

January MEAL PREP

healthy staples



RECIPES

JUICE

Carrot Orange Immunity Juice

MEALS

Miso Soup

Blue Majik Chia Pudding

Golden Chia Pudding

Cuban Bowls

STAPLES

PB Protein Cookies

Grapes

Chipotle Cashew Dressing

Green Goddess Lentil Spread

CARROT ORANGE IMMUNITY JUICE



Ingredients:

- 1 thumbnail turmeric root
- 1 thumbnail ginger root
- 4 large carrots
- 8 peeled oranges
- 2 cored red apples

Steps:

- I. Prep all ingredients then feed into your juicer.
- II. Divide between juice bottles.
- III. Enjoy within 3-4 days, or store in the freezer where they will last a few months. Make sure not to fill it to the top if adding to the freezer or they will explode!

Notes:

- I. I use the [Hurom H400 Juicer](#), it is by far my favorite. Use code ANNIE10 for a discount!
- II. My favorite juicing accessories are found [HERE](#).

MISO SOUP

Ingredients:

- 1 quart filtered water
- 1/4 cup miso paste
- 1 cup chopped silken tofu
- 1/4 cup chopped green onion
- 6 sheets seaweed snacks, halved
- pinch of sea salt



Steps:

- I. Add water to a large bowl.
- II. Use a mini sieve to strain in the miso paste by the tbsp. Make sure the sieve is submerged in the water to ensure the miso paste dissolves.
- III. Stir in the tofu, green onions, and seaweed.
- IV. Store in the fridge, and heat on the stove when ready to enjoy.

Notes:

- I. I use THIS brand of seaweed snacks. Make sure to halve them or they will be too big to eat. If this is being served to a child, crumble the seaweed into tiny bits to avoid choking.
- II. I use THIS mini sieve.
- III. I store my soup in THIS pitcher.

PEANUT BUTTER PROTEIN COOKIES



Ingredients:

- 1/2 cup vanilla bean yogurt (I use [THIS BRAND](#))
- 2 scoops protein powder (I use [THIS BRAND](#))
- 1/4 cup + 2 tbsp almond flour
- 1/2 tsp cinnamon
- 2 tbsp peanut butter
- 1/2 tsp vanilla extract
- pinch sea salt
- 1 tbsp hemp seeds
- 3 tbsp mini chocolate chips
- flaky sea salt

Steps:

- I. In a mixing bowl stir together yogurt, vanilla, peanut butter, cinnamon, and salt.
- II. Next mix in the protein powder and almond flour. Once combined, fold in the hemp seeds and chocolate chips.
- III. Use an ice cream scoop to form 5 cookie dough balls and store in an airtight container in the fridge.
- IV. When ready to enjoy, preheat oven to 350 degrees. Add cookie dough balls to a greased pan and gently press down to form a cookie shape. Keep in mind the cookies will not flatten at all, the form you shape them into is the form the cookie will be.
- V. Bake for 7-8 minutes. Let cool for 10 minutes then enjoy.

Notes:

- I. This recipe yields 5 cookies. If you want more, double the recipe!
- II. 1 cookie =
192 calories
9g protein
11g carbs
12g fat

GREEN GRAPES

Ingredients:

- 1 lb green grapes
- filtered water
- splash white wine vinegar
- sprinkle baking soda



Steps:

- I. Add the grapes into a large bowl and submerge in water.
- II. Add a splash of vinegar to the bowl followed by a sprinkle of baking soda. Watch as the bowl gets fizzy, and use a spoon to gently mix.
- III. Let soak for 10-15 minutes, rinse in a colander, pat dry, and store in an airtight container.

Notes:

- I. Make sure to do this process the moment you get home from the store. It will help preserve your fruit for much longer.
- II. Don't use a bowl that's too small or the mixture may overflow.

BLUE MAJIK CHIA PUDDING



Ingredients:

- 1/2 cup soy milk (I use [THIS BRAND](#))
- 1/2 container 5.3oz [Forager vanilla yogurt](#)
- 1 scoop protein powder (I use [THIS BRAND](#))
- 1 tsp blue majik
- 1/4 tsp cinnamon
- 1 tbsp maple syrup
- 2 tbsp chia seeds
- fresh raspberries (optional topping)
- 1 tbsp peanut butter (optional topping)
- 1 tsp hemp seeds (optional topping)
- 2 tbsp slivered almonds (optional topping)

Steps:

- I. Add all of your ingredients into your jar. Start with the milk, yogurt, protein, blue majik, cinnamon, and maple syrup. I recommend using a [FROTHER](#) to ensure there are no clumps.
- II. Stir in the chia seeds and keep stored in the fridge to thicken.
- III. Upon serving, enjoy with toppings of your choice.

Notes:

- I. My favorite meal prep jars are [THESE ONES](#) from W&P.

GOLDEN CHIA PUDDING

Ingredients:

- 1/2 cup soy milk (I use [THIS BRAND](#))
- 1/2 container 5.3oz [Forager vanilla yogurt](#)
- 1 scoop protein powder (I use [THIS BRAND](#))
- 1 tsp turmeric
- 1/4 tsp cinnamon
- 1/4 tsp ginger powder
- 1 tbsp maple syrup
- 2 tbsp chia seeds
- fresh raspberries (optional topping)
- 1 tbsp peanut butter (optional topping)
- 1 tsp hemp seeds (optional topping)
- 1 tbsp cacao nibs (optional topping)



Steps:

- I. Add all of your ingredients into your jar. Start with the milk, yogurt, protein, maple syrup, turmeric, cinnamon, and ginger. I recommend using a [FROTHER](#) to ensure there are no clumps.
- II. Stir in the chia seeds and keep stored in the fridge to thicken.
- III. Upon serving, enjoy with toppings of your choice.

Notes:

- I. My favorite meal prep jars are [THESE ONES](#) from W&P.

CHIPOTLE CASHEW DRESSING



Ingredients:

- 1 cup raw cashews, soaked in hot water
- 1 tbsp chipotle powder
- 1 cup filtered water
- 1 lime, juice from
- 4 garlic cloves
- 2 tbsp nutritional yeast
- 3 tbsp rice vinegar
- 2 tbsp maple syrup
- 3 tbsp tamari
- 1.5 tsp sea salt

Steps:

- I. Submerge cashews in boiling hot water. Let soak for at least 20 minutes.
- II. Add all ingredients to a blender and blend until smooth.

Notes:

- I. For a nut free option, sub the cashews for tahini.

GREEN GODDESS LENTIL SPREAD

Ingredients:

- 1 cup uncooked green lentils
- 3 cups water
- 1/4 cup tahini
- 3/4 cup herbs of choice (I used parsley and dill)
- 2 tbsp lemon juice
- 1/4 tsp paprika
- 2 cloves garlic
- 1/4 cup olive oil
- 1/2 tsp sea salt
- 1/4 tsp pepper
- 1/2 cup - 1 cup filtered water (as needed to reach desired consistency)

Steps:

- I. Wash lentils well then cook in water.
- II. Let the lentils cool then add to a food processor along with the remaining ingredients. Blend until smooth.
- III. Enjoy atop toast, in a sandwich, or as a dip for crudite.



Notes:

- I. This spread is a great alternative to hummus and source of protein!

CUBAN BOWLS



Ingredients:

- 1/2 cup black beans
- 1 plantain, sliced
- 1 cup cooked rice
- 1 tsp turmeric
- 1 tsp oregano
- 1/4 tsp black pepper
- 1/2 tsp sea salt
- 1 1/2 cups vegan meat of choice
- 1/4 cup pico de gallo

Steps:

- I. Start with your rice. Once cooked, stir in turmeric, black pepper, and oregano.
- II. Slice your plantain into rounds and bake at 400 until pieces are browned. About 10 minutes each side.
- III. Prepare your vegan meat. For this recipe I used Beyond Steak.
- IV. Divide all ingredients between 2 meal prep containers.

Notes:

- I. Among my favorite vegan meat alternatives is Abbot's Butcher, they have beef, chorizo, and chick'n all made with simple clean ingredients.

Thank

You!



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