

Meal Prep 1/2 - Day 14

Prepare the Tofu Scramble (2 servings)

Ingredients:

8 oz extra-firm tofu
1 red bell pepper
1 yellow onion
1 minced garlic clove
Dash of sea salt
Dash of pepper
1 tsp turmeric
2 tbsp olive oil

Directions:

1. Drain the tofu then pat it with paper towel to remove excess liquid.
2. Crumble the tofu using a fork to achieve a “scrambled egg” like texture.
3. In a pan set at medium heat, cook the bell pepper, garlic and onion in the olive oil for 5 to 6 minutes, then add all other ingredients and cook for 6 additional minutes.
4. Remove from heat, then store in an airtight container in the fridge.

Prepare the Potatoes (2 servings)

Ingredients:

3 medium yukon potatoes, chopped
2 tbsp olive oil
Dash of sea salt
Dash of pepper
1/2 tsp smoked paprika
1 minced garlic clove

Directions:

1. Place the potatoes in a large pot of water, then bring to a boil and let cook for 10-15 minutes or until tender, then drain the water.
2. In a pan set at medium heat, cook the garlic with the olive oil for 3 minutes, then add all other ingredients and cook for an additional 6 minutes.
3. Remove from heat, then store in an airtight container in the fridge.

Prepare the Shiitake Bacon (2 serving)

Ingredients:

4 oz package of shiitake mushrooms, sliced
1 tbsp olive oil
1 tbsp tamari
1/2 tsp liquid smoke

Directions:

1. Preheat the oven to 175C/350F.
2. Toss the sliced mushrooms in all other ingredients.
3. Spread the coated mushroom slices evenly across a baking tray lined with parchment paper, then cook for 20 minutes or until crispy.
4. **Note:** Be sure to keep an eye on these as they may burn faster than normal depending on how thin they are sliced.

Prepare the Cream of Potato Soup (2 servings)

Ingredients:

2 tbsp olive oil
1 stalk celery, chopped
1 chopped carrot
1 chopped onion
1 minced garlic clove
1 large yukon potatoes, peeled and chopped
4 cups vegetable broth
Dash of sea salt
Dash of pepper

Directions:

1. In a large pot set at medium-high heat, cook the carrots, celery, onions and garlic in the olive oil for 7 minutes, then add all other ingredients and bring to a boil.
2. Once you reach a boil, reduce heat to low and let simmer and cover for 20 minutes.
3. Remove from heat, then carefully transfer to a blender and blend until you reach a creamy consistency.
4. Store in an airtight container in the fridge.

Prepare the Veggie Mix

(5 servings)

Ingredients:

1 head broccoli, chopped
1 head cauliflower, chopped
1 sliced yellow onion
1 minced garlic clove
Dash of sea salt

Directions:

1. In a pan set at medium heat, cook the onion and garlic in the olive oil for 5 minutes, then add all other ingredients and cook for an additional 6 minutes.
2. Remove from heat, then store in an airtight container in the fridge.

Make the Baked Potato

(1 serving)

Ingredients:

2 large baked potatoes

Directions:

1. Preheat the oven to 210C/425F.
2. Using a fork, stab the top of the potatoes 3 or 4 times, then place on a baking tray lined with parchment paper and cook for 40-45 minutes.
3. Remove from heat, then store in an airtight container in the fridge.

Make the Jasmine Rice

(3 serving)

Ingredients:

1 1/4 cups jasmine rice (dry)

Directions:

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

Freeze the Bananas

You'll want to peel then freeze 3 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 15 (1992 cal)

DAY 15 BREAKFAST

Tofu Scramble (636 cal)

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

- 1 serving tofu scramble (277 cal)
- 1 serving potatoes (350 cal)
- 1 cup mixed greens (9 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 15 LUNCH

Jasmine Rice Bowl (448 cal)

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

- 1 serving jasmine rice (267 cal)
- 1 serving veggie mix (90 cal)
- 1 serving shiitake bacon (84 cal)
- 1 cup baby spinach (7 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 15 DINNER

Tahini Baked Potatoes (526 cal)

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

- 2 baked potatoes (244 cal)

1 serving veggie mix (90 cal)
2 cups baby spinach (14 cal)

Dressing:

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

Directions:

1. Slice the potato down the middle, then stuff with the spinach and veggie mix.
2. Whisk together the dressing ingredients, then drizzle over the stuffed potatoes and enjoy!

DAY 15 SNACK

Fruit & Nut Butter (382 cal)

2 sliced apples, (189 cal)
2 tbsp peanut butter, (193 cal)

DAY 16 (1983 cal)

DAY 16 BREAKFAST

Green Smoothie (471 cal)

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

2 frozen bananas (210 cal)
2 tbsp peanut butter (193 cal)
2 cups baby spinach (14 cal)
1 1/2 cups almond milk (54 cal)

Directions:

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

DAY 16 LUNCH

Cream of Potato Soup (466 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

1 serving cream of potato soup (249 cal)

2 tbsp chopped green onion
2 slices gluten-free bread (217 cal)

Directions:

1. Add the chopped green onion to the soup, then dip your bread and enjoy!

DAY 16 DINNER

Zucchini Rice Bowl (577 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

1 serving jasmine rice (267 cal)
1 serving veggie mix (89 cal)
1 small chopped zucchini (55 cal)
1 sliced onion (28 cal)
1 tbsp olive oil (119 cal)
2 tbsp tamari (19 cal)

Directions:

1. In a pan set at medium heat, cook the onion and zucchini in the olive oil for 5–7 minutes.
2. Remove from heat, then add the veggie mix and tamari.
3. Serve over rice and enjoy!

DAY 16 SNACK

Veggies & Nut Butter (469 cal)

3 celery stalks, (19 cal)
3 tbsp peanut butter, (289 cal)
1/4 cup raisins, (161 cal)

DAY 17 (2001 cal)

DAY 17 BREAKFAST

Breakfast Burrito (684 cal)

Prep time - 3 mins/ Total time - 3 mins

Smoothie Ingredients:

1 tortilla wrap (52 cal)
1 serving tofu scramble (276 cal)
1 serving potatoes (349 cal)

1 cup baby spinach (7 cal)

Directions:

1. Roll all ingredients into a burrito and enjoy!

DAY 17 LUNCH

Balsamic Avocado Bowl (650 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

2 cups mixed greens (18 cal)

1/2 cup white beans (149 cal)

1 serving veggie mix (89 cal)

1 serving shiitake bacon (83 cal)

2 tbsp chopped green onions

1 sliced avocado (227 cal)

Dressing:

2 tsp olive oil (79 cal)

1 tsp balsamic vinegar (5 cal)

Dash of sea salt

Dash of pepper

Dash of dried italian herbs

Directions:

1. Which the dressing ingredients together in a bowl until you reach a desired consistency, then toss with all other ingredients and enjoy!

DAY 17 DINNER

Cream of Potato Soup (466 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

1 serving cream of potato soup (249 cal)

2 slices gluten-free bread (217 cal)

2 tbsp chopped green onions

Directions:

1. Add the green onion to the soup, then dip your bread and enjoy!

DAY 17 SNACK

Fruit & Nut Butter (201 cal)

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

DAY 18 (2004 cal)

DAY 18 BREAKFAST

Fruit Smoothie (518 cal)

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

- 2 cup frozen strawberries (97 cal)
- 2 cup frozen pineapple (165 cal)
- 2 tbsp chia seeds (97 cal)
- 2 tbsp hemp seeds (105 cal)
- 1 1/2 cups almond milk (54 cal)

Directions:

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

DAY 18 LUNCH

Avocado White Bean Bowl (741 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 1 serving jasmine rice (266 cal)
- 1/2 cup white beans (149 cal)
- 1 serving veggie mix (90 cal)
- 1 cup mixed greens (9 cal)
- 1 sliced avocado (227 cal)
- Dash of pepper

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 18 DINNER

Flavor Filled Pasta (707 cal)

Prep time - 8 mins/ Total time - 8 mins

Ingredients:

2 oz spaghetti (197 cal)
1 serving shiitake bacon (84 cal)
1 cup baby spinach (7 cal)
1/4 cup sun-dried tomatoes (35 cal)
1 tbsp olive oil (119 cal)

Sauce:

1/4 cup cashews (soak in hot water for 10 minutes, then drain) (178 cal)
2 tbsp nutritional yeast (60 cal)
1/4 tsp sea salt
1/2 tsp garlic powder
3/4 cup almond milk (27 cal)

Directions:

1. Cook the pasta according to package instructions.
2. While the pasta cooks, blend all sauce ingredients together until you reach a creamy consistency.
3. In a pan set at medium heat, cook the shiitake bacon, baby spinach and sun-dried tomatoes in the olive oil for 3 minutes, then add the pasta and sauce and cook for an additional 3 minutes.
4. Remove from heat and enjoy!

DAY 18 SNACK**Veggies & Nut Butter (38 cal)**

1 celery stalks, (6 cal)
1 tsp peanut butter, (32 cal)

Meal prep 2/2 - Day 18**Make the Mushrooms**

(2 servings)

Ingredients:

8 oz package of white mushrooms, sliced
Handful of chopped parsley
1 tbsp olive oil
Dash of sea salt
Dash of pepper

Directions:

1. Cook all ingredients in a pan set at medium heat for 5–7 minutes, then remove from heat and store in an airtight container in the fridge.

Prepare the Chickpea Curry**(2 serving)****Ingredients:**

- 1 sliced red onion
- 1 can chickpeas
- 1 can full fat coconut milk
- 1 cup vegetable broth
- 1 cup baby spinach
- 2 tbsp olive oil
- 1/4 tsp garlic powder
- 1 tbsp curry powder
- Dash of sea salt
- Dash of pepper

Directions:

1. In a pan set at medium heat, cook the onions with the olive oil for 5 minutes, then add the chickpeas and spinach and cook for an additional 5 minutes.
2. Add all other ingredients, then reduce heat to low and let simmer for 15 minutes.
3. Remove from heat, then store in an airtight container in the fridge.

Make the Veggie Mix**(2 servings)****Ingredients:**

- 2 chopped yukon potatoes
- 1 chopped onion
- 2 chopped carrots
- 1 minced garlic clove
- 2 tbsp olive oil
- Dash of sea salt
- Dash of pepper

Directions:

1. Preheat the oven to 200C/400F.
2. Toss all ingredients together until thoroughly coated.

3. Spread evenly over a baking tray lined with parchment paper, then cook for 35 minutes.
4. Remove from heat, then store in an airtight container in the fridge.

Make the Brown Rice (3 servings)

Ingredients:

1 cup brown rice (dry)

Directions:

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

DAY 19 (2004 cal)

DAY 19 BREAKFAST

Almond Butter Oats (688 cal)

Prep time - 3 mins/ Total time - 3 mins

Base Ingredients:

- 1 cup quick oats (dry) (307 cal)
- 1 cup almond milk (36 cal)
- 1 tbsp maple syrup (51 cal)
- 1 tsp vanilla extract (12 cal)
- 1 tbsp almond butter (96 cal)

Toppings:

- 1 sliced banana (105 cal)
- 1 cup sliced strawberries (48 cal)
- 1 tbsp coconut flakes (33 cal)

Directions:

1. Cook the oats in the almond milk according to package instructions, then stir in all other base ingredients.
2. Add toppings and enjoy!

DAY 19 LUNCH

Avocado Toast (568 cal)

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

2 slices gluten-free bread (217 cal)
1 mashed avocado (227 cal)
1 serving mushrooms (84 cal)
Dash of sea salt
Dash of pepper
1 tsp olive oil (40 cal)
1 tsp lemon juice

Directions:

1. Toast the bread to your specific liking.
2. Mash the avocado with the olive oil, lemon juice, salt and pepper, then spread on the toast and top with mushrooms.
3. Enjoy!

DAY 19 DINNER**Brown Rice Curry Bowl (696 cal)**

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

1 serving chickpea curry (470 cal)
1 cup brown rice (226 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 19 SNACK**Fruit (52 cal)**

1/2 cup grapes, (52 cal)

DAY 20 (1994 cal)**DAY 20 BREAKFAST****Berry Smoothie Bowl (431 cal)**

Prep time - 3 mins/ Total time - 3 mins

Base Ingredients:

1 cup frozen mixed berries (70 cal)
1 frozen banana (105 cal)
1 cup almond milk (36 cal)

Toppings:

- 2 tbsp coconut flakes (66 cal)
- 1 cup sliced strawberries (49 cal)
- 2 tbsp hemp seeds (105 cal)

Directions:

1. Blend the base ingredients together until you reach a smooth consistency, then pour into a bowl.
2. Add toppings and enjoy!

DAY 20 LUNCH**Brown Rice Curry Bowl (696 cal)**

Prep time - 2 minutes/ Total time - 2 minutes

Ingredients:

- 1 serving chickpea curry (470 cal)
- 1 cup brown rice (226 cal)

Directions:

1. Combine ingredients in a bowl and enjoy!

DAY 20 DINNER**Dijon Bowl (565 cal)**

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

- 2 cups mixed greens (19 cal)
- 1 serving veggie mix (312 cal)
- 2 tbsp sunflower seeds (102 cal)

Dressing:

- 2 tbsp dijon mustard (30 cal)
- 2 tbsp maple syrup (102 cal)

Directions:

1. Whisk dressing ingredients together until you reach a desired consistency.
2. Combine with all other ingredients and enjoy!

DAY 20 SNACK

Veggies & Nut Butter (302 cal)

2 celery stalks, (13 cal)

3 tbsp peanut butter, (289 cal)

DAY 21 (1992 cal)

DAY 21 BREAKFAST

Fruity Toast (587 cal)

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

2 slices gluten-free bread (217 cal)

2 tbsp almond butter (192 cal)

1 cup raspberries (64 cal)

2 tbsp sliced almonds (78 cal)

1 cup almond milk (36 cal)

Directions:

1. Toast the bread to your specific liking, then add toppings and enjoy with almond milk on the side.

DAY 21 LUNCH

Brown Rice Almond Bowl (625 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

1 cup mixed greens (9 cal)

1 serving veggie mix (312 cal)

1 cup brown rice (226 cal)

2 tbsp sliced almonds (78 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 21 DINNER

Pizza! (613 cal)

Prep time - 16 minutes/ Total time - 16 minutes

Ingredients:

6 corn tortillas (314 cal)

1 cup tomato sauce (59 cal)
1 serving mushrooms (84 cal)
1 sliced red bell pepper (37 cal)
1/4 tsp sea salt
1/4 tsp pepper
1 tbsp olive oil (119 cal)

Directions:

1. Preheat the oven to 175C/350F.
2. In a pan set at medium heat, cook the bell pepper in the olive oil for 5 minutes then remove from heat.
3. Layer the tortillas (2 each so you have 3 pizzas) on a baking tray lined with parchment paper. Spread the toppings evenly over all 3 pizzas then cook for 10 minutes.
4. Remove from heat and enjoy!

DAY 21 SNACK

Veggies & Nuts (167 cal)

2 carrots, (50 cal)
3 tbsp almonds, (117 cal)