

Week 2 Recipes

All recipes that were made during the Meal Prep Video are time marked at their start time with an () at the bottom of the recipe.*

Chickpea Mini Frittatas

Makes ~12-14 regular size muffins

2 cups chickpea flour (aka garbanzo bean flour)

2 1/2 cups water

1/4 cup nutritional yeast

1 t baking powder

1 t sea salt

1/2 tsp pepper

3 cups assorted vegetables, chopped (frozen or fresh: i.e. corn, peppers, onions, zucchini, etc)

3 green onions, sliced

1-2 T olive oil

Preheat oven to 400 degrees. In medium bowl combine flour, nutritional yeast, baking powder, salt and pepper. Whisk together then add water. Mix well and set aside.

In skillet over med-high heat add olive oil. Once hot add veggies and sauté for 5-7 minutes. Add green onions and stir 1-2 minutes more. Season with salt and pepper.

Line standard muffin tin and spray liberally with cooking spray or alternatively use silicone muffin molds. Fill each muffin cup with mixture to about 2/3 of the way up. Then top with large heaping tablespoon of sautéed veggies in each.

Bake for 25-30 minutes or until toothpick comes out clean. Allow to cool in tins for at least 10 minutes. Wrap individually or store in large container in refrigerator. To warm heat in microwave for 15-30 seconds each.

Time mark 15:24 length 4:55

Fettuccine Pasta Primavera w/ Alfredo Sauce

Makes 2-3 servings

8-10 oz gluten free fettuccine

3 cups cauliflower florets

1 cup or about 8 oz frozen peas or Edamame

3 large handfuls or 6 oz fresh spinach
2 Tbsp olive oil
2 to 3 cups Alfredo Sauce
Salt & pepper to taste

Cook pasta according to package directions. Meanwhile heat a sauté pan over med heat. Drizzle olive oil in pan and add cauliflower. Stir and cover pan for 3-4 minutes to allow cauliflower to soften. Add peas or Edamame and sauté for another 2-3 minutes. Add spinach and stir until spinach wilts, about 1-2 minutes. Salt and pepper veggies to your liking. Add cooked and drained pasta to pan and top with 2-3 cups of Alfredo sauce. Toss to combine and serve immediately.

Chickpea Avocado Salad

Makes 2-3 servings

1 15 oz can chickpeas, rinsed and drained
1 large ripe avocado, chopped
1 lime, juiced
2 green onions, chopped
Sea Salt and pepper

In medium bowl add chickpeas and mash with a fork or potato masher until most chickpeas have been smashed. Add remaining ingredients and stir until avocado has been mostly mashed and all ingredients are combined well. Serve on bread or lettuce wraps with sliced tomatoes and greens.

Time mark 20:21 length 2:22

Cashew Alfredo Sauce*

Makes about 26 oz or 3 1/4 cups

1 1/2 cups raw cashews, soaked
1 1/2 cups almond milk, unsweetened
2 Tbsp nutritional yeast
1 1/2 Tbsp lemon juice
1 tsp sea salt
1 tsp garlic powder

Soak 1 1/2 cups raw cashews in boiling water for 1 hr or room temperature water overnight. Drain cashews and place all ingredients in a high power blender or food processor. Blend for 2-5 minutes. Store in refrigerator for 5-7 days.

Time mark 33:03 length 1:32

*sub Marinara sauce or alternative nut-free Alfredo sauce if nut free

Berries N' Cream Overnight oats

Makes 1 serving

1/2 cup old fashioned rolled oats
1/2 cup unsweetened almond milk or coconut milk
2 Tbsp scratch berry jam or 1/4 cup chopped berries
1 Tbsp chia seeds
1 Tbsp Maple syrup or Agave
1/2 tsp vanilla (optional)

Combine all ingredients in a mason jar or Tupperware container. Shake or stir well and place in refrigerator overnight.

Enchilada Sauce

Makes about 26 oz or 3 1/4 cups

1/2 medium yellow onion, roughly chopped
3 cloves garlic
3 Tbsp Chili powder
1 Tbsp cumin
1+ tsp sea salt
1 15 oz can tomato sauce
Water or vegetable stock to thin sauce if necessary

Place all ingredients in a blender or food processor and blend for 30-60 seconds or until smooth Time mark 29:29 length 1:45

Crockpot Quinoa Enchiladas

Makes 6-8 servings

1 15 oz. can corn, drained
1 15 oz. can black beans, rinsed and drained
1 15 oz. can tomatoes, diced
1 cup Quinoa, uncooked and rinsed
1/2 cup salsa
1/2 medium onion, diced
2-3 garlic cloves, minced
3 cups enchilada sauce
1 lime, juiced
1 Tbsp chili powder
1 tsp cumin
1 tsp sea salt
Handful cilantro, chopped

Place all ingredients in a crockpot and stir to combine. Cook for 3 hours on high heat stirring halfway through (If cooking on low, don't add quinoa until last couple hours, as it will get too mushy). Serve on warm tortillas with any of the following: green onions, avocado, salsa, cilantro & a squeeze of lime.

Southwest Stuffed Sweet Potato

Makes 1 serving

1 medium sweet potato, washed, scrubbed and dried
1/4 cup black beans
1/4 cup corn
2 Tbsp salsa
1/2 avocado, chopped
Small handful cilantro, chopped
Salt and pepper to taste

Pierce sweet potato with fork several times and cover with a damp paper towel. Place on microwaveable safe plate and cook on high for 3-4 minutes, turning halfway through. Allow to cool for several minutes. Unwrap potato and cut a slit lengthwise and then again vertically. Open potato and add ingredients in order listed.

Lemon-Sesame Noodles

Makes 2-3 servings

8-10 oz gluten free pasta or rice noodles
1 medium colored pepper, sliced thin
1/2 lb carrots, sliced thin
1 cup peas, frozen or fresh
2 Tbsp olive oil
Lemon-Sesame Sauce
Sesame seeds for garnish

Cook pasta according to package directions. Meanwhile in sauté pan heated to med-high heat, drizzle olive oil and add the peppers and carrots. Sauté for 6-8 minutes, stirring occasionally. Add in peas and sauté for 1-2 minutes more. Turn heat to low. Add in pasta and top with sauce. Stir to combine and garnish with sesame seeds.

Lemon-Sesame Sauce

Makes 6-8 oz.

1 lemon, juiced
1 Tbsp sesame oil
2 Tbsp Tamari or GF soy sauce (sub coconut aminos for soy free)
1 1/2 Tbsp Pure Maple Syrup
2 tsp sesame seeds

Place all ingredients in a mason jar or container and shake well. Time mark 24:06 length 1:09

Apple-Pecan Mixed Green Salad

Makes 1 serving

2 handfuls mixed greens
2 Tbsp pecans, chopped (sub sesame seeds for nut free)
1 Tbsp dried cranberries
1/4 green apple, sliced thin
2-4 Tbsp Balsamic Vinaigrette

Place ingredients in order on plate and top with dressing.

Balsamic-Dijon Vinaigrette

Makes about 3/4 cup

1/3 cup olive oil
1/3 cup balsamic vinegar
1 tsp Dijon mustard
1 tsp Maple syrup
1 garlic clove minced or 1/4 tsp garlic powder
1/4 tsp sea salt

Place all ingredients in a jar or container and shake well. Store in refrigerator. Time mark 25:15 length 1:41

Vegetable & Bean Chili Stuffed Potato

Makes 4-6 servings

1/2 yellow onion, diced
2 cloves garlic, minced
2-3 Tbsp olive oil
1/2 lb carrots, diced
1 medium colored pepper, diced
2 15 oz cans tomatoes, diced
1 15 oz can kidney beans, drained
1 1/2 Tbsp chili powder
1 1/2 tsp cumin
1 tsp sea salt
1 cup water or vegetable stock Green onions, chopped for garnish

4 medium Russet potatoes, washed, scrubbed and dried

Heat large pot to med-high heat and add olive oil. Add onions and garlic and sauté for 2-3 minutes until softened and translucent. Add carrots and peppers and continue to sauté for another 6-8 minutes or until

they begin to soften. Add chili powder, cumin and salt and stir. Add tomatoes, beans and stock or water. Stir well and turn down heat to low-med. Allow to simmer for 10-15 minutes.

Meanwhile pierce potatoes several times with a fork. Wrap with a damp paper towel and place on a microwaveable safe plate. Cook 3-4 minutes per potato, turning halfway through cooking. Allow to cool for several minutes. Unwrap potatoes and cut a slit lengthwise and again vertically. Open potato and top with chili. Garnish with chopped green onions.

Green Nut Butter Smoothie

Makes 1 serving

1 frozen banana
1 cup spinach, lightly packed
2 Tbsp nut butter of choice (sub frozen berries of choice or sunflower seed butter if nut free)
1 cup almond milk
1 Tbsp chia seeds

Combined all ingredients in a high-powered blender and blend for 30 to 60 seconds.

Spinach & Lentil Soup

Makes 4-6 servings

1/2 yellow onion, diced 2 cloves garlic, diced
2 Tbsp olive oil
1 1/2 tsp cumin
1 tsp coriander
1-2 tsp sea salt
1 tsp red chili flakes (optional)
1 tsp oregano
6 cups vegetable stock, low sodium
12 oz fresh or frozen spinach
1 bunch parsley, chopped (~2 cups)
1 lime, juiced
3 cups cooked lentils
Fresh cracked pepper

Heat large pot to med-high heat. Add olive oil, onion & garlic.

Sauté for 2-3 mins. Add cumin, coriander, salt, oregano and chili flakes. Sauté 1 minute more. Add 6 cups vegetable stock and spinach. Turn heat to high and bring to a boil.

Turn heat back down to medium and add parsley, lime juice and lentils. Stir well and simmer for 5-10 minutes. Serve with toast or tortillas.

Curry Cauliflower & Carrots

Makes 2-4 servings

4 cups Cauliflower florets
1 lb baby carrots
2-3 Tbsp olive oil
Salt and pepper to taste
2-3 cups cooked brown rice
2-3 cups Curry Sauce

Cilantro, chopped for garnish

Heat oven to 400 degrees. On a sheet pan covered in foil place cauliflower and carrots in single layer. Drizzle olive oil over vegetables and salt and pepper liberally. Roast for 25-30 minutes, rotating pan from top to bottom halfway through cooking. Warm rice and curry sauce if not already done. Divide rice into 2 bowls. Top with vegetables and curry sauce. Garnish with cilantro.

Curry Sauce

Makes about 16 oz or 2 cups

1 15 oz can full fat coconut milk
1 1/2 Tbsp curry powder
1 tsp ground ginger or 1" grated fresh ginger
2 cloves garlic
1 tsp sea salt
2 Tbsp tomato paste

Add all ingredients to a high speed blender or food processor and blend for 30-60 seconds. Store in refrigerator in airtight container.

Time mark 31:17 length 1:42