

## Meal Prep Outline Week 1

### Equipment you will need:

- Crockpot
- Microwaveable bowl or measuring cup
- Dry Measuring cups/spoons
- Liquid measuring cup
- Large mixing spoon
- Colander or strainer
- Rice cooker or saucepan and lid
- Citrus juicer (optional)
- Garlic mincer (optional)
- Chef's knife
- Cutting board
- Food processor or blender
- Medium size mixing bowl
- 1 small bowl or cup
- Spoon
- Small grater or microplane
- 2 small, 6 medium & 2 large glass or Tupperware containers with lids
- 1 medium ziplock bag

### Step 1

Make crockpot Almond Vanilla Granola *(see alternative recipe below if nut free)*

*5 cups GF old fashioned rolled oats*

*1 cup almond silvers, unsalted*

*1/2 cup pepitas (pumpkin seeds), unsalted*

*1/4 cup sunflower seeds, unsalted*

*1 1/2 Tbsp cinnamon*

*1/4 tsp sea salt*

*1/2 cup Maple syrup*

*1/2 cup coconut sugar*

*1/2 cup coconut oil*

*1/2 cup nut butter, like almond or cashew*

*1 Tbsp pure vanilla*

*Add all dry ingredients through salt to a crockpot (at least 6 quart) and stir to combine. Meanwhile in microwaveable bowl, combine all remaining ingredients and microwave for 20 second intervals, stirring after each time, until melted and well combined. Add wet ingredients to crockpot and stir to evenly coat the oat mixture. Place crockpot on high and tilt lid slightly to*

*allow air flow. Cook on high 2-3 hrs, stirring every hour (be sure to stir well so nothing sticks to sides of crockpot) or on low 4-5 hrs, stirring occasionally. Allow to cool completely and then store in Ziplock bag or airtight container in refrigerator.*

*\*\*time mark 1 min on week 1 prep video. Length 3:36*

## **Nut Free Granola**

*Makes 3 1/2 cups*

*1/3 cup canola or other neutral oil (i.e. vegetable oil) 1/2 cup maple syrup*

*1/2 tsp sea salt*

*3 cups old fashion rolled oats (GF)*

*Preheat oven to 325 degrees. Line a sheet pan with parchment paper or silicon mat.*

*In large bowl, combine the oil, maple syrup and salt and mix well. Add the oats and stir until all the oats are coated.*

*Spread on baking sheet and bake for 20 minutes. Stir with spatula and cook another 20 minutes.*

*Stir once more and bake for an additional 15-20 minutes.*

*It will crisp up as it cools.*

*Store in airtight container in frig or on the counter.*

*\*NOTE: if you can have seeds, then great additions to this granola would include: pepitas (pumpkin seeds), raw sunflower seeds, hemp seeds...*

*Top with non dairy milk, fresh fruit, etc.*

## **Step 2**

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

- 3 cups spinach
- 3-4 portobello mushrooms
- 1 med zucchini
- 1 med cucumber
- 3 lg or 4 sm colored peppers
- 1 bunch green onions
- 2-3 cups broccoli florets

Rinse and drain three 15 oz cans chickpeas and place in food processor

## **Step 3**

Place 5 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 4 (Skip step if using store bought Thai dressing)**

Make Thai dressing

*1/4 cup sesame oil*

*1/4 cup water*

*2 Tbsp Maple syrup or agave*

*1 1/2 Tbsp Tamari or GF soy sauce or sub coconut aminos if soy free*

*1 lime, juiced*

*3-4 garlic cloves, minced*

*1/2 tsp red chili flakes (optional)*

*In mason jar or other container combine all ingredients and shake well. Store in refrigerator.*

*Time mark 7:03 length 2:50*

#### **Step 5**

Cut veggies

1. Quickly chop 1/2 cup shredded carrots and add to medium mixing bowl
2. Dice 1/4 of an onion and 4 small dill pickles (optional) and add to mixing bowl

*\*Meanwhile- stir granola being sure to fold from the bottom. Vent lid to allow for air circulation*

3. Slice portobellos into 1/4 to 1/2" pieces and reserve 1/2 of one mushroom for Lo Mein dish. Slice 2 large peppers the same size and add all to medium container with lid and place in refrigerator
4. Take 1/2 of reserved portobello and chop into bite size pieces. Take 1 large pepper and julienne or slice thin. Add the mushroom and 1/2 the julienned pepper to a medium container and place in refrigerator. Add the other 1/2 of julienned pepper to a separate container and place in refrigerator
5. Cut the roots from the green onions and slice on a bias (angle) up until halfway through dark green leaf. Place in small container and store in refrigerator
6. If broccoli is not already cut into bite size florets, do so and then cut zucchini into bite size pieces. Place both vegetables in a large container and store in refrigerator
7. Cut cucumber into 1/4" slices (peeling is optional) and place in container and store in refrigerator
8. Roughly chop peeled bananas and place in ziploc bag. Store in the freezer

#### **Step 6**

Make chickpea Salad. Start by pulsing all chickpeas in food processor until most beans have been mashed. Remove blade and using a spoon place about 2/3 of chickpeas into mixing bowl with carrots, onions and pickles.

*2 15 oz cans chickpeas, rinsed and drained*

*1/2 cup carrots, diced  
1/4 of medium onion, diced  
4 small dill pickles, diced (optional)  
1/3 cup vegan mayo  
1 Tbsp Dijon mustard  
1/2 tsp Sea salt  
1 lemon, zested and juiced  
Pepper to taste*

*Place all ingredients in medium size bowl and stir until combined. Flavors will continue to come together in refrigerator. Serve on GF toast or on lettuce wraps.*

*Time mark 23:11 length 3:48*

Store in medium size container in the refrigerator

### **Step 7 (Skip step if using store bought Hummus)**

Make Traditional Hummus. Return blade to food processor and add remaining ingredients except olive oil.

*1 can chickpeas, drained  
3-4 garlic cloves  
1 lemon, juiced  
1/2 tsp sea salt  
1-2 Tbsp Tahini (sesame paste)  
1/4 - 1/3 cup olive oil  
Pepper to taste*

*Place all ingredients except olive oil and pepper in a food processor or high speed blender. Pulse until incorporated about 5-6 times. Blend on high while slowly pouring in olive oil until desired consistency. Scrape down sides if necessary and continue to blend. Add pepper to taste.*

*Time mark 26.99 length 1:50*

Store in medium size container in the refrigerator

### **Step 8**

Fluff rice and allow rice and granola to cool on counter. Once cooled, place each in large container and store in refrigerator. \*Granola can be stored on counter in tightly sealed container as well.