

MEAL PREP 1/2 - DAY 14

Cook the beans:

White beans:

You'll need 2 cups cooked which you'll get from 2 jars of prepared or 2/3 cup measured dry.

Bake the Root Veggies

Makes 2 servings of butternut squash and 1 serving of potatoes

Ingredients:

- 1/2 butternut squash (diced, 1-2 inch pieces)
- 1 medium or 2 small potatoes

Directions:

1. Preheat the oven at 400F/200C
2. Line a baking tray with parchment paper
3. Bake all ingredients for 45 minutes
4. Remove from oven, then let cool and store in an airtight container in a refrigerator

Note: you can bake and freeze the other half of the butternut squash for later use.

BBQ Tempeh

(2 servings)

Ingredients:

- 8 oz tempeh (4 oz cut into 1-1 1/2 inch squares and 4 oz into slices)
- 2 green onions, chopped
- 1 garlic glove minced
- 1 tbsp tomato paste
- 1 tbsp olive oil

1 tbsp liquid smoke
1 tbsp maple syrup
1 tsp soy sauce
1/4 tsp smoked paprika
1/4 tsp sea salt
1 pinch ground pepper

Directions:

1. In a pan, cook the onions and garlic in olive oil for 2-3 min
2. Mix all other ingredients (except the tempeh) separately to create BBQ mix
3. Add the tempeh to the pan, cook for 2 more minutes
4. Add the BBQ mix and cook for 4-5 more minutes
5. Let cool, then store in 2 separate airtight containers in a refrigerator

Creamy Pesto:

(2 servings)

Ingredients:

1/3 cup Pine Nuts
2 tbsp Olive Oil
1/2 tsp Sea Salt
1 Garlic Clove (minced)
2 cups Basil

Directions:

1. Blend all ingredients using “pulse” feature on the blender to keep the consistency moderately chunky. If you do not have a “pulse” feature, simply stop and start your blender 3 or 4 times to recreate the effect.
2. Store in an airtight container in a refrigerator

Roasted Bell Pepper Tahini Dressing

(2 servings)

Ingredients:

4 tbsp Tahini

1 Bell Pepper
1 tbsp Olive Oil
Juice of 1 lemon
1 Garlic Clove (minced)
1 pinch of Sea Salt
1/4 cup Water

Directions:

1. Slice and saute the bell pepper in a pan with the olive oil for 5 minutes at medium heat
2. Blend the cooked bell pepper with the tahini, garlic, lemon juice, sea salt, and water to create a thick consistency
3. Store in an airtight container in a refrigerator

Prep the Fruits & Veggies:

Spiralize 4 small or 2 large Zucchini in advance if you'd prefer, or you can spiralize them the day of the meal if you'd prefer

Note: You may add as many zucchinis as you'd like if you still feel hungry after the meal

Peel and freeze 4 bananas.

Meal Prep 2/2 - DAY 19

Cook the beans:

2 cups of cooked kidney beans which you'll get from 2/3 cups dry kidney beans or 2 jars of precooked

Walnut "Meat"
(2 servings)

Ingredients:

1 cup walnuts
1/2 cup sun-dried tomatoes
1/4 cup tomato paste
2 medjool dates (pitted)
1/2 tsp sea salt
1 green onion (chopped)
1 garlic clove (minced)
1 tsp olive oil

Directions:

1. Blend all ingredients using the “pulse” function on your blender. If your blender doesn’t have a “pulse” function, stop and start it 4 times over the course of a minute to recreate the effect.
2. Once ingredients reach a paste like consistency, store in an airtight container in a refrigerator.

Sunflower Seed Dip

(1 serving)

Ingredients:

1/4 cup sunflower seeds
1/4 cup water
juice of 1 lemon
pinch of sea salt

Directions:

1. Blend all ingredients until you reach a smooth consistency (feel free to add more water if necessary)

Cooked Veggie Mix

(2 servings)

Ingredients:

3 cups kale (chopped)
2 carrots (chopped)
1 zucchini (chopped)

1 onion (chopped)
2 garlic cloves (minced)
1 tbsp olive oil
pinch sea salt
pinch ground pepper

Directions:

1. Heat the carrots, onions, and garlic in the olive oil for 5 minutes at medium heat
2. Add all other ingredients except for the kale
3. Cook for an additional 5 minutes, then add kale and cook for 1 more minute
4. Let cool, then store in an airtight container in a refrigerator

CousCous

(2 servings)

NOTE: CousCous does contain gluten, so if you're gluten-free please substitute with quinoa

Ingredients:

100g or 3oz couscous (dry weight)
1 tbsp olive oil
1 carrot (chopped)
1 cup sliced shiitake mushrooms
1/4 cup dried cranberries
1 small zucchini (chopped)
1 green onion (chopped)
1/3 cup almonds
1 garlic clove (minced)
1 handful cilantro
1/2 tsp cardamom

Directions:

1. Cook the couscous according to package instructions
2. Saute the green onion, garlic, and carrots in the olive oil on medium heat for 10 minutes
3. Add the couscous and all other ingredients except for cilantro, which you'll add just before storing

4. Let cool, then store in an airtight container in a refrigerator

THE RECIPES

DAY 15 (1978 Cals)

BREAKFAST (719 Cals)

Sunshine Smoothie

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 3 bananas (315 Cals)
- 1 cup frozen peaches (235 Cals)
- 1 cup frozen mango (139 Cals)
- 1 handful fresh basil
- 1 tbsp ground flaxseed (30 Cals)
- 1 cup water
- 1/2 thumb of ginger (optional)

Directions:

1. Blend all ingredients until smooth
2. Enjoy!

DAY 15 - LUNCH (805 Cals)

BBQ Tempeh Bowl

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

Ingredients:

- 1 serving BBQ tempeh (321 Cals)

- 1 serving baked butternut squash (82 Cals)
- 1 serving baked potato (122 Cals)
- 1 cup chopped romaine (8 Cals)
- 1 cup chopped kale (8 Cals)
- 1 serving roasted bell pepper tahini dressing (264 Cals)

Directions:

1. Combine ingredients in a bowl and enjoy!

DAY 15 - DINNER (229 Cals)

Zucchini Pasta with Marinated Mushrooms & Sun-dried Tomatoes

Prep time - 2 mins/ Total time - 2 mins (add 30 mins to marinate the mushrooms if you choose to do so)

Ingredients:

- 2 small zucchinis or 1 large, spiralized (55 Cals)
- juice of 1 lemon (11 Cals)
- 1 cup sliced mushrooms (15 Cals)
- 1/2 cup sun-dried tomatoes (70 Cals)
- 1 handful fresh basil
- 2 tbsp almonds (78 Cals)

Directions:

1. Marinate the mushrooms in the lemon juice for approximately 30 minutes (as an alternative, you may also choose to sauté the mushrooms in a pan with olive oil)
2. Spiralize the zucchini, then mix everything except for the almonds together.
3. Grate the almonds over all other ingredients to create a “parmesan effect”
4. Enjoy!

DAY 15 - SNACK (226 Cals)

Fruit

- 1/2 pineapple (226 Cals)

DAY 16 (1942 Cals)

BREAKFAST (554 Cals)

Chocolate Mousse with Avocado

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

- 1/2 avocado (114 Cals)
- 2 frozen bananas (210 Cals)
- 3 tbsp cacao powder (72 Cals)
- 1/2 cup almond milk (19 Cals)
- 2 medjool dates (pitted) (133 Cals)
- 1/2 tsp vanilla extract (optional) (6 Cals)

Directions:

1. Blend all ingredients until you reach a mousse like consistency
2. Enjoy!

DAY 16 - LUNCH (546 Cals)

BBQ Tempeh Sandwich

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 2 slices gluten-free bread (218 Cals)
- 1 serving BBQ tempeh (320 Cals)
- 1 cup romaine lettuce (8 Cals)

Directions:

1. Place all ingredients in between the slices of bread and enjoy!

DAY 16 - DINNER (730 Cals)

White Bean Artichoke Bowl

Prep time – 2 mins/ Cook time – 2 mins/ Total time – 4 mins

Ingredients:

- 1/2 jar artichoke hearts (drain liquid from jar) (43 Cals)
- 1 cup white beans (299 Cals)
- 1 serving pesto (279 Cals)
- 1 slice gluten-free bread (toasted and cut into bread crumbs) (109 Cals)

Directions:

1. Reheat white beans and artichoke hearts in a pan on medium to high heat for 2 minutes
2. Mix with all other ingredients and enjoy!

DAY 16 - SNACK (113 Cals)

Fruit

- 1/4 pineapple (113 Cals)

DAY 17 (1978 Cals)

BREAKFAST (611 Cals)

Green Smoothie

Prep time – 2 mins/ Total time – 2 mins

Ingredients:

- 1 cup frozen mango chunks (138 Cals)
- 1 super ripe pear or apple (diced) (84 Cals)
- 1 cup kale (8 Cals)
- 5 medjool dates (332 Cals)
- 1 cup frozen strawberries (49 Cals)
- 1 cup water

Directions:

1. Blend all ingredients until smooth
2. Enjoy!

DAY 17 - LUNCH (397 Cals)

Romaine Taco Boats

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 1 cup cooked white beans (299 Cals)
- 3 to 4 romaine lettuce leaves (4 Cals)
- 1/2 bell pepper (18 Cals)
- 1/2 cup cherry tomatoes (15 Cals)
- 2 cups shredded kale (16 Cals)
- 1 tsp olive oil (40 Cals)
- juice of 1/2 lemon (5 Cals)

Directions:

1. Massage the kale with the lemon juice and olive oil
2. Place all ingredients inside the romaine lettuce leaves and enjoy!

DAY 17 - DINNER (568 Cals)

Kale Butternut Salad

Prep time - 3 mins/ Cook time - 1-2 mins/ Total time - 4-5 mins

Ingredients:

- 3 cups of kale (shredded) (24 Cals)
- 1 avocado (massage 3/4 of the avocado into kale & use other 1/4 as sliced topping) (227 Cals)
- 1 tsp olive oil (40 Cals)
- 2 tbsp pumpkin seeds (85 Cals)
- 1 serving baked butternut squash (82 Cals)

Creamy Dressing

Ingredients:

1 tbsp tahini (89 Cals)
juice of 1 lemon (11 Cals)
pinch of sea salt
2 tbsp water
1 tsp nutritional yeast (10 Cals)

Directions:

1. Massage 3/4 avocado into the kale
2. Toast the pumpkin seeds with the olive oil in a small pan at high heat for 1-2 mins
3. Mix kale with butternut squash, then slice the remaining 1/4 avocado and use as topping
4. Mix creamy dressing ingredients with a fork, then mix in with all other ingredients
5. Enjoy!

DAY 17 - SNACK (403 Cals)

Fruit & Nut Butter

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

DAY 18 (1965 Cals)

BREAKFAST (504 Cals)

Smoothie Bowl

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

1 cup frozen mango chunks (138 Cals)
1 cup frozen peach slices (60 Cals)
1/4 diced pineapple (113 Cals)
1/4 cup frozen cherries (23 Cals)
1 handful fresh basil
1/2 cup water

Toppings:

- 1 orange sliced (62 Cals)
- 1 tsp ground flaxseed (10 Cals)
- 1 tbsp almonds (39 Cals)
- 2 tbsp oats (37 Cals)
- 2 tsp shredded coconut (22 Cals)

Directions:

1. Blend all smoothie ingredients until smooth
2. Pour into a bowl, then top with all other ingredients and enjoy!

DAY 18 - LUNCH (586 Cals)**Artichoke Sun-dried Tomato Sandwich**

Prep time – 2 mins/ Total time – 2 mins

Ingredients:

- 2 slices gluten-free bread (toasted) (218 Cals)
- 1/2 jar artichoke hearts (drain liquid from jar) (43 Cals)
- 1/3 cup sun-dried tomatoes (46 Cals)
- 1 serving creamy pesto (279 Cals)
- pinch of fresh basil to garnish

Directions:

1. Spread the pesto on the bread
2. Add all other ingredients and enjoy!

DAY 18 - DINNER (523 Cals)**Avocado Mango Lime Zoodles**

Prep time – 3 mins/ Total time – 3 mins

Ingredients:

- 2 small zucchini or 1 large (spiralized) (55 Cals)
- 1 mango (202 Cals)

1 avocado (227 Cals)
juice of 1 lime (11 Cals)
pinch of sea salt
1/3 cup sliced strawberries (16 Cals)
1/2 cup cherry tomatoes (sliced) (12 Cals)

Directions:

1. Spiralize the zucchini
2. Blend the mango with avocado and lime juice
3. Combine all ingredients and enjoy!

DAY 18 - SNACK (354 Cals)

Fruit & Nuts

3 peaches (176 Cals)
1/4 cup cashews (178 Cals)

DAY 19 (2001 Cals)

BREAKFAST (696 Cals)

Peanut Butter Toast w/ Berries

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

3 slices of Gluten-free bread (toasted) (326 Cals)
3 tbsp peanut butter (289 Cals)
1 cup almond milk (39 Cals)
1/2 cup fresh berries (42 Cals)

Directions:

1. Toast the bread, then spread peanut butter evenly
2. Enjoy with glass of almond milk and fresh berries

DAY 19 - LUNCH (541 Cals)

Walnut "Meat" Collard Green Wraps

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

3-4 collard green leaves (6 Cals)

1 serving of walnut meat (535 Cals)

Directions:

1. Wrap the walnut "meat" in the wraps and enjoy!

DAY 19 - DINNER (456 Cals)

Cranberry Couscous

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

1 serving Couscous (456 Cals)

Directions:

1. Enjoy!

DAY 19 - SNACK (307 Cals)

Fruit

1 mango (202 Cals)

1 banana (105 Cals)

DAY 20 (1977 Cals)

BREAKFAST (544 Cals)

Smoothie Bowl

Prep time - 2 mins/ Total time - 2 mins

2 frozen bananas (210 Cals)
1/4 cucumber (sliced) (6 Cals)
2 tsp ground flaxseed (20 Cals)
1/2 cup almond milk (19 Cals)
2 medjool dates (133 Cals)
1/2 tsp vanilla extract (optional) (7 Cals)
1/2 thumb ginger root (optional)

Toppings:

2 tbsp walnuts (82 Cals)
1/3 cup fresh berries (28 Cals)
1 tbsp almonds (39 Cals)

Directions:

1. Blend smoothie ingredients until you reach a smooth consistency
2. Pour into a bowl then top with all other ingredients
3. Enjoy!

DAY 20 - LUNCH (457 Cals)

Couscous

Prep time – 2 mins/ Total time – 2 mins

Ingredients:

1 serving couscous (457 Cals)

Directions:

1. Reheat for 2–3 minutes if you'd like and enjoy!

DAY 20 - DINNER (782 Cals)

Collard Green Zucchini Lasagna

Prep time – 5 mins/ Total time – 5 mins

Ingredients:

- 1 small zucchini (sliced) (20 Cals)
- 1 serving sunflower seed dip (215 Cals)
- 1 serving walnut "meat" (535 Cals)
- 1 cup chopped collard greens (12 Cals)

Directions:

1. Mix the walnut "meat" with the collard greens
2. Spread the all ingredients on the zucchini slices
3. Enjoy!

DAY 20 - SNACK (195 Cals)

Fruit

- 3 oranges (195 Cals)

DAY 21 (1977 Cals)

BREAKFAST (534 Cals)

Cheeze Cake Smoothie

Prep time - 2 mins/ Total time - 2 mins (soak cashews night before)

Ingredients:

- 1/3 cup soaked cashews (soak overnight) (238 Cals)
- juice of 1 lemon (11 Cals)
- 3 medjool dates (pitted) (199 Cals)
- 1/2 tsp vanilla extract (6 Cals)
- 1 cup coconut water (47 Cals)
- 1/2 cup ice cubes

Topping:

- 1 tbsp shredded coconut (33 Cals)

Directions:

1. Blend all ingredients until smooth
2. Top with coconut shreds and enjoy!

DAY 21 - LUNCH (603 Cals)

Balsamic Veggie Mix

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 1 serving cooked veggie mix (125 Cals)
- 2 cups cooked kidney beans (450 Cals)

Dressing:

- 2 tbsp balsamic vinegar (28 Cals)

Directions:

1. Combine all ingredients and enjoy!

DAY 21 - DINNER (680 Cals)

Coconut Rice Noodle Curry Bowl

Prep time - 2 mins/ Cook time - 3-6 mins/ Total time - 5-8 mins

Ingredients:

- 2 oz rice pasta (dry weight) (204 Cals)
- 1 small can (200ml) of coconut milk for cooking (325 Cals)
- 1 serving cooked veggie mix (125 Cals)
- 1 tbsp curry powder (20 Cals)
- 1/2 cup vegetable broth (6 Cals)
- pinch of sea salt
- pinch of ground pepper

Directions:

1. Cook pasta according to package instructions
2. Cook all other ingredients in a pan at high heat for 3 minutes
3. Combine all ingredients and enjoy!

DAY 21 - SNACK (160 Cals)

Veggies & Nuts

3/4 cucumber (sliced) (19 Cals)

3 tbsp almonds (141 Cals)