

Meal Prep 1/2 - Day 0

Prepare the Quinoa

You'll need 4 cups of cooked quinoa, which you'll get from 1 1/3 cup dry quinoa. Cook according to package instructions.

Prepare the Baked Veggies & Beets (4 servings) (1 serving)

Roasted Veggies Ingredients:

2 zucchini, thinly sliced
2 yellow squash, thinly sliced
2 carrots, chopped,
2 red bell peppers, sliced
1 tbsp olive oil
1/2 tsp Himalayan pink salt

Beets Ingredients:

2 small beets or 1 large, diced (approximately 1 cup measured)

Directions:

1. Preheat oven to 200C/400F
2. On a baking tray lined with parchment paper, separate the Roasted Veggies from the Beets
3. Bake everything for 45 minutes
4. Let cool, then store Roasted Veggies in an airtight container in a refrigerator. (The Beets are for the following recipe!)

Make the Garlicky Kale with Chickpeas (2 servings)

Ingredients:

2 cups of cooked chickpeas (set liquid aside in an airtight container in a refrigerator. You'll need it for day 1 breakfast!)

1 tbsp olive oil
1/2 tsp Himalayan pink salt
1 pinch freshly ground pepper
1/2 tsp chili powder

- 1 lemon, the juice
- 2 garlic cloves, thinly sliced
- 1 tsp olive oil
- 1 cup baked beets (from earlier prep)
- 4 cups shredded kale

Directions:

1. In a small pan, heat 1 tsp olive oil and sauté the garlic slices at high heat for about 2–3 minutes or until they look a golden “toasted” color. Remove the garlic from the pan and set aside.
2. Add 1/2 tbsp olive oil to the pan and add the chickpeas, chili powder, salt and pepper, then cook for 2 minutes.
3. Massage the kale with the remaining olive oil (1/2 tbsp) and lemon juice, then mix together with all other ingredients.
4. Let cool, then store in an airtight container in a refrigerator.

**Make the Creamy Sweet Potato Mash
(2 servings)**

Ingredients:

- 3 sweet potatoes, peeled and diced
- 2 celery stalks, chopped
- 1 red onion, chopped
- 2 green onions, chopped
- 1 garlic clove, minced,
- 1 red bell pepper, chopped
- 1 handful fresh parsley or dill, chopped

For the Creamy Dressing:

- 1/2 cup cashews, soaked
- 1/4 tsp Himalayan pink salt
- 1/2 tsp Kala namak black salt
- 1 pinch freshly ground pepper
- 1 lemon, the juice
- 1 tsp mustard
- 1 tsp apple cider vinegar
- 1 tsp olive oil
- 1/4 cup water

Directions:

1. Boil the diced sweet potatoes for about 15–20 minutes then let cool.
2. Pour all Creamy Dressing ingredients into a blender or food processor, and blend until you reach a smooth consistency.
3. Mix the potatoes, veggies, and dressing together. Then store in an airtight container in the fridge.

Make the Quinoa Walnut Salad**(3 servings)****Ingredients:**

- 3 cups cooked quinoa
- 1 green apple, diced
- 2 celery stalks, chopped
- 1/3 cup raisins
- 1/4 cup dried cranberries
- 3 cups arugula
- 2 green onions, chopped
- 1/3 cup walnuts, chopped
- 1 tbsp olive oil
- 1/2 orange, the juice
- 2 tsp apple cider vinegar
- 1 handful fresh mint, chopped
- 1/2 tsp Himalayan pink salt

Directions:

1. Mix all ingredients in a bowl and store in the fridge.

Make the Spicy Sunflower Seeds**(4 servings of 2 tbsp each)****Ingredients:**

- 1/2 cup (8 tbsp) sunflower seeds
- 2 tsp olive oil
- 1 tsp chili flakes
- 1 pinch chili powder
- 1 pinch Himalayan pink salt
- 1 pinch smoked paprika

Directions:

1. Heat the olive oil in a pan at high heat, then add the sunflower seeds and let cook for 1 minute.
2. Add all other ingredients into the pan. Mix well, then cook for an additional 30 seconds to 1 minute.
3. Remove excess oil from pan using a paper towel, then let cool and store in an airtight container at room temperature.

Freeze the Bananas

You'll want to peel then freeze 4 bananas in a ziplock bag

Meal prep 2/2 - Day 4

Prepare the Butternut Squash & Beets

Ingredients:

- 1/2 butternut squash, diced
- 1/2 butternut squash, cut into wedges
- 3 large or 6 small golden beets, peeled and cut into 1-2" pieces

Directions:

1. Preheat oven at 200C/400F
2. Place all ingredients on a baking tray
3. Bake for 45 minutes
4. Let cool

Prepare the Butternut Macaroni Salad (2 servings)

Ingredients:

For the pasta:

5oz (dry weight) GF macaroni, cooked according to package instructions

For the sauce:

- 1/2 butternut squash, baked and diced
- 2 tbsp nutritional yeast
- 1 lemon, the juice
- 1/4 cup cashews, soaked

2 tsp cornstarch
1/2 tsp smoked paprika
2 tbsp almond milk
1/2 Himalayan pink salt
1 tsp mustard
1/4 celery stalk
1 garlic clove
1/4 cup water

Other ingredients:

2 tbsp sliced almonds,
3/4 celery stalk, chopped
2 green onions, chopped
1 cup swiss chard, chopped

Directions:

1. Cook pasta according to package instructions.
2. Blend all sauce ingredients together until you reach a desired consistency, then mix with the pasta and all other ingredients.
3. Let cool, then store in an airtight container in a refrigerator.

**Prepare the Swiss Chard Salad
(2 servings)**

Ingredients:

2 cups swiss chard, chopped
2 cups arugula
2 cups kidney beans, cooked
1/4 cup walnuts, chopped
2 tbsp sliced almonds
1 tbsp olive oil
1 lemon, the juice
2 tbsp dried cranberries
Sea salt and pepper to taste

Directions:

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

**Make the Beets & Herbs
(3 servings)**

Ingredients:

Baked golden beets (from earlier prep)
1 tbsp apple cider vinegar
1 tbsp olive oil
2 handfuls of parsley, finely chopped
1 handful of chives, finely chopped (optional)
Sea salt and pepper to taste

Directions:

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

**Make the Sweet Veggie Mix
(3 servings)****Ingredients:**

1 cup snow peas
1 orange bell pepper, sliced
1 green bell pepper, sliced
1 carrot (cut in half and then sliced very thinly lengthwise)
2 green onions, chopped
1/2 tsp chili flakes
2 garlic cloves thinly sliced
2 tsp olive oil
1 thumb ginger root, grated
1/2 lemon, the juice
1 tbsp maple syrup
Sea salt and pepper to taste

Directions:

1. Cook the veggies in the olive oil at medium heat for 5 minutes.
2. Add the chili flakes, ginger, sea salt, pepper, and lemon juice, then cook for an additional 2 minutes.
3. Add the maple syrup at the very end, then 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 1 (2006 cals)

DAY 1 BREAKFAST

Fruity French Toast (528 cal)

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

Ingredients:

- 1/4 cup aquafaba (liquid from a chickpea can)(11 cal)
- 1/4 cup almond milk (10 cal)
- 1/2 tsp kala namak black salt
- 1/4 tsp ground turmeric
- 3 slices of GF toast (326 cal)
- 2 tbsp shredded coconut (66 cal)
- 1/2 cup sliced strawberries (24 cal)
- 1 tbsp maple syrup (51 cal)
- 1 tsp olive oil for cooking (40 cal)

Directions:

1. Mix the aquafaba with the almond milk, black salt, and turmeric in a bowl or deep plate.
2. Marinate the toast in the mix until it's fully absorbed.
3. Cook the toasts in a pan the the oil at high heat for 1-2 minutes on each side.
4. Mix the strawberries with the shredded coconut, then place it on top of the cooked toasts and drizzle with maple syrup.
5. Enjoy!

DAY 1 LUNCH

Spicy Sweet Potato Mash Bowl (529 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 1 serving creamy sweet potato mash (403 cal)
- 1/2 cup kale, chopped (4 cal)
- 2 tbsp (1 serving) spicy toasted sunflower seeds (122 cal)

Directions:

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

DAY 1 DINNER

Quinoa Walnut Salad (639 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 1 serving quinoa walnut salad (484 cal)

1 serving baked veggies (116 cal)
1 tbsp sliced almonds (39 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 1 SNACK

Fruit & Nuts (310 cal)

3 peaches (176 cal)
3 tbsp cashews (134 cal)

DAY 2 (1998 cal)

DAY 2 BREAKFAST

Sweet Toasted Coconut Pistachio Quinoa (661 cal)

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

Ingredients:

1 cup cooked quinoa (222 cal)
1/3 cup shredded coconut (176 cal)
2 tbsp pistachios (86 cal)
1/2 green apple, diced (47 cal)
1 peach, sliced (58 cal)
1/4 cup blueberries (21 cal)
1 tbsp maple syrup (51 cal)

Directions:

1. Cook the coconut in a pan at high heat for 1 minute.
2. Reduce heat to medium, then add the cooked quinoa and cook for an additional 2 minutes.
3. Remove pan from stove, then mix with all other ingredients and enjoy!

DAY 2 LUNCH

Garlicky Kale w/ Chickpea Bowl (604 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

1 serving garlicky kale with chickpeas and beets (435 cal)
1 serving baked veggies (116 cal)

Dressing:

2 tbsp mustard (19 cal) mixed with 2 tsp maple syrup (34 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 2 DINNER

Creamy Sweet Potato Bowl (526 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 1 serving creamy sweet potato mash (403 cal)
- 1 serving baked veggies (116 cal)
- 1 cup swiss chard, chopped (7 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 2 SNACK

Fruit & Nut Butter (206 cal)

- 1 1/2 apples (142 cal)
- 2 tsp peanut butter (64 cal)
- (Spread Peanut Butter over sliced apples or enjoy separately)

DAY 3 (1980 cal)**DAY 3 BREAKFAST**

Nutty Banana Nicecream w/ Fruit (485 cal)

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

- 2 frozen bananas (210 cal)
- 1/4 cup almond milk (10 cal)
- 1/2 tsp vanilla extract (6 cal)
- 1 tbsp peanut butter (96 cal)

Toppings:

- 3 tbsp walnuts, chopped (123 cal)

3 sliced strawberries (12 cal)
1/3 cup blueberries (28 cal)

Directions:

1. Blend everything except for the toppings until you reach a smooth ice cream like consistency.
2. Scoop into a bowl, then add toppings and enjoy!

DAY 3 LUNCH

Quinoa Walnut Salad w/ Veggies (607 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

1 serving quinoa walnut salad (484 cal)
1 serving baked veggies (116 cal)
1 cup swiss chard, chopped (7 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 3 DINNER

Spicy Garlicky Kale Bowl (557 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

1 serving garlicky kale with chickpeas and beets (435 cal)
2 tbsp spicy toasted sunflower seeds (122 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 3 SNACK

Fruit & Nuts (331 cal)

2 cups of grapes (any color) (208 cal)
3 tbsp walnuts (123 cal)

NOTE: You'll want to prepare tomorrow's breakfast tonight!

DAY 4 (1971 cal)

DAY 4 BREAKFAST

Blueberry Chia Parfait (487 cal)

Prep time - 3 mins + overnight/ Total time - 3 mins + overnight

Ingredients:

- 6 tbsp chia seeds (292 cal)
- 1 1/2 cups almond milk (58 cal)
- 1 tbsp maple syrup (51 cal)
- 1/2 tsp vanilla extract (6 cal)
- 1 pinch Himalayan pink salt
- 1/4 them ginger, grated (optional) (5 cal)

Toppings:

- 1/2 green apple, diced (47 cal)
- 1/3 cup blueberries (28 cal)

Directions:

1. On the night of day 3, mix the almond milk, chia seeds, ginger, salt, vanilla, and maple syrup using a fork or whisk, then store in a fridge overnight.
2. When you're ready for breakfast, add the toppings and enjoy!

DAY 4 LUNCH

Chickpea "Egg" Sandwich (589 cal)

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

- 2 slices GF toast (218 cal)
- 1 cup cooked chickpeas (269 cal)
- 1/4 - 1/2 tsp kala namak black salt
- 1/2 lemon, the juice (5 cal)
- 1 tbsp tahini (89 cal)
- 1 garlic glove, minced (5 cal)
- 1 green onion, chopped (3 cal)
- 1 pinch freshly ground pepper
- 1/2 handful chives, chopped

Directions:

1. Mash the chickpeas, and mix with the salt, lemon juice, tahini, garlic, green onions, and pepper.

2. Place the mix in between the 2 slices of bread, then top with chives and enjoy!

DAY 4 DINNER

Kale & Walnut Quinoa Salad (570 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 1 serving Quinoa walnut salad (484 cal)
- 1 cup kale, shredded (8 cal)
- 2 tbsp sliced almonds (78 cal)

Directions:

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

DAY 4 SNACK

Fruit Salad (324 cal)

- 2 mangos (275 cal)
 - 1 cup strawberries (49 cal)
- (Slice the fruit and mix with a bit of fresh lemon juice for a fun fruit salad!)

DAY 5 (1987 cal)

DAY 5 BREAKFAST

Nutty Green Smoothie Bowl (584 cal)

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

- 2 frozen bananas (210 cal)
- 1/2 cup almond milk (19 cal)
- 1 cup kale (8 cal)
- 2 tbsp peanut butter (193 cal)

Toppings:

- 2 tbsp dried cranberries (62 cal)
- 1 peach, sliced (59 cal)
- 1 tbsp shredded coconut (33 cal)

Directions:

1. Blend main ingredients together until you reach a smooth consistency.

2. Pour into a bowl, then add toppings and enjoy!

DAY 5 LUNCH

Spicy Butternut Macaroni Salad Bowl (414 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 1 serving butternut macaroni salad (209 cal)
- 1 serving beets & herbs (83 cal)
- 2 tbsp (1 serving) spicy toasted sunflower seeds (122 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 5 DINNER

Swiss Butternut Avocado Bowl (715 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 1/4 baked butternut, cut into wedges (21 cal)
- 1 serving swiss chard salad (467 cal)
- 1 avocado, sliced (227 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 5 SNACK

Veggies & Nut Butter (276 cal)

- 3 carrots, sliced (75 cal)
- 3 celery stalks (19 cal)
- 1 sliced bell pepper (37 cal)
- 1.5 tbsp peanut butter (145 cal)

DAY 6 (1986 cal)

DAY 6 BREAKFAST

Rise N Shine Smoothie (582 cal)

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

2 bananas (210 cal)
2 cups frozen mango chunks (275 cal)
1/2 cup almond milk (19 cal)

Toppings:

2 tbsp sliced almonds (78 cal)

Directions:

1. Blend all main ingredients until you reach a smooth consistency.
2. Add almonds and enjoy!

DAY 6 LUNCH**Butternut Tahini Beet Bowl (604 cal)**

Prep time - 2 minutes/ Total time - 2 minutes

Ingredients:

1/4 baked butternut squash, cut into wedges (82 cal)
1 serving herb beets (83 cal)
1 serving sweet veggie mix (107 cal)
1 cup arugula (5 cal)
1 avocado (227 cal)

Dressing:

1 tbsp tahini (89 cal) mixed with the juice of 1 lemon (11 cal), 1 tbsp of water and 1 pinch of sea salt

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 6 DINNER**Spicy Macaroni Veggie Bowl (438 cal)**

Prep time - 2 mins/ Total - 2 mins

Ingredients:

1 serving butternut macaroni salad (209 cal)
1 serving sweet veggie mix (107 cal)
2 tbsp (1 serving) spicy toasted sunflower seeds (122 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 6 SNACK

Fruit & Nuts (360 cal)

- 2 apples (189 cal)
- 2 tbsp cashews (89 cal)
- 2 tbsp walnuts (82 cal)

DAY 7 (1963 cal)

DAY 7 BREAKFAST

Blueberry Walnut Pancakes (522 cal)

Prep time - 3 mins/ Cook time - 4 minutes/ Total time - 7 mins

Ingredients:

- 1/4 cup almond milk (10 cal)
- 2 tsp apple cider vinegar (5 cal)
- 1 tsp maple syrup (17 cal)
- 2 tsp chia seeds mixed with 2 tbsp warm water (let sit for a few minutes) (32 cal)
- 1/2 banana, mashed (53 cal)
- 1/2 GF flour mix (or ground oats) (154 cal)
- 1 tsp cornstarch (10 cal)
- 1/3 cup blueberries (fresh or frozen) (28 cal)
- 2 tsp olive oil for cooking (80 cal)

Toppings:

- 1 tbsp maple syrup (51 cal)
- 2 tbsp walnuts (82 cal)

Directions:

1. Mix all the main “wet” ingredients, except for the banana, blueberries, and olive oil, then set aside.
2. In a separate bowl, Mix all of the main “dry” ingredients thoroughly, then combine with your other mixture, giving you the pancake mix.
3. Add the blueberries to the pancake mix.
4. Heat the olive oil in a pan at medium heat, then cook pancakes for 2 minutes on each side or until you reach a golden color.
5. Top with walnuts and syrup, then enjoy!

DAY 7 LUNCH

Swiss Avocado Beet Salad (664 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 1 serving swiss chard Salad (467 cal)
- 1 serving beets & herbs (83 cal)
- 1/2 avocado (114 cal)
- 1 handful fresh cilantro

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 7 DINNER

Glass Noodle Veggie Bowl (507 cal)

Prep time - 2 minutes/ Cook time - 4-7 mins/ Total time - 6-9 minutes

Ingredients:

- 3 oz glass noodles, cooked according to package instructions (311 cal)
- 1 serving sweet veggie mix (107 cal)
- 2 tbsp cashews, chopped (89 cal)
- 1 handful cilantro

Directions:

1. Cook the glass noodles according to package instructions.
2. Reheat the veggie mix in a pan with the cooked noodles and cashews at medium heat.
3. Top with cilantro and enjoy!

DAY 7 SNACK

Avocado Toast (271 cal)

- 1 slice gluten-free toast (109 cal)
- 1 tsp olive oil (40 cal)
- 1/2 avocado (114 cal)
- 2 green onion, chopped (3 cal)
- juice of 1/2 lemon (5 cal)
- 1 pinch paprika
- 1 pinch sea salt

(Mash Avocado with all ingredients listed below it, then spread on toast and top with olive oil drizzle)