

## Meal Prep 1/2 - Day 7

### Prepare the Millet

#### Ingredients:

- 1 cup millet (dry)
- 2 cups water
- 1 tbsp olive oil

#### Directions:

1. Cook according to package instructions.
2. Store in an airtight container in a refrigerator.

### Prepare the White Beans

You'll need 2 jars or cans of white beans

### Prepare the Brown Rice

#### Ingredients:

3/4 cup brown rice (Dry)

#### Directions:

1. Cook according to package instructions.
2. Store in an airtight container in a refrigerator.

### Prepare the Sautéed Veggie Mix (3 servings)

#### Ingredients:

- 2 sliced zucchini
- 1 sliced yellow squash
- 1 chopped sweet onion
- 1 chopped garlic clove
- 1 sliced bell pepper (any color)
- 2 tbsp olive oil

#### Directions:

1. In a pan, cook the garlic, bell pepper, and onions with the olive oil at medium heat for 5 minutes.

2. Add the zucchini and squash, then cook for an additional 12 minutes (or until the zucchini and squash have softened)
3. Remove from heat, then store in an airtight container in a refrigerator.

### **Make the Salsa (2 serving)**

#### **Ingredients:**

2 tomatoes  
1/4 sweet onion  
juice of 1 lime  
handful of chopped cilantro  
1/4 tsp salt  
dash of black pepper

#### **Directions:**

1. Chop the tomatoes and sweet onion very finely (or chunky if you prefer), then mix together with all other ingredients in a bowl.
2. Store in an airtight container in a refrigerator.

**Note:** If you prefer spicy salsa, feel free to add a chopped jalapeño to the recipe

### **Make the Diced Baked Butternut Squash (4 servings)**

#### **Ingredients:**

1 large or 2 small butternut squash (you'll need 4 cups chopped)  
1 tbsp olive oil  
1/4 tsp sea salt

#### **Directions:**

1. Preheat the oven to 200C/400F
2. Remove the skin and seeds from the butternut squash, then dice it into small cubes.
3. Coat the diced butternut squash with the olive oil and salt, then spread the evenly over a baking tray lined with parchment paper.
4. Cook for 40 minutes (or until soft), then remove from heat.
5. Place half aside for the next recipe prep, and place the other half in an airtight container in a refrigerator.

### **Make the Butternut Squash Soup**

**(2 servings)**

**Ingredients:**

2 cups Diced Baked Butternut Squash (1/2 of the prepared squash from above)  
1/2 small onion  
1 garlic clove  
1 thumb ginger  
2 cups vegetable broth  
juice of 1 orange  
1 yukon potato peel (raw)  
1 tsp sea salt  
1/2 tsp black pepper

**Directions:**

1. Place all ingredients in a blender and blend until you reach a smooth consistency.
2. Pour the blended mixture into a pot or pan, then cook at medium to high heat until it comes to a boil.
3. Once it comes to a boil, place a cover on the pot or pan, then reduce the heat to low and let simmer for 20 minutes.
4. Remove from heat, then place in an airtight container in a refrigerator.

**Make the Hash Brown Potato Mix**

**(1 servings)**

**Ingredients:**

1 small sweet potato  
1/2 medium yukon potato  
1 tbsp olive oil  
1/2 tsp salt  
1/2 tsp smoked paprika  
1/2 tsp garlic powder

**Directions:**

1. Preheat the oven at 210C/420F
2. Dice the sweet potato and yukon potato into bite sized pieces.
3. Place the diced potatoes on a baking tray lined with parchment paper, then coat evenly with 2 tbsp olive oil, salt, paprika and garlic powder.
4. Bake for 30 minutes.
5. Remove from heat, then store in an airtight container in a refrigerator

## Freeze the Bananas

You'll want to peel then freeze 6 bananas in a ziplock bag

## Meal prep 2/2 - Day 11

### Make the Cheezy Sauce (4 serving)

#### Sauce Ingredients:

2 cup cashews  
1/2 cup nutritional yeast  
2 garlic clove  
2 tsp sea salt  
juice of 1 a lemon  
1 cup water

#### Directions:

1. Place all sauce ingredients in a blender, then blend until you reach a smooth consistency.
2. Store in an airtight container in the fridge.

### Make the Hummus (2 servings)

#### Ingredients:

1 can chickpeas (liquid removed)  
1/4 cup tahini  
1 garlic clove  
juice of 1 lemon  
1 tbsp olive oil  
1/4 tsp sea salt

#### Directions:

1. Place all ingredients in a blender, then blend until you reach a smooth consistency.
2. Store in an airtight container in the fridge.

### **Prepare the Roasted Vegetables (2 servings)**

#### **Ingredients:**

- 1 eggplant, sliced
- 1 bell pepper, sliced
- 1 zucchini, sliced into spears
- 1 garlic clove, thinly sliced
- 1 onion, thinly sliced
- 1 tsp olive oil

#### **Directions:**

1. Preheat oven at 175C/350F.
2. Slice the eggplant in half, then drizzle the olive oil on it and place face down on a baking tray lined with parchment paper.
3. Place all other ingredients on a separate baking tray, then cook both for 30 minutes.
4. Remove from heat, the scoop out the insides of the eggplant and mix with the other vegetables.
5. Store in an airtight container in the fridge.

**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 8 (1999 cal)**

#### **DAY 1 BREAKFAST**

**Hash Browns w/ Toast (570 cal)**

**Prep time - 2 mins/ Cook time - 6 minutes/ Total time - 8 mins**

#### **Ingredients:**

- 2 slices gluten-free vegan bread (217 cal)
- 1 serving hash brown potato mix (222 cal)

- 1 small thinly sliced onion (28 cal)
- 2 oz shiitake mushrooms (19 cal)
- 1 sliced garlic clove (4 cal)
- 2 tsp olive oil (80 cal)

**Directions:**

1. Cook the olive oil with the onion and garlic in a pan at medium to high heat for 4 minutes.
2. Add the shiitake mushrooms and hash brown potato mix to the pan and cook for an additional 2 minutes, then remove from heat.
3. Mix all ingredients together thoroughly, then toast your bread and enjoy!

**DAY 8 LUNCH**

**Millet Avocado Spinach Salad (755 cal)**

Prep time - 2 mins/ Total time - 2 mins

**Salad Ingredients:**

- 2 cups baby spinach (15 cal)
- 1 cup millet (210 cal)
- 1 serving sautéed veggies (162 cal)
- 1/2 cup white beans (149 cal)
- 1/2 avocado (114 cal)

**Dressing:**

- 2 tsp olive oil (80 cal)
- 1 tsp balsamic vinegar (5 cal)
- 1 tsp maple syrup (17 cal)
- juice of 1/4 lemon (3 cal)
- dash of sea salt

**Directions:**

1. Mix all ingredients except for the avocado in a bowl.
2. In a separate bowl, combine the dressing ingredients and mix thoroughly using a fork.
3. Pour the dressing over the salad, then slice the avocado and add as a topping and enjoy!

**DAY 8 DINNER**

**Butternut Spinach Rigatoni (537 cal)**

Prep time - 2 mins/ Cook time - 19 mins/ Total time - 21 mins

**Ingredients:**

2oz rigatoni (dry weight) (210 cal)  
1 small chopped onion (28 cal)  
1 garlic chopped clove (4 cal)  
3/4 cup vegetable broth (8 cal)  
1 tbsp olive oil (119 cal)  
2 tbsp cup nutritional yeast (60 cal)  
1 cup baby spinach (7 cal)  
1 serving butternut squash (82 cal)  
2oz shiitake mushrooms (19 cal)  
dash of sea salt  
dash of black pepper

**Directions:**

1. Cook pasta according to package instructions.
2. In a separate pan, cook the onion and garlic in the olive oil for 5 minutes at medium to high heat.
3. Add 1/2 cup vegetable broth, then let simmer for 2 minutes.
4. Add the pasta, baby spinach, butternut squash, shiitake mushrooms and nutritional yeast, then let cook for an additional 4 minutes.
5. Add the remaining vegetable broth and let simmer for 1 minute, then remove from heat and enjoy!

**DAY 8 SNACK****Fruit (137 cal)**

1 apple (95 cal)  
1/2 cup blueberries (42 cal)

**DAY 9 (1993 cal)****DAY 9 BREAKFAST****Cranberry Maple Cinnamon Oats (743 cal)**

Prep time - 2 mins/ Total time - 2 mins

**Ingredients:**

1 cup oatmeal measured dry (307 cal)  
1 cup almond milk (39 cal)  
1/2 cup dried cranberries (246 cal)  
1 tbsp maple syrup (51 cal)  
1 tsp cinnamon powder (6 cal)

2 tbsp pecans (94 cal)

**Directions:**

1. In a pan, cook the oatmeal with the almond milk at medium heat until the oatmeal starts to thicken. Be sure to stir well. This should take approximately 3 minutes.
2. Add the cinnamon, then cook for an additional 2 minutes.
3. Remove from heat, then add all other toppings and enjoy!

**DAY 9 LUNCH**

**Butternut Squash Soup with Parsley (468 cal)**

Prep time - 2 mins/ Total time - 2 mins

**Ingredients:**

- 1 serving Butternut Squash Soup (211 cal)
- 2 slice gluten-free Vegan bread (217 cal)
- 1 tsp olive oil (40 cal)
- 1/2 handful chopped parsley

**Directions:**

1. Reheat the soup and toast the bread if you wish to enjoy warm
2. Top with parsley and enjoy!

**DAY 9 DINNER**

**Thai Curry (667 cal)**

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

**Ingredients:**

- 1/2 cup coconut milk (for cooking)(203 cal)
- 1/2 cup vegetable broth (6 cal)
- 1 tbsp red thai curry paste (17 cal)
- 1/2 tbsp soy sauce (5 cal)
- 1/2 tbsp maple syrup (26 cal)
- 1 serving sautéed veggies (162 cal)
- 1 cup brown rice (248 cal)

**Directions:**

1. In a pan, cook the coconut milk, red curry, vegetable broth, soy sauce, and maple syrup at medium to high heat until it comes to a boil.
2. Once the mixture comes to a boil, add the sautéed veggies, then reduce heat to low and let simmer for 10 minutes.

3. In a bowl, pour the thai curry over the brown rice and enjoy!

### **DAY 9 SNACK**

#### **Veggies & Nut Butter (115 cal)**

3 celery stalks (19 cal)

1 tbsp almond butter (96 cal)

### **DAY 10 (1998 cal)**

#### **DAY 10 BREAKFAST**

#### **Almond Butter Banana Smoothie (490 cal)**

Prep time - 3 mins/ Total time - 3 mins

#### **Ingredients:**

3 frozen bananas (315 cal)

1 tbsp almond butter (96 cal)

2 pitted dates (40 cal)

1 cup soy milk (39 cal)

#### **Directions:**

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

#### **DAY 10 LUNCH**

#### **Spring Rolls (792 cal)**

Prep time - 3 mins/ Total time - 3 mins

#### **Spring Roll Ingredients:**

1 avocado (227 cal)

1 large carrot (25 cal)

1 bell pepper (37 cal)

1 cup baby spinach (7 cal)

handful of cilantro

4 spring roll wraps (79 cal)

#### **Peanut Sauce:**

1/4 cup peanut butter (386 cal)

1 tbsp soy sauce (9 cal)

1 tsp maple syrup (17 cal)

1/2 tsp garlic powder (5 cal)

1/4 cup water

**Directions:**

1. Prepare the spring roll wraps according to package instructions.
2. Dice up the veggies, then roll them up evenly in the prepared wraps.
3. In a separate dish, combine the peanut sauce ingredients and mix well.
4. Dip the spring rolls in the peanut sauce and enjoy!

**DAY 10 DINNER**

**Basil Butternut Squash Soup (428 cal)**

Prep time - 2 mins/ Total time - 2 mins

**Ingredients:**

- 1 serving Butternut Squash Soup (211 cal)
- 2 slice gluten-free Vegan bread (217 cal)
- 1/2 handful chopped basil

**Directions:**

1. Reheat the soup and toast the bread if you wish to enjoy warm
2. Top with basil and enjoy!

**DAY 10 SNACK**

**Fruit & Nuts (288 cal)**

- 2 bananas (210 cal)
- 2 tbsp almonds (78 cal)

**DAY 11 (1989 cal)**

**DAY 11 BREAKFAST**

**Banana Pecan Pancakes (432 cal)**

Prep time - 2 mins/ Cook time - 8 mins/ Total time - 10 mins

**Pancake Ingredients:**

- 2 tsp olive oil (80 cal)
- 1/4 cup gluten-free flour (109 cal)
- 3/4 tsp baking powder (4 cal)
- 1/8 tsp sea salt
- 1/4 cup soy milk (19 cal)
- 2 tsp maple syrup (34 cal)

1 tsp cinnamon

**Toppings:**

1 banana (105 cal)

1 tbsp chopped pecans (47 cal)

2 tsp maple syrup (34 cal)

**Directions:**

1. Mix all of the dry pancake ingredients together thoroughly in a bowl.
2. Add all other pancake ingredients except for the olive oil and mix thoroughly using a fork or whisk.
3. In a pan at medium heat, add the olive oil to coat the pan, then evenly distribute the pancake batter on the pan and cook for 3-4 minutes on each side.
4. Add toppings and enjoy!

**DAY 11 LUNCH**

**Butternut Tacos (703 cal)**

Prep time - 2 mins/ Total time - 2 mins

**Ingredients:**

3 corn tortillas (157 cal)

1 serving diced baked butternut squash (82 cal)

1/2 cup brown rice (124 cal)

1 cup white beans (299 cal)

1 serving salsa (41 cal)

1/2 handful cilantro

**Directions:**

1. Mix all ingredients except for the cilantro and tortillas together in a bowl
2. Fill the tortillas with the mixture, then top with cilantro and enjoy!

**DAY 11 DINNER**

**Veggie Millet Bowl (717 cal)**

Prep time - 2 mins/ Total time - 2 mins

**Bowl Ingredients:**

1 cup millet (210 cal)

1 cup white beans (299 cal)

1 serving sautéed veggies (162 cal)

1 cup baby arugula (5 cal)

1 serving salsa (41 cal)

**Directions:**

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

**DAY 11 SNACK**

**Fruit & Nut Butter (137 cal)**

1 banana (105 cal)

1 tsp almond butter (32 cal)

**DAY 12 (1993 cal)**

**DAY 12 BREAKFAST**

**Creamy Blueberry Smoothie (497 cal)**

Prep time - 3 mins/ Total time - 3 mins

**Ingredients:**

1 cup frozen blueberries (117 cal)

2 frozen banana (210 cal)

1 1/2 cup soy milk (112 cal)

1 tsp maple syrup (17 cal)

1 cup chopped kale (8 cal)

1 tbsp coconut flakes (33 cal)

**Directions:**

1. Blend all ingredients until you reach a smooth consistency and enjoy!

**DAY 12 LUNCH**

**Veggie Hummus Romain Boats (759 cal)**

Prep time - 2 mins/ Total time - 2 mins

**Ingredients:**

3 romaine leafs (14 cal)

1 serving hummus (380 cal)

1 cup quinoa (222 cal)

1 serving roasted vegetables (143 cal)

**Directions:**

1. Fill the romaine leafs with the other ingredients, making sure to spread the ingredients evenly and enjoy!

## DAY 12 DINNER

### Cheezy Potato Broccoli Casserole (627 cal)

Prep time - 2 mins/ Cook time - 45 mins/ Total time - 47 mins

#### Ingredients:

- 1 potatoes, diced into bite size pieces (122 cal)
- 1 small onion, sliced thin (28 cal)
- 1 cup broccoli, chopped (55 cal)
- 1 serving cheezy sauce (422 cal)

#### Directions:

1. Preheat the oven to 200C/400F
2. In a small bread pan, spread the potatoes and onion evenly across the bottom of the pan.
3. Spread the broccoli over the bottom layer, then coat all ingredients with the cheezy sauce.
4. Bake for 45 mins
5. Remove from heat and enjoy!

**Note:** Make sure to check after 30 minutes or so to make sure it isn't burning. Depending on the size of the pan, it may take more or less time.

## DAY 12 SNACK

### Veggies & Nut Butter (110 cal)

- 2 carrots (50 cal)
- 2 tsp tahini (60 cal)

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

## DAY 13 (2002 cal)

### DAY 13 BREAKFAST

#### Overnight Pomegranate Chia Pudding (398 cal)

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

#### Ingredients:

- 1/2 pomegranate (save the other half for tomorrow's breakfast) (117 cal)
- 1/4 cup chia seeds (194 cal)
- 1/4 cup almond milk (10 cal)
- 1/2 tsp vanilla extract (6 cal)

1 tbsp maple syrup (51 cal)  
dash of sea salt

**Toppings:**

1/2 tbsp almonds (20 cal)

**Directions:**

1. Place the chia seeds in a bowl with the almond milk, making sure to stir well.
2. Add all other ingredients except for the pomegranate, then store in a fridge overnight.
3. When you're ready for breakfast, squeeze the juice and seeds from the pomegranate over the oats, then stir and enjoy!

**DAY 13 LUNCH**

**Avocado Toast (778 cal)**

Prep time - 2 minutes/ Total time - 2 minutes

**Ingredients:**

2 slices gluten-free vegan bread (217 cal)  
2 avocado (454 cal)  
2 tbsp sunflower seeds (102 cal)  
juice of 1/2 lemon (5 cal)  
dash of sea salt  
dash of pepper

**Directions:**

1. Toast the bread to your specific liking.
2. While the bread is toasting, mash the avocados in a bowl with the lemon juice, salt and pepper.
3. Spread the mashed avocado evenly over the slices of toast, then top with sunflower seeds and enjoy!

**DAY 13 DINNER**

**Broccoli Alfredo (672 cal)**

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

**Ingredients:**

2oz gluten-free spaghetti (200 cal)  
1 cup broccoli (55 cal)  
1 serving cheezy sauce (422 cal)  
1/2 handful fresh basil

**Directions:**

1. Cook spaghetti according to package instructions.
2. While the spaghetti cooks, steam the broccoli for about 5 minutes.
3. Once both are done cooking, drain all excess water, then combine in a bowl with the cheezy sauce and stir well.
4. Top with basil and enjoy!

**DAY 13 SNACK****Fruit & Nuts (154 cal)**

- 1 apples (95 cal)
- 1 1/2 tbsp almonds (59 cal)

**DAY 14 (2005 cal)****DAY 14 BREAKFAST****Cranberry Banana Smoothie Bowl (465 cal)**

Prep time - 3 mins/ Total time - 3 mins

**Smoothie Bowl Ingredients:**

- 1/2 cup frozen cranberries (25 cal)
- 1 frozen bananas (105 cal)
- 1 tbsp maple syrup (51 cal)
- 1 cup soy milk (74 cal)

**Toppings:**

- 1 tbsp coconut flakes (33 cal)
- 3 chopped dates (60 cal)
- seeds from half a pomegranate (117 cal)

**Directions:**

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

**DAY 14 LUNCH****Cheezy Potato Casserole (627 cal)**

Prep time - 2 mins/ Cook time - 45 mins/ Total time - 47 mins

**Ingredients:**

- 1 potatoes, diced into bite size pieces (122 cal)

- 1 small onion, sliced thin (28 cal)
- 1 cup broccoli, chopped (55 cal)
- 1 serving cheezy sauce (422 cal)

**Directions:**

1. Preheat the oven to 200C/400F
2. In a small bread pan, spread the potatoes and onion evenly across the bottom of the pan.
3. Spread the broccoli over the bottom layer, then coat all ingredients with the cheezy sauce.
4. Bake for 45 mins
5. Remove from heat and enjoy!

**DAY 14 DINNER**

**Mediterranean Bowl (776 cal)**

Prep time - 3 minutes/ Cook time - 19 mins/ Total time - 22 minutes

**Ingredients:**

- 1 cup kale (8 cal)
- 1/2 cup quinoa (111 cal)
- 1/2 cup chickpeas (134 cal)
- 1 serving roasted vegetables (143 cal)
- 1 serving hummus (380 cal)

**Directions:**

1. Combine all ingredients in a bowl and enjoy!

**DAY 14 SNACK**

**Fruit & Nut Butter (137 cal)**

- 1 banana (105 cal)
- 1 tsp peanut butter (32 cal)