

Meal Prep 1/2 - Day 14

Prepare the Chili Lime Cauliflower (3 servings)

Ingredients:

- 1 small head of cauliflower (chopped)
- 3 tbsp olive oil
- juice of 2 limes
- 1/2 tsp sea salt
- 1 dash black pepper
- 1/2 tsp chili flakes
- 1 thumb minced ginger root
- 3-5 chopped mint leaves

Directions:

1. Sauté the cauliflower in the olive oil for 4 minutes at medium to high heat
2. Add all other ingredients, mix well, then reduce heat to medium and cook for an additional 3 minutes.
3. Let cool, then store in an airtight container in a refrigerator.

Make the Smokey French Lentil Mushroom & Herb Mix (2 servings)

Ingredients:

- 1 cup dry french lentils
- 2 cups vegetable broth
- 1 tbsp olive oil
- 1 chopped onion
- 2 minced garlic cloves
- 1 pack sliced shiitake mushrooms (about 2 cups worth)
- 1 tbsp liquid smoke
- 1 pinch sea salt
- 1 pinch black pepper
- 1 handful fresh parsley chopped
- 1/2 handful fresh basil chopped

Directions:

1. Cook the lentils in the vegetable broth at medium to high heat for 20-25 minutes.

2. Sauté the onions and garlic in the olive oil at medium to high heat for 3 minutes, then add the mushrooms and cook for an additional 6 minutes.
3. Add the seasonings and liquid smoke when the mixture is almost finished cooking and mix well.
4. Mix the lentils with the mushroom and herb mix, then let cool and store in an airtight container in a refrigerator.

Make the Creamy Tempeh Mix (3 servings)

Ingredients:

- 8 oz tempeh cut into 1-2 inch squares
- 1 chopped onion
- 1 chopped stalk of celery
- 1/2 chopped small zucchini
- 2 minced garlic cloves
- 2 chopped green onions
- 1 tbsp olive oil
- 1/2 cup soaked cashews
- 1/2 tsp smoked paprika
- 1/3 cup vegetable broth
- 1 pinch sea salt

Directions:

1. Sauté the onions, celery, green onions and garlic in the olive oil for 5 minutes at medium heat.
2. Add the tempeh and zucchini, then cook for an additional 3 minutes.
3. In the meantime, blend the cashews with the vegetable broth, smoked paprika, and sea salt.
4. Add the cashew blend to the pan and cook for an additional 2 minutes.
5. Let cool, then store in an airtight container in a refrigerator.

Make the Cranberry Couscous (3 servings)

Ingredients:

- 1/2 cup dry couscous to make 2 cups of cooked couscous
- 1/4 cup chopped pecans
- juice of 1/2 an orange

1 tbsp apple cider vinegar
2 chopped green onions
2 tsp coconut nectar
1/2 tsp turmeric powder
1/4 cup dried cranberries
1 tsp olive oil
1 pinch sea salt

Directions:

1. Cook couscous according to package instructions.
2. Let cool, then mx with all other ingredients and store in an airtight container in a refrigerator.

**Make the White Bean Crunch Salad
(2 servings)**

Ingredients:

2 cups or jars of white beans
1 chopped celery stalk
1/2 chopped small zucchini
1/2 cup chopped cherry tomatoes
1 cup chopped kale
1 handful chopped parsley
1/2 handful chopped mint leaves
1/2 chopped red onions
1 minced garlic clove
1 tbsp apple cider vinegar
1 tsp olive oil

Directions:

1. Mix all ingredients, then store in an airtight container in a refrigerator.

**Make the Apple Beet Cranberry Mix
(2 servings)**

Ingredients:

1 green apple diced
1 beet peeled and grated
1/3 cup dried cranberries
1 tbsp apple cider vinegar

juice of 1 lime
dash of sea salt
dash of pepper

Directions:

1. Mix ingredients together in a bowl, then store in an airtight container in a refrigerator.

**Make the Chocolate Cranberry Granola
(3 servings)**

Ingredients:

1 1/2 cups quick oats (dry)
2 tbsp cacao powder
1/3 cup coconut flakes
1/4 cup coconut nectar
1/3 cup dried cranberries
2 tbsp chopped pecans
2 tbsp chopped almonds
2 tbsp chopped cashews
1 tbsp chia seeds
1 pinch sea salt
1 pinch cinnamon (optional)

Directions:

1. Preheat the oven to 175C/350F
2. Mix all ingredients together thoroughly, then place on a baking tray lined with parchment paper
3. Bake for 15–20 minutes
4. Let cool, then store in an airtight container at room temperature

**Make the Lemon Vinaigrette
(3 servings)**

Ingredients:

juice of 1 lemon
2 tbsp olive oil
2 tbsp apple cider vinegar
1 pinch sea salt

Directions:

1. Mix ingredients together thoroughly, then store in an airtight container in a refrigerator.

Freeze the Bananas

Place 6 peeled Bananas in a ziplock bag or reusable container in the freezer

Meal prep 2/2 - Day 18

Prepare the Legumes

You'll need 2 cups of cooked Pinto Beans. If using dry pinto beans, you'll want to cook 2/3 cup dry weight according to package instructions.

You'll need 1 jar (1 cup) of cooked Kidney Beans. If using dry kidney beans, you'll want to cook 1/3 cup kidney beans dry weight according to package instructions.

Bake the Butternut Beet Mix

(4 servings)

Ingredients:

- 1 butternut squash with skin cut into approx 1 inch pieces
- 2 beets peeled and cut into approx 1 inch pieces
- 2 tbsp olive oil
- 1 pinch sea salt

Directions:

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

Make the Cucumber Lemon Noodle Salad

(2 servings)

Ingredients:

- 6 oz gluten-free noodles (dry weight)
- 1 small chopped cucumber
- juice of 1 lemon
- 4 thinly sliced radishes
- 1/2 cup chopped cherry tomatoes
- 1 minced garlic clove
- 1 handful fresh chopped parsley

2 tsp olive oil
dash of pepper
dash of sea salt

Directions:

1. Cook the noodles according to package instructions.
2. Let cool, then mix with all other ingredients and store in an airtight container in a refrigerator.

**Make the Corn Zucchini Mix
(2 servings)**

Ingredients:

2 chopped green onions
1 minced garlic clove
1 chopped celery stalk
2 chopped zucchinis
1 jar or cup of sweet corn kernels
2 tsp olive oil
1 dash of sea salt
1 dash of pepper

Directions:

1. Sauté the green onions, garlic, celery, and zucchini in the olive oil for 3 minutes at medium to high heat.
2. Reduce heat to medium, then add corn, salt, and pepper
3. Cook for an additional 2–3 minutes, then let cool and store in an airtight container in a refrigerator.

**Make the Coconut Lime Slaw
(2 servings)**

Ingredients:

2/3 very small green cabbage head, finely shredded
1 finely shredded carrot
1/2 200ml can coconut milk
1 tbsp apple cider vinegar
juice of 1 lime
1 tsp coconut nectar
1 handful chopped cilantro

2 tbsp peanuts
dash of sea salt
dash of pepper

Directions:

1. Mix all ingredients together thoroughly, then store in an airtight container in a refrigerator.

DAY 15 (2010 cal)

DAY 15 BREAKFAST

Blueberry Almond Crunch (565 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

1 serving granola (492 cal)
1/2 cup cashew milk (13 cal)
1/3 cup fresh blueberries (28 cal)
1 tsp almond butter (32 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 15 LUNCH

CranApple White Bean Vinaigrette Salad (597 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

1 serving white bean crunch salad (353 cal)
1 serving apple beet cranberry mix (156 cal)
1 serving lemon vinaigrette (88 cal)

Directions:

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

DAY 15 DINNER

Creamy Chili Lime Couscous (743 cal)

Prep time - 2 mins/ Total time - 2 mins (add 2-3 minutes if you choose to reheat the tempeh and cauliflower)

Ingredients:

- 1 serving creamy tempeh (327 cal)
- 1 serving chili lime cauliflower (150 cal)
- 1 cup mesclun (10 cal)
- 1 serving couscous (256 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 15 SNACK

Fruit (105 cal)

- 1 banana (105 cal)

DAY 16 (1978 cal)

DAY 16 BREAKFAST

Citrus Delight Smoothie (529 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 1 cup kale (8 cal)
- 1 cup frozen mango chunks (138 cal)
- 1/2 orange, peeled with seeds removed (31 cal)
- 1/2 apple, seeds removed (47 cal)
- 1/3 pineapple (151 cal)
- 1 cup water and/or ice cubes
- 2 tbsp hemp seed (105 cal)
- 1 tbsp chia seed (49 cal)
- 1 handful basil

Directions:

1. Blend all ingredients until smooth
2. Enjoy!

DAY 16 LUNCH

Chili Lime Vinaigrette Salad (693 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

1 serving white bean crunch salad (353 cal)
1/2 cup arugula (3 cal)
1/2 cup mesclun (5 cal)
1 serving chili lime cauliflower (150 cal)
1 serving lemon vinaigrette (88 cal)
2 tbsp almonds (94 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 16 DINNER

Smokey CranApple Lentil Mix (438 cal)

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

Ingredients:

1 serving smokey french lentils (272 cal)
1 serving apple, beet, and cranberry mix (156 cal)
1 cup mesclun (10 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 16 SNACK

Fruit Salad (229 cal)

1/3 pineapple, diced (151 cal)
1/2 orange, sliced (31 cal)
1/2 apple, sliced (47 cal)

DAY 17 (1996 cal)

DAY 17 BREAKFAST

Coconut Apple Granola Bowl (637 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 1 serving granola (492 cal)
- 1/2 cup coconut yogurt (50 cal)
- 1 diced green apple (95 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 17 LUNCH**Smokey Chili Lime Lentil Bowl (427 cal)**

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

Ingredients:

- 1 serving smokey french lentil mix (272 cal)
- 1 serving chili lime cauliflower (150 cal)
- 1 cup arugula (5 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 17 DINNER**Creamy Almond Parmesan Salad (592 cal)**

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

- 1/2 jar artichoke hearts (43 cal)
- 2 cups arugula (5 cal)
- 4 tbsp almond meal (grated almonds) (137 cal)
- 1 serving creamy tempeh (327 cal)
- 2 tsp olive oil (80 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 17 SNACK**Fruit (246 cal)**

- 1 apple (95 cal)

1/3 pineapple (151 cal)

DAY 18 (1983 cal)

DAY 18 BREAKFAST

Spring Smoothie Bowl (609 cal)

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

1/2 cup frozen raspberries (65 cal)
1 cup frozen mango chunks (138 cal)
1 orange, peeled with seeds removed (62 cal)
2 tbsp hemp seeds (105 cal)
3/4 cup water

Toppings:

2 tbsp chopped almonds (94 cal)
3 tbsp oats (58 cal)
1/4 cup fresh blueberries (21 cal)
1 tbsp coconut flakes (66 cal)

Directions:

1. Blend all ingredients except for the toppings until you reach a smooth consistency
2. Pour mixture into a bowl, then add toppings and enjoy!

DAY 18 LUNCH

Artichoke Couscous Salad (506 cal)

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

1/2 jar artichoke hearts (43 cal)
2 cups arugula (10 cal)
2 tbsp almond meal (grated almonds) (69 cal)
1 serving couscous (256 cal)
1 serving lemon vinaigrette (88 cal)
1 tsp olive oil (40 cal)

Ingredients:

1. Combine all ingredients in a bowl and enjoy!

DAY 18 DINNER

Creamy Cranberry Couscous (583 cal)

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

Ingredients:

- 1 serving creamy tempeh (327 cal)
- 1 serving cranberry couscous (256 cal)
- 1/2 handful fresh cilantro

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 18 SNACK

Fruit & Nut Butter (287 cal)

- 1 sliced apple (95 cal)
- 2 tbsp almond butter (192 cal)

DAY 19 (1989 cal)

DAY 19 BREAKFAST

Peanut Butter Granola w/ Raspberry Sauce (683 cal)

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

- 1 serving granola (492 cal)
- 1/2 cup cashew milk (13 cal)
- 1 tbsp peanut butter (96 cal)
- 1/3 cup frozen raspberries (43 cal)
- 1 tsp coconut nectar (27 cal)
- 1 tsp vanilla extract (12 cal)

Directions:

1. Cook the raspberries with the vanilla extract and coconut nectar in a small pot at high heat for 2-3 minutes, or until you reach a saucy consistency. Be sure to stir well.

2. Combine with all other ingredients and enjoy!

DAY 19 LUNCH

Cucumber Avocado Noodle Bowl (613 cal)

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

- 1 serving cucumber lemon noodle salad (370 cal)
- 2 cups shredded kale (16 cal)
- 1 avocado, (227 cal) 1/2 mashed into the kale, 1/2 diced on top

Directions:

1. Massage 1/2 the avocado into the kale.
2. Combine with all other ingredients and enjoy!

DAY 19 DINNER

Butternut Lime Bean Bowl (517 cal)

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

Ingredients:

- 1 serving baked beets & butternut (98 cal)
- 1 cup pinto beans (244 cal)
- 1 serving coconut lime slaw (165 cal)
- 1 cup mesclun (10 cal)
- 1/2 handful fresh herbs of choice

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 19 SNACK

Fruit (175 cal)

- 3 peaches (175 cal)

DAY 20 (1985 cal)

DAY 20 BREAKFAST

Green Banana Nut Smoothie (546 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

3 frozen bananas (315 cal)

1 cup kale (8 cal)

1 celery stalk (6 cal)

1 cup cashew milk (25 cal)

2 tbsp almond butter (192 cal)

Directions:

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

DAY 20 LUNCH

Coconut Lime Noodle Bowl (535 cal)

Prep time - 2 minutes/ Total time - 2 minutes

Ingredients:

1 serving coconut lime slaw (165 cal)

1 serving cucumber lemon noodle salad (370 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 20 DINNER

Zucchini Almond Kidney Bean Bowl (550 cal)

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

Ingredients:

1 serving corn zucchini salad (137 cal)

1 cup kidney beans (225 cal)

4 tbsp whole almonds (188 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 20 SNACK

Fruit & Nuts (355 cal)

2 peaches (117 cal)

1/3 cup cashews (238 cal)

DAY 21 (2000 cal)

DAY 21 BREAKFAST

Nutty Berry Banana Nicecream (600 cal)

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

1/2 cup frozen raspberries (65 cal)

3 frozen banana (315 cal)

1/4 cup cashew milk (6 cal)

Toppings:

1 tbsp almond butter (96 cal)

1 tbsp cacao powder (20 cal)

1 tbsp maple syrup (51 cal)

1 tbsp chopped almonds (47 cal)

Directions:

1. Blend raspberries, banana, and cashew milk until you reach a smooth consistency
2. Mix the almond butter, cacao powder, and maple syrup together until you reach a saucy consistency
3. Pour the Chocolate Almond Butter Sauce over the nice cream, then top with almonds and enjoy!

DAY 21 LUNCH

Butternut Zucchini Bean Bowl (479 cal)

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

Ingredients:

1 serving corn zucchini salad (137 cal)

1 cup pinto beans (244 cal)

1 serving baked beets & butternut squash (98 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 21 DINNER**Coconut Curry Bowl (806 cal)**

Prep time - 10 minutes/ Total time - 10 minutes

Ingredients:

- 2 servings baked beets & butternut squash (195 cal)
- 1/3 small green cabbage, finely shredded (60 cal)
- 1 tbsp olive oil (119 cal)
- 1 tbsp peanuts (52 cal)
- 1/2 handful cilantro
- 1 200ml can coconut milk for cooking (356 cal)
- 1/4 cup vegetable broth (3 cal)
- 1 dash sea salt
- 1 dash pepper
- 1 tbsp curry powder (21 cal)
- 1 pinch chili flakes

Directions:

1. Sauté the cabbage in the olive oil for 5 minutes at medium heat, then add the sea salt and pepper.
2. Mix the coconut milk, curry powder, and vegetable broth together, then add to the cabbage and olive oil.
3. Continue cooking at medium heat for 5 more minutes.
4. Serve with the baked beets and butternut squash mix, and top with the peanuts and cilantro.
5. Enjoy!

DAY 21 SNACK**Veggies & Nut Butter (115 cal)**

- 3 celery stalks (19 cal)
- 1 tbsp peanut butter (96 cal)