

Meal Prep 1/2 - Day 0

Prepare the Mock Tuna (2 servings)

Ingredients:

- 1 can chickpeas
- 2 tbsp finely chopped onions
- 1 finely chopped celery stalk

Dressing:

- 1 tbsp spicy mustard
- 2 tbsp tahini
- 2 tbsp water
- Dash of sea salt
- Dash of pepper

Directions:

1. Drain and rinse the chickpeas, then mash them down using a fork until all big chunks are gone.
2. Add in the celery and onions.
3. In a separate bowl, combine the dressing ingredients together using a fork, then combine with all other ingredients.
4. Mix well, then store in an airtight container in the fridge.

Prepare the Roasted Chickpeas (2 servings)

Ingredients:

- 1 can chickpeas
- 1/4 tsp sea salt
- 1/4 tsp pepper
- 1/4 tsp paprika
- 1 tbsp olive oil

Directions:

1. Preheat the oven to 200C/400F.
2. Rinse and drain the chickpeas, then remove all remaining moisture with a paper towel.
3. Toss well with all other ingredients, then spread evenly across a baking tray lined with parchment paper.

4. Cook for 25 minutes, then remove from heat and store in an airtight container in the fridge.

Prepare the Quinoa (2 servings)

Ingredients:

2/3 cup quinoa (dry)
Dash of sea salt
Dash of pepper

Directions:

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

Prepare the Mexican Soup (2 servings)

Ingredients:

1 can diced fire roasted tomatoes
1 small chopped onion
2 minced garlic cloves
1 chopped jalapeño
2 can corn
1 1/2 cups veggie broth
2 tbsp olive oil
Dash of sea salt
Dash of pepper
Dash of paprika

Directions:

1. In a pot set at medium heat, cook the olive oil with the onions and jalapeño for 5 minutes.
2. Add the corn and seasonings, then cook for an additional 2 minutes.
3. Add all other ingredients and bring to a boil, then reduce heat and let simmer for 20 minutes.
4. Remove from heat, then store in an airtight container in the fridge.

Make the Veggie Mix (4 serving)

Ingredients:

1 head chopped broccoli
1 large chopped zucchini
1 sliced onion
5 oz white mushrooms
1 1/2 tbsp olive oil
Dash of sea salt
Dash of pepper

Directions:

1. Combine all ingredients in a pot set at medium heat, then cook for 12 minutes.
2. Remove from heat, then store in an airtight container in the fridge.

Freeze the Bananas

You'll want to peel then freeze 5 bananas in a ziplock bag

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 1 (1963 cal)**DAY 1 BREAKFAST**

Almond Butter Banana Toast (550 cal)

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

2 pieces gluten-free bread (217 cal)
2 tbsp almond butter (192 cal)
1 sliced banana (105 cal)
1 tbsp cinnamon
1 cup almond milk (36 cal)

Directions:

1. Toast the bread to your specific liking, then add all toppings and enjoy with a cold glass of almond milk!

DAY 1 LUNCH

Mock Tuna Sandwich (468 cal)

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

- 1 serving mock tuna (233 cal)
- 1 cup halved grape tomatoes (11 cal)
- 1 cup baby spinach (7 cal)
- 2 pieces gluten-free bread (217 cal)

Directions:

1. Form all ingredients into a sandwich and enjoy!

DAY 1 DINNER

Avocado Veggie Soup (515 cal)

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

- 1 serving Mexican soup (288 cal)
- 1 sliced avocado (227 cal)

Directions:

1. Reheat and enjoy!

DAY 1 SNACK

Fruit & Nut Butter (430 cal)

- 2 sliced apples, (189 cal)
- 2 1/2 tbsp peanut butter, (241 cal)

DAY 2 (1965 cal)

DAY 2 BREAKFAST

Green Smoothie (475 cal)

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

- 2 frozen bananas (210 cal)

2 cup baby spinach (14 cal)
3 tbsp chia seeds (146 cal)
1 tbsp maple syrup (51 cal)
1 1/2 cups almond milk (54 cal)

Directions:

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

DAY 2 LUNCH

Chickpea Veggie Bowl (490 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

1 serving roasted chickpeas (194 cal)
1 cup mixed greens (9 cal)
1 cup halved grape tomatoes (23 cal)
1 serving veggie mix (86 cal)

Tahini Mix:

2 tbsp tahini (178 cal)
2 tbsp water
1 tsp lemon juice
Dash of sea salt
Dash of pepper

Directions:

1. Mix together all tahini mix ingredients in a bowl, then combine with all other ingredients and enjoy!

DAY 2 DINNER

Avocado "Tuna" Bowl (553 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

1 serving mock tuna (233 cal)
1 serving veggie mix (86 cal)
1 cup baby spinach (7 cal)
1 sliced avocado (227 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 2 SNACK

Veggies & Nut Butter (447 cal)

- 2 carrots, (50 cal)
- 2 celery stalks, (13 cal)
- 4 tbsp almond butter, (384 cal)

DAY 3 (1954 cal)

DAY 3 BREAKFAST

Strawberry Banana Oats (494 cal)

Prep time - 3 mins/ Total time - 3 mins

Smoothie Ingredients:

- 1/2 cup quick oats (153 cal)
- 1 1/2 cups almond milk (54 cal)
- 1 tbsp maple syrup (51 cal)

Toppings:

- 1 cup sliced strawberries (49 cal)
- 1 sliced banana (105 cal)
- 2 tbsp chopped walnuts (82 cal)

Directions:

1. Cook the oats with the almond milk on a stovetop according to package instructions.
2. Stir in all other ingredients after it finishes cooking and enjoy!

DAY 3 LUNCH

Mexican Veggie Soup (515 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 1 serving Mexican soup (288 cal)
- 1 sliced avocado (227 cal)
- Handful of chopped cilantro

Directions:

1. Reheat and enjoy!

DAY 3 DINNER

Quinoa Tahini Bowl (495 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 1 cup black beans (241 cal)
- 1 cup mixed greens (9 cal)
- 1 cup quinoa (222 cal)
- 1 cup halved grape tomatoes (23 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 3 SNACK

Fruit & Nut Butter (450 cal)

- 2 banana, (210 cal)
- 2 1/2 tbsp almond butter, (240 cal)

DAY 4 (1989 cal)

DAY 4 BREAKFAST

Chia Mango Smoothie (502 cal)

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

- 1 cup frozen mango (138 cal)
- 2 frozen banana (210 cal)
- 1 tbsp chia seeds (49 cal)
- 1 tbsp maple syrup (51 cal)
- 1 1/2 cups almond milk (54 cal)

Directions:

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

DAY 4 LUNCH

Chickpea Quinoa Salad (759 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 1 cup quinoa (222 cal)

- 1 serving roasted chickpeas (194 cal)
- 1 serving veggie mix (86 cal)
- 1 cup baby spinach (7 cal)
- 1 cup halved grape tomatoes (23 cal)
- 1 chopped avocado (227 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 4 DINNER

Creamy Veggie Pasta (523 cal)

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

Ingredients:

- 2 oz pasta (dry) (200 cal)
- 1 serving veggie mix (86 cal)

Sauce:

- 1 cup tomato sauce (59 cal)
- 1/2 tsp sea salt
- 1/2 tsp garlic powder
- 1/4 tsp black pepper
- 1/4 cup cashews (178 cal)
- 1 tbsp Italian dry herb mix

Directions:

1. Cook the pasta according to package instructions.
2. While the pasta cooks, blend all sauce ingredients together until smooth.
3. In a pan set at medium heat, cook the sauce with the veggie mix for 3 minutes.
4. Remove from heat, then add to drained pasta and enjoy!

DAY 4 SNACK

Veggies & Nut Butter (205 cal)

- 2 celery stalks, (13 cal)
- 2 tbsp almond butter, (192 cal)

Meal prep 2/2 - Day 4

Make the Tofu

(2 servings)

Ingredients:

- 14 ounces extra-firm tofu (patted dry with a paper towel and chopped)
- 1 1/2 tbsp olive oil
- 1 minced garlic clove
- 1 tbsp minced ginger
- 1 tbsp maple syrup
- 2 tbsp chili flakes
- 2 tbsp soy sauce
- 1 tbsp black sesame seeds

Directions:

1. In a pan set at medium heat, cook the tofu, garlic and ginger with the olive oil for 5 minutes, then add all other ingredients and cook for an additional 7 minutes.
2. Remove from heat, then store in an airtight container in the fridge.

**Prepare the Sweet Potatoes
(2 serving)****Ingredients:**

- 1 large sliced sweet potato
- 1 tbsp olive oil
- Dash of sea salt
- Dash of pepper

Directions:

1. Preheat the oven to 215C/425F.
2. Toss the sweet potatoes with all oil and spices, then spread evenly over a baking tray lined with parchment paper.
3. Cook for 30 minutes, then remove from heat and store in an airtight container in the fridge.

**Make the Jasmine Rice
(2 servings)****Ingredients:**

- 1 cup jasmine rice (dry)

Directions:

1. Cook according to package instruction.

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

Prepare the Veggie Mix

(3 servings)

Ingredients:

- 2 chopped carrots
- 1 cup halved brussels sprouts
- 4 oz shiitake mushrooms
- 1 head chopped cauliflower
- 1 sliced onion
- 1 minced garlic clove
- 1 1/2 tbsp olive oil

Directions:

1. In a pan set at medium heat, cook all ingredients for 12 minutes.
2. Remove from heat, then store in an airtight container in the fridge.

DAY 5 (1996 cal)

DAY 5 BREAKFAST

Strawberry Chia Pudding Parfait (625 cal)

Prep time - 3 mins/ Sit time - 30 mins/ Total time - 33 mins

Ingredients:

- 1 cup vegan yogurt (100 cal)
- 1/2 cup chia seeds (389 cal)
- 1 cup almond milk (36 cal)
- 1 tbsp maple syrup (51 cal)
- 1 cup sliced strawberries (49 cal)

Directions:

1. Mix the chia seeds, maple syrup and almond milk in a bowl, then let it sit for 30 minutes being sure to stir constantly.
2. Layer the chia and other ingredients in a glass, then add strawberries and enjoy!

DAY 5 LUNCH

Sweet & Spicy Tofu Stir Fry (794 cal)

Prep time - 3 mins/ Cook time - 5 minutes/ Total time - 8 mins

Ingredients:

- 1 serving tofu (282 cal)
- 1 serving veggie mix (183 cal)
- 1 serving jasmine rice (320 cal)
- 1 tbsp soy sauce (18 cal)
- 1 tbsp black sesame seeds

Directions:

1. In a pan set at medium heat, cook the soy sauce, tofu and veggies for 5 minutes.
2. Serve over rice and enjoy!

DAY 5 DINNER**Sweet Potato Bowl (472 cal)**

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 1 serving sweet potatoes (141 cal)
- 1 cup white beans (299 cal)
- 1 cup mixed greens (9 cal)
- 1 cup halved grape tomatoes (23 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 5 SNACK**Fruit (105 cal)**

- 1 banana, (105 cal)

DAY 6 (1993 cal)**DAY 6 BREAKFAST****Acai Bowl (550 cal)**

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

- 1 frozen packet acai (3oz) (72 cal)
- 1 frozen banana (105 cal)
- 1 cup frozen mango (138 cal)
- 1 cup almond milk (36 cal)

Toppings:

- 1 cup blueberries (84 cal)
- 2 tbsp coconut flakes (66 cal)
- 1 tbsp chia seeds (49 cal)

Directions:

1. Blend all base ingredients together until you reach a desired consistency.
2. Add toppings and enjoy!

DAY 6 LUNCH**Avocado Toast (444 cal)**

Prep time - 2 minutes/ Total time - 2 minutes

Ingredients:

- 2 pieces gluten-free bread (217 cal)
- 1 mashed avocado (227 cal)
- 1/2 tbsp lemon juice
- Dash of sea salt
- Dash of pepper
- 1/4 tsp pepper flakes

Directions:

1. Mash the avocado with all other ingredients except the bread, then spread evenly over the bread and enjoy!

DAY 6 DINNER**Sweet & Spicy Tofu Stir Fry (794 cal)**

Prep time - 3 mins/ Cook time - 5 minutes/ Total time - 8 mins

Ingredients:

- 1 serving tofu (282 cal)
- 1 serving veggie mix (183 cal)
- 1 serving jasmine rice (320 cal)
- 1 tbsp soy sauce (9 cal)
- 1 tbsp black sesame seeds

Directions:

1. In a pan set at medium heat, cook the soy, tofu and veggies for 5 minutes.
2. Serve over rice and enjoy!

DAY 6 SNACK

Veggies & Nut Butter (205 cal)

2 celery stalks, (13 cal)

2 tbsp almond butter, (192 cal)

DAY 7 (1964 cal)

DAY 7 BREAKFAST

Blueberry Pancakes (574 cal)

Prep time - 3 mins/ Cook time - 12 mins/ Total time - 15 mins

Ingredients:

1/3 cup almond milk (12 cal)

1/4 tsp vanilla extract (3 cal)

1/3 cup flour (145 cal)

1 tsp corn starch (10 cal)

3/4 tsp baking powder (3 cal)

Dash of baking soda

1 tbsp olive oil (119 cal)

1 cup blueberries (84 cal)

2 tbsp maple syrup (102 cal)

1 tbsp almond butter (96 cal)

Directions:

1. Combine all dry ingredients in a bowl being sure to mix thoroughly.
2. Mix in the almond milk and vanilla extract, then let sit for 10 minutes.
3. In a pan set at medium heat, form the mixture into pancakes and cook using the olive oil to wet the pan for 2 minutes on each side.
4. Top with almond butter and maple syrup then enjoy!

DAY 7 LUNCH

Creamy Sweet Potato Salad (522 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

2 cups mixed greens (19 cal)

1 serving sweet potato (141 cal)

1 serving veggie mix (183 cal)

Tahini Dressing:

2 tbsp tahini (179 cal)
2 tbsp water
1 tsp lemon juice
Dash of sea salt
Dash of pepper

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 7 DINNER

Shiitake Pasta (630 cal)

Prep time - 3 minutes/ Cook time - 8 minutes/ Total time - 11 minutes

Ingredients:

2 oz penne (200 cal)
1/2 cup sun-dried tomatoes (70 cal)
4 oz sliced shiitake mushrooms (39 cal)
Handful of fresh basil
2 tbsp olive oil (239 cal)
2 tbsp crushed walnuts (82 cal)
1 tbsp dried Italian herbs
Dash of sea salt
Dash of pepper

Directions:

1. Cook pasta according to package instructions, then drain.
2. In a pan set at medium heat, cook the mushrooms and sun-dried tomatoes in the olive oil for 5 minutes, then add all other ingredients and cook for an additional 3 minutes.
3. Remove from heat, then add to pasta and enjoy!

DAY 7 SNACK

Veggies & Nuts (238 cal)

2 carrots, (50 cal)
1/4 cup almonds, (188 cal)