

January MEAL PREP

healthy staples



RECIPES

JUICE

Ginger Lemonade Shots
Tropical Greens Juice

MEALS

Matcha Spirulina Chia Pudding
Chocolate Chia Pudding
Tempeh Kimchi Protein Bowl

STAPLES

Beet Hummus
Dill Tahini Dressing
Fresh Berries
Balsamic High Protein Tofu

GINGER LEMONADE SHOTS



Ingredients:

- 30g ginger root, washed well
- 1 whole lemon, washed well
- 500ml coconut water, can sub with filtered water
- 2 tsp maple syrup, optional

Steps:

- I. Add the ginger and lemon into your juicer.
- II. Mix the coconut water and optional maple syrup into the juice.
- 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 it 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](#).

TROPICAL GREENS JUICE

Ingredients:

- 2 whole stalks celery (not to be confused with individual ribs, I mean entire stalks!)
- 2 heaping cups spinach
- 2 green apples, cored
- 1/2 lemon, juice from
- 2 large cucumbers
- 2 cups pineapple
- 1 thumbnail ginger root



Steps:

- I. Prep your produce. Wash everything well and chop into small pieces.
- II. Feed ingredients into your juicer.
- III. Use a julep strainer to ensure there is no pump or foam, then divide between your juice bottles.
- IV. Enjoy juices 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 it 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](#).

MATCHA SPIRULINA CHIA PUDDING



Ingredients:

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

Steps:

- I. Add all of your ingredients into your jar. Start with the milk, yogurt, protein, spirulina 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 such as peanut butter, raspberries, hemp seeds, etc.

Notes:

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

CHOCOLATE CHIA PUDDING

Ingredients:

- 1/2 cup soy milk (I use [THIS BRAND](#))
- 1/2 container 5.3oz [Forager vanilla yogurt](#)
- 1 scoop [chocolate protein 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)



Steps:

- I. Add all of your ingredients into your jar. Start with the milk, yogurt, protein, 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 such as peanut butter, blueberries, hemp seeds, etc.

Notes:

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

TEMPEH KIMCHI PROTEIN BOWLS



Ingredients:

- 1 block tempeh
- 2 tbsp tamari
- 1 tbsp avocado oil
- 2 cups cooked edamame beans
- 1/4 cup kimchi
- 2 tbsp tamari
- 1 cup cooked white rice
- 2 tbsp furikake

Steps:

- I. Slice your tempeh into strips and toss in the tamari and avocado oil. Bake or air fry at 350 until desired level of crisp is reached.
- II. Divide between 2 bowls along with the cooked rice, cooked edamame beans, kimchi, and furikake.
- III. When ready to serve, warm and enjoy as is or add an optional drizzle of spicy mayo. To make, combine 1 tbsp of vegan mayo with 1 tsp sriracha.

Notes:

- I. If you don't like tempeh or are unable to find it, you can sub with tofu.

BEET HUMMUS

Ingredients:

- 1 can chickpeas, rinsed
- about 4oz precooked beets, I used half of THIS container
- 2 tbsp tahini
- 1/2 small lemon, juice from
- 1/4 tsp paprika
- 1 clove garlic
- 1/4 cup extra virgin olive oil
- 1/2 tsp sea salt
- 1/4 tsp black pepper



Steps:

- I. Add all ingredients to a blender or food processor and pulse until smooth and creamy.
- II. Enjoy atop bowls, salads, or as a dip for crudite or crackers.

Notes:

- I. Don't throw away the liquid in the can of chickpeas! This is aquafaba. It acts as an incredible substitute for eggwhites.

DILL TAHINI DRESSING



Ingredients:

- 1/2 cup fresh dill, loosely packed
- 1/2 cup tahini
- 1/2 lemon, juice from
- 1 clove garlic
- 1/2 cup filtered water
- 1 tsp dijon mustard
- 1/4 tsp sea salt

Steps:

I. Blend all ingredients until smooth and creamy. Enjoy within a week as a salad dressing, dip, or drizzle on your favorite savory meal.

Notes:

- I. If you don't like dill or are unable to find it, you can pretty much sub with any herb. Cilantro, rosemary, basil, mint, or a combo of herbs to make a green goddess dressing.
- II. If you don't like tahini, you can sub for vegan yogurt or cashew butter.

FRESH BERRIES

Ingredients:

- 1 container fresh blueberries
- 1 container fresh raspberries
- filtered water
- splash white wine vinegar
- sprinkle baking soda



Steps:

- I. Add your berries into 2 separate bowls and submerge in water.
- II. Add a splash of vinegar to each 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 airtight containers.

Notes:

- I. Make sure to do this process the moment you get home from the store. It will help preserve your berries for much longer.
- II. Don't use a bowl that's too small or the mixture may overflow.
- III. These are my favorite [storage containers](#) for berries.

BALSAMIC HIGH PROTEIN TOFU



Ingredients:

- 1 block high protein tofu
- 3 tbsp balsamic vinegar
- 2 tbsp extra virgin olive oil
- 1 tsp sea salt
- 1/2 tsp black pepper

Steps:

- I. Chop tofu into cubes and arrange in an airtight container.
- II. Add all remaining ingredients and shut container. Shake vigorously to fully coat each piece of tofu in the marinade.
- III. Store in the fridge for up to about a week.
- IV. When ready to enjoy, arrange on a baking tray (or air fryer) and bake at 400 until crispy.

Notes:

- I. You can eat the tofu immediately, but I recommend letting it marinate at least 2 hours.
- II. Make sure to shake again right before removing the tofu from the container.
- III. I recommend enjoying this tofu in a Greek salad or paired with sauteed veggies and boiled purple potato. It is delicious with the dill dressing!

Thank

You!



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