

## Round One - Worksheet

You can click on each individual recipe for specific instructions, but here's the breakdown for the entire day to maximize your time.

1. Spiralize apples, if making apple chips, and set them in dehydrator. BAM. You've already done one super productive thing in the day.
2. Start toasting red peppers.  
Set a timer for 10 minutes and start step three in the meantime.
3. Start cooking chicken breasts, if using.
4. Core tomatoes and chop onions in half, then throw into pot with butter over medium-low heat and start sweatin' them (don't cover pot).
5. Check on peppers – should be ready to flip about now.
6. If using cheese that is not pre-grated, grate cheese for Breakfast Burritos and Broccoli-Cheese Corndog Muffins (no need to grate cheese for Pesto Wraps) – I use my food processor, so this entire step takes well under five minutes. If grating by hand, you may want to check your peppers and chicken a few minutes in. Cover bowls of cheese and place back in fridge.
7. Check peppers and chicken, if you haven't already done so. Allow both to cool slightly, then slice.  
(Don't forget to turn your oven back down to 350 degrees after this step, so it's ready for the muffins when they come)
8. Make pesto, and place in a separate bowl.
9. Give your tomato sauce a stir and walk away again.
10. Scramble eggs for breakfast burritos, place in fridge till ready to use.
11. Cook broccoli for Muffins. I steam mine in the microwave, or make extra the night before for dinner and use leftover cooked broccoli.
12. Don't forget your tomato sauce! The skins on the tomatoes are probably ready to pull off easily with a fork by now.
13. Mix Corndog Muffin batter, assemble muffins, start first wave of baking! (For my 2.5 daily servings of lunch entrees, I take two waves of baking: the first with a regular 12-muffin and four jumbo/popover 6-muffin tins, the second with another set of four jumbo/popover tins. That gives each of my kids 12 muffins. You'll have to customize this to meet your needs.)
14. While muffins bake, check your tomato sauce. If the tomatoes are practically falling apart, you're good to go. Lift out the onions, and give it a whirl with an immersion blender, if you have one (you can use a regular blender if you don't have one, but then you'll want your sauce to be cooled beforehand in order to avoid a situation like my Great Blender Explosion of 2003. Trust me). Cover, and let tomato sauce cool in the fridge.
15. Heat your first 25 tortillas (wrap in a clean dish towel and place in microwave, use about 10 seconds per tortilla, and make sure to keep them warm so they don't break during assembly) and set up your first work station for Breakfast Burritos: you need your shredded cheese, scrambled eggs (if using), beans, and salsa.
16. Assemble Breakfast Burritos (see recipe for tips on folding burritos), placing assembled seam-side down on parchment-lined jelly roll pans. Once you've filled a jelly-roll pan, throw it in the freezer uncovered for 1-2 hours. This is called Flash Freezing, and we do it so that the items do not stick together once we pack them really tight and comfy-like in a freezer bag later.  
Do the same for each full jelly roll pan.
17. Your first batch of muffins will be done while you're assembling your Burritos. Remove the muffins to cool on a rack, finish your batch of burritos, then fill your (now-cooled) muffin tins again and throw them back in the oven.

### Menu

1. Pesto Chicken Wraps (or Pesto-Mozzarella Wraps)
2. Breakfast Burrito Wraps
3. Broccoli-Cheese Corndog Muffins  
(or Broccoli-Cheese Muffins, omitting sausage)
4. SNACK BONUS: Ridiculously-Easy Cinnamon Dried Apple Chips
5. MAKE-AHEAD BONUS: Ridiculously-Easy Tomato Sauce  
(for Day #2's ingredient list)
18. Slice mozzarella (if using instead of chicken) into sticks (approx. 1/4inch thick x ¼ inch wide should yield sticks of about one ounce).
19. Heat up your next 25 tortillas.  
Set up your second work station for Pesto Wraps: pesto, roasted peppers, sliced chicken breasts (if using), mozzarella sticks (if using).
20. Start assembling wraps.
21. Your second batch of muffins may be done by now. Cool, then pour more muffins if you need another wave of baking.
22. Depending on what time of day you got started, and whether you're still expected to make dinner tonight, this is a good time to pour yourself a glass of wine.
23. Finish assembling the Wraps and put those jelly roll pans into freezer to Flash Freeze, taking out the pans full of now-frozen burritos.
24. Working quickly, label your Freezer Bags. Few things piss me off worse than forgetting to slap a pretty label on the bags BEFORE they're full of frozen food and the Sharpie no longer works. Yes, I'm that kind of person.
25. Still working quickly, fill your labeled freezer bags with Burritos, and remove as much air as possible out of the bags (or vacuum seal, and pour yourself another glass of wine because you're so smart and awesome). Put bags of burritos in freezer – you can place them vertically, like thick books, if you have a narrow freezer space, and just slide in more bags vertically as you assemble them.
26. Label bags for muffins. Muffins won't need to Flash Freeze, as the muffin papers keep them separate. Just don't try to pack them hot (so start with your first batch, not the last). Place them in freezer after sucking the air out of your bags.
27. Label and freeze Pesto Wraps, which are probably ready to pack by now.
28. If using tomato sauce the next day for Round 2 Menu, leave in the fridge. Otherwise, freeze in quart-size freezer bags. Lay filled bags flat on a jelly roll pan until frozen, then remove from pan and place vertically or horizontally in freezer to save space.
29. **DINNER BONUS:** If you've done this before, and you have any of the pizza dough I'm going to teach you to make in Round 2, you could assemble a quick Margherita pizza at this point. Or you could boil some pasta and throw in cherry tomatoes, cheese and pesto. Look at you! Go on with your bad self.
30. Do a happy dance (don't forget to bring your glass of wine). Because you just made more than 100 servings of food, plus a bucket full of tomato sauce for the next round. Make sure you repeat your dance over and over until one of your family members says, "Yeah, we know already," and then make that family member be the one to go take your apple chips out of the dehydrator and throw them in a tupperware. Ha! You thought I'd forgotten about the apple chips, didn't you?

**Yield:** 25 full Pesto Wraps, 25 full Breakfast Burritos, and 30 jumbo Broccoli-Cheese Corndog Muffins (or 60 regular-size "half-portion" muffins, or any combination thereof that you may need, depending on lunchers' sizes) – that's 6-weeks-and-2-days' worth of lunches for my family, possibly more for yours, all in one day! Plus snacks!