

WEEK 2: 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:

- 1 pound Brussels sprouts
- 1-2 heads Romaine lettuce
- 1 pound fresh baby spinach
- 2-3 large lemons
- 1 pound Medjool dates
- 1-2 cloves of garlic

Frozen:

- 1 (12 oz) bag frozen artichoke hearts

Pantry Staples:

- Green lentils (1 cup dry)
- Raw tahini (I like Artisana brand)
- Raw apple cider vinegar
- Extra-virgin olive oil
- Onion Powder
- Dried Oregano
- Salt & Pepper
- Raw cacao powder (or cocoa powder)
- Chia Seeds
- Hemp Hearts

BONUS LEFTOVER IDEAS

Vegetarian Bolognese

If you have extra cooked lentils on hand, add them to your favorite marinara sauce and serve it over whole grain pasta for extra plant-based protein. (You can stir in some spinach to wilt in the hot pasta, too!)

Pasta Salad

Toss cooked pasta with the tahini dressing and leftover vegetables and serve chilled.

Stuffed Baked Potatoes

If you have leftover roasted vegetables, lentils, or dressing, try stuffing them into a baked potato! (You can use Yukon gold or sweet potatoes.) Roast the potatoes at 400°F until tender, about 45-60 minutes, then stuff with leftovers and drizzle with dressing.