

Meal Prep 1/2 - Day 7

Prep the Quinoa and Black Beans

You'll need 2 cups cooked, which you'll get from 1 cup dry. Cook according to package instructions, then store in an airtight container in a refrigerator.

You'll need 2 cups cooked, which you'll get from about 2 jars of black beans.

Cooked Veggie Mix (3 servings)

Ingredients:

- 1 zucchini, sliced
- 2 onions, chopped
- 2 stalks celery, chopped
- 2 garlic cloves, minced
- 3 carrots, thinly sliced,
- 1/2 cauliflower head, chopped
- 1 tbsp olive oil
- 1 tsp sea salt
- 1 pinch pepper

Directions:

1. Sauté the onions, carrots, garlic, and celery in olive oil for 3 minutes at medium heat.
2. Add all other ingredients and sauté for 7-8 more minutes.
3. Let cool, then store in an airtight container in a refrigerator.

Raw Veggie Mix (3 servings)

Ingredients:

- 2 celery stalks, chopped
- 1/2 purple cabbage head, shredded
- 1 bell pepper, chopped
- 1/2 head cauliflower, processed into cauliflower rice using a knife, food processor or the pulse function of a blender
- juice of about 1/2 lemon
- 1 zucchini, 1, chopped

3 sliced radishes
1 handful chopped cilantro
cherry tomatoes, halved, about 1 cup
3 chopped green onions

Directions:

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

Tomato Salsa

(2 servings)

Ingredients:

2 green onions (chopped)
1 cup cherry tomatoes (chopped)
1 handful cilantro (chopped)
juice of 1 lemon
1 dash of sea salt
1 dash of ground pepper

Directions:

1. Combine all ingredients
2. Store in an airtight container in the refrigerator.

Falafel Balls

(2 servings)

Ingredients:

1 can chickpeas
1 handful parsley
2 cloves garlic, minced
3 green onions, chopped
1 tsp cumin
1 tbsp hemp seed
1/2 tsp sea salt
1 pinch pepper
1/2 tsp cardamom
1 handful cilantro
4 tbsp oat flour (ground oats)
2 tbsp olive oil

Directions:

1. Grind the oats using a blender. 4 tbsp of oats should make 4 tbsp of oat flour. Remove from blender or food processor.
2. Combine all ingredients except for the olive oil and oat flour in a food processor or blender, then use the pulse function until the ingredients are thoroughly mixed together.
3. You'll want to add the oat flour into the mixture as it blends 1 tbsp at a time until all 4 tbsp are used.
4. Roll the resulting mixture into tiny balls or patties, then fry in olive oil at medium to high heat for about 5 minutes making sure they are golden brown on each side.
5. Let cool, then store in an airtight container in the refrigerator.

Spicy Cashew Dressing

(3 servings)

Ingredients:

1/2 cup cashews, soaked
1/2 tsp chili flakes or more if desired (optional)
1/2 tsp smoked paprika
juice of 1 lemon
1 garlic clove
1/3 cup water

Directions:

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

Shiitake Bacon

(3 servings)

Ingredients:

1 tsp liquid smoke
1 1/2 packs shiitake
1/2 tsp sea salt
1 tbsp olive oil
1 tsp tamari sauce

Directions:

1. Slice the shiitake very thinly. Coat with all other ingredients.
2. Bake on a baking tray lined with parchment paper at 400F for 20 minutes.
3. Let cool and store in an airtight container in the fridge.

Freeze the Bananas & Mangos

Place 5 peeled Bananas and 2 cups of mango chunks in separate ziplock bags in the freezer

Meal prep 2/2 - Day 11

Prepare the Yellow Lentil Mix

Ingredients:

You'll need 1 1/2 cups dry lentils to make about 3 1/2 – 4 cups cooked lentils
2 onions chopped
2 garlic cloves minced
2 tbsp olive oil
2 cups vegetable broth
1 dash of sea salt
1 dash of pepper

Directions:

1. In a large pot, sauté the garlic and onions in the olive oil at medium heat for 3 minutes
2. Add the lentil, and continue to cook for 2 additional
3. Add the vegetable broth and let cook until it comes to a boil, then let simmer for 20 minutes. Add salt and pepper to taste.
4. Let cool, then store in an airtight container in a refrigerator.

Prepare the Hasselback Potatoes

(2 servings)

Ingredients:

6 small to medium sized potatoes
1 tbsp olive oil
2 garlic cloves
2 handfuls fresh rosemary
1 dash sea salt
1 dash pepper

Directions:

1. Preheat the oven to 200C/400F
2. Cut the potatoes into thin slices, then place them on a baking tray lined with parchment paper
3. Add all other ingredients on the potatoes
4. Bake for 45 minutes
5. Let cool, then store in an airtight container in a refrigerator

**Prepare the Roasted Rainbow Bell Peppers
(2 servings)****Ingredients:**

- 3 bell peppers (any color)
- 1 tbsp olive oil
- 1 dash sea salt
- 1 dash ground pepper

Directions:

1. Slice the peppers, then sauté in olive oil for 5 minutes at medium heat.
2. Let cool, then store in an airtight container in a refrigerator.

**Cashew Sour Cream
(2 servings)****Ingredients:**

- 1/3 cup cashews
- juice of 1 lemon
- dash of sea salt
- 2 tbsp apple cider vinegar

Directions:

1. Blend all ingredients until a smooth, thick consistency is reached.
2. Store in an airtight container in a refrigerator

Note - This is meant to mimic the texture of sour cream. The taste will be different.

DAY 8 (1977 cal)**DAY 8 BREAKFAST**

Almond Butter Toast w/ Fruit & Almond Milk (610 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

2 slices gluten-free toast (218 cal)
2 tbsp almond butter (192 cal)
1/3 cup raspberries (43 cal)
1/3 cup blueberries (28 cal)
2 tbsp chopped hazelnuts (90 cal)
1 cup almond milk (39 cal)

Directions:

1. Spread the almond butter over the toast
2. Top with raspberries, blueberries, and hazelnuts
3. Enjoy with a glass of almond milk

DAY 8 LUNCH

Shiitake Bacon Falafel Salad (624 cal)

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

Ingredients:

1 serving falafel balls (331 cal)
1 serving raw veggie mix (99 cal)
1 cup spinach (7 cal)
1 serving cashew dressing (124 cal)
1 serving shiitake bacon (63 cal)

Directions:

1. Mix all ingredients together in a bowl, then top with shiitake bacon
2. Enjoy!

DAY 8 DINNER

Black Bean Tacos (636 cal)

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

Ingredients:

2 soft corn tortillas (105 cal)
1 cup cooked black beans (241 cal)
1 serving cooked veggie mix (127 cal)
1 serving shiitake bacon (63 cal)

Coco Mustard:

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

Directions:

1. Place black beans, veggie mix, and shiitake bacon in the tortillas
2. Mix coco mustard together using a fork, then add to tacos
3. Enjoy!

DAY 8 SNACK**Veggies & Nut Butter (109 cal)**

- 1 tbsp almond butter (96 cal)
- 2 celery stalks (13 cal)

DAY 9 (1994 cal)**DAY 9 BREAKFAST****Banana Mango Smoothie (496 cal)**

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 2 bananas (210 cal)
- 1 cup frozen mango (138 cal)
- 1 tbsp almond butter (96 cal)
- 1 cup almond milk (39 cal)
- 2 stalks celery (13 cal)

Directions:

1. Blend all ingredients until smooth
2. Enjoy!

DAY 9 LUNCH**Black Bean Taco Salad (584 cal)**

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

Ingredients:

- 2 soft corn tortillas, shredded (105 cal)

- 1 serving raw veggie mix (99 cal)
- 1 cup cooked black beans (240 cal)
- 1 serving tomato salsa (27 cal)
- 1/2 avocado, diced (113 cal)

Directions:

1. Shred corn tortillas into small strips
2. Combine with all other ingredients and enjoy!

DAY 9 DINNER

Falafel Quinoa Platter (818 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 1 serving falafel balls (331 cal)
- 1 cup cooked quinoa (222 cal)
- 1 serving cooked veggie mix (126 cal)
- 1 serving spicy cashew dressing (139 cal)

Directions:

1. Combine all ingredients and enjoy!

DAY 9 SNACK

Fruit (95 cal)

- 1 apple (95 cal)

DAY 10 (1957 cal)

DAY 10 BREAKFAST

Raspberry Oatmeal (615 cal)

Prep time - 5 mins/ Total time - 5 mins

Ingredients:

- 3/4 cup dry oats (230 cal)
- 1 cup almond milk (39 cal)
- 1/2 cup water
- 1 tbsp coconut nectar (81 cal)
- 1/2 cup raspberries (32 cal)

2 sliced apricots (34 cal)
1/2 tsp vanilla extract (6 cal)
2 tbsp peanut butter (193 cal)

Directions:

1. Cook the oats in 1/2 cup water on high heat for 2 minutes
2. Reduce heat to low - medium, then add almond milk and let simmer for 3 minutes
3. Add the coconut nectar, then serve in a bowl topped with all other ingredients
4. Enjoy!

DAY 10 LUNCH

Hazelnut Fig Spinach Quinoa Salad (684 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

1/4 cup chopped hazelnuts (180 cal), mixed with 1 tbsp coco nectar (81 cal)
1 cup cooked quinoa (222 cal)
2 cups spinach (14 cal)
3 fresh figs, halved (63 cal)
1 serving cashew dressing (124 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 10 DINNER

Smokey Mushroom Tacos (473 cal)

Prep time - 5 mins/ Total time - 5 mins

Ingredients:

1/2 pack fresh shiitake mushrooms, sliced (12 cal)
1 tbsp olive oil (119 cal)
2 soft corn tortillas (105 cal)
1 serving cooked veggie mix (126 cal)
1 serving shiitake bacon (63 cal)
1 serving tomato salsa (27 cal)
1 tsp liquid smoke (18 cal)
1 green onion chopped (3 cal)

Directions:

1. Sauté the green onions and shiitake in the olive oil for 3 min, then add liquid smoke
2. Add the cooked veggie mix and cook for 2 more minutes.
3. Let cool, then construct into tacos and enjoy!

DAY 10 SNACK**Fruit (185 cal)**

3 oranges (185 cal)

DAY 11 (2012 cal)**DAY 11 BREAKFAST****Chocolate Hazelnut Banana Nicecream (560 cal)**

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

- 3 frozen bananas (315 cal)
- 1/2 cup almond milk (19 cal)
- 1 tbsp peanut butter (96 cal)
- 2 tbsp hazelnuts chopped (90 cal)
- 2 tbsp cacao powder (40 cal)

Directions:

1. Blend the frozen bananas with almond milk and all ingredients except for hazelnuts until you reach a smooth, thick consistency.
2. Top with chopped hazelnuts and enjoy!

DAY 11 LUNCH**Avocado Toast w/ Chickpea Salad (735 cal)**

Prep time - 4 mins/ Total time - 4 mins

Ingredients:

- 1 slice of GF toast (108 cal)
- 1/2 avocado, mashed (114 cal)
- 1 pinch smoked paprika (1 cal)
- 1 pinch sea salt

Chickpea Salad:

- 1 serving raw veggie mix (99 cal)
- 1/2 cup spinach (3 cal)
- 1 cup cooked chickpeas (269 cal)
- 1/2 avocado, diced (113 cal)
- 2 tbsp balsamic vinegar (28 cal)

Ingredients:

1. Spread 1/2 an avocado over 1 slice of gluten-free toast, then top with all other avocado toast ingredients.
2. Combine ingredients for salad in a bowl, then enjoy!

DAY 11 DINNER**Creamy Spinach Nutmeg Pasta (609 cal)**

Prep time - 11 mins/ Total time - 11 mins

Ingredients:

- 1/2 zucchini, sliced very thinly (17 cal)
- 1 cup spinach (7 cal)
- 1 tsp olive oil (40 cal)
- sea salt and pepper to taste
- 3 oz (dry weight) GF spaghetti (300 cal)
- 1/3 cup sun-dried tomatoes (35 cal)

For the Dressing:

- 1/4 cup soaked cashews (178 cal)
- 1/2 tsp nutmeg (6 cal)
- 1 pinch sea salt
- the juice of 1/2 lemon (5 cal)
- 1/4 cup water
- 1/2 diced zucchini (17 cal)
- 1 garlic clove (4 cal)
- 1 pinch of pepper

Directions:

1. Cook gluten-free pasta according to package instructions.
2. Sauté the sliced zucchini in the olive oil for 3 min at high heat
3. Add the spinach to the pan, reduce heat to medium and cook for 1-2 more minutes.
4. Blend dressing ingredients together until you reach a smooth consistency
5. Combine all ingredients and enjoy!

DAY 11 SNACK

Fruit (105 cal)

1 banana (105 cal)

DAY 12 (2010 cal)

DAY 12 BREAKFAST

Chia Vanilla Fig Pudding (513 cal)

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

Ingredients:

- 6 tbsp chia seeds (292 cal)
- 3 fresh figs (89 cal)
- 1 cup almond milk (39 cal)
- 1 tbsp coconut nectar (81 cal)
- 1 tsp vanilla extract (12 cal)

Directions:

1. On the night of Day 11, mix the chia seeds with the coconut nectar, vanilla extract, and almond milk in a jar, then store in a refrigerator overnight.
2. When you're ready for breakfast, combine with all other ingredients and enjoy!

DAY 12 LUNCH

Purple Cabbage Lentil Boats (692 cal)

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

- 2 purple cabbage leaves (used as taco shells) (14 cal)
- 2 cups yellow lentil mix (498 cal)
- 1/2 serving roasted bell peppers (58 cal)
- 1 handful fresh parsley

5 sun-dried tomatoes, chopped (22 cal)

Coco-Mustard:

2 tbsp mustard (19 cal)

1 tbsp coconut nectar (81 cal)

Directions:

1. Mix dressing ingredients together using a fork.
2. Combine all ingredients and enjoy!

DAY 12 DINNER

Hasselback Potatoes w/ Side Salad (726 cal)

Prep time - 5 mins/ Total time - 5 mins

1 serving hasselback potatoes (432 cal)

1 handful fresh cilantro

1 serving cashew sour cream (131 cal)

Side Salad:

1/2 head romaine lettuce, chopped (53 cal)

1/2 cup cherry tomatoes (18 cal)

2 sliced radishes (0 cal)

1 tbsp balsamic vinegar for the side salad (14 cal)

2 tbsp almonds (topping for the salad) (78 cal)

Directions:

1. Reheat potatoes for 2-3 minutes, then combine with cilantro and cashew sour cream
2. Assemble side salad in a bowl and enjoy!

DAY 12 SNACK

Veggies & Nut Butter (77 cal)

2 celery stalks (13 cal)

2 tsp peanut butter (64 cal)

DAY 13 (2007 cal)

DAY 13 BREAKFAST

Tropical Smoothie (447 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 1 cup frozen mango chunks (138 cal)
- 1 peeled orange (remove seeds if possible) (112 cal)
- 1 tbsp hemp seed (53 cal)
- 1 banana (105 cal)
- 1 cup almond milk (39 cal)

Directions:

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

DAY 13 LUNCH

Potato Bowl w/ Roasted Bell Peppers (802 cal)

Prep time - 5 minutes/ Total time - 5 minutes

Ingredients:

- 1 serving roasted bell peppers (115 cal)
- 1 serving hasselback potatoes (432 cal)
- 1/2 cup yellow lentil mix (124 cal)
- 1 serving cashew sour cream (131 cal)

Directions:

1. Reheat the potatoes and bell peppers for 2-3 minutes
2. Combine all ingredients and enjoy!

DAY 13 DINNER

Peanut Veggie Pasta (642 cal)

Prep time - 9 mins/ Total - 9 mins

Ingredients:

- 3 oz (dry weight) GF spaghetti, cooked (300 cal)
- 1/4 head (equivalent of about 1-2 cups) shredded purple cabbage (65 cal)
- 1/2 bell pepper (red, orange or yellow), thinly sliced (18 cal)
- 1/2 carrot, peeled and sliced very thinly or spiralized (12 cal)
- 1 tbsp cashews, chopped (topping) (44 cal)

Sauce:

- 2 tbsp peanut butter (193 cal)
- 1 tbsp tamari sauce (10 cal)
- 1 tbsp water
- 1 pinch sea salt
- 1 pinch chili flakes (optional)

Directions:

1. Cook pasta according to package instructions
2. Combine all sauce ingredients and mix together until you reach a desired consistency
3. Combine all ingredients and enjoy!

DAY 13 SNACK**Fruit (116 cal)**

- 1 apple (95 cal)
- 1/4 cup blueberries (21 cal)

DAY 14 (2009 cal)**DAY 14 BREAKFAST****Raspberry Banana Smoothie Bowl (545 cal)**

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

- 3 frozen bananas (315 cal)
- 1 cup almond milk (39 cal)
- 1 stalk celery (6 cal)
- 2 tbsp oats (mixed in) (38 cal)
- 2 tbsp oats (topping) (38 cal)
- 1 tsp hemp seed (17 cal)
- 1/4 cup raspberries (16 cal)
- 1/2 orange sliced (31 cal)
- 1 tbsp chopped hazelnuts (45 cal)

Directions:

1. Blend bananas, almond milk, celery, and 2 tbsp oats until you reach a smooth consistency
2. Pour into a bowl, then top with all other ingredients and enjoy!

DAY 14 LUNCH

Chickpea Romaine Boats (514 cal)

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

- 1 cup cooked chickpeas (269 cal)
- 1/4 head (equivalent of about 1-2 cups) shredded purple cabbage (65 cal)
- 1/2 bell pepper (red, orange or yellow), thinly sliced (18 cal)
- 1/2 carrot, peeled and sliced very thinly or spiralized (12 cal)
- 1 tbsp cashews, chopped (topping) (45 cal)
- 3 romaine lettuce leaves (3 cal)

Peanut Sauce:

- 1 tbsp peanut butter (96 cal)
- 2 tsp tamari sauce (6 cal)
- 1 tbsp water
- 1 pinch sea salt (0 cal)
- 1 pinch chili flakes (optional)
- 1 handful cilantro (topping)

Directions:

1. Combine all sauce ingredients and mix together until you reach a desired consistency.
2. Combine all ingredients, place in the romaine leaves and enjoy!

DAY 14 DINNER

Carrot Coconut Curry Lentil Soup (757 cal)

Prep time - 7 minutes/ Total time - 7 minutes

Ingredients:

- 1 zucchini, diced (33 cal)
- 1 green onion, chopped (3 cal)
- 1 tsp olive oil (40 cal)
- 1 cup yellow lentil mix, cooked (249 cal)
- 1 carrot (small), chopped (25 cal)
- 1/2 cup vegetable broth (5 cal)
- 1 small can of coconut milk (200mL) (356 cal)
- 1 tsp curry powder (optional) (7 cal)

Topping:

- 1/2 handful fresh cilantro
- 1 tbsp almonds, chopped (39 cal)

Directions:

1. Sauté green onion, zucchini, and carrot in olive oil at medium heat for 5 minutes
2. Add the yellow lentil mix, vegetable broth, curry powder, and coconut milk, then cook for an additional 2 minutes.
3. Blend all ingredients until you reach a desired consistency for your soup
4. Cook for an additional 3 minutes
5. Top with cilantro and almonds, then enjoy!

DAY 14 SNACK**Fruit & Nut Butter (190 cal)**

- 1 apple (95 cal)
- 2 tsp peanut butter (64 cal)
- 1/2 orange (31 cal)