

sunday meal prep

[FULL VIDEO ON MEAL PREP 101](#)

Amounts are per one person, please adjust accordingly. *Please refer to the WFPB E-Book for recipes.*

STEP 1

Smoothie Prep:

- Freeze 1 Banana (*chopped into chunks*)
- Freeze 1 Zucchini (*chopped into chunks*)

STEP 2

Protein Prep:

- Cook 3/4 cup chickpeas (*or buy canned -refer to shopping list*)
- Cook 1/3 cup lentils (*or buy canned -refer to shopping list*)

STEP 3

Prep Grains

- Cook 1 cup quinoa (*with salt, turmeric, black pepper*)
- Cook 1/2 cup whole grain rice

STEP 4

Prep Veggies & Snack Packs:

- Roast starchy vegetables (*beets, carrots, squash, sweet potato, Brussel sprouts, mushrooms*)
- Steam any other vegetables (*cauliflower, broccoli, green peas*)
- Shred 1 small zucchini for zoats
- Make Basic Green Salad [watch video](#)
- Prep your Snack Pack [watch video](#)

STEP 5

Make Dressings:

- Lemon Hemp Dressing
- Easy Vinaigrette Dressing
- Make hummus (*if using homemade*)

STEP 6

- Make Quinoa Salad [watch video](#)

STEP 7

- Make granola bars
(*makes enough for 2 weeks and will keep in a freezer for couple of weeks*)