

Week 3 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.*

No-Bake Granola Bars

Makes 12-14 bars

2 1/2 cups rolled oats
1 cup Nut Butter (sub sunflower butter for nut free)
1/2 cup maple syrup

Mix all ingredients in a medium bowl until well combined. In a greased 8x8" pan, press mixture evenly down. Place in refrigerator for 1-3 hours until set. Cut in pan or remove and cut into 12-14 bars. Store in container in refrigerator.

Loaded Vegetable Soup

Makes 4 servings

1 lb baby potatoes, cubed
1/2 medium onion, sliced
2-3 cloves garlic, minced
16 oz frozen vegetable blend (i.e. peppers, corn, broccoli)
1 tsp paprika
1 tsp oregano
3/4 tsp sea salt
1/2 tsp red chili flakes (optional)
4-6 cups low sodium vegetable stock

Place ingredients in crockpot in order listed. Stir well and top with lid. Cook on high for 3 to 4 hours or low for 5 to 7 hours or until potatoes are fork tender.

Pasta w/ Pesto & Seared Tomatoes

Makes 2-3 servings

1-2 Tbsp olive oil
10 oz cherry or grape tomatoes
8-10 oz spaghetti pasta, cooked
3/4 cup pesto sauce
Sea salt to taste
Nutritional yeast (optional)

Warm skillet to medium heat and drizzle olive oil in pan. Once hot add the tomatoes and allow them to

sear for 5-7 minutes, shaking pan or tossing occasionally.

When tomatoes are well seared on all sides, turn heat to low. Add cooked pasta and pesto and toss well to combine. Sprinkle with nutritional yeast or Vegan Parmesan (optional).

Pesto Sauce

Makes about 1 to 1 1/2 cups

1/4 cup pine nuts
1/4 cup almonds
3 cloves garlic
4 cups basil leaves, lightly packed
1/2 tsp Sea salt
1/2 tsp Pepper 1/3 cup Olive oil

In a food processor place the first 3 ingredients and pulse several times until they resemble large crumbs. To food processor add remaining ingredients except olive oil. Pulse until basil is finely chopped. Drizzle in olive oil until desired consistency. Store in refrigerator.

Nut-Free Pesto Sauce

Makes ~5 Servings

5 garlic cloves
1/4 cup sunflower seeds
2 Tbsp Nutritional Yeast
1 tsp salt (or to taste)
2 cups lightly packed Basil leaves (washed and dried)
3/4 cup olive oil

Pulse garlic in a food processor until minced. Add seeds, nutritional yeast, and salt. Pulse a few times to chop, and then add the basil and continue to process until most is chopped (it's okay if not all is chopped - it will mince as the oil is added).

With the machine running, add the oil in a fine stream. Process until pesto is smooth. Adjust salt to taste, if needed (less will be needed if using salted sunflower seeds).

To store in the freezer, pour about 1/2 cup into freezer-safe containers, add a shallow layer of olive oil to cover the tops, attach lids, label with date and freeze. The frozen pesto keeps for about a year - if it lasts that long.

*You can use raw or roasted sunflower seeds, but adjust the salt as needed.

Potato & Veggie Breakfast Hash

Makes 4-5 servings

1 lb baby potatoes, cubed or sliced
10 oz cherry or grape tomatoes
8 to 10 oz sliced mushrooms
1/2 medium onion, sliced
3 oz or 2 large handfuls fresh spinach, roughly chopped
2-4 Tbsp olive oil
1 1/2 tsp Italian seasoning
3/4 tsp sea salt
Fresh cracked pepper

Heat oven to 400 degrees. On a sheet pan lined with aluminum foil or parchment, evenly spread out potatoes and drizzle with 1 to 2 Tbsp olive oil. Season with salt and pepper.

Place potatoes in oven and cook for 15 minutes. When done remove potatoes and place tomatoes, onions and mushrooms evenly among tray.

Drizzle with remaining 1 to 2 Tbsp of olive oil and season with Italian seasoning, more salt to taste and pepper. Place back in oven for 15 minutes or until potatoes are fork tender.

For extra crispness, when done, place under broiler for 1 to 2 minutes more. Remove and top with spinach and mix gently to allow spinach to wilt slightly. Let cool and store leftovers in the refrigerator.

Marinated Portobello Steaks w/ Chimichurri

Makes 2-4 Servings

4 Large Portobello Mushrooms, cleaned and core removed
1/4 cup balsamic vinegar
1/4 cup olive oil + 1 Tbsp, separated
3 cloves garlic, minced

1/4 tsp sea salt
1/4 tsp cumin
1 ripe avocado, cubed
Chimichurri Sauce

In large Ziplock bag add vinegar, 1/4 cup olive oil, garlic, salt and cumin. Shake well to mix. Place mushroom caps in bag and shake gently to coat all sides.

Place caps in single layer and allow to marinate on counter for 5 minutes.

Meanwhile mix cubed avocado with prepared Chimichurri sauce and set aside. Gently flip mushroom caps and allow to marinate on other side for 5 minutes.

Heat large skillet to medium heat and add oil or butter to pan. Once hot, remove mushroom caps from bag and place cap side down on skillet.

Cook 2-4 minutes per side or until it appears slightly charred and caramelized. Top with Chimichurri & avocado sauce and serve immediately.

Chimichurri Sauce

Makes about 3/4 to 1 cup

1 1/2 cups parsley, roughly chopped
3 cloves garlic
1/2 red onion, roughly chopped
1/4 tsp red chili flakes
1/2 tsp sea salt
3 Tbsp lemon juice
3-4 Tbsp olive oil

Place first 3 ingredients in a food processor and pulse several times. Add remaining ingredients except olive oil and pulse until well combined. Drizzle in olive oil. Store in refrigerator.

Piña Colada Smoothie

Makes 1 serving

1 cup pineapple, chopped
1 medium banana, frozen & roughly chopped 1/2 tsp vanilla
1 cup light coconut milk
1 Tbsp hemp seeds

Add all ingredients into a high powered blender and blend for 30-60 seconds.

Greek Pasta Salad

Makes 3-4 servings

8 oz penne pasta, cooked
1/2 cup kalamata olives, sliced
3/4 cup cherry tomatoes, sliced
3/4 cup cucumber, diced
1/2 cup red onion, diced
Greek dressing
Sea salt and pepper to taste
Fresh basil or parsley for garnish (optional)

Add pasta and remaining ingredients into a large mixing bowl and stir until well combined. Serve warm or at room temperature. Garnish with fresh herbs.

Greek Dressing

Makes ~1/2 to 3/4 cup

1/3 cup olive oil
3 Tbsp lemon juice (about 1 to 1 1/2 lemons)
1 tsp Dijon mustard
2 cloves garlic, minced ***left out of meal prep video**
1/2 tsp Italian seasoning and/ or fresh herbs (basil, parsley, etc)
1/4 tsp sea salt

Place all ingredients in a jar and shake well. Store in refrigerator. Place jar on counter and allow it to come to room temperature before serving.

Vegetable Stir Fry

Makes 2-3 servings

2-3 cups brown rice, cooked the day before & refrigerated
1/2 med onion, diced
12 oz peas & carrots, frozen
1-2 Tbsp olive oil
1/4 cup tamari or low sodium GF soy sauce (sub coconut aminos for soy free)
2 tsp Sesame oil
2 tsp Rice wine vinegar (optional)
Sesame seeds and/or sliced green onions for garnish (optional)

Cook rice the day before and chill in the refrigerator (day old rice is ideal for stir fry's). Heat skillet to med-high heat and drizzle 1-2 Tbsp olive oil in pan.

Add onion to pan and sauté for 2-3 mins or until translucent. Add peas and carrots and sauté for another 3-5 minutes. Turn heat down to low-med.

Make a well in pan and place sesame oil in the middle of pan, then add the cooked rice. Mix well to combine and until heated through. If using rice vinegar, add now along with soy sauce or tamari. Mix until well combined.

Garnish with sliced green onions, sesame seeds and/or sriracha for a little kick!

Black Bean & Avocado Quesadillas

Serves 2-3 ppl

1 15 oz can black beans, drained well
8-10 tortillas
1 avocado, sliced thin
1+ tsp taco seasoning
1/2 cup Vegan mozzarella cheese
Cilantro for garnish
Chipotle Cream Sauce, for dipping

Heat a cast iron or regular skillet to medium heat. Place 2 tortillas on top of each other and lay them on the skillet. If you have a large enough skillet, you can make 2 or 3 quesadillas at a time. After 30-60 seconds flip both tortillas together and then flip only the tortilla on the top once more. Repeat this process until all sides of tortillas have been warmed.

Turn heat down to low-medium. Remove the top tortilla and set aside. If using, sprinkle about 2 tablespoons of cheese on the bottom tortilla. Then add 1/2 cup of the beans, spreading evenly on the tortilla. Next spread about 1/4 of the avocado across the beans and sprinkle with a few pinches of taco seasoning or simply salt and pepper. Place the other warmed tortilla back on top of the other and press gently.

Carefully, using a spatula, flip the quesadilla and allow to warm on the other side for another minute or so. Remove from heat. Cut into quarters with a sharp knife. Garnish with cilantro and dip into the chipotle cream sauce.

Chipotle Cream Sauce*

Makes about 1 cup

3/4 cup raw cashews
1 lemon, juiced (about 2 Tbsp)
1/4 to 1/2 tsp sea salt
1 tsp Maple syrup
1 to 3 chipotle peppers, plus 1 tsp sauce
1/2 cup water or non dairy milk

In high power blender place raw cashews and top with boiling water. Allow to soak for 30 to 60 minutes. Drain water from blender and add remaining ingredients. Blend on high until completely smooth. Store in refrigerator.

*Sub store bought nut free cream sauce of choice or sub salsa if nut free

Southwest Chopped Salad

Makes 2-3 servings

1 medium head romaine, chopped
2/3 cup black beans, drained
2/3 cup corn, drained
2/3 cup tomatoes, sliced
1/2 cup red onion, sliced
1/4 cup cilantro, chopped
Chipotle cream dressing (add water to thin if necessary)

Place ingredients on 2-3 plates in the order listed. Top with dressing and enjoy.

Italian Stuffed Peppers

Makes 4 peppers

4 colored peppers, cored and cleaned
2-3 Tbsp olive oil, separated
1/2 onion, diced
2 cloves garlic, diced finely
1 med zucchini, diced
2 cups fresh spinach, lightly packed and roughly chopped
1 15 oz can diced tomatoes
1 cup brown rice, cooked
1/4 cup parsley, chopped
1 Tbsp Italian seasoning
1 + 1/4 tsp sea salt
Pepper to taste
1/3 cup vegan mozzarella (optional)

Preheat oven to 400 degrees. Place peppers in 8x8 baking dish.

Drizzle with about 1 Tbsp olive oil and season with 1/4 tsp salt and pepper. Cook for 12 minutes in oven.

Meanwhile, preheat skillet to med- high heat. Drizzle remaining olive oil and add onions and garlic. Sauté for 2-3 minutes, stirring frequently.

Add zucchini and sauté 1-2 minutes more. Add Italian seasoning, salt and pepper and stir. Add spinach and stir until slightly wilted then add in tomatoes. Stir to combine and turn heat down to low.

Add cooked rice and parsley. Stir until combined. Turn off burner and remove from heat. Peppers should be slightly soft, but stir firm.

Add mixture evenly among the four peppers and top with mozzarella, if using. Return to oven and allow to cook for another 12-15 minutes. Broil for another 1-2 minutes to melt cheese.

Going Green Smoothie

Makes 1 serving

1/2 cup pineapple, chopped
1/2 medium banana, frozen & roughly chopped
2 cups fresh spinach, lightly packed
1 cup or about 24 green grapes
3/4 cup water

Add all ingredients into a high powered blender and blend for 30-60 seconds.

Sweet & Sour Chickpeas Over Rice

Makes 3-4 servings

1 can chickpeas, rinsed and drained
4 cups frozen or fresh colored peppers, chopped & broccoli florets
1-2 Tbsp olive oil
3 cloves garlic, minced
Sea salt & pepper to taste
Sweet & Sour Sauce
2-3 cups brown rice, cooked

Heat sauté pan to medium heat. Drizzle 1 to 2 Tbsp olive oil in pan.

Add frozen or fresh vegetables and sauté for 5-8 minutes or until softened. Make a well in pan and add the garlic. Stir and sauté for another minute or two.

Season vegetables with sea salt and add in the chickpeas. Stir and top with sweet & Sour sauce. Turn heat down to low- med and allow to simmer for a few minutes. Serve over brown rice.

Sweet N' Sour Sauce

Makes about 1 cup

4 Tbsp Maple syrup
4 Tbsp Apple Cider vinegar
4 Tbsp GF soy sauce or Tamari (sub coconut aminos for soy free)
3 Tbsp tomato paste
1 tsp garlic powder
2 Tbsp water

Place all ingredients in a high powered blender and blend until well combined (30 to 60 seconds). Or shake vigorously in container. Store in refrigerator.