

# MEAL PREP GUIDE

Time Allotment: 2-3 hours for full prep

## why we love meal prepping:

This meal prep guide focuses on preparing core meal components, making it easier to assemble a variety of dishes throughout the week. When the weekend is especially busy and only an hour or two is available, the priority is to accomplish as much as

possible within the time you have available. Additional prep can be incorporated throughout the week, such as chopping extra vegetables or cooking more protein to use across multiple meals.

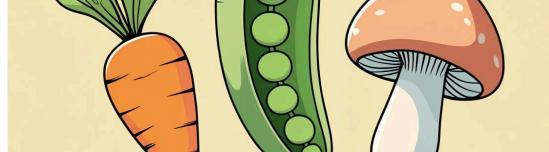
## SAUCES (1-2)



This can be a salad dressing, dip or sauce that can elevate your veggies and proteins. Sauces can aid in switching up your daily palette and keeping meals interesting.

Ex: Hummus, vinaigrette, etc.

## VEGGIES (2-3)



Whether it's prepping your lettuce for salads, shredding, slicing or dicing veggies, prep some of these ahead of time so they are easy to grab for a quick snack, lunch or side with dinner.

Ex. Broccoli, carrots, peas, etc.

## PROTEIN (1)



We advise focusing on one protein. Whether it's press and dice tofu, cook off a batch a beans, braise chicken thighs, roast beef, or marinating pork, using a versatile protein allows for variety.

Ex. Herb roasted chicken, tofu, pulses and beans, etc.

## BAKED GOOD (1)



Typically a dual purpose item like a muffin or quick bread that can function as a dessert or on-the-go breakfast.

Ex. Breakfast cookie, blueberry muffin, etc.

## CONDIMENTS (1-2)



Include flavorful condiments to enhance flavors and add variety to meals.

Ex. pickled onions, seed mix etc.

# WALNUT PESTO SAUCE

**Yield: 2.5 cups**



## INGREDIENTS

1 medium bunch of kale, stems and center ribs removed

1-2 small to medium peeled garlic cloves

¼ cup toasted walnuts

¼ cup grated parmesan

1-2 tablespoon fresh lemon juice

1½ cup high quality olive oil

salt and pepper to taste

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## METHOD

- Blanch kale in a large pot of boiling salted water, about 1 minute.
- Drain and rinse with cold water to cool then pat dry.
- Transfer to a food processor, add garlic, Parmesan, and walnuts, and pulse until coarsely chopped.
- Add oil in a steady stream and process to a coarse purée.
- Add lemon juice and season with salt and pepper.

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## NOTES

- Feel free to add red pepper flakes to add a kick.
- Swap kale for basil, spinach, or parsley to update the flavor profile.
- Store in an airtight container in the refrigerator for up to one week.

# ASSORTED VEGGIES



## INGREDIENTS

3 large carrots  
1 head of broccoli  
1 cup of peas

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## METHOD: SHREDDED CARROTS

- Wash and peel the carrots
- Grate the carrots on the large holes of a box grater

## METHOD: BROCCOLI

- Rinse and cut the head of broccoli into florets.
  - Blanche in hot salted water for 1-2 minutes until bright green.
  - Shock in a bowl of ice water.
  - Rinse, pat dry, and store.
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## NOTES

- Swap out vegetables to your taste and liking.
- Store in an airtight container in the refrigerator for up to one week.

# HUMMUS

**Yield: 2 cups**



## INGREDIENTS

2 cups cooked chickpeas  
2 garlic cloves  
1 lemon, juiced  
1/4 cup sunflower seeds, soaked 2 hours or overnight (optional)  
1/4 cup tahini  
1 tablespoon water  
1 tablespoon olive oil  
1 teaspoon balsamic vinegar  
1 teaspoon sodium-reduced soy sauce (substitute to tamari if gluten-free)  
1 teaspoon sambal (or other hot chili paste)  
1/2 teaspoon cumin powder  
1/2 teaspoon paprika powder

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## METHOD

- Add all ingredients to a food processor and blend on high until smooth and creamy, stopping occasionally to scrape down the sides.

- For a creamier texture, mix in an additional 1-2 tablespoons of tahini. For extra brightness, add more lemon juice to taste.

- Plate the dish, add your garnish, and serve.

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## NOTES

- If using sunflower seeds, you may need to add a bit more liquid to achieve a creamier hummus. We recommend adding an extra 1-2 teaspoons (5-10 mL) of soy sauce and 1 tablespoon (15 mL) of water.
- If cooking beans from scratch, use about 1 cup (200 g) of dry chickpeas. When preparing your own chickpeas, add extra liquid to match the creaminess of canned or jarred chickpeas: 1 additional tablespoon (15 mL) olive oil, 1 extra teaspoon (5 mL) balsamic vinegar, and 1 more teaspoon (5 mL) soy sauce. If using canned chickpeas, no adjustments are needed.
- Feel free to add extra spices, like basil, while blending to create different flavors. Get creative!
- Using canned chickpeas makes the process quicker.
- Store in an airtight container in the refrigerator for up to one week.

# GREEN PASTA SALAD

**Yield: 6 Servings**



## INGREDIENTS

2 cups prepared pesto  
1 cup broccoli florets, blanched  
3 cups baby spinach  
1 cup English peas, blanched  
1 cup diced feta cheese  
1½ cup dried pasta  
Salt & pepper to taste

## METHOD

- Cook pasta according to package directions.
- Drain and transfer to a mixing bowl.
- While the pasta is warm, fold in baby spinach.
- Once pasta has cooled, add broccoli, peas, feta and pesto. Incorporate until well mixed.
- Add salt and pepper to taste.

## NOTES

- Add ingredients such as cucumber, tomatoes, and bell peppers, Kalamata olives, red onion, and a vinaigrette dressing, with fresh herbs like parsley or dill to create a Greek Pasta Salad variation.
- Add a tofu or an animal based protein for taste.
- Feel free to add extra spices, to create different flavors.
- Store in an airtight container in the refrigerator for up to one week.

# ROASTED CHICKEN

**Yield: 4 Servings**



## INGREDIENTS

1 teaspoon freshly ground black peppers	1 whole chicken (5-6 lbs)
1 cilantro	kosher salt
½ cup orange juice	
4 oranges	
4 limes	
½ cup lemon juice	
4 lemons	
3 tablespoons sea salt	
½ cup extra virgin olive oil	
1 tablespoon garlic	

## MARINADE METHOD

- Wash and dry cilantro, then chop cilantro leaves and stems into a fine dice and add to a medium-size mixing bowl .
- Crush and peel garlic cloves and mince and add to mixing bowl.
- Using a micro plane, zest lemons, limes and oranges into mixing bowl.
- Slice citrus in half and juice through fine mesh sieve.
- Discard seeds and pulp.
- Add the remaining ingredients to the bowl and whisk until well combine.
- Taste marinade and adjust with salt and pepper to taste.
- Marinade your chicken for 1 hour or up to overnight.

## ROASTED CHICKEN METHOD

- Preheat the oven to 425°F.
- Remove the chicken from refrigeration and allow it to reach room temperature.
- Roast the chicken for 1½ hours, or until internal temperature of the thickest portion of the thigh reaches 165 F.
- Transfer the chicken to a platter, cover it loosely with aluminum foil, and let it rest.
- Carve and serve.

# BREAKFAST COOKIE

**Yield: 22 Cookies**



## INGREDIENTS

2 eggs  
2 cups (190g) rolled oats  
Heaping  $\frac{1}{2}$  cup unsweetened shredded coconut  
 $\frac{1}{2}$  teaspoon baking powder  
 $\frac{1}{2}$  teaspoon baking soda  
 $\frac{1}{2}$  teaspoon fine sea salt  
 $\frac{3}{4}$  cup smooth peanut butter  
 $\frac{1}{2}$  cup pure maple syrup  
1  $\frac{1}{2}$  teaspoons pure vanilla extract

## MIX-IN INGREDIENTS

$\frac{1}{2}$  cup dried fruit (such as cranberries, currants, golden raisins)  
 $\frac{1}{2}$  cup pepitas, sunflower seeds, or chopped walnuts  
 $\frac{1}{3}$  cup hemp hearts

## METHOD

- Preheat the oven to 350°F. Line two large sheet pans with parchment paper.
- In a large bowl, mix together the dry ingredients: oats, coconut, baking powder, baking soda, and salt.
- In a medium bowl, mix together the wet ingredients: peanut butter, maple syrup, vanilla, and eggs. Whisk until smooth and thick.
- Pour the wet mixture into the dry ingredients, using a silicone spatula to mix everything until the mixture resembles a cookie dough. Fold in your desired mix-ins (dried fruit, chopped nuts/seeds, and hemp seeds) using the spatula.
- If the dough is too sticky to handle, refrigerate it for 10-15 minutes to firm up slightly.
- Use an ice cream scoop or large spoon to scoop a heaping 2 tablespoons or scant 3 tablespoons of dough onto the prepared baking sheet, spacing them about 1/2 inch apart, 12 cookies per sheet pan (they don't really spread).  
• We use a 2-tablespoon cookie scoop and collect a mound worth about 35g to 40g of dough per cookie.
- Lightly flatten the top of each cookie with your hands.
- Bake the cookies for 18-20 minutes.
- After 5 minutes, use a spatula to carefully transfer them to a cooling rack.

*Recipe Note: Store leftover cookies in an airtight container on the counter for 5 to 7 days, or in the freezer for up to 3 months.*

# LEMON SEED & NUT CRUNCHY TOPPER

**Yield: 1 ½ Cups**



## INGREDIENTS

1 ½ tablespoon extra virgin olive oil  
½ cup raw pepitas  
½ cup chopped raw walnuts  
¼ cup raw untoasted sunflower seeds  
¼ cup raw whole flax seeds  
½ teaspoon smoked paprika  
¼ teaspoon ground cumin  
¼ teaspoon garlic powder  
3 teaspoon lemon zest  
flaky sea salt to taste

## METHOD

- Line a large plate or sheet pan with parchment paper.
- Heat the oil in a large frying pan over medium heat.
- Once warm, add the pepitas and walnuts and stir occasionally until golden and popping a bit, 2 to 3 minutes.
- Add the flax seeds and sunflower seeds and season with a pinch of kosher salt.
- Cook for 2 minutes, or until starting to turn golden, stirring frequently.
- Add the garlic powder, smoked paprika, cumin, and lemon zest, and cook for 1 minute, stirring frequently, or until the walnuts are golden brown and the seeds are golden brown in spots.
- Transfer to the lined plate and sprinkle with a bit of flaky salt.
- Once cool, use the parchment paper to funnel the mixture into a jar for which you have a lid.

Store the sealed jar in the pantry for 3 to 4 weeks.

# PICKLED RED ONIONS

**Yield: 12 servings**



## INGREDIENTS

2 small red onions  
2 cups white vinegar  
2 cups water  
 $\frac{1}{3}$  cup cane sugar  
2 tablespoons sea salt  
2 garlic cloves, optional  
1 teaspoon mixed peppercorns, optional

## EQUIPMENT

10 oz mason jars  
mandoline  
medium pot

## METHOD

- Thinly slice the onions—using a mandoline can make this easier—and distribute them between two 16-ounce jars or three 10-ounce jars. Add the garlic and peppercorns to each jar, if desired.
- In a medium saucepan over medium heat, combine the vinegar, water, sugar, and salt. Stir until the sugar and salt dissolve, about 1 minute. Allow the mixture to cool, then pour it over the onions. Let the onions come to room temperature before storing them in the refrigerator.
- The pickled onions are ready to eat when they turn bright pink and become tender—about 1 hour for very thin slices, or overnight for thicker slices. They can be stored in the refrigerator for up to 2 weeks.

# **TIPS, TRICKS, HACKS & SUGGESTIONS**

## **PROTEIN**

- Purchase a rotisserie chicken and debone. Next, save the bones and skin to make chicken stock!

## **VEGETABLES**

- Purchase pre-shredded carrots and pre-cut broccoli florets to save time.
- Swap to frozen veggies, they are flash frozen at peak freshness and retain all of their nutrients.
- Don't like the choice of veggies? Our choice of vegetables are interchangeable. Swap to the ones you and your family love!

## **SAUCES**

- Purchase premade pesto and hummus from your local grocery store.

## **LOW ON TIME**

- If you are low on time, make what you are able to fit in your weekend meal prep. Then, throughout the week, prep an extra few servings of your preferred protein and veggies to help you get through the mid week slump.

## **KEEP IT LIGHT**

- To help you stay consistent in your meal planning and reducing your grocery bills, designate 1 day in the week or weekend that will be "take out" night. This helps you to look forward to that meal and will help break up the monotony of cooking throughout the week.
- Have a few other complimentary items in the fridge and pantry that can turn your meal prepped ingredients into quick meals. For example, lavash wraps or tortillas can be made into a quick wrap for lunch or dinner. Mixed greens, cherry tomatoes and cucumber can be made into an entree salad.
- Double the recipes! If you have a larger family, double up the recipes so you can have leftovers for later in the week or easy no-fuss lunches.

## **SUGGESTIONS & OTHER MEAL IDEAS**

### **Chicken Tacos & Side Salad:**

- meal prep items: chicken & pickled red onions (tacos), pesto, crunchy seed topper, broccoli, carrots (salad)
- ingredients needed: mixed greens, cherry tomatoes, corn tortillas, avocado

### **Greek Inspired Grain Bowl:**

- meal prep items: chicken, pickled red onions, carrots, hummus, crunchy seed topper
- ingredients needed: mixed greens, cherry tomatoes, corn tortillas, avocado

### **Pesto Grain Bowl**

- meal prep items: chicken, broccoli, carrots, peas, crunchy seed topper, pesto
- ingredients needed: cooked quinoa