

Meal Prep 1/2 - Day 7

Bake the Butternut Squash

You'll need 1 full butternut squash

Directions:

1. Preheat oven at 200C/400F.
2. Cut the entire butternut squash into 1 inch pieces, then place on a baking tray lined with parchment paper.
3. Bake for 45 minutes, then remove from oven.
4. Let cool, then place in an airtight container in a refrigerator.

Note- You'll need half the squash for a soup, and the other half will be split in two for separate meals.

Bake the Rosemary Potatoes

(3 servings)

Ingredients:

- 3 cups potatoes (cut into quarters)
- 1 tbsp olive oil
- 1 handful fresh rosemary

Directions:

1. Preheat oven to 200C/400F
2. Place potatoes on a baking tray lined with parchment paper, then coat with olive oil and rosemary.
3. Bake for 45 minutes.
4. Let cool, then store in an airtight container in a refrigerator.

Make the Turmeric Roasted Cauliflower & Chickpeas

(2 servings)

Ingredients:

- 1 cups cooked chickpeas (rinsed and dried with a paper towel)
- 1/2 small head of cauliflower (chopped)
- 2 tsp turmeric powder
- 1 pinch chili flakes
- 1 tbsp olive oil

1 tsp liquid smoke
1/4 tsp Himalayan pink salt

Directions:

1. Preheat oven to 200C/400F.
2. Mix all ingredients together thoroughly in a bowl.
3. After everything has been thoroughly mixed together, spread out on a baking tray lined with parchment paper, then bake for 25–30 minutes.
4. Let cool, then store in an airtight container in a refrigerator.

**Make the Lemon Maple Brussels Sprouts
(3 servings)**

Ingredients:

3 cups brussels sprouts (halved)
1 tbsp olive oil
1 lemon, the zest and juice
1 pinch sea salt
1 garlic clove minced
1 tbsp maple syrup

Directions:

1. In a pan, cook the brussels sprouts and garlic in the olive oil for 5 minutes at medium heat.
2. Add the lemon juice, lemon zest, and salt, then reduce the heat slightly and cook for 2 additional minutes.
3. Add the maple syrup, then mix well and let cool.
4. Store in an airtight container in a refrigerator.

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

Ingredients:

1 cup quick oats
2 tbsp cashews
2 tbsp chopped walnuts
2 tbsp sunflower seeds
1 tbsp chia seeds
1/8 cup raisins
1/8 cup dried cranberries

3 tbsp shredded coconut
1/4 cup maple syrup
1 pinch sea salt
2 tbsp cacao powder

Directions:

1. Preheat oven to 175C/350F
2. Mix all ingredients together thoroughly in a bowl, then spread ingredients evenly 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 Tahini Garlic Collard Green Salad
(2 servings)**

Ingredients:

4 collard green leaves, shredded
2 green onions, chopped
2 cups black beans
1/3 cup cranberries
2 garlic cloves minced
juice of 1 lemon
1 tbsp water
1 tbsp tahini
1/4 tsp salt

Directions:

1. Create a dressing by mixing the tahini with the lemon juice, water, salt and garlic.
2. Mix in dressing with all other ingredients, then store in an airtight container in a refrigerator.

**Make the Tofu Scramble
(2 servings)**

Ingredients:

8oz extra firm tofu
1/2 tsp kala namak
1 garlic clove minced
1 tsp ground turmeric
1 yellow onion, chopped

1/2 cup cherry tomatoes, cut in halves
2 tsp olive oil
1 red bell pepper
1 pinch freshly ground pepper
1 handful fresh cilantro

Directions:

1. Cook the onion, bell pepper, and garlic in the olive oil for 3 minutes at medium heat.
2. Add the tofu, turmeric, kala namak, and pepper. Mix well and “scramble” using a fork, then cook for 3 additional minutes.
3. Add all other ingredients, then let cool and store in an airtight container in a refrigerator.

Make the TTT Dressing

(3 servings)

Ingredients:

3 tbsp tahini
juice of 1 tangerine
1 tsp ground turmeric
1/4 tsp sea salt
3 tbsp water

Directions:

1. Mix all ingredients together thoroughly using a fork.
2. Store in an airtight container in a refrigerator.

Make the Lemon Vinaigrette

(2 servings)

Ingredients:

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

Directions:

1. Mix all ingredients together thoroughly using a fork.
2. Store in an airtight container in a refrigerator.

Make the White Bean Hummus (2 servings)

Ingredients:

1 cup cooked white beans
2 tbsp tahini
juice of 1 lemon
1/4 tsp salt
1/4 cup water
1 garlic clove
2 tsp olive oil

Directions:

1. Blend all ingredients until smooth, then store in an airtight container in a refrigerator.

Make the Curried Pumpkin Seeds (makes 2 servings of 2 tbsp each and 2 half servings of 1 tbsp each)

Ingredients:

6 tbsp pumpkin seeds
2 tsp olive oil
1 pinch salt
1 tsp curry powder

Directions:

1. In a pan, toast the seeds in the olive oil for 1 minute at high heat.
2. Reduce the heat to medium, then add all other ingredients and mix well.
3. Remove from heat after 30 second of other ingredients being added, then store in an airtight container at room temperature.

Freeze the Bananas

You'll want to peel then freeze 4 bananas in a ziplock bag or reusable container.

Meal prep 2/2 - Day 11

Prepare the Adzuki Beans & Quinoa

You'll need 2 cups of cooked Adzuki Beans and 3 cups of cooked quinoa. You can buy 2 jars of adzuki beans pre-cooked, and 1 cup of dry quinoa will give you 3 cups cooked.

Prepare the Spiralized Veggies (Carrots, Zucchini, & Cauliflower) (2 servings)

Ingredients:

- 1 spiralized zucchini
- 1 large spiralized carrot
- 1/2 small head chopped cauliflower
- 1 yellow bell pepper, sliced
- 1 red onion, sliced
- 1 tbsp olive oil
- 1 pinch salt
- 1 pinch pepper

Directions:

1. In a large pan, cook the onion in the olive oil for 3 minutes at medium heat.
2. Add cauliflower, carrot, zucchini, and bell pepper, then cook for 5-7 minutes.
3. Add salt and pepper, then let cool and store in an airtight container in a refrigerator.

Prepare the Kale And Broccoli Garlic Greens (2 servings)

Ingredients:

- 1 small head broccoli (about 2 cups worth)
- 1 small bunch curly kale
- 2 garlic cloves minced
- 1 pinch salt
- 1 pinch pepper
- 1 tsp olive oil

Directions:

1. In a pot, bring about 1 cup water to a boil, then remove from heat.
2. Place the kale and broccoli in the water immediately after removed from heat and let sit for 3 minutes.

3. Remove the water and pat veggies dry using paper towel.
4. Mix the veggies with all other ingredients, then cook in a pan for 1 minute at high heat.
5. Let cool, then store in an airtight container in a refrigerator.

Make the Smokey Mushroom Black Lentils

(2 servings)

Ingredients:

- 2 cups cooked black lentils
- 1 chopped onion
- 1 tbsp olive oil
- 4 cups mushroom of choice
- 2 tsp liquid smoke
- 1 handful fresh parsley
- 1 pinch salt
- 1 pinch pepper

Directions:

1. In a pan, cook the onion with the olive oil for 3 minutes at medium heat.
2. Slice the mushrooms (to clean them, you may peel or brush them but do NOT wash with water), then add them to the pan and cook for an additional 3 minutes.
3. Add all other ingredients except the parsley, then mix well and cook for an additional 2 minutes.
4. Remove from heat, add parsley, then let cool and 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 8 (1976 cal)

DAY 8 BREAKFAST

Avocado Scramble Breakfast Sandwich (647 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 1 serving tofu scramble (202 cal)
- 2 slices gluten-free toast (218 cal)
- 1 sliced avocado (227 cal)

Directions:

1. Toast 2 slices of gluten-free bread.
2. Place all other ingredients on the toast and enjoy!

DAY 8 LUNCH

Sweet Garlic Butternut Bowl (551 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 1 serving baked butternut squash (1/4 of the prepared butternut squash) (82 cal)
- 1 serving tahini garlic collard green salad (310 cal)
- 1/2 serving (1 tbsp) curried pumpkin seeds (53 cal)
- 1 serving TTT dressing (106 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 8 DINNER

Rosemary Lemon Veggie Bowl (587 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 1 serving lemon maple brussels sprouts (142 cal)
- 1 serving baked rosemary potatoes (154 cal)
- 1 serving turmeric roasted cauliflower and chickpeas (223 cal)
- 1 serving lemon vinaigrette (68 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 8 SNACK

Fruit & Nut Butter (191 cal)

- 1 apple (95 cal)
- 1 tbsp peanut butter (96 cal)

DAY 9 (1979 cal)

DAY 9 BREAKFAST

Blueberry Crunch Parfait (554 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 1 serving chocolate granola (403 cal)
- 1/2 cup vegan yogurt of choice (50 cal)
- 2 fresh figs (59 cal)
- 1/2 cup blueberries (42 cal)

Directions:

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

DAY 9 LUNCH**Healthy Start Breakfast Sandwich (583 cal)**

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 2 slices gluten-free bread (218 cal)
- 1 serving tofu scramble (202 cal)
- 1/2 serving white bean hummus (143 cal)
- 1 cup baby spinach (20 cal)

Directions:

1. Toast 2 slices of gluten-free bread.
2. Place all ingredients on toast together, or enjoy one slice with hummus and one with tofu scramble (both topped with spinach)
3. Enjoy!

DAY 9 DINNER**Rosemary Maple Butternut Bowl (737 cal)**

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 1 serving baked butternut squash (1/4 of the prepared butternut squash from meal prep) (82 cal)
- 1 serving baked rosemary potatoes (154 cal)
- 1 serving white bean hummus (286 cal)
- 1 serving lemon maple brussels sprouts (142 cal)
- 1 cup baby spinach (20 cal)
- 1/2 serving (1 tbsp) curried pumpkin seeds (53 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 9 SNACK

Fruit (105 cal)

1 banana (105 cal)

DAY 10 (1978 cal)

DAY 10 BREAKFAST

Banana Nut Smoothie Bowl (531 cal)

Prep time - 3 mins/ Total time - 3 mins

Smoothie Bowl Base Ingredients:

2 frozen bananas (210 cal)

1 cup spinach (7 cal)

1/2 cup cashew milk (13 cal)

1/2 cup fresh blueberries (42 cal)

1 tbsp peanut butter (96 cal)

Toppings:

1 tbsp oats (19 cal)

1 tbsp shredded coconuts (33 cal)

1 tbsp dried cranberries (31 cal)

1 tbsp sliced almonds (39 cal)

1 tbsp chopped walnuts (41 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 10 LUNCH

Maple Garlic Veggie Bowl (598 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

1 serving tahini garlic collard green salad (310 cal)

1 serving lemon maple brussels sprouts (142 cal)

1 serving lemon vinaigrette (68 cal)

2 tbsp sliced almonds (78 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 10 DINNER

Macro Bowl w/ Miso Soup (631 cal)

Prep time - 2 mins/ Cook time - 3-4 mins/ Total time - 5-6 mins

Ingredients:

- 1 tbsp miso paste (30 cal)
- 1 cup water
- 2oz glass noodles (uncooked) (207 cal)
- 1 tsp olive oil (80 cal)
- 1 chopped baby bok choy (20 cal)
- 1 cup black beans (241 cal)
- 1 handful cilantro
- 1 tsp grated ginger (5 cal)
- 1 red bell pepper, sliced (37 cal)
- 1 pinch salt
- 1 pinch pepper
- 1 cup chopped collard greens (11 cal)

Directions:

1. Cook the glass noodles, miso paste and bok choy in boiling water approximately 1 minute less than suggested by package instructions (of the noodles).
2. Remove the liquid, but keep to the side to be served as miso soup.
3. Transfer the noodles to a pan, then cook with the olive oil, bell pepper, collard greens, and ginger at medium heat for 1-2 minutes.
4. Remove from heat, then serve in a bowl with the beans and cilantro.
5. Enjoy!

DAY 10 SNACK

Veggies & Hummus (218 cal)

- 3 carrots (75 cal)
- 1/2 serving white bean hummus (143 cal)

DAY 11 (2007 cal)

DAY 11 BREAKFAST

Maple Peach Parfait (529 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 1 serving chocolate granola (403 cal)
- 1/2 cup vegan yogurt of choice (50 cal)
- 1 sliced peach (59 cal)
- 1 tsp maple syrup (17 cal)

Directions:

1. Combine granola, yogurt, and peach in a bowl, then drizzle maple syrup on top and enjoy!

DAY 11 LUNCH

Rosemary Turmeric Veggie Bowl (604 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 1 serving turmeric roasted cauliflower and chickpeas (223 cal)
- 1 cup baby spinach (7 cal)
- 1/2 avocado (114 cal)
- 1 serving baked rosemary potatoes (154 cal)
- 1 serving TTT dressing (106 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 11 DINNER

Zucchini Butternut Soup (728 cal)

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

Soup Ingredients:

- 1/2 baked butternut squash from meal prep (the remaining amount) (162 cal)
- 1 small zucchini (20 cal)
- 1 small can full fat coconut milk (200ml) (325 cal)
- 1/2 cup veggie broth (6 cal)
- 1 pinch salt
- 1 pinch pepper

Toppings:

- 1 serving (2 tbsp) curried pumpkin seeds (106 cal)

1 handful cilantro

Side:

1 slice gluten-free bread (109 cal)

Directions:

1. Cook all soup ingredients in a pot for 5 minutes at medium heat.
2. Remove from heat, then blend until you reach a smooth consistency and transfer to a bowl.
3. Top with the curried pumpkin seeds and cilantro.
4. Enjoy with the gluten-free toast!

DAY 11 SNACK

Fruit (146 cal)

1 1/2 cups cherries (146 cal)

DAY 12 (1976 cal)

DAY 12 BREAKFAST

Green Power Smoothie (585 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

2 frozen bananas (210 cal)

1 cup spinach (7 cal)

1/2 avocado (114 cal)

1 tbsp peanut butter (96 cal)

1/2 cup cashew milk (13 cal)

1 cup kale (8 cal)

1 peach, pit removed (59 cal)

Toppings:

2 tbsp sliced almonds (78 cal)

Directions:

1. Blend main ingredients together until you reach a smooth consistency.
2. Pour into a glass or jar, then top with almonds and enjoy!

DAY 12 LUNCH

Peanut Ginger Bean Bowl (763 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 1 serving spiralized veggie mix (146 cal)
- 1 cup quinoa (222 cal)
- 1 cup adzuki beans (294 cal)

Peanut Ginger Sauce:

- 1 tbsp peanut butter (96 cal)
- 1 tsp grated ginger (2 cal)
- 1 tsp soy sauce (3 cal)
- 2 tsp water

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 12 DINNER

Sweet & Smokey Mushroom Lentil Bowl (466 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 1 serving smokey mushroom black lentils (340 cal)
- 1 cup chopped collard greens (12 cal)
- 1 baby bok choy, chopped (8 cal)
- 1 serving TTT dressing (106 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 12 SNACK

Fruit & Nuts (162 cal)

- 2 peaches (117 cal)
- 1 tbsp cashews (45 cal)

DAY 13 (1980 cal)

DAY 13 BREAKFAST

Layered Parfait (490 cal)

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

- 1st layer - 1/2 serving chocolate granola (202 cal)
- 2nd layer - 1/4 cup vegan yogurt of choice (25 cal)
- 3rd layer - 1/4 cup sliced strawberries (12 cal)
- 4th layer - 1/2 serving chocolate granola (202 cal)
- 5th layer - 1/4 cup vegan yogurt of choice (25 cal)
- 6th layer - 1/4 cup cherries (24 cal)

Directions:

1. Place each layer of ingredients in a bowl or jar in the order listed and enjoy!

DAY 13 LUNCH**Tahini Garlic Lentil Bowl (492 cal)**

Prep time - 2 minutes/ Total time - 2 minutes

Ingredients:

- 1 serving kale and broccoli garlic greens (52 cal)
- 1 serving smokey mushroom black lentils (340 cal)

Dressing:

- 1 tbsp tahini (89 cal)
- juice of 1 lemon (11 cal)
- 2 tbsp water
- pinch of salt

Directions:

1. Mix dressing ingredients together using a fork until smooth.
2. Combine with all other ingredients in a bowl and enjoy!

DAY 13 DINNER**Quinoa Stuffed Tomatoes (649 cal)**

Prep time - 5 mins/ Cook time - 10 mins/ Total - 15 mins

Ingredients:

- 5 medium sized or 4 large tomatoes, tops sliced off and flesh carved out and set aside (111 cal)
- 1 cup quinoa (222 cal)
- 1/4 cup sliced almonds (188 cal)
- 1 cup kale, finely chopped (8 cal)

- 2 green onions, chopped (10 cal)
- 1 garlic glove, minced (4 cal)

Toppings:

- 1 handful fresh parsley
- 2 tbsp curried pumpkin seeds (106 cal)

Directions:

1. Preheat oven to 200C/400F
2. Mix the quinoa, tomato flesh, garlic, green onions, almonds, and kale, then fill the tomato skin with the mix.
3. Bake for 10 minutes.
4. Remove from oven, then top with parsley and pumpkin seeds and enjoy!

DAY 13 SNACK

Fruit & Nuts (349 cal)

- 3 oranges (185 cal)
- 4 tbsp walnuts (164 cal)

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

DAY 14 (1972 cal)

DAY 14 BREAKFAST

Chocolate Maple Overnight Oats (537 cal)

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

Overnight Ingredients:

- 3/4 cup oats (230 cal)
- 1 1/2 cups cashew milk (38 cal)
- 2 tsp maple syrup (34 cal)
- 1 pinch salt
- 1/2 tsp vanilla extract (6 cal)
- 1 tbsp cacao powder (20 cal)

Toppings:

- 2 tbsp chopped cashews (89 cal)
- 2 fresh figs (59 cal)
- 1/3 cups cherries (32 cal)
- 1/2 sliced peach (29 cal)

Directions:

1. Mix all overnight ingredients in a glass or jar, then store in a refrigerator overnight.
2. When you're ready for breakfast, add the toppings and enjoy!

DAY 14 LUNCH**Garlic Greens & Beans Bowl (639 cal)**

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 1 serving kale and broccoli garlic greens (53 cal)
- 1 cup quinoa (222 cal)
- 1 cup adzuki beans (294 cal)

Dressing:

- 1 tbsp maple syrup (51 cal)
- 2 tbsp mustard (19 cal)

Directions:

1. Mix the dressing ingredients together using a fork.
2. Combine with all other ingredients in a bowl and enjoy!

DAY 14 DINNER**Peanut Ginger Pasta (558 cal)**

Prep time - 4 minutes/ Cook time - 7 mins/ Total time - 11 minutes

Ingredients:

- 3oz gluten-free spaghetti (311 cal)
- 1 serving spiralized veggie mix (146 cal)

Sauce:

- 1 tbsp peanut butter (96 cal)
- 1 tsp grated ginger (2 cal)
- 1 tsp soy sauce (3 cal)
- 1 pinch salt

Toppings : 1 handful cilantro and 2 tbsp sliced almonds.

Directions:

1. Cook the pasta according to package instructions, add it to a large pan with the veggies and sauce and cook for 2 min at medium heat.
2. Serve with the cilantro and sliced almonds.

DAY 14 SNACK

Fruit & Nuts (238 cal)

3 tbsp almonds (133 cal)

1 banana (105 cal)