



## Meal Prep

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Fresh Coaching

<https://www.freshcoaching.me/contact>

Hi,

## Shop once. Cook once. Eat clean all week.

This program will guide you through how to prepare all your food for a week in just a few hours. Along with an itemised grocery list and delicious recipes.

### Grocery List Tips

This plan includes a full grocery list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

### Shopping Tips

The grocery list is organised into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organised order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

### Recipe Tips





Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

### Leftovers

If meals on the plan appear to be grey or shaded out, this means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!

No excuses. Shop once, cook once and eat clean for the week!



|           | Mon   | Tue   | Wed   | Thu   | Fri   |
|-----------|---|---|---|---|---|
| Breakfast | <br>Banana & Nut Chia Oats                 | <br>Banana & Nut Chia Oats                 | <br>Banana & Nut Chia Oats                         | <br>Kale & Prosciutto Egg Muffins<br><br>Banana Cinnamon Smoothie | <br>Kale & Prosciutto Egg Muffins<br><br>Banana Cinnamon Smoothie |
| Lunch     | <br>Penne with Bursted Cherry Tomato Sauce | <br>Penne with Bursted Cherry Tomato Sauce | <br>Tandoori Cauliflower & Chicken Meal Prep Bowls | <br>Tandoori Cauliflower & Chicken Meal Prep Bowls  | <br>Meal Prep Garlic Beef Stir Fry with Quinoa & Peas  |
| Dinner    | <br>Salmon & Rice Bowl                     | <br>Salmon & Rice Bowl                     | <br>Penne with Bursted Cherry Tomato Sauce         | <br>Meal Prep Garlic Beef Stir Fry with Quinoa & Peas   | <br>Tandoori Cauliflower & Chicken Meal Prep Bowls   |





## Fruits

- 2/3 Avocado
- 3 1/2 Banana
- 2 1/4 tsps Lemon Juice

## Breakfast

- 1 tbsp All Natural Peanut Butter
- 1 tbsp Maple Syrup

## Seeds, Nuts & Spices

- 1/3 cup Chia Seeds
- 1/2 tsp Cinnamon
- 1 1/8 tsps Cumin
- 2 tsps Garam Masala
- 2 tsps Ground Flax Seed
- 1 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1/3 tsp Sesame Seeds
- 1 1/2 tsps Smoked Paprika
- 1/2 tsp Turmeric

## Frozen

- 1/2 cup Frozen Peas
- 4 Ice Cubes

## Vegetables

- 1 cup Baby Spinach
- 1 1/2 cups Basil Leaves
- 3/4 head Cauliflower
- 4 1/2 cups Cherry Tomatoes
- 4 1/2 Garlic
- 1 stalk Green Onion
- 2 cups Kale Leaves

## Boxed & Canned

- 1 1/4 cups Brown Rice
- 170 grams Chickpea Pasta
- 2/3 cup Quinoa

## Baking

- 1 1/2 tsps Nutritional Yeast
- 3 tsps Oats
- 1 1/2 tsps Vanilla Extract

## Bread, Fish, Meat & Cheese

- 227 grams Beef Tenderloin
- 340 grams Chicken Breast
- 50 grams Prosciutto
- 227 grams Salmon Fillet

## Condiments & Oils

- 2/3 cup Extra Virgin Olive Oil
- 1 3/4 tsps Mayonnaise
- 1 tsp Sriracha
- 3 tsps Tahini
- 1 1/4 tsps Tamari

## Cold

- 4 Egg
- 1 1/2 cups Plain Greek Yogurt
- 1 1/2 cups Unsweetened Almond Milk

## Other

- 1/2 cup Vanilla Protein Powder
- 3 1/8 cups Water



## Banana & Nut Chia Oats

3 servings

8 hours

### Ingredients

- 1 1/2 cups Plain Greek Yogurt
- 1 1/2 cups Unsweetened Almond Milk
- 3 tbsps Oats (rolled)
- 3 tbsps Chia Seeds
- 1 tbsp All Natural Peanut Butter
- 1 tbsp Maple Syrup
- 1 1/2 tsps Vanilla Extract
- 1 1/2 Banana (sliced)

### Directions

- 1 In a medium bowl, mix together the yogurt, almond milk, oats, chia seeds, peanut butter, maple syrup, and vanilla. Seal and place in the fridge overnight, or for at least eight hours.
- 2 Divide into containers and add the sliced banana. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate in a sealed container for up to four days.

**Nut-Free:** Use a nut-free milk such as oat or soy.

**More Flavor:** Add a pinch of cinnamon.

**No Banana:** Use mixed berries instead of banana.

**Make it Vegan:** Use a vegan yogurt.

**Consistency:** For a thicker consistency, add more chia seeds.



## Kale & Prosciutto Egg Muffins

3 servings

25 minutes

### Ingredients

1 tbsp Extra Virgin Olive Oil (divided)  
50 grams Prosciutto (thinly sliced, chopped)  
2 cups Kale Leaves (finely chopped)  
4 Egg  
2 tbsps Water  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 Preheat the oven to 375°F (190°C). Use 1/3 of the oil to grease the cups of a muffin pan.
- 2 Heat half of the remaining oil in a non-stick pan over medium heat. Add the prosciutto and cook for three to five minutes or until crispy. Transfer to a plate and set a side.
- 3 Add the remaining oil to the pan and add the kale leaves. Cook for two to three minutes until the kale leaves are wilted and tender. Add the prosciutto back to the pan and stir to combine.
- 4 Divide the kale and prosciutto between the cups of the prepared muffin pan.
- 5 Add the eggs and water to a small bowl and whisk well. Pour the eggs into the muffin cups. Bake for 14 to 16 minutes or until the egg muffins are browned around the edges and firm to the touch. Let the egg muffins cool slightly before removing from the pan. Season with salt and pepper to taste before serving and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is equal to two egg muffins.

**More Flavor:** Use milk of choice instead of water. Add fresh or dried herbs or garlic.

**No Kale:** Use spinach instead.



## Banana Cinnamon Smoothie

1 serving

5 minutes

### Ingredients

- 1/4 cup Vanilla Protein Powder
- 1 tbsp Ground Flax Seed
- 1 tbsp Chia Seeds
- 1 Banana (frozen)
- 2 Ice Cubes
- 1 cup Water
- 1/4 tsp Cinnamon

### Directions

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

### Notes

**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.



## Penne with Bursted Cherry Tomato Sauce

3 servings

30 minutes

### Ingredients

170 grams Chickpea Pasta (dry)  
1/3 cup Extra Virgin Olive Oil  
4 1/2 cups Cherry Tomatoes  
3 Garlic (cloves, minced)  
Sea Salt & Black Pepper (to taste)  
1 1/2 cups Basil Leaves (chopped)  
1 1/2 tbsps Nutritional Yeast

### Directions

- 1 Cook pasta according to the directions on the package. Run under cold water once cooked to prevent from over cooking.
- 2 In a large sauce pan, heat olive oil over medium-high heat. Add tomatoes, garlic, salt and pepper. Stir occasionally and cook until all the tomatoes have burst, about 15 to 20 minutes.
- 3 Toss pasta with the chopped basil and divide onto plates. Top each serving with the tomato sauce and nutritional yeast. Enjoy!

### Notes

**No Chickpea Pasta:** Use any other high-fibre, high-protein pasta such as lentil or black bean pasta. If using brown rice, quinoa, or regular whole grain pasta, add in extra protein like chicken or, chickpeas, hemp seeds.

**No Nutritional Yeast:** Use parmesan or omit completely.





## Tandoori Cauliflower & Chicken Meal Prep Bowls

3 servings

40 minutes

### Ingredients

3/4 cup Brown Rice (dry)  
2 tsps Garam Masala  
1 1/2 tsps Smoked Paprika  
1/2 tsp Turmeric  
1 1/8 tsps Cumin  
1/3 tsp Sea Salt  
3/4 head Cauliflower (chopped into florets)  
3 tbsps Extra Virgin Olive Oil (divided)  
340 grams Chicken Breast  
3 tbsps Tahini  
2 1/4 tsps Lemon Juice  
2 1/4 tsps Water

### Directions

- 1 Cook the rice according to the package directions.
- 2 Preheat the oven to 400 (204°C) and line a baking sheet with parchment paper.
- 3 In a large bowl, mix together the garam masala, smoked paprika, turmeric, cumin, and salt.
- 4 Add the cauliflower to the bowl with the spices along with half the oil and toss well with your hands, rubbing the spices into the cauliflower to coat. Transfer to the baking sheet.
- 5 Add the chicken to the same bowl and add the remaining oil. Stir well to coat the chicken in the spices. Transfer to the same baking sheet with the cauliflower. Place the baking sheet in the oven and bake for 25 to 30 minutes until the chicken is cooked through and the cauliflower is browned.
- 6 In a small jar, combine the tahini, lemon juice, and water and shake well.
- 7 To serve, divide the cauliflower, chicken, and rice into bowls and top with the tahini dressing. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Additional Toppings:** Top with cilantro or parsley.

**No Rice:** Use another grain such as quinoa.



## Salmon & Rice Bowl

2 servings

25 minutes

### Ingredients

- 1/2 cup Brown Rice (dry)
- 2/3 tsp Tamari
- 2/3 tsp Extra Virgin Olive Oil
- 227 grams Salmon Fillet (skin removed)
- Sea Salt & Black Pepper (to taste)
- 1 3/4 tbsps Mayonnaise
- 1 tsp Sriracha
- 2/3 Avocado (cubed)
- 1/3 tsp Sesame Seeds (optional)

### Directions

- 1 Cook the rice according to the package directions. When the rice is finished cooking, pour on the tamari and set aside.
- 2 Meanwhile, heat the oil in a skillet or cast iron pan over medium heat. Pat the salmon dry with a paper towel and season both sides with salt and pepper to taste. Add the salmon to the pan and cook for four to six minutes per side until cooked through. Once the salmon has cooled, flake with a fork and set aside.
- 3 In a small bowl, mix together the mayonnaise and sriracha.
- 4 Divide the rice into bowls and top with salmon, avocado, and garnish with sesame seeds. Serve with spicy mayo. Enjoy!

### Notes

**Leftovers:** Store in an airtight container in the fridge for up to two days.

**Serving Size:** One serving is approximately 1 1/2 cups.

**More Flavor:** Add more sriracha, or sesame oil to the mayo.

**Additional Toppings:** Top with nori, or serve with a side of kimchi.



## Meal Prep Garlic Beef Stir Fry with Quinoa & Peas

2 servings

20 minutes

### Ingredients

227 grams Beef Tenderloin (sliced into strips)  
1 tbsp Extra Virgin Olive Oil (divided)  
1 1/2 Garlic (cloves, minced)  
1 tbsp Tamari (divided)  
1/2 tsp Sea Salt  
2/3 cup Quinoa (dry)  
1 cup Water  
1 stalk Green Onion (thinly sliced)  
1 cup Baby Spinach  
1/2 cup Frozen Peas (thawed)

### Directions

- 1 In a bowl, toss beef strips with half the olive oil, garlic, half the tamari and salt. Set aside.
- 2 Combine the quinoa and water together in a pot. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover. Let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid, fluff with a fork and stir in the remaining tamari, green onion and spinach.
- 3 Heat the remaining olive oil in a pan over medium-high heat. Cook the garlic beef until it reaches your desired doneness.
- 4 Divide the quinoa, beef and peas into storage containers and refrigerate. Reheat in a microwave or pan over the stove before serving.

### Notes

**Storage:** Refrigerate in an airtight container up to 3 days after cooking. You may also freeze the cooked quinoa, and raw garlic beef marinade in separate freezer bags.

**No Beef:** Use diced chicken breast, cooked chickpeas or tofu instead.

**No Peas:** Use snap peas, green beans, broccoli, mushrooms, peppers or any vegetables you have on hand.