

# MEAL PREP TIPS

---

5 hacks to do ahead of time to make this week even easier!

1. **Allow yourself to hit the #easybutton while grocery shopping!** Buy sliced mushrooms vs whole, frozen corn instead of ears and crumbled cheese vs a block. These little swaps save lots of time during busy weeks.
2. **Make no bake breakfast cookies!** Prepare at the beginning of the week for easy grab and go breakfasts all week long.
3. **Make your salad dressing!** Store at room temperature.
4. **Make chop salad!** Consider dividing equally into (4) separate containers for easy grab and go lunch throughout the week.
5. **Make Pico de galo!** Store in an airtight container for up to 7 days in the fridge.



# NO BAKE BREAKFAST COOKIES

gluten free, vegetarian, dairy free, one bowl meal



## What You'll Need:

parchment paper

1 cup gluten free oats

¼ c mini dark chocolate chips

3 Tbsp chia seed

½ c all natural peanut butter, no sugar added

1/3 c honey, local to your area

1 tsp pure vanilla extract

8 c fruit of choice

...

Combine dry ingredients in a large bowl.

Add wet ingredients. Mix well.

Line a cookie sheet with parchment paper. Divide and form into 10 equal patties (about 2 Tbsp per cookie—use a Tablespoon measure!)

Pop in the fridge\* and serve with 1 cup of fruit for easy grab and go breakfast all week long!

*\*Stores well covered in the fridge for up to 2 weeks, or in the freezer for up to 3 months.*

Serves 5 (2 cookies per serving)



# CHOP SALAD WITH BLEU

---

gluten free, vegetarian, one dish meal



## What You'll Need:

### For the dressing:

½ c olive oil  
½ c balsamic vinegar  
2 Tbsp honey, local to your area  
Salt & pepper to taste

### For the salad:

1 large head lettuce, chopped  
4 carrots, diced  
4 stalks celery, diced  
2 c shelled edamame  
1 broccoli brown, finely chopped  
½ pint cherry tomato, quartered  
6-ish ounces bleu cheese  
Fresh ground black pepper

...

Combine salad dressing ingredients in a jar. Shake to mix!

Prepare salad ingredients and toss together. Divide equally into (4) separate containers for easy grab and go throughout the week OR combine all ingredients in one large bowl to share. Toss with dressing just before serving.

Serves 4

# SOUTHWEST ZUCCHINI BAKE

---

gluten free, vegetarian



## What You'll Need:

2 large zucchini, sliced into rounds, then quarters  
½ Tbsp olive oil

3 c corn (about 4 ears, cut from cob OR #easybutton 1 bag frozen)

1 can black beans, drained and rinsed

1 tsp chili powder

1 tsp cumin

cracked pepper salt to taste

1 pint cherry tomatoes, halved

½ bunch fresh cilantro, chopped

OPTIONAL: 1 fresh jalapeño, sliced

½ c cheddar cheese

...

Preheat oven to 350\*

Sauté zucchini olive oil until tender, then toss with other ingredients.

Transfer to a baking dish. Top with cheddar cheese, (and jalapeno if desired) bake for 10-15 minutes, or until cheese is melted. Holla!

Serves 2



# SPRING VEGGIE & HERB PASTA

---

gluten free, vegetarian



## What You'll Need:

parchment paper.  
1 zucchini, quartered  
1 pint mushrooms, any variety, sliced #easybutton 1  
pint prewashed & sliced mushrooms  
1 shallot, sliced  
.25-ish ounce fresh thyme  
.25-ish ounce fresh oregano  
2 Tbsp olive oil  
Black pepper to taste  
1 tsp sea salt  
OPTIONAL: ½ tsp crushed red pepper

1 pint cherry tomato

1 bag baby spinach

6-ish ounces brown rice or quinoa pasta

4-ish ounces shredded parmesan cheese

...

Preheat oven to 375\* and bring water to a boil for the pasta.

Toss zucchini, mushrooms & shallot with olive oil, herbs & spices. Spread evenly on a baking sheet lined with parchment paper. Pop in the oven for 7 minutes.

Meanwhile, put spinach in a large pasta strainer and set in the sink.

# SPRING VEGGIE & HERB PASTA

---

gluten free, vegetarian

Add tomatoes to roasting pan, and return to oven for a final 10 minutes.

Cook pasta according to package instructions. Drain SLOWLY over spinach to flash steam.

Serve roasted veggies over pasta & spinach. Top with parmesan cheese and be happy!

Serves 2.



# SOUTHWEST POWER BOWL

gluten free, vegetarian



## What You'll Need:

### For the pico de gallo:

½ pint cherry tomato, diced

½ bunch fresh cilantro, chopped

1 large shallot, minced

Juice of 1 lime

¼ tsp sea salt

Fresh cracked pepper

OPTIONAL: 1 fresh jalapeno, seeded & diced

### For the bowl:

4 eggs

½ Tbsp grass fed butter

1 avocado

1 can black beans, drained & rinsed

...

Prepare pico de gallo by combining all ingredients in a medium bowl. (This can be done up to 5 days ahead of time, and stored covered in the fridge!)

Melt butter in a skillet. Crack eggs into pan. They are perfect cooked over-hard for this dish--but do what you love!

Serve eggs with fresh pico de gallo, sliced avocado and black beans. Share with a friend.

Serves 2

# GROCERY HAUL!

---

**BOLDFACED** items denote **PANTRY STAPLES**. These are great, not-so-perishable things to have on hand, and items you will use time and time again.

#easybutton hacks noted where appropriate. These are great options for people who are busy, want to cut down on prep time, or who value convenience. Use these as you see fit.

PRO TIP: Always check your fridge/freezer/pantry inventory before heading to the store. You likely have more on hand than you realize!

## Fresh Produce

**2 shallots**

3 zucchini

1 pint mushrooms, any variety #easybutton 1 pint prewashed & sliced mushrooms

4 ears corn #easybutton 1 bag frozen corn

3 pints cherry tomato

1 bag baby spinach

1 large head lettuce, any variety

1 pound bag carrots

1 head celery

1 broccoli crown

1 avocado

1 bunch fresh cilantro

.25-ish ounce fresh thyme

.25-ish ounce fresh oregano

OPTIONAL: 2 fresh jalapenos

1 lime

8 cups fruit of choice to serve with breakfast cookies: \_\_\_\_\_



Animal Products/Dairy & Meat Substitute

**4-ish ounce block parmesan cheese #easybutton shredded parmesan cheese**  
4-ish ounce block cheddar cheese #easybutton shredded cheddar cheese  
6-ish ounce block bleu cheese #easybutton crumbled bleu cheese  
½ dozen eggs  
**1 block grass fed butter**

Dry Goods

*Rice/Legumes:*

**2 cans black beans**  
**1 bag/box brown rice or quinoa pasta**

*Condiments:*

**1 jar honey, local to your area**  
**1 jar natural peanut butter, no sugar added**

*Breakfasts*

**1 bag/box gluten free rolled oats**

*Baking:*

**Parchment paper**  
**1 bag mini dark chocolate chips**  
**1 bag chia seeds**

Spices

**Black pepper**  
**Sea salt or pink Himalayan salt**  
**chili powder**  
**cumin**  
**pure vanilla extract**  
OPTIONAL: crushed red pepper

Oils & Vinegars

Olive oil  
balsamic vinegar

Freezer

**1 10-ish ounce bag shelled edamame**  
OPTIONAL: 1 10-ish ounce bag corn (if not using fresh)

Notes:





COPYRIGHT 2019  
Sarah Kaminski & The Veg Out Project

