

## MEAL PREP 1/2 - DAY 21

### COOK THE LEGUMES

#### Chickpeas

You'll need 2 cups, cooked, which you'll get from 2/3 cup dry weight

#### Black Beans

You'll need 2 cups, cooked, which you'll get from 2/3 cup dry weight (1 of the 2 cups will be used for the veggie burgers)

### COOK THE SUSHI RICE

You'll need 4 1/4 cups, cooked., which is about 1 1/2 cups dry (1/4 cup is for the veggie burger)

### BOIL THE SWEET POTATOES

**Note:** If you'd prefer, you may bake 2 of the sweet potatoes at 400F/200C for 45 mins

Cut 4 sweet potatoes into 1-2 inch pieces and boil them for 20 minutes or until tender.

### MAKE THE SWEET POTATO BROWNIES

(makes 3 large servings of 2 pieces per serving)

Recipe Courtesy of renskroes.com

#### Ingredients:

- 2 boiled sweet potatoes
- 1/2 cup hazelnuts (or almonds)
- 1/3 cup GF all purpose flour
- 6 tbsp cacao powder
- 1 tsp vanilla extract
- 1 pinch of sea salt
- 1 cup dates, pitted (soaked if not medjool dates)
- 3 tbsp chopped walnuts
- 3 tbsp maple syrup

**Directions:**

1. Preheat the oven to 350F.
2. Grind the hazelnuts using a blender or food processor, then grind or process the dates and blend the sweet potatoes.
3. Mix all ingredients except the walnuts, maple syrup and 1tbsp of cacao powder in a large bowl until you get a smooth consistency.
4. Line a small baking tray (the size doesn't matter too much, it'll just alter the height of your brownies) with parchment paper. If you don't have parchment paper, you can use a little oil instead. Then transfer the batter to the tray.
5. In a small bowl, mix the maple syrup with 1 tbsp cacao powder until you get a smooth consistency.
6. Using a spoon or a spatula, top with brownie batter with the cacao maple mixture.
7. Lastly, sprinkle the chopped walnuts on top. Bake for 30 minutes. Cut into 6 equal size pieces.
8. Let cool and store in an airtight container in the fridge.

**MAKE THE BLACK BEAN BURGERS**

(makes 2 servings of 2 patties each)

**Ingredients:**

- 1 cup cooked black beans
- 1/4 cup cooked sushi rice
- 1/4 cup walnuts, chopped
- 1 tsp smoked paprika
- 1/2 tsp sea salt
- 2 tbsp ground flaxseed
- 1/2 small onion, finely chopped
- 1 garlic clove, minced
- 1 tbsp tomato paste
- 2 tsp liquid smoke
- 1 tbsp maple syrup
- 1 slice GF toast, toasted and cut into bread crumbs
- 1/2 tsp cumin (optional!)

**Directions:**

1. Preheat oven to 350F
2. In a small pan, toast the walnuts at high heat for about 1-2 minutes.
3. Let cool and grind in a blender or food processor with all other ingredients.

4. Form 4 patties and bake them at 350F for 30 minutes (15 mins each side)

### **COOK THE VEGGIE MIX:**

(makes 4 servings)

#### **Ingredients:**

- 1 Zucchini, diced
- 1 small (or 1/2 large) Eggplant, diced
- 1 Onion, chopped
- 1 celery stalk, chopped
- 1 cup Broccoli, chopped (optional)
- 1 Red Bell Pepper, chopped
- 2 Garlic cloves, minced
- 2 tbsp Olive oil
- 1/2 tsp sea salt
- 1 pinch freshly ground pepper

#### **Directions:**

1. In a large pot or pan, sauté the onion and garlic in the olive oil for 5 minutes at medium heat.
2. Add all other ingredients and cook for 7 more minutes.
3. Let cool and store in an airtight container in the fridge.

### **MAKE THE COCONUT BACON**

#### **Ingredients:**

- 3/4 cup coconut flakes
- 2 tsp maple syrup,
- 2 tsp liquid smoke
- 2 tsp soy sauce
- 1/4 tsp smoked paprika

#### **Directions:**

1. Preheat the oven to 300 degrees Fahrenheit/ 150 degrees celsius.
2. Mix all the liquid ingredients and coat the coconut flakes with mixture.
3. Make sure all the coconut flakes are covered.

4. Line a baking tray with parchment paper and spread out the coconut flakes. Bake for 10 minutes, until the flakes are golden brown.
5. Let them cool and store them at room temperature in an air tight container (like a mason jar)

## **PREP THE FRUITS & VEGGIES**

Freeze 3 bananas

Spiralize 2 small or 1 large zucchini or more if you desire (can be done on Thursday's prep)

## **MEAL PREP 2/2 - DAY 25**

### **BAKE THE POTATOES**

(makes 3 servings)

Bake 3 cups of diced yellow potatoes (1-2 inch pieces). You'll need about 4-5 small or 3 medium potatoes.

#### **Directions:**

1. Preheat oven to 400F/200C
2. Place potatoes on a baking tray, then cook for 45 mins
3. Store in an airtight container in a refrigerator

### **BAKE THE ASPARAGUS**

(makes 2 servings)

#### **Ingredients:**

2 handfuls (about 2 cups) of green asparagus

1 tbsp olive oil

1/2 tsp sea salt

**Directions:**

1. Bake in a baking tray lined with parchment paper at 400F for 20–25 minutes.
2. Store in an airtight container in a refrigerator

**Note:** You may bake the asparagus and tofu listed below at the same time

**BAKE THE TOFU**

cut 2 oz of extra firm tofu into 1–2 inch pieces

1 tsp olive oil

Juice of 1/2 lemon

1 pinch sea salt

1 garlic clove (minced)

**Directions:**

1. Line a baking tray (can be the same as for the asparagus) with parchment paper
2. drizzle 1 tsp olive oil and the juice of 1/2 lemon on top + 1 pinch sea salt and 1 garlic clove (minced).
3. Bake at 400F for 20–25 minutes.
4. Store in an airtight container in a refrigerator

**MAKE THE VEGGIE LASAGNA**

**(2 servings)**

**Ingredients:**

6 GF lasagna pasta sheets (3 layers, 2 sheets per layer)

6 oz extra firm tofu

1 onion, chopped

2 garlic cloves, minced

1 celery stalk, chopped

1/2 cup mushrooms, sliced (thinly)

1/2 zucchini, diced

3 cups spinach

3 tomatoes, diced

3 tbsp tomato paste

1/4 cup veggie broth

2 tbsp olive oil

1/2 tsp sea salt

1 pinch freshly ground pepper  
1 handful fresh basil  
1 tbsp oregano  
1/2 lemon, the juice

**Directions:**

1. Preheat the oven to 375F
2. Remove the excess liquid from the tofu using a kitchen or paper towel. Using a fork, scramble the tofu and mix with the lemon juice and some salt and pepper. Set aside.
3. In a pan, sauté the onion, garlic and celery in the olive oil at medium heat for 5 minutes. Add all other ingredients except the spinach and the pasta sheets.
4. Cook the tomato veggie mix at low to medium heat for 7 minutes.
5. In an oven safe deep dish, layer the pasta sheets, tofu mix and tomato mix.
6. Bake for 30-35 minutes.

**MAKE THE CAULIFLOWER CRUSTS**

(makes 2 crusts)

**Ingredients:**

1 small cauliflower head  
1/2 cup almond meal (ground almonds)  
1 garlic clove, minced  
1 tsp dried oregano  
1/2 tsp sea salt  
3 tbsp ground flax seed  
4 tbsp water

**Directions:**

1. Preheat the oven to 400F.
2. Cook the cauliflower florets in boiling water for about 7 minutes. Drain and let cool (place in the freezer for 5-10 minutes to let it cool faster)
3. Grind the cauliflower in a food processor or in a blender using the pulse function.
4. Place it in a kitchen towel and wring out any extra liquid (very important step!) In a separate small bowl, mix 2 tbsp ground flax seed with 2 tbsp water and set aside until the mixture thickens into an egg-like consistency.
5. Mix the cauliflower with the almond meal, garlic, salt and oregano and add the flax "egg" and the remaining ground flax seed and water.
6. Knead the dough until it's smooth.

7. Line a baking tray with parchment paper and spread the dough out on top (two round shaped pizzas) Bake for 30 minutes
8. Remove from the oven and VERY carefully flip the crust over (lift it with the parchment paper) and bake for 15 more minutes.

## THE RECIPES

### DAY 22 (1938 Cals)

#### BREAKFAST

##### Brownies & Fruit (547 Cals)

Prep time - 1 min/ Total time - 1 min (add 1 minute if you choose to reheat the brownie)

##### Ingredients:

- 1 serving sweet potato brownie (514 Cals)
- 1/4 cup fresh blueberries (21 Cals)
- 1/4 cup fresh strawberries (12 Cals)

##### Directions:

1. Place all ingredients in a bowl and enjoy!

### DAY 22 - LUNCH

##### Burger Patty Bowl (684 Cals)

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

##### Ingredients:

- 2 black bean burger patties (362 Cals)
- 1 cup chopped butter lettuce (7 Cals)
- 1 diced sweet potato (103 Cals)
- 1 serving veggie mix (198 Cals)
- 1 tbsp balsamic vinegar (14 Cals)

##### Directions:

1. Mix all ingredients together in a bowl and enjoy!

## DAY 22 - DINNER

### Coconut Bacon Curry (598 Cals)

Prep time - 2 mins/ Cook time - 5-7 mins/ Total time - 7-9 mins

(The curry recipe will make 2 servings, split in half and keep 1 serving for tomorrow's lunch)

#### Ingredients:

(Note: As half of the curry will be used tomorrow, the calories represent the portion for today's meal)

- 1 can full fat coconut milk (for cooking) 400mL (163 Cals)
- 1/2 cup veggie broth (3 Cals)
- 2 tbsp curry powder (20 Cals)
- 2 serving veggie mix (198 Cals)
- 1 pinch sea salt
- 1 pinch smoked paprika
- 1/2 cup sushi rice, cooked (139 Cals)
- 2 tbsp coconut bacon (75 Cals)
- 1 handful fresh cilantro

#### Directions:

1. Mix the coconut milk, veggie broth and spices in a pot and bring to a boil.
2. Reduce the heat to low-medium and add the veggie mix.
3. Let simmer for 3-5 minutes.
4. Set 1/2 aside for tomorrow and serve the other half over rice.
5. Top with coco bacon and cilantro.

## DAY 22 - SNACK

### Veggies & Nut Butter (108 Cals)

- 3 celery stalks (19 Cals)
- 1 tbsp tahini (89 Cals)

## DAY 23 (2005 Cals)

### BREAKFAST

#### Banana Vanilla Smoothie (403 Cals)

Prep time - 2 mins/ Total time - 2 mins

**Ingredients:**

3 frozen bananas (315 Cals)  
1 cup cashew milk (25 Cals)  
1 1/2 tbsp ground flax seed (45 Cals)  
1 large or 2 small celery stalk(s) (6 Cals)  
1/2 tsp vanilla extract (12 Cals)

**Directions:**

1. Blend all ingredients until smooth and enjoy!

**DAY 23 - LUNCH****Chickpea Curry Bowl (728 Cals)**

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

**Ingredients:**

The remaining curry mix from day 22 (384 Cals)  
1 cup chickpeas (269 Cals)  
2 tbsp coco bacon (75 Cals)

**Directions:**

1. Combine all ingredients in a bowl and enjoy!

**DAY 23 - DINNER****Avocado Sushi & Black Bean Salad (694 Cals)**

Prep time - 2 mins / Total time - 2 mins

**Ingredients:**

1 cup cooked sushi rice (278 Cals)  
2-3 nori sheets (20 Cals)  
1/2 avocado, sliced (114 Cals)  
3 tbsp soy sauce (27 Cals)

**Side salad:**

1/2 cup cooked black beans (120 Cals)  
1 cup chopped butter lettuce (7 Cals)

1 tbsp balsamic vinegar (14 Cals)

1/2 avocado, diced (114 Cals)

**Directions:**

1. Place the nori sheets on a plate or cutting board
2. Layer the rice and avocado on top of the nori sheets, then roll into sushi!
3. Using a sharpened knife, cut the roll into bite size pieces
4. Enjoy!

**SNACK - DAY 23**

**Fruit (179 Cals)**

1 apple (95 Cals)

1 pear (84 Cals)

**DAY 24 (1993 Cals)**

**BREAKFAST**

**Brownies & Fruit (588 Cals)**

Prep time - 1 min/ Total time - 1 min

**Ingredients:**

1 serving brownie (514 Cals)

1/2 banana, sliced (53 Cals)

1/4 cup blueberries (21 Cals)

**Directions:**

1. Combine all ingredients in a bowl and enjoy!

**DAY 24 - LUNCH**

**Sushi Rice Bowl (487 Cals)**

Prep time - 2 mins/ Total time - 2 mins

**Ingredients:**

1/2 cup cooked sushi rice (139 Cals)

1/2 cup cooked chickpeas (134 Cals)

1 serving veggie mix (198 Cals)

1 cup butter lettuce, chopped (7 Cals)

- 1 handful fresh cilantro
- 1 tbsp soy sauce (9 Cals)

**Directions:**

1. Combine all ingredients in a bowl and enjoy!

**DAY 24 - DINNER**

**Portobello Burger (790 Cals)**

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

**Ingredients:**

- 2 large portobello mushroom caps (37 Cals)
- 1 tbsp olive oil (119 Cals)
- 2 black bean burger patties (362 Cals)
- 1 cup chopped butter lettuce (7 Cals)
- 1 sweet potato, diced (103 Cals)
- 2 tbsp coco bacon (76 Cals)
- 1 tomato, sliced (16 Cals)
- 2 tbsp mustard (19 Cals)
- 1 tbsp maple syrup (51 Cals)

**Directions:**

1. Sauté the whole mushroom caps in the olive oil at medium to high heat for about 2 minutes on each side.
2. Reheat the burger patties
3. Top the mushroom caps with the lettuce, burger patties, tomato slices and coco bacon
4. Mix the mustard with the maple syrup and serve everything on a plate (with a side of sweet potato)

**DAY 24 - SNACK**

**Fruit & Peanut Butter (127 Cals)**

- 1 apple (95 Cals)
- 1 tsp peanut butter (32 Cals)

**DAY 25 (2005 Cals)**

## BREAKFAST

### Blueberry Vanilla Rice Pudding (569 Cals)

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

#### Ingredients:

- 1 cup cooked sushi rice (278 Cals)
- 1/2 cup cashew milk (13 Cals)
- 1 tbsp maple syrup (51 Cals)
- 1/2 tsp vanilla extract (6 Cals)
- 1/3 cup frozen blueberries (28 Cals)
- 2 tbsp peanut butter (193 Cals)

#### Directions:

1. Cook the rice, vanilla extract, cashew milk and blueberries in a pot at medium heat for 3 minutes, stir well.
2. Mix in the maple syrup and peanut butter and enjoy.

## DAY 25 - LUNCH

### Coconut Bacon Avocado Toast (531 Cals)

Prep time - 3 mins/ Total time - 3 mins

#### Ingredients:

- 2 slices GF toast (218 Cals)
- 1 avocado, mashed (227 Cals)
- the juice of 1 small (or 1/2 large) lemon (mixed into the mashed avocado)(11 Cals)
- 1 pinch sea salt
- 1 pinch chili flakes (optional)
- 1 pinch ground pepper
- 1 pinch smoked salt (optional)
- 2 tbsp coconut bacon (as topping) (75 Cals)

#### Directions:

1. Toast the Gluten-free bread
2. Using a fork, mash the avocado in with the chili flakes and lemon juice
3. Spread over the toast and top with all other ingredients
4. Enjoy!

## DAY 25 - DINNER

### Creamy Cashew Zoodles (392 Cals)

Prep time - 3 mins/ Total time - 3 mins

#### Ingredients:

2 small (or 1 large) zucchini, spiralized (55 Cals)

#### For the sauce:

1/3 cup cashews, soaked (238 Cals)

1/2 cup sweet corn kernels (67 Cals)

1 garlic clove (4 Cals)

1/3 celery stalk (2 Cals)

1 tbsp chopped onion (5 Cals)

1 tsp nutritional yeast (10 Cals)

1 lemon, the juice (11 Cals)

1 pinch sea salt

1 pinch smoked paprika

1/4 cup water (optional, the less water you use, the creamier the sauce)

#### Directions:

1. Blend all sauce ingredients until smooth. Can be enjoyed raw or cooked. If you're using frozen kernels, definitely cook for at least 2-3 minutes at medium to high heat.
2. Mix in with the zoodles and enjoy!

## DAY 25 - SNACK

1 serving of sweet potato brownie (514 Cals)

## DAY 26 (1953 Cals)

### BREAKFAST

#### Cranberry Banana Peanut Smoothie (596 Cals)

Prep time - 2 mins/ Total time - 2 mins

#### Ingredients:

3 bananas (315 Cals)

- 1/2 cup frozen cranberries (23 Cals)
- 1/2 cup cashew milk (13 Cals)
- 2 tbsp peanut butter (193 Cals)
- 1 tbsp peanuts, chopped (topping) (52 Cals)

**Directions:**

1. Blend the bananas, cranberries, cashew milk and peanut butter until smooth
2. Top with the chopped peanuts and enjoy!

**DAY 26 - LUNCH**

**“Tuna” Sandwich w/ Asparagus (672 Cals)**

Prep time - 2 mins/ Total time - 2 mins

**Directions:**

- 1 serving baked asparagus (27 Cals)
- 2 slices of GF toast (218 Cals)
- 1 cup chickpeas (269 Cals)
- 1 small or 1/2 large can heart of palm hearts (20 Cals)
- 1 lemon, the juice (11 Cals)
- 1 nori sheet (optional) (10 Cals)
- 1 pinch sea salt
- 2 tsp tahini (60 Cals)
- 1 tsp olive oil (40 Cals)
- 1 garlic clove, minced (4 Cals)
- 1/2 celery stalk, very finely chopped (3 Cals)
- 2 tbsp chopped onion (10 Cals)

**Directions:**

1. In a bowl using a fork or potato masher (or else, a food processor), mash the chickpeas and hearts of palm and mix with all other ingredients except the asparagus and toast.
2. Serve the mixture on top of the bread with a side of asparagus on a plate.

**DAY 26 - DINNER**

**Mushroom & Spinach Cauliflower Crust Pizza (472 Cals)**

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

**Ingredients:**

1 cauliflower crust (242 Cals)  
1 cup very thinly sliced mushrooms (you can peel or brush them, but don't wash them with water!) (15 Cals)  
2 cups spinach (14 Cals)  
1 tbsp tomato paste (13 Cals)  
2 tbsp water  
1 pinch sea salt  
1 pinch oregano

**Topping:**

1/4 almonds, ground (188 Cals)

**Directions:**

1. Preheat the oven to 400F
2. Mix the tomato paste with the water, salt and oregano and spread on top of the crust.
3. Top with the spinach and mushrooms and bake for about 10 minutes.
4. Sprinkle the ground almonds on top and enjoy!

**DAY 26 - SNACK**

**Fruit (214 Cals)**

2 oranges (130 Cals)  
1 pear (84 Cals)

**DAY 27 (1989 Cals)**

**BREAKFAST**

**Avocado "Bacon" Savory Breakfast Bowl (626 Cals)**

Prep time - 2 mins/ Total time - 2 mins

**Ingredients:**

1 serving baked potatoes (122 Cals)  
2 oz baked tofu (186 Cals)  
1 avocado, sliced (227 Cals)  
1 tomato, sliced (16 Cals)  
2 tbsp coco bacon (75 Cals)

**Directions:**

1. Mix all ingredients together in a bowl and enjoy!

## DAY 27 - LUNCH

### Asparagus & Pepper Cauliflower Crust Pizza (396 Cals)

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

#### Ingredients:

- 1 cauliflower crust (242 Cals)
- 1 serving asparagus (27 Cals)
- 1/2 yellow bell pepper, sliced (16 Cals)
- 1/2 red bell pepper, sliced (18 Cals)
- 1 tbsp tomato paste (13 Cals)
- 2 tbsp water
- 1 pinch sea salt
- 1 pinch oregano
- 2 tsp olive oil (80 Cals)

#### Directions:

1. Preheat the oven to 400F
2. Mix the tomato paste with the water, salt and oregano and spread on top of the crust.
3. Top with the bell pepper and asparagus and bake for about 10 minutes.
4. Drizzle olive oil over your pizza and Enjoy!

## DAY 27 - DINNER

### Veggie Lasagna (564 Cals)

Prep time - 0 mins/ Total time - 0 mins

#### Ingredients:

- 1 serving veggie lasagna (564 Cals)

#### Directions:

1. Reheat in an oven or pan for 5-10 mins if you'd like or enjoy cold!

## Day 27 - SNACK

### Fruit & Peanut Butter (403 Cals)

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

## DAY 28 (1956 Cals)

### BREAKFAST

#### Blueberry Walnut Pancakes (520 Cals)

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

#### Ingredients:

- 1/2 cup GF all purpose flour (228 Cals)
- 1 tbsp ground flax seed (30 Cals)
- 1 tsp baking powder (optional) (5 Cals)
- 1/3 cup cashew milk (8 Cals)
- 2 tsp maple syrup (34 Cals)
- 1/4 cup frozen blueberries (21 Cals)
- 1 tbsp olive oil (119 Cals)

#### Toppings:

- 2 tsp maple syrup (34 Cals)
- 1 tbsp chopped walnuts (41 Cals)

#### Directions:

1. Mix the pancake ingredients in a bowl using a whisk or a fork and add the frozen blueberries in at the very end.
2. In a pan, heat the olive oil and add the pancake batter when the pan is hot enough (about 2-3 tbsp of batter per pancake).
3. Cook on each side for about 1-2 minutes.
4. Remove excess oil with a paper or kitchen towel and serve with the walnuts and maple syrup.

## DAY 28 - LUNCH

#### Veggie Lasagna (564 Cals)

Prep time - 2 mins/ Total time - 2 mins

#### Ingredients:

- 1 serving of veggie lasagna (564 Cals)

#### Directions:

1. Reheat in an oven or pan for 5–10 mins if you'd like or enjoy cold!

## **DAY 28 - DINNER**

### **Potato Zucchini Soup (744 Cals)**

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

#### **Ingredients:**

2 servings baked potatoes (244 Cals)  
1 zucchini, chopped (55 Cals)  
1 onion, chopped (44 Cals)  
1 garlic clove, minced (4 Cals)  
1 tbsp olive oil (119 Cals)  
2 celery stalks, chopped (13 Cals)  
1 cup veggie broth (11 Cals)  
sea salt and pepper to taste  
1 tbsp nutritional yeast (30 Cals)  
1 slice gluten free toast (109 Cals)

#### **Toppings:**

2 tbsp coco bacon (75 Cals)  
1 tsp olive oil (40 Cals)  
1 pinch chili flakes (optional)  
freshly ground pepper to garnish.

#### **Directions:**

1. In a pot, sauté the zucchini, onion, garlic and celery in the olive oil for 5 minutes.
2. Add the veggie broth and cook at high heat for 5 more minutes.
3. Add the seasonings and potatoes and blend in a blender or using an immersion stick blender.
4. Serve with the toast and toppings and enjoy.

## **Day 28 - SNACK**

### **Veggies & Nuts (128 Cals)**

2 Carrots (50 Cals)  
2 tbsp Almonds (78 Cals)