

Meal Prep 1/2 - Day 21

Prepare the Thai Curry (2 servings)

Ingredients:

- 1 serving veggie mix
- 2 tbsp curry paste
- 1 tbsp olive oil
- 1 can coconut milk
- 1 tbsp tamari

Directions:

1. In a pan set at medium heat, cook the olive oil with the curry paste for 1 minute being sure to whisk well.
2. Add the veggie mix, then cook for an additional 4 minutes.
3. Add all other ingredients, then cook for an additional 5 minutes.
4. Remove from heat, then store in an airtight container in the fridge.

Prepare the Butternut Soup (2 servings)

Ingredients:

- 3 tbsp olive oil
- 2 cups chopped butternut squash
- 1/2 cup cashews
- 1 minced garlic clove
- 1 sliced onion
- 2 1/2 cups vegetable broth
- Dash of sea salt
- Dash of pepper

Directions:

1. Preheat the oven to 175C/350F.
2. Coat the chopped butternut squash in 2 tbsp olive oil, then spread evenly over a baking tray lined with parchment paper and bake for 30 minutes.
3. While that cooks, heat the rest of the olive oil in a pan set at medium heat with the garlic and onions for 5-7 minutes.
4. Once all items finish cooking, remove from heat and let cool for a few minutes, then throw all ingredients in a blender and blend until you reach a smooth consistency.

5. Transfer the blended mixture to a pot, then bring to a boil, then reduce heat to low and let simmer for 20 minutes.
6. Remove from heat, then store in an airtight container in the fridge.

Prepare the Veggie Mix (3 serving)

Ingredients:

- 1 sliced zucchini
- 1 chopped yellow squash
- 1 sliced onion
- 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 olive oil with the onion and garlic for 5 minutes.
2. Add all other ingredients, then cook for an additional 5–7 minutes.
3. Remove from heat, then store in an airtight container in the fridge.

Prepare the Croutons (1 serving)

Ingredients:

- 1 slices gluten-free bread
- 1 tbsp olive oil
- Dash of garlic powder
- Dash of sea salt
- Dash of pepper

Directions:

1. Preheat the oven at 175C/350F.
2. Slice the bread into desired crouton sized pieces, then toss with all other ingredients.
3. Spread evenly over a baking tray lined with parchment paper, then bake for 10 minutes or until golden and crunchy.

Prepare the Dressing (2 servings)

Ingredients:

3 tbsp tahini
1 tsp mustard
1 tbsp lemon juice
1 minced garlic clove
1 tbsp water
Dash of sea salt
Dash of pepper

Directions:

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

Prepare the Granola

(2 servings)

Ingredients:

1 cup oats
1/4 cup whole almonds
1/4 cup pecans
1/4 cup maple syrup
Dash of sea salt
1 tsp cinnamon
1 tsp vanilla extract

Directions:

1. Preheat the oven at 175C/350F.
2. Mix all dry ingredients in a bowl, then pour in the maple syrup and vanilla extract until everything is thoroughly coated.
3. Spread evenly over a baking tray lined with parchment paper, then cook for 25–30 minutes or until crispy.

Note: Be sure to check in often as your granola may start to burn

Make the Rice

(3 serving)

Ingredients:

1 cup (dry weight)

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 22 (1969 cal)

DAY 22 BREAKFAST

Cheesecake Smoothie (524 cal)

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

- 1 cup almond milk (36 cal)
- Juice from 1 lemon (10 cal)
- 1/2 cup raw cashews (356 cal)
- 1 tsp vanilla extract
- 1 frozen banana (105 cal)
- 1 tsp maple syrup (17 cal)

Directions:

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

DAY 22 LUNCH

Thai Vegetable Curry (416 cal)

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

- 1 serving thai curry (348 cal)
- 1 serving rice (68 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 22 DINNER

Veggie Mac N Cheese (741 cal)

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

2 oz elbow macaroni (200 cal)

1 serving veggie mix (127 cal)

2 tbsp grated cashews (89 cal)

Sauce:

1/4 cup cashews (178 cal)

1/4 cup nutritional yeast (120 cal)

Juice of 1 lemon

1/4 tsp sea salt

1 minced garlic clove

3/4 cup almond milk (27 cal)

Directions:

1. Cook the pasta according to package instructions.
2. Blend all sauce ingredients until smooth.
3. Drain the noodles, then toss with all other ingredients and enjoy!

DAY 22 SNACK

Fruit & Nut Butter (288 cal)

1 sliced apples, (95 cal)

2 tbsp peanut butter, (193 cal)

DAY 23 (1984 cal)

DAY 23 BREAKFAST

Fruit N Yogurt Parfait (682 cal)

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

1 serving granola (444 cal)

1 chopped mango (138 cal)

1 cup vegan yogurt (100 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 23 LUNCH

Butternut Soup (577 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 1 serving butternut soup (469 cal)
- 1 slice gluten-free bread (108 cal)

Directions:

1. Dip your bread and enjoy!

DAY 23 DINNER

Thai Vegetable Curry (417 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 1 serving thai curry (349 cal)
- 1 serving rice (68 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 23 SNACK

Veggies & Nut Butter (308 cal)

- 3 celery stalks, (19 cal)
- 3 tbsp peanut butter, (289 cal)

DAY 24 (1963 cal)

DAY 24 BREAKFAST

Green Smoothie (468 cal)

Prep time - 3 mins/ Total time - 3 mins

Smoothie Ingredients:

- 2 frozen banana (210 cal)
- 2 tbsp almond butter (192 cal)
- 2 cups baby spinach (13 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

Caesar Salad (717 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 2 cups romaine lettuce (16 cal)
- 1 serving croutons (228 cal)
- 2 tbsp grated almonds (78 cal)
- 1 cup halved cherry tomatoes (30 cal)
- 1 sliced avocado (227 cal)
- 1 serving dressing (138 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 24 DINNER

Butternut Soup (577 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 1 serving butternut soup (469 cal)
- 1 slice gluten-free bread (108 cal)

Directions:

1. Dip and enjoy!

DAY 24 SNACK

Fruit & Nut Butter (201 cal)

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

DAY 25 (1992 cal)

DAY 25 BREAKFAST

Granola Bowl (592 cal)

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

- 1 serving granola (444 cal)
- 1 cup sliced strawberries (48 cal)
- 1 cup vegan yogurt (100 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 25 LUNCH**Veggie Rice Bowl (444 cal)**

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 1/2 cup rice (dry weight) (308 cal)
- 1 serving veggie mix (127 cal)
- 1 cup mixed greens (9 cal)

Directions:

1. Cook the rice according to package instructions.
2. Combine all ingredients in a bowl and enjoy!

DAY 25 DINNER**Spring Salad (798 cal)**

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 2 cups mixed greens (18 cal)
- 2 tbsp raw minced red onions
- 1 chopped green onion
- 3 tbsp sliced almonds (117 cal)
- 1 chopped avocado (227 cal)
- 1 cup white beans (298 cal)
- 1 serving dressing (138 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 25 SNACK**Veggies & Nut Butter (158 cal)**

2 celery stalks, (13 cal)
1 1/2 tbsp peanut butter, (145 cal)

Meal prep 2/2 - Day 25

Make the Creamy Casserole (2 servings)

Ingredients:

2 sliced yukon potatoes
1 chopped broccoli head
8oz sliced mushrooms

Sauce:

1 cup cashews
1/4 cup nutritional yeast
Juice of 1 lemon
1/4 cup sun-dried tomatoes
Dash of sea salt
Dash of pepper
1 cup almond milk

Directions:

1. Blend all of the sauce ingredients together until you reach a smooth consistency.
2. Preheat the oven to 175C/350F.
3. Slice and steam the potatoes on the stove top for 10 minutes.
4. Once steamed, layer the potatoes on the bottom of a small casserole pan or bread pan.
5. Pour a coat of blended sauce over the potatoes, then add the broccoli and mushrooms and cover with the rest of the sauce.
6. Bake for 30 minutes or until browned.
7. Remove from heat, then store in an airtight container in the fridge.

Prepare the Potato Wedges (2 serving)

Ingredients:

1 large yukon potato cut into wedges
2 tbsp olive oil
Dash of sea salt
Dash of pepper

Directions:

1. Preheat the oven at 200C/400F.
2. Coat the wedges in all other ingredients, then spread evenly over a baking tray lined with parchment paper and bake for 30 minutes or until browned.
3. Remove from heat, then store in an airtight container in the fridge.

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

- 1 sliced yellow bell pepper
- 1 chopped broccoli head
- 1 sliced onion
- 1 sliced portobello mushroom
- 2 tbsp olive oil
- Dash of sea salt
- Dash of pepper

Directions:

1. In a pan set at medium heat, cook the pepper and onion in the olive oil for 5–7 minutes, then add all other ingredients.
2. Cook for an additional 5–7 minutes, then store in an airtight container in the fridge.

Make the Quinoa Salad**(2 servings)****Ingredients:**

- 1 cup quinoa (dry)
- 1 can black beans
- 1/4 minced red onion
- Handful of chopped parsley
- 1/4 cup sliced almonds
- 1 cup sliced cherry tomatoes

Directions:

1. Cook quinoa according to package instructions, then combine with all other ingredients and store in an airtight container in the fridge.

Make the Overnight Oats

(1 serving)

Ingredients:

1/2 cup oats
3/4 cups almond milk
1 cup blueberries
1/4 cup chopped pecans
1 tsp maple syrup
1/4 tsp vanilla extract

Directions:

1. Mix all ingredients together, then store in the fridge overnight.

Make the Breakfast Potatoes

(2 servings)

Ingredients:

2 large chopped yukon potatoes
1 tbsp olive oil
Dash of sea salt
Dash of pepper
1/4 tsp garlic powder

Directions:

1. Preheat the oven to 200C/400F.
2. Toss the chopped potatoes in all other ingredients, then spread evenly over a baking tray lined with parchment paper.
3. Cook for 35-40 minutes.
4. Remove from heat, then store in an airtight container in the fridge.

DAY 26 (1988 cal)

DAY 26 BREAKFAST

Berry Delicious Overnight Oats (470 cal)

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

1 serving overnight oats (470 cal)

Directions:

1. Enjoy!

DAY 26 LUNCH

Creamy Casserole (707 cal)

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

- 1 serving creamy casserole (707 cal)

Directions:

1. Enjoy!

DAY 26 DINNER

Potato Wedge Bowl (549 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 1 serving potato wedges (180 cal)
- 1 serving veggie mix (176 cal)
- 1 cup baby greens (15 cal)
- 2 tbsp tahini (178 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 26 SNACK

Fruit (262 cal)

2 bananas, (210 cal)

1/2 cup grapes, (52 cal)

DAY 27 (1980 cal)

DAY 27 BREAKFAST

Savory Breakfast Bowl (452 cal)

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

- 1 sliced portobello cap (18 cal)
- 1 serving breakfast potatoes (181 cal)

2 cup baby spinach (14 cal)

2 tbsp olive oil (239 cal)

Dash of sea salt

Dash of pepper

Directions:

1. On a pan set at medium heat, cook the portobello slices in the olive oil for 5 minutes, then add the spices.
2. Remove from heat, then combine in a bowl with all other ingredients and enjoy!

DAY 27 LUNCH

Maple Mustard Potato Wedge Bowl (783 cal)

Prep time - 2 minutes/ Total time - 2 minutes

Ingredients:

1 serving potato wedges (180 cal)

1 cup mixed greens (9 cal)

1 serving quinoa salad (542 cal)

Maple Mustard Dressing:

2 tbsp mustard (18 cal)

2 tsp maple syrup (34 cal)

Directions:

1. Combine ingredients in a bowl and enjoy!

DAY 27 DINNER

Creamy Casserole (707 cal)

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

1 serving creamy casserole (707 cal)

Directions:

1. Enjoy!

DAY 27 SNACK

Veggies & Nut Butter (38 cal)

1 celery stalks, (6 cal)

1 tsp peanut butter, (32 cal)

DAY 28 (1989 cal)

DAY 28 BREAKFAST

Hash Brown Toast (407 cal)

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

2 slices gluten-free bread (217 cal)

1 serving breakfast potatoes (181 cal)

1 cup mixed greens (9 cal)

Directions:

1. Toast the bread to your specific liking, then add toppings and enjoy!

DAY 28 LUNCH

Black Bean Quinoa Bowl (732 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

1 serving quinoa salad (542 cal)

2 cups baby spinach (14 cal)

1 serving veggie mix (176 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 28 DINNER

Avocado Bean Bowl (683 cal)

Prep time - 3 minutes/ Total time - 3 minutes

Ingredients:

1 serving veggie mix (176 cal)

1 sliced avocado (227 cal)

1 cup mixed greens (9 cal)

1 cup black beans (241 cal)

1 cup sliced cherry tomatoes (30 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 28 SNACK

Veggies & Nuts (167 cal)

2 carrots, (50 cal)

3 tbsp almonds, (117 cal)