



Meal Prep Sunday Program

Christine Moran

<https://harmonyhousewellness.ca>



Hi,

This is a program that shows you how to prepare enough meals for the week in roughly two hours. We love Meal Prep Sunday!

Taking some time on the weekend to prepare food for the week saves us time, money, keeps us organized and feeling great throughout the week. But sometimes getting organized for Meal Prep Sunday is half the battle. Don't worry, we've got you covered!

Our Meal Prep Sunday Program will show you how to prepare enough meals for 5 days in roughly two hours. Our prep guide will outline step-by-step how to make it happen. Grab the meal plan, grocery list and prep guide and let's get to it!

Grocery List Tips

I have included a full grocery list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

Shopping Tips

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

Recipe Tips

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

Leftovers

You'll notice that some meals on the plan are shaded out. This means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!

The information provided in this plan is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. None of my services shall be used to diagnose or treat any health problem or disease. I cannot and do not provide medical advice. You should seek prompt medical care for any specific health issues and consult your physician before altering your diet. The information and recipes provided in this plan



should not be used in place of a consultation with your physician or other health care provider. I do not recommend the self-management of health problems. Should you have any healthcare-related questions, please consult your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of the information provided in this plan.



	Mon	Tue	Wed	Thu	Fri
Breakfast	 Kiwi Green Smoothie	 Kiwi Green Smoothie	 Pumpkin Pie Baked Oatmeal	 Pumpkin Pie Baked Oatmeal	 Pumpkin Pie Baked Oatmeal
Snack 1	 Baby Carrots & Hummus	 Baby Carrots & Hummus	 Apple with Almond Butter	 Apple with Almond Butter	 Apple with Almond Butter
Lunch	 Lentil & Feta Tabbouleh	 Lentil & Feta Tabbouleh	 Cajun Turkey with Green Beans & Rice	 Curried Chicken Slow Cooker Stew	 Cajun Turkey with Green Beans & Rice
Snack 2	 Banana with Almond Butter	 Banana with Almond Butter	 Dried Mango & Brazil Nuts	 Dried Mango & Brazil Nuts	 Dried Mango & Brazil Nuts
Dinner	 Thai Basil Turkey with Bok Choy & Rice	 Thai Basil Turkey with Bok Choy & Rice	 Curried Chicken Slow Cooker Stew	 Cajun Turkey with Green Beans & Rice	 Curried Chicken Slow Cooker Stew

**Fruits**

- 6 Apple
- 6 Banana
- 4 Kiwi
- 1/2 Lemon

Breakfast

- 1 1/4 cups Almond Butter
- 30 pieces Dried Unsweetened Mango
- 1/2 cup Maple Syrup

Seeds, Nuts & Spices

- 1 1/2 cups Brazil Nuts
- 3 tbsps Cajun Spice
- 1/4 cup Chia Seeds
- 2 tsps Cinnamon
- 1 tsp Cumin
- 1 tbsp Curry Powder
- 1/4 cup Ground Flax Seed
- 1/4 cup Pumpkin Seeds
- 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper

Frozen

- 1/2 cup Frozen Corn
- 12 cups Frozen Green Beans
- 1/2 cup Frozen Peas

Vegetables

- 3 cups Baby Carrots
- 5 cups Baby Spinach
- 1 cup Basil Leaves
- 4 cups Bok Choy
- 6 Garlic
- 6 stalks Green Onion
- 4 cups Parsley
- 1/2 cup Red Onion
- 1 Sweet Potato
- 2 Thai Chili
- 2 Tomato

Boxed & Canned

- 2 cups Chickpeas
- 2 1/2 cups Jasmine Rice
- 2 cups Lentils
- 2 cups Organic Vegetable Broth

Baking

- 3/4 tsp Baking Powder
- 2 1/2 cups Oats
- 1 tbsp Pumpkin Pie Spice
- 2 cups Pureed Pumpkin
- 1 tbsp Raw Honey
- 1 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- 8 ozs Chicken Breast
- 1 lb Extra Lean Ground Turkey
- 2/3 cup Feta Cheese
- 1 cup Hummus
- 1 1/2 lbs Turkey Breast

Condiments & Oils

- 2 1/2 tbsps Coconut Oil
- 1/4 cup Extra Virgin Olive Oil
- 2 tsps Sesame Oil
- 3 tbsps Tamari

Cold

- 2 Egg
- 1 cup Unsweetened Almond Milk

Other

- 8 Ice Cubes
- 1 cup Vanilla Protein Powder
- 4 cups Water



Kiwi Green Smoothie

2 servings

5 minutes

Ingredients

2 Kiwi (small, peeled)
1 Banana (frozen)
1/2 cup Vanilla Protein Powder
2 tbsps Chia Seeds
2 1/2 cups Baby Spinach
2 cups Water
4 Ice Cubes

Directions

- 1 Combine all ingredients together in a blender and blend very well until smooth. Pour into glasses and enjoy!

Notes

No Chia Seeds, Use flax seed instead.
No Protein Powder, Use hemp seeds instead.



Pumpkin Pie Baked Oatmeal

6 servings
45 minutes

Ingredients

2 cups Pureed Pumpkin
2 Egg
1/2 cup Maple Syrup
1 tbsp Pumpkin Pie Spice
1 tsp Vanilla Extract
3/4 tsp Baking Powder
1/2 tsp Sea Salt
1 cup Unsweetened Almond Milk
2 1/2 cups Oats (rolled or quick)
1/4 cup Ground Flax Seed
1/4 cup Pumpkin Seeds

Directions

- 1 Preheat oven to 375°F (191°C). Grease a baking dish with a little coconut oil. (Use a 9 x 13-inch dish for 6 servings.)
- 2 In a large bowl, whisk together the pumpkin, eggs, maple syrup, pumpkin pie spice, vanilla, baking powder, salt and milk until smooth. Stir the oats and ground flax into the pumpkin mixture. Pour into the baking dish and sprinkle pumpkin seeds over top.
- 3 Bake in the preheated oven for 40 minutes or until the centre feels set and the edges are slightly golden.

Notes

Storage, Store covered in the fridge up to 4 - 5 days, or freeze in individual portions for easy grab-and-go breakfasts down the road.

Egg-Free, Replace the eggs with flax eggs. For every egg, mix together 1 tbsp of ground flax seed with 3 tbsp of water.

Muffins, Divide the batter into a muffin tray instead of a baking pan. Bake at the same temperature as listed for 20 to 25 minutes, or until muffins are cooked through.



Baby Carrots & Hummus

4 servings

5 minutes

Ingredients

3 cups Baby Carrots
1 cup Hummus

Directions

- 1 Divide carrots between bowls. Serve with hummus on the side for dipping. Enjoy!

Notes

No Baby Carrots, Use celery sticks, cucumber slices or sliced bell peppers instead..
Like it Spicy, Top with a pinch of cayenne pepper or chili powder.



Apple with Almond Butter

2 servings

5 minutes

Ingredients

2 Apple
1/4 cup Almond Butter

Directions

- 1 Slice apple and cut away the core.
:
- 2 Dip into almond butter.
:
- 3 Yummmm.



Lentil & Feta Tabbouleh

4 servings

10 minutes

Ingredients

2 cups Lentils (cooked)
2 Tomato (medium, diced)
2/3 cup Feta Cheese (crumbled)
4 cups Parsley (chopped)
1/2 cup Red Onion (finely diced)
1/4 cup Extra Virgin Olive Oil
1/2 Lemon (juiced)
2 tsps Cinnamon (ground)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Toss all ingredients in a large bowl until evenly combined. Add sea salt and black pepper to taste. Divide into bowls and enjoy!

Notes

Dairy-Free, Omit the feta and use sliced olives or capers instead.
Storage, Store in an airtight container in the fridge up to 3 days.



Cajun Turkey with Green Beans & Rice

6 servings
30 minutes

Ingredients

- 1 1/2 cups Jasmine Rice (dry)
- 1 1/2 lbs Turkey Breast
- 1 1/2 tbsps Coconut Oil (divided)
- 3 tbsps Cajun Spice
- 12 cups Frozen Green Beans (thawed)
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Cook the rice according to the instructions on the package and set aside.
- 2 While the rice cooks, dice your turkey breast into 1 inch cubes. Add half the coconut oil to a large skillet and warm over medium heat. Add the diced turkey breast and saute for 7 to 10 minutes, or until browned and cooked through. Add the cajun seasoning and continue to saute until the turkey is well coated. Transfer to a small plate.
- 3 Place the skillet back over medium heat and add the remaining coconut oil. Add the frozen green beans and cover. Saute for 4 to 5 minutes or until tender and crisp. Turn off the heat.
- 4 Divide rice, turkey and green beans between bowls. Season with sea salt and black pepper to taste. Enjoy!

Notes

No Rice, Use quinoa or roasted potatoes instead.

Storage, Store in an airtight container in the fridge up to 3 days.

Low Carb, Use cauliflower rice instead of jasmine rice.

No Turkey Breast, Use chicken breast or ground meat instead.

Reheating Leftovers, Saute in a skillet until warmed through.

Vegan & Vegetarian, Replace the turkey breast with roasted chickpeas or warm lentils seasoned with cajun spice.



Banana with Almond Butter

2 servings

2 minutes

Ingredients

2 Banana
1/4 cup Almond Butter

Directions

- 1 Slice banana.
;
- 2 Dip in almond butter.
;
- 3 Bam.



Dried Mango & Brazil Nuts

6 servings

3 minutes

Ingredients

30 pieces Dried Unsweetened Mango
(large)
1 1/2 cups Brazil Nuts

Directions

- 1 Divide dried mango and brazil nuts between bowls. Enjoy!



Thai Basil Turkey with Bok Choy & Rice

4 servings
25 minutes

Ingredients

- 1 cup Jasmine Rice (dry)
- 1 tbsp Coconut Oil
- 2 Thai Chili (stems removed and finely sliced)
- 6 stalks Green Onion (finely diced)
- 4 Garlic (cloves, minced)
- 1 lb Extra Lean Ground Turkey
- 1 tbsp Raw Honey
- 3 tbsps Tamari
- 1 cup Basil Leaves (fresh, chopped)
- 2 tsps Sesame Oil
- 4 cups Bok Choy (sliced in half lengthwise)

Directions

- 1 Cook the rice according to the instructions on the package and set aside.
- 2 While the rice cooks, place a wok over high heat. Add the coconut oil, chilies, green onion and garlic. Saute for 1 to 2 minutes, or until onions are softened. Add the ground turkey and saute for about 5 minutes, breaking it up into small pieces as it cooks. Add the honey and tamari and saute for another minute, or until turkey is completely cooked through. Add the basil. Saute until wilted and turn off the heat. Cover with a lid to keep warm.
- 3 Heat the sesame oil in a frying pan over medium heat. Add the sliced bok choy, face down. Cover and let fry for about 5 minutes, or until slightly charred. Turn off the heat.
- 4 Divide rice between plates and top with the basil turkey mix. Add the bok choy on the side. Enjoy!

Notes

No Rice, Use quinoa or roasted potatoes instead.

Storage, Store in an airtight container in the fridge up to 3 days.

Low Carb, Use cauliflower rice instead of jasmine rice.

Make it Faster, Use green peas instead of bok choy.

No Thai Chili, If you do not like it spicy, simply omit. If you cannot find thai chiles, add a pinch of cayenne pepper instead.

Reheating Leftovers, Saute in a skillet until warmed through.

Vegan & Vegetarian, Replace the ground turkey with roasted chickpeas or warm lentils.



Curried Chicken Slow Cooker Stew

6 servings

6 hours

Ingredients

- 1 Sweet Potato (large, diced)
- 2 cups Chickpeas (cooked, drained and rinsed)
- 1/2 cup Frozen Corn
- 1/2 cup Frozen Peas
- 1 tsp Cumin (ground)
- 1 tbsp Curry Powder
- 2 Garlic (cloves, minced)
- 2 cups Organic Vegetable Broth (or any type of broth)
- 8 ozs Chicken Breast

Directions

- 1 Add all ingredients except chicken breasts to the slow cooker and stir well to mix. Then lay chicken on top and season them generously with sea salt and pepper. Cover with lid and cook on low setting overnight or for 6 to 8 hours.
- 2 After 6 to 8 hours, remove the lid and lift the chicken out onto a plate. Use a fork to shred the chicken breasts and add them back to the slow cooker. Stir well to mix and let sit for 15 minutes.
- 3 Serve the stew on it's own or over brown rice. Enjoy!

Notes

More Carbs, Serve it over brown rice.

More Protein, Serve it over quinoa.

Vegan and Budget-Friendly, Skip the chicken breast and add an extra can of chickpeas, lentils or beans instead.

Turn it Into a Soup, Double up on the broth.

More Green Veggies, Right before serving, stir in a few cups of baby spinach or chopped kale just until wilted.

Task No.	Time	Recipe	Tasks & Notes
1	15 minutes	Curried Chicken Slow Cooker Stew	<input type="checkbox"/> Follow the recipe and combine all ingredients in your slow cooker. Cook on high for 4 hours or on low for 6 to 8 hours. Move onto the next task.
2	15 minutes	Pumpkin Pie Baked Oatmeal	<input type="checkbox"/> Preheat oven to 375 degrees F. <input type="checkbox"/> Follow the recipe and bake for 40 minutes. Set timer and move onto the next task.
3	5 minutes	Cajun Turkey with Green Beans & Rice Thai Basil Turkey with Bok Choy & Rice	<input type="checkbox"/> Cook a batch of Jasmine rice for both recipes. Follow the instructions on the package. Set timer and move onto the next task as it cooks.
4	20 minutes	Cajun Turkey with Green Beans & Rice	<input type="checkbox"/> Follow the recipe to cook the turkey breast and green beans. <input type="checkbox"/> Divide the jasmine rice between containers. Add the cooked turkey breast and green beans. Leave lids off until cool.

5	20 minutes	Thai Basil Turkey with Bok Choy & Rice	<input type="checkbox"/> Follow the recipe to cook the ground turkey and prepare the bok choy. <input type="checkbox"/> Divide the jasmine rice between containers. Add the cooked ground turkey and bok choy. Leave lids off until cool.
6	1 minutes	Pumpkin Pie Baked Oatmeal	<input type="checkbox"/> Remove from oven and set aside to cool.
7	10 minutes	Lentil & Feta Tabbouleh	<input type="checkbox"/> Follow the recipe and divide into containers. Seal with lids.
8	3 minutes	Baby Carrots & Hummus	<input type="checkbox"/> Divide hummus into single serving condiment containers. <input type="checkbox"/> Divide baby carrots into ziplock baggies.
9	3 minutes	Banana with Almond Butter Apple with Almond Butter	<input type="checkbox"/> Divide almond butter into single serving condiment containers.
10	3 minutes	Dried Mango & Brazil Nuts	<input type="checkbox"/> Divide dried mango and brazil nuts into ziplock baggies.
11	10 minutes	Kiwi Green Smoothie	<input type="checkbox"/> Prepare smoothie packs by portioning out kiwi, banana, protein powder, chia seeds, baby spinach and ice cubes into zip lock baggies. (Note: In the mornings, dump the

			contents of the smoothie pack into the blender, add water and blend until smooth.)
12	5 minutes	Pumpkin Pie Baked Oatmeal	<input type="checkbox"/> Divide into containers. Leave lids off until completely cooled.
13	5 minutes	Curried Chicken Slow Cooker Stew	<input type="checkbox"/> When ready, portion out into single-serving containers. Leave lids off until completely cooled.
14	5 minutes	Once everything has cooled	<input type="checkbox"/> Seal everything with lids. <input type="checkbox"/> Into the Fridge: Lentil & Feta Tabbouleh, Baby Carrots & Hummus, Thai Basil Turkey with Bok Choy & Rice, portioned out almond butter containers and apples. <input type="checkbox"/> Into the Freezer: Kiwi Green Smoothie packs, Pumpkin Pie Baked Oatmeal, Curried Chicken Slow Cooker Stew, Cajun Turkey with Green Beans & Rice. <input type="checkbox"/> Into the Pantry: Bananas and Dried Mango & Brazil Nuts.
15	15 minutes		<input type="checkbox"/> Wash dishes/load and start dishwasher. <input type="checkbox"/> Wipe counters

Note: On Tuesday, transfer the Pumpkin Pie Baked Oatmeal, Curried Chicken Slow Cooker Stew and Cajun Turkey with Green Beans & Rice from the freezer to the fridge.