

Meal Prep Outline Week 3

Equipment Needed:

- Timer
- Medium mixing bowl
- Measuring spoons/cups
- Liquid measuring cup
- 8"X8" or 9"X9" pan
- Tea kettle (can you microwave instead)
- Sheet pan or large baking dish
- Parchment paper or wax paper (1 sheet)
- High powered blender and/or
- Food processor
- Rice cooker or sub saucepan and lid
- Cutting board
- Chef's knife
- Colander
- Silicon mat or aluminum foil
- Cooking spray
- Oven and stovetop
- Small steak knife or pairing knife
- Pot holders
- Tongs or serving spoon
- 1 medium & 1 large ziplock bag
- 4 small, 4 medium and 2 large glass or Tupperware containers with lids

Step 1

Wash all veggies and fruit you keep on counter and allow to dry

- 4 large colored peppers
- 1 large zucchini
- 2 small English cucumbers
- 32 oz cherry or grape tomatoes
- 1 lb baby potatoes
- 1 bunch parsley
- 1 bunch basil
- 2 large handfuls spinach (if not already washed)
- 3 lemons

Step 2

Prepare the Granola Bars

Makes 12-14 bars

2 1/2 cups rolled oats

*1 cup Nut Butter (sub sunflower seed butter if 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.

Step 3

Place 3/4 cup cashews in blender. Preheat oven to 400° and turn on tea kettle. Once water boils, top the cashews with water and set aside to allow to soak.

Step 4

Cook rice in rice cooker or saucepan according to directions. Prep a baking sheet with a silicone mat or aluminum foil.

Step 5

Cut potatoes into bite size pieces. Spread evenly on the baking sheet (*note: if not using a silicone mat, spray with cooking spray). Drizzle with olive oil and season liberally with salt and pepper. Place in oven and set timer for 15 minutes.

Step 6

Chop Veggies:

1. 4 colored peppers-using a pairing knife or steak knife, cut around the top of each pepper and remove the top along with the seeds and veins. Set the 4 peppers aside in a large ziplock bag in the refrigerator
2. 1 large zucchini, diced finely and placed in a small container. Store in refrigerator.
3. 2 small English cucumbers or one regular cucumber, cut into bite size pieces. Place in small container and store in refrigerator.
4. 15-18 oz of cherry or grape tomatoes, quartered. Place in small container and store in refrigerator.
5. 1/2 red onion, roughly chopped and placed in food processor for Chimichurri sauce. *see recipe

Step 7

Remove potatoes from oven and place on a heat safe surface. Add remaining tomatoes and your sliced mushrooms evenly over the potatoes. Drizzle again with olive oil and season with more salt and pepper. Also sprinkle a tablespoon or so of an Italian seasoning blend over all vegetables. Put baking sheet back in the oven and set timer for 10-15 minutes.

Step 8

Chimichurri sauce *(or omit this step if buying store bought 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.

Step 9

Rinse out food processor and prepare the Pesto sauce *(or omit this step if buying store bought 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).

Step 10

Remove sheet pan from oven and check potatoes for doneness (should be fork tender). If you prefer it to be a little more browned or crisp on the top, set oven to broil and place back in oven for another 2-4 minutes, watching it carefully.

When it's done, grab a few large handfuls of fresh spinach and place it directly on top of veggies. Using a pair of tongs or serving spoon, toss the vegetables gently allowing the spinach to wilt from the heat of the cooked vegetables. Set aside to cool and then store in large container in refrigerator.

Step 11

Make the Greek dressing *(or omit this step if buying store bought 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.

Step 12

Make the Chipotle Cream sauce* (*or omit this step if buying store bought 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 nut free chipotle sauce or salsa if nut free

Step 13

Clean out blender or food processor and make the Sweet N' Sour sauce (*or omit this step if buying store bought sauce*)

Makes about 1 cup

4 Tbsp Maple syrup

4 Tbsp Apple Cider vinegar

4 Tbsp GF soy sauce or Tamari (sub coconut aminos if 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.

Step 14

Take granola bars out of the refrigerator and cut into 12-14 bars. Store in a medium container or ziplock bag in the refrigerator.

Step 15

Fluff rice and allow to cool. Store in a large container in the refrigerator.

Step 16

Peel 3 ripe bananas and place in medium size Ziplock bag. Break up bananas in halves and store in freezer.