

Meal Prep Guide

January Edition

Welcome to your January Meal Prep Guide! This month's collection is designed to help you navigate the new year with fresh, vibrant flavors that balance comfort and nutrition. We've curated recipes that celebrate seasonal ingredients while making your week easier and more delicious. Whether you're batch-cooking for busy weeknights or preparing components to mix and match throughout the week, this guide focuses on versatile preparations that keep your meals interesting and your time in the kitchen efficient. From roasted vegetables and hearty proteins to bright sauces and satisfying baked goods, everything here is designed to work together seamlessly while giving you the flexibility to create exactly what you're craving each day.



SAUCES

This can be a salad dressing, dip, or sauce that can elevate your vegetables and proteins. Having 2-3 sauces on hand means the same base ingredients can taste completely different from day to day.

Examples: Hummus, vinaigrette, lemon yogurt, gremolata



VEGGIES

Whether it's prepping your lettuce for salads, shredding, slicing, or dicing vegetables, prepare some of these ahead of time so they're easy to grab for a quick snack, lunch, or side with dinner. Pre-cut vegetables dramatically reduce cooking time and make healthy choices more convenient when you're short on time.

Ex. Broccoli, carrots, peas, etc.



SALADS

Salads provide fresh, crisp contrast to rich proteins and can range from simple to substantial. A basic green salad with mixed lettuce, cucumber, and the lemon vinaigrette makes an ideal accompaniment to hearty dishes like beef bourguignon, while composed salads with beans, roasted vegetables, and grains can serve as complete meals on their own. Having salad components prepped means you're always minutes away from a fresh, healthy option.

Ex. Roasted cauliflower and bean salad, simple green salad with lemon vinaigrette, etc.



PROTEIN

We advise focusing on one protein for the week. Whether it's pressed and diced tofu, a batch of cooked beans, braised chicken thighs, roast beef, or marinated pork, using a versatile protein allows for variety across multiple meals. A well-prepared protein can be the foundation of salads, grain bowls, sandwiches, and dinner plates throughout the week. Batch-cooked braises and stews like beef bourguignon are particularly excellent for meal prep—they improve in flavor over several days, reheat beautifully, and provide multiple servings from a single cooking session. These slow-cooked proteins are perfect for busy weeknights when you want a restaurant-quality meal with minimal effort.

Ex. Beef bourguignon, herb roasted chicken, tofu, pulses and beans



BAKED GOOD

Whether you need an afternoon pick-me-up, a post-dinner dessert, or something special with your coffee, having homemade baked goods on hand means you can satisfy your sweet tooth with something delicious and made with quality ingredients.

Ex. Matcha white chocolate cookies, brownies, chocolate chip cookies

Roasted Tricolour Cauliflower with Gremolata

Yield : 6 Servings



Ingredients

For the Cauliflower

1½ heads mixed cauliflower (use a combination of romanesco, yellow, and/or purple)
1 tbsp olive oil
½ tsp granulated garlic
½ tsp onion powder
Kosher salt & black pepper to taste

For the Gremolata

1 bunch fresh parsley, leaves only, finely chopped
1½ tsp garlic, minced
Zest of 1 lemon
Juice of ½ lemon
¼ cup olive oil
Pinch of salt

Prepare the Cauliflower

Preheat your oven to 425°F (220°C).

Clean the cauliflower and break into bite-sized florets.

Place the florets in a large bowl. Drizzle with 1 tablespoon olive oil and toss to coat.

Add the granulated garlic, onion powder, salt, and pepper. Toss again until the florets are evenly seasoned.

Spread the cauliflower in a single layer on a large baking sheet (don't overcrowd).

Roast for 15-20 minutes, tossing halfway through, until the cauliflower is tender and lightly caramelized at the edges.

Make the Gremolata

While the cauliflower roasts, finely chop the parsley leaves (discard the stems).

In a small bowl, combine the chopped parsley, minced garlic, and lemon zest. Add the lemon juice and olive oil. Stir well to combine.

Season with a pinch of salt to taste.

To Serve: Transfer the roasted cauliflower to a serving platter and drizzle the gremolata over the top, or serve the gremolata on the side for guests to add as desired.

Recipe Notes:

The different cauliflower colors have slightly different cooking times. Check the purple cauliflower first as it tends to cook fastest.

Make the gremolata fresh just before serving for the brightest flavor.

Leftover gremolata can be stored in the refrigerator for up to 3 days and used on grilled chicken, fish, or vegetables.

Lemon & Olive Oil Vinaigrette

Yield : ½ Cup



Ingredients

¼ cup fresh lemon juice
¼ cup extra-virgin olive oil
1 small garlic clove
1 tsp Dijon mustard
½ tsp honey
¼ tsp sea salt, or to taste
Ground black pepper, to taste
½ tsp ground thyme

Method

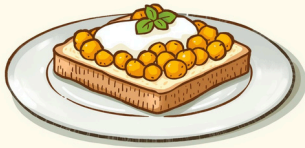
In small bowl or food processor combine the lemon juice, garlic, mustard, honey, thyme, salt and pepper mix together.

Slowly add the oil, whisking or mixed until the vinaigrette is emulsified.

Taste and adjust with salt and pepper as needed.

Garlicky Chickpea Toast with Lemon Yogurt

Yield : 4 Servings



Ingredients

- 1 7oz container plain Greek yogurt
- Zest from two lemons, divided
- 1/3 cup lemon juice, divided
- Salt and pepper
- ¼ cup extra-virgin olive oil
- 3 cloves of garlic, minced
- ½ cup dried chickpeas, rehydrated
- 1 bunch of broccolini, cut into 1/2 -inch pieces
- ½ tsp red pepper flakes
- ¼ cup finely chopped fresh herbs (parsley, chives, basil, mint, etc.)
- Sliced crusty bread, toasted

Method

In a small bowl combine yogurt, 2 tablespoons lemon juice, zest from one lemon and a pinch of salt and pepper. Set aside

Heat olive oil in a saucepan over medium heat, add garlic and cook for one minute until fragrant

Add chickpeas and broccolini and cook, stirring occasionally, until asparagus is just cooked through

Stir in remaining lemon juice, zest, red pepper flakes and fresh herbs

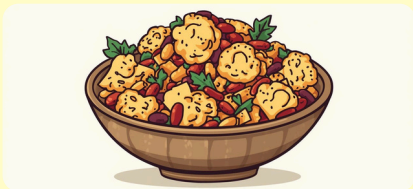
Spread a dollop of yogurt onto a piece of toasted bread. Top with a heaping spoonful of chickpea mixture. Finish with a pinch of salt and pepper

Recipe Note:

Chickpea mixture is great served hot or cold.

Roasted Cauliflower and Bean Salad

Yield : 6 Servings



Ingredients

For the salad

2 cups cauliflower florets
1 tbsp olive oil
Kosher Salt and pepper
1 15oz can chickpeas, drained and rinsed
½ red onion, diced
1 large cucumber, diced
½ bell pepper, diced
¾ cup fresh parsley, chopped
2 slices bacon, cooked and chopped

For the dressing

¼ cup olive oil
¼ cup lemon juice
½ tsp garlic powder
½ tsp salt

Method

Preheat oven to 425°F. Toss cauliflower with 1 tbsp olive oil, salt and pepper

Spread florets into an even layer on a baking sheet and roast for 20 minutes. Cool completely

Combine cooled cauliflower with remaining salad ingredients

In a small jar, combine dressing ingredients. Shake vigorously until fully combined

Drizzle over salad and toss to combine

Beef Bourguignon

Yield : 6-8 Servings



Ingredients

3 lbs beef chuck, cut into 2-inch pieces	4 cloves garlic, minced
6 oz thick-cut bacon, cut into ½-inch pieces	3 tablespoons tomato paste
1 lb pearl onions, peeled (or frozen)	3 tbsps all-purpose flour
1 lb cremini mushrooms, halved if large	1 bottle (750ml) red wine (Burgundy or similar)
3 large carrots, cut into thick rounds	2 cups beef stock
	4-5 sprigs fresh thyme
	2 bay leaves
	3 tbsps butter
	Kosher salt & pepper to taste

Method

Preheat the oven to 325°F. In a large Dutch oven over medium heat, cook bacon until crispy. Remove and set aside.

Pat beef dry with paper towels and season generously with salt and pepper. Brown in batches in the bacon fat, about 4-5 minutes per batch. Don't crowd the pan. Remove and set aside.

Add carrots and pearl onions to the pot. Cook until slightly golden, about 5 minutes.

Add tomato paste and cook, stirring, for 2 minutes until caramelized.

Sprinkle in flour and stir to coat vegetables.

Pour in entire bottle of wine, scraping up browned bits from the bottom. Let bubble for 3-4 minutes.

Add beef stock, thyme, bay leaves, beef, and bacon. Liquid should just barely cover everything.

Cover and place in oven for 2½ to 3 hours, until beef is very tender.

About 20 minutes before beef is done, melt butter in a large pan and sauté mushrooms until golden. Season with salt.

Remove the pot from the oven. Discard bay leaves and thyme stems. Stir in mushrooms. Taste and adjust seasoning.

Serve with mashed potatoes, crusty bread, or egg noodles.

To Serve: Pair with a simple green salad of mixed lettuce, sliced cucumber, and cherry tomatoes dressed with the lemon and olive oil vinaigrette to balance the richness of the beef.

Recipe Note:

This dish tastes even better the next day. Can be made 1-2 days ahead and reheated gently.

Matcha White Chocolate Cookies

Yield : 15 Cookies



Ingredients

2 cups all purpose flour
1 tbsp matcha powder
 $\frac{1}{2}$ tsp baking soda
 $\frac{1}{2}$ tsp salt
1 $\frac{1}{2}$ cups packed brown sugar
 $\frac{3}{4}$ cup melted butter

1 tbsp vanilla bean paste
2 tsp lemon zest
1 tsp lemon juice
1 egg
1 egg yolk
1 $\frac{1}{2}$ cups white chocolate baking wafers or chips

Method

Preheat oven to 325 degrees and line a rimmed baking sheet with parchment paper. Set aside.

Sift together matcha, baking soda, salt and lemon zest into a bowl. Set aside.

Using an electric mixer, beat together butter, sugar, and vanilla bean paste until light and fluffy, about 4 minutes in a large mixing bowl.

Beat in egg yolk and whole egg into butter sugar mixture until light and creamy.

Add lemon juice and beat until combined.

Mix in flour mixture into the wet ingredients with the electric mixer until just combined.

Turn off mixer and fold in white chocolate pieces with a rubber spatula.

Using a 1 ounce cookie scoop, scoop out cookies onto baking sheets about 2-3 inches apart.

Using the heel of your hand, slightly flatten the cookies so they form disks.

Repeat with remaining cookies as needed.

Bake cookies for 10-13 minutes until edges are lightly browned.

Remove cookies from the oven and transfer to a cooling rack and allow cookies to cool completely

Recipe Note:

Cookies can be scooped to freeze, by scooping all cookies onto a cookie sheet lined with parchment paper spaced far enough apart that cookies aren't touching each other. Then freeze for 30 minutes. Once frozen remove from the freezer and transfer to a freezer bag and label with date and cooking instructions.