

## Meal Prep 1/2 - Day 7

### Prepare the Chickpeas:

2 jars of Chickpeas

### Prepare Sweet Potatoes:

4 small, halved, baked at 400F/200C for 45 min.

### Peanut Tofu (2 servings)

#### Ingredients:

8oz extra firm tofu  
2 tbsp peanut butter  
1 tbsp olive oil  
1 green onion, chopped  
1 garlic clove, minced  
1 tbsp soy or tamari sauce  
1/2 tsp smoked paprika  
1/4 cup peanuts, chopped  
1 pinch sea salt

#### Directions:

1. Remove any excess liquid from the tofu (using a kitchen towel)
2. Sauté the green onion and garlic in the olive oil at high heat for 2 minutes
3. Reduce the heat to medium and add all other ingredients (add the tofu last and mix the other ingredients well first). Cook for another 5 minutes.
4. Let cool and store in an airtight container in the fridge.

### Cook the Veggie Mix:

4 servings

#### Ingredients:

2 tbsp olive oil

- 1 large onion, chopped
- 1 zucchini, diced
- 1 bell pepper, diced
- 2 garlic cloves, minced
- 1 cup brussels sprouts, halved
- 2 celery stalks, chopped
- 2 carrots, chopped
- 2 green onions, chopped
- 1/2 tsp sea salt
- 1 pinch pepper

**Directions:**

1. Sauté the onion and garlic in the olive oil in a large pan or pot at medium to high heat for 2 minutes.
2. Add all other ingredients and cook for another 7 minutes.

**Prep the Raw Veggie Mix:**

3 servings

Ingredients:

- 2 stalks of celery, finely chopped
- 1 bell pepper, diced, sliced or chopped
- 1 head of romaine lettuce, chopped
- 3 green onions, chopped
- 1/2 cup chopped purple cabbage
- 1/2 small (or 1/4 big) cucumber, chopped (optional)

**Freeze the Bananas**

Place 3 peeled Bananas in a ziplock bag (or reusable container) in the freezer.

**Meal prep 2/2 - Day 11**

**Prepare the Black Beans**

2 1/2 cups cooked according to package instructions

## **Brown rice**

2 1/2 cups cooked according to package instructions

## **Boiled potatoes**

4 cups diced (about 1 inch pieces) yellow potatoes or baby potatoes

Boil in salt water for about 25 minutes or until tender

**Note:** you'll also need 1 cup boiled cauliflower, so add the cauliflower to the pot about 15 minutes into it and boil for 10 minutes, then set aside)

You'll need 2 cups of boiled potatoes for the cauliflower potato mash, 1 cup as a serving and another cup for the cheezy sauce.

## **Potato Cauliflower Mash**

2 servings

### **Ingredients:**

2 cups boiled potatoes  
1 cup boiled cauliflower  
1 tbsp olive oil  
1 tbsp cornstarch (or ground flaxseed)  
1 garlic clove, minced  
1 pinch sea salt  
1 pinch freshly ground pepper  
1/4 - 1/3 cup almond milk

### **Directions:**

1. Sauté the garlic in the oil in a pot at medium heat for 2 minutes.
2. Add all other ingredients and stir well (keep on the stove for another 1-2 minutes).
3. Blend/ mash using a blender, immersion stick blender or a potato masher
4. Let cool and store in an airtight container in the fridge.

**Note:** if you happen to have nutmeg in your pantry, feel free to add a little of it to the mash.

## Cheezy Sauce

3 servings

### Ingredients:

1 cup boiled potatoes  
2 tsp mustard  
1/3 stalk celery  
1/3 bell pepper  
1 tbsp nutritional yeast  
1/2 tsp smoked paprika  
1 lemon, the juice  
1/3 cup soaked cashews  
1/2 green onion  
1/2 garlic clove  
1/4 cup water  
1 pinch sea salt  
2 tsp cornstarch (optional)

### Directions:

1. Blend all ingredients until smooth
2. Store in an airtight container in the fridge.

## Cooked Veggie Mix 2

2 servings

cauliflower, kale, broccoli

### Ingredients:

1 tbsp olive oil  
1 cup cauliflower, chopped  
1 cup broccoli, chopped  
2 cups kale, shredded  
1 pinch sea salt  
1 pinch freshly ground pepper

### Directions:

1. Sauté the cauliflower and broccoli in the oil at medium heat for 7 minutes.
2. Add the kale and seasonings and cook for 2 more minutes.

3. Let cool and store in an airtight container in the fridge.

### **Curried Pumpkin Seeds**

3 servings

#### **Ingredients:**

3 tbsp pumpkin seeds

1 tsp curry powder

1 tsp olive oil

1 pinch sea salt

#### **Directions:**

1. Mix all ingredients and toast in a small pan at high heat for 2 minutes (make sure it doesn't burn).
2. Let cool and store in an airtight container at room temperature.

## **The Recipes**

**Day 8 (1944 Cals)**

**Day 8 - Breakfast**

**Raspberry Peanut Butter Shake (526 Cals)**

Prep time - 2 mins/Total time - 2 mins

#### **Ingredients:**

2 bananas (210 Cals)

1/2 cup frozen raspberries (65 Cals)

1 1/2 cups almond milk (58 Cals)

2 tbsp peanut butter (193 Cals)

#### **Directions:**

1. Blend all ingredients until smooth
2. Enjoy!

## Day 8 - Lunch

### Purple Cabbage Boats with Peanut Tofu (404 Cals)

Prep time – 2 mins/ Total time – 2 mins (add 2–3 minutes if you choose to reheat the veggie mix and tofu)

#### Ingredients:

2 purple cabbage leaves (14 Cals)  
1 serving peanut tofu (280 Cals)  
1 serving cooked veggie mix (110 Cals)  
fresh cilantro to garnish (optional)

#### Directions:

1. Fill the cabbage leaves with the veggie mix & tofu
2. Top with fresh cilantro and Enjoy!

## Day 8 - Dinner

### Loaded Sweet Potatoes (605 Cals)

Prep time – 3 mins/ Total time – 3 mins (add 2–3 minutes if you choose to reheat the sweet potatoes and veggie mix)

#### Ingredients:

2 halved (and slightly carved out) sweet potatoes (205 Cals)  
1 serving veggie mix (110 Cals)  
1 dash of ground pepper

#### Directions:

1. Carve out a small portion of the inside of sweet potatoes

#### Sauce:

The inside of the carved out sweet potatoes blended with 1/3 cup soaked cashews (238 Cals), the juice of 1 lemon (11 Cals), 1 tbsp nutritional yeast (30 Cals), 1 tsp smoked paprika, 1 pinch sea salt, 1 tsp mustard (3 Cals), 1/4 cup almond milk (8 Cals)

#### Directions:

1. Blend sauce together until you reach a smooth consistency
2. Fill the sweet potatoes with the veggie mix

3. Top with the sauce and ground pepper, then enjoy!

### **Day 8 Snack (402 Cals)**

#### **Fruit**

4 watermelon slices (343 Cals)

1 peach (59 Cals)

### **Day 9 (1974 Cals)**

#### **Day 9 - Breakfast**

#### **Watermelon & Orange Slices (473 Cals)**

Prep time - 2 mins/ Total time - 2 mins

#### **Ingredients:**

1/4 watermelon, sliced (343 Cals)

2 oranges (cut in quarters) (130 Cals)

#### **Directions:**

1. Enjoy!

#### **Day 9 - Lunch**

#### **Sweet Potato Bowl (549 Cals)**

Prep time - 2 mins/ Total time - 2 mins

#### **Ingredients:**

2 baked sweet potato (205 Cals)

1 serving peanut tofu (280 Cals)

1 serving raw veggie mix (64 Cals)

#### **Directions:**

1. Combine all ingredients in a bowl

2. Enjoy!

#### **Day 9 - Dinner**

#### **Cabbage Chickpea Boats (550 Cals)**

Prep time - 2 mins/ Cook time - 3 mins/ Total time - 5 mins

**Ingredients:**

2 purple cabbage leaves (14 Cals)  
1 cup chickpeas (269 Cals)  
1 tsp curry (or turmeric) powder (7 Cals)  
2 tsp olive oil (80 Cals)  
1 serving cooked veggie mix (110 Cals)  
herbs of choice to garnish (optional)

**Dressing:**

2 tbsp mustard (19 Cals)  
1 tbsp maple syrup (51 Cals)

**Directions:**

1. Cook the chickpeas with the olive oil and curry powder at high heat for 2 minutes.
2. Add the veggie mix to the pot and cook for another minute.
3. Serve in the cabbage boats and enjoy!

**Day 9 Snack (403 Cals)****Fruit & Peanut Butter**

2 bananas (210 Cals)  
2 tbsp peanut butter (193 Cals)

**Day 10 (1962 Cals)****Day 10 - Breakfast****Pink & Orange Layered Smoothie (544 Cals)**

Prep time – 5 mins/ Total time – 5 mins

**Ingredients:****Orange layer:**

1 banana (105 Cals)  
1 cup frozen mango chunks (138 Cals)  
1/2 cup almond milk (19 Cals)

1 tbsp ground flax seed (30 Cals)

**Pink layer:**

1 banana (105 Cals)

3/4 cup frozen raspberries (98 Cals)

1/2 cup almond milk (19 Cals)

1 tbsp ground flax seed (30 Cals)

**Directions:**

1. Blend each layer separately until smooth
2. Layer in a mason jar or cup
3. Enjoy!

**Note** – You can blend all ingredients at once to save approximately 3 minutes on the prep time

**Day 10 - Lunch**

**Chickpea Tacos (540 Cals)**

Prep time – 2 mins/ Total time – 2 mins (add 2–3 mins if you choose to reheat the chickpeas)

**Ingredients:**

3 soft shell corn tacos (181 Cals)

1 cup cooked chickpeas (269 Cals)

1 serving raw veggie mix (64 Cals)

1/3 cup cherry (or grape) tomatoes, halved (15 Cals)

1 lime, the juice (11 Cals)

1 pinch of sea salt

fresh herbs to garnish (optional)

**Directions:**

1. Fill the soft taco shells with all other ingredients
2. Enjoy!

**Day 10 - Dinner**

**Corn & Tomato Soup (509 Cals)**

Prep time – 2 mins/ Total time – 5 mins/Total time – 7 mins

**Ingredients:**

1 serving cooked veggie mix (110 Cals)  
1 cup sweet corn kernels (from a jar or frozen) (110 Cals)  
2/3 cup tomatoes, diced (16 Cals)  
1/2 cup veggie broth (6 Cals)  
1 tsp olive oil (40 Cals)  
sea salt and pepper to taste  
1 avocado, diced (227 Cals)  
fresh herbs to garnish (optional)

**Directions:**

1. Cook all ingredients except for the herbs, avocado, and olive oil in a pot for 5 minutes at medium to high heat.
2. Transfer cooked ingredients to a bowl
3. Top with avocado, herbs, and an olive oil drizzle
4. Enjoy!

**Day 10 Snack (370 Cals)****Veggies & Nut Butter**

2 carrots sliced (50 Cals)  
2 celery stalks (13 Cals)  
2 tbsp tahini (179 Cals)  
juice of 1 lemon (11 Cals)  
dash of sea salt  
1 tbsp water  
3 tbsp almonds (117 Cals)

**Directions:**

1. Mix the tahini with the lemon juice, sea salt and water
2. Dip veggies in the mixture and enjoy!

**Day 11 (1971 Cals)****Day 11 - Breakfast****Peaches & Cream (549 Cals)**

Prep time – 3 mins/ Total time – 3 mins

**Ingredients:**

4 peaches, sliced (234 Cals)

**Cashew Cream:**

1/3 cup soaked cashews (238 Cals)

the juice of 1 lemon (11 Cals)

2 tbsp water

1/2 tsp vanilla extract (6 Cals)

3 medjool pitted dates (or 1 tbsp maple syrup) (60 Cals)

**Directions:**

1. Blend all cashew cream ingredients until smooth
2. Combine cashew cream with peaches and enjoy!

**Day 11- Lunch****Corn Avocado Tacos (559 Cals)**

Prep time – 3 mins/ Total time – 3 mins

**Ingredients:**

3 soft shell corn tacos (180 Cals)

1 cup sweet corn kernels (110 Cals)

1 serving raw veggie mix (64 Cals)

**Dressing:**

1/2 avocado (114 Cals)

the juice of 1 lemon (11 Cals)

1 pinch of sea salt

2 tsp olive oil (80 Cals)

**Directions:**

1. Mix or blend dressing ingredients until they reach a smooth consistency
2. Place all ingredients inside the taco shell and enjoy!

**Day 11 - Dinner****Rice Noodles with Veggies and Peanut Sauce (686 Cals)**

Prep time – 2 mins/ Cook time – 7 mins/ 9 mins

**Ingredients:**

3oz (dry weight) of rice pasta (311 Cals)  
1/2 cup shredded purple cabbage (11 Cals)  
1 small (or 1/2 large) shredded (or very thinly sliced) carrot (21 Cals)  
1 green onion, chopped (5 Cals)  
1 garlic clove, minced (4 Cals)  
2 tsp olive oil (80 Cals)  
1 tbsp chopped peanuts (52 Cals)  
fresh cilantro to garnish

**Sauce:**

2 tbsp peanut butter ( Cals) (193 Cals)  
1 tbsp soy sauce ( Cals) (9 Cals)  
1 tbsp water  
1 pinch sea salt  
1 pinch chili flakes (optional)

(Mix all sauce ingredients using a fork or whisk)

**Directions:**

1. Cook pasta according to package instructions (which usually takes 3–7 mins)
2. While the pasta is cooking, sauté the veggies in the olive oil in a pan at medium to high heat for 5–7 minutes.
3. Once the pasta is ready, add it to the pan and mix well.
4. Remove from stove and serve with the sauce, chopped peanuts and cilantro.
5. Enjoy!

**Day 11 Snack (179 Cals)****Fruit**

1 cup of fresh berries (84 Cals)  
1 apple (95 Cals)

**Day 12 (1983 Cals)****Day 12 - Breakfast**

### **Overnight Oats (593 Cals)**

Prep time - 2 mins + overnight/ Total time - 2 mins + overnight

**NOTE:** You'll need to prepare this dish the night before

#### **Ingredients:**

- 1/2 cup oats (148 Cals)
- 3/4 cup almond milk (29 Cals)
- 1 peach, sliced (59 Cals)
- 2 tbsp peanut butter (193 Cals)
- 1 tbsp maple syrup (51 Cals)
- 3 tbsp dried cranberries (92 Cals)
- 1/3 cup fresh blackberries (21 Cals)

#### **Directions:**

1. Mix the oats, almond milk, and maple syrup in a jar, then let sit overnight.
2. In the morning, combine with all other ingredients and enjoy!

### **Day 12 - Lunch**

#### **Potato Veggie Bowl (577 Cals)**

Prep time - 2 mins/ Total time - 2 mins (add 2-3 mins if your choose to reheat the potatoes and veggie mix)

#### **Ingredients:**

- 1 serving veggie mix 2 (96 Cals)
- 1 cup boiled potatoes (118 Cals)
- 1 cup romaine lettuce, chopped (8 Cals)

#### **Toppings:**

- 1 avocado (227 Cals)
- 1 tbsp curried pumpkin seeds (58 Cals)

#### **Dressing:**

- 2 tbsp mustard (19 Cals)
- 1 tbsp maple syrup (51 Cals)

#### **Directions:**

1. Mix dressing ingredients together using a fork
2. Combine all ingredients except for the toppings in a bowl

3. Top with avocado and pumpkin seeds
4. Enjoy!

## Day 12 - Dinner

### Green Bean Plate (611 Cals)

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

#### Ingredients:

- 1 cup green beans (38 Cals)
- 2 tsp olive oil (80 Cals)
- 1 garlic clove, minced (4 Cals)
- 1 serving potato–cauliflower mash (211 Cals)
- 1 cup cooked black beans (227 Cals)
- sea salt and pepper to taste
- 1 tbsp sunflower seeds (51 Cals)

#### Directions:

1. Sauté the green beans and garlic in the olive oil at medium heat for 5 minutes.
2. Add the black beans to the pot or pan and cook for another minutes.
3. Add seasonings and serve with the mash and sunflower seeds.
4. Enjoy!

## Day 12 Snack (202 Cals)

### Fruit

- 1 mango (202 Cals)

## Day 13 (1975 Cals)

### Day 13 - Breakfast

#### Savory Breakfast Bowl (523 Cals)

Prep time – 2 mins/ Total time – 2 mins (add 2–3 mins if you choose to reheat the brown rice and black beans)

#### Ingredients:

1/2 cup brown rice (124 Cals)  
1/2 cup black beans (114 Cals)  
1 avocado, sliced or diced (227 Cals)  
1 tbsp curried pumpkin seeds (58 Cals)

**Directions:**

1. Combine all ingredients in a bowl and enjoy!

**Day 13 - Lunch**

**Portabello Mushroom Bowl (489 Cals)**

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

**Ingredients:**

1 large (or 2 smaller) portabello mushroom(s), sliced (19 Cals)  
2 tbsp olive oil (239 Cals)  
sea salt & pepper to taste  
1 pinch smoked paprika  
1 serving cauliflower potato mash (211 Cals)  
2 cups kale, shredded (16 Cals)  
1 garlic clove (4 Cals)  
fresh herbs to garnish (optional)

**Directions:**

1. Cook the mushrooms in a pan at high heat for 3-4 minutes with 1 tbsp oil, sea salt, pepper and smoked paprika.
2. In a separate pan or pot, cook the kale in 1 tbsp olive oil with the garlic for 3 minutes at medium heat.
3. Serve with the herbs and the mash.

**Day 13 - Dinner**

**Stuffed Bell Pepper (561 Cals)**

Prep time - 2 mins/ Cook time - 10 mins/ Total time - 12 mins

**Ingredients:**

- 1 bell pepper (hollowed out) (37 Cals)
- 1 cup cooked brown rice (248 Cals)
- 1 serving veggie mix 2 (96 Cals)
- 1 serving cheezy sauce (180 Cals)

**Directions:**

1. Bake the bell pepper at 425F for 10 minutes (optional, can also be eaten raw)
2. In the meantime, reheat the rice and veggie mix in a pot for a few minutes.
3. Fill the pepper with the rice & veggie mix and top with the sauce.
4. Enjoy!

**Day 13 Snack (403 Cals)**

**Fruit & Peanut Butter**

- 2 bananas (210 Cals)
- 2 tbsp peanut butter (193 Cals)

**Day 14 (2004 Cals)**

**Day 14 - Breakfast**

**Jumbo Green Smoothie (495 Cals)**

Prep time - 2 mins/ Total time - 2 mins

**Ingredients:**

- 1/2 small (or 1/4 large) zucchini (14 Cals)
- 1 cup kale (8 Cals)
- 1/2 celery stalk (3 Cals)
- 3 frozen bananas (315 Cals)
- 1 tbsp peanut butter (96 Cals)
- 2 tsp ground flaxseed (20 Cals)
- 1 cup almond milk (39 Cals)

**Directions:**

1. Blend all ingredients until they've reached a smooth consistency
2. Enjoy!

## Day 14 - Lunch

### Black Bean Tacos (619 Cals)

Prep time - 2 mins/ Total time - 2 mins (add 2-3 mins if you choose to reheat)

#### Ingredients:

3 soft corn tortillas (180 Cals)  
1 cup cooked black beans (241 Cals)  
1/2 cup cooked brown rice (124 Cals)  
2 cups kale, chopped (16 Cals)  
1 tbsp curried pumpkin seeds (58 Cals)  
fresh herbs to garnish (optional)

#### Directions:

1. Fill the tortillas with all other ingredients and enjoy!

## Day 14 Dinner

### Kale Lemon Salad (612 Cals)

Prep time - 2 mins/ Total time - 2 mins

#### Ingredients:

3 cups shredded kale (24 Cals)  
1/2 avocado, mashed (114 Cals)  
2 radishes, thinly sliced (optional) (1 Cals)  
1/4 cucumber, diced (11 Cals)  
1/3 cup cherry tomatoes, halved (82 Cals)  
3 tbsp sunflower seeds (153 Cals)  
3 tbsp dried cranberries (92 Cals)

#### Dressing:

1 lemon, the juice (11 Cals)  
1 tbsp olive oil (119 Cals)  
2 tsp apple cider vinegar (optional) (5 Cals)  
1 pinch sea salt

**Directions:**

1. Massage the avocado into the kale
  2. Mix the dressing ingredients using a fork
- Combine with all other ingredients and enjoy!

**Day 14 Snack (278 Cals)**

**Fruit & Nuts**

2 apples (189 Cals)

2 tbsp cashews (89 Cals)