

FIRST MEAL PREP DAY - DAY 7

STEP ONE: PREP AND COOK THE BEANS

Notes:

1. The reason the meal plan includes different varieties of beans is to switch it up, but you can of course use any legumes you like or that are available to you.

2. If you're using dry beans, soak them Saturday night if you're meal-prepping Sunday morning or Sunday morning if you're meal-prepping Sunday night. If you're using cans or jars instead, only open them on the days you need them to ensure they stay as fresh as possible.

If a recipe calls for less than 1 jar/can, remember that you can freeze the rest, so you don't have to worry about anything going to waste.

Here are the beans that are on the menu this week:

BLACK BEANS

You'll need 3 cups of cooked black beans, which you'll get from 1 cup dry black beans.

BLACK EYED PEAS

You'll need 1 1/2 cups cooked black eyed peas, which you'll get from 1/2 cup dry black eyed peas.

KIDNEY BEANS:

You'll need 1 cup of cooked kidney beans, which you'll get from 1/3 cup dry kidney beans.

WHITE BEANS (for the dip)

You'll only need about 1/2 cup of cooked beans for this, so it might be easier to use a can or jar. Alternatively, you can make more and just use white beans instead of the Black Eyed Peas.

STEP TWO: COOK THE RICE

Sushi rice will work best for this as it's the stickiest kind of rice and will therefore be perfect for the sushi recipes and rice puddings. If you don't find rice that is specifically labelled "sushi" or if it's significantly more expensive, you can use any short grain rice. Long grain rice is OK too, but will change the texture of the dishes.

Cook the rice according to package instructions (some brands may require soaking, but only for about 30 min, others will just ask you to rinse the rice before cooking it). The cooking time can be anything from 10–35 minutes, so be sure to check the package.

You'll need 5 1/2 cups of cooked rice this week, which you'll get from approximately 2 cups of dry rice.

STEP THREE: MAKE THE TOPPINGS

SHIITAKE BACON

(makes 2 servings)

You can prepare this and the next recipe (smoked maple almonds) together, so make sure you read both recipes before preparing them.

Ingredients:

- 1 cup shiitake mushrooms, thinly sliced
- 1/2 tbsp olive oil
- 1 tsp liquid smoke
- 1/4 tsp sea salt

Directions:

1. Preheat the oven to 300F/150C.
2. "Massage" the sliced mushrooms with the other ingredients (make sure they're all covered).
3. Line a large baking tray (or 2 small ones) with parchment paper. You'll need 1 side (or 1 small tray) for the shiitake bacon and the other for the smoked maple almonds.
4. Place the mushrooms on the tray and bake for 25 minutes.
5. Let everything cool and store in an airtight container in the fridge.

SMOKED MAPLE ALMONDS

(makes 4 servings)

Note: if you don't have sliced almonds, you can either chop whole almonds or make the coconut bacon from week 1 again (in which case you'll need to reduce the baking time to 10 minutes).

Ingredients:

- 1/4 cup sliced almonds, unsweetened

1/2 tsp liquid smoke
1/2 tsp tamari or soy sauce
1/2 tsp maple syrup
1/4 tsp smoked paprika

Directions:

1. Preheat the oven to 300F/150C.
2. Mix all ingredients well.
3. Line a large baking tray (or 2 small ones) with parchment paper.
4. Place the almonds on the other side the tray (or the second tray) and bake for 25 minutes.
5. Let everything cool and store in an airtight container at room temperature.

STEP FOUR: ROAST THE ROOT VEGGIES

(makes 3 servings)

Ingredients:

3/4 cup diced or chopped parsnip (or more carrots if you can't find parsnip)
3/4 cup diced or chopped carrots

+ 1/8 cup chopped carrots (which you'll need for the cheezy sauce)

Separately:

(makes 1 cup + 2 servings of 1/2 cup each)

2 cups potatoes (either use baby potatoes or dice larger potatoes)

You'll need 1 cup of the potatoes for the Cheezy Sauce and the other cup for the meals.

Directions:

1. Preheat the oven to 400F/200C (you can make this recipe right after the shiitake bacon and almonds, so preheating shouldn't take long).
2. Line a large baking tray with parchment paper (you can reuse the same one you used for the previous recipe)
3. Place all root veggies on the tray and bake for 45 minutes. No oil or salt needed. While the veggies are baking, you can prepare the cooked veggie mix (see next recipe).
4. Set 1 cup of potatoes and 1/8 cup of carrots aside for the cheezy sauce and let the rest cool before storing it in an airtight container in the fridge. Store the carrots and parsnip together (referred to in the recipes as "root veggie mix") and the potatoes separately.

STEP FIVE: COOK THE VEGGIE MIX

(makes 3 servings)

Ingredients:

- 2 1/2 tbsp olive oil
- 2 large red onions (or any other onions), chopped or sliced
- 2 garlic cloves, minced
- 1 large leek, chopped
- 1 cup brussels sprouts (left whole if they're small or halved if they're large)
- 1 zucchini, diced
- 2 bell peppers, chopped
- 1 1/2 tbsp veggie paste (or salt, pepper and dried herbs)

Directions:

1. Cut/prep the veggies.
2. Set a timer at 20 minutes and start cooking the olive oil, onions and garlic at medium heat. Stir well.
3. After 5 minutes, add the leek and brussels sprouts and cook for another 5 minutes.
4. At 10 minutes, add the rest of the ingredients and stir well.
5. Reduce the heat slightly and cook for another 10 minutes.
6. Drain the veggies to remove excess liquid and let them cool before storing them in an airtight container in the fridge (you can already separate them into 3 smaller containers to make the meal prep even easier).

STEP SIX: MAKE THE SAUCES/DIPS

CHEEZY SAUCE

(makes 2 cups/1 cup + 3 servings of 1/3 cup each)

Ingredients:

- 1/2 cup soaked cashews (soak them in water either the night before or for at least 1-2 hours, if you forget to soak them, you can soak them in boiling water for just a few minutes, then drain them)
- 1/2 tbsp cornstarch (optional)
- 1/4 bell pepper (preferably orange or red, but yellow will do too)
- 1/2 green onion/scallion (the white part)
- 1 garlic clove
- 1/8 (4 tbsp) cup roasted carrots (from the root veggie mix)
- 1 cup baked potatoes

2 tbsp nutritional yeast
the juice of 1/2 lemon
1 tsp mustard
1/2 cup water
1/4 tsp smoked paprika
1/4 tsp sea salt

Directions:

1. Blend all ingredients in a blender on the highest setting until smooth.
2. Let the sauce cool and then store in an airtight container in the fridge.

WHITE BEAN DIP

(makes 1 cup/3 servings)

Ingredients:

1/2 cup cooked white beans
1/8 cup (2 tbsp) tahini
the juice of 1/2 lemon
1 garlic clove
2 tbsp olive oil
1/8 cup water (2 tbsp)

Directions:

1. Blend all ingredients in a blender on the highest setting until smooth.
2. Let the dip cool and then store in an airtight container in the fridge.

SECOND MEAL PREP DAY - DAY 12 (Friday night)

NOTE: To save time, start by preheating the oven. You can cook the lentils and veggies and prepare the dressing while the root veggies are baking, so the whole meal prep session shouldn't take you more than 1 hour (give or take 15 minutes).

STEP ONE: ROAST THE ROOT VEGGIES & CORN

Ingredients:

- 1 medium sized sweet potato, cut into wedges
- 1 small acorn squash (with the skin), sliced/cut into wedges
- 2 corn on the cobs

Directions:

1. Preheat the oven to 400F/200C
2. Place everything on a baking tray lined with parchment paper.
3. Bake for 45-50 minutes.
4. Let the veggies cool and store in airtight containers in the fridge.

STEP TWO: COOK THE LENTILS

Notes:

1. Lentils don't need to be soaked and they take less time to cook (15-25 minutes) than beans, which is why they're used for the second meal prep.
2. Beluga lentils are delicious, but can be a little harder to find than green or brown lentils, so feel free to substitute them if you can't find them.

Cook the lentils according to package instructions.

Yellow lentils

You'll need 2 cups of cooked yellow lentils, which you'll get from 1 cup of dry lentils.

Beluga lentils

You'll need 3 cups of cooked Beluga lentils, which you'll get from 1 1/2 cups of dry lentils.

STEP THREE: COOK THE GREEN VEGGIE MIX

(makes 3 servings (about 3-4 cups))

Ingredients:

- 2 cups broccoli, chopped
- 2 cups brussels sprouts (left whole if they're small or halved if they're bigger)
- 2 tbsp olive oil
- 4 green onions/scallions
- 1/2 tsp sea salt

Directions:

1. Heat all ingredients in a pan at medium to high heat and cook for 7 minutes (some stove tops take a bit longer to heat, so you may need to add an extra 2–3 minutes cooking time)
2. Let the veggies cool and store in an airtight container in the fridge.

STEP FOUR: MAKE THE TAHINI LEMON DRESSING

Ingredients:

2 tbsp tahini

the juice of 1 lemon

4 tbsp water

Directions:

Mix all ingredients in a bowl using a fork or whisk and store in an airtight container in the fridge.

THE RECIPES:

DAY 8 (1976 calories)

BREAKFAST (475 calories)

BERRY RICE PUDDING

Prep time: 2 minutes. Cooking time: 5 minutes. Total time: 7 minutes.

Ingredients:

- 1 cup cooked sushi rice (278 calories)
- 1/2 cup frozen mixed berries (40 calories)
- 1 cup unsweetened almond milk (or any plant-based milk) (40 calories)
- 1 tsp maple syrup (17 calories)
- 1/4 cup coconut flakes (100 calories)

Directions:

1. Place all ingredients in a small pot and cook at medium heat for 5 minutes. Stir well.

LUNCH (607 calories)

CHEEZY BLACK EYED PEA BOWL

Prep time: 3 minutes. Total time: 3 minutes. (Add 2-3 minutes if you choose to reheat the veggies)

Ingredients:

- 1/2 cup baked potatoes (58 calories)
- 2 cups spinach, chopped (14 calories)
- 1 serving veggie mix (216 calories)
- 1 cup cooked black eyed peas (180 calories)
- 1 serving (1/3 cup) cheezy sauce (97 calories)
- 1 serving shiitake bacon (42 calories)

DINNER (657 calories)

CREAMY SPINACH PASTA WITH SHIITAKE BACON

Prep time: 3 minutes. Cooking time: 8-11 minutes. Total time: 11-14 minutes.

Ingredients:

- 1 serving (3oz/84g) dry rice noodles (311 calories)
- 1 cup cheezy sauce (290 calories)
- 2 cups spinach, chopped (14 calories)

1 serving shiitake bacon (42 calories)

Directions:

1. Cook the rice noodles according to package instructions. The most common way is to pour boiling water over the pasta in a pot or bowl, to cover and let sit for 5–8 minutes.
2. Drain the pasta and add it to a pot with the other ingredients.
3. Cook at medium to high heat for 3 minutes.

SNACK (237 calories)

FRUIT & NUTS

Ingredients:

2 apples (196 calories)

1 tbsp walnuts (41 calories)

DAY 9 (1948 calories)

BREAKFAST (463 calories)

JUMBO GREEN SMOOTHIE WITH NUTS

Prep time: 3 minutes. Total time: 3 minutes.

Ingredients:

(Smoothie)

1 1/2 cups fresh orange juice (167 calories)

2 cups spinach (14 calories)

1 1/2 cup frozen mango chunks (141 calories)

(Other)

3 tbsp pecans (141 calories)

Directions:

Blend all smoothie ingredients until smooth and enjoy the nuts on the side (don't blend them into the smoothie, it wouldn't taste good!)

LUNCH (729 calories)

BLACK BEAN AVOCADO BOWL WITH SMOKED MAPLE ALMONDS

Prep time: 3 minutes. Total time: 3 minutes. (Add 2–3 minutes if you choose to reheat)

Ingredients:

- 1 1/2 cup cooked black beans (341 calories)
- 2 cups mixed greens (19 calories)
- 5 cherry tomatoes (15 calories)
- 1/2 avocado (114 calories)
- 1 serving smoked maple almonds (2 tbsp) (48 calories)
- 1 serving white bean dip (1/3 cup) (192 calories)

DINNER (600 calories)

SIMPLE VEGGIE SUSHI PLATE

prep time: 10 minutes. Total time: 10 minutes.

Sushi ingredients:

NOTE: this will make 2 servings, you'll need the second for tomorrow's lunch

- 3 cups cooked sushi rice (2x 1 1/2 cup, 418 calories per 1 1/2 cup)
- 4 nori sheets (2x 2 sheets, 10 calories per 2 sheets)
- 1 avocado (2x 1/2 avocado, 114 calories per 1/2 avocado)
- 2 cups spinach (1/2 cup for the sushi, 2x 3/4 cup as a side salad, 7 calories per cup)

Other ingredients:

- 1/4 cup tamari or soy sauce (36 calories)
- 5 cherry tomatoes (15 calories)

Notes:

1. if you're not using nori sheets, simply turn this into a rice bowl.
2. Sushi usually requires the addition of rice vinegar and a special sushi mat. If you happen to have those, feel free to use them, but I find that as long as the rice is sticky enough, it works just fine without those.

Directions:

1. Place the nori sheets on a plate, dip your hands in water (this will help the nori sheets stick to the rice) and spread out the rice on half of the sheets.
2. On two sheets, add avocado and on the other two, spinach.
3. Firmly roll the sheets into sushi rolls and then cut them into large sushi bites using a sharp knife.
4. Set half of them aside for tomorrow' lunch.

5. Enjoy the rest with more spinach, tomatoes and soy sauce.

SNACK (156 calories)

VEGGIES & CHEEZY SAUCE

Ingredients:

2 carrots, sliced (59 calories)

1/3 cup cheezy sauce (97 calories)

DAY 10 (1990 calories)

BREAKFAST (513 calories)

GRANOLA & FRUIT

Prep time: 3 minutes. Total time: 3 minutes.

Ingredients:

1 apple (95 calories)

1/2 cup vegan granola (260 calories)

1/5 cup almond milk (20 calories)

2 tbsp pecans, chopped (94 calories)

2 tbsp goji berries (44 calories)

LUNCH (692 calories)

SIMPLE VEGGIE SUSHI BOWL

Prep time: 3 minutes. Total time: 3 minutes.

Ingredients:

1/2 of last night's sushi (549 calories)

1/2 cup black eyes peas (90 calories)

1 cup mixed greens (9 calories)

5 cherry tomatoes (15 calories)

3 tbsp tamari or soy sauce (29 calories)

DINNER (552 calories)

SLICED PORTABELLA “STEAKS”

Prep time: 3 minutes. Cooking time: 5 minutes. Total time: 8 minutes.

Ingredients:

- 1 tbsp olive oil (120 calories)
- 1 large portabella mushroom, sliced (18 calories)
- 1 tsp liquid smoke (0 calories)
- Sea salt and pepper to taste
- 2 cups kale, chopped (16 calories)
- 1/3 cup cheezy sauce (97 calories)
- 2 tbsp pumpkin seeds (85 calories)
- 1 serving veggie mix (216 calories)

Directions:

1. Heat the olive oil in a small pan and add the mushroom, liquid smoke, sea salt and pepper and cook at high heat for about 5 minutes (cook both sides and keep an eye on it so it doesn't burn. Reduce the heat slightly if necessary.)
2. In a separate bowl, heat the kale with the veggie mix. Cook at medium heat for 3 minutes. (Add the cheezy sauce if you want to heat it as well)
3. Serve everything on a plate and top with pumpkin seeds.

SNACK (233 calories)

FRUIT & NUTS

Ingredients:

- 3 small tangerines (121 calories)
- 2 1/2 tbsp cashews (112 calories)

DAY 11 (2000 calories)

BREAKFAST (460 calories)

JUMBO GREEN BASIL SMOOTHIE

Prep time: 3 minutes. Total time: 3 minutes.

Smoothie ingredients:

- 1 1/2 cups fresh orange juice (167 calories)
- 1 cup frozen peach slices (60 calories)
- 1/2 handful fresh basil leaves (1 calorie)
- 2 cups spinach (14 calories)

Other ingredients:

- 1/3 cup walnuts (218 calories)

Directions:

Blend all smoothie ingredients until smooth and enjoy with the walnuts (don't blend the walnuts into the smoothie).

LUNCH (624 calories)

VEGGIE BEAN SALAD

Prep time: 3 minutes. Total time: 3 minutes. (Add 2-3 minutes if you choose to reheat the beans and veggies)

Ingredients:

- 1 cup cooked kidney beans (225 calories)
- 1 serving root veggie mix (38 calories)
- 1/2 avocado (114 calories)
- 1 cup spinach (7 calories)
- 1/3 cup white bean dip (192 calories)
- 1 serving (2 tbsp) smoked maple almonds (48 calories)

DINNER (711 calories)

TOMATO VEGGIE BASIL PASTA

Prep time: 3 minutes. Cooking time: 5-8 minutes. Total time: 8-11 minutes.

Ingredients:

- 2 tsp olive oil (80 calories)

1 serving (3oz/84g) dry rice noodles (311 calories)
10 cherry tomatoes (31 calories)
1 serving veggie mix (216 calories)

Toppings:

1/2 handful fresh basil (1 calorie)
1 tbsp pumpkin seeds (42 calories)
1 tbsp nutritional yeast (30 calories)

Directions:

1. Cook the rice noodles according to package instructions. The most common way is to pour boiling water over the pasta in a pot or bowl, to cover and let sit for 5–8 minutes.
2. While you're waiting for the pasta to be ready, heat the olive oil, cherry tomatoes and veggie mix in a pan and cook at medium to high heat for 3 minutes.
3. Drain the pasta and add it to a pot with the other ingredients.
4. Serve in a bowl with the toppings.

SNACK (205 calories)

VEGGIES & WHITE BEAN DIP

Ingredients:

2 celery stalks (13 calories)
1/3 cup white bean dip (192 calories)

DAY 12 (1967 calories)

BREAKFAST (493 calories)

BERRY & NUTS RICE PUDDING

Prep time: 2 minutes. Cook time: 5 minutes. Total time: 7 minutes.

Ingredients:

1 cup cooked sushi rice (278 calories)
1 cup almond milk (40 calories)
1/2 cup frozen mixed berries (40 calories)
2 tbsp pecans (94 calories)
1 tbsp walnuts (41 calories)

Directions:

1. Cook all ingredients in a small pot at medium heat for about 5 minutes. Stir well. (You can either cook the nuts or add them as a topping).

LUNCH (697 calories)

MASSAGED KALE BOWL

Prep time: 4 minutes. Total time: 4 minutes. (add 2–3 minutes if you choose to reheat the veggies)

Ingredients:

- 1 1/2 cup kale (12 calories)
- 1 avocado (227 calories)
- 10 cherry tomatoes, halved (31 calories)
- 1 1/2 cup cooked black beans (341 calories)
- 1 serving root veggie mix (38 calories)
- 1 serving (2 tbsp) smoked maple almonds (48 calories)

Directions:

1. Mash the avocado using a fork and then “massage” it onto the kale. Massaging raw kale using avocado or a bit of oil makes it much more pleasant to eat. It’s one of my favorite ways to enjoy kale.
2. Add the kale and all other ingredients to a bowl or lunch box and enjoy.

DINNER (588 calories)

ROOT VEGGIE COCONUT BOWL

Prep time: 3 minutes. Cooking time: 5 minutes. Total time: 8 minutes.

Ingredients:

- 1 serving root veggie mix (38 calories)
- 1/2 cup baked potatoes (58 calories)
- 2 cups kale, shredded (16 calories)
- 2 tbsp cashews (89 calories)
- 1/2 can (or 1 small can) coconut milk for cooking, 200mL (339 calories)
- 1 serving (2 tbsp) smoked maple almonds (48 calories)
- 1 dash sea salt

Directions:

1. Add all ingredients (except the almonds) to a pot and cook at medium heat for 5 minutes. Stir well. Add the smoked maple almonds at the end and enjoy!

SNACK (189 calories)

FRESH FRUIT

Ingredients:

2 apples (189 calories)

DAY 13 (1997 calories)

BREAKFAST (559 calories)

GREEN SMOOTHIE & GRANOLA

Prep time: 4 minutes. Total time: 4 minutes.

Smoothie ingredients:

1 cup orange juice (112 calories)

1/2 cup frozen mango chunks (60 calories)

1 cup kale (8 calories)

Directions:

Blend all smoothie ingredients until smooth.

Other ingredients:

1/2 cup vegan granola (260 calories)

1/2 cup almond milk (20 calories)

2 tbsp goji berries (44 calories)

1 tbsp coconut flakes (55 calories)

LUNCH (578 calories)

CORN BELUGA LUNCH BOX

Prep time: 3 minutes. Total time: 3 minutes. (Add 2-3 minutes if you choose to reheat the lentils and/or veggies).

Ingredients:

- 1 1/2 cups cooked beluga lentils (238 calories)
- 1 corn on the cob, baked (99 calories)
- 1 cup kale, shredded (8 calories)
- 1/2 medium baked sweet potato (51 calories)
- 1/2 baked acorn squash (87 calories)

Dressing:

- 1 serving tahini lemon dressing (95 calories)

DINNER (691 calories)

YELLOW LENTIL CURRY

Prep time: 3 minutes. Cooking time: 5 minutes. Total time: 8 minutes.

Ingredients:

- 1/4 can coconut milk (or 1/2 small can, 100mL) (169 calories)
- 1 cup cooked yellow lentils (231 calories)
- 1 serving (about 1 1/3 cup) green veggie mix (132 calories)
- 1 tbsp curry powder (20 calories)
- 1 dash of sea salt
- 1/2 cup cooked sushi rice (139 calories)

Directions:

1. Cook all ingredients in a pot at medium heat for 5 minutes. Stir well. Depending on your personal preference, you can either cook the rice with the rest, cook it separately or add it to the bowl as is.

SNACK (169 calories)

VEGGIES & TAHINI LEMON DRESSING

Ingredients:

- 2 bell peppers, sliced (74 calories)
- 1 serving tahini lemon dressing (95 calories)

DAY 14 (2007 calories)

BREAKFAST (515 calories)

BERRY PEANUT BUTTER OATMEAL

Prep time: 2 minutes. Cooking time: 5 minutes. Total time: 7 minutes.

Ingredients:

3/4 cup cooked quick oats (225 calories)

1 cup almond milk (40 calories)

1/2 cup frozen mixed berries (40 calories)

2 tbsp peanut butter (193 calories)

1 tsp maple syrup (17 calories)

Directions:

1. Cook the oats, almond milk and berries in a pot at medium heat for 5 minutes (add a little water if necessary).
2. Add to a bowl with the peanut butter and maple syrup and mix well.

LUNCH (609 calories)

GREEN VEGGIE, LENTIL & CORN LUNCH BOX

Prep time: 3 minutes. Total time: 3 minutes. (Add 2-3 minutes if you decide to reheat the lentils and/or veggies).

Ingredients:

1 serving (about 1 1/3 cup) green veggie mix (132 calories)

1 baked corn on the cob (99 calories)

1 cup cooked yellow lentils (231 calories)

2 tbsp pumpkin seeds (85 calories)

2 tbsp tamari or soy sauce (19 calories)

2 tsp maple syrup (34 calories)

1 dash sea salt

1 cup mixed greens (9 calories)

Directions:

1. Mix the tamari sauce and maple syrup with the green veggie mix and enjoy with the rest.

DINNER (544 calories)

ACORN KALE BELUGA BOWL

Prep time: 3 minutes. Total time: 3 minutes. (Add 2-3 minutes if you decide to reheat the lentils and/or veggies)

Ingredients:

- 1 1/2 cup cooked beluga lentils (238 calories)
- 1 serving (about 1 1/3 cup) green veggie mix (132 calories)
- 1 cup kale, shredded/chopped (8 calories)
- 1/2 baked medium sweet potato (51 calories)
- 1/2 baked acorn squash (87 calories)

Dressing:

- 3 tbsp mustard (28 calories)

SNACK (339 calories)

FRESH FRUIT & NUTS

Ingredients:

- 3 small tangerines (121 calories)
- 1/3 cup walnuts (218 calories)