

MEAL PREP ONE (DAY 0)

COOK THE BEANS

Chickpeas:

You'll need 2 cups of cooked chickpeas, which you'll get from 2/3 cup dry chickpeas. OR use 2 jars.

White Beans:

You'll need 1 cup of cooked white beans, which you'll get from 1/3 cup of dry beans. OR use 1 jar.

COOK THE QUINOA AND BAKE THE ROOT VEGETABLES

Quinoa:

You'll need 2 cups of cooked quinoa, which you'll get from 2/3 cup dry quinoa. (Cook according to package instructions, this usually takes about 20 minutes).

Baby potatoes & Beets:

Ingredients:

2 cups of baby potatoes
1 large (or 2 small) beets, sliced

Directions:

1. Preheat the oven to 400F/200C.
2. Place the baby potatoes and beets on a baking tray lined with parchment paper and bake for 45 minutes.
3. Let cool and store in airtight containers in the fridge.

MAKE THE COCO GRANOLA MAKES 2 SERVINGS

Ingredients -

Quick Oats, 1 cup
Flax Seed, 2 tbsp
Walnuts, 3 tbsp

Almonds, 2 tbsp
Coconut Shreds, 3 tbsp
Maple Syrup, 2 tbsp

Directions:

1. Mix all ingredients in a bowl using a fork or spoon
2. Make sure coconut nectar (or maple syrup) is thoroughly mixed in
3. Spread the granola out on a baking tray coated with parchment paper and bake at 350F for 20 minutes. Let cool and store in an airtight container at room temperature.

PREP THE FRUITS AND VEGGIES

Zucchini:

Spiralize 4 small (or 2 large) zucchini using a spiralizer or a vegetable peeler and store in an airtight container in the fridge. This will make 2 servings.

Cauliflower:

Turn 1/2 small head of cauliflower into cauliflower “rice” using your blender’s pulse function or by chopping it using a large knife. Store in an airtight container in the fridge. This will make 2 servings.

Bananas:

Freeze 3 bananas. Peel them and freeze them whole in a ziplock bag or reusable container. They’re easy to cut once frozen. Only freeze ripe bananas, so if they’re not ripe on day 0 yet, wait a few more days. You won’t need the frozen bananas until day 5’s breakfast.

IMPORTANT MEAL PREP NOTES

1. In order to save time during the week, you can prep all lunches and dinners (for days 1–4) ahead of time. Simply store them in reusable containers in the fridge and label them “lunch 1, dinner 1, lunch 2, etc...”.
2. Try not to prep the breakfasts ahead of time (except for the granola) if you can, especially not the smoothies and banana ice cream. Smoothies are always best when prepared right before consumption. If you don’t want to use your blender early in the morning, prepping them late at night the night before is fine.
3. If you choose to prepare all lunches and dinners ahead of time, make sure you store the dressings separately. (very important!)
4. Feel free to reheat the meals right before eating them!

MEAL PREP TWO (DAY 4)

COOK THE LEGUMES

Kidney beans:

You'll need 1 1/2 - 2 cups of cooked kidney beans, which you'll get from 2/3 cup dry kidney beans. OR use 2 jars.

Black lentils:

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

COOK THE RICE AND BAKE THE ASPARAGUS

Rice:

You'll need 3 cups of cooked wild (or any other) rice, which you'll get from 1 cup dry rice. Cook the rice according to package instructions, let cook and store in an airtight container in the fridge.

Asparagus:

Place 3 cups (about 1 large bunch) of green asparagus on a baking tray lined with parchment paper and bake at 400F/200C for 15-20 minutes. Let cool and store in an airtight container in the fridge.

MAKE THE TOMATO SALSA

(makes 3 servings)

Ingredients:

- 1 cup cherry tomatoes, chopped
- 1 small red onion, finely chopped
- 1 tbsp olive oil
- 1 lemon, the juice
- 1 handful fresh cilantro, chopped
- 1/2 tsp sea salt

Directions:

1. Mix all ingredients and store in an airtight container in the fridge.

IMPORTANT MEAL PREP NOTES

1. In order to save time during the week, you can prep all lunches and dinners (for days 5–7) ahead of time. Simply store them in reusable containers in the fridge and label them “lunch 5, dinner 5, lunch 6, etc...”.
2. Try not to prep the breakfasts ahead of time (except for the granola) if you can, especially not the smoothies and banana ice cream. Smoothies are always best when prepared right before consumption. If you don’t want to use your blender early in the morning, prepping them late at night the night before is fine.
3. If you choose to prepare all lunches and dinners ahead of time, make sure you store the dressings separately. (very important!)
4. Feel free to reheat the meals right before eating them!

THE RECIPES

DAY 1: (1947 Cals)

BREAKFAST

Cherry Basil Smoothie (400 Cals)

PREP TIME: 2 minutes./ COOK TIME: 0 minutes. / TOTAL TIME: 2 minutes

INGREDIENTS:

- 1 cup orange juice (or 2 peeled oranges) (112 Cals)
- 1 cup grapefruit juice (or 1 large or 2 small grapefruits) (96 Cals)
- 1/2 cup frozen cherries (44 Cals)
- 1 cup frozen mango chunks (117 Cals)
- 1 handful fresh basil leaves (1 Cal)
- 1 tbsp ground flax seed (30 Cals)

DIRECTIONS:

Blend all ingredients until smooth, pour into a jar and enjoy!

LUNCH

Chickpea Salad Jar (679 Cals)

PREP TIME: minutes./ COOK TIME: minutes. / TOTAL TIME: minutes

INGREDIENTS:

1 cup cooked chickpeas, (269 Cals)
1/2 cup cooked quinoa (111 Cals)
1/4 cup shredded carrots (11 Cals)
1/4 cup chopped purple cabbage (5 Cals)
1 cup mesclun (10 Cals)
1/2 cup spinach (3 Cals)
10 cherry tomatoes (31 Cals)
1/2 handful fresh cilantro, chopped
1/2 bell pepper, chopped (18 Cals)
1/4 cucumber, chopped (11 Cals)
1 tsp olive oil (40 Cals)
2 tsp sunflower seeds (34 Cals)

DIRECTIONS:

Layer all ingredients in a large jar (large enough for you to be able to mix all ingredients).
Add the dressing right before eating, mix everything and enjoy.

Maple Tahini Dressing

Ingredients:

1 tbsp tahini (89 Cals)
1 lemon, the juice (11 Cals)
1 tsp apple cider vinegar (2 Cals)
2 tsp maple syrup (34 Cals)
2 tbsp water
1 pinch sea salt

Dressing directions:

Mix all ingredients in a small bowl using a fork or a whisk.

DINNER

Creamy Zucchini Pasta (463 Cals)

PREP TIME: 5 minutes./ COOK TIME: 0 minutes. / TOTAL TIME: 5 minutes

INGREDIENTS:

Pasta:

2 zucchini, spiralized (using a spiralizer or vegetable peeler) (110 Cals)

Other ingredients:

1/2 cup cherry tomatoes, halved (18 Cals)

1 green onion, chopped (5 Cals)

Creamy sauce:

1/2 small or 1/4 large zucchini (14 Cals)

1/6 cup sunflower seed (136 Cals)

1/6 cup almonds (or pine nuts) (125 cals)

1 garlic clove (4 Cals)

1 tsp olive oil (40 Cals)

1 handful basil leaves

1 lemon, the juice (11 Cals)

1 pinch sea salt

DIRECTIONS:

- 1 Spiralize the zucchini
- 2 Blend the sauce ingredients.
- 3 Mix on a plate with all other ingredients.

SNACK

Fruit (403 Cals)

Ingredients:

Mangos, 2 (403 Cals)

DAY 2: (1983 Calories)

BREAKFAST

Green Smoothie Bowl (611 Cals)

PREP TIME: 2 minutes./ COOK TIME: 0 minutes. / TOTAL TIME: 2 minutes

INGREDIENTS:

3 bananas (315 Cals)
1 cup frozen mango chunks (117 Cals)
1 cup spinach (7 Cals)
1 tbsp ground flax seed (30 Cals)
3/4 cup water

Toppings:

2 tbsp shredded coconuts (66 Cals)
1 tbsp chopped walnuts (41 Cals)
1/2 cup mixed berries (35 Cals)

DIRECTIONS:

Blend all smoothie ingredients until smooth, transfer to a bowl and top with the toppings. Eat with a spoon.

LUNCH

Walnut Beet Spinach Salad (616 Cals)

PREP TIME: 2 minutes./ COOK TIME: 0 minutes. / TOTAL TIME: 2 minutes. / (add 2-3 minutes if you choose to reheat the beets and quinoa)

INGREDIENTS:

1 1/2 cups cooked quinoa (333 Cals)

1 large (or 2 small) beets, baked and sliced (35 Cals)
1/4 cup walnuts (163 Cals)
1 cup spinach (7 Cals)
1 cup mesclun (10 Cals)
1 tsp olive oil (40 Cals)
1 pinch sea salt

Dressing:

2 tbsp balsamic vinegar (28 Cals)

DINNER

Cauliflower Tabbouleh with Strawberry Lime Tahini Dressing (451 Cals)

PREP TIME: 5 minutes./ COOK TIME: 0 minutes. / TOTAL TIME: 5 minutes

INGREDIENTS:

1/4 head cauliflower, chopped or pulsed into "rice" (53 Cals)
1 lemon, the juice (11 Cals)
1/2 cup cherry tomatoes, halved (18 Cals)
1 celery stalk, finely chopped (6 Cals)
1 green onion, chopped (5 Cals)
1/2 handful chives, finely chopped (1 Cal)
1/2 handful parsley, chopped (1 Cal)
1/4 zucchini, chopped (14 Cals)
1/2 bell pepper, chopped (18 Cals)
1 garlic clove, minced (4 Cals)

Dressing:

3 tbsp tahini (268 Cals)
2 limes, the juice (40 Cals)
3 tbsp water
3 strawberries (12 Cals)

DIRECTIONS:

Mix all ingredients in a bowl and blend the dressing ingredients. Enjoy!

SNACK:

Fruit & Nuts (304 Calories)

Ingredients:

Pineapple, 1/2 diced (226 Cals)

Almonds, 2 tbsp (78 Cals)

DAY 3: (2003 Calories)

BREAKFAST

Granola and Fresh Fruit (570 Cals)

PREP TIME: 2 minutes./ COOK TIME: 0 minutes. / TOTAL TIME: 2 minutes

INGREDIENTS:

1 serving coco granola (384 Cals)

1/2 cup plant-based yogurt (coconut for instance) (50 Cals)

1 peach, sliced (59 Cals)

1/2 cup mixed berries (35 Cals)

1 kiwi, diced (42 Cals)

LUNCH

Cauliflower Tabbouleh with Chickpeas (588 Cals)

PREP TIME: 5 minutes./ COOK TIME: 0 minutes. / TOTAL TIME: 5 minutes

INGREDIENTS:

1/4 head cauliflower, chopped or pulsed into "rice" (53 Cals)

1 lemon, the juice (11 Cals)

1/2 cup cherry tomatoes, halved (18 Cals)

1 celery stalk, finely chopped (6 Cals)

1 green onion, chopped (5 Cals)

1/2 handful chives, finely chopped (1 Cal)

1/2 handful parsley, chopped (1 Cal)
1/4 zucchini, chopped (14 Cals)
1/2 bell pepper, chopped (16 Cals)
1 garlic clove, minced (4 Cals)
1 cup cooked chickpeas (269 Cals)

Dressing ingredients:

2 tbsp tahini (179 Cals)
1 lime, the juice (11 Cals)
2 tbsp water

DIRECTIONS:

Mix all ingredients in a bowl and blend the dressing ingredients. Enjoy!

DINNER

Cauliflower Potato Soup (417 Cals)

PREP TIME: 2 minutes./ COOK TIME: 7 minutes. / TOTAL TIME: 9 minutes

INGREDIENTS:

1/2 small cauliflower head, chopped (33 Cals)
1 cup baked baby potatoes (118 Cals)
1 cup vegetable broth (11 Cals)
1/2 bell pepper (16 Cals)
1/4 zucchini (14 Cals)
1 green onion, chopped (5 Cals)
1 tbsp olive oil (119 Cals)
1 tbsp nutritional yeast (30 Cals)

Toppings:

1/2 tsp olive oil (20 Cals)
1 pinch sea salt
1 pinch freshly ground pepper
1/2 handful parsley, chopped
1 tbsp sunflower seeds (51 Cals)

DIRECTIONS:

- 1 In a pot, sauté all the vegetables in 1 tbsp olive oil at high heat for 2 minutes.
- 2 Add the broth and bring to boil. Cook for 5 more minutes.
- 3 Add the nutritional yeast and blend everything and serve in a bowl. Top with the toppings.

SNACK:

Fruit (428 Calories)

Pineapple, 1/2 (226 Cals)

Mango, 1 (202 Cals)

DAY 4 (1972 Calories)

BREAKFAST

Green Smoothie (528 Cals)

PREP TIME: 2 minutes./ COOK TIME: 0 minutes. / TOTAL TIME: 2 minutes

INGREDIENTS:

2 peaches, pitted (117 Cals)

1 cup frozen cherries (88 Cals)

2 cups orange juice (223 Cals)

1 cup spinach (7 Cals)

2 tbsp ground flax seed (60 Cals)

Toppings:

1 tbsp shredded coconut (33 Cals)

DIRECTIONS:

Blend all ingredients until smooth. Top with the shredded coconut and enjoy!

LUNCH

White Bean Salad Jar (664 Cals)

PREP TIME: 3 minutes./ COOK TIME: 0 minutes. / TOTAL TIME: 3 minutes. / Add 2-3 minutes if you choose to reheat the beans and potatoes

INGREDIENTS:

1/2 shredded carrot (13 Cals)
1/2 bell pepper, chopped (18 Cals)
1/4 zucchini chopped (14 Cals)
1/2 cup cherry tomatoes, halved (18 Cals)
2 radishes, thinly sliced (1 Cal)
1 cup cooked white beans (299 Cals)
1 cup baked baby potatoes (118 Cals)
1 cup mesclun (10 Cals)
2 tbsp almonds, chopped (94 Cals)
1 handful fresh cilantro
1 tsp olive oil (40 Cals)
1 lime, the juice (11 Cals)

Dressing:

2 tbsp balsamic vinegar (28 Cals)

DINNER

Zucchini Pasta with Walnut Tomato Sauce (414 Cals)

PREP TIME: 5 minutes./ COOK TIME: 0 minutes. / TOTAL TIME: 5 minutes. /

INGREDIENTS:

Pasta:

2 zucchini, spiralized (110 Cals)

Sauce:

1 cup cherry tomatoes (37 Cals)
5 sun-dried tomatoes, chopped (26 Cals)
1 handful basil (1 Cal)
2 dates, pitted (40 Cals)

1 pinch sea salt
1/4 cup walnuts, chopped (191 Cals)
1 garlic clove, minced (4 Cals)
1 green onion, chopped (5 Cals)

DIRECTIONS:

- 1 Using your blender or food processor's pulse function, mix the sauce ingredients until you get a chunky consistency.
- 2 Serve with the zucchini pasta and enjoy.

SNACK

Fruit & Nuts (366 cals)

Bananas, 2 (210 Cals)
Almonds, 1/4 Cup (156 Cals)

DAY 5 (1946 Calories)

BREAKFAST

Cherry Banana Ice Cream with Almonds and Maple Syrup (499 Cals)

PREP TIME: 3-5 minutes./ COOK TIME: 0 minutes. / TOTAL TIME: 3-5 minutes

INGREDIENTS:

3 frozen bananas, cut into chunks (315 Cals)
1/2 cup frozen cherries (44 Cals)
1 tsp vanilla extract (optional) (12 Cals)
1/8 cup water (or a little more, if needed)

Toppings:

2 tbsp almonds, chopped (94 Cals)
2 tsp maple syrup (34 Cals)

DIRECTIONS:

Blend the ingredients until you get an ice-cream like consistency. Top with the toppings and enjoy.

LUNCH

Macro Bowl (729 Cals)

PREP TIME: 2 minutes./ COOK TIME: 0 minutes. / TOTAL TIME: 2 minutes. / Add 2-3 minutes if you choose to reheat the beans and rice.

INGREDIENTS:

1 cup rice, cooked (248 Cals)
1 cup kidney beans, cooked (225 Cals)
1 cup collard greens, shredded (15 Cals)
1/2 avocado (114 Cals)
2 radishes, thinly sliced (1 Cal)
1 cup mesclun (10 Cals)
1 tbsp sunflower seeds (51 Cals)

1 serving tomato salsa:

1/3 cup cherry tomatoes (12 Cals)
1/3 red onion, finely chopped (9 Cals)
1 tsp olive oil (40 Cals)
1/3 lemon, the juice (4 Cals)
1/3 handful fresh cilantro, chopped
1 pinch sea salt

DIRECTIONS:

Serve everything in a bowl and enjoy!

DINNER

Asparagus Mushroom Rice Pasta with Lemon (503 Cals)

PREP TIME: 2 minutes./ COOK TIME: 5-8 minutes. / TOTAL TIME: 7-10 minutes

INGREDIENTS:

3 oz rice pasta (dry weight) (306 Cals)
1 tbsp olive oil (119 Cals)
2 cups sliced mushrooms (31 Cals)
1 cup baked green asparagus (cut into chunks) (27 Cals)

- 1 garlic clove, minced (4 Cals)
- 1 green onion, chopped (5 Cals)
- 1 lemon, the juice & zest (only if organic, otherwise just the juice) (11 Cals)
- 1 pinch of sea salt
- 1 pinch of freshly ground pepper

DIRECTIONS:

- 1 Cook the rice pasta according to package instructions (this usually takes 5–8 minutes)
- 2 In a pan, sauté the mushrooms, green onion and garlic in the olive oil at high heat for 3 minutes. Add the lemon juice, zest and asparagus and cook at medium heat for 2 more minutes.
- 3 When the pasta is ready, add it to the pan and season with salt and pepper. Enjoy!

SNACK

Veggies & Nut Butter (213 cals)

Ingredients:

- Carrots, 3 sliced (75 Cals)
- Bell Pepper, 1 sliced (32 Cals)
- Celery, 1 sliced (6 Cals)
- Tahini, 1 tbsp mixed with 1 the juice of 1 lemon (100 Cals)

DAY 6 (1968 Calories)

BREAKFAST

Cherry Granola (522 Cals)

PREP TIME: 2 minutes./ COOK TIME: 3 minutes. / TOTAL TIME: 5 minutes

INGREDIENTS:

- 1 serving coco granola (384 Cals)
- 1/2 cup plant-based yogurt (like coconut)(50 Cals)
- 1 cup frozen cherries (88 Cals)

DIRECTIONS:

- 1 Heat the frozen cherries in a small pot at high heat for 3 minutes, stir well.
- 2 Pour over the granola and yogurt and enjoy!

LUNCH

Asparagus Rice Plate (572 Cals)

PREP TIME: 2 minutes./ COOK TIME: 3 minutes. / TOTAL TIME: 5 minutes

INGREDIENTS:

- 2 cups baked green asparagus (54 Cals)
- 1 cup cooked rice (248 Cals)
- 2 cups shredded collard greens (32 Cals)
- 1 tbsp olive oil (119 Cals)
- 1 green onion, chopped (5 Cals)
- 1 pinch sea salt
- 1/2 handful cilantro
- 1/2 avocado (114 Cals)

DIRECTIONS:

- 1 In a pan, sauté the rice, collard greens and green onion in the olive oil at high heat for 3 minutes. Add seasonings.
- 2 Serve with the asparagus, cilantro and avocado.

DINNER

Jicama Tacos with Black Lentils (795 Cals)

PREP TIME: 3 minutes./ COOK TIME: 5 minutes. / TOTAL TIME: 8 minutes. /

INGREDIENTS:

- 1/2 jicama (for the "tacos") (125 Cals)
- 1 cup cooked black lentils (230 Cals)
- 2 green onions (10 Cals)
- 1 garlic clove (4 Cals)

1 tbsp olive oil (119 Cals)
2 tbsp walnuts, chopped (96 Cals)
2 tsp liquid smoke (optional)
1 cup collard greens, shredded (16 Cals)
1/2 bell pepper, chopped (16 Cals)
1/2 avocado, diced (114 Cals)

1 serving tomato salsa:

1/3 cup cherry tomatoes (12 Cals)
1/3 red onion, finely chopped (9 Cals)
1 tsp olive oil (40 Cals)
1/3 lemon, the juice (4 Cals)
1/3 handful fresh cilantro, chopped
1 pinch sea salt

DIRECTIONS:

- 1 In a pan, heat the olive oil, bell pepper, garlic and green onions at high heat for 2 minutes.
- 2 Add the black lentils, sea salt, walnuts and liquid smoke (optional) to the pan, reduce the heat to medium and cook for 3 more minutes.
- 3 While the everything is cooking, cut 1/2 jicama into very thin, round slices.
- 4 Remove the lentils from the stove and serve on the jicama "shells" with the collard greens and salsa.

SNACK

Fruit (79 Calories)

Ingredients:

Cherry Tomatoes, 1 cup (30 Cals)
Strawberries, 1 cup (49 Cals)

DAY 7 (1978 Calories)

BREAKFAST

Mango Lime Froyo (446 Cals)

PREP TIME: 3 minutes./ COOK TIME: 0 minutes. / TOTAL TIME: 3 minutes. /

INGREDIENTS:

2 cups frozen mango chunks (275 Cals)
1 lime, the juice (11 Cals)
1/2 cup plant-based yogurt (50 Cals)
1 tsp maple syrup (optional) (17 Cals)
1 tbsp ground flaxseed (30 Cals)

Topping:

1/3 cup strawberries, sliced (16 Cals)
1 tbsp almonds, chopped or sliced (47 Cals)

DIRECTIONS:

1. Blend all ingredients until smooth (add a little more yogurt if necessary) and top with the toppings.

LUNCH

Legume Veggie Bowl (574 Cals)

PREP TIME: 2 minutes./ COOK TIME: 0 minutes. / TOTAL TIME: 2 minutes

INGREDIENTS:

1 cup cooked black lentils (230 Cals)
1/2 cup cooked kidney beans (112 Cals)
1 small zucchini, chopped (20 Cals)
1 bell pepper, chopped (32 Cals)
2 green onions, chopped (10 Cals)
1 carrot, grated (25 Cals)
1/2 cup collard greens, chopped (8 Cals)
1 handful parsley, chopped (1 Cal)
1 pinch sea salt

Maple Tahini Dressing:

Ingredients:

1 tbsp tahini (89 Cals)
1 lemon, the juice (11 Cals)
1 tsp apple cider vinegar (2 Cals)
2 tsp maple syrup (34 Cals)
2 tbsp water
1 pinch sea salt

Dressing directions:

Mix all ingredients in a small bowl using a fork or a whisk.

DINNER**Jicama Tacos with Mushrooms, Salsa and Rice (842 Cals)**

PREP TIME: 2 minutes./ COOK TIME: 6 minutes. / TOTAL TIME: 8 minutes

INGREDIENTS:

1/2 jicama (125 Cals)
2 cups sliced mushrooms (31 Cals)
1 tbsp olive oil (119 Cals)
1 garlic clove, minced (4 Cals)
1 cup cooked rice (248 Cals)
1/2 small zucchini, chopped (10 Cals)
1 celery stalk, thinly sliced (6 Cals)
sea salt and pepper to taste
5 sun-dried tomatoes (26 Cals)
1/2 avocado, diced (114 Cals)
2 tbsp almonds, grated (94 Cals)

1 serving tomato salsa:

1/3 cup cherry tomatoes (12 Cals)
1/3 red onion, finely chopped (9 Cals)

1 tsp olive oil (40 Cals)
1/3 lemon, the juice (4 Cals)
1/3 handful fresh cilantro, chopped
1 pinch sea salt

DIRECTIONS:

- 1 In a pan, heat the olive oil, zucchini, celery and garlic at high heat for 2 minutes.
- 2 Add the mushrooms to the pan, reduce the heat to medium and cook for 2 more minutes. Add the rice and cook for 2 additional minutes. Add seasonings.
- 3 While the everything is cooking, cut 1/2 jicama into very thin, round slices.
- 4 Remove mushroom-rice mix from the stove and serve on the jicama "shells" with the salsa, sun-dried tomatoes, avocado and grated almonds.

SNACK

Veggies & Nuts (114 cals)

Ingredients:

Carrots, 3 (75 Cals)

Almonds, 1 tbsp (39 Cals)