

Meal Prep 1/2 - Day 28

Prepare the Yellow Lentil Soup (2 servings)

Ingredients:

1 cup yellow lentils
4 cups water
1 large carrot, peeled and finely cut
1 medium yukon potato, peeled and finely cut
1 celery stalk finely cut
1 small yellow onion finely cut
salt and pepper to taste

Directions:

1. Place all ingredients together in a large pot, then place at high heat until the water reaches a boil.
2. Once the water starts to boil, reduce the heat to medium. Cover the pot and cook for 1 hour being sure to stir every 15 minutes or so.
3. Remove from heat, then place in an airtight container in a refrigerator.

Note - When you reheat this, be sure to add an additional 1/4 cup or so of water prior to reheating (depending on the consistency you'd prefer), as the lentils will have absorbed all of the liquid used in the recipe.

Make the Brown Rice

Ingredients:

1 cups dry brown rice (you'll need 2 cups cooked)

Directions:

1. Cook according to package instructions, then remove from heat and store in an airtight container in a refrigerator.

Note: This will be Rice for the entire week, so you can prepare in advance now or cook on the day of the recipes that call for it if you wish

Make the Mixed Beans (3 servings)

Ingredients:

- 1 cup black beans
- 1 cup white beans
- 1 cup small red beans

Directions:

1. If cooking from dry, use 1/3 cup of each bean and cook according to package instructions.
2. If using canned beans, simply mix all beans together and place in an airtight container in a refrigerator

Make the Salsa**(2 servings)****Ingredients:**

- 1 large tomato
- 1/2 cup yellow or red onion
- juice of 1 lime
- handful of cilantro finely chopped
- salt to taste

Directions:

1. Combine all ingredients together and store in an airtight container in a refrigerator.

Note - If you'd like to add a kick to your salsa, feel free to add a finely chopped jalapeño to your recipe!

Make the Shiitake Bacon**(3 servings)****Ingredients:**

- 1/2 package or 2oz shiitake mushrooms thinly sliced
- 1 tbsp olive oil
- 1 tbsp tamari
- 1/2 tbsp liquid smoke
- 1 dash peprika

Directions:

1. Preheat oven at 200C/400F

2. In a bowl, mix all ingredients except for shiitake mushrooms together very thoroughly using a fork or whisk.
3. Add the shiitake mushrooms to the liquid and coat thoroughly until the liquid is absorbed.
4. Spread the marinated mushrooms evenly across a baking tray lined with parchment paper.
5. Place in the oven and cook for 15–20 minutes. You want a crispy but not burnt consistency.
6. Place in an airtight container in a refrigerator.

Make the Shiitake Broccoli & Zucchini Mix (2 servings)

Ingredients:

- 1/2 head broccoli, chopped
- 1 large zucchini, chopped
- 2oz sliced shiitake
- 1 tbsp olive oil

Directions:

1. In a pan, cook the broccoli and zucchini in the olive oil at medium heat for 5–6 minutes until the vegetables become soft.
2. Reduce the heat to medium–low, then add the shiitake mushrooms to the mix and cook until the mushrooms become soft as well.
3. Remove from heat, then store in an airtight container in a refrigerator.

Make the Sweet Potatoes (1 serving)

Ingredients:

- 1 large or 2 small sweet potatoes

Directions:

1. Preheat oven to 200C/400F.
2. Bake the sweet potato whole for 45 minutes to an hour depending on the size of the sweet potato.
3. Let cool, then remove from skin and mash in a bowl.
4. Place in an airtight container in a refrigerator.

Freeze the Bananas

You'll want to peel then freeze 5 bananas in a ziplock bag

Meal prep 2/2 - Day 32

Prepare the Quinoa

You'll need 1 1/2 cups cooked

Ingredients:

3/4 cup dry quinoa

3/4 cup water

Directions:

1. Cook according to package instructions, then place in an airtight container in a refrigerator.

Prepare the Roasted Veggie Mix

(2 serving)

Ingredients:

3 small yukon potatoes, thinly sliced

1/2 small eggplant, thinly sliced

1 red bell pepper (or any color), diced

1 yellow bell pepper (or any color), diced

1 small yellow onion, diced

2 tbsp olive oil

salt and pepper to taste

Directions:

1. Preheat oven to 200C/400F
2. Mix all ingredients together thoroughly, making sure to coat everything in the olive oil, then spread evenly across a baking tray lined with parchment paper and cook for 40-45 minutes.
3. Remove from heat, then store in an airtight container in a refrigerator.

Prepare the Lasagna

(2 servings)

Ingredients:

2 garlic cloves

2 tbsp olive oil
1/2 eggplant, thinly sliced
2 portobello mushroom caps, chopped
2 cups baby spinach
6 gluten-free lasagna noodles
1 1/4 cups tomato sauce
1 handful baby spinach
1/2 tomato sliced
1 tbsp nutritional yeast

Directions:

1. You'll want to use a small pan for this one, something comparable to a bread pan.
2. Preheat the oven to 175C/350F
3. In a separate pan, cook the garlic with the olive oil at high heat until it starts to sizzle.
4. Once it starts to sizzle, add the eggplant and portobello caps for 8 minutes, then reduce heat to low and add 2 cups of baby spinach and cook for an additional 2 minutes.
5. Remove that mixture from heat and set aside.
6. In the bread pan, you'll want to create layers. The first layer will be 1/4 cup tomato sauce, then place a gluten-free lasagna noodle over it. On top of that add half of the remaining handful of baby spinach, spreading evenly, then spread another 1/4 cup tomato sauce and place a gluten-free lasagna noodle over it.
7. For the next layer, you'll add 1/2 the amount of the eggplant & portobello mixture you cooked, spread evenly, then add 1/4 cup tomato sauce and top with an additional gluten-free lasagna noodle.
8. Repeat until you have 2 layers of fresh baby spinach and 2 layers of the eggplant portobello mixture, then top with one final gluten-free lasagna noodle, and layer the sliced 1/2 tomato over the top.
9. Place in the oven and bake for 45 minutes.
10. Remove from heat, then top with the nutritional yeast and place in an airtight container in a refrigerator.

Note: Some lasagna noodles will require cooking prior to being added to the recipe and some will not. Please make sure to check package instructions.

Prepare the Hummus
(2 servings)

Ingredients:

1 cup chickpeas, drained
1/8 cup tahini

1 garlic clove
juice of 1 lemon
1 tbsp olive oil
salt to taste

Directions:

1. Place all ingredients in a blender or food processor, then blend until you reach a desired consistency.
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 =)

NOTE: The serving sizes are broken down per time's the recipe will be used in different meals. Per example, if a recipe says it makes 2 servings, that means you will be using it 2 different times during the week. 1/2 the entire recipe the first time, and the rest the second time. If it says 3 servings, you'll divide it into 1/3 the total recipe. Etc.

DAY 29 (2001 cal)

DAY 29 BREAKFAST

Banana Berry Bliss Oatmeal (490 cal)

Prep time - 4 mins/ Total time - 4 mins

Ingredients:

1/2 cup old fashioned oats, measured dry (153 cal)
1 cup water
1 sliced banana (105 cal)
1/2 cup blueberries (42 cal)
2 tbsp almonds (94 cal)
1 tbsp almond butter (96 cal)
cinnamon to taste

Directions:

1. Cook the oatmeal with the water according to package instructions.
2. Top with all other ingredients and enjoy!

DAY 29 LUNCH

Shiitake Bacon Buddha Bowl (724 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 1 cup mixed beans (from meal prep) (253 cal)
- 1 cup brown rice (from meal prep) (248 cal)
- 1/2 cup arugula (3 cal)
- 1/2 cup spinach (3 cal)
- 1/2 sliced avocado (114 cal)
- 1 serving shiitake bacon (52 cal)
- 1 tbsp sunflower seeds (51 cal)

Directions:

1. Add all ingredients except for sunflower seeds together in a bowl and mix together thoroughly.
2. Top with the sunflower seeds and enjoy!

DAY 29 DINNER**Yellow Lentil Soup w/ Salad (699 cal)**

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 1 serving yellow lentil soup (431 cal)
- pepper to taste

Side Salad:

- 1/2 cup arugula (3 cal)
- 1/2 cup spinach (3 cal)
- 1/2 sliced tomato (8 cal)
- 1 tbsp sunflower seeds (51 cal)
- 1/2 avocado (114 cal)
- 1 tbsp tahini (89 cal)

Directions:

1. Reheat the lentil soup if you wish to enjoy warm, then top with pepper to your liking.
2. In a separate bowl, mix together all side salad ingredients and enjoy!

DAY 29 SNACK**Fruit & Milk (88 cal)**

- 1 cup strawberries (49 cal)
- 1 cup almond milk (39 cal)

DAY 30 (1998 cal)

DAY 30 BREAKFAST

Green Almond Butter Smoothie (477 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 2 frozen bananas (210 cal)
- 1 cup kale (8 cal)
- 1 1/2 cups almond milk (58 cal)
- 2 tbsp hemp seed (105 cal)
- 1 tbsp almond butter (96 cal)

Directions:

1. Blend all ingredients and enjoy!

DAY 30 LUNCH

Yellow Lentil Power Soup (606 cal)

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

- 1 serving yellow lentil soup (431 cal)
- 1 tsp chopped cashews (15 cal)
- 1 serving shiitake bacon (52 cal)
- 1/2 handful basil
- 1 piece gluten-free bread (108 cal)

Directions:

1. Reheat the yellow lentil soup for 1 minute, then top with cashews, shiitake bacon, and basil.
2. Enjoy with gluten-free bread as is or toasted if you prefer =)

DAY 30 DINNER

Veggie Mac N Cheez (820 cal)

Prep time - 5 mins/ Cook time - 5-7 mins/ Total time - 10-12 mins

“Cheez” Ingredients:

- Entire mashed sweet potato from meal prep (162 cal)
- 1/4 cup nutritional yeast (120 cal)
- juice of 1 lemon (11 cal)

1/4 cup cashews (178 cal)
1 cup almond milk (39 cal)
salt to taste

Ingredients:

2oz dry elbow noodles (200 cal)
1 serving shiitake broccoli zucchini mix (110 cal)

Directions:

1. Place all “cheez” ingredients in a blender, and blend until you reach a smooth consistency.
2. Cook elbow noodles according to package instructions, then drain and place in a bowl with the “cheez” mix and shiitake broccoli zucchini mix.
3. Mix all ingredients together thoroughly, then enjoy!

DAY 30 SNACK

Fruit (95 cal)

1 apple (95 cal)

DAY 31 (1967 cal)

DAY 31 BREAKFAST

Cinnamon Pancakes (519 cal)

Prep time - 3 mins/ Cook time - 14 mins/ Total time - 17 mins

Pancake Ingredients:

1/3 cup almond milk (13 cal)
1/2 tsp vanilla extract (6 cal)
pinch of salt
1/3 cup gluten-free flour (136 cal)
1 tsp corn starch (10 cal)
3/4 tsp baking powder (4 cal)
pinch of baking soda (4 cal)
1 tsp cinnamon powder (6 cal)
1 tbsp olive oil (119 cal)

Toppings:

2 tbsp crushed hazelnuts (90 cal)
1 tbsp coconut flakes (33 cal)

2 tbsp maple syrup (102 cal)

Directions:

1. In separate bowls, combine the dry pancake ingredients and the wet pancake ingredients except for the olive oil.
2. Once both bowls are thoroughly mixed, combine the wet and dry ingredients and mix thoroughly using a whisk or fork. Let sit for approximately 10 minutes before cooking.
3. You'll want to cook the pancakes in a pan set at medium heat for about 2 minutes on each side, or until they start to brown.
4. Once the pancakes are cooked, top with toppings and enjoy!

DAY 31 LUNCH

Avocado Bean Bowl w/ Salsa (768 cal)

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

1 cup brown rice (from meal prep) (373 cal)
1/2 sliced avocado (114 cal)
1/2 cup spinach (3 cal)
1/2 cup arugula (3 cal)
1 cup mixed beans (from meal prep) (253 cal)
1 serving salsa (22 cal)
cilantro to garnish

Directions:

1. Combine all ingredients in a bowl and mix together thoroughly.
2. Reheat if you prefer, then enjoy!

DAY 31 DINNER

Shiitake Veggie Bean Bowl (391 cal)

Prep time - 2 mins/ Total time - 12 mins

Ingredients:

1 cup mixed beans (from meal prep) (253 cal)
1 serving shiitake broccoli zucchini mix (110 cal)
1/2 cup spinach (3 cal)
1/2 cup arugula (3 cal)
1 serving salsa (22 cal)

Directions:

1. Combine all ingredients in a bowl, then mix together thoroughly.
2. Reheat if you'd prefer to enjoy warm, and enjoy!

DAY 31 SNACK

Fruit & Nuts (288 cal)

2 banana (210 cal)

2 tbsp almonds (78 cal)

DAY 32 (1986 cal)

DAY 32 BREAKFAST

Banana Berry Smoothie Bowl (370 cal)

Prep time - 2 mins/ Total time - 2 mins

Smoothie Bowl Ingredients:

1 frozen banana (105 cal)

1 cup frozen mixed berries (70 cal)

1/2 cup almond milk (19 cal)

1 tbsp hemp seeds (53 cal)

Toppings:

2 tbsp chopped hazelnuts (90 cal)

1 tbsp coconut flakes (33 cal)

Directions:

1. Blend smoothie bowl ingredients until you reach a desired consistency.
2. Pour into a bowl, then add toppings and enjoy!

DAY 32 LUNCH

"Tuna" Salad Sandwich (711 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

1 jar or can hearts of palm (41 cal)

1 celery stalk finely diced (6 cal)

1/4 red onion finely diced (7 cal)

1/2 cup sliced cherry tomatoes (18 cal)

1/2 cup arugula (3 cal)

1/2 cup spinach (3 cal)

2 slices gluten-free bread (217 cal)

salt and pepper to taste

Cashew Cream:

1/2 cup cashews (357 cal)
juice of 1 lemon (11 cal)
1/2 tsp maple syrup (8 cal)
1 tsp olive oil (40 cal)
salt & pepper to taste

Directions:

1. Place hearts of palm and cashew cream ingredients together in a blender or food processor, then blend until you reach a creamy texture.
2. Place the blend in a bowl, then add celery, onion, cherry tomatoes, salt and pepper. Mix together thoroughly.
3. Spread the mixture over 1 slice of bread, then top with arugula and spinach and the other slice of bread.
4. Enjoy!

DAY 32 DINNER

Garlic Pasta (560 cal)

Prep time - 2 mins/ Cook time - 10 minutes/ Total time - 12 mins

Ingredients:

3oz angel hair pasta (315 cal)
1 tbsp olive oil (119 cal)
1/2 cup sun-dried tomatoes (70 cal)
1 serving shiitake bacon (52 cal)
1 garlic clove (4 cal)
handful basil

Directions:

1. Cook the angel hair pasta according to package instructions, then drain and let sit.
2. In a pan set at medium to high heat, cook the olive oil with the sun-dried tomatoes and garlic for 3-5 minutes, then reduce heat to low and add shiitake bacon.
3. Remove from heat, then mix all ingredients together in a bowl and enjoy!

DAY 32 SNACK

Hummus & Veggies (345 cal)

3 carrots (75 cal)
1/2 serving hummus (270 cal)

DAY 33 (1985 cal)

DAY 33 BREAKFAST

Fruity Almond Butter Toast (663 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

2 slices gluten-free bread (217 cal)

2 tbsp almond butter (192 cal)

1 sliced peach (59 cal)

1 sliced banana (105 cal)

1 tbsp hemp seeds (53 cal)

8 oz almond milk (37 cal)

Directions:

1. Toast the bread to your desired level of toasting, then spread almond butter evenly over both slices.
2. Add peaches, bananas, and hemp seeds as toppings, then enjoy with a glass of almond milk!

DAY 33 LUNCH

Lasagna (505 cal)

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

Ingredients:

1 serving lasagna (505 cal)

Directions:

1. Cook onions and garlic in the olive oil in a pan at medium heat for 3 minutes.
2. Add the tofu and lemon juice, then cook for about 2 minutes on each side.
3. Toast the gluten-free bread, then mix the mustard and maple syrup together and spread over the toast.
4. Place all ingredients on the bread, forming it into a sandwich and enjoy!

DAY 33 DINNER

Thai Peanut Noodle Bowl (514 cal)

Prep time - 2 mins/ Cook time - 5-7 mins/ Total time - 7-9 mins

Ingredients:

3oz thin rice noodles (311 cal)
2 1/2 cups spring mix lettuce (11 cal)
1/2 bell pepper shredded (18 cal)
2 green onions, chopped (10 cal)
1 1/2 tbsp peanuts (78 cal)

Peanut Sauce:

1 tbsp maple syrup (51 cal)
2 tbsp soy sauce (18 cal)
1 thumb ginger (2 cal)
1 garlic clove (4 cal)
juice of 1 lemon (11 cal)
1/4 cup water

Directions:

1. Cook the rice noodles according to package instructions, then drain and run cold water over them, bringing the temperature down to room temp.
2. In a separate bowl, mix the peanut sauce ingredients together thoroughly using a fork or whisk.
3. Mix the rice noodles with the peanut sauce, then mix together with the spring mix, bell pepper, and onions.
4. Top with peanuts and enjoy!

DAY 33 SNACK

Fruit (303 cal)

2 cups grapes (208 cal)
1 apple (95 cal)

DAY 34 (1982 cal)

DAY 34 BREAKFAST

Tropical Smoothie (448 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

1 cup frozen mango (138 cal)
1 cup frozen pineapple (86 cal)
1/2 cup frozen strawberries (24 cal)
1 1/2 cups orange juice (167 cal)

1 tbsp coconut flakes (33 cal)

Directions:

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

DAY 34 LUNCH

Veggie & Hummus Romaine Wraps (755 cal)

Prep time - 2 minutes/ Total time - 2 minutes

Ingredients:

- 3 romaine lettuce leaves (14 cal)
- 1 serving hummus (270 cal)
- 1/2 cup quinoa (111 cal)
- 1 serving roasted veggie mix (360 cal)

Directions:

1. Mix the hummus, quinoa, and veggie mix together, then spread evenly over the romaine lettuce leaves.
2. Wrap em up and enjoy!

DAY 34 DINNER

Portobello Fajitas (591 cal)

Prep time - 5 mins/ Cook time - 12 mins/ Total - 17 mins

Ingredients:

- 2 sliced portobello mushroom caps (37 cal)
- 1 sliced green bell pepper (37 cal)
- 1/2 sliced yellow onion (14 cal)
- 1 tbsp olive oil (119 cal)
- 3 corn tortillas (157 cal)
- 1 sliced avocado (227 cal)
- cilantro to garnish

Directions:

1. In a pan, cook the onions and peppers in the olive oil at high heat for 7-8 minutes.
2. Reduce heat to medium, then add the portobello mushroom caps and cook for an additional 5 minutes.

3. Place all fajita ingredients, avocado and cilantro on the tortillas, then enjoy!

DAY 34 SNACK

Fruit & Nut Butter (95 cal)

1 apple (95 cal)

1 tbsp almond butter (96 cal)

DAY 35 (1979 cal)

DAY 35 BREAKFAST

Chocolate Peanut Butter Shake (526 cal)

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

2 frozen bananas (210 cal)

2 tbsp peanut butter (193 cal)

1 tbsp cacao powder (20 cal)

1 1/2 cups almond milk (58 cal)

1 tbsp hazelnuts (45 cal)

Directions:

1. Blend all ingredients except for the hazelnuts until you reach a smooth consistency.
2. Pour in a bowl, then top with hazelnuts and enjoy!

DAY 35 LUNCH

Roasted Veggie Quinoa Bowl (739 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

1 serving roasted veggies (360 cal)

1 cup quinoa (222 cal)

2 cups kale (16 cal)

1 tbsp olive oil (119 cal)

1 1/2 tbsp balsamic (21 cal)

salt and pepper to taste

Directions:

1. In a small container, mix the olive oil, balsamic, and salt and pepper together thoroughly using a fork.
2. Place all ingredients in a bowl, then mix together and enjoy!

DAY 35 DINNER

Lasagna (505 cal)

Prep time - 2 minutes/ Total time - 2 minutes

Ingredients:

1 serving lasagna (505 cal)

Directions:

1. Reheat if you'd like to enjoy warm and enjoy!

DAY 35 SNACK

Fruit (105 cal)

1 banana (105 cal)