

MEAL PREP ONE (DAY 14)

COOK THE CHICKPEAS AND KIDNEY BEANS

Ingredients:

Chickpeas, 2 cups (cooked)

Kidney Beans, 3 cups (cooked)

Directions:

1. Cook each according to package instructions OR buy 2 jars of chickpeas and 3 jars of kidney beans.

BAKE THE POTATOES

Makes 2 Servings

Ingredients:

Potatoes, 2 cups (sliced)

Potatoes, 2 cups (diced)

Note - You will have 4 total cups of potatoes

1 cup of the diced potatoes will be used to make the Cheeze Sauce

Directions:

1. Preheat the oven at 400F/200C
2. Line a baking tray with parchment paper, then place the potatoes on the tray
3. Bake for 45 minutes
4. Let cool, then store 2 cups sliced and 1 cup diced in an airtight container in a refrigerator. Keep 1 cup diced out for the Cheeze Sauce.

BAKE THE CHIA SEED GRANOLA

Servings - 3 servings

Ingredients

Quick Oats, 1 cup

Cacao Powder, 1 tbsp

Chia Seeds, 1/4 cup

Chopped Hazelnuts, 1/4 cup
Coconut Nectar, 1/4 cup
Coconut Flakes, 1/4 cup
Raisins, 1/4 cup
Chopped Cashews, 1/4 cup

Directions:

1. Mix all ingredients in a bowl using a fork or spoon
2. Make sure coconut nectar is thoroughly mixed in
3. Spread the granola out on a baking tray coated with parchment paper
4. Bake at 300F/150C for 15 minutes
5. Let cool, then store in an airtight container at room temperature

BAKE THE COCO BACON

Makes 4 servings

Ingredients -

Coconut Flakes, 1/2 cup
Liquid Smoke, 2 tsp
Coconut Nectar, 1 tsp
Sea Salt, 1/4 tsp (Or Soy Sauce, 1/2 tbsp)
Smoked Paprika, 1/2 tsp

Directions:

1. Preheat the oven to 300F/150C
2. Mix all the liquid ingredients and coat the coconut flakes with the mixture. Make sure all of the coconut flakes are covered.
3. Line a baking tray with parchment paper and spread out the coconut flakes.
4. Bake for 10 minutes until the flakes are golden brown.
5. Let cool, then store in an air tight container (I.E. Mason Jar)

NOTE - You may cook the Chia Seed Granola and Coco Bacon at the same time

COOK THE WILD RICE

Ingredients:

Wild Rice

Directions:

1. Cook according to package instructions. You'll need 1 1/2 cups of cooked rice, which you will get from about 1/2 cup dry rice.

Note – You can substitute with any type of rice or quinoa if your prefer

MAKE THE CHEEZE SAUCE

Makes 2 servings

Ingredients:

Baked Potatoes, 1 cup (diced) (should already be baked from baked potato prep)

Soaked Cashews, 1/2 cup soaked

Nutritional Yeast, 4 tbsp

Sea Salt, 1/2 tsp

Smoked Paprika, 1/2 tsp

Bell Pepper, 1/3

Celery, 1/4 stalk

Garlic, 1 clove (minced)

Lemon, 1 (juice only)

Green Onion, 1/2

Mustard, 2 tsp

Water, 1/2 cup

Liquid Smoke, 1 tsp

Directions:

1. Blend all ingredients until smooth
2. Let cool, then store in an airtight container in a refrigerator

MAKE THE VEGGIE MIX: LEEKS & BRUSSELS SPROUTS

Makes 3 servings

Ingredients:

Leeks, 1 large or 2 small (chopped)

Brussels Sprouts, 2 cups (cut in halves)

Garlic, 2 cloves (minced)

Sea Salt, 1/2 tsp
Olive Oil, 1 tbsp

Directions:

1. Heat the olive oil and garlic in a large pan at medium heat
2. Add the leeks and Brussels Sprouts, then cook for approximately 10 minutes
3. Be sure to stir well
4. Let cool, then store in an airtight container in a refrigerator

PREP THE FRUITS & VEGGIES

Directions:

1. Freeze (need amount) bananas. Peel the bananas before freezing them, and store in a reusable container or ziplock bag (reusable containers are more eco-friendly). Try not to cut the bananas before freezing them so they don't stick together. You'll find them very easy to cut while frozen.

IMPORTANT - Bananas should be frozen when they are very ripe, that is to say "spotty". So if your bananas aren't ripe enough on Sunday night, wait until Wednesday night to freeze them.

2. Feel free to cut the veggies for the snacks in advance. It's always best to cut them the day of, but if you know you won't have enough time, feel free to prepare them and store them in an airtight container in a refrigerator.

MEAL PREP 2 (Day 18)

BAKE THE TOFU, BROCCOLI, CAULIFLOWER, AND CORN ON THE COB

NOTE - You may cook all ingredients at the same time on a large baking tray

Ingredients (**Broccoli Cauliflower Mix**):

Makes 3 servings of 1 cup each

Cauliflower, 2 cups (chopped)

Broccoli, 1 cup (chopped)

Olive Oil, 1 tbsp

Sea Salt, 1 pinch

Directions:

1. Preheat oven at 400F/200C
2. Place the cauliflower and broccoli on a baking tray lined with parchment paper
3. Drizzle olive oil over ingredients

Ingredients (**Baked Tofu**):

Makes 3 servings of 4oz each

Tofu, 12oz (Extra Firm) (Diced)

Olive Oil, 1 tbsp

Sea Salt, 1 pinch

Smoked Paprika, 1 pinch

Chili Flakes, 1 pinch (optional)

Note – Sometimes when baking tofu, one side will harden a bit. If this occurs, you may remove the part that hardens after baking.

Directions:

1. Place on the same tray as the Broccoli Cauliflower Mix
2. Drizzle olive oil and seasonings over ingredients

Ingredients (**Corn on the Cob**):

Corn, 2

Directions:

1. Place on the same baking tray as the Baked Tofu and Broccoli Cauliflower Mix
2. Bake everything for 25–30 minutes
3. Let cool, then place the Baked Tofu, Broccoli Cauliflower Mix, and Corn on the Cob in separate airtight containers and place in a refrigerator

Note – If you can't find corn on the cob, you can use sweet corn jars instead, in which case we'd recommend opening the jar on the day the meal occurs on instead of baking with the other recipes above.

PREPARE THE YELLOW LENTILS

Makes 3 servings

Ingredients:

Yellow Lentils, 3 cups (cooked) (1 1/2 cups if dry)

Sea Salt, 1 pinch

Directions:

1. While the above recipes are baking, cook the lentils according to package instructions (generally takes about 20 minutes)
2. Let cool, then place in an airtight container in a refrigerator

TTT DRESSING

Makes 3 servings

Ingredients:

Tahini, 3 tbsp

Tangerines, 3 (juice only) (substitute with lemons if necessary)

Turmeric Powder, 2 tsp

Water, 3 tbsp

Sea Salt, 1 pinch

Directions:

1. Mix all ingredients thoroughly using a fork or whisk
2. Store in an airtight container in a refrigerator

DAY 15: (1990 Cals)

BREAKFAST:

Granola with Coconut Yogurt & Figs (568 Calories)

Prep time - 2 Minutes/Total time - 2 Minutes

Ingredients:

Coconut Yogurt, 1/2 cup (50 Cals)

Chia Granola, 1 serving (439 Cals)

Kiwi, 1 (sliced)(42 Cals)

Dried Fig, 1 (remove stem)(37 Cals)

Directions:

1. Serve everything together in a bowl

Note - Kiwi skin is edible, so feel free to keep it on

LUNCH:

Chickpea Romaine Bowl (713 Calories)

Prep time - 2 minutes/ Total time - 2 minutes (Add 2-3 minutes if you choose to reheat the chickpeas and potatoes)

Ingredients:

Chickpeas, 1 cup (cooked)(267 Cals)
Chopped Romaine, 1 cup (chopped)(8 Cals)
Potatoes, 1 cup (sliced)(118 Cals)
Coco Bacon, 1 serving (55 Cals)
Avocado, 1 (227 Cals)
Sun-dried Tomatoes, 3 (chopped)(15 Cals)
Fresh Parsley, 1/2 handful (chopped)(4 Cals)
Mustard, 2 tbsp (19 Cals)

Directions:

1. Prepare and enjoy!

Note - Make sure the avocado is ripe, and be sure to mash it in with the chickpeas and romaine lettuce

DINNER:

Cheezy Pasta with Veggies (612 Calories)

Prep time - 2 minutes/ Cook time - 6-8 Minutes

Ingredients:

Gluten-free Pasta, 4 oz dry weight (cals will be for 2oz) (200 Cals)
Cheeze Sauce, 1 serving (324 Cals)
Leeks and Brussels Sprouts, 1 serving (86 Cals)
Fresh Parsley, 1/2 handful to garnish (optional)(2 Cals)

Directions:

1. Cook the pasta according to package instructions (this usually takes 6 minutes)
2. Once the pasta is cooked, drain and place half back in the pan, and the other half in an airtight container to store in the refrigerator for tomorrow
3. Add the Cheeze Sauce, Leeks and Brussels Sprouts to the pasta
4. Stir well and cook for an additional 2 minutes
5. Enjoy!

SNACK

Fruit (95 Calories)

Ingredients:

Apple, 1 (95 Cals)

DAY 16: (1929 Calories)

BREAKFAST:

Chia Coco Pudding (496 Calories) (NOTE - You'll want to prepare this the night before)

Prep time 2 minutes (Not including overnight storage)

Ingredients:

Chia Seeds, 6 tbsp (292 Cals)

Cacao Powder, 2 tbsp (48 Cals)

Coconut Nectar, 1 tbsp (55 Cals)

Coconut Nectar, 1 tsp (18 Cals)

Sea Salt, 1 pinch (0 Cals)

Coconut Milk (used for drinking), 1 cup (43 Cals)

Tangerine, 1 (40 Cals)

Directions:

1. The night before, mix chia seeds with cacao powder, 1 tbsp coconut nectar, sea salt, and coconut milk (everything except the tangerine and 1 tsp coconut nectar)
2. Mix everything in a glass or jar, then store in refrigerator overnight
3. The next morning add the tangerine and top with a 1 tsp drizzle of coconut nectar
4. Enjoy!

LUNCH:

Cheezy Pasta with Collard Greens (556 Calories)

Prep time 2 minutes (add 2-3 minutes if you choose to reheat)

Ingredients:

Cheeze Sauce, 1 serving (324 Cals)

Gluten-free Pasta, use the remaining half from yesterday (200 Cals)

Collard Greens, 1 cup (shredded)(32 Cals)

Directions:

1. Mix everything together and enjoy!

Note – You can enjoy cold or reheat for 2–3 minutes if you prefer

DINNER:

Sweet Kidney Bean and Apple Bowl (532 Calories)

Prep time – 2 minutes/Cook time – 3 minutes/Total time – 5 minutes

Ingredients:

Leeks and Brussels Sprouts, 1 serving (86 Cals)

Kidney Beans, 1 cup (cooked)(225 Cals)

Apple, 1/2 (sliced)(47 Cals)

Olive Oil, 1 tbsp (119 Cals)

Coconut Nectar, 1 tbsp (55 Cals)

Liquid Smoke, 1 tsp (0 Cals)

Directions:

1. Heat the olive oil in a pot or pan at medium heat
2. Add the Leeks, Brussels Sprouts, Apples and Kidney Beans
3. Stir well, and cook for 3–4 minutes
4. Add coconut nectarine liquid smoke, stir well then enjoy!

SNACK:

FRUIT & PEANUT BUTTER (344 Calories)

Ingredients:

1/2 apple (47 calories)

Banana, 1 (105 Calories)

Peanut Butter, 2 tbsp (192 Cals)

DAY 17: (1991 Calories)

BREAKFAST:

Green Smoothie (484 Calories)

Prep time – 2 minutes

Ingredients –

Romaine Lettuce, 1 cup (8 Cals)
Frozen Bananas, 3 (315 Cals)
Chia Seeds, 2 tbsp (97 Cals)
Coconut Milk (for drinking), 1 cup (64 Cals)
Water, 1/2 cup

Directions:

1. Blend all ingredients until smooth
2. Enjoy!

LUNCH:

Kidney Bean Potato Bowl (594 Calories)

Prep time 2 minutes/Total time 2 minutes (Add 2–3 minutes if you choose to reheat the kidney beans and potatoes)

Ingredients –

Romaine Lettuce, 1 cup (chopped)(8 Cals)
Kidney Beans, 1 cup (cooked)(225 Cals)
Baked Potato, 1 cup (diced)(118 Cals)
Coco Bacon, 1 serving (55 Cals)

Dressing –

Tahini, 2 tbsp (178 Cals)
Lemon, 1 (juice only)(10 Cals)
Water, 1 tbsp

Directions:

1. Stir the dressing thoroughly with a fork or whisk, then add to other ingredients and enjoy!

DINNER

Turmeric Rice Bowl (611 Calories)

Prep time – 2 minutes/Cook time 5 minutes/Total time – 7 minutes

Ingredients –

Chickpeas, 1 cup (cooked)(267 Cals)
Wild Rice, 1/2 cup (cooked)(82 Cals)
Coconut Milk (for cooking), 1/2 cup (203 Cals)
Collard Greens, 1 cup (chopped)(32 Cals)
Turmeric Powder, 2 tsp (19 Cals)
Vegetable Broth, 1/2 cup (5 Cals)
Sea Salt, 1 pinch (0 Cals)
Smoked Paprika, 1/2 tsp (3 Cals)

Directions:

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

Note – You'll want to use 1/3 of a 200ml can of thick full fat coconut milk. Usually the fat separates from the liquid, so be sure to mix well, then save the other 2/3 can for recipes later in the week

SNACK:

VEGGIES & NUTS (295 Calories)

Celery, 2 stalks (13 Cals)
Hazelnuts, 1/3 cup (282 Cals)

DAY 18 (1977 Calories)

BREAKFAST

Coconut Yogurt, Granola & Fresh Fruit (690 cals)

Prep time – 2 minutes

Ingredients:

Chia Granola, 1 serving (439 Cals)
Coconut Yogurt, 1/2 cup (50 Cals)
Mango, 1 (small sized)(201 Cals)

Directions:

1. Enjoy!

LUNCH

Kidney Bean Avocado Bowl (525 cal)

Prep time - 2 mins

Ingredients

Wild Rice, 1 cup (cooked)(165 Cals)

Kidney Beans, 1 cup (cooked)(225 Cals)

Avocado, 1/2 (mashed)(113 Cals)

Romaine Lettuce, 1 cup (chopped)(8 Cals)

Fresh Parsley, 1 handful (substitute with any other herbs)(optional)(4 Cals)

Lemon, 1 (juice only)(10 Cals)

Directions:

1. Mash the avocado and mix with lemon juice
2. Massage the avocado and lemon juice mixture into the romaine lettuce and mix with all other ingredients
3. Enjoy

DINNER

Portobello Potato Wedges (558 cal)

Prep time - 2 minutes/Cook time - 4 minutes/Total time - 6 minutes

Ingredients -

Portobello Mushroom, 1 (16 Cals)

Tomato, 1 (large)(33 Cals)

Romaine Lettuce, 2 leaves (or more if desired)(10 Cals)

Coco Bacon, 1 serving (55 Cals)

Baked Potatoes, 1 cup (sliced)(118 Cals)

Smoked Paprika, 1/2 tsp (3 Cals)

Olive Oil, 2 tbsp (238 Cals)

Mustard, 3 tbsp (28 Cals)

Coconut Nectar, 1 tbsp (55 Cals)

Sea Salt and Pepper to taste, 1 dash (0 Cals)

Chili Flakes, 1 dash (optional) (2 Cals)

Directions:

1. De-stem the portobello mushroom. You may also slice or chop it if you prefer
2. In a large pan, heat the olive oil at high heat

3. Cook Portobello Mushroom and Sliced Potatoes for 2 minutes on each side
4. While cooking, add the smoked paprika, sea salt and pepper and chili flakes and mix thoroughly
5. Place the portobello mushroom on a plate and top with the romaine lettuce, tomato, and coconut bacon
6. Mix the coconut nectar and mustard, then serve with the fried baked potatoes and enjoy!

SNACK

Fruit & Veggies (200 cal)

Avocado, 1/2 (113 Cals)

Bell Pepper, 1 (sliced) (37 Cals)

Carrots, 2 (50 Cals)

DAY 19 (1966 Calories)

BREAKFAST

Chia Coco Pudding(432 cal)

Prep time – 2 minutes (not including overnight)

Note – You'll want to prepare this the night before

Ingredients:

Chia Seeds, 6 tbsp (292 Cals)

Coconut Milk (for drinking), 1 cup (43 Cals)

Coconut Nectar, 1 tbsp (55 Cals)

Sea Salt, 1 pinch (0 Cals)

Kiwi, 1 (diced)(42 Cals)

Directions:

1. Mix all ingredients except for the kiwi
2. Place in a jar or glass in a refrigerator overnight
3. In the morning, add the diced kiwi and enjoy!

LUNCH

Yellow Lentil Bowl (550 cal)

Prep time – 2 mins (add 2–3 minutes if you choose to reheat the lentils)

Ingredients:

Yellow Lentils, 1 cup (cooked)(344 Cals)

Broccoli and Cauliflower Mix, 1 serving (68 Cals)

Collard Greens, 1 cup shredded (32 Cals)
TTT Dressing, 1 serving (106 Cals)

Directions:

1. Combine and enjoy!

DINNER

Lemongrass Coconut Soup with Coco Bacon (436 cals)

Prep time – 3 mins/Cook time – 7 mins/Total time – 10 minutes

Ingredients:

Lemongrass, 1 thumb size (finely chopped)(1 Cal)
Coconut Milk (full fat for cooking), 1/2 cup (203 Cals)
Vegetable Broth, 1 cup (11 Cals)
Sea Salt, 1 pinch (0 Cals)
Baked Tofu, 1 serving (111 Cals)
Coco Bacon, 1 serving (55 Cals)
Bok Choy, 1/2 (49 Cals)
Green Onions, 2 chopped (6 Cals)

Directions:

1. Mix the coconut milk with the vegetable broth and add it to a pan with the lemongrass, green onion, and bok choy
2. Cook at medium heat for 5 minutes
3. Add seasonings and baked tofu, then cook for an additional 2 minutes
4. Remove from stove top, then serve in a bowl topped with the coco bacon
5. Enjoy!

SNACK

FRUIT & PEANUT BUTTER (545 cals)

Ingredients:

Apple, 1 (94 Cals)
Bananas, 2 (210 Cals)
Peanut Butter, 2 1/2 tbsp (241 Cals)

DAY 20 (2005.5 Calories)

BREAKFAST

Chocolate Peanut Butter Smoothie (615 cals)

Prep time – 2 minutes

Ingredients:

Frozen Bananas, 3 (315 Cals)
Coconut Milk (for drinking), 1 cup (43 Cals)
Peanut Butter, 1 tbsp (96 Cals)
Cacao Powder, 2 tbsp (48 Cals)
Avocado, 1/2 (113 Cals)

Directions –

1. Blend and enjoy!

LUNCH

Corn on the Cob Lunch Box (761 cals)

Prep time – 2 mins (add 2–3 minutes if you wish to reheat the corn on the cob, lentils, and collard greens)

Ingredients:

Corn on the Cob, 1 (baked)(99 Cals)
Yellow Lentils, 1 cup (cooked)(344 Cals)
Collard Greens, 1 cup (chopped)(32 Cals)
TTT Dressing, 1 serving (106 Cals)
Avocado, 1/2 (113 Cals)
Fresh Parsley, 1 handful (4 Cals)
Cashews, 1 tbsp (chopped) (44.5 Cals)
Coconut Nectar, 1 tsp (18.5 Cals)

Directions:

1. Serve everything in a bowl or lunchbox and top with the cashews and coconut nectar

Note – Mix the cashews and coconut nectar separately and use as a topping

DINNER

Bok Choy Soup with Rice Noodles and Tofu (484.5 cals)

Prep time – 2 minutes/ cook time: 7 minutes / Total time – 9 minutes

Ingredients:

Vegetable Broth, 1 cup (11 Cals)
Baked Tofu, 1 serving (111 Cals)
Bok Choy, 1/2 (49 Cals)

Rice Noodles, 3oz (dry weight) (310.5 Cals)
Green Onion, 1 (chopped)(3 Cals)
Sea Salt and Pepper to taste, 1 dash (0 Cals)

Directions:

1. Cook rice noodles according to package instructions with the vegetable broth, bok choy, and green onion
2. Add the baked tofu, then cook for an additional 2 minutes
3. Enjoy!

Note – Cook time will differ depending on the brand of rice noodles used, be sure to check package instructions

SNACK

Veggies & Nuts (145 Calories)

Ingredients:

Carrots, 4 (100 cals)
Cashews, 1 tbsp (45 cals)

DAY 21 (1981 Calories)

BREAKFAST

Granola with Tangerines and Cinnamon (535 cals)

Prep time – 2 minutes

Ingredients:

Chia Granola, 1 serving (439 Cals)
Coconut Yogurt, 1/2 cup (50 Cals)
Tangerine, 1 (40 Cals)
Ground Cinnamon, 1 tsp (optional)(6 Cals)

Directions:

1. Mix and enjoy!

LUNCH

Baked Tofu Bowl (384 cals)

Prep time 2 minutes (add 2–3 minutes if you wish to reheat ingredients)

Ingredients:

Baked Tofu, 1 serving (111 Cals)
Corn on the Cob, 1 (baked)(99 Cals)
Broccoli Cauliflower Mix, 1 serving (68 Cals)
TTT Dressing, 1 serving (106 Cals)

Directions:

1. Combine and enjoy!

DINNER

Yellow Lentil Coconut and Green Bean Bowl (832 cals)

Prep time – 2 mins/Cook time – 5 minutes

Ingredients:

Yellow Lentils, 1 cup cooked (344 Cals)
Green Beans, 1 cup (38 Cals)
Coconut Milk (full fat used for cooking), 1/2 cup (203 Cals)
Vegetable Broth, 1 cup (11 Cals)
Broccoli and Cauliflower Mix, 1 serving (68 Cals)
Olive Oil, 2 tsp (79 Cals)
Cashews, 2 tbsp (89 Cals)
Sea Salt and Pepper to taste, 1 dash (0 Cals)

Directions:

1. In a pan set at medium heat, heat the olive oil, green beans, cashews, yellow lentils, and broccoli cauliflower mix for 2 minutes
2. Add coconut milk, vegetable broth, and seasoning, then cook for an additional 3-5 minutes

SNACK

Fruit & Nuts (227 cals)

Ingredients:

Tangerines, 3 (121 Cals)
Hazelnuts, 2 tbsp (106 Cals)