



Meal Prep Monday

Mediterranean Chickpea Wrap ●●● Smoky Bacon & Lentil Soup

BBQ Pork Ribs & Zucchini ● Vegetable Beef Stew ● Cinnamon Granola



Grocery List

Rolled Oats

Walnuts

Cinnamon

Almond Butter

Maple Syrup

Olive Oil

Onions

Mushrooms

Carrots

Green Peppers

Celery

Garlic

Top Sirloin Beef

Tomatoes

Tomato Paste

Bacon

Swiss Chard

Chicken Broth

Lentils

Smoked Paprika

Cumin

Rosemary

Greek Yogurt

Red Wine Vinegar

Oregano

Garlic Powder

Baby Spinach

Chickpeas

Cucumber

Red Onion

Feta Cheese

Pitted Olives

Whole Wheat Tortillas

Pork Ribs

BBQ Sauce

Vinegar

Zucchini

Cinnamon Granola

2 cups rolled oats
1 cup walnuts, chopped
1 tbsp. cinnamon
4 tbsp. almond butter
½ cup maple syrup
salt

1. Preheat the oven to 325°F and line a baking tray with baking paper.
2. Mix the oats, walnuts and cinnamon in a large bowl, adding a pinch of salt.
3. Next, add the almond butter and maple syrup, mix until well combined and sticky.
4. Spread the mixture evenly over the baking tray and bake for 15 minutes on the middle shelf in the oven. Remove the tray, stir the mixture to break it up a little and place back in the oven to cook for a further 10-12 minutes until golden brown.
5. Remove the tray from the oven and place on a wire rack to cool. Once cooled down store in an airtight container for up to one week.

Vegetable Beef Stew

2 tablespoons olive oil
1/4 cup chopped onions
1/4 cup sliced mushrooms
1/4 cup chopped carrots
1/4 cup chopped green peppers
2 tablespoons chopped celery
1 clove garlic, minced
1/4 lb top sirloin beef, cubed
1/2 cup chopped tomatoes
1/2 tablespoon tomato paste
2 slices cooked bacon, crumbled
Salt and pepper

1. Heat a small saucepan over medium heat. Add the olive oil and vegetables and cook until tender. Add the garlic and season with salt and pepper. Add the beef, tomatoes, and tomato paste to the pan. Simmer until tomatoes are broken down and thickened and beef is cooked (1 hour). Before serving, top with bacon.

Smoky Bacon & Lentil Soup

8 slices center-cut bacon
6 cloves garlic, minced
1 ½ cups chopped onion
1 cup chopped carrots
1 large bunch Swiss chard, stems and leaves separated and chopped
6 cups low-sodium chicken broth
1 ½ cups red, green, and/or black lentils
1 ½ teaspoons smoked paprika
½ teaspoon ground cumin
1 teaspoon salt
1 teaspoon ground pepper
1 0.5-ounce package fresh rosemary

1. Cook bacon in a large pot over medium heat until crisp, 5-6 mins. Transfer to a paper-towel-lined plate, reserving 2 Tbsp. drippings in the pot. Crumble the bacon and reserve for the topping.
2. Add garlic, onion, carrot, and chard stems; cook over medium heat until softened, 5-6 mins. Add broth, lentils, smoked paprika, cumin, salt, and pepper. Bring to a boil. Reduce heat to low. Tie rosemary sprigs together with butcher's twine or secure in a cheesecloth bag. Add the rosemary to the soup, gently pressing into the liquid and stirring. Cover, leaving the lid slightly ajar to allow steam to escape and prevent the lentils from boiling over. Simmer until the lentils are tender, ~20 mins. Remove and discard the rosemary sprigs.
3. Transfer 2 cups of the soup to a blender. Remove the center piece of the lid to let steam escape, secure the lid on the blender, and cover with a kitchen towel. Puree until smooth. Return the blended soup to the pan.
4. Stir in the chopped chard leaves; cook until wilted, 1-2 mins. Top each serving with bacon.

BBQ Pork Ribs & Zucchini

1/2 pound pork ribs
1 tablespoons barbecue sauce
2 tablespoons vinegar
1 tablespoon olive oil
1/4 cup diced zucchini

1. Preheat oven to 350 degrees F. Toss the ribs with the barbecue sauce, vinegar, and olive oil and lay in a small casserole dish.
2. Cover and bake for 20 minutes. Uncover, add the diced zucchini and bake 10 more minutes, until ribs are tender.

Mediterranean Chickpea Wrap

For each sandwich:

2 tablespoons Greek yogurt
1 teaspoon red wine vinegar
1 tablespoon olive oil
1/4 teaspoon oregano
1 pinch garlic powder
kosher salt to taste
black pepper to taste
1/2 cup baby spinach or other baby greens
1/4 cup cooked chickpeas drained and rinsed
1/4 cup chopped cucumber
2 slices red onion
1/4 cup feta cheese chopped
1/4 cup tomato chopped
1/4 cup pitted olives chopped
1 large whole wheat tortilla

1. In a medium mixing bowl, whisk together yogurt, vinegar, olive oil, oregano, garlic powder, salt, and pepper. Taste and adjust seasonings if needed.
 2. Add remaining ingredients except tortilla; mix to coat evenly in dressing.
 3. Add mixture to the tortilla, wrap like a burrito. Eat!
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