

PART 1

RACHAELL'S RECIPES

WEEKLY “EXTRAS” PREP



HOMEMADE TZATZIKI

INGREDIENTS

- 1 cup Greek yogurt (full fat for best texture)
- 1/2 English cucumber, grated (about 1/2 cup)
- 1-2 garlic cloves, finely grated or minced (or 1/8 tsp of garlic powder)
- 1 tablespoon extra virgin olive oil
- 1 tablespoon fresh lemon juice (or more to taste)
- 1 tablespoon chopped fresh dill (or 1 tsp dried), optional
- 1/2 teaspoon salt
- Black pepper, to taste

DIRECTIONS

1. Grate the cucumber using a box grater. Place it in a clean kitchen towel or paper towel and squeeze out as much liquid as possible.
2. In a bowl, combine the Greek yogurt, grated cucumber, garlic, olive oil, lemon juice, dill, salt, and pepper. Add red wine vinegar or mint if using.
3. Let the tzatziki sit in the fridge for at least 30 minutes to allow the flavors to meld. Taste and adjust seasoning before serving.

Storage: good in the fridge 3-4 days in airtight container. Stir if additional liquid settles.



BLUEBERRY JAM

INGREDIENTS

- 4 cups (about 765g) fresh blueberries
- 1 ¼ cups (375g) granulated sugar
- Juice of 1 lemon (about 2 tbsp)

DIRECTIONS

1. Rinse blueberries and remove any stems. Add blueberries to a large saucepan, with sugar and lemon juice. Stir to coat evenly.
2. Bring mixture to a boil over medium-high heat, stirring often. Reduce to a simmer and cook for 20–30 minutes, stirring frequently, until the jam thickens.
3. Once jam is reduced, remove from heat and let cool slightly. Transfer to clean jars with lids. Allow to cool to room temperature then put in the fridge.

Storage: Store in the fridge for up to 3 weeks or freeze for longer.



CRISPY PANKO CHICKEN

INGREDIENTS

- 1 1/2 cups whole milk (enough to submerge chicken in bowl)
- 1 teaspoon garlic powder
- 1/2 teaspoon black pepper
- 1 teaspoon onion powder
- 1 cup panko crumbs
- 1 to 1 1/2 teaspoons kosher salt

DIRECTIONS

1. Add chicken, milk and seasonings to a bowl. Toss to lightly mix everything together.
2. Cover and place in the fridge for at least 30 minutes, overnight is best! This allows milk to tenderize the chicken.
3. When ready, pour panko crumbs into a bowl. Take each tenderloin out of the milk mixture, allowing access to drip off then press into the Panko crumbs.
4. If freezing, put prepared chicken on parchment paper lined baking sheet.
5. Place breaded chicken in freezer for 2-3 hours (this helps prevent chicken from sticking together). Transfer frozen chicken to freezer bag until ready to use (1-2 months).



PRO TIP: goes great with your homemade tzatziki!

CRISPY PANKO CHICKEN

To cook from frozen:

Oven-Baked (Healthier & Hands-Off)

1. Preheat oven to 425°F (218°C) Place frozen tenders on a wire rack over a baking sheet (or straight on parchment).
2. Spray or brush with oil for max crisp. Bake 20-25 minutes, flipping halfway, until golden brown and internal temp hits 165°F.

Air Fryer (Super Crispy)

1. Preheat air fryer to 380°F
2. Add tenders in a single layer (don't crowd)
3. Air fry for 12-16 minutes, flipping halfway. Spray with oil for even crispier coating.

Shallow Fry (Crispiest)

1. Coat bottom of a skillet with oil over medium-high heat (do NOT deep fry frozen chicken)
2. Fry frozen tenders in batches for 3-4 mins per side, or until golden and cooked through (165°F). Drain on paper towels.

FROZEN DATE BARK

INGREDIENTS

- 12-14 Medjool dates, pitted
- 1/3 cup melted dark chocolate

- Flaky salt
- Optional- drizzle of peanut butter, chopped nuts or unsweetened shredded coconut

DIRECTIONS

1. Line a small baking sheet or plate with parchment paper. Pit your dates and flatten each one slightly with your fingers. Press them close together on the parchment to form a rough rectangle or square.
2. Place a sheet of plastic wrap on top of the dates. Use a rolling pin or flat-bottomed glass to roll and press them into an even layer, about ¼ inch thick. Remove the plastic wrap.
3. Melt the dark chocolate in the microwave in 20 second bursts, stirring in between until smooth. (Or use a double boiler.)
4. Pour the melted chocolate over the flattened dates and spread it into an even layer. Add any toppings you like: chopped nuts, nut butter drizzle, etc.
5. Transfer to the freezer for 15-20 minutes, or until the chocolate is set.
6. Once firm, remove from the freezer, add flaky salt and break into bark style pieces.
- 7.
8. Storage: in an airtight container in the fridge for 2 weeks or freezer for 3 months.



ROASTED PEPPERS & ONIONS

INGREDIENTS

- Bell peppers (I used red and yellow)
- 1/2 large red onion
- Olive oil
- Salt and pepper

DIRECTIONS

- 1.Preheat oven 425°F.
- 2.Slice peppers and onions thin. Arrange on baking sheet. Drizzle with olive oil salt and pepper. Toss to coat.
- 3.Bake for 20-25 minutes, tossing halfway through.

Storage: store in an airtight container in the fridge for 5-6 days.

