



Meal Prep Monday

Cod with Creamy Zoodles ●● Buddha Bowl ●● Cauliflower Hash Browns
Chicken 'n Veggie Wraps ●●●● Low Carb Banana & Strawberry Cake



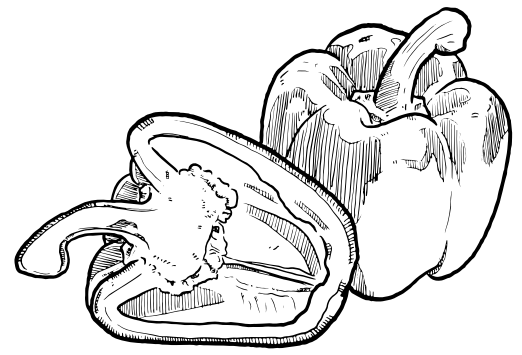
Grocery List

Cod Fillets	Frozen Chopped Onions, Bell	Ripe Bananas
Paprika	Peppers, Celery	Wheat Flour
Turmeric	Eggs	Stevia
Oregano	Wild Rice	Baking Powder
Chili Powder	Sweet Potato	Strawberries
Buckwheat Flour	Beetroot	Low-Fat Greek Yogurt
Vegetable Stock	Kale	6-in Whole Wheat Flour
Cream	Red Cabbage	Tortilla
Chives	Avocado	Chicken Breasts
Zucchini	Tahini	Red Bell Pepper
Oil	Lemon Juice	Red Onion
Garlic	Garlic	Mixed Salad Greens
Sundried Tomatoes	Hemp Seeds	Cayenne Pepper
Frozen Shredded Hash Browns	Pumpkin Seeds	Frozen Riced Cauliflower
	Chickpeas	

Chicken 'n Veggie Wraps

Ingredients

- ¼ cup Low-Fat Greek Yogurt
- 4 (6-in.) fajita size whole wheat flour tortillas
- 12 ounces boneless, chicken breasts, grilled and sliced
- 1 medium red bell pepper, sliced
- ¼ cup sliced red onion
- 2 cups mixed salad greens



1. Spread Greek yogurt on tortillas. Layer remaining ingredients down center of each tortilla. Roll up tortillas.
2. Serve.

Cauliflower Hash Browns

- 3 cups frozen shredded hash browns
- 1 (10 ounce) package frozen riced cauliflower
- 1 cup frozen chopped seasoning blend (onions, bell peppers, celery) or stir-fry blend (onions, bell pepper)
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 3 tablespoons canola or vegetable oil, divided
- 4 large eggs

1. Combine hash browns, cauliflower, seasoning (or stir-fry) blend, salt, and pepper in a large bowl. Add 2 Tbsp. oil and toss to coat.
2. Heat 1 tsp. oil in a large nonstick skillet over medium-high heat. Add the potato mixture; cook, stirring with a spatula, until the vegetables begin to soften and hold together a little, about 2 minutes. Continue cooking, undisturbed, until beginning to brown on the bottom, about 5 minutes. Gently lift portions with the spatula and flip, so that browned sides are on top. Break up a little with the spatula and continue cooking, undisturbed, until the underside is lightly browned, another 4 to 5 minutes. Continue cooking, breaking up and flipping, until most of the mixture is browned and crisped, 8 to 10 minutes more.
3. Divide the mixture among 4 plates and keep warm.
4. Add the remaining 2 tsp. oil to the skillet and return to medium heat. Crack the eggs into the pan and fry to desired doneness. Top each hash brown portion with a fried egg and serve at once.



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

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

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!

Low Carb Banana & Strawberry Cake

- 4 small ripe bananas
 - 1 cup wheat flour
 - 1/2 cup buckwheat flour
 - 1/4 cup coconut oil
 - 2 tbsp. stevia/xylitol
 - 1 egg
 - 1 tsp. baking powder
 - 10 strawberries, halved
1. Pre-heat oven to 350°F.
 2. Peel the bananas and blitz in a food processor until smooth.
 3. Add in egg, oil and xylitol, then mix. Next, add flours and baking powder, and blitz until a smooth batter.
 4. Transfer the batter into a greased cake pan. Place the halved strawberries on top and bake for 60 minutes, until the cake is golden brown and cooked through.

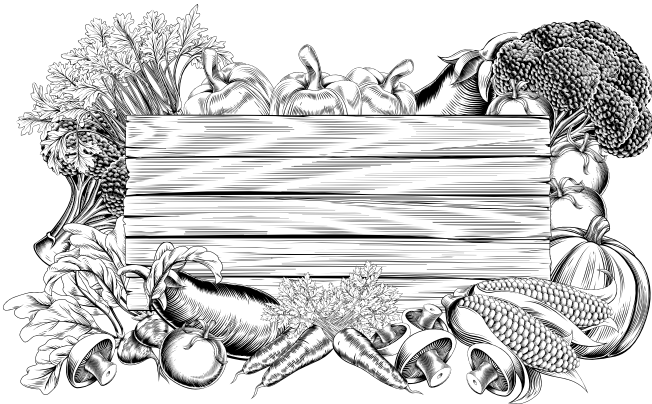
Cod with Creamy Zoodles

Fish:

- 10 oz. cod fillets
- 1 tsp. paprika
- 1 tsp. turmeric
- 1 tsp. oregano
- 1/2 tsp. chili
- 1 tbsp. buckwheat flour
- 1/4 cup vegetable stock
- 1/3 cup cream (dairy or plant based)
- 3 tbsp. chives, chopped

Zucchini:

- 2 medium zucchinis
- 1 tsp. oil
- 1 clove garlic, minced
- 4 sundried tomatoes



For the fish:

1. Cut the fish so you have 2 or more pieces of fillet. Season with salt, pepper and spices, then coat with buckwheat flour.
2. Heat 2 tbsp. of oil in a frying pan and fry the cod until golden for about 5 minutes, then flip and repeat on the other side.
3. Mix the cream and the hot stock together. Pour into the pan with the cod and bring to a boil, simmer for 2-3 minutes. Sprinkle with chives and simmer for another 1-2 minutes.

For the zucchini:

4. Make zucchini noodles (zoodles) using a special julienne peeler or a spiralizer, or peel with a regular vegetable peeler, making wide but thin ribbons.
5. Heat the oil in a frying pan, add the minced garlic and fry briefly. Add the zoodles and occasionally stir until they soften slightly, for about 3-4 minutes. In the meantime, season with salt and pepper. At the end, add the chopped sundried tomatoes.
6. To serve, divide the zoodles between two bowls, place the cod on top and pour over the sauce.