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Let's Meal Prep!



4-Day Meal Prep

If we are going to discuss meal prep, let's go ahead and do it while we talk! You can come prepared to slice/dice/prep ANY of the options in "the meals" section. We will walk through the steps of prepping each option. Or you can come simply to watch, learn, discuss and ask questions.

The Meals

Breakfasts:

- Hard-boiled eggs
- Apple-cinnamon quinoa bowl: Option - Steel cut oats
- Sweet potato hash

Snacks:

- Sliced raw veggies with hummus
- Roasted sweet potatoes & seasoned black beans

Lunch/Dinners:

- Simple Chicken & Vegetable Stir-Fry
- Greek Kale Salad with Quinoa & Chicken: Option- Chopped Romain Salad
- Pesto Ravioli with Spinach & Tomatoes
- Chipotle Orange Broccoli & Tofu: Option - Add chicken or other protein
- Salmon & Sweet Potato Bowl

INGREDIENTS for 4-Day Prep:

Protein:

- 1-2 filets salmon or fish of choice
- 1 ½ lb. chicken breasts (boneless, skinless)
- 1- 14oz. package extra firm tofu
- 4-6 eggs

Grains/Starch:

- 1.5 -2 cups quinoa – option: brown rice
- 2 (8-ounce) packages fresh or frozen cheese ravioli or tortellini

Vegetables:

- 10 Cups broccoli florets
- 4-6 Carrots
- 3 stalks celery
- ½ lb. Green beans
- 1 Bunch scallions
- 5 Cups kale; option - Romain lettuce
- 3 Cups baby spinach
- 3 Cups mushrooms
- 4-5 Sweet potatoes

- 1 Large onion
- 2 Red peppers
- 1 Cucumber
- 1 Pint grape/cherry tomatoes
- 1 bulb garlic or diced garlic in jar
- Ginger; grated 2-3 tbsp

Fruit

- 1 Apple
- 1 lime

Herbs/Spices:

- 1 bunch Cilantro – Fresh
- Dried sage
- Dried Thyme
- Chili Powder
- Sea Salt
- Pepper
- Cinnamon
- Paprika

Legumes

- 1 can black beans

Refrigerator:

- Pesto – 1/3 cup
- Hummus – ½ cup
- ¾ cup milk or non-dairy milk
- Crumbled Feta Cheese – 1 oz.
- Orange Juice – 1 cup

Pantry:

- Extra Virgin Olive Oil
- Coconut oil
- Harissa – 2 tbsp.
- Sliced almonds - 4 tsp
- Small can chipotle chilis in adobe sauce
- Vegetable broth – ½ cup

TOOLS:

- Chef's knife
- Paring Knife
- Cutting board
- 2 Skillets (One will be fine, simply wipe clean in-between cooking)
- 2 rimmed baking sheets
- 2 medium-large pots
- Small saucepan
- Strainer

- Salad Spinner
- Measuring spoons
- Oven Mitts
- Large bowl for composting
- 5-8 smaller containers for storing prepped meals OR larger containers for storing prepped food.

The Plan

- Mise En Place: Setting up your Space
- Getting started – The Stove Top, Crock pot, Instant Pot
- Washing & Prepping – The Produce
- The Oven – Timing it all
- Storing – It's all in the presentation!

The Recipes

Greek Kale Salad with Quinoa & Chicken

Toss the cooked chicken into this healthy 5-ingredient salad recipe while it's still warm to lightly wilt the kale, making it softer and easier to eat. Using store-bought salad dressing saves time, but you could also make your own Mediterranean vinaigrette.

Servings: 2 Active Cook Time: 10 mins. Total: 10 mins.

Ingredients

- 4 cups chopped kale
- 1 ½ cups shredded cooked chicken
- 1 cup cooked quinoa
- ¼ cup sliced jarred roasted red peppers
- ¼ cup Greek salad dressing (see Tip)
- 1-ounce Crumbled feta cheese

Directions

- **Step 1**
Place kale, chicken, quinoa and roasted peppers in a large bowl. Add dressing and toss to coat. Top with feta, if desired.

Recipe Source: Eating well: <https://www.eatingwell.com/recipe/262450/greek-kale-salad-with-quinoa-chicken/>

Apple-Cinnamon Quinoa Bowl

Move over, oatmeal! Get a satisfying serving of healthy whole grains in the morning with this breakfast quinoa bowl.

Servings: 1 Active Cook Time: 10 mins Total: 30 mins

Ingredients

- $\frac{3}{4}$ cup low-fat milk
- $\frac{2}{3}$ cup diced apple, divided
- $\frac{1}{4}$ cup quinoa
- $\frac{1}{4}$ teaspoon ground cinnamon
- $\frac{1}{8}$ teaspoon salt
- 4 teaspoons sliced almonds
- $\frac{1}{2}$ teaspoon honey

Directions

- **Step 1**
Combine milk, $\frac{1}{3}$ cup apple, quinoa, cinnamon and salt in a small saucepan. Bring to a boil. Cover and simmer on very low heat until the liquid is absorbed, about 12 minutes.
- **Step 2**
Let stand 5 minutes. Top with the remaining $\frac{1}{3}$ cup apple, almonds and honey.

Recipe Source: Eating well: <https://www.eatingwell.com/recipe/260928/apple-cinnamon-quinoa-bowl/>

Chipotle-Orange Broccoli & Tofu

Chipotle peppers add kick to this tofu and broccoli stir-fry recipe. If you're shy about spice, cut back on the amount or leave them out completely. Serve over brown basmati rice.

Servings: 4 Total Cook Time: 30 mins.

Ingredients

- 1 14-ounce package extra-firm water-packed tofu
- $\frac{1}{2}$ teaspoon salt, divided
- 3 tablespoons olive oil, divided
- 6 cups broccoli florets
- 1 cup orange juice
- 1 tablespoon minced chipotle in adobo (see Tip), seeded if desired
- $\frac{1}{2}$ cup chopped fresh cilantro

Directions

- **Step 1**
Drain tofu and pat dry; cut into $\frac{1}{2}$ - to $\frac{3}{4}$ -inch cubes. Sprinkle tofu on all sides with $\frac{1}{4}$ teaspoon salt. Heat 2 tablespoons oil in a large nonstick skillet over medium-high heat. Add tofu and cook in a single layer, stirring every couple of minutes, until golden brown, 7 to 9 minutes total. Transfer to a plate.
- **Step 2**
Add the remaining 1 tablespoon oil and broccoli to the pan and sprinkle with the remaining $\frac{1}{4}$ teaspoon salt; cook, stirring, until the broccoli is bright green, about 1 minute. Add orange juice and chipotle and cook, stirring frequently, until the broccoli is just tender, 2 to 3 minutes more.
- **Step 3**
Return the tofu to the pan. Cook, gently stirring, until the tofu is heated through, 1 to 2 minutes. Remove from the heat and stir in cilantro.

Recipe Adapted From: Eating well: <https://www.eatingwell.com/recipe/252170/chipotle-orange-broccoli-to>

Sweet Potato Hash

Sweet potatoes, mushrooms, and greens provide a deliciously satisfying meal with great nutrition.

Serves 4 Prep Time: 15 min. Cook Time: 15 Min.

Ingredients

2 tablespoons coconut oil
½ onion, sliced thin
1 cup sliced mushrooms
1 garlic clove sliced thin
2 sweet potatoes, cooked and cut into ½-inch cubes
1 cup finely chopped Kale; option - Swiss Chard
½ cup vegetable broth
1 teaspoon salt
¼ teaspoon freshly ground pepper
1 tablespoon chopped fresh thyme
1 tablespoon chopped fresh sage

Directions

1. In a large skillet over high heat, melt the coconut oil.
2. Add the onion, mushrooms, and garlic.
Sauté for about 8 minutes, or until the onions and mushrooms are tender.
3. Add the sweet potatoes, Kale or Swiss chard, and vegetable broth.
Cook for 5 minutes.
4. Stir in the salt, pepper, thyme, and sage.

Recipe Source: *The Anti-Inflammatory Diet & Action Plans; Alimeris, Dorothy; Bruner, Sonni; Arcas Publishing.*

Pesto Ravioli with Spinach & Tomatoes

Looking for a new way to turn a bag of frozen cheese ravioli into a satisfying and healthy dinner? This easy pasta recipe calls for just five ingredients but is loaded with fresh flavors. By using grape tomatoes, prewashed spinach and prepared pesto, we eliminate all prep work, making this 15-minute Caprese-inspired ravioli the ideal weeknight meal.

Servings: 4 Active Cook Time: 15 mins.

Ingredients

- 2 (8 ounce) packages frozen or refrigerated cheese ravioli
- 1 tablespoon olive oil
- 1-pint grape tomatoes
- 1 (5 ounce) package baby spinach
- ⅓ - ½ cup pesto

Directions

- **Step 1**
Bring a large pot of water to a boil. Cook ravioli according to package directions; drain and set aside.
- **Step 2**
Heat oil in a large nonstick skillet over medium heat. Add tomatoes; sauté until they begin to burst, 3 to 4 minutes. Add spinach and continue to cook, stirring frequently, until it wilts, 1 to 2 minutes.
- **Step 3**
Add the cooked ravioli and pesto; stir gently to combine.

Recipe Source: *Eating well: <https://www.eatingwell.com/recipe/274007/pesto-ravioli-with-spinach-tomatoes>*

Simple Stir-Fry Chicken

Serves 2 Prep Time: 10 minutes Cook Time: 10 minutes

Ingredients

3 tablespoons olive oil
1 pound chicken breast (boneless, skinless)
1 clove garlic, minced
1 tablespoon ginger, grated
1 head broccoli florets
2 cups mushrooms, sliced
2 carrots, julienned
½ pound green beans, cut into 1-inch pieces
2 green onions, minced
½ lime, juiced
1 tablespoon minced fresh cilantro

Directions

1. Heat 2 tablespoons olive oil in a large skillet over medium heat, swirling to coat the bottom of the pan.
2. Place the chicken in the pan and sear until the outside is browned and it lifts easily from the bottom of the skillet, about 3 minutes on each side.
3. Add the garlic and ginger. Cook and stir until aromatic, about 1 minute.
4. Remove the chicken from the pan and slice into thin strips. Set the sliced chicken aside.
5. Wipe the pan clean and dry.
6. Heat the remaining 1 tablespoon of oil in the skillet over medium-high heat.
7. Add the broccoli, mushrooms, carrots, and green beans and quickly stir-fry until the vegetables begin to soften, 2 to 3 minutes.
8. Add the chicken strips to the pan; mix and continue to cook for 2 to 3 minutes until everything is heated through. Top with the green onions, lime juice, and cilantro. Serve immediately.

Recipe adapted from: *The Whole30: The 30-Day Guide to Total Health and Food Freedom; Urban, Melissa Hartwig; Hartwig, Dallas*

Salmon & Sweet Potato Buddha Bowls

Harissa adds Moroccan flavor to this healthy grain bowl recipe without needing a long list of ingredients. Just 5 ingredients is all you need to get dinner (or a packable lunch) on the table in under an hour!

Servings: 2 Active Cooking Time 15 mins.

Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 tablespoon harissa
- ¼ teaspoon salt
- 1 large sweet potato, cut into 1-inch pieces (about 1 pound)
- 1 8-ounce salmon fillet (preferably wild), skin removed and cut in half
- 2 cups baby spinach
- 1 cup warm cooked quinoa or brown rice

Directions

- **Step 1**
Preheat oven to 425 degrees F. Coat a large, rimmed baking sheet with cooking spray.
- **Step 2**

Stir oil, harissa and salt together in a large bowl. Add sweet potato and toss to coat. Transfer to the prepared baking sheet and roast, stirring once, until almost tender, about 20 minutes. (Do not wash the bowl.)

- **Step 3**

Rub any remaining harissa mixture over the salmon pieces and add them to the baking sheet. Continue roasting until the sweet potato is tender and the salmon is just cooked through, 6 to 8 minutes more.

- **Step 4**

Meanwhile, stir spinach into the warm quinoa. Cover and let stand until the spinach has wilted. To assemble, divide the quinoa/rice mixture and the roasted sweet potato between 2 bowls. Top each bowl with a piece of salmon.

Recipe adapted from: <https://www.eatingwell.com/recipe/262448/salmon-sweet-potato-buddha-bowls/>