



Meal Prep Monday

Berry Granola Smoothie Bowl ● Chickpea & Quinoa Tabbouleh ● Cauliflower Rice Stir-Fry
Almond & Cranberry Energy Balls ● ● ● ● Cucumber, Avocado & Chicken Salad



Grocery List

| | | | |
|------------------------|------------------|-----------------------|--------------|
| Frozen Strawberries | Quinoa | Soy Sauce | Avocado |
| Frozen Blueberries | Canned Chickpeas | Eggs | Lemon Juice |
| Frozen Blackberries | Tomatoes | Medjool Dates, pitted | Walnuts |
| Bananas | Cucumbers | Rolled Oats | Milk |
| Vanilla Greek Yogurt | Parsley | Dried Cranberries | Mustard |
| Chicken Breast Fillets | Olive Oil | Almonds | Honey |
| Fresh Blueberries | Red Wine Vinegar | Almond Butter | Plain Yogurt |
| Fresh Blackberries | Sesame Oil | Shredded Iceberg | Mayo |
| Frozen Riced-- | Garlic | Lettuce | Granola |
| Cauliflower Medley | Ginger | Basil Leaves | |

Cucumber, Avocado & Chicken Salad

For the salad:

1/2 head iceberg lettuce, shredded
a dozen basil leaves, torn
1 avocado
2 tsp. lemon juice
1/2 cucumber, peeled
1/4 cup walnuts

For the chicken:

2 chicken breast fillets
1 tbsp. olive oil
1 tbsp. mustard
1 tbsp. honey

For the sauce:

3 tbsp. yogurt
1 tbsp. mayo
1 garlic clove, minced

1. Place the iceberg lettuce into a large bowl. Add torn basil leaves and mix. Divide between 2 serving bowls.
2. Season the chicken fillets with salt and rub with olive oil. Heat a dry pan and fry the chicken for 5 minutes on each side.
3. In the meantime, mix the mustard and honey. Grease the top of the fillets with half the sauce, then turn and cook for another 1.5 minutes. Repeat on the other side. Once cooked, cool slightly and chop.
4. Cut the avocado flesh into cubes, and drizzle with lemon juice. Peel and slice the cucumber.
5. Prepare the garlic sauce by mixing all the sauce ingredients. Season with salt & pepper.
6. Top salads with the chopped chicken, avocado, cucumber, and walnuts. Pour over the garlic sauce, and serve.

Berry Granola Smoothie Bowl

1/2 cup frozen strawberries
1/2 cup frozen blueberries
1/2 cup frozen blackberries
1 frozen banana
1 cup vanilla greek yogurt
1/4 cup milk
1/4 cup granola, for garnish
fresh strawberries, sliced, for garnish
fresh blueberries, garnish
fresh blackberries, garnish

1. Combine the strawberries, blueberries, blackberries and banana in a blender. Add the yogurt and the milk. Blend on high until smooth.
2. Pour the smoothie into a bowl. Top with granola, fresh strawberries, blueberries, and blackberries.



Cauliflower Rice Stir-Fry

2 tablespoons sesame oil
1 teaspoon minced garlic
1 teaspoon grated fresh ginger
2 (12 ounce) packages frozen
riced cauliflower medley
4 tablespoons soy sauce
2 eggs, lightly beaten



1. Heat sesame oil in a large nonstick skillet over medium heat. Add garlic and ginger and saute until fragrant, about 1 minute. Add riced cauliflower medley and cook, stirring frequently, until vegetables are tender-crisp, about 5 minutes. Stir in soy sauce and cook for 1 more minute.
2. Move cauliflower mixture to one side of the skillet and pour eggs into the other side. Cook and stir until eggs are scrambled, about 3 minutes. Combine eggs and cauliflower mixture together and cook until heated through, about 1 minute.

Chickpea & Quinoa Tabbouleh

$\frac{3}{4}$ cup quinoa, uncooked
1 (14 oz.) can chickpeas, drained
2 medium tomatoes, diced
1 small cucumber, diced
1 cup parsley, chopped
3 tbsp. olive oil
2 tbsp. red wine vinegar
salt & pepper

1. Cook the quinoa according to the instructions on packaging. Once cooked, drain and set aside.
2. In a large bowl, mix the cooked quinoa, chickpeas, tomatoes, cucumber, parsley, oil, and vinegar.
3. Season to taste with salt and pepper and place in the refrigerator to chill.
4. Best served chilled.

Almond & Cranberry Energy Balls

10 Medjool dates, pitted
1 cup rolled oats
 $\frac{1}{4}$ cup cranberries, dried
 $\frac{1}{4}$ cup almonds
4 tbsp. almond butter



1. Place the dates in a food processor and blitz until a smooth paste forms. Add the rolled oats, dried cranberries, almonds and almond butter and pulse until well combined.
2. Using slightly wet hands, roll tablespoonfuls of the mixture into balls. Place in the fridge for 1 hour to set.
3. Store in an airtight container in the refrigerator for up to 2 weeks.