

Meal Prep 1/2 - Day 21

Prepare the Legumes

You'll need one cup of kidney beans, cooked (which you'll get from 1/3 cup dry weight)

Bake the Sweet Potato Wedges

(2 servings)

Ingredients:

- 1 large or 2 small sweet potatoes cut into wedges
- 2 tbsp olive oil
- 1 handful fresh rosemary
- 2 garlic cloves minced

Directions:

1. Preheat oven to 200C/400F
2. On a baking tray, coat the sweet potato wedges in all other ingredients
3. Bake for 45 minutes at 200C/400F
4. Let cool, then store in an airtight container in a refrigerator

Make the Millet Mushroom Mix

(3 servings)

Ingredients:

- 1 cup millet (dry weight)
- 1 pack mushrooms, thinly sliced
- 1/2 parsnip, very thinly slice
- 3 green onions, chopped
- 2 tbsp olive oil
- 2 garlic cloves, very thinly sliced
- 2 tsp liquid smoke
- dash of sea salt
- dash of pepper
- juice of 1 lemon
- 1 tbsp balsamic vinegar

Directions:

1. Cook the millet according to package instructions.

2. In a separate pan, sauté the parsnip in the olive oil with the garlic for 5 minutes at medium to high heat.
3. Add the celery, green onion, and mushrooms to the pan and sauté for an additional 5 minutes adding the liquid smoke, salt, and pepper towards the end.
4. Mix with the millet, lemon juice, and balsamic vinegar.
5. Store in an airtight container in a refrigerator.

Make the Chickpea Cucumber & Olive Salad (3 servings)

Ingredients:

- 3 cups chickpeas
- 1 red onion, chopped
- 1/2 cup pitted black olives
- 1 celery stalk, thinly sliced
- 1 handful parsley, chopped
- 1/2 handful fresh mint, chopped
- 1/2 pack cherry tomatoes, halved
- 1 tbsp balsamic vinegar
- 1 tsp apple cider vinegar (optional)
- 2 tbsp olive oil
- 1 dash sea salt
- 1 dash pepper

Directions:

1. Prepare and mix all ingredients together in a bowl.
2. Store in an airtight container in a refrigerator.

Make the Lemongrass Garlic Green Beans (2 servings)

Ingredients:

- 1 thumb lemongrass, 2 outer layers removed, sliced very thinly
- 2 cups green beans
- 1 tbsp olive oil
- 1/4 cup almonds, chopped
- 1 garlic clove, minced
- 1 pinch sea salt

1 pinch freshly ground pepper

Directions:

1. Sauté all ingredients in the olive oil at medium to high heat for 4–5 minutes.
2. Let cool, then store in an airtight container in a refrigerator.

**Make the Sweet & Roasted Lemon Brussels Sprouts w/ Shallots
(2 servings)**

Ingredients:

- 2 shallots, chopped
- 1 garlic clove, minced
- 2 cups brussels sprouts, halved and stems removed
- 1 lemon, the juice and the zest
- 1 tbsp olive oil
- 1 tbsp coconut nectar
- 1 pinch sea salt
- 1 pinch freshly ground pepper

Directions:

1. Sauté the shallots, brussels sprouts, and garlic in the olive oil for 5 minutes.
2. Add the lemon juice and zest, then cook for 3 more minutes.
3. Add the coconut nectar at the very end and stir well.
4. Let cool, then store in an airtight container in a refrigerator.

**Make the Sautéed Bell Peppers, Green Onions, & Collard Greens
(2 servings)**

Ingredients:

- 2 bell peppers, sliced
- 1 tbsp olive oil
- 1 garlic clove, minced
- 2 green onions, chopped
- 4 collard green leaves, chopped

Directions:

1. Sauté all ingredients except for the collard greens in the olive oil for 3 minutes.
2. Add the collard greens and cook for an additional 2 minutes.
3. Let cool, then store in an airtight container in a refrigerator.

Make the Tahini Lime Dressing (3 servings)

Ingredients:

3 tbsp tahini
juice of 2 limes
1/3 cup water
1 pinch sea salt

Directions:

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

Freeze the Bananas

Place 3 peeled Bananas in a ziplock bag in a freezer

Meal prep 2/2 - Day 25

Prepare the Legumes

You'll need 1 cup of black lentils, cooked (which you'll get from 1/3 cup dry weight)

You'll need 1 cup of black beans and 1 cup of white beans, cooked (which you'll get from 1/3 cup each dry weight)

Prepare the Sliced & Baked Beets & Sweet Potatoes (2 servings)

Ingredients:

1 large sweet potato (or 2 small), diced into 1-2" pieces
2 beets, peeled and diced into 1-2" pieces

Directions:

1. Bake at 200C/400F for 45 minutes
2. Let cool, then store in an airtight container in a refrigerator

Cook the Shredded Brussels Sprouts & Lacinato Kale (2 servings)

Ingredients:

1 tsp olive oil
2 cups brussels sprouts, stems removed, shredded or chopped
4 leaves lacinato kale, chopped
2 tbsp chopped pecans
juice of 1/2 lemon
sea salt & pepper to taste
2 tbsp cranberries

Directions:

1. Sauté the sprouts in the olive oil for 5 minutes at medium to high heat.
2. Add the kale, pecans, and lemon juice. Then let cook for an additional 3 minutes.
3. Add sea salt, pepper, and cranberries.
4. Mix everything together, let cool, then store in an airtight container in a refrigerator.

Make the Black Lentils & Corn Salad

(2 1/2 servings)

Ingredients:

1 cup black lentils, cooked
1 cup sweet corn kernels
1 celery stalk, chopped
2 green onions, chopped
1/4 cup walnuts, chopped
1 tsp olive oil
1/2 pack cherry tomatoes
1 tbsp balsamic vinegar
Sea salt and pepper to taste

Directions:

1. Sauté the celery and green onions in the olive oil for 3 minutes at medium to high heat.
2. Add the lentils, corn, and walnuts and cook for an additional 3 minutes.
3. Remove from heat and mix with the tomatoes, balsamic vinegar, salt and pepper.
4. Store in an airtight container in a refrigerator.

Make the Black & White Bean Mix

(2 1/2 servings)

Ingredients:

1 cup black beans, cooked
1 cup white beans, cooked
1 tsp olive oil
1 stalk celery
1 chopped yellow onion
1 garlic clove, minced
1/2 parsnip, thinly sliced
2 tbsp chopped walnuts
sea salt & pepper to taste

Directions:

1. Sauté the parsnip, onion, celery, and garlic in the olive oil for 5 minutes at medium to high heat.
2. Add the beans, salt, pepper, and walnuts to the pan and cook for 3 additional minutes.
3. Let cool, then store in an airtight container in a refrigerator.

Make the Tahini Beet Dressing

(3 servings)

Ingredients:

3 tbsp tahini
1 lemon, the juice
1/3 cup water
2 1-inch pieces of baked beets, peeled

Directions:

1. Blend all ingredients until smooth.
2. Store in an airtight container in a refrigerator.

NOTE: Some recipes you may want to reheat. If so, add 2-3 minutes to the prep time =)

DAY 22 (1969 cal)

DAY 22 BREAKFAST

Green Citrus Smoothie (494 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

2 oranges, peels and seeds removed (123 cal)
1 cup spinach (7 cal)

1 1/2 cups frozen mango chunks (206 cal)
3 tbsp hemp seeds (158 cal)
1 handful basil leaves
1 cup water

Directions:

1. Blend all ingredients until you reach a smooth consistency and enjoy!

DAY 22 LUNCH

Lemongrass Mushroom Bowl (609 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

1 serving millet mushroom mix (367 cal)
1/2 serving sautéed bell peppers (54 cal)
1 serving lemongrass garlic green beans (188 cal)

Directions:

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

DAY 22 DINNER

Chickpea Spinach Bowl (415 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

1 serving chickpea cucumber olive salad (347 cal)
2 cups spinach (14 cal)
1/2 serving sautéed bell peppers (54 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 22 SNACK

Fruit & Nut Butter (451 cal)

2 bananas (210 cal)
2 1/2 tbsp peanut butter (241 cal)

DAY 23 (1963 cal)

DAY 23 BREAKFAST

Avocado Toast w/ Orange Slices (517 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

2 slices of GF bread (217 cal)

1 avocado, mashed (227 cal)

1 pinch smoked salt

1 pinch chili flakes

1 lime, the juice (11 cal)

1 orange (on the side, cut into wedges) (62 cal)

Directions:

1. Mash the avocado with the smoked salt, chili flakes, and lime juice.
2. Spread mixture over the toast and enjoy with the orange slices on the side!

DAY 23 LUNCH

Chickpea Brussels Sprouts Bowl (520 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

1 serving chickpea cucumber & olive salad (347 cal)

1 serving sweet and roasted lemon brussels sprouts (149 cal)

2 cups butter lettuce, chopped (10 cal)

1 tbsp balsamic vinegar (14 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 23 DINNER

Lemongrass Bean Bowl (792 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

1 cup cooked kidney beans (225 cal)

1 serving lemongrass garlic green beans (187 cal)

1 serving baked sweet potato wedges (206 cal)

1 serving tahini lime dressing (174 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 23 SNACK

Fruit & Nuts (134 cal)

1 apple (95 cal)

1 tbsp almonds (39 cal)

DAY 24 (1962 cal)

DAY 24 BREAKFAST

Sunrise Smoothie Bowl (646 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

2 bananas (210 cal)

1/2 handful basil leaves

1 cup frozen mango chunks (138 cal)

1 cup soy milk (74 cal)

1 tbsp hemp seed (53 cal)

Toppings:

2 tbsp quick oats (38 cal)

3 tbsp chopped almonds (117 cal)

1/3 cup sliced strawberries (16 cal)

Directions:

1. Blend everything except for the toppings until you reach a smooth consistency.
2. Pour in a bowl, then add toppings and enjoy!

DAY 24 LUNCH

Sweet Potato Chickpea Bowl (534 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 1 serving sweet and roasted lemon brussels sprouts (149 cal)
- 1 serving sweet potato wedges (206 cal)
- 1 cup butter lettuce, chopped (5 cal)
- 1/2 serving chickpea cucumber and olive salad (174 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 24 DINNER

Mushroom Spinach Bowl (576 cal)

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

- 1 serving millet mushroom mix (367 cal)
- 1 cup chopped lacinato kale (28 cal)
- 1 cup spinach (7 cal)
- 1 serving tahini lime dressing (174 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 24 SNACK

Almond Butter Toast (205 cal)

- 1 slice gluten-free toast (109 cal)
- 1 tbsp almond butter (96 cal)

DAY 25 (1971 cal)

DAY 25 BREAKFAST

Peanut Butter Banana Delight (619 cal)

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

- 3 frozen bananas (315 cal)
- 1 tbsp peanut butter (96 cal)
- 1 1/2 cups soy milk (111 cal)
- 1 tsp vanilla extract (optional) (12 cal)

2 tbsp cacao powder (40 cal)
1 tbsp chopped hazelnuts (45 cal)

Directions:

1. Blend all ingredients except for the hazelnuts until you reach a smooth consistency.
2. Top with the hazelnuts and enjoy!

DAY 25 LUNCH

Mushroom Chickpea Bowl (709 cal)

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

1/2 serving millet mushroom mix (182 cal)
1/2 serving chickpea cucumber & olive salad (347 cal)
1 cup chopped butter lettuce (5 cal)
1/2 cup spinach (3 cal)
1 serving tahini lime dressing (172 cal)

Ingredients:

1. Combine all ingredients in a bowl and enjoy!

DAY 25 DINNER

Miso Lemongrass Noodle Bowl (461 cal)

Prep time - 6 mins/ Total time - 6 mins

Ingredients:

1 tbsp miso (34 cal)
3 oz rice noodles (dry weight) (306 cal)
1 1/4 cups water
1 thumb lemongrass, very thinly sliced (1 cal)
1 serving sautéed bell peppers, green onions, and collard greens (108 cal)
1 cup collard greens, chopped (12 cal)
1 handful fresh cilantro, chopped

Directions:

1. Cook the rice noodles in the water (check the package instructions and add more water if necessary, this usually takes about 4–6 minutes).
2. Add the miso paste, bell pepper mix and collard greens and stir well.
3. Top with the cilantro and enjoy!

DAY 25 SNACK

Millet Mushroom Mix (182 cal)

1/2 serving millet mushroom mix (182 cal)

DAY 26 (1984 cal)

DAY 26 BREAKFAST

Fruity Almond Butter Toast (530 cal)

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

- 2 sliced GF toast (217 cal)
- 2 tbsp almond butter (192 cal)
- 1 peach, sliced (58 cal)
- 1/2 cup strawberries, sliced (24 cal)
- 1/4 cup blueberries (21 cal)
- 1 tsp hemp seeds (18 cal)

Directions:

1. Spread almond butter over the toast, then top with all other ingredients and enjoy!

DAY 26 LUNCH

Lentil Kale Bowl (656 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 1 serving black lentils and corn salad (429 cal)
- 1 serving shredded brussels sprouts and lacinato kale mix (123 cal)
- 1 serving tahini beet dressing (104 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 26 DINNER

Portobello Sweet Potato Bowl (705 cal)

Prep time - 8 mins/ Total time - 8 mins

Ingredients:

- 1 portobello mushroom, sliced (18 cal)
- 1 bok choy, chopped (109 cal)
- 1 cup lacinato kale, chopped (28 cal)
- 2 tsp olive oil (80 cal)
- 1 serving black and white bean mix (279 cal)
- 1 serving sweet potato & beet mix (87 cal)
- 1 serving tahini beet dressing (104 cal)

Directions:

1. Sauté the mushroom, bok choy, and kale in the oil for 5 minutes at medium to high heat.
2. Add the black and white bean mix and cook for 2 more minutes.
3. Serve with the potato mix & tahini dressing.

DAY 26 SNACK

Olives (93 cal)

1/2 cup black olives (93 cal)

DAY 27 (1967 cal)

DAY 27 BREAKFAST

Chocolate Hazelnut Oats (512 cal)

Prep time - 4 mins/ Total time - 4 mins

Ingredients:

- 1/2 cup quick oats (153 cal)
- 3/4 cup water
- 1/4 cup soy milk (18 cal)
- 2 tsp coconut nectar (54 cal)
- 1/2 tsp vanilla extract (optional) (6 cal)

Toppings:

- 1 tbsp tahini (89 cal)
- 1 tsp coconut nectar (27 cal)
- 2 tsp cacao powder (13 cal)

2 tbsp chopped hazelnuts (90 cal)

2 tbsp dried cranberries (62 cal)

Directions:

1. Cook the oats in the water for 3 minutes.
2. Add the soy milk, vanilla extract and coconut nectar and mix well.
3. Mix the tahini, coconut nectar and cacao powder to make the chocolate drizzle.
4. Top the oatmeal with the strawberries, drizzle and chopped hazelnuts.

DAY 27 LUNCH

Black and White Sweet Potato Bean Bowl (481 cal)

Prep time - 2 minutes/ Total time - 2 minutes

Ingredients:

1 serving black and white bean mix (280 cal)

1 serving baked sweet potato and beet mix (87 cal)

1/2 mashed avocado (114 cal)

1 handful fresh cilantro

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 27 DINNER

Avocado Olive Bowl (716 cal)

Prep time - 2 mins/ Total - 2 mins

Ingredients:

1 serving black lentils and corn salad (429 cal)

1/2 avocado (diced, 1-2 inch pieces) (114 cal)

1/4 cup black olives, whole, pits removed (47 cal)

1/2 cup spinach (3 cal)

1 serving shredded brussels sprouts and kale mix (123 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 27 SNACK

Fruit (257 cal)

3 slices watermelon (257 cal)

DAY 28 (1971 cal)

DAY 28 BREAKFAST

Almond Fruit Medley (543 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

4 slices watermelon (343 cal)

1 orange, cut into wedges (62 cal)

1 cup strawberries (49 cal)

1 lime, the juice (11 cal)

1/2 handful fresh mint leaves

2 tbsp whole almonds (78 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 28 LUNCH

Legume Power Salad (478 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

1/2 serving black lentils and corn salad (214 cal)

1/2 serving black and white bean mix (140 cal)

1 cup chopped collard greens (12 cal)

1 cup spinach (7 cal)

1 serving tahini beet dressing (105 cal)

1/2 handful fresh herbs

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 28 DINNER

Miso Lemongrass Portobello Bowl (607 cal)

Prep time - 10 minutes/ Total time - 10 minutes

Ingredients:

1 tbsp miso (34 cal)
4 oz rice noodles (dry weight) (415 cal)
1 1/4 cups water
1 thumb lemon grass, very thinly sliced (1 cal)
1 sliced portobello mushroom (18 cal)
1 tsp olive oil (40 cal)
1 bok choy, chopped (99 cal)
1 handful fresh cilantro, chopped
sea salt and pepper to taste

Directions:

1. Cook the rice noodles in the water with the bok choy (check the package instructions and add more water if necessary, this usually takes about 4–6 minutes).
2. Sauté the mushroom in the oil with the lemongrass, sea salt and pepper for 5 min while the pasta is cooking and set aside.
3. Add the miso paste to the pasta and stir well.
4. Top with the mushroom and cilantro and enjoy.

DAY 28 SNACK**Fruit (343 cal)**

4 slices watermelon (343 cal)