



# Meal Prep Monday

Strawberry Protein Smoothie Bowl ● ● ● ● Coconut Braised Collard Greens  
Halibut with Thai Red Sauce ● Baked Carrot Fritters ● TexMex Grilled Chicken Salad

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## Grocery List

Cottage Cheese	Fresh Halibut	Tomato Paste
Frozen Strawberries	Lemongrass	White Wine
Maple Syrup	Lemon	Stevia Extract
Granola	Garlic	Thyme
Mixed Berries	Ginger	Pimento Pepper
Collard Greens	Cilantro	Medium Carrots
Coconut Milk	Onions	Egg
Soy Sauce	Pink Salt	All-Purpose Flour
Rice Vinegar	Hot Hungarian Paprika	Ground Cumin
Bay Leaf	Coconut Oil	Lettuce
Red Pepper Flakes	Thai Red Curry Paste	Taco Lime Grilled Chicken
Bacon	Black Beans	Tomato
Cotija, Queso Fresco or Feta	Red or Green Onion	Corn
Sour Cream or Greek Yogurt	Avocado	
	Creamy Avocado Salsa Verde Dressing	

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## Strawberry Protein Smoothie Bowl

4 cups cottage cheese  
1 ½ cup frozen strawberries, thawed  
4 tbsp. maple syrup  
½ cup granola  
1 cup mixed berries

1. Place the cottage cheese, strawberries and maple
2. syrup in a food processor or high-speed blender and
3. blitz until smooth and creamy.
4. Divide between 4 serving bowls, top with granola and
5. fresh berries, to serve.

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## Coconut Braised Vegan Collard Greens

1 bunch collard greens, rinsed clean in bowl  
1 13.5 oz can coconut milk (full fat)  
1 tablespoon soy sauce  
1 tablespoon rice vinegar  
1 bay leaf  
1 pinch red pepper flakes

1. Remove the leaves from the stems and slice the collards into ribbons.
2. In a large skillet over medium heat, add the coconut milk, soy sauce, rice vinegar, and bay leaf. Then add the collards, and cook, stirring occasionally, until they are darker in color and tender (10-12 mins). Add the red pepper flakes halfway through the cooking time if desired.
3. Remove from heat and serve with a few spoonfuls of sauce from the skillet. Enjoy!

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## Baked Carrot Fritters

4 medium carrots, grated  
1 small egg  
4 tbsp. all-purpose flour  
1 clove garlic, minced  
1 tsp. ground cumin  
salt & pepper

1. Preheat the oven to 400°F (200°C) and prepare a baking tray lined with baking paper.
2. In a bowl, mix all the ingredients together until well combined. Take a heaped tablespoon of the batter and place it on the baking tray, flatten slightly with your hand to form a round shaped fritter.
3. Bake the fritters for 12 minutes, then turn them over and bake for a further 12 minutes on the other side until golden.
4. Serve hot or cold. These fritters can be refrigerated in an air-tight container for up to 2-3 days.

# Halibut with Thai Red Sauce

4 pieces of fresh Halibut  
1 stalk of lemongrass (only the white part)  
Zest and Juice of 1 lemon  
1 teaspoon fresh garlic  
1 teaspoon fresh ginger  
1/4 cup of cilantro  
1/4 white onion  
1 teaspoon pink salt  
1 teaspoon black pepper  
1 teaspoon hot Hungarian paprika  
1 tablespoon coconut oil  
2 teaspoon Thai red curry paste  
2 teaspoon tomato paste  
1/2 cup of white wine  
1 cup of unsweetened coconut milk  
Stevia extract to taste (optional)  
1 teaspoon fresh thyme  
1 pimento pepper

1. Season Halibut pieces with 1/2 teaspoon pink salt, black pepper, paprika and the zest of the lemon. Set aside to marinate.
2. In a food processor add lemon grass, ginger, garlic, pepper, cilantro, onion and the juice of 1 lemon. Process until smooth.
3. Heat a large skillet on the stove. Add oil. Once the melted, add in the pieces of fish to sauté. Each piece will take 2-3 minutes total. Remove when the top is a crusty brown. Set aside to keep warm.
4. In the same skillet add the paste from the food processor. Sauté 5 minutes.
5. Add the red Thai curry paste and the tomato paste to the skillet. Sauté for another 4 minutes.
6. Add the wine. Using your spoon, scrape up the little bits that were sticking to the pot.
7. Once the wine comes to a bubble add in the coconut milk. Season with the remaining pink salt. Add in stevia and thyme.
8. Reduce the heat to simmer. All this to reduce and simmer for about 20 minutes. Sauce would be thickening and reduced by about 3/4.
9. Remove from the heat. Place fish on a serving dish and ladle the sauce on top or around your fish! Garnish with cilantro.

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# TexMex Grilled Chicken Salad

6 cups lettuce, sliced  
1 pound taco lime grilled chicken or cilantro lime grilled chicken  
1 cup tomato, diced  
1 cup corn, grilled  
1 cup black beans  
1/4 red or green onion, diced or sliced  
1 avocado, diced or mashed  
4 strips bacon, cooked and crumbled  
1/4 cup cotija, queso fresco or feta, crumbled  
1/4 cup sour cream or greek yogurt  
1/4 cup creamy avocado salsa verde dressing  
1/4 cup cilantro, torn or chopped

1. Assemble the salad, toss in the dressing and enjoy!
2. Option: Use a different dressing like ranch or a creamy avocado dressing, cilantro lime vinaigrette, jalapeno ranch dressing, jalapeno popper dressing, etc.