

Eating Healthy 4 Life, LLC

21-Day Spring Meal Prep Program, Week 1

Created by Eating Healthy 4 Life, LLC



21-Day Spring Meal Prep Program, Week 1

5 days

	Mon	Tue	Wed	Thu	Fri
Breakfast	Peanut Butter Cup Overnight Oats	Peanut Butter Cup Overnight Oats	Morning Glory Muffins	Morning Glory Muffins	Morning Glory Muffins
Snack 1	Carrots & Guacamole	Carrots & Guacamole	Banana Coconut Granola	Almonds & Dark Chocolate	Almonds & Dark Chocolate
Lunch	Mediterranean Tuna Pasta Salad	Mediterranean Tuna Pasta Salad	Vegan Corn Chowder	Vegan Corn Chowder	Vegan Corn Chowder
Snack 2	Banana Coconut Granola	Banana Coconut Granola	Baby Carrots & Hummus	Baby Carrots & Hummus	Baby Carrots & Hummus
Dinner	One Pan Salmon with Rainbow Veggies	One Pan Salmon with Rainbow Veggies	Ginger Chicken Stir Fry	Ginger Chicken Stir Fry	Ginger Chicken Stir Fry

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58 items

Fruits

- ☐ 2 Avocado
- ☐ 2 Banana
- ☐ 1 Lemon
- ☐ 2 Lime
- ☐ 1 Navel Orange

Breakfast

- ☐ 1/3 cup All Natural Peanut Butter
- ☐ 1/3 cup Maple Syrup

Seeds, Nuts & Spices

- ☐ 1/2 cup Almonds
- ☐ 2 2/3 tbsps Chia Seeds
- ☐ 1 tsp Cinnamon
- ☐ 1/2 tsp Cumin
- ☐ 1 tsp Garlic Powder
- ☐ 1/4 cup Hemp Seeds
- ☐ 1 tbsps Italian Seasoning
- ☐ 1 tsp Onion Powder
- ☐ 1 tsp Oregano
- ☐ 1 tsp Paprika
- ☐ 1/2 cup Pumpkin Seeds
- ☐ 1 1/3 tbsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper

Frozen

- ☐ 3 cups Frozen Corn

Vegetables

- ☐ 8 cups Arugula
- ☐ 4 1/2 cups Baby Carrots
- ☐ 7 cups Broccoli
- ☐ 13 Carrot
- ☐ 1 head Cauliflower
- ☐ 7 1/2 stalks Celery
- ☐ 4 cups Cherry Tomatoes
- ☐ 8 Garlic
- ☐ 1 1/2 tbsps Ginger
- ☐ 6 cups Kale Leaves
- ☐ 1 1/2 Red Bell Pepper
- ☐ 1 cup Red Onion
- ☐ 3/4 tsp Thyme
- ☐ 1 White Onion
- ☐ 2 Yellow Bell Pepper
- ☐ 3/4 Yellow Onion

Boxed & Canned

- ☐ 2 cups Brown Rice Fusilli, Cooked
- ☐ 2/3 cup Canned Coconut Milk
- ☐ 1 can Tuna

Baking

- ☐ 1 cup Almond Flour
- ☐ 1 1/3 tbsps Cocoa Powder
- ☐ 3 1/2 ozs Dark Chocolate
- ☐ 5 cups Oats
- ☐ 1/2 cup Raisins
- ☐ 1 cup Unsweetened Coconut Flakes

Bread, Fish, Meat & Cheese

- ☐ 2 lbs Chicken Breast
- ☐ 1 1/2 cups Hummus
- ☐ 1 1/4 lbs Salmon Fillet

Condiments & Oils

- ☐ 1 tbsps Coconut Aminos
- ☐ 1/3 cup Coconut Oil
- ☐ 2/3 cup Extra Virgin Olive Oil
- ☐ 1/2 cup Green Olives
- ☐ 1/2 cup Sun Dried Tomatoes
- ☐ 1/2 cup Tamari

Cold

- ☐ 2 Egg
- ☐ 2 1/4 cups Unsweetened Almond Milk

Other

- ☐ 2 2/3 cups Water

Peanut Butter Cup Overnight Oats

7 ingredients · 8 hours · 4 servings



Directions

1. Combine oats, almond milk, peanut butter, chia seeds, maple syrup, cocoa powder and water in a large glass container. Stir well to evenly mix. Cover and store in the fridge overnight.
2. Remove from fridge. Divide into single-serving size jars or containers. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days. Add an extra splash of almond milk and/or a drizzle of honey (optional).

Toppings

Banana slices, peanuts, shredded coconut, hemp hearts or chocolate chips.

Warm it Up

Heat in microwave for 30 to 60 seconds before eating.

No Maple Syrup

Use honey instead.

More Fiber

Add ground flaxseed.

Ingredients

2 cups Oats (quick or rolled)
2 cups Unsweetened Almond Milk
1/3 cup All Natural Peanut Butter
2 2/3 tbsps Chia Seeds
2 2/3 tbsps Maple Syrup
1 1/3 tbsps Cocoa Powder
2/3 cup Water

Morning Glory Muffins

11 ingredients · 40 minutes · 9 servings



Directions

1. Preheat the oven to 375°F (191°C). Line a muffin tray with liners.
2. In a bowl, combine flour, cinnamon, salt, oats and raisins. Mix well.
3. In a separate bowl, combine oil, maple syrup, egg, almond milk, carrot and banana. Mix well.
4. Combine the wet and dry ingredients and mix well.
5. Use a measuring cup to measure even amounts of mixture into the muffin liners. Place in the oven and bake for 30 minutes.
6. Remove from oven. Let cool and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Freeze for up to two months.

Serving Size

One serving equals one muffin.

No Raisins

Used unsweetened dried cranberries or fresh blueberries instead.

Egg Allergy

Mix 2 tbsp ground flax seed with 6 tbsp water and let it sit to form a gel. Use this in replace of 2 eggs.

Additional Toppings

Raw honey or butter.

Ingredients

1 cup Almond Flour
1 cup Oats
1/2 tsp Cinnamon
1/4 tsp Sea Salt
1/2 cup Raisins
3 tbsps Extra Virgin Olive Oil
1/4 cup Maple Syrup
2 Egg
1/4 cup Unsweetened Almond Milk
2 Carrot (grated)
1 Banana (ripe and mashed)

Carrots & Guacamole

4 ingredients · 5 minutes · 2 servings



Directions

1. Peel and slice carrots into sticks.
2. Peel and pit the avocado. Mash the flesh in a small bowl with lime juice and salt.
3. Dip the carrots into the guac & enjoy!

Notes

Leftovers

Store the guacamole in an airtight container in the refrigerator for up to two days. Sliced carrots can be stored in the refrigerator for up to four days.

Spice it Up

Add chili flakes, salsa and/or chopped cilantro to the guacamole.

Ingredients

- 4 Carrot (medium)
- 1 Avocado
- 1 Lime (juiced)
- 1/4 tsp Sea Salt (or more to taste)

Almonds & Dark Chocolate

2 ingredients · 3 minutes · 4 servings



Directions

1. Divide between bowls. Enjoy!

Ingredients

- 3 1/2 ozs** Dark Chocolate (at least 70% cacao)
1/2 cup Almonds

Mediterranean Tuna Pasta Salad

10 ingredients · 15 minutes · 4 servings



Directions

1. Cook the brown rice pasta according to directions on the package.
2. While the pasta is cooking, combine the olive oil, lemon juice, Italian seasoning, salt and pepper in a small bowl and whisk to combine.
3. When the pasta is done cooking, drain it and rinse with cold water until cooled.
4. In a large bowl, toss the pasta, olives, sun dried tomatoes, tuna, arugula, hemp seeds and dressing until will combined. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate for up to three days.

Canned Tuna

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

Vegan

Use chickpeas or lentils instead of tuna.

Ingredients

2 cups Brown Rice Fusilli, Cooked
1/4 cup Extra Virgin Olive Oil
1 Lemon (juiced)
1 tbsp Italian Seasoning
Sea Salt & Black Pepper (to taste)
1/2 cup Green Olives (sliced)
1/2 cup Sun Dried Tomatoes (sliced)
1 can Tuna (drained and flaked)
8 cups Arugula
1/4 cup Hemp Seeds

Vegan Corn Chowder

16 ingredients · 40 minutes · 6 servings



Directions

1. On the stove, bring a large pot of water to a boil. Drop in half your cauliflower florets and let cook for 5 to 6 minutes (or until tender when pierced with a fork). (Note: You can also steam the cauliflower until tender.)
2. Meanwhile, melt coconut oil in a separate large pot over medium-high heat. Add the remaining half of the cauliflower, onion, garlic, carrot, celery, salt, paprika, onion powder, garlic powder, cumin, thyme and oregano. Cook until veggies are softened, about 10 to 15 minutes.
3. Add boiled (or steamed) cauliflower to a blender with half the amount of corn and all of the coconut milk and water. Blend into a thick puree.
4. Add cauliflower mixture and remaining half of the corn to the sautéed vegetables. Bring to a gentle boil and cook until veggies are soft, about 10 to 20 minutes.
5. Add additional salt and spices to taste. Divide into bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to three months.

Serving Size

One serving is roughly 1 1/2 cups of soup.

Additional Toppings

Add quinoa, edamame, or chickpeas for more protein. Stir in kale, spinach and/or nutritional yeast. Top with chopped green onions, avocado, and/or a slice of toast.

No Coconut Milk

Use almond milk instead.

Less Work

Saute all ingredients except coconut milk and water in a large pot until veggies are tender. Add coconut milk and water and bring to a gentle boil. Before serving, use a handheld blender to puree about half of your chowder.

Ingredients

1 head Cauliflower (chopped into florets and divided)

3 tbsps Coconut Oil

1 White Onion (diced)

5 Garlic (cloves, minced)

3 Carrot (chopped)

3 stalks Celery

1 tbsp Sea Salt

1 tsp Paprika

1 tsp Onion Powder

1 tsp Garlic Powder

1/2 tsp Cumin

3/4 tsp Thyme

1 tsp Oregano

3 cups Frozen Corn (divided)

2/3 cup Canned Coconut Milk

2 cups Water

Banana Coconut Granola

7 ingredients · 1 hour 15 minutes · 6 servings



Directions

1. Preheat oven to 300°F (149°C).
2. In a large bowl, combine the oats, coconut flakes, pumpkin seeds, cinnamon and sea salt.
3. Add the mashed banana and coconut oil into the bowl with the oat mixture. Use a spoon to stir until all is very well combined. The mixture should be evenly coated.
4. Spread mixture in an even layer on a large baking sheet. Press down slightly and place in oven.
5. Bake for 45 to 55 minutes, checking and tossing every 15 minutes. Break up large clusters as necessary. Once the granola is evenly browned and no longer feels damp, remove from oven. As it cools it will crisp up even more, so do not over-bake.
6. Once cooled, store in an airtight container at room temperature for up to one week. Or store in the freezer for a few months.

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is roughly 1/2 cup of granola.

Serve it With

Yogurt, oatmeal, parfaits, almond milk and/or fresh fruit.

Ingredients

- 2 cups** Oats (rolled or old fashioned)
- 1 cup** Unsweetened Coconut Flakes
- 1/2 cup** Pumpkin Seeds
- 1/2 tsp** Cinnamon
- 1/4 tsp** Sea Salt
- 1** Banana (ripe, mashed)
- 2 tbsps** Coconut Oil (melted)

Baby Carrots & Hummus

2 ingredients · 5 minutes · 6 servings



Directions

1. Divide carrots between bowls. Serve with hummus on the side for dipping. Enjoy!

Notes

No Baby Carrots

Use celery sticks, cucumber slices or sliced bell peppers instead..

Like it Spicy

Top with a pinch of cayenne pepper or chili powder.

Ingredients

4 1/2 cups Baby Carrots

1 1/2 cups Hummus

One Pan Salmon with Rainbow Veggies

9 ingredients · 40 minutes · 4 servings



Directions

1. Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Place the cherry tomatoes, salmon, bell pepper, broccoli, and red onion on the sheet pan. Drizzle the vegetables with olive oil. Brush the salmon with the coconut aminos, orange juice and zest. Sprinkle everything with salt and pepper to taste.
3. Place in the oven and bake for 30 minutes, or until salmon is fully cooked.
4. Divide between plates and enjoy!

Notes

More Carbs

Serve with rice or quinoa.

Vegan

Use tofu steaks or roasted chickpeas instead of salmon.

Leftovers

Keeps well in the fridge for 2 to 3 days.

Ingredients

4 cups Cherry Tomatoes
1 1/4 lbs Salmon Fillet
2 Yellow Bell Pepper (sliced)
4 cups Broccoli (chopped into small florets)
1 cup Red Onion (sliced into chunks)
1/4 cup Extra Virgin Olive Oil
1 tbsp Coconut Aminos
1 Navel Orange (zested and juiced)
Sea Salt & Black Pepper (to taste)

Ginger Chicken Stir Fry

10 ingredients · 30 minutes · 6 servings



Directions

1. Mix together tamari, garlic and ginger in a jar. Put on a lid and shake well. Set aside.
2. Add coconut oil to a large frying pan and place over medium heat. Add chicken and yellow onion. Saute for 8 to 10 minutes or until chicken is mostly cooked through. Add in celery, red pepper and broccoli. Saute for another 5 minutes. Pour in sauce from jar. Stir well to mix. Once everything is well combined, turn off the heat and stir in your kale. Continue to stir just until kale is wilted.
3. Plate stir fry. Garnish with sesame seeds and hot sauce if you like. Enjoy!

Notes

Alternative Veggies

Use mushrooms, snap peas, carrots or any other vegetables you have on hand.

Serve it With

Brown rice, pasta or quinoa.

Leftovers

Keeps well in the fridge up to 3 days.

Vegan and Vegetarian

Use chickpeas or tofu instead of chicken.

Make It Faster

Use pre-sliced veggies from the bag.

Ingredients

- 1/2 cup** Tamari
- 3** Garlic (cloves, minced)
- 1 1/2 tbsps** Ginger (peeled and grated)
- 1 1/2 tbsps** Coconut Oil
- 2 lbs** Chicken Breast (sliced into cubes)
- 3/4** Yellow Onion (diced)
- 4 1/2 stalks** Celery (sliced)
- 1 1/2** Red Bell Pepper (diced)
- 3 cups** Broccoli (chopped into florets)
- 6 cups** Kale Leaves (chopped)