



# Meal Prep Monday

Almond Energy Balls ●●● Pizza Lettuce Wraps ●●● Pumpkin Mac & Cheese  
Black Bean & Corn-Topped Potatoes ●●●● Smoky Bacon & Lentil Soup

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## Grocery List

Almond Meal	Cherry Tomatoes	Lentils
Honey	Mozzarella Cheese	Smoked Paprika
Coconut Oil	Turkey Pepperoni	Rosemary
Lemon Juice	Basil	Frozen Whole-Kernel Corn
Desiccated Coconut	Oregano	Salsa
Baking Potatoes	Bibb Lettuce	Cheddar-Jack Cheese
Onion	Elbow Macaroni	Cilantro
Garlic	Pumpkin Puree	Bacon
Cumin	Nutritional Yeast	Carrots
Chili Powder	Almond Milk, Unsweetened	Swiss Chard
Canned Black Beans	Dijon Mustard	Low-Sodium Chicken Broth

## Almond Energy Balls

1 cup almond meal  
2 tbsp. of honey  
1 tsp. coconut oil, melted  
1/2 tsp. lemon juice (optional)  
2 tbsp. desiccated coconut

1. Place the almond flour into a bowl, add honey and oil and mix well using your hand, pressing firmly. Form 6 balls.
2. You can also add half a teaspoon of lemon juice to break the sweetness.
3. Roll the energy balls in coconut/poppy seeds.

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## Black Bean & Corn-Topped Potatoes

4 (6-ounce) baking potatoes  
Cooking spray  
1/2 cup chopped onion  
2 garlic cloves, minced  
1 teaspoon ground cumin  
1/2 teaspoon chili powder  
1 (15-ounce) can no-salt-added black beans, rinsed and drained  
1 1/2 cups frozen whole-kernel corn  
1 1/2 cups fresh salsa  
1/4 cup (1 ounce) reduced-fat shredded cheddar-Jack cheese  
1/4 cup chopped fresh cilantro

1. Pierce potatoes with a fork; arrange in a circle on paper towels in microwave oven. Microwave at HIGH 10 minutes, turning and rearranging potatoes after 5 minutes.
2. While potatoes cook, heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add onion and next 3 ingredients; sauté 3 minutes. Reduce heat to low. Add beans, corn, and salsa; cook 4 minutes or until thoroughly heated.
3. Split potatoes lengthwise, cutting to, but not through, other side. Fluff with a fork. Spoon about 1 cup bean mixture over each potato. Top each serving evenly with cheese and cilantro.

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## Pizza Lettuce Wraps

1 1/4 cups cherry or grape tomatoes, quartered  
3/4 cup shredded reduced-fat mozzarella cheese  
1/4 cup thinly sliced, cooked turkey pepperoni, chopped  
1/4 cup snipped fresh basil  
1 tablespoon snipped fresh oregano  
8 large Bibb lettuce leaves

1. In a medium bowl combine tomatoes, cheese, pepperoni, basil, and oregano.
2. Divide tomato mixture among lettuce leaves. Roll up or leave open as cups.

# Pumpkin Mac & Cheese

1 cup of uncooked elbow macaroni  
1 cup pumpkin puree (not pumpkin pie filling)  
6 tablespoons nutritional yeast  
1 cup Almond milk, unsweetened  
1 teaspoon minced garlic  
2 teaspoons Dijon mustard  
Salt and pepper, to taste

1. Cook pasta according to package directions and set aside until ready to use.
2. Meanwhile, bring almond milk to a boil in a pot over medium high heat. Whisk in nutritional yeast, minced garlic, and Dijon mustard, and continue to cook for two minutes, or until slightly thickened.
3. Whisk in pumpkin puree until completely smooth and cook until desired consistency is reached.
4. Add salt and pepper to taste. Stir in cooked pasta until the sauce is evenly distributed throughout.
5. Transfer to plates and serve!

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# 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, Transfer to a paper-towel-lined plate, reserving 2 Tbsp. drippings in the pot. Crumble the bacon and set aside.
2. Add garlic, onion, carrot, and chard stems to the pot; cook over medium heat until softened, 5-6 minutes. Add broth, lentils, smoked paprika, cumin, salt, and pepper. Bring to a boil. Reduce heat to low.
3. 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 minutes. Remove and discard the rosemary sprigs.
4. 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.
5. Stir in the chopped chard leaves; cook until wilted, 1-2 minutes. Top each serving with bacon.

