



Meal Prep for Busy People Guide

Jan 27, 2020

<<< Recommended Appliances >>>

The following are the appliances that I use in this meal prep for maximum efficiency. If you purchase using these links I may receive a percentage from Amazon. It does not affect the price that you pay at all :)

[Instant Pot Mini 3 Quart](#) or [Instant Pot 6 Quart](#)

[Cuisinart Food Processor 11 cup](#)

[Lodge Dutch oven](#)

[Snapware 24 piece glass food storage containers](#)

[Rubbermaid Brilliance plastic food storage containers](#)

[WECK 1 liter glass](#)

[Ball Jars 16 oz](#)

<<< The Recipes >>>

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

Perfect Instant Pot Brown Rice

4 servings

1 cups brown rice

1 ¼ cups water

¼ tsp salt

½ tsp oil

Add all ingredients to the [Instant Pot](#) and give it a stir.

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



Perfect Stove-top Quinoa

Makes 4-6 servings

1 cup quinoa
1 $\frac{3}{4}$ cups water or veggie broth
 $\frac{1}{2}$ tsp salt

Add quinoa to a pot and toast on medium-high heat until fragrant, about 1 minute.
Add water and salt, and bring to a simmer.
Cook for 8 minutes with lid ajar, then remove from heat and cover completely.
Allow the quinoa to sit for 10-15 minutes, then fluff and serve.

[Maple Mustard Tempeh](#)

Serves: 2-4

$\frac{1}{2}$ cup apple cider vinegar
 $\frac{1}{4}$ cup tamari soy sauce
 $\frac{1}{4}$ cup maple syrup
 $\frac{1}{4}$ cup stone ground mustard or dijon mustard
2 tsp fresh black pepper
 $\frac{1}{2}$ -1 tsp cayenne pepper
2 packages tempeh, cubed
1 tbsp olive oil or your favorite oil

Place ingredients (excluding the tempeh and oil) into a bowl and whisk to combine.
Toss in the cubed tempeh, and stir well to coat it in the marinade.
Cover and allow the tempeh to marinate for at least 1 hour, or up to overnight for the most delicious tempeh.

Cooking option #1: Heat the oil in a large skillet on medium heat. Strain the tempeh—saving the marinade—and cook until brown on all sides. Reserve the marinade liquid to use as a salad dressing.



Cooking Option #2: Transfer the tempeh to a baking dish and bake at 350° for 30 minutes. Reserve the marinade for salad dressing if possible. Or you can bake the tempeh in the marinade.

Moroccan-inspired Chickpea Tagine

Makes 4 servings

2 ½ tbsp extra virgin olive oil
½ yellow onion, diced
1 red bell pepper, diced
4 cloves garlic, minced
1 tbsp minced ginger, minced
2 ½ tsp smoked paprika
1 ½ tsp cumin powder
1 ½ tsp coriander powder
1 tsp freshly ground black pepper
1 tsp cumin seeds (optional)
1 tsp turmeric powder
½ tsp ground cinnamon
1 can diced tomatoes
3-4 cups butternut squash, cubed or potatoes (or a mix)
3 cups cooked chickpeas (or 2 cans drained & rinsed)
¼ cup raisins or other dried fruit like apricot and dates
2 ½ cups vegetable broth OR 2 tsp vegetable bouillon paste + 2 ½ cups water
¼ cup fresh orange juice (about 1 small orange worth)
1 cinnamon stick
1 ½ tsp salt + more to taste
1 bunch kale, chopped
½ tsp garlic powder
Cilantro or parsley for garnish

Warm 2 tbsp of olive oil in a large skillet or pot over medium-high heat. Once warm, add the onions, pepper, garlic, and ginger, and sauté until onions are translucent.



Add the smoked paprika, cumin powder, coriander, black pepper, cumin seeds, turmeric, and ground cinnamon. Stir well, and give the spices 30 seconds to toast.

Add the diced tomatoes, butternut squash or potatoes, chickpeas, raisins, vegetable broth, orange juice, cinnamon stick, and salt. Stir well.

Bring the tagine to a simmer on medium heat, and cook for 15-20 minutes, or until the squash is tender.

While the tagine is cooking, preheat the oven to 375°.

Toss the kale with ½ tablespoon of oil, and spread it evenly over a baking sheet.

Sprinkle the garlic powder, and a bit of sea salt over the kale, then roast for 15-20 minutes, or until tender and crispy.

Stir the cooked kale into the tagine.

Serve and garnish with fresh chopped cilantro or parsley.

Roasted Sweet Potatoes & Cauliflower

Makes 4 servings

2-4 medium sweet potatoes, cubed

1 head cauliflower, chopped

1-2+ tbsps olive oil or your favorite oil

1 tsp sea salt

½ teaspoon black pepper

Optional seasoning: 2 tsp garlic powder, 2 tsp smoked paprika, 1 tbsp nutritional yeast

Preheat oven to 375° and line two baking sheets with a silicone baking mat or parchment paper.

Separately toss the cubed sweet potatoes and chopped cauliflower with oil and spices, then spread them evenly onto the baking sheets.

Roast for 35 minutes, or until tender. The potatoes may take longer than the cauliflower.

<<< combination ideas >>>

- Maple Mustard Tempeh Sandwich with avocado and arugula on sourdough
- Tagine bowl with the Moroccan-inspired tagine, roasted vegetables, and rice



- Massaged kale salad with Maple Mustard Tempeh, Roasted Veggies, and Quinoa. Top with avocado and toasted pumpkin seeds
- Whole wheat wraps with Tempeh, kale, and Roasted Veggies.
- Whole wheat wraps or pita with the Moroccan-inspired tagine, rice, and herbs

<<< The Shopping List >>>

Does not include ingredients from the suggested combinations.

TIP: I like to buy my spices, nuts, seeds, dried beans, and grains in the bulk section at my local health food store. Shopping in the bulk section will save you money, especially on spices, and is better for the environment. Try taking your own containers from home to refill. Just make sure to have the cashier weigh it before you fill it so that they can subtract the weight of the container when you check out.

produce

Garlic, 2 bulbs
Ginger, 1 knob
Red or yellow onion, 1
Sweet potatoes, 2-4
Juicy orange, 2
Fresh cilantro or parsley, 1 bunch
Kale, 2 bunches (one for salad)
Cauliflower, 1 head
Small butternut squash or 4 Yukon potatoes
Red bell pepper, 1

oils & spices

Extra virgin olive oil
Nutritional yeast
Turmeric powder
Smoked paprika
Cinnamon
Cinnamon stick, 1



Coriander
Garlic powder
Cumin seeds (optional)
Cumin powder
Cayenne
Sea salt
Ground black pepper
Tamari soy sauce
Dijon mustard
Maple syrup
Apple cider vinegar
Better Than Bouillon, vegetable bouillon paste

dry, refrigerated, & frozen

Brown rice, 2 cups
Quinoa, 2 cups
Chickpeas, 2 15-oz cans
Diced tomatoes, 1 14-oz cans
Raisins or dates
Tempeh, 2