

Meal Prep 1/2 - Day 14

Prepare the Roasted Chickpeas

(1 serving)

Ingredients:

- 1 can chickpeas (liquid removed)
- 1/2 tsp garlic powder
- 1/2 tsp sea salt
- 1/2 tsp smoked paprika
- 1 tbsp olive oil

Directions:

1. Preheat the oven at 200C/400F
2. Mix all ingredients together in a bowl, then spread evenly on a baking tray lined with parchment paper.
3. Cook for 20 minutes, then remove from heat and store in an airtight container in the fridge.

Prepare the Brown Rice

(4 servings)

Ingredients:

- 2 cups brown rice (Dry)

Directions:

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

Prepare the Garlicky Green Beans

(2 servings)

Ingredients:

- 2 tsp olive oil
- 12 oz green beans
- 2 sliced garlic cloves
- 1/2 tsp sea salt

Directions:

1. In a pan set at medium heat, cook the olive oil with the garlic cloves for 1 minutes.

2. Add the green beans to the pan and cook for an additional 12 minutes.
3. Remove from heat, then store in an airtight container in the fridge.

Prepare the Fall Roasted Veggies (2 servings)

Ingredients:

- 16oz or 1 lb Brussels Sprouts, halved
- 1 cup chopped butternut squash
- 1 garlic clove
- 1 sliced large yellow onion
- 1/2 cup dried cranberries
- 2 pieces chopped celery
- 1 tsp Himalayan pink salt
- 1 tbsp chopped fresh rosemary
- 1 tbsp fresh thyme
- 2 tbsp olive oil
- 1 tsp garlic powder

Directions:

1. Preheat the oven to 200C/400F
2. Mix all ingredients together in a large bowl, coating the ingredients with the olive oil and seasoning thoroughly.
3. On a baking tray lined with parchment paper, spread the ingredients evenly, then cook for 40 minutes.
4. Remove from heat, then store in an airtight container in the fridge.

Prepare the Cranberry Sauce (1 servings)

Ingredients:

- 1 cup fresh cranberries
- 1/2 cup water
- 1 tbsp maple syrup
- 1/4 juice of 1 orange

Directions:

1. In a pan set at medium heat, cook the maple syrup, water, cranberries and the juice from 1 orange until it comes to a boil.
2. Reduce the heat to medium-low, then let simmer for 10 minutes.

3. Drain the liquid from the pan, then put the cranberries in a bowl and mash them thoroughly until you achieve a jam like consistency.
4. Store in an airtight container in the fridge.

Make the Pumpkin Curry (2 serving)

Ingredients:

- 1/2 15oz can pumpkin puree
- 1 can chickpeas (liquid removed)
- 1/2 cup vegetable broth
- 1 cup baby spinach
- 1 cup chopped broccoli
- 1 chopped onion
- 1 chopped garlic clove
- 15 oz can of fire roasted tomatoes
- 2 tbsp olive oil
- 1/2 thumb ginger, grated
- 1/2 tsp sea salt
- 1/2 tsp turmeric
- 1/2 tsp black pepper

Directions:

1. On a pan set at medium heat, cook the onion and garlic with the olive oil for 2 minutes.
2. Add the chickpeas and spices in the pan, and cook for an additional 5 minutes.
3. Add all other ingredients except for the spinach, and cook for an additional 15 minutes with the heat reduced to low.
4. Add the spinach, then remove from heat and store in an airtight container in the fridge.

Make the Boiled Potato (1 serving)

Ingredients:

- 1 potato
- 1 cup water

Directions:

1. Place the ingredients in a pot set a medium-high heat, and boil the potato for 15-20 mins until the potato is soft.

2. Remove from heat, then drain liquid and store in an airtight container in the fridge.

Make the Gravy

(1 serving)

Ingredients:

- 1 sliced small onion
- 1 chopped garlic clove
- 1 tsp olive oil
- 1 cup sliced mushrooms
- 1 cup vegetable broth
- 1 tbsp soy sauce
- 1/2 tsp italian seasoning
- 1/2 tsp sea salt
- 1/2 tbsp corn starch

Directions:

1. On a pan set at medium heat, cook the onion and garlic with the olive oil for 3 minutes.
2. Add the mushrooms, vegetable broth, soy sauce and seasoning, then cook until it comes to a boil.
3. Reduce the heat to low, then add the cornstarch and whisk together with all other ingredients thoroughly.
4. Cook for an additional 5 minutes, then remove from heat and store in an airtight container in the fridge.

Prepare the Tofu

(1 serving of each)

Tofu Stir Fry Ingredients:

- 7 oz firm tofu
- 1 tbsp olive oil
- 1 tbsp soy sauce
- 1/2 tbsp maple syrup
- 1/2 tsp garlic powder
- 1 thumb grated ginger

Directions:

1. Cut the tofu into cubes, then mix all ingredients in a bowl and let sit for 15 minutes.
2. Pour the tofu mix and remaining liquid into a pan set at medium heat.
3. Cook for 10 minutes

4. Remove from heat, then store in an airtight container in the fridge.

Tofu Steak Ingredients:

7 oz firm tofu, cut three times lengthwise to make equal size pieces

1 tbsp olive oil

3 tbsp vegetable broth

1/2 tsp sea salt

1/2 tbsp italian seasoning

1 tbsp fresh rosemary

Directions:

1. Preheat the oven at 200C/400F.

2. Place the tofu strips in a small bread pan, the mix all other ingredients in a bowl with a fork or whisk, and pour them atop the tofu strips.

3. Cook for 45 mins, or until crispy.

4. Remove from heat, then store in an airtight container in the fridge.

Freeze the Bananas

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

Meal prep 2/2 - Day 18

Make the Stew

(2 servings)

Ingredients:

2 diced yukon potato

1 sliced zucchini

1 chopped celery stalk

1 chopped carrot

14 oz can of diced tomatoes

1 sliced garlic clove

2 cup vegetable broth

2 tbsp olive oil

1 tsp salt

1 tsp garlic powder

1 tsp black pepper

Directions:

1. In a pan at medium heat, cook the olive oil with the all other ingredients for 5 minutes.
2. Cover the pan, then let cook for 15 minutes.
3. Reduce heat to low, then let simmer for an additional 15 minutes.
4. Remove from heat, then store in an airtight container in the fridge.

Make the Quinoa **(2 servings)**

Ingredients:

1 cup quinoa (dry)

Directions:

1. Cook according to package instructions, then store in an airtight container in the fridge.

Prepare the Sweet Potatoes **(1 servings)**

Ingredients:

1 large or 2 medium sweet potatoes, halved lengthwise

1 tbsp olive oil

Directions:

1. Preheat the oven at 215C/425F.
2. Coat the open part of the sweet potato with the olive oil, then poke several holes in each using a fork.
3. On a baking tray lined with parchment paper, cook for 45 minutes.
4. Remove from heat, then store in an airtight container in the fridge.

Make the Sautéed Veggies **(3 serving)**

Ingredients:

2 cups sliced mushrooms

1 sliced red onion

1 chopped zucchini

1 sliced bell pepper

2 tbsp olive oil

1/2 tsp sea salt

1/2 tsp pepper

Directions:

1. Cook all ingredients except for the mushrooms in a pan at medium heat for 10 minutes.
2. Add the mushrooms, then cook for an addition 5 minutes.
3. Remove from heat, then store in an airtight container in the fridge.

Prepare the White Beans

(2 servings)

Ingredients:

You'll need 2 cups of white beans

Directions:

1. If bought pre-made, simply store them in an airtight container in the fridge.
2. If dry, you'll cook 1 cup according to package instructions which will provide 2 cups cooked.

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 15 (1999 cal)

DAY 15 BREAKFAST

French Toast w/ Berries (422 cal)

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

Ingredients:

2 slices gluten-free vegan bread (217 cal)

Batter Mix:

- 1/2 cup almond milk (18 cal)
- 1 tbsp gluten-free flour (27 cal)
- 1 tsp maple syrup (17 cal)
- 1/2 tsp cinnamon
- 1/4 tsp turmeric

Toppings:

1/2 cup blueberries (42 cal)
1/2 cup strawberries (24 cal)
1 1/2 tbsp maple syrup (77 cal)

Directions:

1. In a bowl, mix the batter ingredients together thoroughly using a fork or whisk.
2. Dip the bread in the batter, making sure to coat evenly and thoroughly.
3. In a pan set at medium heat, cook the french toast for 2 minutes on each side.
4. Remove from heat, then add toppings and enjoy!

DAY 15 LUNCH

Pumpkin Curry with Chickpeas, Potatoes and Spinach over Rice (546 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

1 serving pumpkin curry (422 cal)
1 serving brown rice (124 cal)

Directions:

1. Serve the pumpkin curry over the brown rice and enjoy!

DAY 15 DINNER

Fall Pasta with Veggies (779 cal)

Prep time - 2 mins/ Cook time - 11 mins/ Total time - 13 mins

Ingredients:

2 oz rigatoni pasta (210 cal)
1/2 cup mushrooms (8 cal)
1 tbsp olive oil (119 cal)
1/2 cup broccoli (27 cal)
1/2 cup sun-dried tomatoes (70 cal)

Sauce:

1/2 cup pumpkin puree (50 cal)
1/4 cup raw cashews (178 cal)
3 tbsp nutritional yeast (90 cal)
1/2 tsp sea salt
juice of 1/2 lemon (5 cal)
1 garlic clove (4 cal)
1/2 cup almond milk (18 cal)

Directions:

1. Cook pasta according to package instructions.
2. Blend all sauce ingredients together until you reach a smooth consistency.
3. In a separate pan from the pasta, bring the sauce ingredients to a simmer at medium heat for 3 minutes, then reduce heat to low.
4. In a separate pan, cook the mushrooms, broccoli and sun-dried tomatoes with the olive oil for 8 minutes at medium heat.
5. Drain the liquid from the pasta, then combine all ingredients and enjoy!

DAY 15 SNACK**Fruit (252 cal)**

2 bananas (210 cal)

1/2 cup blueberries (42 cal)

DAY 16 (1978 cal)**DAY 16 BREAKFAST****Strawberry Banana Smoothie (591 cal)**

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

1 1/2 cup frozen strawberries (73 cal)

2 frozen banana (210 cal)

1 cup almond milk (36 cal)

2 tbsp almond butter (192 cal)

4 pitted dates (80 cal)

Directions:

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

DAY 16 LUNCH**Fall Veggie Bowl (695 cal)**

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

1 1/2 serving fall roasted veggies (524 cal)

1 serving brown rice (124 cal)

1 cup kale (8 cal)

1 tbsp almonds (39 cal)

Directions:

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

DAY 16 DINNER

Pumpkin Curry Bowl (546 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 1 serving pumpkin curry (422 cal)
- 1 serving brown rice (124 cal)

Directions:

1. Serve the pumpkin curry over the brown rice and enjoy!

DAY 16 SNACK

Veggies & Nut Butter (146 cal)

2 carrots (50 cal)

1 tbsp almond butter (96 cal)

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

DAY 17 (2002 cal)

DAY 17 BREAKFAST

Banana Nut Overnight Oats (440 cal)

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

Overnight Ingredients:

- 1/2 cup quick oats (153 cal)
- 1 cup almond milk (36 cal)
- 1/2 tbsp cacao powder (10 cal)
- 1 tbsp chia seeds (49 cal)
- 1/2 tsp vanilla extract (6 cal)
- 1 tsp maple syrup (17 cal)

Toppings:

- 1 sliced banana (105 cal)
- 2 tsp almond butter (64 cal)

Directions:

1. On the night of day 16, mix all of the overnight ingredients together thoroughly in a jar or bowl, then store in the fridge.
2. When you're ready for breakfast, add the toppings and enjoy!

DAY 17 LUNCH**Fall Veggie Mix Salad (571 cal)**

Prep time - 3 mins/ Total time - 3 mins

Salad Ingredients:

- 1 serving fall roasted vegetables (349 cal)
- 1 cup baby spinach (7 cal)
- 1 cup arugula (5 cal)
- 2 tbsp chopped pecans (94 cal)
- 1 diced small red apple (77 cal)

Dressing:

- 1/2 tbsp dijon mustard (8 cal)
- 1/2 tbsp maple syrup (26 cal)
- juice of 1/2 lemon (5 cal)

Directions:

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

DAY 17 DINNER**Tofu Stir Fry (742 cal)**

Prep time - 2 mins/ Cook time - 11 minutes/ Total time - 13 mins

Ingredients:

- Tofu Stir Fry mix from meal prep (360 cal)
- 1 chopped small onion (28 cal)
- 1 tbsp olive oil (119 cal)
- 1 bell pepper (37 cal)
- 1 cup broccoli (55 cal)
- 2 tbsp soy sauce (18 cal)
- 2 tbsp vegetable broth (1 cal)
- 1 serving brown rice (124 cal)

Directions:

1. In a pan set at medium heat, cook the onion, pepper and broccoli with the olive oil for 10 minutes.
2. Add the vegetable broth, soy sauce and tofu, then cook for an additional minute.
3. Serve over brown rice and enjoy!

DAY 17 SNACK**Fruit & Nuts (249 cal)**

- 2 bananas (210 cal)
- 1 tbsp almonds (39 cal)

DAY 18 (1976 cal)**DAY 18 BREAKFAST****Apple Smoothie Bowl (406 cal)**

Prep time - 3 mins/ Total time - 3 mins

Smoothie Bowl Ingredients:

- 1 cup almond milk (36 cal)
- 1 sliced apple (77 cal)
- 1 frozen banana (105 cal)
- 2 dates (40 cal)
- 1 cup baby spinach (7 cal)

Toppings:

- 2 tbsp hazelnuts (90 cal)
- 2 sliced and pitted dates (40 cal)
- 1 tsp coconut flakes (11 cal)

Directions:

1. Blend all smoothie bowl ingredients together in a blender until you reach a desired consistency.
2. Add all toppings and enjoy!

DAY 18 LUNCH**Roasted Chickpea Bowl (487 cal)**

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 1 serving roasted chickpeas (356 cal)

1 cup arugula (5 cal)
1 cup baby spinach (7 cal)
1 serving garlicky green beans (104 cal)
1/2 cup chopped cherry tomatoes (15 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 18 DINNER

Thanksgiving Mix (811 cal)

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

Mashed Potato Mix:

1 boiled potato from meal prep (152 cal)
1/4 cup almond milk (9 cal)
1 tsp olive oil (40 cal)
1 tsp sea salt
1/2 tsp pepper

Ingredients:

1 serving gravy (124 cal)
1 serving tofu steak (327 cal)
1/2 serving garlicky green beans (52 cal)
1 serving cranberry sauce (107 cal)

Directions:

1. Remove the skin from the potatoes, then mash them with fork until they reach a desired consistency.
2. On a pan set at medium-low heat, cook the potatoes with the olive oil, almond milk and spices making sure to stir well for 5 minutes.
3. Remove from heat, then serve with all other ingredients and enjoy!

DAY 18 SNACK

Fruit & Veggies (272 cal)

1/2 serving roasted fall roasted veggies (175 cal)
1/2 serving garlicky green beans (52 cal)
1/2 cup strawberries (24 cal)
1/4 cup blueberries (21 cal)

DAY 19 (1985 cal)

DAY 19 BREAKFAST

Nut Butter Toast w/ Fruit (591 cal)

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

2 slices gluten-free bread (218 cal)

1/2 cup blueberries (42 cal)

1 sliced banana (105 cal)

2 tbsp almond butter (192 cal)

8 oz almond milk (34 cal)

Directions:

1. Toast the bread, then top with blueberries, banana and almond butter.
2. Enjoy with a glass of almond milk!

DAY 19 LUNCH

Veggie Stew (525 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

1 serving of stew (366 cal)

1 tbsp sunflower seeds (51 cal)

1 slice gluten-free bread (108 cal)

Directions:

1. Reheat if you wish to enjoy warm, then top with sunflower seeds and enjoy!

DAY 19 DINNER

Loaded Baked Sweet Potatoes (507 cal)

Prep time - 2 mins/ Cook time - 5 mins/ Total time - 12 mins

Ingredients:

1 serving sweet potatoes from meal prep (205 cal)

1/4 cup nutritional yeast (120 cal)

1/2 cups water

1/2 tsp sea salt

1/2 tsp pepper

1/2 tsp garlic powder (5 cal)

1 cup halved cherry tomatoes (15 cal)

- 1 cup broccoli (55 cal)
- 2 tbsp sunflower seeds (102 cal)
- 1 cup arugula (5 cal)

Directions:

1. Scoop out the inside of the sweet potato and place it in a blender with the nutritional yeast, water, sea salt, pepper and garlic powder, then blend until smooth.
2. Steam the broccoli for 5 minutes, then place inside the potato skins with the cherry tomatoes, sunflower seeds, and arugula.
3. Top with the blended mixture and enjoy!

DAY 19 SNACK

Veggies & Nut Butter (362 cal)

- 3 carrots (75 cal)
- 10 cherry tomatoes (31 cal)
- 2 stalks of celery (13 cal)
- 2 tbsp almond butter (192 cal)
- 1 tbsp sunflower seeds (51 cal)

DAY 20 (1996 cal)

DAY 20 BREAKFAST

Green Smoothie (419 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 1 1/2 cups almond milk (54 cal)
- 2 frozen bananas (210 cal)
- 1 cup kale (8 cal)
- 1 tbsp almond butter (96 cal)
- 1 tbsp maple syrup (51 cal)

Directions:

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

DAY 20 LUNCH

Quinoa White Bean Salad (803 cal)

Prep time - 2 minutes/ Total time - 2 minutes

Ingredients:

2 cups spring mix lettuce (15 cal)
1 cup white beans (299 cal)
1 cup corn (110 cal)
1/2 cup quinoa (111 cal)
1 serving sautéed veggie mix (123 cal)

Dressing:

1 tsp olive oil (40 cal)
1/2 tsp garlic powder (5 cal)
juice of 1 lemon (11 cal)
1 tbsp tahini (89 cal)
1/2 tsp cayenne pepper
2 tbsp water

Directions:

1. Mix all dressing ingredients together thoroughly using a fork or whisk.
2. Combine with all other ingredients and enjoy!

DAY 20 DINNER

Veggie Stew (475 cal)

Prep time - 2 mins/ Total - 2 mins

Ingredients:

1 serving stew (366 cal)
1 handful fresh parsley
1 slice gluten-free bread (109 cal)

Directions:

1. Top the stew with the parsley and enjoy!

DAY 20 SNACK

Fruit & Nuts (299 cal)

1 banana (105 cal)
1 apple (77 cal)
3 tbsp almonds (117 cal)

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

DAY 21 (1999 cal)

DAY 21 BREAKFAST

Overnight Chia Pudding Parfait (545 cal)

Prep time - 3 mins/ Total time - 3 mins

Overnight Ingredients:

- 1 cup almond milk (36 cal)
- 1 tsp vanilla extract (12 cal)
- 1/3 cup chia seeds (259 cal)
- 1 tsp maple syrup (17 cal)

Toppings:

- 1/2 cup blueberries (42 cal)
- 1/2 cup strawberries (24 cal)
- 1 sliced banana (105 cal)
- 1/2 cup vegan yogurt (50 cal)

Directions:

1. Mix the overnight ingredients together thoroughly in a bowl or jar. For a smoother consistency, pour the almond milk into the chia seeds slowly while stirring.
2. Store overnight, then when you're ready for breakfast, mix in the toppings and enjoy!

DAY 21 LUNCH

Quinoa Veggie Bowl (494 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 1 serving sautéed vegetables (123 cal)
- 1 1/2 cup quinoa (333 cal)
- 1 cup spring mix lettuce (7 cal)
- 1 cup cherry tomatoes (31 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 21 DINNER

Veggie Tacos (739 cal)

Prep time - 3 minutes/ Total time - 3 minutes

Ingredients:

3 corn tortillas (157 cal)
1 serving sautéed veggies (123 cal)
1 cup white beans (299 cal)
1/2 cup cherry tomatoes (15 cal)

Dressing:

1 tsp olive oil (40 cal)
1/2 tsp garlic powder (5 cal)
juice of 1 lemon (11 cal)
1 tbsp tahini (89 cal)
1/2 tsp cayenne pepper
2 tbsp water

Directions:

1. Combine dressing ingredients together and mix thoroughly with a whisk or fork.
2. Place all ingredients inside the tortillas and enjoy!

DAY 21 SNACK

Fruit & Nut Butter (221 cal)

1 apple (77 cal)
1 1/2 tbsp almond butter (144 cal)