



Meal Prep Monday

Easy Waffles ●●● Grilled Lemon Chicken Salad ●●● Zucchini Fries
Sweet Potato Hummus ●●●● Buddha Bowl



Grocery List

- | | | |
|-------------------|--------------------|--------------------------|
| All purpose flour | White Wine vinegar | Zucchini |
| Sugar | Rocket | Breadcrumbs |
| Baking Powder | Chickpeas | Thyme |
| Milk | Sweet potatoes | Boneless Chicken Breasts |
| Eggs | Tahini | Asparagus |
| Butter | Smoked Paprika | Green Onions |
| Maple Syrup | Wild Rice | Coconut oil |
| Lemons | Beetroot | Cayenne Pepper |
| Oregano | Kale | Turmeric |
| Olive Oil | Red Cabbage | Hemp Seeds |
| Garlic | Avocado | Pumpkin Seeds |

Easy Waffles

1 cup all-purpose flour, spooned and leveled
2 tablespoons sugar
1 teaspoon baking powder
¼ teaspoon salt
1 cup milk
2 large eggs
4 tablespoons (½ stick) unsalted butter, melted
Maple syrup and butter, as desired, for serving

1. Preheat waffle iron according to manufacturer's instructions. In a large bowl, whisk flour, sugar, baking powder, and salt; set aside.
2. In a small bowl, whisk milk and eggs; pour over flour mixture, and whisk gently to combine (don't overmix).
3. Gently whisk in butter.
4. Following manufacturer's instructions, cook waffles until deep brown and crisp. (For a standard waffle iron, pour a generous ½ cup of batter into center, spreading to within ½ inch of edges, and close; waffle will cook in 2 to 3 minutes.)
5. Serve warm, with maple syrup and butter, as desired.

Grilled Lemon Chicken Salad

2 lemons
1 1/2 tbsp. oregano
1 1/2 tbsp. olive oil
2 tsp. minced garlic
4 skinless, boneless chicken breasts (around 5 oz. each)
8 oz. asparagus
8 green onions, trimmed
1 tsp. coconut oil
1 1/2 tbsp. white wine vinegar
1 packet 4 oz. rocket

1. Heat oven to 400°F.
2. Grate lemon rinds to equal 2 teaspoons, then halve the lemons and set aside. Combine lemon peel, oregano, oil, and garlic in a large bowl. Add chicken, season with salt and pepper and toss to cover.
3. Place the chicken and halved lemons on a baking tray inside the heated oven and bake for 20-25 minutes, until the chicken is cooked through and browned. Wait until slightly cooled then chop.
4. Heat the coconut oil in a small pan over medium heat and cook the asparagus and green onions for 3 to 4 minutes or until tender, turning occasionally. Cut asparagus and green onions into 2-inch pieces.
5. Divide the rocket over plates and top with asparagus and green onions. Drizzle with white wine vinegar and season with salt and pepper. Serve with chicken and lemon halves.

Zucchini Fries

- 1.1 lbs. zucchini
- 1 clove garlic, crushed
- 1 egg
- 1 tsp. plant milk
- 4 tbsp. breadcrumbs
- 1 tsp. dried oregano
- 1 tsp. dried thyme
- 3 tbsp. olive oil



1. Preheat oven to 430°F. Cut zucchini into fry-like pieces.
2. Crack the egg into a bowl and whisk with the milk. Season with salt, pepper, add the crushed garlic, oregano, and thyme. Mix well.
3. On a separate plate, have your breadcrumbs ready.
4. Grease a large baking tray with 1 tbsp. of olive oil.
5. Dip the zucchini in egg, then roll in breadcrumbs and place on the baking tray. Place the tray in preheated oven and bake for 15 minutes. Turn the fries 2-3 times during this time, drizzling with the remaining 2 tbsp. of olive oil.
6. Season with salt and serve.

Sweet Potato Hummus

- 1 ½ cup chickpeas, drained
- 1 cup sweet potato, mashed
- 4 tbsp. tahini
- ½ tsp. smoked paprika
- 1 garlic clove, minced

1. Place all ingredients into a high speed blender or food processor and blitz until smooth.
2. Serve as a dip.

Vegan Buddha Bowl

¾ cup uncooked wild rice
1 large sweet potato
¼ tablespoon olive oil to brush the potato
1 medium beetroot peeled and spiralized
2 handfuls of lacinato kale leaves
½ tablespoon olive oil to massage the kale
½ cup shredded red cabbage
1 avocado sliced

FOR THE SPICY CHICKPEAS:

1 can (14 oz.) chickpeas drained, rinsed and pat dry
1 tablespoon olive oil
½ teaspoon paprika
½ teaspoon cayenne pepper
¼ teaspoon turmeric
¼ teaspoon salt

FOR THE LEMON TAHINI DRESSING:

¼ cup tahini
2 tablespoons lemon juice
1 small garlic clove minced
3 tablespoons water
¼ teaspoon salt

TOPPINGS:

½ tablespoon hemp seeds
½ tablespoon pumpkin seeds

1. Cook the wild rice according to package directions.
2. Preheat the oven to 392°F.
3. Place the chickpeas in a large bowl and toss with olive oil, cayenne pepper, paprika, turmeric, and salt until evenly coated.
4. Spread the chickpeas in an even layer on a rimmed baking sheet and bake until crispy, about 20 to 30 minutes.
5. Prick the sweet potato all over with a fork and microwave at HIGH just until tender, about 3 minutes.
6. Cut the potato into 1/2-inch-thick rounds, and brush each round on 1 side with ¼ tablespoon of olive oil.
7. Heat a large skillet over medium-high heat, and cook the potato slices, oil side down, until golden brown, 2 to 3 minutes.
8. Prepare the lemon tahini dressing by whisking together tahini, lemon juice, garlic, 3 tablespoons of water, and salt until the mixture is smooth and creamy. If your dressing is too thick, add more water.
9. Divide all the ingredients evenly into 3 bowls, drizzle the lemon tahini dressing over the top, sprinkle with pumpkin seeds and hemp seeds.
10. Enjoy!

