

PRODUCT PREP & QUALITY STANDARDS

VEGETABLES

03 Ginger & Turmeric

03 Carrots

04 Celery

04 Kale & Parsley

05 Cucumbers

FRUIT

05 Fresh Strawberries

05 Fresh Blueberries

06 Apples

06 Lemons & Oranges

IQF FRUIT

07 Frozen Fruits

07 Frozen Banana

08 Pitaya

PREPPED FRUIT

08 Dates

09 Cut Lemons & Oranges

09 Fresh Pineapple

LIQUIDS

10 Cashew Nutmilk

10 Coconut Water

DRIZZLES

11 PB Drizzle

12 Blue Vanilla Drizzle

12 Chocolate Drizzle

CHIA & JAM

11 Strawberry Jam

13 Vanilla Chia Pudding

13 PB Chia Pudding

BOWL STATION

14 Sliced Strawberries

14 Sliced Green Apples

WAFFLE BATTER

15 Regular Waffle Batters

16 Small Waffle Batters

17 Large Waffle Batters

PREP PROCEDURES BEST PRACTICES

Washing Produce:

- ONLY prep produce using cold water
- Prep sink should always be drained and cleaned in between uses.
- **NEVER** prep any rotten produce
- “Rinse” stage = cold running water
- “Veggie Wash” stage = 2 capfuls of veggie wash (or per your chemical instructions)
- “Agitate” = rotating produce in sink to ensure everything is thoroughly washed

Binning Produce & IQF Fruits

- Avoid overfilling bins to ensure produce does not spill over.
- Drain any excess water.
- Bins should never be stored on top of uncovered food.
- Apples, citrus, ginger, and turmeric may be kept in dry storage.
- Fresh bananas should ONLY be kept in dry storage.



Labeling Items

- All prepped items will require Nekter’s labeling standards.
- Written in black sharpie on masking tape, each label requires:



Date prepped	Item Name	Team Member Name
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CARROTS

Quality Check:

*Green mold
Brown / black mold
Soft / slimy*

**SHELF LIFE
5 DAYS**

1

Only cut leaves if they are longer than an inch. Otherwise, place into sink.



2

Rinse & agitate.



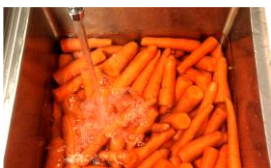
3

Add veggie wash & agitate.



4

Rinse & agitate.



5

Bin, label & refrigerate.



GINGER & TURMERIC

Quality Check:

*Moist, rotten smell
Brown bruising
Should be dry
Excessive dirt/mud*

SHELF LIFE 5 DAYS

Ginger & Turmeric are best kept as dry storage (60-70°F), with limited moisture

1

Rinse & agitate.

****Do not leave in water for more than a minute**



2

Bin, label, & store in dry storage or refrigerate.



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Date	Item	Team Member
prepped	Name	Name

CELERY

KALE & PARSLEY

Quality Check:
Brown in color
Yellow in color
Mushy/slimy

SHELF LIFE
5 DAYS

Quality Check:

Brown/yellow in color
Mushy / slimy
White mold
Excessive dirt / mud

SHELF LIFE
5 DAYS

1 Cut off 1/2" of the stalk tips & discard.



1 Discard bands & place produce in the sink.



2 Cut off 1/2" of the bottom of the root & discard.



2 Rinse & agitate.



3 Discard the inner yellow stalks.



3 Add veggie wash & agitate.



4 Rinse & agitate.



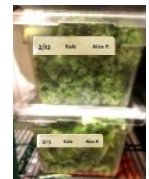
4 Rinse & agitate.



5 Add veggie wash & agitate.



5 Bin, label, & refrigerate.



6 Rinse & agitate.



Labeling Procedures:
All labels must include the DATE, ITEM NAME, & Team Member Name or Initials

Date	Item	Team Member
prepped	Name	Name

7 Bin, label, & refrigerate.



CUCUMBER

Quality Check:

*White mold
Smashed
Mushy / slimy*

**SHELF LIFE
5 DAYS**

1 Add veggie wash & agitate.



2 Rinse & agitate.



3 Bin, label, & refrigerate.



STRAWBERRIES & BLUEBERRIES

Quality Check:

*Mushy or soft
texture,
Discoloration
bruising green,
gray, white mold*

SHELF LIFE

**5 DAYS pre-washed
Prepped
Must be discarded in
24 hours**

1 Rinse in container under running water.



2 Bin, label & refrigerate.



Labeling Procedures:

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Date	Item	Team Member
prepped	Name	Name

RED & GREEN APPLES


Quality Check:
Brown mold
Smashed
Heavily bruised

SHELF LIFE
5 DAYS

1 Remove apples from box. *Remove stickers if present.




2 Add veggie wash & agitate.



3 Rinse & agitate.



4 Bin, label, & store in dry storage or refrigerate.



Labeling Procedures:
 All labels must include the DATE, ITEM NAME, & Team Member Name or Initials


Date prepped	Item Name	Team Member Name
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LEMONS & ORANGES


Quality Check:
Green powder
White mold
Smashed
Mushy / slimy

SHELF LIFE
5 DAYS

1 Rinse & agitate.



2 Bin, label, & store in dry storage or refrigerate.



FROZEN BANANA

OVERRIPE BANANAS ONLY


Quality Check:
Smashed
Dark brown color
White mold
Green / under ripe

SHELF LIFE
30 DAYS
***This shelf life is only accurate when product remains fully frozen & unused.*


1 Snap top to open & remove peel.




2 Pinch bottom.



3 Remove peel & discard.



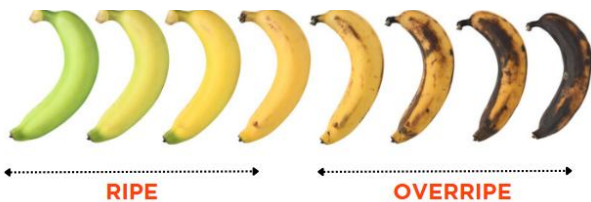
4 Break in half, & place in bin in a uniform fashion.



5 Label & freeze.



NEVER top a bowl with a bruised banana. Bruised bananas can be frozen and used in blended recipes to avoid waste.




IQF FRUITS (FROZEN)

Quality Check:
Melting
Frozen solid block


SHELF LIFE
REFER TO PACKAGING

This includes Frozen:
Strawberry, Blueberry, Pineapple, Mango, Raspberry, and Banana.


1 Remove item from the freezer.



2 Place frozen fruit into bin using a large measuring cup. Do not overfill!



3 Label & freeze.

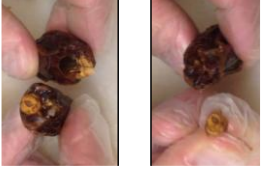


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Date	Item	Team Member
prepped	Name	Name

DATES


<p>Quality Check: <i>Pits inside</i> <i>Hard caps on ends</i> <i>Black mold</i></p>	<p>SHELF LIFE 5 DAYS</p>
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<p>1 Remove & discard hard caps.</p>	
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<p>2 Line up 10 dates.</p>	
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<p>3 Cut dates in half.</p>	
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<p>4 If pits are present, remove & discard.</p>	
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<p>5 Bin, label, & refrigerate.</p>	
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DRAGON FRUIT (PITAYA)

<p>Quality Check: <i>Melted product</i> <i>Broken or torn packaging</i></p>	<p>SHELF LIFE REFER TO PACKAGING</p>
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<p>1 Start with full unpackaged brick.</p>	
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<p>2 Cut brick into quarter pieces.</p>	
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<p>3 Bin, label & store in freezer.</p>	
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<p>Labeling Procedures: All labels must include the DATE, ITEM NAME, & Team Member Name or Initials</p> <table border="1" style="margin-left: auto; margin-right: auto; text-align: center;"> <tr> <td>Date</td> <td>Item</td> <td>Team Member</td> </tr> <tr> <td>prepped</td> <td>Name</td> <td>Name</td> </tr> </table>		Date	Item	Team Member	prepped	Name	Name
Date	Item	Team Member					
prepped	Name	Name					

FRESH PINEAPPLE

Quality Check:

*Mushy or soft texture
Discoloration/bruising
White, gray, or green
mold*

**SHELF LIFE
5 DAYS**

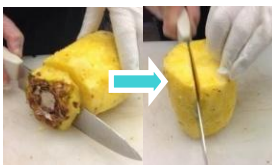
1 Lay the pineapple on its side & cut off the top leaves.



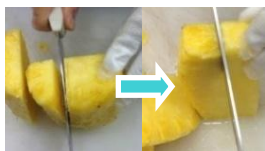
2 Stand the pineapple on its end & cut off skin with curving motion.



3 Cut off the bottom. Cut wedges on each side around the core.



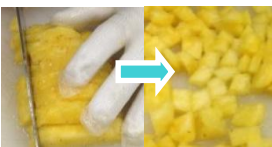
4 Cut 4 wedges from the core & discard the core.



5 Cut each wedge in half, making 8 small wedges.



6 Slice horizontally across the wedge (1" pieces) Rotate & slice vertically.



7 Bin, label, & refrigerate.



CUT CITRUS (FOR JUICING)

Quality Check:

*Dried out/
Crystallization*

**SHELF LIFE
24 HOURS**

Lemons and oranges should only be peeled as needed throughout the day.

1 Slice off tops & bottoms.



2 Peel with curving motion to remove rind.



3 Discard rinds, bin, & label.



Labeling Procedures:

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Date prepped	Item Name	Team Member Name

CASHEW NUTMILK

COCONUT WATER

Quality Check:
Sour smell
Discoloration

SHELF LIFE
5 DAYS

Quality Check:
Sour smell/taste
Foul or rancid smell

SHELF LIFE
3 DAYS

1 Add 4 cups of ice & 4 cups of water to blender.



1 Add 3 flat Ivory spoondles of coconut powder to blender.



2 Add 2 cups of raw cashews to blender.



2 Add 3 cups of ice to the blender. Fill with water to the 8-cup line.



3 Blend on high for 45 sec or until smooth. Pour concentrate into a gallon mixing container.



3 Blend on high for 45 seconds or until all contents are blended. Pour into gallon container.



4 Using the same blender, add 3 cups of ice & 6 cups of water.



4 In the same blender, add 3 cups of ice & 6 cups of water. Blend for 5 seconds or until smooth.



5 Flash blend ice & water on high for 5 seconds or until smooth & pour into gallon mixing container.



5 Add product to the same gallon mixing container. Label & refrigerate.



6 Shake to mix contents. Label & refrigerate.



Labeling Procedures:

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Date prepped	Item Name	Team Member Name

STRAWBERRY JAM


Quality Check:
Slimy brown spots
Sour smell or taste

SHELF LIFE
5 DAYS

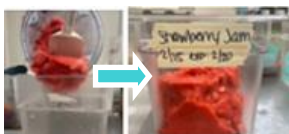
1 Add 2 oz of agave & 2 cups of IQF strawberries to blender.



2 Blend on high until a thick bowl consistency is achieved.




3 Pour blended strawberries into a small container.



4 Add 3 tablespoons of Chia Seeds & stir until all seeds are evenly dispersed.



5 Label & refrigerate overnight. Stir thoroughly before use.




PEANUT BUTTER DRIZZLE

Quality Check:
Dry/no oil
Mold


SHELF LIFE
REFER TO
PACKAGING

Store unopened peanut butter containers upside down to make stirring easier. *DO NOT REFRIGERATE*


1 Stir until oils are fully mixed into peanut butter.



2 Carefully hold the side of the container to create a lip & pour into a FIFO squeeze bottle.



3 Label & store at room temperature.



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BLUE VANILLA CASHEW DRIZZLE

Quality Check:
Sour smell/taste
Chunky or discolored

SHELF LIFE
5 DAYS

1 Measure $\frac{1}{2}$ teaspoon of blue butterfly powder into blender.



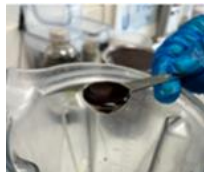
2 Add 3 ounces of agave to the blender.



3 Add 8 ounces of water into blender.



4 Add 2 teaspoons of vanilla extract.



5 Add 2 cups of raw cashews.



6 Blend on high for 45 seconds or until smooth.



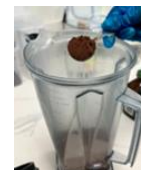
7 Pour into a FIFO squeeze bottle, label, & refrigerate.

**CHOCOLATE CASHEW DRIZZLE**

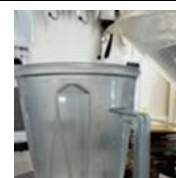
Quality Check:
Sour smell/taste
Chunky or discolored

SHELF LIFE
5 DAYS

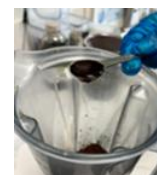
1 Add 5 tablespoons of cocoa powder into blender.



2 Add 8 ounces of water to the blender.



3 Add 1 teaspoon of vanilla extract into the blender.



4 Add 4 ounces of agave into the blender.



5 Add 1.5 cups of raw cashews into the blender.



6 Blend on high for 45 seconds until smooth.



7 Pour into a FIFO squeeze bottle, label, & refrigerate.



VANILLA CASHEW CHIA PUDDING

PB CHIA PUDDING

Quality Check:
Sour smell/taste
Chunky/discolored

SHELF LIFE
5 DAYS

Quality Check:
Sour smell/taste
Chunky or discolored

SHELF LIFE
5 DAYS

1 Add 3 cups of water, 1.5 cups of raw cashews & 32 date pieces to blender.



1 Add 2 cups of water & 2 white scoops of Azar Peanut Butter to blender.



2 Add 2 oz of agave & 1 teaspoon of vanilla extract.



2 Add 8 oz of agave & 2 teaspoons of vanilla extract.



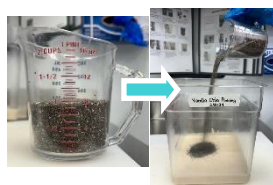
3 Blend ingredients on high until concentrate is smooth. Add to a bin.



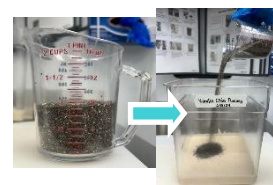
3 Blend ingredients on high until concentrate is smooth. Add to a bin.



4 Add 1 cup of chia seeds into the bin with concentrate, stirring as you pour.



4 Add 1 cup of chia seeds into the bin with concentrate, stirring as you pour.



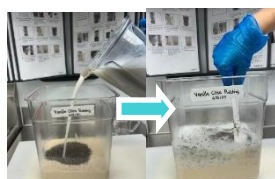
5 Add 4 cups of water into concentrate blender & flash blend for 5 seconds.



5 Add 3.5 cups of water to the concentrate blender & flash blend for 5 seconds.



6 Add water to chia mixture & stir well. Break clumps & scrape corners. Label & refrigerate overnight.



6 Add water to chia mixture & stir well. Break clumps & scrape corners. Label & refrigerate overnight.




SLICED STRAWBERRIES (PREP AS NEEDED)


Quality Check:
*White mold
Overly mushy or
bruised*

SHELF LIFE
4 HOURS
**Only prep as
needed. Do not
store in bulk.*

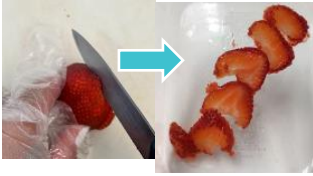
1 Begin with clean & rinsed strawberries.



2 Slice off the stem without removing too much of the strawberry.



3 Place on a cutting board with the flat side down & cut into 1/8" pieces for bowl topping.



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Date	Item	Team Member
prepped	Name	Name

SLICED GREEN APPLES (PREP AS NEEDED)

Quality Check:
*White mold
Overly mushy or
bruised*

SHELF LIFE
1 HOUR
**ONLY prep as
needed. Do not
store in bulk.*

1 Begin with a clean & washed green apple.



2 First cut the apple in half & then into quarters.



3 After removing the core & the seeds, cut into 1/8" slices for bowl topping.



REGULAR PROTEIN WAFFLE BATTER

Quality Check:
Foul smell, Lumpy, and
Discoloration

SHELF LIFE
3 DAYS REFRIGERATED
4 hours if left at room
temp
(Not recommended)


1 Add 4.5 cups of water to Golden Waffles container




2 Add 4 Ivory scoops of Whey Protein




3 Add 4 cups of Golden Waffle mix



4 Whisk until product is fully mixed with no lumps



5 Pour into 2 Drink Pouter containers. Label and keep refrigerated.




REGULAR WAFFLE BATTER


Quality Check:
Foul smell, Lumpy, and
Discoloration

SHELF LIFE
3 DAYS REFRIGERATED
4 hours if left at room
temp
(Not Recommended)

1 Add 4 cups of water to Golden Waffles container




2 Add 4 cups of Golden Waffle mix



3 Whisk until product is fully mixed with no lumps



4 Pour into 2 Drink Pouter containers. Label and keep refrigerated.



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Date	Item	Team Member
prepped	Name	Name

SMALL PROTEIN WAFFLE BATTER

Quality Check:
Foul smell, Lumpy, and
Discoloration

SHELF LIFE
3 DAYS REFRIGERATED
4 hours if left at room
temp
(Not recommended)

1 Add 2.25 cups of water to Golden Waffles container



2 Add 2 Ivory scoops of Whey Protein




3 Add 2 cups of Golden Waffle mix



4 Whisk until product is fully mixed with no lumps



5 Pour into 1 Drink Pouter containers. Label and keep refrigerated.




SMALL WAFFLE BATTER


Quality Check:
Foul smell, Lumpy, and
Discoloration

SHELF LIFE
3 DAYS REFRIGERATED
4 hours if left at room
temp
(Not recommended)

1 Add 1 cup of water to Golden Waffles container




2 Add 1.25 cups of Golden Waffle mix



3 Whisk until product is fully mixed with no lumps



4 Pour into 1 Drink Pouter containers. Label and keep refrigerated.



Labeling Procedures:
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Date	Item	Team Member
prepped	Name	Name

LARGE

PROTEIN WAFFLE BATTER

LARGE

WAFFLE BATTER

Quality Check:
Foul smell, Lumpy, and Discoloration

SHELF LIFE
3 DAYS REFRIGERATED
4 hours if left at room temp
(Not recommended)


Quality Check:
Foul smell, Lumpy, and Discoloration

SHELF LIFE
3 DAYS REFRIGERATED
4 hours if left at room temp
(Not recommended)

1 Add 9 cups of water to Golden Waffles container



1 Add 8 cups of water to Golden Waffles container



2 Add 9 Ivory scoops of Whey Protein



2 Add 1 full bag of Golden Waffle mix




3 Add 1 full bag of Golden Waffle mix




3 Whisk until product is fully mixed with no lumps




4 Whisk until product is fully mixed with no lumps



4 Pour into 3.5 Drink Pours containers. Label and keep refrigerated.



5 Pour into 3.5 Drink Pours containers. Label and keep refrigerated.



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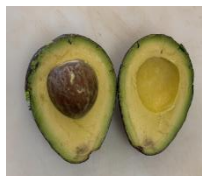
FROZEN AVOCADO

Quality Check:
Foul smell, Lumpy, and
Discoloration

SHELF LIFE
30 DAYS

***This shelf life is only accurate
when product remains fully
frozen & unused.*

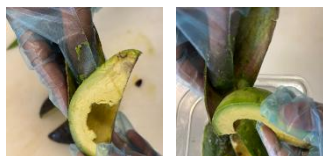
1 Begin by slicing
one FRESH
avocado in half.



2 With the flat side
facing down, cut
each half in half
once more making
4 quarters.



3 Peel the avocado
skin off each
quarter.



4 Place avocado
quarters in a
container and
freeze for a
minimum of 4 hrs.



5 Label and keep
frozen. Use as
needed.

