

WEEK 4: MEAL PREP SHOPPING LIST

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

Fresh Produce:

- 2 zucchini (about 1 pound)
- 1 pint cherry tomatoes
- 1 red onion
- 1 to 2 lemons
- 1 clove garlic
- Carrots, celery, or bell peppers (to dip in leftover hummus)

Pantry Staples:

- 1 1/2 cups dry quinoa
- 1 (15 oz) can chickpeas
- Raw tahini (1/4 cup)
- Extra-virgin olive oil
- Apple cider vinegar
- Ground Cumin
- Garlic powder
- Baking soda
- Salt

BONUS LEFTOVER IDEAS

Traditional Quinoa Pizza

Top your extra pizza crust with marinara sauce, cheese, and your favorite toppings and heat in the oven at 375°F for 10 minutes, or until the cheese is bubbly.

Vegan Pasta with Roasted Vegetables

Toss cooked pasta with your favorite marinara sauce, and stir in some of the hummus to make it creamy. Add in any leftover veggies you have, and heat thoroughly in a skillet.

Roasted Vegetable Salad

Use leftover roasted vegetables on a leafy green salad, with your favorite dressing. I sometimes like to add a dollop of hummus to my salads, for creaminess, too.