

Meal Prep 1/2 - Day 7

Prepare the Millet

(3 1/2 servings)

Ingredients:

1 cup millet (dry)

Directions:

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

Prepare the Roasted Veggie Mix

(5 servings)

Ingredients:

1 small eggplant sliced and chopped

1 cup chopped butternut squash

1 cup sliced mushrooms

1 sliced onion

1 minced garlic clove

2 tbsp olive oil

Dash of sea salt

Dash of pepper

Directions:

1. Preheat the oven at 175C/350F.
2. Combine all the chopped and sliced veggies in a bowl and toss with the oil and spices.
3. Cook for 40 minutes or until browned.
4. Remove from heat, then store in an airtight container in the fridge.

Prepare the Tempeh (crumbles & strips)

(1 serving)

Crumble Ingredients:

2 oz tempeh

1 tbsp olive oil

Pinch of sea salt

Pinch of pepper

Directions:

1. Crumble the tempeh into a bowl until there are no large chunks left.
2. In a pan set at high heat, cook the tempeh in the olive oil for 8 minutes.
3. Add seasoning, then remove from heat and store in an airtight container in the fridge.

(2 servings)

Strip Ingredients:

- 6 oz tempeh
- 1 tsp paprika
- 2 tbsp olive oil
- Dash of sea salt
- Dash of pepper
- 1 tbsp maple syrup
- 1 tsp liquid smoke

Directions:

1. In a pan set at medium heat, cook the tempeh in the olive oil for 6 minutes on each side or until browned.
2. Reduce heat to low, then add all other ingredients until thoroughly coated.
3. Remove from heat, then store in an airtight container in the fridge.

Prepare the Sweet Potato Lasagna

(2 servings)

Ingredients:

- Lasagna Noodles (amount will depend on size of dish used)
- 15 oz can tomato sauce
- 1 large sweet potato
- 1 serving roasted veggie mix
- 1/4 cup nutritional yeast
- Pinch of sea salt
- Pinch of pepper
- Small sliced tomato

Directions:

1. On a baking tray lined with parchment paper, poke holes in the sweet potato using a fork then cook for 40 minutes at 200C/400F.
2. Let cool, then scoop out the insides of the sweet potato and mash into a bowl using a fork.

3. Using a small bread loaf pan, spread a layer of tomato sauce on the bottom of the pan, then top with a layer of lasagna noodles, then a layer of the sweet potato mash, roasted veggies, sauce and a dash of Nutritional yeast.
4. Repeat until you've used all lasagna ingredients.
5. Add the tomato slices and any remaining tomato sauce to the top layer, then cook for 40-45 minutes or until the top has browned.
6. Remove from heat, then store in an airtight container in the fridge.

Make the Overnight Oats

(1 serving)

Ingredients:

- 1 cup quick oats
- 2 tbsp chia seeds
- 1 tbsp cacao powder
- 1 tbsp maple syrup
- 1/4 tsp vanilla extract
- 1 cup almond milk

Directions:

1. Mix all ingredients together thoroughly, then store in an airtight container in the fridge.

Freeze the Bananas

You'll want to peel then freeze 6 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 8 (1985 cal)

DAY 8 BREAKFAST

Layered PB & J Smoothie (499 cal)

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

- 2 frozen bananas (210 cal)
- 1 cup frozen mixed berries (70 cal)
- 1 tbsp peanut butter (96 cal)
- 1 tbsp maple syrup (51 cal)
- 2 cups almond milk (72 cal)

Directions:

1. For the first layer, you'll want to blend the berries with 1 cup of almond milk and the maple syrup, then pour into a glass.
2. For the second layer, you'll want to blend the bananas with peanut butter and the remaining almond milk, then pour on top of the first layer and enjoy!

DAY 8 LUNCH**Mediterranean Salad (457 cal)**

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

- 1 serving millet (210 cal)
- 2 cups mixed greens (19 cal)
- 1 sliced cucumber (45 cal)
- 1/4 cup sliced black olives (46 cal)
- 1 cup sliced cherry tomatoes (31 cal)
- 2 tbsp finely chopped red onions (28 cal)
- 2 tbsp sliced almonds (78 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 8 DINNER**Sweet Potato Lasagna (551 cal)**

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

- 1 serving lasagna (551 cal)

Directions:

1. Reheat and enjoy!

DAY 8 SNACK

Fruit & Nut Butter (478 cal)

2 sliced apples, (189 cal)

3 tbsp peanut butter, (289 cal)

DAY 9 (1998 cal)

DAY 9 BREAKFAST

Overnight Oats (589 cal)

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

1 serving overnight oats (511 cal)

2 tbsp crushed almonds (78 cal)

Directions:

1. Serve oats topped with almonds and enjoy!

Note: This can be reheated or served right from the fridge!

DAY 9 LUNCH

Buddha Bowl (704 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

1 serving millet (210 cal)

1 serving tempeh strips (314 cal)

1 serving roasted veggie mix (171 cal)

1 cup mixed greens (9 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 9 DINNER

Pasta with "Meat" Sauce (499 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

2 oz spaghetti (89 cal)

1 serving tempeh crumbles (228 cal)

1 cup tomato sauce (59 cal)

1 minced garlic clove (4 cal)

1 tbsp Italian dried herbs
1 tbsp olive oil (119 cal)
Handful of fresh basil

Directions:

1. Cook the pasta according to package instructions.
2. In a pan set at medium heat, cook the olive oil with the garlic for 4 minutes, then add all other ingredients.
3. Cook for 15 minutes, then combine with pasta and enjoy!

DAY 9 SNACK

Veggies & Nut Butter (206 cal)

2 celery stalks, (13 cal)
2 tbsp peanut butter, (193 cal)

DAY 10 (1989 cal)

DAY 10 BREAKFAST

Tropical Smoothie (563 cal)

Prep time - 3 mins/ Total time - 3 mins

Smoothie Ingredients:

2 frozen banana (210 cal)
1 cup frozen pineapple (82 cal)
1 cup coconut milk (203 cal)
1/2 cup almond milk (18 cal)
1 tsp maple syrup (17 cal)
1 tbsp coconut flakes (33 cal)

Directions:

1. Blend all ingredients except for the coconut flakes.
2. Top with the coconut flakes and enjoy!

DAY 10 LUNCH

Sweet Potato Lasagna (551 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

1 serving lasagna (551 cal)

Directions:

1. Reheat and enjoy!

DAY 10 DINNER

Veggie Bean Bowl (674 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 1 cup baby greens (7 cal)
- 1/2 serving millet (105 cal)
- 1/2 cup red beans (120 cal)
- 1 serving roasted veggie mix (128 cal)
- 1 serving tempeh strips (314 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 10 SNACK

Fruit & Nut Butter (201 cal)

- 1 banana, (105 cal)
- 1 tbsp peanut butter, (96 cal)

DAY 11 (1954 cal)

DAY 11 BREAKFAST

French Toast (533 cal)

Prep time - 3 mins/ Cook time - 14 mins/ Total time - 17 mins

French Toast Ingredients:

- 1/2 cup almond milk (18 cal)
- 1 tbsp flour (27 cal)
- 1 tbsp nutritional yeast (30 cal)
- 1/4 tsp vanilla extract
- 1 tsp cinnamon (6 cal)
- 2 pieces gluten-free bread (217 cal)

Berry Topping:

- 1 cup blueberries (84 cal)
- 1 cup strawberries (49 cal)
- 2 tbsp maple syrup (102 cal)

Directions:

1. Preheat the oven to 200C/400F.
2. Combine all French toast ingredients in a bowl, then dip the bread in the mixture until each side is thoroughly coated.
3. Place on a baking tray lined with parchment paper and cook for 7 minutes on each side.
4. While the toast cooks, cook the berry topping ingredients in a pot set at medium heat for 10 minutes.
5. Remove French toast from heat, then add berry topping and enjoy!

DAY 11 LUNCH**Veggie Salad (600 cal)**

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 2 cups arugula (10 cal)
- 1 serving roasted veggie mix (128 cal)
- 1 cup red beans (241 cal)
- 2 tbsp sliced almonds (78 cal)

Dressing:

- 1 tbsp olive oil (119 cal)
- 1/2 tbsp balsamic vinegar (7 cal)
- Pinch of salt
- Pinch of black pepper
- 1 tsp maple syrup (17 cal)

Directions:

1. Whisk together all dressing ingredients, then combine with all ingredients in a bowl and enjoy!

DAY 11 DINNER**Tacos (615 cal)**

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 3 corn tortillas (157 cal)
- 1 serving millet (210 cal)
- 1 serving roasted veggie mix (128 cal)
- 1/2 cup red beans (120 cal)

Handful of chopped cilantro

Directions:

1. Fill the tortillas with all other ingredients and enjoy!

DAY 11 SNACK

Veggies & Nut Butter (206 cal)

- 2 celery stalks, (13 cal)
- 2 tbsp peanut butter, (193 cal)

Meal prep 2/2 - Day 11

Make the Mushroom Lentils

(4 servings)

Ingredients:

- 1 cup French lentils (dry)
- 2 cups water
- Dash of sea salt
- 1 cup sliced mushrooms
- 1 sliced onion
- 2 minced garlic cloves
- 2 tbsp olive oil

Directions:

1. First, cook the lentils with the sea salt and water according to package instructions.
2. While the lentils cook, heat the olive oil, garlic and onions in a pan at medium heat for 4 minutes.
3. Once the lentils finish cooking, drain then add to the pan.
4. Reduce heat to low and stir together.
5. Remove from heat, then store in an airtight container in the fridge.

Prepare the Lentil Soup

(2 serving)

Ingredients:

- 1 can fire roasted tomatoes
- 1 sliced carrot
- 1 sliced celery stalk
- 2 servings mushroom lentils

4 cups vegetable broth
1 tbsp olive oil
Dash of sea salt
Dash of pepper
1 minced garlic clove

Directions:

1. In a pan set at medium heat, cook the olive oil with the garlic, carrots and celery for 5 minutes.
2. Add all other ingredients and bring to a boil.
3. Reduce the heat to low, then let cook for 20 more minutes.
4. Remove from heat then store in an airtight container in the fridge.

**Make the Veggie Mix
(3 servings)**

Ingredients:

1 head of broccoli chopped
1 sliced onion
1 chopped yellow squash
2 cups green beans
1 minced garlic clove
2 tbsp olive oil
Dash of sea salt
Dash of pepper

Directions:

1. In a pan set at medium heat, cook the onion and garlic with the olive oil for 5-7 minutes.
2. Add all other ingredients, then cook for another 5-7 minutes.
3. Remove from heat, then store in an airtight container in the fridge.

DAY 12 (1976 cal)

DAY 12 BREAKFAST

Strawberry Smoothie Bowl (620 cal)

Prep time - 3 mins/ Total time - 3 mins

Base Ingredients:

1 1/2 cups frozen strawberries (73 cal)
1/2 cup almond milk (18 cal)

1/2 cup coconut milk (203 cal)
2 tbsp maple syrup (102 cal)

Toppings:

1 sliced banana (105 cal)
2 tbsp coconut flakes (66 cal)
1 tbsp hemp seeds (53 cal)

Directions:

1. Blend the base ingredients together until you reach a desired consistency, then add toppings and enjoy!

DAY 12 LUNCH

Mushroom Lentil Soup (479 cal)

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

1 serving mushroom lentil soup (370 cal)
1 slice gluten-free bread (109 cal)

Directions:

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

DAY 12 DINNER

Peanut Noodles (571 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

2 oz spaghetti (197 cal)
1 serving veggie mix (146 cal)
1 tbsp black sesame seeds
2 tbsp peanut butter (193 cal)
2 tbsp soy sauce (18 cal)
1 tsp maple syrup (17 cal)

Directions:

1. Cook the spaghetti according to package instructions.
2. In a pan set at medium heat, cook the soy sauce and peanut butter together until it melts.

3. Add all other ingredients including the cooked pasta, then reduce heat to low and let simmer for 3 minutes.
4. Remove from heat and enjoy!

DAY 12 SNACK

Fruit & Nut Butter (306 cal)

2 banana, (210 cal)

1 tbsp peanut butter, (96 cal)

DAY 13 (1959 cal)

DAY 13 BREAKFAST

Vanilla Porridge (612 cal)

Prep time - 3 mins/ Total time - 3 mins

Base Ingredients:

1 cup oats (307 cal)

1 cup almond milk (36 cal)

1 tbsp maple syrup (51 cal)

1 tsp cinnamon (6 cal)

1 tsp vanilla extract (12 cal)

Toppings:

2 tbsp hemp seeds (105 cal)

1 sliced apple (95 cal)

Directions:

1. Cook the oats with the almond milk according to package instructions.
2. While the oats cook, stir in all other base ingredients.
3. Once cooked, add toppings and enjoy!

DAY 13 LUNCH

Lentil Bowl (662 cal)

Prep time - 2 minutes/ Total time - 2 minutes

Ingredients:

1 cup arugula (5 cal)

1 serving lentils (243 cal)

1 serving veggie mix (146 cal)

Dressing:

3 tbsp tahini (268 cal)
1 tsp lemon juice
2 tbsp water
Pinch of sea salt
Pinch of pepper
1/4 tsp paprika

Directions:

1. Whisk together the dressing ingredients, then combine with all other ingredients and enjoy!

DAY 13 DINNER**Mushroom Lentil Soup (479 cal)**

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

1 serving mushroom lentil soup (370 cal)
1 slice gluten-free bread (109 cal)

Directions:

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

DAY 13 SNACK**Veggies & Nut Butter (206 cal)**

2 celery stalks, (13 cal)
2 tbsp peanut butter, (193 cal)

DAY 14 (1980 cal)**DAY 14 BREAKFAST****Green Smoothie (443 cal)**

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

2 frozen banana (210 cal)
2 cup frozen pineapple (165 cal)
2 cups baby spinach (14 cal)
1 1/2 cup almond milk (54 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 14 LUNCH**Veggie Salad (701 cal)**

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 2 cups baby greens (15 cal)
- 1 serving mushroom lentils (243 cal)
- 1 serving veggie mix (146 cal)
- 1 cup sliced cherry tomatoes (30 cal)
- 2 tbsp chopped cashews (89 cal)

Tahini Dressing:

- 2 tbsp tahini (178 cal)
- 1 tsp lemon juice
- 2 tbsp water
- Pinch of sea salt
- Pinch of pepper
- 1/4 tsp paprika

Directions:

1. Whisk together the dressing ingredients, then combine with all other ingredients and enjoy!

DAY 14 DINNER**Portobello Burger (551 cal)**

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

Ingredients:

- 1 vegan bun (108 cal)
- 1 portobello cap (18 cal)
- 2 tomato slices (7 cal)
- Handful of baby greens

Marinade:

1/4 cup balsamic vinegar (56 cal)

3 tbsp olive oil (358 cal)

1 minced garlic clove (4 cal)

1 tbsp dried italian herbs

Pinch of sea salt

Pinch of pepper

Directions:

1. Whisk all marinade ingredients together, then place the portobello caps in the mixture and let sit for 15 minutes.
2. In a pan set at medium heat, cook the portobello caps in about 3 tbsp of the marinade for 5 minutes on each side or until you reach a desired texture.
3. Remove from heat, then serve on the bun with toppings and enjoy!

DAY 14 SNACK**Veggies & Nuts (285 cal)**

2 carrots, (50 cal)

5 tbsp almonds, (235 cal)