

Meal Prep 1/2 - Day 21

Prepare the Smokey Lentils (2 servings)

Ingredients:

- 1 cup french lentils (dry)
- 1 small sliced yellow onion
- 1 cup sliced mushrooms
- 1 tbsp olive oil
- 1 tsp sea salt
- 1 tsp black pepper
- 1 tsp liquid smoke

Directions:

1. Cook the lentils according to package instructions.
2. While the lentils cook, sauté the onions and mushrooms with the olive oil in a pan at medium heat for 10 minutes.
3. Once the lentils are finished cooking, add to the pan with all other ingredients and sauté for an additional minute.
4. Remove from heat, then store in an airtight container in the fridge.

Prepare the Chili (2 servings)

Ingredients:

- 14 oz can of diced fire roasted tomatoes
- 1 small chopped yellow onion
- 1 chopped garlic clove
- 1 chopped bell pepper
- 1 chopped celery stalk
- 1 cup vegetable broth
- 1/2 15 oz can black beans
- 1/2 15 oz can red kidney beans
- 1/2 15 oz can white beans
- 2 tbsp olive oil
- 2 tsp chili powder
- 1 tsp oregano
- 1 tsp cumin
- 1/4 tsp cayenne

1/2 tsp sea salt

Directions:

1. In a pot set at medium heat, cook the onion and garlic with the olive oil for 5 minutes.
2. Add the bell pepper and celery, then cook for another 2 minutes.
3. Add the vegetable broth, tomatoes and all beans, then reduce heat to medium-low and let simmer for 15 minutes.
4. Remove from heat, then add all spices and store in an airtight container in the fridge.

**Prepare the Bean Mix
(2 servings)**

Ingredients:

- 1/2 15 oz can black beans
- 1/2 15 oz can red kidney beans
- 1/2 15 oz can white beans

Directions:

1. Combine all ingredients in a bowl, then store in an airtight container in the fridge.

**Prepare the Breakfast Potatoes
(1 serving)**

Ingredients:

- 2 diced yukon potatoes
- 1 small sliced yellow onion
- 1 sliced bell pepper
- 1 tbsp olive oil
- dash of sea salt
- dash of black pepper

Directions:

1. Preheat the oven at 200C/400F.
2. On a baking tray lined with parchment paper, coat the diced potatoes in 1/2 tbsp olive oil with the salt and pepper, then bake for 30 minutes.
3. While the potatoes bake, cook all other ingredients in a pan set at medium heat for 8 minutes, then remove from heat.
4. Combine all cooked ingredients, then store in an airtight container in the fridge.

Make the Potato Salad

(2 serving)

Ingredients:

- 1 lb yellow baby potatoes
- 2 cups water
- 1 tbsp chopped fresh basil
- 2 tbsp olive oil
- 1 tbsp white vinegar
- 1 tsp dijon mustard
- 1 tsp sea salt

Directions:

1. In a pot set at medium heat, bring the water to a boil, then add the potatoes and let cook for 20 minutes. (make sure the potatoes become soft)
2. Remove from heat, then let cool for approximately an hour.
3. Combine all other ingredients in a separate bowl and whisk together thoroughly using a fork or whisk.
4. Dice up the cooked potatoes, then pour the mixture over the potatoes evenly.

Make the Sautéed Veggies

(2 serving)

Ingredients:

- 1 sliced shallot
- 1 sliced zucchini
- 1 cup sliced mushrooms
- 2 tbsp olive oil
- 1/2 head grated cauliflower (you'll want to grate the cauliflower finely so it forms rice like morsels)
- 1/2 tsp sea salt

Directions:

1. On a pan set at medium heat, cook the shallot with the olive oil for 3 minutes.
2. Add the zucchini, then cook for an additional 5 minutes.
3. Add the mushrooms, then cook for an additional 3 minutes.
4. Add all other ingredients, then cook for an additional 2 minutes. Stir well.
5. Remove from heat, then store in an airtight container in the fridge.

Make the Cashew Sour Cream

(2 servings)

Ingredients:

1/2 cup cashews
1/2 cup water
juice of 1/2 lemon
1 tsp sea salt

Directions:

1. Boil 1/4 cup of water, then reduce heat and add cashews for 30 minutes.
2. Remove from heat, then blend the soaked cashews with all other ingredients until you reach a smooth consistency.
3. 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 24**Make the Cream of Mushroom Soup
(2 servings)****Ingredients:**

4 tbsp olive oil
1 small chopped onion
1 chopped garlic clove
5 cups sliced mushrooms
1/4 cup gluten-free flour
1 1/2 cups vegetable broth
dash of sea salt
dash of pepper

Directions:

1. In a pan set at medium heat, cook the onion and garlic in the olive oil for 5 minutes.
2. Add the mushrooms, then cook for 5 more minutes.
3. Add vegetable broth and all other ingredients. Once the mixture comes to a boil, slowly stir in the gluten-free flour and cook for an additional 15 minutes.
4. Remove from heat, then blend until you reach a desired consistency.
5. 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 Peanut Noodles
(1 serving)

Ingredients:

2 oz spaghetti (dry)

1 chopped green onion

1 shredded carrot

Peanut Sauce:

2 tbsp peanut butter

2 tbsp peanuts

1/2 tbsp maple syrup

1 tbsp soy sauce

1/2 tsp grated ginger

1/2 tsp garlic powder

1/4 cup water

Directions:

1. Cook the spaghetti according to package instructions.
2. Combine all peanut sauce ingredients in a separate bowl, mixing thoroughly with a fork or whisk.
3. Once the spaghetti finishes cooking, drain and rinse with cold water until the spaghetti is at room temperature.
4. Combine with peanut sauce and all other ingredients, then store in an airtight container in the fridge.

Make the Pesto
(1 serving)

Ingredients:

1 cup fresh basil

2 tbsp chopped walnuts
2 garlic cloves
1 tbsp lemon juice
2 tbsp nutritional yeast
1/4 tsp sea salt
2 tbsp olive oil
5 tbsp water

Directions:

1. Place all ingredients except for the olive oil and water into a blender or food processor, then blend until you reach a smooth consistency.
2. As the mixture blends, slowly add the olive oil and water.
3. Store in an airtight container in the fridge.

**Prepare the Roasted Veggies
(2 servings)**

Ingredients:

1 sliced yellow onion
2 sliced carrots
1 chopped bell pepper
2 cups sliced mushrooms
2 tbsp olive oil
1/2 tsp sea salt
1/2 tsp black pepper
1 chopped garlic clove

Directions:

1. Preheat the oven at 200C/400F.
2. Coat the veggies in all other ingredients thoroughly, then spread evenly on a baking tray lined with parchment paper and cook for 30 minutes.
3. Remove from heat, then 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 22 (1978 cal)

DAY 22 BREAKFAST

Banana Peach Chia Smoothie (433 cal)

Prep time - 2 mins/ Total time - 2 mins

Smoothie Ingredients:

- 2 cup frozen peaches (120 cal)
- 2 frozen banana (210 cal)
- 1 tbsp chia seeds (49 cal)
- 1 1/2 cup almond milk (54 cal)

Directions:

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

DAY 22 LUNCH

Smokey Lentil Salad (577 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 1 serving smokey lentils (321 cal)
- 2 cups spring mix (15 cal)
- 1 cup cherry tomatoes (30 cal)
- 1 tbsp chopped walnuts (41 cal)

Dressing:

- 3 tbsp balsamic vinegar (42 cal)
- 1 tbsp olive oil (119 cal)
- 1/2 tsp maple syrup (9 cal)

Directions:

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

DAY 22 DINNER

Zucchini Pasta w/ Mushrooms (621 cal)

Prep time - 2 mins/ Cook time - 15 mins/ Total time - 17 mins

Ingredients:

- 1 zucchini (33 cal)

1 cup sun-dried tomatoes (139 cal)
1/4 cup chopped walnuts (163 cal)

Mushrooms:

1 cup sliced mushrooms (15 cal)
2 tbsp olive oil (239 cal)
3 tbsp soy sauce (27 cal)
juice of 1/2 lemon (5 cal)

Directions:

1. Combine all mushroom ingredients in a bowl, then let marinate for 15 minutes.
2. Spiralize or grate the zucchini, then combine with all other ingredients and enjoy!

DAY 22 SNACK

Fruit Medley (347 cal)

2 sliced bananas (210 cal)
1 sliced apple (95 cal)
1 sliced kiwi (42 cal)

Note: Combine in a bowl and enjoy!

DAY 23 (1999 cal)

DAY 23 BREAKFAST

Persimmon Porridge (518 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

1 cup quick oats (307 cal)
1 cup almond milk (36 cal)
1 tsp cinnamon (6 cal)
1 tbsp maple syrup (51 cal)
1 sliced persimmon (118 cal)

Directions:

1. In a small pot set at medium heat, cook the oats with the almond milk, maple syrup and cinnamon for 5 minutes or until the oats thicken.
2. Remove from heat, then top with the sliced persimmon and enjoy!

DAY 23 LUNCH

3 Bean Chili (778 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 1 serving chili (594 cal)
- 1 serving cashew sour cream (181 cal)
- handful of chopped green onions (3 cal)

Directions:

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

DAY 23 DINNER

Smokey Mushroom Lentil Bowl (595 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 1 serving smokey lentils (321 cal)
- 1 cup baby spinach (7 cal)
- 1/2 serving Bean Mix (189 cal)
- 2 tbsp chopped almonds (78 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 23 SNACK

Veggies & Nut Butter (108 cal)

- 3 carrots (75 cal)
- 1 tsp sunflower seed butter (33 cal)

DAY 24 (2000 cal)

DAY 24 BREAKFAST

Sun Butter Banana Smoothie (460 cal)

Prep time - 3 mins/ Total time - 3 mins

Smoothie Ingredients:

- 2 frozen bananas (210 cal)
- 2 tbsp sunflower seed butter (197 cal)
- 1 tsp maple syrup (17 cal)

1 cup almond milk (36 cal)

Directions:

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

DAY 24 LUNCH

Potato Salad w/ Toast (550 cal)

Prep time - 3 mins/ Total time - 3 mins

Salad Ingredients:

- 1 serving potato salad (330 cal)
- 2 slices gluten-free bread (217 cal)
- handful chopped green onions (3 cal)

Directions:

1. Toast the bread to your specific liking, then top with all other ingredients and enjoy!

DAY 24 DINNER

3 Bean Chili w/ Cashew Sour Cream (778 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 1 serving chili (594 cal)
- 1 serving cashew sour cream (181 cal)
- handful of chopped green onions (3 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 24 SNACK

Fruit & Nuts (212 cal)

- 1 apple (95 cal)
- 3 tbsp almonds (117 cal)

DAY 25 (1993 cal)

DAY 25 BREAKFAST

Homestyle Potatoes w/ Avocado (602 cal)

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

Full serving of breakfast potatoes (488 cal)

1 sliced avocado (114 cal)

handful of cilantro

Directions:

1. Combine all ingredients, then top with cilantro and enjoy!

DAY 25 LUNCH

Veggie Bowl w/ Greens (585 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

1 serving sautéed veggies (184 cal)

1 cup kale (8 cal)

1 serving bean mix (378 cal)

1/2 cup sliced cherry tomatoes (15 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 25 DINNER

Potato Salad Bowl (667 cal)

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

Ingredients:

1 serving potato salad (660 cal)

1 cup baby spinach (7 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 25 SNACK

Avocado Mash (139 cal)

1/2 avocado (114 cal)

1 carrot (25 cal)

1 tsp black pepper

Note: Mash the avocado with the black pepper, then dip your carrot and enjoy!

DAY 26 (2001 cal)

DAY 26 BREAKFAST

Mixed Berry Kale Smoothie (412 cal)

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

2 cup frozen mixed berries (140 cal)

2 banana (210 cal)

1 cup kale (8 cal)

1 1/2 cup almond milk (54 cal)

Directions:

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

DAY 26 LUNCH

Cream of Mushroom Soup (464 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

1 serving cream of mushroom soup (356 cal)

1 slice gluten-free bread (108 cal)

Directions:

1. Reheat if you'd prefer to enjoy warm, then dip the bread and enjoy!

DAY 26 DINNER

Pesto Pasta w/ Veggies (667 cal)

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

Ingredients:

2 oz spaghetti (89 cal)

1 serving pesto (386 cal)

1 serving roasted veggies (192 cal)

Directions:

1. Cook the spaghetti according to package instructions.
2. Drain the spaghetti, then toss with all other ingredients and enjoy!

DAY 26 SNACK

Veggies & Nut Butter (458 cal)

- 2 carrots (50 cal)
- 2 celery stalks (13 cal)
- 4 tbsp sunflower seed butter (395 cal)

DAY 27 (1963 cal)

DAY 27 BREAKFAST

Hemp Seed Sun Butter Toast (449 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 2 slices gluten-free bread (217 cal)
- 2 tbsp sunflower seed butter (197 cal)
- 2 tsp hemp seeds (35 cal)

Directions:

1. Toast the bread until you reach a desired level of heat.
2. Remove from toaster, then top with sunflower seed butter and hemp seeds and enjoy!

DAY 27 LUNCH

Quinoa Salad w/ Veggies (683 cal)

Prep time - 2 minutes/ Total time - 2 minutes

Ingredients:

- 1 cup baby spinach (7 cal)
- 1 serving quinoa (222 cal)
- 1 serving sautéed veggies (184 cal)

Tahini Dressing:

- 3 tbsp tahini (268 cal)
- 1/4 cup water
- juice of 1/4 lemon (2 cal)
- dash of sea salt

Directions:

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

DAY 27 DINNER

Cream of Mushroom Soup (465 cal)

Prep time - 2 mins/ Total - 2 mins

Ingredients:

- 1 serving cream of mushroom soup (356 cal)
- 1 slice gluten-free bread (109 cal)

Directions:

1. Reheat if you'd prefer to enjoy warm, then dip your bread and enjoy!

DAY 27 SNACK

Fruit & Nuts (366 cal)

- 2 bananas (210 cal)
- 1/4 cup almonds (156 cal)

DAY 28 (2008 cal)

DAY 28 BREAKFAST

Acai Bowl (527 cal)

Prep time - 3 mins/ Total time - 3 mins

Acai Bowl Ingredients:

- 1 pack frozen acai (approx. 3.5 oz) (84 cal)
- 2 frozen banana (210 cal)
- 1 cup almond milk (36 cal)
- 1 tsp maple syrup (17 cal)

Toppings:

- 1 sliced kiwi (42 cal)
- 1 sliced banana (105 cal)
- 1 tbsp coconut flakes (33 cal)

Directions:

1. Blend all Acai Bowl ingredients until you reach a smooth consistency.
2. Pour blended mixture into a bowl, then top with all other ingredients and enjoy!

DAY 28 LUNCH

Peanut Noodle Salad (559 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

1 serving peanut noodle salad (559 cal)

Directions:

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

DAY 28 DINNER

Quinoa Stuffed Pepper (630 cal)

Prep time - 3 minutes/ Total time - 3 minutes

Ingredients:

1 bell pepper (37 cal)

1 serving quinoa (222 cal)

1 serving roasted veggies (192 cal)

Tahini Dressing:

2 tbsp tahini (178 cal)

1 tbsp water

1 tsp lemon juice (1 cal)

dash of sea salt

Directions:

1. Preheat the oven at 200C/400F.
2. Slice the top off of the bell pepper and remove the seeds, then fill with the quinoa and roasted veggies.
3. On a baking tray lined with parchment paper, cook the stuffed pepper for 20 minutes.
4. Remove from heat, then top with tahini dressing and enjoy!

DAY 28 SNACK

Fruit & Nut Butter (292 cal)

1 apple (95 cal)

2 tbsp sunflower seed butter (197 cal)