



# Meal Prep And Freezer Pull

Week 1

PARSLEY Spring/Summer 2010

Sunday		
	Meal Prep For Monday	Freezer Pull For Wednesday
Noon	Bake and chill Cheesecake. Chill Pears.	Bacon and frozen eggs for Breakfast Sandwich. Ground turkey and frozen eggs for LS Breakfast Sandwich. Ground turkey and frozen eggs for LF Breakfast Sandwich. Chicken for Orange Glazed Chicken- 3 oz. Beef stew meat for Beef Barley Soup. Imitation krab for Krab Salad Plate- 2 oz. Imitation krab for Krab Salad Sandwich- 2 oz. <i>*Beef roast for BBQ Beef- 3 oz.</i> <i>*Beef roast eye of round for Roast Beef- 3 oz.</i> <i>*Veal cube steak for Veal Cube Steak-2 oz.</i>
Evening	Chill Mandarin Oranges. <i>*Hard cook eggs for Chef Salad- 2 oz.</i> <i>*Hard cook eggs for LS/LF Chef Salad- omit tomatoes for LHR and Renal.</i> <i>*Hard cook eggs for LS/LF Chef Salad for 2 Gram.</i>	
Monday		
	Meal Prep For Tuesday	Freezer Pull For Thursday
Breakfast	Make Biscuits.	Frozen eggs for Scrambled Eggs. Frozen egg substitute for LF Egg of the Day. Turkey roast for Roast Turkey- 3 oz. Turkey roast for Roast Turkey- 2 oz. Chicken for LS Grilled Chicken on a Bun- 3 oz. Whipped topping for Ice Cream Sundae. <i>*Diced pork for Pork Chop Suey- 3 oz.</i> <i>*Pulled chicken for Chicken Salad Sandwich- 2 oz.</i> <i>*Pulled chicken for LS Chicken Salad Sandwich- 2 oz.</i> <i>*Pulled chicken for LF Chicken Salad Sandwich- 2 oz.</i>
Noon	Prepare Mousse and Whip Topping; chill. Prepare Diet Pudding and Whip Topping; chill.	
Evening	Make Chocolate Chip Cookies- homemade. Bake soft for Mech Soft. Bake Diet Cookies. Omit nuts, raisins, seeds, pineapple or coconut for Mech Soft, Puree or Dysphagia Mech.	
Tuesday		
	Meal Prep For Wednesday	Freezer Pull For Friday
Breakfast	Layout bacon and LS/LF sausage for Breakfast Sandwich. Chill fruit for Seasonal Fruit	Frozen egg substitute for LF Egg of the Day. Fish fillets for Herb Baked Fish- 3 oz. Pulled chicken for Cobb Salad- 2 oz. Pulled chicken for Chicken Salad Sandwich- 2 oz. Whip topping for Sunshine Cake.
Noon	Make Peanut Butter Coffee Cake. Prepare Diet Cake.	
Evening	Prepare Krab Salad for Krab Salad Plate- 2 oz. Grind krab and prepare Ground Meat Krab Salad for Mech Soft; chill. Prepare Krab Salad for Krab Salad Sandwich. Chill. Prepare Krab Salad with Ground Meat for Ground Meat Krab Salad Sandwich and chill. Prepare Tuna Salad for Tuna Salad Sandwich and chill. Prepare LS Tuna Salad for Renal and 2 Gram; chill. Prepare Krab Salad for LF Krab Salad Plate- 2 oz. Chill applesauce for Cinnamon Applesauce. Chill Sliced Apples. Make Fruit Pie. Prepare Spiced Peaches and chill. <i>*Prepare Garlic Bread.</i>	