

Meal Prep 1/2 - Day 0

Prepare the Adzuki Beans:

2 jars of Adzuki Beans, for 1 1/2 cups needed

Prepare White Beans:

2 jars of white beans, for 1 1/4 cups needed

Prepare the Millet

1 1/4 cup dry, for 3 1/2 cups cooked needed

Cook according to package instructions

Sunflower Seed Dip

(3 servings)

Ingredients:

1/2 cup sunflower seeds
juice of 1 lemon
1 tsp olive oil
1 garlic clove
1 pinch sea salt

Directions:

1. Blend all ingredients until you reach a smooth consistency
2. Place in an airtight container in a refrigerator

Note – If you desire more of a liquid consistency, you may add 1-2 tsp water

Prepare the Grilled Veggies:

(1 serving)

Ingredients:

1/3 eggplant (sliced)

1/3 zucchini (sliced)
1/3 yellow squash (sliced)
1 tbsp olive oil
1 dash sea salt

Directions:

1. Sauté all ingredients in a pan at high heat for 2–3 minutes on each side
2. Remove from stove, let cool, then store in an airtight container in a refrigerator

Steam the Broccoli:

2–3 cups broccoli

Directions:

1. You may either steam or boil the broccoli for 3–5 minutes
2. Let cool, then store in an airtight container in a refrigerator

Freeze the Bananas, Pineapple, and Spiralize Zucchini

Place 6 peeled Bananas in a ziplock bag or reusable container in the freezer Dice 1/2 of 1 pineapple, then freeze

Spiralize 1 zucchini using a vegetable peeler or spiralizer and store in the fridge (you can also do this on day 4)

Meal prep 2/2 - Day 4

Prepare the Corn & Potatoes

4 corn on the cob
7 potatoes

Directions:

1. Cut 2 potatoes into wedges, and the other 5 into cubes
2. Place all potatoes and corn on a baking tray and bake at 200C/400F for 45 mins

**Prepare the Cooked Tofu and Asparagus
(Makes 3 servings)**

24 oz tofu

1 tsp olive oil
1 tsp chili flakes
1 dash sea salt
2 cups asparagus
1 tsp olive oil
1 dash sea salt
juice of 1/4 lemon
lemon zest

Directions:

1. On a baking tray, combine the tofu with 1 tsp olive oil, 1 tsp chili flakes, and 1 dash of sea salt.
2. On the same tray, combine the asparagus with all remaining ingredients
3. Add to the stove 20 mins after corn and potatoes have been cooking, and cook for the remaining 25 minutes.
4. Let cool, then store in an airtight container in a refrigerator

The Recipes

Day 1 (2031 Cals)

Day 1 - Breakfast

Green Smoothie Bowl (511 Cals)

Prep time - 3 mins/Total time - 3 mins

Ingredients:

1 cup orange juice (112 cals)
1 cup frozen pineapple chunks (82 cals)
2 tbsp hemp seeds (105 cals)
1 cup kale (8 cals)
1/2 cup cherries (pitted) (49 cals)
1/4 cup quick oats (77 cals)
2 tbsp almonds (78 cals)

Directions:

1. Blend the orange juice, pineapple, hemp seeds, and kale until you reach a smooth consistency
2. Top with all remaining ingredients and enjoy!

Day 1 - Lunch**Adzuki Bean Bowl (709 Cals)**

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 1/2 cup adzuki beans (147 cal)
- 1 cup arugula (5 cal)
- full serving of prepared grilled veggies (192 cal)
- 1 sliced heirloom tomato (22 cal)
- 1 cup millet (210 cal)
- 1 serving sunflower seed dip (155 cal)

Directions:

1. Combine all ingredients and enjoy!

Day 1 - Dinner**Sweet Almond Broccoli Bowl (716 Cals)**

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

Ingredients:

- 1 cup steamed broccoli (55 cal)
- 1 cup kale (8 cal)
- 1 cup millet (210 cal)
- 1/3 cup almonds (208 cal)
- 1 tbsp coconut nectar (81 cal)
- 1 serving sunflower seed dip (154 cal)
- 1/2 handful fresh parsley

Directions:

1. Sauté the almonds with the coconut nectar on high heat for 2-3 minutes
2. Combine with all other ingredients and enjoy!

Day 1 Snack (95 Cals)

Fruit

1 apple (green or red) (95 cal)

Day 2 (1984 Cals)

Day 2 - Breakfast

Overnight Chia Pudding (567 Cals)

Note: You'll want to prepare this the night of day 1

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

Ingredients:

6 tbsp chia seeds (292 cal)

1 cup cashew milk (25 cal)

1 tbsp coconut nectar (81 cal)

1 tbsp almond butter (96 cal)

1 peach (sliced) (58 cal)

1/4 cup blackberries (15 cal)

Directions:

1. Mix chia seeds, cashew milk, and coconut nectar in a jar, then leave in a refrigerator overnight
2. When you're ready for breakfast, top with all other ingredients and enjoy!

Day 2 - Lunch

Strawberry White Bean Salad (618 Cals)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

1/2 cup white beans (149 cal)

1 1/2 cups strawberries (73 cal)

1 cup millet (210 cal)

1 cup arugula (5 cal)

2 tsp sunflower seeds (34 cal)

1 tbsp olive oil (119 cal)

2 tbsp balsamic vinegar (28 cal)

Directions:

1. Combine the olive oil and balsamic vinegar to make your dressing
2. Combine with all other ingredients and enjoy!

Day 2 - Dinner

Spring Rolls with Peanut Sauce (622 Cals)

Prep time - 5 mins/Total time - 5 mins

Ingredients:

- 4 rice paper wraps (133 cal)
- 1 cup arugula (5 cal)
- 1/4 cup kale (2 cal)
- 1/2 avocado (114 cal)
- 1/2 yellow bell pepper (16 cal)
- 1/2 cup white beans (149 cal)

Dressing:

- 2 tbsp peanut butter (193 cal)
- 1 tbsp tamari sauce (10 cal)

Directions:

1. Prepare rice paper wraps as per package instructions
2. Combine all other ingredients and roll into spring rolls!
3. Mix dressing ingredients together using a fork
4. Dip and Enjoy!

Day 2 Snack (176 Cals)

Fruit

- 3 peaches (176 cal)

Day 3 (2020 Cals)

Day 3 - Breakfast

Strawberry Banana Shake (581 Cals)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

3 frozen bananas (315 cal)
1 cup strawberries (49 cal)
2 tbsp almond butter (192 cal)
1 cup cashew milk (25 cal)

Directions:

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

Day 3 - Lunch**Spring Rolls with Peanut Sauce (548 Cals)**

Prep time - 5 mins/ Total time - 5 mins

Ingredients:

4 rice paper wraps (133 cal)
1 cup arugula (5 cal)
1/4 cup kale (2 cal)
1/2 avocado (114 cal)
1/2 yellow bell pepper (16 cal)
1/4 cup white beans (75 cal)

Peanut Sauce:

2 tbsp peanut butter (193 cal)
1 tbsp tamari sauce (10 cal)

Directions:

1. Prepare rice paper wraps as per package instructions
2. Combine all other ingredients and roll into spring rolls
3. Mix sauce ingredients together using a fork
4. Dip and enjoy!

Day 3 - Dinner**Extra Green Salad (683 Cals)**

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

- 2 cups kale (16 cal)
- 1/2 avocado (114 cal)
- 2 cups arugula (10 cal)
- 1 serving sunflower seed dip (154 cal)
- 1 green apple (95 cal)
- 1 cup adzuki beans (294 cal)

Directions:

1. Combine all ingredients and enjoy!

Day 3 Snack (210 Cals)**Fruit**

- 2 bananas (210 cal)

Day 4 (2009 Cals)**Day 4 - Breakfast****Overnight Oats (604 Cals)**

Note: You'll want to prepare this the night of day 3

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

Ingredients:

- 3/4 cup quick oats (230 cal)
- 1 cup cashew milk (25 cal)
- 1 tbsp coconut nectar (81 cal)
- 2 tbsp peanut butter (193 cal)
- 1/2 cup plant-based yogurt (50 cal)
- 1 plum (25 cal)

Directions:

1. Combine quick oats, cashew milk, and coconut nectar in a jar, then store in a refrigerator overnight
2. When you're ready for breakfast, top with all other ingredients and enjoy!

Day 4 - Lunch

Millet Cucumber Bowl (681 Cals)

Prep time – 3 mins/ Total time – 3 mins

Ingredients:

1 1/2 cups millet (316 cal)
1/2 cucumber (22 cal)
1/3 cup almonds (208 cal)
1/3 tbsp coconut nectar (27 cal)
1 cup arugula (5 cal)
1 cup kale (8 cal)
1 tsp olive oil (40 cal)
1/2 cup plant-based yogurt (50 cal)
juice of 1/2 lemon (5 cal)
Fresh cilantro to garnish

Directions:

1. Combine all ingredients and enjoy!

Day 4 - Dinner

Brown Rice Noodle Veggie Bowl (495 Cals)

Prep time – 6-10 mins/ 6-10 mins

Ingredients:

3 oz brown rice noodles (285 cal)
1 spiralized zucchini (20 cal)
4 radishes (1 cal)
1/2 cucumber (22 cal)
3 tbsp hemp seeds (158 cal)
1 tbsp soy sauce (9 cal)

Directions:

1. Prepare brown rice noodles as per package instructions
2. Combine with all other ingredients and enjoy!

Day 4 Snack (226 Cals)

Fruit

1/2 pineapple (226 cal)

Day 5 (2009 Cals)

Day 5 - Breakfast

Cherry Banana Nicecream (506 Cals)

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

- 3 frozen bananas (315 cals)
- 1 cup cherries (pitted) (97 cals)
- 2 tbsp almonds (94 cals)

Directions:

1. Blend bananas and cherries together until you reach a desire consistency
2. Top with almonds and enjoy!

Day 5 - Lunch

Potato Corn Bowl (745 Cals)

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

Ingredients:

- 1 corn on the cob (99 cals)
- 2 baked potatoes (244 cals)
- 1 avocado (227 cals)
- juice of 1 lime (11 cals)
- 1/2 cup cherry tomatoes (18 cals)
- 1 cup mixed greens (8 cals)
- 1 tbsp balsamic vinegar (14 cals)
- 1 tbsp olive oil (119 cals)
- juice of 1 lemon (5 cals)
- 1 dash of sea salt
- 1 dash of ground pepper

Directions:

1. Mash the avocado with the lime juice, sea salt, and pepper
2. Combine with all other ingredients and enjoy!

Day 5 - Dinner

Asparagus Plate (617 Cals)

Prep time - 5 mins mins/ Total time - 5 mins

Ingredients:

- 1 cup asparagus (27 cals)
- 1 corn on the cob (99 cals)
- 1 cup steamed broccoli (55 cals)
- 1/3 serving cooked tofu (234 cals)
- 1 cup mixed greens (8 cals)
- 2 tbsp almonds (94 cals)

Coconut Mustard:

- 2 tbsp mustard (19 cals)
- 1 tbsp coconut nectar (81 cals)

Directions:

1. Steam or Sauté the broccoli for 2-3 minutes
2. Mix the dressing ingredients together using a fork
3. Combine all ingredients and enjoy!

Day 5 Snack (142 Cals)

Fruit & Nuts

- 1 apple (green or red) (95 cals)
- 1 tbsp almonds (47 cals)

Day 6 (1975 Cals)

Day 6 - Breakfast

Overnight Chocolate Cherry Chia Pudding (537 Cals)

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

Ingredients:

- 6 tbsp chia seeds (292 cals)

- 1 cup cashew milk (25 cal)
- 1 tbsp coconut nectar (81 cal)
- 2 tbsp cacao powder (40 cal)
- 2 plums (sliced) (51 cal)
- 1/2 cup cherries (pitted) (48 cal)

Directions:

1. Mix chia seeds, cashew milk, coconut nectar, and cacao powder in a jar, then store in a refrigerator overnight
2. When you're ready for breakfast, top with all other ingredients and enjoy!

Day 6 - Lunch

Asparagus Strawberry Salad with Avocado Toast (555 Cals)

Prep time – 3 mins/ Total time – 3 mins

Ingredients:

- 2 slices gluten-free toast (218 cal)
- 1 cup asparagus (27 cal)
- 1 cup strawberries (49 cal)
- 3 radishes (1 cal)
- 1 tbsp balsamic vinegar (14 cal)

Avocado Toast

- 1 avocado (227 cal)
- juice of 1 lime (11 cal)
- 1 tbsp chili flakes (8 cal)

Directions:

1. Combine all salad ingredients in a bowl
2. Mash the avocado with lime juice and chili flakes, then spread on gluten-free toast
3. Enjoy!

Day 6 - Dinner

Veggie Tofu Kebabs (767 Cals)

Prep time – 8 mins/ Total time – 8 mins

Ingredients:

1/2 yellow bell pepper (18 cal)
1/2 red onion (14 cal)
1/3 zucchini (7 cal)
1/3 eggplant (57 cal)
1/3 squash (7 cal)
1 cup diced baked potatoes (122 cal)
1/3 serving cooked tofu (234 cal)
1/2 tbsp olive oil (60 cal)

Side Salad

1/2 heirloom tomato (11 cal)
1 cup mixed greens (8 cal)
1 tbsp balsamic vinegar (14 cal)

Coco Mustard:

1 tbsp coconut nectar (81 cal)
2 tbsp mustard (19 cal)

Peanut Sauce:

1 tbsp peanut butter (96 cal)
2 tbsp tamari (19 cal)

Directions:

1. Sauté the onion with olive oil for 3 mins, then add the other veggies and sauté for an additional 5 minutes
2. Mix dressing ingredients together using a fork
3. Combine side salad ingredients in a separate bowl
4. Place all veggies on a skewer, then dip and enjoy!

Day 6 Snack (117 Cals)**Fruit**

2 peaches (117 cal)

Day 7 (2000 Cals)**Day 7 - Breakfast**

Oatmeal and Fruit (530 Cals)

Prep time – 3 mins/ Total time – 3 mins

Ingredients:

- 1/2 cup quick oats (153 cal)
- 1 cup cashew milk (25 cal)
- 1 tbsp coconut nectar (81 cal)
- 1/4 cup strawberries (12 cal)
- 2 tbsp hemp seeds (105 cal)
- 1 peach (sliced) (59 cal)
- 1 green apple (diced) (95 cal)

Directions:

1. Cook the oats in the cashew milk and coconut nectar on high heat for 2-3 minutes on high heat
2. Add all other ingredients and enjoy!

Day 7 - Lunch

Veggie Tofu Kebabs (767 Cals)

Prep time – 8 mins/ Total time – 8 mins

Ingredients:

- 1/2 yellow bell pepper (18 cal)
- 1/2 red onion (14 cal)
- 1/3 zucchini (7 cal)
- 1/3 eggplant (57 cal)
- 1/3 squash (7 cal)
- 1 cup diced potatoes (122 cal)
- 1 serving cooked tofu (234 cal)
- 1 tsp olive oil (40 cal)

Side Salad

- 1/2 heirloom tomato (11 cal)
- 1 cup mixed greens (8 cal)
- 1 tbsp balsamic vinegar (14 cal)

Coco Mustard

- 2 tbsp mustard (19 cal)
- 1 tbsp coconut nectar (81 cal)

Peanut Sauce

- 1 tbsp peanut butter (96 cal)
- 2 tbsp tamari sauce (19 cal)

Directions:

1. Sauté the onion with olive oil for 3 mins, then add the other veggies and sauté for an additional 5 minutes
2. Mix dressing ingredients together using a fork
3. Combine side salad ingredients in a separate bowl
4. Place all veggies on a skewer, then dip and enjoy!

Day 7 Dinner

Corn Veggie Potato Soup (625 Cals)

Prep time – 5 mins/ Total time – 5 mins

Ingredients:

- 1/2 red onion (14 cal)
- 1 tsp olive oil (40 cal)
- 1 zucchini (diced) (20 cal)
- 1 cup vegetable broth (11 cal)
- 2 cups diced baked potatoes (244 cal)
- 1 corn on the cob (99 cal)
- 1/4 cup cherry tomatoes (halved) (9 cal)
- 1 tbsp almonds (chopped) (39 cal)
- 1 tsp olive oil (40 cal)
- 1 slice gluten-free toast (109 cal)

Directions:

1. Remove the corn from the cob using a knife
2. In a pot, sauté the onion with the olive oil for 3 minutes on medium to high heat, then add the zucchini, corn, and potato and sauté for an additional 5 minutes. Then add the vegetable broth and let cool
3. Blend all cooked ingredients until you reach a desired consistency

4. Top with all other ingredients and enjoy!

Day 7 Snack (97 Cals)

1 cup cherries (97 cals)