

Meal Prep Outline Week 2

Equipment Needed:

- Colander
- Rice cooker and/or medium saucepan w/ lid
- High powered blender or food processor
- Cutting board
- Sharp chef's knife
- Measuring spoons/cups
- Liquid measuring cup
- Medium skillet
- Muffin tin or silicone muffin molds
- Medium mixing bowl
- 2 small bowls
- 7 mason jars or small liquid containers
- 3 large liquid containers (i.e. Old pasta sauce jars)
- 5 large, 3 medium & 2 small glass or Tupperware containers w/ lids
- Cooking spray
- Large mixing spoon
- Medium ziplock bag
- Small grater or microplane
- Tea kettle
- Whisk
- Potato masher (optional)
- Citrus juicer (optional)
- Garlic mincer (optional)
- Small funnel (optional)

Step 1

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

- 1 lg head cauliflower
- 3 lg colored peppers
- 1 bunch green onions
- 1 lb carrots

1 15 oz can corn, drained

1 15 oz can chickpeas, rinsed and drained and placed in medium container

Step 2

Place 2 cups of rice in rice cooker. Fill to the appropriate line with stock and/or water and set to cook.

*If using a saucepan, cook according to package instructions.

Step 3

Rinse and drain 1 1/2 cup lentils and place in medium saucepan. Add 3 cups stock and/or water and turn burner to high. When lentils come to a boil, stir and turn heat down to low and place lid on pan, allowing air to circulate by venting lid slightly. Set timer for 30 to 40 minutes. Meanwhile turn tea kettle on high, when water boils add to bowl of raw cashews until liquid covers them completely. Set aside until making the Alfredo sauce.

Step 4

Using 4 mason jars or containers add ingredients for overnight oats.

Berries N' Cream: 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

Maple Pecan: Makes 1 serving

*1/2 cup old fashioned rolled oats
1/2 cup unsweetened almond milk
1 Tbsp Maple syrup, Agave or coconut sugar
1 Tbsp flax seed, ground or chia seed
2 Tbsp pecans, chopped (omit if nut free)
1/4 tsp Cinnamon*

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

Step 5

Cut veggies

1. Cut Cauliflower into florets and place in large container and store in refrigerator
2. Dice 1 lg pepper and place in medium size container. Dice 1/2 lb of carrots into similar size pieces. Add to same container and store in refrigerator
3. Slice one lg pepper into thinner strips about 1/4" thick and a few inches in length. Place in medium size container
4. Finely dice remaining pepper and set aside in bowl for Frittatas

**Meanwhile check to see if lentils are done. If they are turn burner off, remove from heat and remove lid. Stir and allow to cool completely*

5. Slice remaining carrots into sticks similar in size to peppers in step 3 above and add to the container with them
6. Cut roots off of green onions and slice thinly up through half of the dark green leaf. Place in small container

Step 6

In medium mixing bowl add 2 cups chickpea flour and dry ingredients. Stir with whisk. Then add water, whisk again and set aside.

Preheat oven to 400 degrees. Then preheat sauté pan to med-high heat. To bowl of diced peppers add 1 cup of drained corn.

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

Step 7

Using a fork or potato masher, mash chickpeas in container until almost all are mashed.

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

Step 8

In a small airtight container, add all taco seasoning ingredients **or sub your favorite store bought taco seasoning.**

Makes approx 6 Tbsps or 1/3 cup

1 Tbsp garlic powder

1 Tbsp onion powder

1 Tbsp cumin

3 Tbsp chili powder

1/2 Tbsp oregano

1/2 Tbsp paprika

2 tsp sea salt

2 tsp pepper

Store at room temperature

Step 9

Make Lemon-Sesame sauce *(or omit this step if buying store bought sauce)*

Makes 6-8 oz.

*1 lemon, juiced
1 Tbsp sesame oil
2 Tbsp Tamari or GF soy sauce (sub coconut aminos if 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

Step 10

Make Balsamic-Dijon Vinaigrette *(or omit this step if buying store bought dressing)*

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

Step 11

Make Homemade jam *(or omit this step if buying store bought jam)*

Makes about 1/2 cup

*1/2 cup fresh or frozen berries (ripe & sweet)
1 to 2 Tbsp 100% juice (I.e. pineapple, apple, orange, lemon, lime, etc.)
1/2 to 1 Tbsp chia seeds*

Place all ingredients in a mason jar or container smash berries with a spoon or pulse in a blender. Add chia seeds and juice and stir or pulse again. Place in refrigerator overnight to set.

Time mark 27:36 length 1:39

*Meanwhile check Frittatas for doneness. When middle is set and toothpick comes out clean they are done. Remove from heat, turn off oven and allow to cool before removing from muffin tins

Step 12

Makes sauces

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

2. Coconut curry sauce *(or omit this step if buying store bought 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

3. Alfredo sauce-drain water from bowl of soaking cashews and add to blender. *(or omit this step if buying store bought 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
If nut free you can replace with your favorite marinara sauce

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

Step 13

Peel 3 ripe bananas and place in ziplock bag. Break apart with your hands or roughly chop with a butter knife

Step 14

Fluff rice. Once rice, lentils and frittatas are completely cooled, place all in large containers and store in refrigerator