

Meal Prep CHALLENGE

WEEK 1 VEGAN TUNA SALAD BOWLS

WEEK 2 SWEET & SPICY CHILI TOFU
BOWLS

WEEK 3 MEDITERRANEAN ORZO PASTA
SALAD BOWLS

WEEK 4 BLACK BEAN QUINOA FAJITA
BOWLS





Week 1

VEGAN TUNA SALAD BOWLS

INGREDIENTS

- 3 cans chickpeas, drained and rinsed
- 1/2 cup diced celery
- 1/2 cup diced dill pickles
- 1/4 cup diced onion
- 1/2 cup vegan mayonnaise
- 1 tablespoon dijon mustard
- 1 tablespoon nori flakes (you can use more or less depending on how "fishy" you want it to taste)
- Salt and black pepper, to taste
- Optional additions: crackers, bread, lettuce cups, fresh fruit



INSTRUCTIONS

1. Add the chickpeas to a large bowl and use a potato masher, or fork, to roughly mash them. It's ok if some are left whole.
2. Add in the celery, onion, pickles, mayo and dijon. Mix everything together and then season to taste with nori flakes, salt and pepper.
3. Assemble your meal prep bowls: Put an equal amount of vegan tuna salad into each container (about 1 cup in each one). You can either store your crackers/bread/lettuce/etc.. in a separate container or you can get a little plastic or metal container to fit into your large container so they don't touch the tuna salad. Refrigerate until ready to eat.

NOTES: To make your nori flakes: buy a package of large nori sheets, or a snack size pack of seaweed, put them in the food processor and blend until the consistency is like tiny flakes.



Week 2

SWEET & SPICY CHILI TOFU BOWLS

INGREDIENTS

- 2 teaspoons olive oil
- 4-5 cups broccoli florets
- 2-3 cups roughly chopped snow peas
- 1/4 cup water
- 1 tablespoon tamari, or soy sauce
- 1 1/2 (14 oz) packages extra firm tofu, OR 1 pkg tofu and 1 (15 oz) can garbanzo beans
- 4 Servings of your favorite grain (white rice, brown rice, quinoa, etc...)
- **Chili Sauce:**
 - 2 tablespoons tamari, or soy sauce
 - 1 clove garlic, grated or minced
 - 1 1/2 tablespoons sweet chili sauce
 - 1 teaspoon spicy chili paste, I love to use Sambal Oelek
 - 2 teaspoons sesame oil
 - 1/2 tablespoon pure maple syrup
 - 1 teaspoon rice wine vinegar
 - 6 tablespoons water
 - 2 teaspoons corn starch
 - Pinch salt



INSTRUCTIONS

1. Heat a large skillet over medium heat and add 1 teaspoon olive oil, broccoli and snow peas and a pinch of salt. Mix well and then add the 1/4 cup water and cover to let the vegetables steam and become tender, 3-5 minutes. Once the water has cooked out, add 1 tablespoon tamari and cook for another 2-3 minutes. Remove veggies from pan.
2. Pat your tofu dry and press for at least 15 minutes. Dice the tofu into bite size chunks. Add the remaining 1 teaspoon oil to a large pan and place over medium heat. Add the tofu and cook until browned, stirring occasionally, 5-7 minutes.
3. Mix together your sauce while the tofu is browning. Add all sauce ingredients to a small bowl and whisk until combined. Once tofu has browned, pour sauce over tofu and cook until sauce has thickened, 2-3 minutes. If you're using a mixture of tofu and chickpeas, add in the chickpeas at the same time you add in the sauce.
4. Assemble your meal prep bowls: Lay out four similar sized meal prep bowls. To each bowl add an equal amount of vegetables, tofu and rice (or grain of choice). I like to add a little soy sauce to the rice.
5. Store meal prep containers in the refrigerator until ready to eat. You can heat them in the microwave for 1-2 minutes, or dump the contents into a saucepan and cook over medium heat until hot.



Week 3

MEDITERRANEAN ORZO SALAD

INGREDIENTS

- 8 oz dry orzo pasta
- 1 (15 oz) can chickpeas, drained and rinsed
- 1 pint cherry tomatoes, sliced in half
- 1 cup diced cucumber
- 1/3 cup diced red onion
- 1/2 cup kalamata olives, diced
- 1 cup vegan feta cheese, or regular if not vegan (optional)
- 1-2 tablespoons fresh herbs, such as dill, mint, parsley, basil or oregano

Dressing:

- 1/3 cup olive oil
- 2 tablespoons red wine vinegar
- 1 small clove garlic, minced
- 1/2 teaspoon dijon mustard
- 1/2 teaspoon pure maple syrup
- 1/4 teaspoon dried oregano
- Salt and black pepper, to taste

INSTRUCTIONS

1. Cook the orzo according to package directions. Drain and rinse with cold water. Add orzo to a large bowl.
2. Add in all the vegetables and feta cheese. Mix until combined.
3. Add all dressing ingredients to a small bowl and whisk until emulsified. Pour desired amount of dressing over the orzo salad and season with salt and pepper to taste.
4. Assemble meal prep bowls by scooping an equal amount of orzo salad into each container and storing in the refrigerator until ready to eat.





Week 4

QUINOA FAJITA BOWLS

INGREDIENTS

- 2 teaspoons olive oil
- 1 large green bell pepper, thinly sliced
- 1 large red bell pepper, thinly sliced
- 1/2 large yellow onion, thinly sliced
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1/2 teaspoon granulated garlic
- 1/2 teaspoon onion powder
- 1/2 teaspoon chili powder
- 1/2 teaspoon salt
- 2 cups cooked black beans
- 2 cups cooked quinoa
- Optional toppings: fresh lime juice, cilantro, guacamole or avocado



INSTRUCTIONS

1. Heat a large pan over medium heat and add olive oil, sliced peppers and onions and all the spices. Mix well and let cook until vegetables are softened, 8-10 minutes.
2. Add the black beans and cook until everything is combined, 2-3 minutes.
3. Add an equal amount of fajita mixture to each meal prep bowl, along with 1/2 cup cooked quinoa to each. Top with a lime, cilantro and a scoop of guacamole if desired. If using avocado or guacamole I like to add it in the morning so it doesn't brown. Refrigerate until ready to eat.

- Olive oil
- Fresh garlic
- Salt
- Black pepper



Shopping List

WEEK 1

- 4-5 cups broccoli florets
- 2-3 cups roughly chop
- ped snow peas
- 1/4 cup water
- 1 tablespoon tamari, or soy sauce
- 1 1/2 (14 oz) packages extra firm tofu, OR 1 pckg tofu and 1 (15 oz) can garbanzo beans
- 4 Servings of your favorite grain (white rice, brown rice, quinoa, etc...)
- 2 tablespoons tamari, or soy sauce
- 1 clove garlic, grated or minced
- 1 1/2 tablespoons sweet chili sauce
- 1 teaspoon spicy chili paste, I love to use Sambal Oelek
- 2 teaspoons sesame oil
- 1/2 tablespoon pure maple syrup
- 1 teaspoon rice wine vinegar
- 6 tablespoons water
- 2 teaspoons corn starch
- Pinch salt

WEEK 2

- 3 cans chickpeas, drained and rinsed
- 1/2 cup diced celery
- 1/2 cup diced dill pickles
- 1/4 cup diced onion
- 1/2 cup vegan mayonnaise
- 1 tablespoon dijon mustard
- 1 tablespoon nori flakes
- Optional additions: crackers, bread, lettuce cups, fresh fruit

WEEK 3

- 8 oz dry orzo pasta
- 1 (15 oz) can chickpeas, drained and rinsed
- 1 pint cherry tomatoes, sliced in half
- 1 cup diced cucumber
- 1/3 cup diced red onion
- 1/2 cup kalamata olives, diced
- 1 cup vegan feta cheese, or regular if not vegan (optional)
- 1-2 tablespoons fresh herbs, such as dill, mint, parsley, basil or oregano
- Dressing:
- 1/3 cup olive oil
- 1 tablespoon + 2 teaspoons red wine vinegar
- 1 small clove garlic, minced
- 1/2 teaspoon dijon mustard
- 1/2 teaspoon pure maple syrup
- 1/4 teaspoon dried oregano

WEEK 4

- 1 large green bell pepper, thinly sliced
- 1 large red bell pepper, thinly sliced
- 1/2 large yellow onion, thinly sliced
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1/2 teaspoon granulated garlic
- 1/2 teaspoon onion powder
- 1/2 teaspoon chili powder
- 2 cups cooked black beans
- 2 cups cooked quinoa



Nutritional Information

TUNA SALAD

Nutrition Facts

Serving Size 1 Cup

Serves 4

Amount Per Serving

Calories 304

% Daily Value*

Total Fat 6.6g 9%

Cholesterol 0mg 0%

Sodium 1089.2mg 47%

Total Carbohydrate 47.1g 17%

Sugars 0.8g

Protein 16.8g 34%

Vitamin A 1% Vitamin C 2%

ORZO SALAD

Nutrition Facts

Serving Size 1/4 of recipe

Serves 4

Amount Per Serving

Calories 513

% Daily Value*

Total Fat 23.7g 30%

Cholesterol 0mg 0%

Sodium 443.4mg 19%

Total Carbohydrate 63.8g 23%

Sugars 4.5g

Protein 14.1g 28%

Vitamin A 4% Vitamin C 14%

CHILI TOFU

Nutrition Facts

Serving Size 1 Bowl

Serves 4

Amount Per Serving

Calories 648

% Daily Value*

Total Fat 12.1g 15%

Cholesterol 0mg 0%

Sodium 576mg 25%

Total Carbohydrate 99.2g 36%

Sugars 12.4g

Protein 39.5g 79%

Vitamin A 4% Vitamin C 93%

FAJITA BOWLS

Nutrition Facts

Serving Size 1 Bowl

Serves 4

Amount Per Serving

Calories 144

% Daily Value*

Total Fat 6g 8%

Cholesterol 0mg 0%

Sodium 770.8mg 34%

Total Carbohydrate 81.8g 30%

Sugars 3.9g

Protein 20.5g 41%

Vitamin A 10% Vitamin C 100%