

# Step by Step

## Prep For The Week

1. Preheat oven to 400°. Wash and chop the 4 cups of \*assorted vegetables. Place the vegetables in a bowl and add 2 tbs olive oil and salt and pepper to taste. Transfer to baking sheet and bake for about 30 minutes or until tender. Let cool. Place in airtight container and refrigerate.
2. Brown 1/2 lb Italian sausage and 1 clove of minced garlic in a soup pot on stovetop.
3. Wash baking potato and cut into bite size pieces. Add to pot with sausage. Add 16 oz of chicken or vegetable broth. Heat for 15 mins or until potatoes are soft. Add 2 cups of chopped kale and 1/2 cup of milk to the pot. Cool. Put in airtight container and refrigerate the Tuscan Kale and Sausage Soup.
4. Preheat oven to 400°. Cut 1/3 of the pork tenderloin off. Coat the larger portion with 1 tbs mustard and sprinkle with pepper. Place both portions of pork on baking sheet and cook for approximately 25 minutes. The smaller portion may take less time. Let cool. Place both pieces in airtight container and refrigerate.
5. Chop 1/2 cup onion and slice 1 cup zucchini. Place in airtight container and refrigerate.
6. Place 1 clove garlic, 2 tbs fresh parsley, 1 tbs olive oil and 2 tsp balsamic vinegar in blender. Pulse until blended but not quite smooth. Place in airtight container and refrigerate. This will be used on Day #5.
7. Wash and slice or dice cucumber, tomatoes and bell peppers (to be used for dinner salads). Place in airtight container and refrigerate.
8. Prepare Salad Dressing by combining 1/3 cup olive oil and 1/3 cup of balsamic vinegar in jar. Shake well before serving.

