



Simple Meal Prep Snack Plan

Traditional Hummus

Prep Time: 10 mins | Total Time: 10 mins

Yield: 12 servings (3 cup total yield)

Ingredients

- 2 (15 oz.) cans chickpeas (drained and rinsed)
- 1 medium lemon (juice only)
- 1/2 cup tahini
- 1/2 tsp. salt
- 1 large garlic clove (2 garlic cloves if you don't have to talk to anybody the next day)
- 1/2 cup water (or more for adjusting consistency)

Instructions

1. Place all ingredients in your food processor and blend until smooth (Please remember to put the lid on before you turn on the processor!).
2. Note: If your Hummus is too thick, add either more lemon juice or a little more water to loosen it up a bit. Don't let your food processor struggle. Add enough water to get things blending smoothly without becoming watery. Add just under a 1/2 a cup at a time.

Shopping List

- 30 oz. canned chickpeas
- 1 lemon
- 1 jar Tahini (read ingredients! It should be JUST sesame seeds and maybe salt or oil at the very most)
- Salt
- Fresh garlic
- Water
- 1 lb. bag baby carrots
- 1 bag celery (I prefer celery hearts, but any is fine)
- 3 Apples (5 if you don't mind eating them every day)
- 1 bag raw almonds (omit if you are eating apples on all 5 days)