



# MEAL PREP 101

## *Our Guide to Meal Planning*



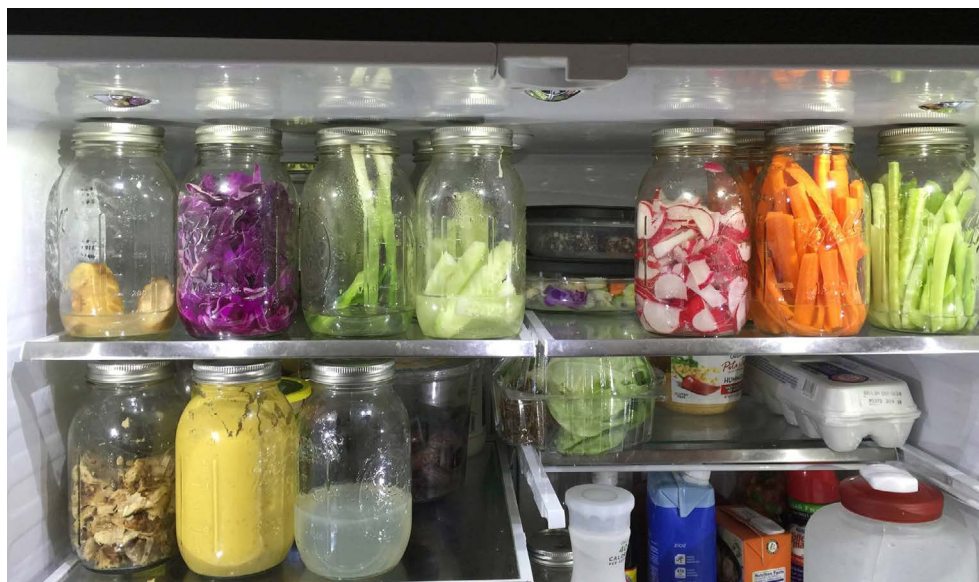
**Plus 7-Day  
Meal Plan  
& Bonus  
Recipes!**



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## HOW TO BATCH COOK



One of the most important parts of meal planning is mastering the art of batch cooking! Pick a day when you can spend a significant amount of time shopping for, cooking, and preparing your meals for the week ahead.

## BATCH COOKING 101

**Step 1:** Make a 4-hour date with your kitchen. We love to shop on Saturday, making Sunday afternoons the perfect time for batch cooking.

**Step 2:** Set the scene. Turn up the music and gather your supplies. You'll need several glass containers, five mason jars, and ziplock baggies.

**Step 3:** Master the Fab 5. See [page 3](#). Knowing a recipe by heart takes some of the guesswork out of the preparation.

**Step 4:** Get chopping! Veggie prep is one of the most crucial steps in being prepared. Store in airtight glass containers for easy access.

**Step 5:** Cover your bases. Each week decide what the base layers of each meal are going to be. Make a large batch of quinoa, a pot of garbanzo beans, or a few extra chicken breasts and store in grab-n-go glassware.

CONSCIOUS LIVING

## JO & JULES' FAVORITE TOOLS



These are all of our favorite things when it comes to stocking your kitchen with the essentials you need to cook like a pro at home.

## KITCHEN ESSENTIALS

- ☐ CUTTING BOARD - ONE FOR MEAT, ONE FOR VEGGIES
- ☐ FOOD PROCESSOR
- ☐ GLASS CONTAINERS
- ☐ HAND GRATER OR SHREDDER
- ☐ HAND PEELER
- ☐ HIGH-SPEED BLENDER - OUR FAVORITE IS THE VITA-MIX
- ☐ JULIENNE PEELER
- ☐ JUICER - CENTRIFUGAL JUICER LIKE THE BREVILLE MULTI-SPEED
- ☐ GARLIC PRESS
- ☐ MIXING BOWLS
- ☐ PARCHMENT PAPER
- ☐ SHARP KNIVES
- ☐ SLOW COOKER
- ☐ STEAMER BASKET - BAMBOO OR STAINLESS STEEL
- ☐ QUALITY POTS AND PANS\*
- ☐ MASON JARS



\*Note about nonstick pans: Never use pans with Teflon coating, they're toxic. Use a little bit of coconut oil instead.





## MASTER THE FAB 5



Memorizing a handful of recipes is a great way to grow and expand your repertoire of healthy choices. The **Conscious Cleanse FAB 5** is the perfect place to start, offering you several healthy options that are easy to grab in a pinch.

### THE CONSCIOUS CLEANSE FAB 5

- 1 Salad Dressing:** We always have a mason jar of homemade dressing in the fridge. One of our favorites is the versatile and delicious **Tahini Maple Salad Dressing**.
- 2 Meal-Size Salad:** A **Mason Jar Salad** is not only delicious and packed with nutrient-dense ingredients, it's super fun and looks simply gorgeous in the fridge.
- 3 One Pot Chicken Dinner:** There's a reason we grew up on Mom's Rice and Chicken dish. Tossing it together took no time and clean up was even faster. Our cleaner version is this **One Tray Honey Dijon Chicken and Veggies**.
- 4 Happy Buddha Bowl:** The **Everything But the Kitchen Sink Bowl** is the perfect end of the week, fall back plan. When all else fails or when you're simply out of fresh ingredients, toss all your leftovers into a large bowl and drizzle it with a special sauce (**Tahini Maple Dressing** anyone?) and you're good to go.
- 5 Simple Snack:** Having a nutrient dense, superfood snack at the ready is key to staying satisfied in snackland. Our favorite, next to Joy Balls of course, is our new **Quinoa Cookies**.

What are your **FAVORITE FAB 5?** Make a note of them here so you don't forget:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



## SUNDAY MEAL PREP



We know how important planning is to being successful, so we've set out a list of to-do meal prep to make it as easy as possible for you to sail through the week!

## SUNDAY MEAL PREP

- ☐ Make 4 **Mason Jar Salads** for lunch
- ☐ Make a double batch of the **Roasted Veggie Medley** and store in a glass container
- ☐ Broil 3 pieces of **Ginger Broiled Salmon** and store in a glass container
- ☐ Make a batch of **Tahini Maple Dressing** and store in a small mason jar
- ☐ Make the **Balsamic Marinade** and store in a small mason jar
- ☐ Make a batch of **Cilantro Lime Dressing** and store in a small mason jar
- ☐ Make 5 cups cooked quinoa and store in individual glass containers
- ☐ Make a double batch of **Slow Cooker Steel-Cut Oats** and store in a glass container
- ☐ Make **Quinoa Cookies** and freeze in a Ziplock baggie



# 7-DAY MEAL PLAN



This meal plan is designed for you as a starting point. Feel free to swap recipes around or switch out meat dishes with vegan or vegetarian options, whatever fits your eating preferences. The goal is to spend an afternoon prepping your food on Sunday so that you'll only have to cook 1-2 meals during the week. We promise the work up front will make all of the difference!

	BREAKFAST	LUNCH	DINNER	SNACKS
MONDAY	Slow Cooker Steel-Cut Oats	Mason Jar Salad with Ginger Broiled Salmon and Cilantro Lime Dressing	Roasted Veggie Medley with Balsamic Marinade over a bed of arugula	1 slice brown rice bread with avocado smear
TUESDAY	PB & J Smoothie	Mason Jar Salad with quinoa and Tahini Maple Dressing	One Tray Honey Dijon Chicken with Veggies	1-2 Quinoa Cookies
WEDNESDAY	Slow Cooker Steel-Cut Oats	Mason Jar Salad with Honey Dijon Chicken	Roasted Veggie Medley with Balsamic Marinade and Ginger Broiled Salmon	Sliced veggies dipped in Tahini Maple Dressing
THURSDAY	Rise 'n Shine Smoothie	Mason Jar Salad with Ginger Broiled Salmon and Cilantro Lime Dressing	Pumpkin Turkey Crockpot Chili	Cut carrots and celery with almond butter
FRIDAY	Green Smoothie of choice	Leftover Pumpkin Turkey Crockpot Chili	Everything But the Kitchen Sink Bowl with Tahini Maple Dressing	Banana and/or apple with cashew butter
SATURDAY	Super Green Smoothie Bowl	Leftover Pumpkin Turkey Crockpot Chili over quinoa	Dinner out with a Skinny Coin Style Margarita	2-3 squares of 70% dark chocolate
SUNDAY	Enjoy your favorite brunch entree and pair with some greens and an avocado	Big salad with leftover greens and veggies from the week with Cilantro Lime Dressing and sliced avocado	Batch Cook Baby!! Spend 4 hours in the kitchen for the next week.	1-2 Quinoa Cookies

CONSCIOUS EATING



## DIY MEAL PLANNING



Meal planning is one of the best kept secrets of the vibrantly healthy. Take a stab at your own meal plan here focusing first on just dinners. To begin, print out the sample blank meal planner below, carve out at least an hour where you can sit in your kitchen with your laptop, some cookbooks or favorite **blogs** and make a plan for the week. Once you have your meals planned, make your grocery list before heading out to the store.

### THIS WEEK'S MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

### SHOPPING LIST





# RECIPES



## PB & J Smoothie

Yield: 1 serving

### Ingredients:

- 1 cup almond milk
- 1 cup water
- 1-2 TB almond butter
- ¼ cup strawberries
- 1-2 cups spinach

**Instructions:** Combine almond milk, water, almond butter, strawberries and spinach in a high-speed blender until smooth. Enjoy immediately!

## Rise 'n Shine Smoothie

Yield: 1 serving

### Ingredients:

- 1 cup almond milk
- 1 cup water
- 1 banana
- 1 TB cacao
- 1-2 cups spinach
- 2-4 mint leaves

**Instructions:** Combine almond milk, water, banana, cacao, spinach and mint leaves in a high-speed blender until smooth. Enjoy immediately!

## Slow Cooker Steel-Cut Oats

Yield: 6 servings

### Ingredients:

- 2 cups steel-cut oats
- 4 cups water
- 4 cups coconut milk
- 1/3 cup dried apricots, chopped
- ¼ tsp sea salt
- Optional garnish: drizzle of maple syrup or handful of chopped walnuts

**Instructions:** Combine oats, water, coconut milk, apricots, and sea salt in your slow cooker or crockpot. Turn the heat setting to low. Cover and cook overnight, 7 to 8 hours. Before serving, mix well and garnish with a pinch of sea salt, a drizzle of maple syrup, and/or a handful of chopped walnuts.







# RECIPES



## One Tray Honey Dijon Chicken and Veggies

Yield: 4 servings

### Ingredients:

- 2 TB olive oil, divided
- 3 TB honey
- 1 TB Dijon mustard
- 3 cloves garlic, minced
- 1/2 tsp dried oregano
- 1/2 tsp dried basil
- 1/2 tsp Himalayan sea salt plus more to taste
- 1/4 tsp freshly ground black pepper to taste
- 2 cups sweet potatoes, cubed
- 4 boneless skinless chicken breasts
- 1 head of broccoli, chopped into florets

**Instructions:** In a small bowl, whisk together 1 tablespoon of olive oil, honey, Dijon, garlic, oregano, basil, salt, and pepper. Set half of the sauce aside. Use the remaining honey Dijon sauce and marinate the chicken for one hour.

Preheat the oven to 400 degrees F. In a large bowl, toss the potatoes with the second tablespoon of olive oil and a pinch of sea salt. Place them on a parchment paper-lined half sheet pan and lay the chicken breasts on top. Add the broccoli to the pan, then drizzle the reserved sauce over top of everything.

Bake 35 minutes or until the chicken is cooked through and the potatoes are tender.

At the halfway mark, check on the broccoli and remove it early if you prefer it less roasted.

## Tahini Maple Dressing

Yield: 1/2 cup

### Ingredients:

- 4 TB tahini
- 1/3 cup apple cider vinegar
- 1/4 cup water
- 2 TB maple syrup
- 6 TB olive oil
- Sea salt to taste

**Instructions:** In a small bowl (or mini food processor), whisk together the tahini, vinegar, water, and maple syrup. While whisking, slowly drizzle in the olive oil, then season to taste with sea salt.



## Balsamic Marinade

Yield: 1/2 cup

### Ingredients:

- 1/2 cup olive oil
- 4 TB balsamic vinegar
- 3 TB fresh rosemary, chopped
- 2 TB fresh thyme, chopped
- Sea salt to taste
- Black pepper to taste

**Instructions:** In a small bowl whisk together olive oil, vinegar, rosemary, thyme, salt, and pepper.





## Cilantro Lime Dressing

Yield: 1 cup

### Ingredients:

- 1½ cups cilantro
- ½ cup parsley
- Juice and zest of 2 limes (about 1 TB of zest)
- 3 cloves garlic, peeled and chopped
- 1 tsp honey
- 4 TB olive oil
- Himalayan sea salt to taste



**Instructions:** In a high-speed blender, combine cilantro, parsley, juice and zest of limes, garlic, honey and sea salt. Reduce blender to low and drizzle in olive oil until well combined. Add more sea salt to bring out the flavors.



## Ginger Broiled Salmon

Yield: 2 salmon fillets

### Ingredients:

- 1 TB coconut oil
- ¼ cup water
- 2 tsp minced ginger
- 1 TB Ume plum or apple cider vinegar
- 2 (4 oz) wild salmon fillets



**Instructions:** In a small bowl, combine coconut oil, water, ginger, and Ume plum vinegar. Place wild salmon fillets in a shallow baking dish, cover with marinade, and refrigerate for 30 minutes. Preheat the broiler. Remove salmon from the refrigerator, and broil skin side down 3 or 4 inches from the heat source for 6 to 8 minutes. Baste with remaining marinade once or twice while broiling. Use any remaining baking pan juices as a sauce, and serve alongside steamed veggies or with a salad.



# RECIPES



## Pumpkin Turkey Crockpot Chili

Yield: 8 servings

### Ingredients:

- 2 TB coconut oil, separated
- 2 lbs ground turkey
- 1 yellow onion, chopped
- 3 garlic cloves, minced
- 2 tsp cumin
- 2 (15 oz cans) great northern beans, rinsed and drained
- 1 (15 oz) can pumpkin puree
- 1 TB chili powder
- 1 tsp oregano
- 1-2 small jalapeños, seeded and finely chopped
- 2 cups chicken broth
- 2 bay leaves
- 1 green onion, chopped for garnish
- Handful of cilantro, chopped for garnish
- Salt and pepper to taste

**Instructions:** In a large sauté pan melt 1 tablespoon of coconut oil over high heat. Add turkey meat and cook, breaking it up into small pieces until fully cooked, about 5 minutes. Transfer to crock pot.

Add remaining tablespoon of coconut oil to the sauté pan and heat until melted. Add onions and garlic, sautéing for 3-4 minutes or until translucent. Add cumin and sauté another minute. Transfer to crock pot.

In the crockpot, add beans, pumpkin puree, chili powder, oregano, jalapeños, chicken broth and bay leaves. Stir to combine. Cover and cook on high for 4 hours or low for 8 hours.

Before serving, remove bay leaves and adjust chili powder to taste. Garnish with green onions, and cilantro.

## Rainbow Mason Jar Salad

Yield: 1 Mason Jar Salad

### Ingredients:

- 32 oz mason jar
- 2 TB dressing of choice
- ¼ cup purple cabbage, shredded
- 1/2 cup carrots, shredded
- ½ cup candy cane beets, shredded
- 1 scallion, sliced
- Protein of choice - 1 cup quinoa or 3-5 oz salmon, chicken etc.
- 2 cups spinach



**Instructions:** In a 32 oz mason jar, first add the salad dressing. Next layer cabbage, carrots, beets, scallion, protein then spinach. Seal the jar and refrigerate until ready to eat.





## Everything But The Kitchen Sink Bowl

Yield: 2 bowls



### Ingredients:

- 2 cups quinoa, cooked
- Pinch of sea salt
- 1 TB toasted sesame oil
- 1 TB Ume plum or apple cider vinegar
- ½ cup leftover roasted veggies
- ½ cup wakame, soaked and drained (arame or other sea veggie variety would work too)
- ½ avocado, cubed
- Handful of cilantro, chopped, optional garnish
- Ozuke kimchi, optional garnish
- Gomasio, optional garnish

**Instructions:** To assemble the bowl, toss together quinoa with sesame oil and vinegar. Divide quinoa into two serving bowls. Arrange roasted veggies, wakame and avocado. Top with desired amount of **Tahini Maple Dressing** and garnish with cilantro, kimchi and gomasio.



## Roasted Veggie Medley

Yield: 4 servings

### Ingredients:

- 1 small butternut squash, cubed
- 1 head broccoli, chopped into small florets
- 1 rutabaga, sliced
- 1 bunch carrots, sliced lengthwise
- 2 red peppers, seeded and sliced
- 1 red onion, quartered
- ¼ cup **Balsamic Marinade**
- Salt and freshly ground black pepper, to taste

**Instructions:** Preheat oven to 450 degrees F. In a large bowl, combine the squash, broccoli, rutabaga, carrots, and red bell peppers. Separate the red onion quarters into pieces, add them to the medley.

Toss vegetables with Balsamic Marinade until they are coated. Line a baking pan with parchment paper and spread veggies into a single layer.

Roast for 35 to 40 minutes. Stir every 10 minutes until vegetables are cooked through and browned.



## Quinoa Cookies

Yield: 10-12 cookies

### Ingredients:

- 1 cup quinoa flour
- ½ tsp baking powder
- 1/8 tsp salt
- 2 tsp cinnamon
- 3 TB maple syrup or Lakanto no sugar sweetener
- 2 flax eggs\* or 2 whole eggs
- 4 TB coconut oil, melted
- 1 tsp vanilla extract
- 2 TB water
- 1/3 cup raisins
- 1/3 cup walnuts (optional)

\*1 flax egg equals 1TB flaxseed to 3 TB water. Whisk and let stand for 10 minutes.

**Instructions:** Preheat oven to 350 degrees F. In a medium mixing bowl add quinoa flour, baking powder, salt, and cinnamon to a bowl. Stir well.

In a small bowl, whisk flax egg or eggs, melted coconut oil, maple syrup, water, and vanilla extract. Stir in wet ingredients to the dry ingredients. Mix well until dough is formed. Fold in the raisins.

Line baking sheet with parchment paper. Form dough into small balls. Drop dough on the baking sheet. Wet a fork and press gently into each cookie. Bake for 12 minutes. Remove and let cool for 10 minutes.