

TAKE THE
STAGE



Beef & Honey

Your Lunches:

Meal 1: Apple, Honey, and Peanut Butter (Calories: 430)

Meal 2: Ginger Greens (Calories: 305)

Meal 3: Peanut Sauce Beef w/ Salad (Calories: 480)

Meal 4: Pressed Vegetable Sandwich (Calories: 400)

Meal 5: Beef over Rice (Calories: 540)

Meal 6: Garlic Veggies over Rice (Calories: 385)

Grocery List:

1. 8 oz. Skirt Steak
2. 5 oz. hearty mixed Greens
3. 2 small Apples
4. ½ cup Broccoli
5. 1 large Carrot
6. 1 Zucchini
7. 1 Squash
8. 1 small red Onion
9. 2 cloves of Garlic
10. 2 portions Instant Brown Rice
11. 4 oz. Manchego Cheese
12. 10 inch Baguette
13. 4 tbsp. Favorite Ginger Dressing

In Your Pantry:

1. Salt and Pepper
2. EV Olive Oil
3. Favorite Peanut Butter
4. Soy Sauce
5. Sriracha
6. Honey

Cooking Instructions:

1. Prepare the peanut sauce by mixing the following ingredients together in a small bowl:
 - a. 2 tbsp. Peanut Butter
 - b. 1 tsp. Soy Sauce
 - c. 1 tsp. Honey
 - d. 1 tsp. Siracha
 - e. Pinch of Salt and Pepper
2. Cut the skirt steak into strips going against the grain.
3. Place a medium sized skillet over medium to high heat and add 1 tbsp. of EV Olive Oil. Add the skirt steak and cook (stirring occasionally) for 10 minutes. At the 10 minute mark stir in the peanut sauce from step 1 and cook for another 2-3 minutes. Once done cut off the heat and let the beef cool.
4. While the beef cooks prepare the following ingredients:
 - a. Cut the broccoli into small bite sized florets.
 - b. Cut the zucchini, squash, and carrot into ½ inch medallions and then cut the medallions in half.
 - c. Cut the red onion in half. Cut one half into ½ inch squares. Cut the other half into paper-thin slices.
 - d. Mince the 2 garlic cloves.
5. Once the steak is done place a medium skillet on medium heat and add 1 tbsp. of EV Olive oil. Add the garlic, largely chopped onion, and carrot and sauté until the garlic starts to brown. At this point add in the squash, zucchini, and broccoli. Continue cooking for 10-15 minutes or until the veggies are tender. Add salt and pepper to taste.
6. While the vegetables cook prepare the instant brown rice and set aside.
7. While the vegetables cook make the salad by mixing the following ingredients:
 - a. The mixed Greens
 - b. The thin Red Onion
 - c. Roughly chopped 2 oz. of Manchego
8. Once the vegetables are done cut the baguette in half so you have two 5-inch pieces. Then cut both pieces in half lengthwise. Dig out some of the bread from one of the baguette pieces and stuff half of the vegetable mixture into the dug out piece. Cover the vegetables in the sandwich with 2 ounces of shredded Manchego. Put the sandwich on a skillet on low to medium heat and press it until both sides are golden brown.
9. While the vegetable sandwich heats make a peanut butter and honey sandwich with the other half. Spread 1 tbsp. of peanut butter on one half and then drizzle honey over top.

Please keep reading for the final portion instructions...

Portion Instructions:

Each portion should be put into a separate container for the different lunch day and stored in the refrigerator or freezer-please see below for instructions.

1. Apple, Honey, and Peanut Butter

Store the peanut butter and honey sandwich in the refrigerator. When ready to eat let the sandwich get to room temperature and serve with one of the apples.

2. Ginger Greens

Store 2/3rds of the salad from step 7 and one of the apples in the refrigerator. When ready to eat cut the apple into bite sized pieces and toss it with the salad and 2 tbsp. of the ginger dressing.

3. Peanut Sauce Beef w/ Salad

Store half of the beef with the remaining third of the salad. When ready to eat toss the salad with 1 tbsp. of the ginger dressing. Warm the beef in a microwave. Serve the beef on the salad or on the side. Your choice.

4. Pressed Vegetable Sandwich

Store the vegetable sandwich from step 8 in the refrigerator. When ready to eat toast or micro wave the sandwich until the cheese is gooey.

5. Beef over Rice

Store the remaining beef with the half of the rice in the refrigerator. When ready to eat serve warmed with extra siracha (if desired).

6. Garlic Veggies over Rice

Store the rest of the rice with the remaining garlic vegetables in the refrigerator. When ready to eat serve warmed with soy sauce to taste.