top with cajun shrimp. Serve immediately.

Prep Party Starter Week: Whole-Food Sloppy Joe



16 servings

Sloppy Joe Ingredients: 1/4 cup olive oil; 4 medium carrots, diced; 4 celery stalks, diced; 4 small red peppers, diced; 4 lbs ground beef; 1/4 cup steak seasoning; 1 cup honey; 1/4 cup red wine vinegar; 4 -15 oz. cans tomato sauce; 8 TBS tomato paste, 4 whole wheat hamburger buns

Equipment:

2 large skillets, 2 wooden spoons, 4 large/gallon Ziplock© bags,

Prep Directions:

You will be making 2 skillets of sloppy joe since all ingredients will not fit into 1 pan.

1. Heat 2 large skillets over medium-high heat. Add 1 TBS of olive oil to each skillet. Add 1/2 the carrots, 1/2 the celery and 1/2 the red peppers to each pan. Cook until veggies are softened, about 5 minutes. Stir frequently.
2. To each skillet, add 2 lbs. of ground beef, 2 TBS of steak seasoning and 1/2 cup of honey. Continue cooking until meat has browned. If necessary, once meat has cooked you can drain a little liquid from the pan (leave some!). Reduce heat to medium and add 2 TBS red wine vinegar, 2 cans of tomato sauce and 4 TBS of tomato paste to each skillet. Cook mixture 15-20 minutes, or until desired consistency. Remove from heat and allow to cook.

Storage:

1. Place 1/4 of the prepared/cooled sloppy joe into each of 4 gallon ziplock bags. Store in refrigerator.
2. Clean up your station. Store any leftover food in the refrigerator and wash/put away dishes.

Cooking Instructions:

1. Set oven to broil. Place open buns on a baking sheet and broil until golden brown.
2. Add sloppy joe into a skillet over medium heat for 7-10 minutes or until warmed through.
3. Pile sloppy joe onto toasted whole-wheat buns and serve immediately.

Prep Party Starter Week: **Salsa Verde Chicken Tacos**



16 servings

Salsa Verde Chicken Ingredients: 24 boneless, skinless, chicken thighs; 4 cups salsa verde; 4 onions, thinly sliced, 8 garlic cloves, minced

Toppings: 48 corn tortillas, 4 limes, 4 avocado, cilantro, and a shake of hot sauce**

Equipment:

4 Slow Cookers, 4 gallon Ziplock© bags

Prep Directions:

Salsa Verde Chicken: Into the bowl of a slow-cooker, arrange 6 chicken thighs into a single layer of each of the 4 slow cookers. Top the chicken in each slow cooker with 1 cup of salsa verde, 1 sliced onion, and 1/4 of the minced garlic cloves.

Storage:

1. Into each of 4 gallon sized Ziplock© bags, add 12 corn tortillas, 1 lime, 1 avocado, 1/4 bunch of cilantro and 1/2 of an onion. Use sharpie to label bags "salsa verde chicken."
2. The bowl of the slow-cooker should be stored in the refrigerator until ready to be cooked. The salsa verde needs to be cooked within 1-2 days of assembly. Once cooked, it can be stored in the fridge until the night you would like to serve it.
3. Clean up your station. Store any leftover food in the refrigerator and wash/put away dishes.

Cooking Instructions:

1. Cook salsa verde in the slow-cooker on low for 5-7 hours.
2. Slice lime into wedges.
3. Chop onion.
4. Chop avocado.
5. Pile Salsa Verde Chicken onto warmed corn tortillas. Squeeze a lime wedge over chicken. Top with onion, cilantro and avocado.

*** indicates pantry item (will not be included in meal prep ingredients*



Prep Party Starter Week: **Green Smoothie Packs**



2 servings/pack (16 total)

Ingredients: 8 cups baby spinach leaves; 8 peeled bananas, frozen; 1/2 cup peanut butter; 1/2 cup chia seeds; 2 tsp pure vanilla extract; ground cinnamon

Equipment:

8 Ziplock© quart sized bags

Prep Directions:

Smoothie Pack Assembly: Into each of the 8 Ziplock© bags, add 1 cup spinach, 1 frozen banana, 1 TBS peanut butter, 1 TBS chia seed, 1/4 tsp vanilla extract and a pinch of cinnamon

Storage:

1. Seal bags and place in freezer immediately.
2. Clean up your station. Store any leftover food in the refrigerator and wash/put away dishes.

Cooking Instructions:

1. Add contents of the smoothie pack to blender. Add 1 cup of almond milk and 2-3 ice cubes. Blend until combined.