

Eating Healthy 4 Life, LLC

## **21-Day Spring Meal Prep Program, Week 2**

Created by Eating Healthy 4 Life, LLC



## 21-Day Spring Meal Prep Program, Week 2

5 days

	Mon	Tue	Wed	Thu	Fri
Breakfast	Berry Baked Oatmeal	Berry Baked Oatmeal	Berry Baked Oatmeal	Post Workout Green Smoothie	Post Workout Green Smoothie
Snack 1	Dark Chocolate & Walnuts	Dark Chocolate & Walnuts	Grapes & Walnuts	Grapes & Walnuts	Grapes & Walnuts
Lunch	Asparagus, Cucumber & Feta Salad with Balsamic Vinaigrette	Asparagus, Cucumber & Feta Salad with Balsamic Vinaigrette	Butter Chicken & Cauliflower Rice	Butter Chicken & Cauliflower Rice	Butter Chicken & Cauliflower Rice
Snack 2	Celery with Peanut Butter	Celery with Peanut Butter	Celery with Peanut Butter	Apple with Peanut Butter	Apple with Peanut Butter
Dinner	Cheesy Edamame & Parsley Pasta	Cheesy Edamame & Parsley Pasta	Honey Garlic Chickpeas with Asparagus & Rice	Honey Garlic Chickpeas with Asparagus & Rice	Honey Garlic Chickpeas with Asparagus & Rice

# 21-Day Spring Meal Prep Program, Week 2

52 items

## Fruits

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- ☐ 4 Apple
- ☐ 1 Avocado
- ☐ 2 Banana
- ☐ 6 cups Grapes
- ☐ 3/4 Lime

## Breakfast

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- ☐ 1 1/4 cups All Natural Peanut Butter
- ☐ 3 tbsps Maple Syrup

## Seeds, Nuts & Spices

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- ☐ 1/3 tsp Black Pepper
- ☐ 1/2 cup Cashews
- ☐ 2 tbsps Chia Seeds
- ☐ 3 tbsps Chili Powder
- ☐ 1 tsp Cinnamon
- ☐ 1 1/2 tbsps Curry Powder
- ☐ 1 tbsp Garam Masala
- ☐ 1/2 tsp Garlic Powder
- ☐ 1 tbsp Paprika
- ☐ 2 1/3 tpsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1/4 cup Sliced Almonds
- ☐ 1/2 cup Slivered Almonds
- ☐ 2 1/2 cups Walnuts

## Frozen

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- ☐ 2 cups Frozen Berries
- ☐ 1 1/2 cups Frozen Edamame

## Vegetables

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- ☐ 9 cups Asparagus
- ☐ 4 cups Baby Spinach
- ☐ 1 1/2 heads Cauliflower
- ☐ 9 stalks Celery
- ☐ 1 Cucumber
- ☐ 7 Garlic
- ☐ 3 tbsps Ginger
- ☐ 2 cups Parsley
- ☐ 3 Yellow Onion

## Boxed & Canned

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- ☐ 2 cups Brown Rice Spaghetti
- ☐ 1 1/2 cups Canned Coconut Milk
- ☐ 3 3/4 cups Chickpeas
- ☐ 1 1/2 cups Jasmine Rice
- ☐ 2 cups Lentils
- ☐ 1/3 cup Tomato Paste

## Baking

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- ☐ 3 1/2 ozs Dark Chocolate
- ☐ 2 tbsps Nutritional Yeast
- ☐ 2 cups Oats
- ☐ 3 tbsps Raw Honey
- ☐ 1/2 cup Unsweetened Applesauce

## Bread, Fish, Meat & Cheese

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- ☐ 1 1/8 lbs Chicken Breast
- ☐ 1/2 cup Feta Cheese

## Condiments & Oils

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- ☐ 3 tbsps Balsamic Vinegar
- ☐ 2 1/4 tpsps Coconut Oil
- ☐ 1 tbsp Dijon Mustard
- ☐ 1/3 cup Extra Virgin Olive Oil

## Cold

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- ☐ 2 cups Unsweetened Almond Milk

## Other

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- ☐ 1/2 cup Vanilla Protein Powder
- ☐ 4 1/3 cups Water

# Berry Baked Oatmeal

8 ingredients · 45 minutes · 6 servings



## Directions

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1. Preheat oven to 350°F (177°C). Grease a baking pan with coconut oil.
2. Add all ingredients except the sliced almonds to a mixing bowl and stir until thoroughly combined.
3. Transfer to baking pan and bake for about 45 minutes or until a toothpick comes out clean. Sprinkle with sliced almonds before serving. Enjoy!

## Notes

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### Leftovers

Refrigerate in an air-tight container up to 3-5 days. Freeze if longer.

### No Applesauce

Use mashed banana instead.

### No Almonds

Replace with pecans, walnuts, pumpkin seeds or sunflower seeds.

## Ingredients

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- 2 cups** Oats (quick or traditional)
- 2 cups** Unsweetened Almond Milk
- 2 tbsps** Maple Syrup
- 1/2 cup** Unsweetened Applesauce
- 1 tsp** Cinnamon
- 2 tbsps** Chia Seeds
- 2 cups** Frozen Berries
- 1/4 cup** Sliced Almonds



# Post Workout Green Smoothie

5 ingredients · 5 minutes · 2 servings



## Directions

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1. Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

## Notes

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### No Spinach

Use kale instead.

### No Protein Powder

Add a few spoonfuls of hemp seeds.

## Ingredients

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**1/4 cup** Vanilla Protein Powder

**2 cups** Water (cold)

**1/2** Avocado

**1** Banana (frozen)

**2 cups** Baby Spinach

# Dark Chocolate & Walnuts

2 ingredients · 5 minutes · 4 servings



## Directions

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1. Divide dark chocolate and walnuts between bowls. Enjoy!

## Ingredients

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

# Grapes & Walnuts

2 ingredients · 3 minutes · 6 servings



## Directions

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1. Wash grapes and divide into bowls or baggies. Mix in walnuts and enjoy!

## Notes

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### No Walnuts

Mix in any other seed or nut. Pumpkin seeds, cashews and pistachios are all delicious!

## Ingredients

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**6 cups** Grapes (washed)

**1 1/2 cups** Walnuts

# Asparagus, Cucumber & Feta Salad with Balsamic Vinaigrette

11 ingredients · 15 minutes · 4 servings



## Directions

1. Bring a large pot of water to a boil. Add the asparagus and boil for about 3 to 4 minutes or until tender. Strain the water off of the asparagus then place them in a bowl full of cold water. Set aside while you prepare the rest. (Note: You could also grill or roast the asparagus.)
2. Combine balsamic vinegar, olive oil, dijon mustard, maple syrup and minced garlic in a jar. Season with a pinch of sea salt and black pepper. Seal with a lid, shake rigorously and set aside.
3. In a large salad bowl combine asparagus, cucumber, lentils, slivered almonds and feta cheese. Add desired amount of dressing and toss well to combine. Divide into bowls and enjoy!

## Notes

### Dairy-Free

Skip the feta.

### Nut-Free

Use sunflower seeds instead of slivered almonds.

### No Lentils

Use chickpeas or beans instead.

### Storage

Stores well in the fridge up to 3 days.

## Ingredients

**6 cups** Asparagus (trimmed and sliced in half lengthwise)

**3 tbsps** Balsamic Vinegar

**2 tbsps** Extra Virgin Olive Oil

**1 tbsp** Dijon Mustard

**1 tbsp** Maple Syrup

**1** Garlic (clove, minced)

Sea Salt & Black Pepper (to taste)

**1** Cucumber (large, diced)

**2 cups** Lentils (cooked, drained and rinsed)

**1/2 cup** Slivered Almonds (toasted)

**1/2 cup** Feta Cheese (crumbled)



# Butter Chicken & Cauliflower Rice

15 ingredients · 30 minutes · 6 servings



## Directions

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1. Dice your chicken into cubes and set aside.
2. Heat olive oil in a large skillet over medium heat. Saute your onion, garlic and ginger. Stir in tomato paste, paprika, curry, garam masala, sea salt and chilli powder. Cook for 1 to 2 minutes or until fragrant.
3. Add diced chicken and stir until cooked through, about 5 to 7 minutes. Add in the water and loosen the paste.
4. Stir in coconut milk and reduce to simmer for about 5 minutes.
5. Meanwhile, create your cauliflower rice by adding the florets to the food processor. Process until the cauliflower has a rice-like consistency.
6. Squeeze lime juice on cauliflower rice and transfer into a bowl.
7. Remove from heat and ladle butter chicken over cauliflower rice. Enjoy!

## Notes

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### Vegan or Budget-Friendly

Skip the chicken breast and replace with chickpeas, lentils or beans.

### No Coconut Milk

Use Greek yogurt instead.

### No Cauliflower Rice

Serve over brown rice or quinoa instead.

### More Veggies

Add chopped cauliflower, sweet potatoes, peas, broccoli, baby spinach or chopped kale. Or serve it with a side salad.

### Storage

Refrigerate in an air-tight container for up to 2 - 3 days.

## Ingredients

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- 1 1/8 lbs Chicken Breast
- 3 tbsps Extra Virgin Olive Oil
- 3 Yellow Onion (diced)
- 3 Garlic (cloves, minced)
- 3 tbsps Ginger (grated)
- 1/3 cup Tomato Paste
- 1 tbsp Paprika
- 1 1/2 tbsps Curry Powder
- 1 tbsp Garam Masala
- 1 1/2 tsps Sea Salt
- 1 1/2 tbsps Chili Powder
- 1/3 cup Water
- 1 1/2 cups Canned Coconut Milk (full fat)
- 1 1/2 heads Cauliflower
- 3/4 Lime (juiced)

# Celery with Peanut Butter

2 ingredients · 5 minutes · 6 servings



## Directions

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1. Spread peanut butter across celery sticks. Happy munching!

## Notes

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### Nut-Free

Use sunflower seed butter or hummus instead.

## Ingredients

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**9 stalks** Celery (sliced into sticks)

**3/4 cup** All Natural Peanut Butter

# Apple with Peanut Butter

2 ingredients · 3 minutes · 4 servings



## Directions

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1. Cut apple into slices and remove the core. Dip into peanut butter and enjoy!

## Notes

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### Keep it Fresh

To avoid brown apple slices, assemble the slices back into the shape of the apple and tie an elastic band around it.

## Ingredients

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4 Apple

1/2 cup All Natural Peanut Butter



# Cheesy Edamame & Parsley Pasta

8 ingredients · 15 minutes · 4 servings



## Directions

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1. Bring a large pot of water to a boil and add brown rice spaghetti. Cook according to the directions on the package. Remove from heat, strain and run cold water over pasta to prevent from over-cooking.
2. Meanwhile, make your 'parmesan' seasoning by adding cashews, nutritional yeast, garlic powder and sea salt to your food processor. Blend well until it reaches a spice-like consistency. Set aside.
3. In a large bowl, toss pasta with edamame, chopped parsley, salt and pepper to taste, and your desired amount of 'parmesan' seasoning. Divide into bowls and enjoy!

## Notes

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### No Edamame

Use frozen peas or any leftover veggies.

### Make it Spicy

Garnish with red pepper flakes.

## Ingredients

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**2 cups** Brown Rice Spaghetti  
**1/2 cup** Cashews  
**2 tbsps** Nutritional Yeast  
**1/2 tsp** Garlic Powder  
**1/2 tsp** Sea Salt  
**1 1/2 cups** Frozen Edamame (thawed)  
**2 cups** Parsley (finely chopped)  
Sea Salt & Black Pepper (to taste)



# Honey Garlic Chickpeas with Asparagus & Rice

11 ingredients · 25 minutes · 6 servings



## Directions

1. Preheat oven to 425°F (218°C). Toss asparagus in olive oil and season with sea salt and black pepper. Spread them across a baking sheet and bake in the oven for 12 to 15 minutes.
2. Meanwhile, cook the jasmine rice according to the directions on the package. Set aside.
3. Heat coconut oil in a large skillet over medium heat and add the cooked chickpeas. Saute for about 5 minutes, or until they start to brown. Add in the raw honey, chili powder, sea salt, black pepper and minced garlic. Continue to saute for another 1 to 2 minutes. Transfer the chickpeas to a bowl.
4. Divide asparagus, rice and honey garlic chickpeas between plates. Enjoy!

## Notes

### No Rice

Use quinoa instead.

### Leftovers

Keeps well in the fridge up to 3 days. Freezes well.

### No Chickpeas

Use tofu or diced chicken breast instead.

## Ingredients

**3 cups** Asparagus (woody ends snapped off)  
**2 1/4 tsps** Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)  
**1 1/2 cups** Jasmine Rice (uncooked)  
**2 1/4 tsps** Coconut Oil  
**3 3/4 cups** Chickpeas (cooked)  
**3 tbsps** Raw Honey  
**1 1/2 tbsps** Chili Powder  
**1/3 tsp** Sea Salt  
**1/3 tsp** Black Pepper  
**3** Garlic (cloves, minced)