



Meal Prep for Busy People Guide

<<< the recipes >>>

Prepare the recipes in this order for the most efficient meal prepping session.

[Click here](#) for the full blog post with photos and a step-by-step video.

Roasted Vegetables

makes 4-6

2 broccoli crowns, chopped
4 cups brussels sprouts, diced
1 large zucchini, sliced
2-3 cups mushrooms, sliced
2-3 tablespoons oil
1/2-1 tsp sea salt
2 tsp fresh black pepper

Preheat oven to 375°.

Place the vegetables into a large mixing bowl.

Toss with oil, salt, and pepper.

Spread evenly on a baking sheet, and bake for 30 minutes.

Baked Sweet Potatoes

makes 4 servings

4 sweet potatoes
2 tsp oil

Preheat oven to 375°.



Use a fork to poke holes in the sweet potato. About 3-4 pokes should do.
Coat the potato with oil.
Bake for 45-60 minutes until tender.

Instant Pot Lentils

makes 4-6 servings

2 cups green lentils, sorted and rinsed
2 tsp dried oregano
1 tsp cumin seeds
1 tsp cumin powder
2 tsp chili powder
1 tsp sea salt
1 14-oz can diced tomatoes
1 3/4 cup water

Place all the ingredients in the [Instant Pot](#). Stir well.
Pressure cook 6 minutes.
Allow it to natural pressure release fully, or at least 10 minutes

Curry Bean & Corn Salad

makes 4-6 servings

1 can kidney beans, drained and rinsed
2 cups frozen or fresh corn, thawed or grilled or quick sautéed if fresh
¼ cup red onion, diced
1 red bell pepper, seeded & diced
1 cup cherry tomatoes, chopped
¼ cup fresh cilantro, chopped
juice of 2 limes
1 tbsp agave or maple syrup
1 tbsp curry powder



- 1 tsp black pepper
- 1 tsp sea salt
- 2 tbsp grapeseed or olive oil

Place the kidney beans, corn, onion, pepper, tomatoes, and cilantro in a mixing bowl. In a small bowl, combine the lime juice, agave, curry powder, pepper, sea salt, and oil, and whisk well. Pour the sauce over the veggies, and stir well. Season to taste with more lime and salt. Allow it to marinate at least 1 hour before serving.

Carrot Chickpea Tuna

makes 4 servings

- 1 can chickpeas, drained & rinsed
- 2 carrots, shredded (by hand or food processor)
- ¼ cup vegan mayo
- 2 tsp Dijon mustard
- 2 tsp [ume plum vinegar](#) + more to taste
- 1 tsp celery seeds
- 2 tsp dulse seaweed flakes (optional)
- 1 nori seaweed sheet, torn into squares

Place the chickpeas in a bowl, and mash with a fork. Stir in the carrots, vegan mayo, mustard, ume vinegar, celery seeds, and dulse. Season with more ume vinegar to taste.

Instant Pot Brown Rice & Quinoa

makes 4-6 servings

- 1 cup quinoa



1 cup brown rice
1/2 tsp salt
1 tsp oil

Turn the [Instant Pot](#) on to the sauté setting and toast the quinoa for about 3 minutes, or until you smell it toasting.

Add the other ingredients and stir.

Seal the Instant Pot, and pressure cook for 24 minutes. Let it natural release for 10 minutes then quick release.

BONUS: Salad dressing recipes

Simple vinaigrette

2 tablespoons dijon mustard
¼ cup red wine vinegar or balsamic vinegar
2 teaspoons maple syrup
1 teaspoon minced garlic or shallow
½ teaspoon sea salt
½ teaspoon black pepper
¼ cup Extra Virgin Olive Oil

Place ingredients in a bowl and stir to combine. Or place ingredients into a jar with a lid, and shake until creamy.

[Maple Mustard Tempeh Salad](#)

[Simple Tahini Dressing \(oil-free\)](#)

[Creamy Avocado Dressing \(oil-free\)](#)

[Fig Balsamic Dressing](#)

[Cumin Lime Dressing](#)

<<< the combinations >>>



Tacos

- *Filled with Instant Pot lentils and topped with guacamole (homemade or store-bought).
Serve with Curry Bean & Corn salad.
- *Filled with Curry Bean & Corn salad.
Serve with kale salad (with one of the dressing above) and lentils.

Pasta

- Topped with roasted vegetables
- *Served made with sautéed kale and lentils.

Stuffed Sweet Potato

- *Fill with Curry Bean & Corn salad and top with guacamole.
- *Fill with lentils and roasted vegetables.
- *Fill with rice and lentils.

Buddha Bowl

- Rice, kale (massaged with dressing or sautéed), lentils, sweet potato, guacamole
- Rice, roasted veggies, curry bean & corn salad, sweet potato

Salad

- massage kale with dressing and top with the carrot chickpea tuna, lentils, or curry bean & corn salad. The lentils and curry bean & corn salad go well together too.
- bulk up with some sweet potato or roasted veggies

<<< the shopping list >>>

produce

broccoli, 2 crowns

brussels sprouts, 4 handfuls



zucchini, 1
baby bella mushrooms, 1 1/2lbs (or 10oz container)
sweet potatoes, 4
red onion, 1
red bell pepper, 1
cherry tomatoes, 1 cup
fresh cilantro
limes, 2
carrots, 2
kale, 2 bunches
avocados, 4-6

oils & spices

grapeseed and/or olive oil
vegan mayo
agave or maple syrup
dijon mustard
[ume plum vinegar](#)
sea salt
black pepper
dried oregano
cumin seeds
cumin powder
chili powder
curry powder
celery seeds
dulse seaweed flakes
nori seaweed
nutritional yeast

dry & frozen

green lentils
diced tomatoes, 1 14-oz can
kidney beans, no salt added, 1 can (or other bean)
chickpeas, no salt added, 1 can



frozen fire roasted corn, 16-oz bag
quinoa, 1 cup
brown rice, 1 cup
corn tortillas
pasta
tomato sauce

pre-prepared & other stuff

hummus
chips
salsa
guacamole (you may want to either get this or the avocados to [make your own](#))
fresh seasonal fruit
salad dressing ingredients