

# Run Your Way.

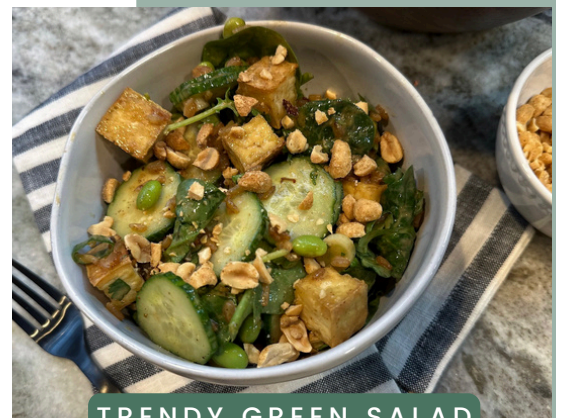
## COOKING CLASS SERIES

### Class 3 Shopping List

- Protein of your choice (32 oz)
- Cucumbers, *seedless* (2)
- Baby kale and/or spinach (5 oz)
- Green onions (1 bunch)
- Cilantro (1 bunch)
- Carrots *shredded* (1 cup)
- Bell peppers *yellow or orange* (2)
- Lime juice (2 Tbsp)
- Garlic (1 clove)
- Edamame *shelled* (2 cups)
- Rice - frozen (10 oz), uncooked (1 cup) or pre-cooked (2 cups)
- Soy sauce (½ cup)
- Fish sauce (2 Tbsp)
- Sesame oil (½ Tbsp)
- Rice vinegar (¼ cup)
- Brown sugar (¼ cup)
- Chili crisp or other hot sauce (1 Tbsp)
- Sriracha (1 Tbsp)
- Peanuts (1 cup)
- Almond butter (¼ cup)
- Peanut butter (¼ cup)
- Maple syrup (1 Tbsp)
- Avocado oil (1 Tbsp)
- Whole wheat pasta *or pasta of choice* (12 oz)



SPAGHETTI PAD THAI MEAL PREP



TRENDY GREEN SALAD

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# Spaghetti Pad Thai Meal Prep

MAKES 5 SERVINGS

Serv: 1 serving | 550 kcal | 15 g fat | 70g carb | 11g fiber | 37g protein

## Ingredients

12 oz whole wheat pasta (or pasta of choice) cooked and cooled

1 cup edamame, shelled & chopped

1 cup carrots, shredded or matchstick

2 red, yellow or orange peppers, diced

½ cup peanuts, chopped

¼ cup cilantro, chopped

¼ cup green onions, chopped

16 oz cooked protein (shrimp, chicken, salmon, or tofu)

### Sauce Ingredients

2 Tbsp fish sauce

¼ cup soy sauce or tamari

¼ cup brown sugar

¼ cup rice vinegar

1 Tbsp sriracha

¼ cup peanut butter



## Directions

1. Combine all ingredients, minus the sauce in a bowl.
2. Mix together sauce ingredients in a sealed jar. Shake to combine.
3. Pour sauce over the pasta + other ingredients. Stir well.
4. Portion into 5 containers. Store in the refrigerator for up to 5 days.

## Substitutions

*Whole wheat pasta:* Use whatever pasta you prefer that meets your nutrition needs, preferences, and allergies.

*Veggies:* Feel free to add whatever veggies you'd like, buy matchstick carrots so you don't have to cut as much, add more edamame, don't chop the edamame, make this your own!

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# Trendy Green Salad

MAKES 4 SERVINGS

Serv: 1 serving | 475 kcal | 25g fat | 40g carb | 23g protein (with tofu)

## Ingredients

### Crispy Rice

10 oz bag frozen rice *or 2 cups cooked rice*  
2 Tbsp soy sauce or tamari  
½ Tbsp sesame oil  
1 Tbsp chili crisp or favorite hot sauce

### Salad

2 seedless cucumbers, thinly sliced  
1 cup edamame  
5 oz container baby kale and/or spinach  
4 green onions, chopped  
½ cup cilantro, chopped  
16 oz protein, cooked - *chicken, tofu, salmon, shrimp, pork tenderloin, steak, etc.*  
½ cup peanuts, chopped - *save for the end*

### Dressing

¼ cup almond butter  
1 Tbsp maple syrup  
1 Tbsp avocado oil  
2 Tbsp lime juice  
2 Tbsp soy sauce or tamari  
1 garlic clove, chopped  
1 Tbsp water



## Directions

1. Preheat the oven to 400 degrees. Line the baking sheet with parchment.
2. Pour rice onto the baking sheet & mix in soy sauce, sesame oil and chili crisp or hot sauce. Spread thinly across the baking sheet.
3. Bake for 15 - 20 minutes, or until rice starts to brown.
4. Meanwhile, add all salad ingredients, except peanuts, to a large mixing bowl.
5. Combine all dressing ingredients in a sealed container and shake to combine. Add more water if your dressing is too thick.
6. Once rice is done, allow to cool on a different plate or tray.
7. Combine rice, salad mix and protein in a large bowl.
8. Place in 4 different bowls for the week. Put the dressing in 4 small containers and add before eating.
9. Add peanuts before eating. Add more chili crisp or hot sauce, if desired. Enjoy.

## Substitutions & Tips

**Protein:** Use leftover protein like grilled chicken breast, pork tenderloin, salmon, or shrimp. Or, precooked tofu or rotisserie chicken. Make it easy on yourself.

**Cucumbers:** If you have a mandolin, use this to slice ⅜ inch thick slices. Very easy. Otherwise, just slice as thin as you safely can.

**Dressing:** If you're worried about the greens getting soggy, wait and put the dressing on right before eating. But you can add in the morning for lunch easily.

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