



3 Lunch Meal Prep Plan

For this meal prep plan, you will have want to eat the pasta salad while leaving any leftover servings of the quinoa salad for the freezer. You may want to have one or two nights where you eat the rest of the pasta salad so that it doesn't go bad. If you have more mouths to feed than just yourself, adjust accordingly as to what goes in the freezer and what doesn't.

The sweet potato recipes makes one serving. So if you are making this for multiple people, you'll want to multiply that particular recipe (especially for your shopping list) by the number of people you are feeding.

The quinoa salad can be frozen. So anything that won't be eaten can be saved for future meals.

Monday: Turkey Vegetable Pasta Salad

Tuesday: Quinoa salad

Wednesday: Stuffed sweet potato

Thursday: Turkey Vegetable pasta salad

Friday: Quinoa salad

Turkey Vegetable Pasta Salad

Prep Time: 10 mins | Cook Time: 20 mins | Total Time: 30 mins

Yield: 4 servings

Ingredients

- 1/2 small red onion (chopped)
- 1 medium orange bell pepper (chopped)
- 1 tbsp. coconut oil (any oil will work)
- 1 lb. ground turkey
- 1 tbsp. garlic powder
- 1 tbsp. onion powder (yes, it's okay. I know there is already onion in there)
- 2 tsp. dried thyme
- 2 medium tomatoes (chopped)
- fresh basil (chopped or sliced thin for garnish)
- 1/2 lb. whole wheat rotini pasta (cooked to package directions)
- parmesan cheese (optional)
- salt and pepper to taste

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Hummus Stuffed Sweet Potato

Prep Time: 5 mins | Cook Time: 1 hr | Total Time: 1 hr 5 mins

Yield: 1 serving

Ingredients

- 1 medium sweet potato
- 1/4 cup prepared hummus (no sugar added)
- 1/4 cup cooked black beans
- 2 tbsp. fresh, chopped cilantro (optional)

Italian Quinoa Salad

Prep Time: 20 mins | Cook Time: 50 mins | Total Time: 1 hr 10 mins

Yield: 6 servings

Ingredients

- 1 cup cooked quinoa (about a 1/2 cup rinsed and cooked to package directions)
- 15 oz. can diced tomatoes (look for low or no sodium)
- 15 oz. can chickpeas (rinsed and drained or homemade)
- 6 medium garlic cloves (minced)
- 1/2 small English cucumber (diced fine)
- 1/2 cup diced red onion
- 2 tbsp. fresh, chopped basil
- 1 tbsp. Italian seasoning
- 2 tbsp. apple cider vinegar
- salt and pepper to taste

Garlic Lemon Vinaigrette Recipe

Prep Time: 10 mins | Total Time: 10 mins

Yield: 10 servings (2 tbsp. ea)

Ingredients

- 3/4 cup oil (extra virgin olive oil or grapeseed work well)
- 1/4 cup lemon juice
- 1/4 cup pure maple syrup
- 1 tbsp. apple cider vinegar
- 1 tsp. garlic powder (use 2 tsp. if you like a strong garlic flavor)
- salt and pepper to taste

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Instructions

1. Set the pasta to cook in a large, separate pot.
2. Wash, dry and bake the sweet potato at 350 for about 50-60 minutes, or until soft and easily pierced through with a knife.
3. Chop or slice all vegetable as instructed by each recipe.
4. In a large skillet, sauté the onion and bell pepper in the oil until translucent.
5. Add the turkey, garlic powder, onion powder and dried thyme to the skillet and scramble, stirring until the meat is fully cooked.
6. Drain the pasta and rinse with cold water to cool.
7. In a large mixing bowl, toss the meat mixture with the raw tomatoes, fresh basil, cooked pasta and top with parmesan cheese and/or salt and pepper as desired.
8. Remove the potato from the oven (don't burn yourself!) and cut it open.
9. Layer on the toppings and pack up in a lunch container and store in the fridge. Collect and prep all your ingredients for the Italian quinoa salad, then simply mix them all together in a large mixing bowl. This can be served warm or cold, as a side dish or vegetarian main meal.
10. Place all the salad dressing ingredients in a blender and blend until smooth and well combined.

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SHOPPING LIST

Produce

- 1 very large red onion
- 1 medium orange bell pepper
- 2 medium tomatoes
- 1 large bunch fresh basil
- 1 medium sweet potato
- 1 bunch fresh cilantro (optional)
- 1 head fresh garlic
- 1 small English cucumber

Pantry

- coconut oil (or any oil will work)
- 1/2 lb. whole wheat rotini pasta
- 1 can black beans (no sugar added)
- dry quinoa (about a 1/2 cup)
- 15 oz. can diced tomatoes (look for low or no sodium)
- 15 oz. can chickpeas
- apple cider vinegar
- Extra virgin olive oil OR grapeseed oil (at least 3/4 cup worth)
- pure maple syrup

Proteins

- 1 lb. ground turkey
- grated parmesan cheese (optional)

Refrigerator Section

- prepared hummus (no sugar added)
- lemon juice (1/4 cup)

Spices

- garlic powder
- onion powder
- dried thyme
- Italian seasoning
- salt and pepper to taste