

## Meal Prep 1/2 - Day 21

### Bake the Lemon Roasted Asparagus (2 servings)

#### Ingredients:

2 cups green asparagus  
2 tsp olive oil  
juice of 1/2 lemon  
zest of 1/2 lemon  
dash of sea salt  
dash of pepper

#### Directions:

1. Preheat oven at 175C/350F.
2. Place the asparagus on a baking tray lined with parchment paper, then coat evenly with all other ingredients except the lemon juice.
3. Bake for 10 minutes, then coat evenly with lemon juice and bake for an additional 10 minutes.
4. Remove from oven, let cool, then store in an airtight container in a refrigerator.

### Make the Brown Rice (3 servings)

#### Ingredients:

2 cups dry brown rice (you'll need 4 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 Broccoli Slaw (2 servings)

#### Ingredients:

1/4 chopped purple cabbage  
2 sliced carrots

2 large broccoli stems sliced

**Directions:**

1. Slice all ingredients into thin strips, then mix together and store in an airtight container in a refrigerator.

**Make the Salsa**

(2 servings)

**Ingredients:**

1 tbsp olive oil  
1 finely chopped shallot  
juice of 1 lime  
1 handful chopped cilantro  
1/3 cup halved cherry tomatoes  
dash of sea salt  
dash of pepper

**Directions:**

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

**Make the Baba Ganoush**

(3 servings)

**Ingredients:**

1 peeled eggplant  
3 tbsp tahini  
2 tsp olive oil  
juice of 1 lemon  
dash of sea salt  
dash of pepper  
1 garlic clove minced  
1/4 cup water

**Directions:**

1. Preheat oven to 200C/400F
2. Peel and dice the eggplant, then place on a baking tray lined with parchment paper and cook for 45 minutes at 200C/400F
3. Remove the eggplant from the oven, then place it in a blender with all other ingredients and blend until you reach a desired consistency.

4. Remove from blender and store in an airtight container in a refrigerator.

### **Make the Sliced Potatoes**

(2 servings)

#### **Ingredients:**

4 cups of sliced potatoes or 4 whole potatoes

#### **Directions:**

1. Bring approximately 2 cups water to a boil, then add sliced or whole potatoes and boil for 20 minutes.
2. If you haven't already sliced them, let cool, then slice the potatoes thinly and store in an airtight container in a refrigerator.

### **Make the Peanut Tempeh**

(2 servings)

#### **Ingredients:**

8 oz tempeh diced

1 tbsp olive oil

1 tbsp peanut butter

2 tsp tamari sauce

dash of sea salt

dash of pepper

#### **Directions:**

1. In a pan, cook the tempeh in the olive oil at medium to high heat for 3 minutes.
2. Add all other ingredients being sure to mix well, then let cook for an additional 5 minutes at low to medium heat.
3. Remove from heat, then store in an airtight container in a refrigerator

### **Freeze the Bananas**

You'll want to peel then freeze 3 bananas in a ziplock bag

### **Meal prep 2/2 - Day 25**

#### **Prepare the Baked Tofu**

**Ingredients:**

8oz extra firm tofu

**Directions:**

1. Preheat oven at 200C/400F
2. Drain the tofu, then place on a baking tray lined with parchment paper.
3. Bake for 20-25 minutes.
4. Remove from oven, then store in an airtight container in a refrigerator.

**Prepare the Beets**

(1 serving)

**Ingredients:**

2 beets

**Directions:**

1. Preheat oven to 200C/400F
2. Peel the beets, then slice into 1/4 portions
3. Bake for 45 minutes
4. Remove from heat then store in an airtight container in a refrigerator.

**Prepare the Chunky Lentil Soup**

(2 servings)

**Ingredients:**

1 cup dry lentils  
4 cups vegetable broth  
1 tbsp olive oil  
1 diced zucchini  
1 cup cherry tomatoes  
2 cups spinach  
2 stalks celery  
dash of sea salt  
dash of pepper  
1 garlic clove minced  
1 sliced onion

**Directions:**

1. In a large pot, cook the onion and garlic in the olive oil at medium to high heat for 3 minutes, then add all other vegetables except for the spinach and cook for an additional minute.
2. Add the lentils and vegetable broth, then bring to a boil.
3. After the water comes to a boil, reduce the heat to low and let simmer for 45 minutes being sure to stir well.
4. With about 5 minutes remaining, add the spinach.
5. Remove from heat and store in an airtight container in a refrigerator.

### **Prepare the Spaghetti Squash**

**(1 serving)**

#### **Ingredients:**

- 1 small spaghetti squash
- 1 tbsp olive oil
- 1 tsp sea salt

#### **Directions:**

1. Preheat the oven at 200C/400F
2. Slice the squash in half and remove the seeds.
3. Spread the olive oil and sea salt evenly over the squash.
4. Place the squash cut side down on a baking tray lined with parchment paper, then cook for 45 minutes.
5. Remove from heat, then scrape out the squash into a bowl using a fork. You'll notice that it comes out looking like spaghetti.
6. Place in an airtight container in a refrigerator.

### **Make the Marinara Sauce**

**(1 serving)**

#### **Ingredients:**

- 1 tbsp olive oil
- 3 tbsp tomato paste
- 1 sliced onion
- 1/2 cup cherry tomatoes
- 1/4 cup vegetable broth
- 1 thinly sliced celery stalk
- 1 chopped green onion
- 1 handful basil
- dash of sea salt

dash of pepper

**Directions:**

1. In a pan, cook all vegetables in the olive oil for 3 minutes at medium to high heat.
2. Add tomato paste and vegetable broth then stir well, cooking for 5 additional minutes at low-medium heat.
3. Remove from heat, then add basil and place 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 22 (1973 cal)**

**DAY 22 BREAKFAST**

Frozen Berry Sorbet w/ Chocolate Sauce (626 cal)

Prep time - 4 mins/ Total time - 4 mins

**Sorbet Ingredients:**

- 1 cup frozen mango chunks (138 cal)
- 1 cup frozen peach (59 cal)
- 1 cup frozen raspberries (130 cal)
- 1/2 cup frozen blueberries (42 cal)

**Chocolate Sauce Ingredients:**

- 2 tbsp maple syrup (102 cal)
- 1 tbsp cacao powder (20 cal)
- 3 tbsp chopped hazelnuts (135 cal)

**Directions:**

1. Blend all Sorbet ingredients together in a blender or food processor until smooth, then scoop into a bowl.
2. In a separate bowl, mix the maple syrup and cacao powder together thoroughly using a fork, then pour on the sorbet.
3. Top with chopped hazelnuts and enjoy!

**DAY 22 LUNCH**

### **Avocado Black Bean Tacos (676 cal)**

Prep time - 2 mins/ Total time - 2 mins

#### **Ingredients:**

- 2 corn tortillas (104 cal)
- 1 cup cooked black beans (241 cal)
- 1 avocado (227 cal)
- 1 serving salsa (85 cal)
- 2 cups mixed greens (19 cal)

#### **Directions:**

1. Reheat ingredients if you wish to enjoy warm.
2. Place black beans, avocado, mixed greens, and salsa on the corn tortillas and enjoy!

### **DAY 22 DINNER**

#### **Peanut Tempeh Cabbage Boats (515 cal)**

Prep time - 2 mins/ Total time - 2 mins

#### **Ingredients:**

- 2 purple cabbage leaves (14 cal)
- 1 serving Peanut Tempeh (330 cal)
- 1 serving broccoli slaw (68 cal)
- 2 tbsp chopped peanuts (103 cal)

#### **Directions:**

1. Place the peanut tempeh, peanuts, and broccoli slaw in the purple cabbage leaves and enjoy!

### **DAY 22 SNACK**

#### **Fruit (156 cal)**

- 1 1/2 cup grapes (156 cal)

### **DAY 23 (1957 cal)**

#### **DAY 23 BREAKFAST**

#### **Fruit & Peanut Butter Toast (493 cal)**

Prep time - 2 mins/ Total time - 2 mins

#### **Ingredients:**

2 slices gluten-free bread (218 cal)  
2 tbsp peanut butter (193 cal)  
1/3 cup sliced strawberries (16 cal)  
1/4 cup raspberries (16 cal)  
1 sliced plum (25 cal)  
1 cup cashew milk (25 cal)

**Directions:**

1. Toast the gluten-free bread to your liking, then spread peanut butter evenly over both slices and top with fruit.
2. Enjoy with a glass of cashew milk!

**DAY 23 LUNCH**

**Loaded Potato Bowl (506 cal)**

Prep time - 3 mins/ Total time - 3 mins

**Ingredients:**

2 cups cooked sliced potatoes (402 cal)  
1 green onion (5 cal)  
1 serving lemon roasted asparagus (46 cal)

**Dressing:**

1/3 cup plant-based yogurt (40 cal)  
juice of 1 lemon (11 cal)  
1 tsp apple cider vinegar (2 cal)  
dash of sea salt  
1 handful finely chopped dill

**Directions:**

1. Combine all dressing ingredients in a bowl, and mix together thoroughly using a fork or whisk.
2. Add all other ingredients and enjoy!

**DAY 23 DINNER**

**Spring Rolls w/ Chopped Peanut Tempeh (530 cal)**

Prep time - 5 mins/ Total time - 5 mins

**Ingredients:**

3 rice paper rolls (100 cal)  
1 serving peanut tempeh (330 cal)

1 serving broccoli slaw (68 cal)  
1/2 sliced carrot (13 cal)  
2 tbsp tamari sauce (19 cal)

**Directions:**

1. Mix peanut tempeh, broccoli slaw, and the carrot together.
2. Spread the mixture evenly over 3 rice paper rolls, then roll carefully.
3. Enjoy using the tamari sauce as dip!

**DAY 23 SNACK**

**Fruit & Nuts (428 cal)**

2 bananas (210 cal)  
1/3 cup walnuts (218 cal)

**DAY 24 (1978 cal)**

**DAY 24 BREAKFAST**

**Green Banana Nut Smoothie (486 cal)**

Prep time - 3 mins/ Total time - 3 mins

**Ingredients:**

3 frozen bananas (315 cal)  
1/2 cup cashew milk (13 cal)  
1 tbsp peanut butter (96 cal)  
2 tsp hemp seed (35 cal)  
1 tbsp cacao powder (20 cal)  
1 cup spinach (7 cal)

**Directions:**

1. Blend all ingredients until you reach a desired consistency then enjoy!

**DAY 24 LUNCH**

**Baba Ganoush Tacos (569 cal)**

Prep time - 3 mins/ Total time - 3 mins

**Ingredients:**

2 corn tortillas (105 cal)  
1 cup mixed greens (9 cal)  
1 finely chopped celery stalk (6 cal)

1/3 cup cherry tomatoes (18 cal)  
1 cup cooked kidney beans (225 cal)  
1 serving baba ganoush (178 cal)  
1/2 chopped zucchini (27 cal)  
1 handful cilantro

**Directions:**

1. Place all ingredients inside the corn tortillas and enjoy!

**DAY 24 DINNER**

**Creamy Potato Mushroom Soup (725 cal)**

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

**Ingredients:**

2 cups cooked sliced potatoes (402 cal)  
2 cups sliced mushrooms (31 cal)  
1 tsp olive oil (40 cal)  
1 shallot (22 cal)  
1 green onion (5 cal)  
1 celery stalk chopped (6 cal)  
1/4 cup soaked cashews (178 cal)  
dash of sea salt  
dash of pepper  
1/2 cup vegetable broth (6 cal)  
1 garlic clove minced (4 cal)

**Directions:**

1. Cook the celery, green onions, shallot, and garlic clove in the olive oil at medium to high heat for 3 minutes.
2. Add the mushrooms, then cook for an additional 4 minutes.
3. Add the potatoes and vegetable broth, then cook for an additional 3 minutes.
4. Pour all cooked ingredients in a blender along with the soaked cashews, then blend until you reach a smooth consistency.
5. Add salt and pepper and enjoy!

**DAY 24 SNACK**

**Fruit & Nuts (229 cal)**

1 apple (95 cal)  
3 tbsp cashews (134 cal)

## DAY 25 (1965 cal)

### DAY 25 BREAKFAST

Fruit Smoothie w/ Mixed Nuts (431 cal)

Prep time - 2 mins/ Total time - 2 mins

#### Smoothie Ingredients:

1/2 cantaloupe (94 cal)

2 cups frozen pineapple (165 cal)

1/2 cup water

#### On The Side:

1 tbsp cashews (45 cal)

1 tbsp hazelnuts (45 cal)

1 tbsp sunflower seeds (51 cal)

1 tbsp dried cranberries (31 cal)

#### Directions:

1. Blend smoothie ingredients until you reach a desired consistency.
2. Enjoy your smoothie with an assortment of nuts and dried cranberries on the side!

### DAY 25 LUNCH

CranAvocado Bowl (794 cal)

Prep time - 2 mins/ Total time - 2 mins

#### Ingredients:

1 1/2 cup cooked brown rice (373 cal)

2 cups arugula (10 cal)

1 avocado (227 cal)

2 tbsp sunflower seeds (102 cal)

juice of 1 lemon (11 cal)

1 tbsp dried cranberries (31 cal)

1 tsp olive oil (40 cal)

dash of sea salt

dash of pepper

#### Directions:

1. Combine all ingredients in a bowl and enjoy!

### DAY 25 DINNER

## Baked Stuffed Bell Peppers (546 cal)

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

### Soup Ingredients:

- 1 cup cooked brown rice (248 cal)
- 2 yellow (or any color) bell pepper (74 cal)
- 1 serving lemon roasted asparagus (46 cal)
- 1 serving baba ganoush (178 cal)
- dash of sea salt
- dash of pepper

### Directions:

1. Preheat the oven at 200C/400F
2. Slice the tops off the bell peppers and remove all seeds.
3. Mix the brown rice with sea salt, pepper, and asparagus, then place that mixture inside the now hollowed out bell peppers.
4. Bake for 10 minutes, then remove and serve with the baba ganoush and enjoy!

## DAY 25 SNACK

### Fruit (194 cal)

- 2 cups cherries (194 cal)

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

## DAY 26 (1970 cal)

### DAY 26 BREAKFAST

#### Overnight Vanilla Pecan Chia Pudding (550 cal)

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

### Ingredients:

- 6 tbsp chia seeds (292 cal)
- 1 1/2 cups cashew milk (38 cal)
- 2 tsp maple syrup (34 cal)
- 1/4 tsp vanilla extract (3 cal)
- 1 pinch sea salt

### Toppings:

- 3 sliced figs (89 cal)
- 2 tbsp chopped pecans (94 cal)

**Directions:**

1. On the night of day 25, mix the chia seeds, vanilla extract, maple syrup, and sea salt in with the cashew milk, then let sit in a refrigerator overnight.
2. When you're ready for breakfast, top with the figs and pecans then enjoy!

**DAY 26 LUNCH****Maple Mustard Tofu Sandwich (531 cal)**

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

**Ingredients:**

- 4 oz extra firm tofu (106 cal)
- 1/2 onion (14 cal)
- 1 large tomato (33 cal)
- 1 tbsp olive oil (119 cal)
- 2 slices gluten-free bread (218 cal)
- 1 cup mixed greens (9 cal)
- juice of 1/2 lemon (5 cal)
- 1 garlic clove minced (4 cal)
- 2 tsp mustard (6 cal)
- 1 tsp maple syrup (17 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 26 DINNER****Mushroom Brown Rice Risotto (678 cal)**

Prep time - 2 mins/ Total time - 2 mins

**Ingredients:**

- 1 cup cooked brown rice (248 cal)
- 2 cups sliced mushrooms (31 cal)
- 2 tsp olive oil (80 cal)
- 1 shallot (22 cal)
- 1 garlic clove minced (4 cal)
- 2 cups spinach (14 cal)

**“Cream”:**

1/3 cup soaked cashews (238 cal)  
juice of 1 lemon (11 cal)  
1/3 cup water  
dash of sea salt  
dash of pepper  
1 tbsp nutritional yeast (30 cal)

**Directions:**

1. In a pan, cook the onions with the garlic and olive oil at medium to high heat for 3 minutes.
2. Add the mushrooms, then cook for an additional 5 minutes at low to medium heat.
3. Reduce heat to low, then add the rice and spinach and remove from heat.
4. Place all “Cream” ingredients in a blender, and blend until you reach a desired consistency.
5. Mix all ingredients together and enjoy!

**DAY 26 SNACK**

**Fruit & Nuts (211 cal)**

2 peaches (117 cal)  
1/2 cantaloupe (94 cal)

**DAY 27 (1983 cal)**

**DAY 27 BREAKFAST**

**Savory Breakfast Bowl (588 cal)**

Prep time - 4 mins/ Total time - 4 mins

**Ingredients:**

1 serving baked tofu (106 cal)  
1/2 cup cooked brown rice (124 cal)  
1/2 cup black beans (120 cal)  
1/2 diced avocado (114 cal)  
1 cup mixed greens (9 cal)  
1/4 cup cherry tomatoes (15 cal)

**Dressing:**

1 tbsp tahini (89 cal)  
Juice of 1 lime (11 cal)  
3 tbsp water  
dash of sea salt

**Directions:**

1. Place all main ingredients in a bowl and reheat for 2–3 minutes if you'd like to enjoy this dish warm.
2. In a separate bowl, mix the dressing ingredients together thoroughly using a fork or whisk.
3. Pour the dressing over the main ingredients and enjoy!

**DAY 27 LUNCH**

**Chunky Lentil Soup (606 cal)**

**Prep time - 2 minutes/ Total time - 2 minutes**

**Ingredients:**

1 serving Chunky Lentil Soup (497 cal)  
1 slice gluten-free bread (109 cal)

**Directions:**

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

**DAY 27 DINNER**

**Spaghetti Squash w/ Marinara (429 cal)**

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

**Ingredients:**

Spaghetti Squash (from meal prep) (203 cal)  
Marinara Sauce (from meal prep) (226 cal)

**Directions:**

1. Combine all ingredients and enjoy!

**DAY 27 SNACK**

**Fruit & Nuts (360 cal)**

1/2 pineapple (226 cal)  
3 tbsp cashews (134 cal)

**DAY 28 (1991 cal)**

## **DAY 28 BREAKFAST**

**Fruit Salad w/ Nuts (426 cal)**

**Prep time - 3 mins/ Total time - 3 mins**

### **Ingredients:**

- 1 sliced green apple (95 cal)
- 1/4 cup raspberries (16 cal)
- 1/2 cup grapes (52 cal)
- 1 sliced peach (59 cal)
- 1/3 cup cherries (32 cal)
- 2 tbsp chopped hazelnuts (90 cal)
- 2 tbsp chopped walnuts (82 cal)

### **Directions:**

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

## **DAY 28 LUNCH**

**Maple Walnut Bean Bowl (639 cal)**

**Prep time - 2 mins/ Total time - 2 mins**

### **Ingredients:**

- 1 cup cooked kidney beans (225 cal)
- 1/3 cup walnuts (255 cal)
- 2 baked beets (from meal prep)(71 cal)
- 2 cups spinach (14 cal)
- 1 tsp olive oil (40 cal)
- 2 tsp maple syrup (34 cal)

### **Directions:**

1. In a pan, cook the beets with the olive oil at medium to high heat for 3 minutes.
2. Add maple syrup to the pan and mix well, cooking for an additional minute.
3. Remove from heat, then mix with all other ingredients and enjoy!

## **DAY 28 DINNER**

**Chunky Lentil Soup (606 cal)**

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

### **Ingredients:**

- 1 serving Chunky Lentil Soup (497 cal)

1 slice gluten-free bread (109 cal)

**Directions:**

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

**DAY 28 SNACK**

**Fruit & Nuts (320 cal)**

1/2 pineapple (226 cal)

2 tbsp pecans (94 cal)