



Style_That_Binds_Us_MealPrep

Created by Health Chef Services LLC



Style_That_Binds_Us_MealPrep

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Celery Ginger Juice	Celery Ginger Juice	Celery Ginger Juice	Celery Ginger Juice	Celery Ginger Juice	Celery Ginger Juice	Celery Ginger Juice
Lunch	Massaged Kale Salad with Salmon	White Bean, Spinach & Tomato Salad	Massaged Kale Salad with Salmon	White Bean, Spinach & Tomato Salad	Massaged Kale Salad with Salmon	White Bean, Spinach & Tomato Salad	Massaged Kale Salad with Salmon
		Hard Boiled Eggs		Hard Boiled Eggs		Hard Boiled Eggs	
Snack 1	Fig, Arugula & Goat Cheese Quesadilla	Zucchini Fritters	Zucchini Fritters	Fig, Arugula & Goat Cheese Quesadilla	Zucchini Fritters	Zucchini Fritters	Fig, Arugula & Goat Cheese Quesadilla
Dinner	Cheesy Cauliflower & Broccoli Casserole	Roasted Sweet Potato & Beet Salad	Roasted Sweet Potato & Beet Salad	Cheesy Cauliflower & Broccoli Casserole	Roasted Sweet Potato & Beet Salad	Roasted Sweet Potato & Beet Salad	Cheesy Cauliflower & Broccoli Casserole
		Fried Plantains	Fried Plantains		Fried Plantains	Fried Plantains	
Snack 2	Chilled Cucumber Dill Soup	Buffalo Cauliflower Wings	Chilled Cucumber Dill Soup	Buffalo Cauliflower Wings	Chilled Cucumber Dill Soup	Buffalo Cauliflower Wings	Chilled Cucumber Dill Soup
Snack 3	Homemade Almond Milk	Homemade Almond Milk	Homemade Almond Milk	Homemade Almond Milk	Homemade Almond Milk	Homemade Almond Milk	Homemade Almond Milk



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Mon	Tue	Wed	Thu	Fri	Sat	Sun
Calories 1451	Calories 2239	Calories 1936	Calories 1754	Calories 1936	Calories 2239	Calories 1451
Fat 75g	Fat 116g	Fat 126g	Fat 65g	Fat 126g	Fat 116g	Fat 75g
Carbs 141g	Carbs 252g	Carbs 160g	Carbs 233g	Carbs 160g	Carbs 252g	Carbs 141g
Fiber 31g	Fiber 60g	Fiber 36g	Fiber 55g	Fiber 36g	Fiber 60g	Fiber 31g
Sugar 52g	Sugar 84g	Sugar 70g	Sugar 66g	Sugar 70g	Sugar 84g	Sugar 52g
Protein 61g	Protein 67g	Protein 56g	Protein 72g	Protein 56g	Protein 67g	Protein 61g
Cholesterol 68mg	Cholesterol 434mg	Cholesterol 125mg	Cholesterol 377mg	Cholesterol 125mg	Cholesterol 434mg	Cholesterol 68mg
Sodium 887mg	Sodium 1803mg	Sodium 562mg	Sodium 2128mg	Sodium 562mg	Sodium 1803mg	Sodium 887mg
Vitamin A 28168IU	Vitamin A 24244IU	Vitamin A 36670IU	Vitamin A 15742IU	Vitamin A 36670IU	Vitamin A 24244IU	Vitamin A 28168IU
Vitamin C 219mg	Vitamin C 188mg	Vitamin C 123mg	Vitamin C 284mg	Vitamin C 123mg	Vitamin C 188mg	Vitamin C 219mg
Calcium 585mg	Calcium 824mg	Calcium 605mg	Calcium 804mg	Calcium 605mg	Calcium 824mg	Calcium 585mg
Iron 12mg	Iron 19mg	Iron 13mg	Iron 18mg	Iron 13mg	Iron 19mg	Iron 12mg



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58 items

Fruits

- 8 Avocado
- 6 Fig
- 7 Green Apple
- 6 1/2 Lemon
- 1/4 cup Lemon Juice
- 4 Plantain

Breakfast

- 1 cup Maple Syrup

Seeds, Nuts & Spices

- 7 cups Almonds
- 1 1/2 cups Cashews
- 1 cup Chopped Fresh Parsley
- 2 1/4 tbsps Cinnamon
- 1 tsp Freshly Ground Pepper
- 2 tbsps Garlic Powder
- 1/2 cup Ground Flax Seed
- 1/4 cup Hemp Seeds
- 0 Of Cayenne Pepper
- 3/4 tsp Paprika
- 2 cups Pecans
- 1/3 cup Pistachios
- 2 tps Salt
- 1 1/8 tbsps Sea Salt
- 0 Sea Salt & Black Pepper

Frozen

- 6 Brown Rice Tortillas

Vegetables

- 1 cup Arugula
- 28 cups Baby Spinach
- 4 Beet
- 12 cups Broccoli
- 6 cups Butternut Squash
- 6 heads Cauliflower
- 20 Garlic
- 1/2 cup Ginger
- 12 cups Kale Leaves
- 16 cups Peeled, Seeded And Thinly Sliced Cucumbers
- 3/4 cup Shallot
- 49 Small Bunch Celery)
- 4 Small Onion
- 4 Sweet Potato
- 3 Tomato
- 7 Yellow Onion
- 4 Yellow Potato
- 8 Zucchini

Boxed & Canned

- 3 cups Bread Crumbs
- 4 cups Organic Coconut Milk
- 6 cups Vegetable Broth
- 6 cups White Navy Beans

Baking

- 1 1/2 cups Nutritional Yeast
- 4 cups Oat Flour
- 1 cup Pitted Dates
- 3 tbsps Raw Honey
- 1 1/8 tbsps Vanilla Extract

Bread, Fish, Meat & Cheese

- 3/4 cup Goat Cheese
- 16 ozs Salmon Fillet

Condiments & Oils

- 1 1/3 cups Coconut Oil
- 1 1/2 cups Extra Virgin Olive Oil
- 1 1/2 cups Hot Sauce

Cold

- 14 Egg
- 3 cups Unsweetened Almond Milk

Other

- 29 1/2 cups Water



Celery Ginger Juice

4 ingredients · 5 minutes · 1 serving



Directions

1. If your juicer has a "high" and "low" setting, run the celery and cucumber through first on the LOW setting.
2. Then switch it to HIGH and run the apple, lemon and ginger through the juicer. I like to sandwich the piece of ginger between the apple and lemon so that it stays put and is easier to juice.
3. Drink the juice right away, or save it in an airtight mason jar for up to 24 hours in the fridge.

Ingredients

- 7 Small Bunch Celery) (or 1 heart)
- 1 Green Apple
- 1/2 Lemon
- 1 **tbsp** Ginger (1 knob of ginger peeled)

Nutrition

Amount per serving

Calories	115	Cholesterol	0mg
Fat	0g	Sodium	34mg
Carbs	27g	Vitamin A	349IU
Fiber	5g	Vitamin C	11mg
Sugar	17g	Calcium	26mg
Protein	1g	Iron	0mg



Massaged Kale Salad with Salmon

6 ingredients · 20 minutes · 1 serving



Directions

1. Add kale leaves to a large bowl with the lemon juice, hemp seeds, salt and pepper and half the olive oil. Massage the dressing into the kale with your hands for 2 to 3 minutes, until it is softened. Set aside.
2. Heat a skillet over medium heat and brush with the remaining olive oil. Season the salmon with salt and pepper, then add it to the pan skin-side down, cooking for about 3 minutes. Flip and cook for an additional 1 to 2 minutes, until the flesh is opaque throughout.
3. Divide the massaged kale between plates and top with the salmon. Add an extra squeeze of lemon if desired. Enjoy!

Ingredients

- 3 cups** Kale Leaves (chopped)
- 1/2** Lemon (juiced)
- 1 tbsp** Hemp Seeds
- Sea Salt & Black Pepper (to taste)
- 2 tbsps** Extra Virgin Olive Oil (divided)
- 4 ozs** Salmon Fillet

Nutrition

Amount per serving

Calories	567	Cholesterol	63mg
Fat	39g	Sodium	215mg
Carbs	21g	Vitamin A	19548IU
Fiber	6g	Vitamin C	36mg
Sugar	1g	Calcium	262mg
Protein	32g	Iron	6mg



White Bean, Spinach & Tomato Salad

7 ingredients · 10 minutes · 2 servings



Directions

1. Heat olive oil in a large pan over medium heat. Add shallots and garlic and saute for 1 to 2 minutes.
2. Add white beans, spinach and tomato. Stir until warm and spinach has wilted, about 5 minutes. Season with salt and pepper to taste. Enjoy!

Notes

No White Beans

Use chickpeas or lentils instead.

Extra Flavour

Add avocado, lemon juice and/or feta cheese.

Leftovers

Refrigerate in an airtight container up to 3-5 days. Leftovers can be eaten warm or cold.

Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1/4 **cup** Shallot (diced)
- 2 **Garlic** (cloves, minced)
- 2 **cups** White Navy Beans (cooked, drained and rinsed)
- 4 **cups** Baby Spinach (chopped)
- 1 **Tomato** (medium, diced)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	356	Cholesterol	0mg
Fat	8g	Sodium	75mg
Carbs	56g	Vitamin A	6457IU
Fiber	22g	Vitamin C	30mg
Sugar	3g	Calcium	202mg
Protein	18g	Iron	7mg



Hard Boiled Eggs

1 ingredient · 15 minutes · 1 serving



Directions

1. Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
2. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
3. Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!

Notes

Leftovers

Refrigerate in a covered container with the shell on for up to 7 days.

Easier to Peel

Add salt to the water while boiling.

Ingredients

2 Egg

Nutrition

Amount per serving

Calories	144	Cholesterol	372mg
Fat	10g	Sodium	142mg
Carbs	1g	Vitamin A	540IU
Fiber	0g	Vitamin C	0mg
Sugar	0g	Calcium	56mg
Protein	13g	Iron	2mg



Fig, Arugula & Goat Cheese Quesadilla

6 ingredients · 15 minutes · 2 servings



Directions

1. Preheat oven to 400. Line a baking sheet with parchment paper.
2. Lay brown rice tortilla on the baking sheet. Smear goat cheese evenly across tortilla. Top with arugula, sliced fig and crushed pistachios. Drizzle honey overtop. Cover with another tortilla.
3. Bake in the oven for 10-15 minutes or until the quesadilla is crispy. Remove from oven and cut into slices. Enjoy!

Notes

No Arugula

Use chopped spinach or kale instead.

Ingredients

- 2 Brown Rice Tortillas
- 1/4 cup Goat Cheese
- 1/3 cup Arugula
- 2 Fig (sliced)
- 2 tbsps Pistachios (removed from shell and crushed)
- 1 tbsp Raw Honey

Nutrition

Amount per serving

Calories	296	Cholesterol	5mg
Fat	9g	Sodium	236mg
Carbs	48g	Vitamin A	190IU
Fiber	5g	Vitamin C	2mg
Sugar	20g	Calcium	41mg
Protein	7g	Iron	1mg



Zucchini Fritters

8 ingredients · 20 minutes · 6 servings



Directions

1. Combine all ingredients, except the coconut oil, into a large bowl and mix well.
2. Heat half of the coconut oil in a large pan over medium heat. Scoop enough of the zucchini mixture to create 3- to 4-inch wide fritters in the pan. Cook for 2 to 3 minutes per side and transfer to a plate lined with paper towel.
3. Taste the first batch and adjust seasoning accordingly. If the fritters are falling apart, add an extra tablespoon of oat flour at a time. Continue until the mixture is used up and add more coconut oil to the pan between batches if needed.
4. Let cool slightly before serving and enjoy!

Notes

Serving Size

One serving is equal to approximately three fritters.

Serve Them With

Scrambled eggs, fish, a fried egg and salad, guacamole, goat cheese with pine nuts, greek yogurt, cottage cheese, or sliced tomatoes with mozzarella.

Bake Them in the Oven

Scoop onto a parchment-lined baking sheet and bake in the oven for 20 to 25 minutes at 375 F.

Ingredients

- 1 Yellow Potato (medium, peeled and grated)
- 2 Zucchini (small, grated)
- 1 Yellow Onion (medium, finely sliced)
- 2 Egg
- 1/4 cup Oat Flour
- 2 tbsps Ground Flax Seed
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Coconut Oil

Nutrition

Amount per serving

Calories	133	Cholesterol	62mg
Fat	7g	Sodium	30mg
Carbs	12g	Vitamin A	221IU
Fiber	3g	Vitamin C	18mg
Sugar	3g	Calcium	36mg
Protein	5g	Iron	1mg

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Cheesy Cauliflower & Broccoli Casserole

10 ingredients · 1 hour · 4 servings



Directions

1. Preheat oven to 375 degrees F.
2. In a small saucepan, combine the butternut squash, onion, garlic and water. Cover the pot and bring to a boil over high heat for about 5 minutes or until everything is soft. Remove from heat when done.
3. While the squash is cooking, place cauliflower and broccoli in a steamer. Steam for 3 minutes or until tender.
4. To make the "cheese" sauce, add the cashews, nutritional yeast, salt and paprika to your blender. Pour in the softened butternut squash, onion, garlic and water. Blend on high for about 1 minute or until smooth. (Note: If you do not have a high powered blender, you might need to add a little extra water to get it going. Add 1 tbs at a time.)
5. Place the steamed cauliflower and broccoli into a baking dish. Pour the cheese sauce over the veggies and stir gently to mix.
6. Bake for 40 minutes. Serve immediately. Enjoy!

Notes

Save Time

Buy frozen, pre-sliced butternut squash cubes.

More Protein

Serve with roasted chicken or top with bacon.

More Carbs

Serve with brown rice macaroni or quinoa.

Ingredients

2 cups Butternut Squash (peeled, seeded and cubed)

1 Yellow Onion (medium, diced)

2 Garlic (cloves, minced)

1/2 cup Water

1 head Cauliflower (medium, chopped into florets)

4 cups Broccoli (chopped into florets)

1/2 cup Cashews

1/2 cup Nutritional Yeast

1/2 tsp Sea Salt

1/4 tsp Paprika

Nutrition

Amount per serving

Calories	251	Cholesterol	0mg
Fat	9g	Sodium	397mg
Carbs	34g	Vitamin A	8079IU
Fiber	10g	Vitamin C	170mg
Sugar	9g	Calcium	132mg
Protein	13g	Iron	4mg

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Roasted Sweet Potato & Beet Salad

10 ingredients · 50 minutes · 2 servings



Directions

1. Preheat the oven to 375 degrees.
2. Line a cookie sheet with parchment paper. Toss sweet potato and beet sticks with half the olive oil, half the maple syrup, cinnamon, sea salt and pepper. Bake for 40 to 45 minutes until slightly browned.
3. In the mean time, make the dressing by combining the remaining olive oil with the lemon juice. Set aside.
4. Put pecans in a frying pan over medium heat and stir until toasted. Add remaining maple syrup. Stir until pecans are well coated. Continue to stir until pecans become very sticky. Remove from heat and spread across a piece of wax paper. Break apart into pieces when dry.
5. When sweet potato and beets are finished, toss spinach in lemon & oil dressing and put a handful on each plate. Top with roasted beets and sweet potatoes. Garnish with avocado and maple pecans.

Ingredients

- 1 Beet (sliced into 1 inch sticks)
- 1 Sweet Potato (sliced into 1 inch sticks)
- 2 **tbsps** Extra Virgin Olive Oil (divided)
- 2 **tbsps** Maple Syrup (divided)
- 1 **tsp** Cinnamon
- Sea Salt & Black Pepper (to taste)
- 1/4 Lemon (juiced)
- 1/2 **cup** Pecans
- 4 **cups** Baby Spinach
- 1 Avocado (sliced)

Nutrition

Amount per serving

Calories	613	Cholesterol	0mg
Fat	48g	Sodium	125mg
Carbs	46g	Vitamin A	15027IU
Fiber	15g	Vitamin C	33mg
Sugar	20g	Calcium	150mg
Protein	8g	Iron	4mg

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Fried Plantains

4 ingredients · 15 minutes · 2 servings



Directions

1. Using a knife, peel the plantain and cut it into thick slices. Using a fork, gently smash them to slightly increase surface area, while keeping the slices whole.
2. Heat the coconut oil in a large skillet and add the plantains, cooking 2-3 minutes per side or until caramelized.
3. Sprinkle with cinnamon and sea salt before serving. Enjoy!

Notes

Likes it Spicy

Add chili flakes instead of cinnamon.

Plantain Tip

The plantain should have some black spots on it to indicate that it is ripe. Green plantains are almost impossible to peel.

Ingredients

- 1 Plantain (large)
- 2 tbsps Coconut Oil
- 1/4 tsp Cinnamon
- 1/8 tsp Sea Salt (or to taste)

Nutrition

Amount per serving

Calories	286	Cholesterol	0mg
Fat	14g	Sodium	153mg
Carbs	43g	Vitamin A	1523IU
Fiber	2g	Vitamin C	25mg
Sugar	24g	Calcium	7mg
Protein	2g	Iron	1mg



Chilled Cucumber Dill Soup

12 ingredients · 35 minutes · 2 servings



Directions

1. Heat oil in a large saucepan over medium-high heat. Add garlic and onion; cook, stirring occasionally, until tender, 1 to 4 minutes. Add lemon juice and cook for 1 minute. Add 3¾ cups cucumber slices, broth, salt, pepper and cayenne; bring to a simmer. Reduce heat and cook at a gentle simmer until the cucumbers are soft, 6 to 8 minutes.
2. Transfer the soup to a blender. Add avocado and parsley; blend on low speed until smooth. (Use caution when pureeing hot liquids.) Pour into a serving bowl and stir in yogurt. Chop the remaining ¼ cup cucumber slices. Serve the soup warm or refrigerate and serve it chilled. Just before serving, garnish with the chopped cucumber and more chopped parsley, if desired.

Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 2 Garlic (minced)
- 1 Small Onion (diced)
- 1 **tbsp** Lemon Juice
- 4 **cups** Peeled, Seeded And Thinly Sliced Cucumbers (divided)
- 1 **1/2 cups** Vegetable Broth (or reduced-sodium chicken broth)
- 1/2 **tsp** Salt
- 1/4 **tsp** Freshly Ground Pepper Of Cayenne Pepper
- 1 Avocado (diced)
- 1/4 **cup** Chopped Fresh Parsley (plus more for garnish)
- 1 **cup** Organic Coconut Milk

Nutrition

Amount per serving

Calories	0	Cholesterol	0mg
Fat	0g	Sodium	0mg
Carbs	0g	Vitamin A	0IU
Fiber	0g	Vitamin C	0mg
Sugar	0g	Calcium	0mg
Protein	0g	Iron	0mg

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Buffalo Cauliflower Wings

9 ingredients · 30 minutes · 4 servings



Directions

1. Preheat oven to 450 F. Line a baking sheet with foil and grease with half the coconut oil.
2. In a bowl, whisk together the flour, milk, salt and garlic powder to make the batter.
3. Place the breadcrumbs in a separate bowl.
4. Coat the cauliflower florets in the batter one at a time, letting any excess drip off. Transfer to the breadcrumbs and coat completely, then place onto baking sheet. Repeat until all florets are coated. Bake for 20-25 minutes until crispy and slightly golden.
5. Meanwhile, add the hot sauce, maple syrup and remaining coconut oil in a microwave-safe bowl and microwave for 20 seconds or until coconut oil has melted.
6. Gently toss the cauliflower in the sauce then return to baking sheet and continue baking for another 5 minutes. Remove from oven and serve immediately. Enjoy!

Notes

Serve Them With

Our Vegan Ranch Dressing, Creamy Rainbow Coleslaw, Vegan Cornbread or Mac n' 'Cheese' recipe, celery sticks, carrots, blue cheese and/or fries.

Leftovers

Refrigerate in an airtight container up to 3-5 days (with or without sauce) and reheat in the oven.

Ingredients

- 2 **tblsps** Coconut Oil (divided)
- 1 **cup** Oat Flour
- 1 **cup** Unsweetened Almond Milk
- 1/2 **tsp** Sea Salt
- 2 **tsps** Garlic Powder
- 1 **cup** Bread Crumbs
- 1 **head** Cauliflower (chopped into florets)
- 1/2 **cup** Hot Sauce (vinegar-based)
- 2 1/2 **tblsps** Maple Syrup

Nutrition

Amount per serving

Calories	370	Cholesterol	0mg
Fat	11g	Sodium	1239mg
Carbs	56g	Vitamin A	125IU
Fiber	8g	Vitamin C	71mg
Sugar	12g	Calcium	223mg
Protein	12g	Iron	3mg

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Homemade Almond Milk

5 ingredients · 15 minutes · 4 servings



Directions

1. Soak almonds in water for 8-12 hours. Drain and rinse.
2. Combine almonds, dates and water in a blender, about 1 minute on high.
3. Over a large bowl or pot, strain the pulp out of the nut milk using cheesecloth or a nut milk bag.
4. Add cinnamon and vanilla extract to the nut milk and whisk until combined.
5. Divide into glasses and enjoy!

Notes

Serve it With

Our Paleo Granola or any of our snacks. Drink it plain or use it in any recipe that calls for almond milk.

Storage

Refrigerate in an air-tight glass container up to 3-4 days. Shake well before using. It is natural for the milk to separate.

No Dates

Use 1-2 tbsp of honey or maple syrup instead.

Leftover Almond Pulp

Add to oatmeal, smoothies or vegetable/bean dips. Use as a crumble in dessert, or crust for chicken, fish, pork or shrimp.

Make Almond Flour

Spread leftover nut pulp onto a parchment-lined baking sheet and bake at lowest setting for about 3 hours or until completely dry. Add almond meal to food processor and blend into a fine powder. Use in any recipe that calls for almond flour.

Ingredients

- 1 cup Almonds (raw, unsalted)
- 2 tbsps Pitted Dates
- 4 cups Water
- 1/4 tsp Cinnamon
- 1/2 tsp Vanilla Extract

Nutrition

Amount per serving

Calories	222	Cholesterol	0mg
Fat	18g	Sodium	5mg
Carbs	11g	Vitamin A	2IU
Fiber	5g	Vitamin C	0mg
Sugar	5g	Calcium	124mg
Protein	8g	Iron	1mg

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