

Week 5 Meal Prep Guide

Prep Time	1 hr 30 mins
Total Time	0 mins
Meal Type	Breakfast,Lunch,Dinner,Snack,Side
Servings	1



Ingredients

lb,c g,ml

- brown rice
- chia seeds
- cocoa powder
- coconut milk, canned
- canned tomatoes
- dried cherries
- chocolate chips
- honey
- vegetable broth
- flax milk and flax seed
- oats
- tapioca flour
- walnuts, raw
- soy sauce
- vanilla extract
- herbs & spices, *refer to grocery list*
- pecans, raw
- pumpkin seeds
- almond milk, unsweetened
- avocados
- banana
- herbs, *refer to grocery list*
- broccoli
- cucumber
- celery
- corn
- garlic
- ginger
- green beans
- lemon
- orange
- radishes
- peppers
- scallions & shallots
- spinach
- chicken, *for the curry*

Directions

Prep

1. Trim, wash and chop 2 bunches of radishes
2. Boil corn and use a sharp knife to cut the kernels off the cob (or use frozen if short on time!)
3. Chop broccoli, cucumber, and celery (for snacking)
4. Thinly slice bell pepper
5. Freeze bananas (at least 1 per serving of smoothie)

Make

1. Brown rice (per package directions)
2. Chicken Curry
3. Tzatziki Dip (or use store-bought)
4. Cardamom and Orange Overnight Oats
5. Mountain Trail Mix

Notes

Adjust your plan for the number of servings desired then refer to the grocery list for food amounts.

Layout all your ingredients and start with prep and make directions.

If you customize your plan, be sure to adjust this guide accordingly, i.e. chicken swapped for turkey or green beans in place of asparagus. Store prepped vegetables in food storage containers in the refrigerator.

Time-savers:

Use pre-chopped vegetables for snacking

Use frozen corn instead of fresh in the Radish, Corn & Cucumber Herb Salad

Buy frozen brown rice

Try store-bought trail mix (just be mindful of candy and other sources of added sugar)
