

10 Ingredient Meal Prep

10 Meal Prep Ingredients:

Dozen eggs
2 large sweet potatoes
1 cup quinoa, or other grain of choice
1 large red onion
1 head of broccoli
1 bunch of kale
3 carrots
1 bunch of celery
Protein of choice (i.e. chicken breasts, salmon, tofu)
1 block feta cheese

Bonus “no-prep” items: berries (blueberries, blackberries, raspberries)

Prepping Your 10 Ingredients:

Always start with prepping the ingredients that will take the longest to cook. Instructions here are listed in the order in which you should prepare them. You will be doing multiple steps at the same time, of course, to save time. For example, as your water is boiling for the hardboiled eggs, you will be setting up your quinoa to cook and prepping your sweet potatoes for the toast and your veggies for roasting.

1. Hardboiled Eggs:

Fill a large saucepan with cold water. Add in dozen eggs (or only 8-10 if you want to save some for poaching for some recipes). Bring water to a boil. Immediately turn off heat and cover pot with lid. Set timer for 10 mins. After 10 mins, pour the hot water out into the sink and fill and empty the pot several times with cold water. Fill pot with cold water and let the eggs sit in the cold water until they are cool enough to peel. Alternatively, once you've rinsed them in cold water a few times, you can add them to a bowl of ice water and let sit. These eggs can be stored in the fridge either with or without peeling. If you peel them, they will be good for about 3 days. If you leave the shell on, you can use them all week.

2. Quinoa:

Measure out 1 cup of quinoa into a strainer. Rinse well under running water, then place in a medium saucepan. How much water you add to cook the quinoa will depend on what texture you prefer. For a firm texture, where the grains of quinoa easily separate into individual grains, add 1½ cups of cold water to the pot. If you prefer a more soft, mushy texture, add in 2 cups of water. Bring water to a boil, then cover pot and turn down the heat to low. Cook until all of water is absorbed, approximately 15 mins. Allow the quinoa to cool, then store in an airtight container in the fridge. Quinoa also freezes very well. So you can make a double batch and freeze half, then reheat and use the next week.

3. Sweet Potato Toast:

Preheat oven to 375 degrees Fahrenheit. Wash and scrub sweet potatoes well. Slice sweet potatoes lengthwise into approximately ¼ - ½ inch slices. Lay the slices out on a baking sheet. Drizzle with a little olive or avocado oil. Use your hands to rub the oil on both sides of the slices to ensure they're well-coated. Place baking pan in oven and bake until cooked through, approximately 20-30 mins. (These will cook much faster than when baking a whole potato because they are thin slices.) Allow the sweet potato toasts to cool completely. Then place a paper towel at the bottom of your storage container and place the sweet potato toasts on their side (as opposed to stacking them up in piles). This will help to drain any excess moisture.

4/5. Roasted Veggies:

Your oven should already be preheating for the sweet potato, so begin prepping your red onion and broccoli. Peel your red onion and cut into quarters. Cut 3 of those quarters into large slices. Thinly slice the last quarter of the onion. Store the thinly sliced onion in a container and set aside. Peel apart the $\frac{3}{4}$ of the onion you cut into large slices and add to a bowl. Wash broccoli. Separate the broccoli florets from the broccoli stem. Thinly slice the broccoli stems and store in the freezer to add to smoothies, to add to a stir-fry, or to steam with other veggies later. Chop the broccoli florets into bite-size pieces and add to the bowl with the onions. Drizzle 1-2 Tbs of olive or avocado oil over the veggies. Sprinkle with salt and pepper and toss the veggies to make sure they're well-coated and seasoned. Spread out the veggies on a baking sheet. (Try to leave a little space between the pieces, otherwise they will steam instead of roast.) Roast in oven until lightly browned, approximately 20-25 mins. Allow to cool fully, then store in an airtight container.

6. Protein of Choice:

Prepare any protein of your choice in a simple manner like baking, grilling, or sautéing. For example, baking (or cooking on the stove) 2 chicken breasts with some oil, salt, pepper, dried rosemary or thyme. Then slice thinly and store in the fridge. Or perhaps bake a few fillets of fish of your choice. If preparing tofu, choose firm, organic tofu and squeeze as much water out as possible. Then slice into $\frac{1}{4}$ - $\frac{1}{2}$ inch slices. Add a drizzle of oil to a pan on low heat and sauté the slices, sprinkled with a little salt and pepper, until golden brown. Store in a container with a paper towel at the bottom.

7. Kale:

Wash each leaf carefully. De-stem the kale. Do this by holding the stem of the kale leaf in one hand, then pulling your other hand down the leaf, separating the leaf from the stem. Take a few leaves of kale and layer them on top of each other to make a stack. Roll up the stack along the long edge of the kale leaves. Cut into ribbons of desired size. Alternatively, you can simply tear the kale leaves into bite-size pieces. Place a paper towel at the bottom of your storage container and then add in the kale and cover with lid.

8/9. Carrots and Celery:

Wash carrots and celery. Cut the ends off the carrots and peel. Cut each carrot in half, then into halves or quarters lengthwise. Place carrot sticks into a jar. Cut off ends of celery. Cut each stalk in half and place the celery sticks into another jar. Fill both jars with fresh water before screwing on the lid. Store in fridge for up to 1 week.

10. Feta Cheese:

Always buy cheese in their block form, instead of shredded or crumbled. The shredded and crumbled forms of cheese usually contain additional "anti-caking" agents to prevent the cheese from clumping together. But this can also make the cheese dryer and adds additional unneeded ingredients. You can either crumble your entire block of feta when you're meal prepping, if you feel that will make it easier to use, or simply crumble as you need it throughout the week.

Meal Ideas

Here's a list of a few meal ideas that you can make in 5-10 mins using the ingredients that we meal-prepped as the main ingredients.

Fruit & Nut Bowl (breakfast/snack)

Ingredients:

½ cup blueberries

½ cup raspberries/blackberries

1 banana

1 Tbs chia seeds

1 Tbs hemp seeds

2 Tbs walnuts

1-2 Tbs almond butter

1 Tbs unsweetened coconut flakes (optional)

1 tsp honey (optional, if not using banana)



Instructions:

Slice banana and add to a bowl. Add blueberries and raspberries to the bowl. Sprinkle chia seeds, hemp seeds, walnuts, and coconut flakes (if using) over fruit. Drizzle almond butter and honey (if using) over fruit. Enjoy!

Garlicky Spiralized Veggies with Eggs (breakfast/lunch)

Ingredients:

1 package spiralized butternut squash or sweet potato

2 cups kale

2 eggs (poached or hard/soft boiled)

1 Tbs avocado or olive oil

1 Tbs sesame seeds (optional)

Garlic powder (to taste) or 2 cloves garlic

Salt/pepper (to taste)



Instructions:

Heat sauté pan over medium heat. Add oil. Once oil is hot, add in spiralized veggie noodles. Sauté until cooked and slightly softened (about 5-8 mins). Add in kale and cook until slightly wilted (1-2 mins). Season with salt, pepper, and garlic powder to taste. Plate up a serving and top with 2 eggs of your choice. Sprinkle with sesame seeds for an extra boost of calcium!

Loaded Sweet Potato Toast (breakfast/snack)

Ingredients:

1 slice sweet potato toast

1 handful of spinach

½ an avocado

1 handful of microgreens (optional)

1 egg (poached or hard/soft-boiled)

Salt/pepper to taste

Chili flakes to taste (optional)



Instructions:

Heat up your sweet potato toast in the microwave or toaster. Layer on the spinach, then avocado slices and microgreens (if using). Top with egg of your choice and season with salt, pepper, and chili flakes to taste.

Veggie Sticks with Nut Butter or Hummus (snack)**Ingredients:**

Celery and/or carrot sticks

Your favorite natural nut butter or hummus

Instructions:

No instructions needed! Just open your jars of veggie sticks, dip and go!

Grain Bowl (lunch/dinner)**Ingredients:**

½ cup cooked quinoa

2 slices sweet potato toast

2 handfuls of kale

1 cup roasted veggies

½ an avocado

1 Tbs hummus

Handful of olives (optional)

1-2 Tbs fermented veggies (optional)

Pickles onions (optional; recipe below)

Garlic powder (optional)

Salt to taste

**Instructions:**

Sauté kale in a pan with a little oil, salt, and garlic powder until wilted (about 2 mins) and set aside. Dice the sweet potato toast. Cut ½ an avocado into slices. Begin assembling grain bowl...arrange any way you like! Into a medium bowl, add in the quinoa, diced sweet potatoes, sautéed kale, and roasted veggies. Top with avocado slices, hummus, olives, pickles onions and/or fermented veggies. Enjoy!

Quick Pickled Onions Recipe:

<https://www.youtube.com/watch?v=3z2jTcsL28g>

First make the pickling brine. Into a glass measuring cup add ½ cup apple cider vinegar, 1 cup water, 1.5 tsp salt, 1 Tbs sugar, and 6-10 peppercorns. Mix until sugar and salt are dissolved. Set aside. Thinly slice a medium red onion. Place slices in a heat resistant bowl and pour in enough boiling water to cover the onions. After 1 min, drain the onions and using tongs, carefully pack the onion slices into a mason jar. Pour the pickling brine over the onions all the way to the top of the jar. Allow to cool to room temperature then screw on lid and store in fridge. They'll be ready to eat in 2-3 days and can last few a few weeks in the fridge.



Protein-Veggie-Starch Plate (lunch/dinner)

Ingredients:

½ cup quinoa

1 cup roasted veggies

Choice of protein (i.e. chicken, fish, tofu)

Instructions:

No real work here! Just place all ingredients on a plate and heat up!



Simple Salad (lunch/dinner)

Ingredients:

2 cups spinach

1 small tomato

½ avocado

Choice of protein (i.e. egg, chicken, fish, tofu)

Feta cheese (optional)

Handful olives (optional)

Salt/pepper to taste

Olive oil

Balsamic vinegar

Instructions:

Slice tomato and avocado and set aside. Place spinach in a bowl. Top with tomato, avocado, your choice of protein, and cheese and olives if you like. Season with salt and pepper to taste. Drizzle a little olive oil and balsamic vinegar over salad.



Portobello Burger with Dill Yogurt Sauce (lunch/dinner)

Ingredients:

For burger:

1 portobello mushroom

Handful of spinach

1 slice sweet potato toast

½ an avocado

1 Tbs olive or avocado oil

Pickled onions (optional)

Feta cheese (optional)

Sandwich Thins (or other thinly sliced bread)

For yogurt sauce:

1 cup plain full-fat Greek yogurt (both dairy and non-dairy options work)

1 Tbs chopped

1 tsp fresh lemon juice



Instructions:

For the dill yogurt sauce, simply mix all the ingredients together and set aside. Next wash the portobello mushroom well and pat dry. Remove the stem. Heat a sauté pan on medium-high heat. Add 1 Tbs of oil to the pan. Once heated, place the portobello mushroom in the pan and season with salt and pepper. Cook the mushroom until cooked through and softened, flipping once. This may take up to 10 mins, depending on the size of your mushroom. Toast sandwich thins. Assemble portobello burger by placing a dollop of the dill yogurt sauce on the bottom slice. Then layer with the sweet potato toast, portobello mushroom, slices of avocado, and pickled onions and feta, if desired.