

# Home Prep

## MENU EXAMPLES

Winter 2025 Meal Prep Menu

### Salads:

- **Thai Crunch Chicken Peanut Salad**  
Chicken, Green Cabbage, Red & Yellow Bell Pepper, Snow Peas, Carrot, Creamy Peanut Dressing
- **Pickled Beet Salad**  
Red Onion, Green Olives, Herbs & Lemon Vinaigrette
- **Golden Moroccan Couscous Salad**  
Arugula, Herbs, Chickpeas, Medjool Dates, Almonds & Lemon Olive Oil Dressing
- **Harvest Bowl**  
Chickpeas, Honeynut Squash, Dino Kale, Quinoa, Toasted Pumpkin Seeds, Golden Raisins & Maple Tahini Dressing
- **Orzo Salad**  
with Herbs, Tomato, Cucumber, Feta, Kalamata Olives
- **Roasted Red Pepper Salad**  
Quinoa, Red Onion, Chickpeas, Herbs, Roasted Beet, Tahini & Citrus Dressing
- **Toasted Farro Crunchy Green Cabbage Salad Salad**  
Cannellini Beans, Farro, Shredded Green Cabbage, Shredded Iceberg Lettuce, Persian Cucumbers, Toasted Walnuts, Dried Apricots (optional) & Parsley Lemon Tahini Dressing
- **Smashed Cucumber Salad**  
Scallions, Fresh Ginger, Garlic, Rice Vinegar, Soy Sauce, Sesame Oil, Fish Sauce, with Toasted Sesames

## Soup:

- Matzo Ball Soup
- Butternut Squash Soup
- Youvarlakia Avgolemono Lemony Greek Meatball Soup
- Healing Turmeric Chicken Soup
- Roasted Cherry Tomato & Lentil Soup
- Roasted Cauliflower and Garlic Soup
- White Bean Chicken Chili
- Chunky Winter Minestrone

## Entrees:

### Chicken

- Chicken Schnitzel  
Watercress and Lemon
- Sesame Chicken Schnitzel Sandwich  
Harissa Honey & Tartar Slaw
- Roasted Chicken  
Fennel, Orange, Shallots
- One Pan Garlicky Chicken Couscous
- Paprika Chicken & Potatoes
- Honey-Glazed Garlic Chicken Wings
- One Pan Chicken Enchilada Skillet
- One Pot Chicken Meatballs with Greens
- One Pot Chicken & Rice with Caramelized Lemon
- Pan Seared Chicken Breast  
Choose your seasoning
- Chicken Tagine Pot Pie

## Beef

- Stuffed Tomatoes  
Beef, Eggplant, Basmati Rice and Currants
- Beef Kebab Burgers  
Garlicky Tahini & Red Zhug Sauce
- Grass Fed Beef Tenderloin  
Za'atar Chimichurri
- Steak (Filet Mignon, Skirt Steak, NY)  
with Herby Zhug Marinated Tomatoes
- Saucy Spiced Meatballs
- BBQ Meatloaf Minis
- Healthy "Hamburger Helper"  
Grass Fed Ground Beef, Cauliflower Rice, Tomatoes, Protein Pasta, Cheese
- Ground Turkey "Enchiladas"  
Cauliflower Rice, Tomatoes, Green Enchilada Sauce, Tortillas, Mexican Cheese
- Brisket

## Fish

- Braised Halibut (Chraime)  
Roasted Cherry Tomatoes, Red Bell Pepper, Tahini
- Sumac Roasted Salmon  
Mint Coriander Yogurt Sauce
- Honey Mustard Broiled Salmon
- Everything Salmon with Creamy Caper Sauce
- Seared Tuna Steak  
with Tomato-Olive Salsa
- Pan Seared Swordfish  
Crushed Olives, Oregano
- Tuna Burgers  
Yogurt Dill Sauce

## Veggie

- Cheese Stuffed Pasta Shells Doused with Saucy Winter Vegetable Sauce
- Cheesy Green Chile Bean Bake
- Creamy-Spicy Tomato Beans & Greens
- Zucchini & Eggplant Casserole  
Parmesan
- Couscous with Stewed Seasonal Vegetables

## Sides

- Spiced Silan (date molasses) Carrots  
Dried Cranberries, Toasted Macadamia Nuts
- Couscous  
Pickled Currants
- Cracked Freekeh  
Pomegranate, Walnuts & Mint
- Crispy Smashed Potatoes  
Chimichurri
- Honey Roasted Parsnips w/ Dates  
Tzatziki, Toasted Hazelnuts
- Whole Roasted Cauliflower  
Tahini Dressing OR Herby Green Sauce
- Whole Roasted Cauliflower  
Whipped Feta, Pickled Chiles
- Sunchoke and Russet Potato Rosti  
Chive Sour Cream and Roasted Lemon
- Whole Roasted Sweet Potatoes  
Sunflower Gremolata, Lemony Sour Cream
- Crispy Parmesan Za'atar Crusted Potatoes
- Turmeric Lemon Roasted Potatoes
- Roasted Seasonal Squash  
Feta, Crispy Sage and Honey
- Garlicky Green Beans
- Pickled Roasted Mushrooms
- Roasted Brussels Sprouts  
Thick Bacon

## Desserts

- Salted Halvah Chocolate Chip Cookies  
Warm Orange Blossom Milk
- Baklava Crostata
- Tahini Swirl Skillet Brownie
- Super Fudgy Date Brownies
- Yogurt Pound Cake  
Cardamom-Lemon Syrup
- Double Chocolate Zucchini Bread
- Preserved Lemon & Olive Oil Loaf Cake
- Olive Oil Cake  
Brown Butter Buttercream
- Tzimmes Cake  
Cream Cheese Frosting (Carrot Cake)

## Mezze: Add on Menu

- Hummus (8oz, 12oz, 16oz)
  - Honeynut Squash Hummus
  - Jerusalem Artichoke Hummus
  - Pumpkin Hummus
  - Roasted Beet Hummus
  - Sweet Potato Hummus
- Baba Ghanoush (8oz, 12oz, 16oz)
- Lutenitsa (8oz, 12oz, 16oz)
- Labneh (8oz, 12oz, 16oz)
- Marinated Labneh Balls
  - Za'atar
  - Aleppo Pepper
  - Plain