

# WEEK 1: MEAL PREP SHOPPING LIST

This 30-minute meal prep will make breakfast and lunch for 1 person for up to 4 days, with possible leftovers for dinner. See the bonus suggestions below for using up the leftovers!

## Fresh Produce:

Sweet potatoes (1-2 pounds)  
1 head of cabbage  
1-2 cucumbers  
2 bananas  
1 bunch kale (I use “Dino” kale)  
1 avocado (or use ground flax)  
Fresh ginger (2 inches or more)  
Garlic (1 clove)

## Pantry Staples:

Quinoa (2 cups dry)  
Tamari (gluten-free soy sauce)  
Apple cider vinegar  
Maple Syrup  
Extra-Virgin Olive Oil  
Fine sea salt  
Toasted sesame seed oil

## Frozen:

Frozen mango chunks (4 cups)

## BONUS LEFTOVER IDEAS

### Quinoa “Fried Rice”

Sauté your extra cabbage, ginger, garlic, and any other veggies you have (red onion, broccoli, & bell pepper work well) until tender. Season with tamari, and add in the cooked quinoa. Stir until heated through, adjust seasoning to taste, and serve warm.

### Sweet Potato Hash

For a warm breakfast or dinner idea, use your extra roasted sweet potatoes in a veggie sauté. Sauté onion, bell peppers, or any other veggies you have on hand until softened, then add in the roasted potatoes and stir until heated through. Serve warm.