

Eating Healthy 4 Life, LLC

## **21-Day Spring Meal Prep Program, Week 3**

Created by Eating Healthy 4 Life, LLC



## 21-Day Spring Meal Prep Program, Week 3

5 days

	Mon	Tue	Wed	Thu	Fri
Breakfast	Baked Strawberry Rhubarb Oatmeal	Baked Strawberry Rhubarb Oatmeal	Banana Cinnamon Smoothie	Banana Cinnamon Smoothie	Banana Cinnamon Smoothie
Snack 1	Yogurt & Berries	Yogurt & Berries	Pistachios	Pistachios	Pistachios
Lunch	Spring Vegetable Pasta Salad	Spring Vegetable Pasta Salad	Spring Vegetable Pasta Salad	Lentil Masala Soup	Lentil Masala Soup
Snack 2	Basil Radish Dip with Cucumber Slices	Basil Radish Dip with Cucumber Slices	Peanut Butter Rice Krispies	Peanut Butter Rice Krispies	Peanut Butter Rice Krispies
Dinner	Honey Sesame Chicken with Peas & Quinoa	Honey Sesame Chicken with Peas & Quinoa	Lentil Masala Soup	Slow Cooker Stuffed Peppers	Slow Cooker Stuffed Peppers

# 21-Day Spring Meal Prep Program, Week 3

60 items

## Fruits

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- ☐ 6 Banana
- ☐ 1 3/4 Lemon
- ☐ 2 cups Strawberries

## Breakfast

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- ☐ 1/2 cup All Natural Peanut Butter
- ☐ 2/3 cup Maple Syrup
- ☐ 2 1/2 cups Rice Puffs Cereal

## Seeds, Nuts & Spices

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- ☐ 1/2 tsp Black Pepper
- ☐ 1/3 cup Chia Seeds
- ☐ 1 tbsp Chili Powder
- ☐ 1 1/8 tbsps Cinnamon
- ☐ 1/2 tsp Cumin
- ☐ 1/2 tsp Dried Basil
- ☐ 1 1/2 tbsps Garam Masala
- ☐ 1/3 cup Ground Flax Seed
- ☐ 1/3 cup Pecans
- ☐ 3 cups Pistachios, In Shell
- ☐ 1 tsp Red Pepper Flakes
- ☐ 2 3/4 tpsps Sea Salt
- ☐ 1 tbsp Sesame Seeds
- ☐ 3/4 cup Sunflower Seeds
- ☐ 1 1/2 tpsps Turmeric

## Frozen

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- ☐ 4 cups Frozen Berries
- ☐ 3 1/2 cups Frozen Peas
- ☐ 12 Ice Cubes

## Vegetables

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- ☐ 3 cups Asparagus
- ☐ 1 cup Baby Spinach
- ☐ 2 1/2 cups Basil Leaves
- ☐ 1 head Cauliflower
- ☐ 1 1/2 cups Cilantro
- ☐ 1 Cucumber
- ☐ 9 1/2 Garlic
- ☐ 4 Green Bell Pepper
- ☐ 9 cups Kale Leaves
- ☐ 2 1/2 cups Radishes
- ☐ 3/4 cup Red Onion
- ☐ 1 cup Rhubarb
- ☐ 1/2 Yellow Onion

## Boxed & Canned

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- ☐ 6 cups Brown Rice Fusilli, Cooked
- ☐ 1 1/2 cups Canned Coconut Milk
- ☐ 2 tbsps Chicken Broth
- ☐ 4 1/2 cups Diced Tomatoes
- ☐ 1 1/2 cups Dry Red Lentils
- ☐ 3/4 cup Quinoa
- ☐ 2 cups Salsa
- ☐ 6 cups Vegetable Broth

## Baking

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- ☐ 2 tbsps Coconut Flour
- ☐ 1 1/2 cups Oats
- ☐ 2 tbsps Raw Honey

## Bread, Fish, Meat & Cheese

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- ☐ 1 1/4 lbs Chicken Breast
- ☐ 1 lb Extra Lean Ground Turkey
- ☐ 1/4 cup Feta Cheese

## Condiments & Oils

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- ☐ 2 1/4 tbsps Coconut Oil
- ☐ 3/4 cup Extra Virgin Olive Oil
- ☐ 1 tsp Sesame Oil
- ☐ 3 tbsps Tamari

## Cold

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- ☐ 2 Egg
- ☐ 5 cups Plain Greek Yogurt
- ☐ 3/4 cup Unsweetened Almond Milk

## Other

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- ☐ 1 1/2 cups Vanilla Protein Powder
- ☐ 7 1/4 cups Water

# Baked Strawberry Rhubarb Oatmeal

8 ingredients · 50 minutes · 4 servings



## Directions

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1. Preheat the oven to 375°F (191°C). Place strawberries, rhubarb and half your maple syrup in a mixing bowl. Toss well and spread across the bottom of a lightly greased square baking pan.
2. In another mixing bowl, whisk together the milk, egg and remaining maple syrup. Stir in the oats and cinnamon. Stir until well mixed.
3. Pour the oat mixture evenly across the strawberry and rhubarb in the pan. Sprinkle chopped pecans across the top and bake in the oven for 40 minutes. Enjoy while it's hot!

## Notes

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### Baking Pan

This recipe was developed and tested using an 8x8 size baking pan.

## Ingredients

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- 2 cups** Strawberries (sliced)
- 1 cup** Rhubarb (diced)
- 3 tbsps** Maple Syrup (divided)
- 3/4 cup** Unsweetened Almond Milk
- 1** Egg
- 1 1/2 cups** Oats
- 2 tsps** Cinnamon
- 1/3 cup** Pecans (chopped)



# Banana Cinnamon Smoothie

7 ingredients · 5 minutes · 2 servings



## Directions

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

## Notes

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### No Protein Powder

Use hemp seeds with vanilla extract instead.

### Leftovers

Store in a mason jar with a lid in the fridge up to 24 hours. Shake well before drinking.

### Make it Green

Add spinach.

## Ingredients

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**1/2 cup** Vanilla Protein Powder

**2 tbsps** Ground Flax Seed

**2 tbsps** Chia Seeds

**2** Banana (frozen)

**4** Ice Cubes

**2 cups** Water

**1/2 tsp** Cinnamon

# Yogurt & Berries

2 ingredients · 5 minutes · 2 servings



## Directions

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1. Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

## Notes

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### Dairy-Free

Use a dairy-free yogurt like coconut, almond or cashew.

### No Frozen Berries

Use any type of fresh fruit instead.

## Ingredients

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**2 cups** Plain Greek Yogurt

**2 cups** Frozen Berries (thawed)

# Pistachios

1 ingredient · 1 minute · 2 servings



## Directions

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1. Divide into bowls, peel and enjoy!

## Ingredients

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**1 cup** Pistachios, In Shell



# Spring Vegetable Pasta Salad

11 ingredients · 30 minutes · 6 servings



## Directions

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1. Create your pesto by combining basil, kale, lemon juice, garlic, olive oil sea salt and sunflower seeds together in a blender or food processor. Blend until smooth.
2. Trim the woody ends from the asparagus. Fill a pot with 2 cups water and a pinch of sea salt. Place on the stove and bring to a boil. Once boiling, reduce to a simmer, add the asparagus and cover. Let cook for 3 minutes. Transfer asparagus out of the water and slice into 1 inch pieces.
3. Bring another pot of water to a boil and cook brown rice fusilli as per the instructions on the package. Once cooked, strain and transfer to a bowl. Add in the asparagus, peas and radishes. Toss well with desired amount of pesto. Divide into bowls and enjoy!

## Notes

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### More Protein

Add roasted chickpeas, grilled tofu, or crumbled tempeh.

## Ingredients

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- 1 1/2 cups** Basil Leaves (chopped)
- 3 cups** Kale Leaves
- 1 1/2** Lemon (juiced)
- 1 1/2** Garlic (clove, chopped)
- 3/4 cup** Extra Virgin Olive Oil
- 3/4 tsp** Sea Salt
- 3/4 cup** Sunflower Seeds
- 3 cups** Asparagus
- 1 1/2 cups** Frozen Peas (thawed)
- 1 1/2 cups** Radishes (sliced into rounds)
- 6 cups** Brown Rice Fusilli, Cooked



# Basil Radish Dip with Cucumber Slices

6 ingredients · 10 minutes · 4 servings



## Directions

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1. Combine all ingredients except cucumber in a food processor. Blend until you reach a dip-like consistency.
2. Scoop into a bowl and dip with cucumber slices. Enjoy!

## Notes

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### No Cucumber

Dip with tortilla chips, sliced radishes, celery sticks or baby carrots instead.

### Dairy-Free

Omit Greek yogurt and feta, use mashed chickpeas and salt to taste instead.

## Ingredients

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- 1 cup Plain Greek Yogurt
- 1/4 cup Feta Cheese
- 1 cup Basil Leaves (chopped)
- 1 cup Radishes (chopped)
- 1/4 Lemon (juiced)
- 1 Cucumber (sliced into rounds or sticks)

# Peanut Butter Rice Krispies

4 ingredients · 30 minutes · 6 servings



## Directions

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1. Grease a loaf pan with coconut oil or line with parchment paper (use a larger baking dish if serving size is adjusted higher).
2. In a medium pot over low-medium heat, whisk together maple syrup and peanut butter until thoroughly combined. Remove from heat and let cool, about 5 minutes.
3. Add puffed rice and gently mix with a spatula until evenly coated.
4. Transfer to loaf pan and press down firmly. Freeze for 20 minutes or until firm. Slice into bars or squares and enjoy!

## Notes

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### No Peanut Butter

Use any nut or seed butter instead.

### No Maple Syrup

Use raw honey instead.

### Storage

Freeze in an airtight container

## Ingredients

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**1 tbsp** Coconut Oil

**1/2 cup** Maple Syrup

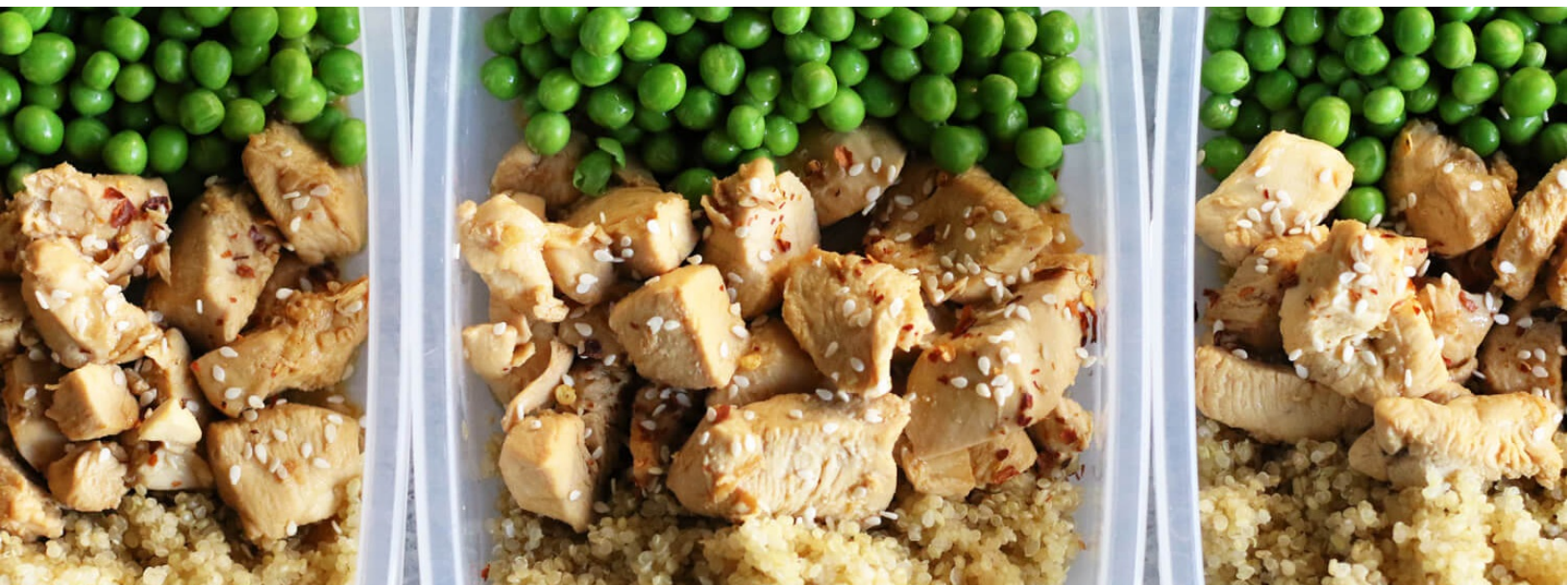
**1/2 cup** All Natural Peanut Butter

**2 1/2 cups** Rice Puffs Cereal



# Honey Sesame Chicken with Peas & Quinoa

11 ingredients · 20 minutes · 4 servings



## Directions

1. In a small jar, combine the broth, tamari and sesame oil. Shake well to combine and set aside.
2. Heat the coconut oil in a skillet over medium heat. Add the diced chicken breasts and saute for about 5 minutes. Add the tamari-based sauce and the honey. Saute for another 5 minutes or until the chicken is cooked through.
3. While the chicken cooks, combine quinoa and water in a sauce pot. Place over high heat and bring to a boil. Reduce heat to a simmer and cover. Let simmer for 10 to 15 minutes, or until all water is absorbed. Fluff the quinoa with a fork and set aside.
4. Warm the green peas.
5. Divide the chicken, green peas and quinoa between plates. Drizzle the quinoa with any leftover chicken marinade from the skillet. Garnish with sesame seeds and red pepper flakes. Enjoy!

## Notes

### No Chicken Breast

Use turkey breast instead.

### Vegan & Vegetarian

Use chickpeas, white beans or tofu instead of chicken and maple syrup instead of honey.

## Ingredients

- 2 **tbsps** Chicken Broth
- 3 **tbsps** Tamari
- 1 **tsp** Sesame Oil
- 1 **1/2 tpsps** Coconut Oil
- 2 **tbsps** Raw Honey
- 1 **1/4 lbs** Chicken Breast (diced into cubes)
- 3/4 **cup** Quinoa (uncooked)
- 1 **1/4 cups** Water
- 2 **cups** Frozen Peas (thawed)
- 1 **tbsp** Sesame Seeds
- 1 **tsp** Red Pepper Flakes

# Lentil Masala Soup

12 ingredients · 30 minutes · 6 servings



## Directions

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1. Heat coconut oil in a large stock pot over medium heat. Add the onions and saute for about 4 minutes or until translucent. Add in the minced garlic. Saute for another minute.
2. Add in the turmeric, garam masala and sea salt. Stir for a minute or until spices are well mixed. Add in the cilantro, vegetable broth and diced tomatoes. Bring to a boil then reduce heat to a simmer.
3. Add in the dry lentils, cover and cook for 15 to 20 minutes. Once the lentils are cooked through, add in the coconut milk. Stir well to mix, then add in the kale. Stir again until the kale is wilted. Turn off the heat. Ladle into bowls and enjoy!

## Notes

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### Leftovers

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

### Additional Toppings

Top soup with chopped cilantro, sliced almonds and/or a dollop of coconut yogurt.

## Ingredients

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- 2 1/4 **tsps** Coconut Oil
- 3/4 **cup** Red Onion (finely diced)
- 6 **Garlic** (cloves, minced)
- 1 1/2 **tsps** Turmeric
- 1 1/2 **tbsps** Garam Masala
- 1 1/2 **tsps** Sea Salt
- 1 1/2 **cups** Cilantro (finely diced)
- 6 **cups** Vegetable Broth
- 4 1/2 **cups** Diced Tomatoes
- 1 1/2 **cups** Dry Red Lentils
- 1 1/2 **cups** Canned Coconut Milk (full fat)
- 6 **cups** Kale Leaves (finely sliced)



# Slow Cooker Stuffed Peppers

15 ingredients · 4 hours · 4 servings



## Directions

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1. Slice the tops off the peppers and carve out the seeds. Set aside.
2. In a large mixing bowl, combine the ground turkey, sea salt, black pepper, chili powder, cumin, dried basil, egg, minced garlic, yellow onion, spinach, olive oil and coconut flour. Mix well and stuff it into the green peppers.
3. Place the peppers in the slow cooker and top each with a spoonful or two of salsa. Cook for 4 hours on high or 6 - 8 on low.
4. Trim your cauliflower into florets. Place the florets in a food processor and pulse into a rice-like consistency. Cover and store in the fridge until ready to eat. (Note: You can eat the cauliflower rice raw or saute it in a bit of coconut oil before serving.)
5. Remove the peppers from the slow cooker and serve over cauliflower rice. Top with remaining salsa. Enjoy!

## Notes

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### Vegans and Vegetarians

Use cooked lentils or beans instead of ground meat.

### No Ground Turkey

Use ground chicken or beef instead.

### No Slow Cooker

Bake peppers in the oven at 350 for 45 minutes to 1 hour, or until meat is cooked through.

### No Cauliflower

Serve over rice, quinoa, greens or sweet potato mash.

## Ingredients

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**4** Green Bell Pepper (large)  
**1 lb** Extra Lean Ground Turkey  
**1/2 tsp** Sea Salt  
**1/2 tsp** Black Pepper  
**1 tbsp** Chili Powder  
**1/2 tsp** Cumin  
**1/2 tsp** Dried Basil  
**1** Egg  
**2** Garlic (cloves, minced)  
**1/2** Yellow Onion (diced)  
**1 cup** Baby Spinach (chopped)  
**1 tbsp** Extra Virgin Olive Oil  
**2 tbsps** Coconut Flour  
**2 cups** Salsa  
**1 head** Cauliflower (large)