

**MEAL PREP GUIDE**

MEAL NO.1	MEAL NO.2	MEAL NO.3	MEAL NO.4	MEAL NO.5
Salmon with Broccoli	Healthy Greens and Tofu Soup	Balsamic Chicken Thighs	Rack of lamb	Baked Salmon with Pesto

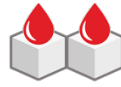
MEAL 1: PREP GUIDE	MENU
Cut the broccoli florets in small pieces Crush black pepper	Salmon with Broccoli

MEAL 2: PREP GUIDE	MENU
Cut onions in small pieces Crush the garlic cloves	Healthy Greens and Tofu Soup

MEAL 3: PREP GUIDE	MENU
Crush garlic	Balsamic Chicken Thighs

MEAL 4: PREP GUIDE	MENU
Cut the lamb in small bite size pieces Crush black pepper	Rack of lamb

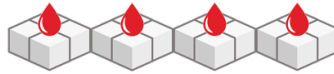
MEAL 5: PREP GUIDE	MENU
	Baked Salmon with Pesto

**(1) MONDAY - SALMON WITH BROCCOLI****SugarPoints (2)**

NOTES		INGREDIENTS	
<div>Serves: 4</div> <div>Cooking Time: 20 minutes, oven</div> <div>Prep Time: 20 minutes</div>		<ul style="list-style-type: none"><li>• 1 cup of broccoli</li><li>• 1 cup of butter</li><li>• Salt and black pepper, to taste</li><li>• 1 cup of grated cheddar cheese</li><li>• 2.5 lbs of salmon</li></ul>	
MAKE AHEAD			
<div>Cut the broccoli in florets</div> <div>Grate the cheddar cheese</div>			
INSTRUCTIONS			
<div><div>1. Preheat the oven to 375 degrees F, (190 C) for few minutes.</div><div>2. Take a cooking pot and boil water in it.</div><div>3. Then add in salt and broccoli, and let it cook for 3 minutes.</div><div>4. Then drain and set it aside.</div><div>5. Now, once the broccoli is drained season it with black pepper.</div><div>6. Arrange the broccoli onto a baking sheet lined with parchment paper.</div><div>7. Drizzle cheese on top.</div><div>8. Bake it in the oven for 10-12 minutes at 375 degrees F (190 C).</div><div>9. Meanwhile, melt butter in a skillet and cook salmon in it from both the side until pink.</div><div>10. Serve the cooked salmon with broccoli and enjoy.</div></div>			
NUTRITIONAL INFORMATION			
<div>Calories 940 - Total Fat 73.1g - Carbs 1.9 g - Protein 63g</div>			

## (2) TUESDAY - HEALTHY GREENS AND TOFU SOUP

SugarPoints (16)



NOTES	INGREDIENTS
Serves: 4 Cooking Time: 25 minutes, skillet or cooking pot Prep Time: 15-20 minutes	<ul style="list-style-type: none"><li>• 4 tablespoons of olive oil</li><li>• 1 small onion, chopped</li><li>• 1 teaspoon of curry paste</li><li>• 1 teaspoonful turmeric</li><li>• 14 ounces of coconut milk</li><li>• 1.5 cups broccoli</li><li>• 8 cups vegetable broth</li><li>• 1/2 cup cauliflower florets, chopped</li><li>• 1 cup Bok Choy</li><li>• 2 garlic cloves, crushed</li><li>• 2 teaspoons lemon juice</li><li>• 250 grams of tofu, drained and cubed</li><li>• 1-2 teaspoons five-spice powder</li><li>• 4 ounces of Snow peas, trimmed</li><li>• Salt and black pepper, to taste</li></ul>
MAKE AHEAD	
Chop the cauliflower into florets Chop the onions	
INSTRUCTIONS	
<ol style="list-style-type: none"><li>1. Heat half of the olive oil in a skillet and sauté onions in it for 2 minutes.</li><li>2. Then add in the garlic, black pepper, salt.</li><li>3. Cook until the aroma comes.</li><li>4. Now at this stage add the lemon juice, curry paste, turmeric, and five-spice powders.</li><li>5. Next, add vegetables and cook for 10 minutes.</li><li>6. Pour in the coconut milk.</li><li>7. Cover it with the lid and cook for 5 minutes, then add the broth and let the boil come</li><li>8. Now turn off the flame and transfer the broth to a blender.</li><li>9. Blend into a fine soupy consistency.</li><li>10. Transfer the soup back to the cooking pot.</li><li>11. Fry the tofu in a skillet by adding olive oil until golden brown.</li><li>12. Then serve it as topping over the soup.</li></ol>	
NUTRITIONAL INFORMATION	
Calories 516 - Total Fat 44g - Carbs 16.2g - Protein 19.9g	

**(3) WEDNESDAY - BALSAMIC CHICKEN THIGHS****SugarPoints (3)**

NOTES		INGREDIENTS	
<div>Serves: 4</div> <div>Cooking Time: 45 minutes, oven</div> <div>Prep Time: 15-20 minutes</div>		<ul style="list-style-type: none"><li>• 2 lbs of chicken thighs, boneless</li><li>• 5 tablespoons Dijon mustard</li><li>• 1/3 teaspoon of lemon zest</li><li>• 4 tablespoons of fresh lemon juice</li><li>• 1/3 cup of balsamic vinegar</li><li>• 1/2 cup olive oil, or vegetable oil</li><li>• 2 tablespoons of fresh rosemary</li><li>• 4 garlic cloves, crush or minced</li><li>• Salt and freshly grounded black pepper, to taste</li></ul>	
MAKE AHEAD			
<div>Zest and squeeze the lemon</div>			
INSTRUCTIONS			
<div><div>1.</div><div>The first step is to preheat the oven to 375 degrees F (190 C).</div></div> <div><div>2.</div><div>In a large bowl, mix rosemary, olive oil, garlic, mustard, balsamic vinegar, lemon zest, lemon juice, salt, and black pepper.</div></div> <div><div>3.</div><div>Put the chicken into the bowl and marinate the pieces well inside the refrigerator for 2 hours.</div></div> <div><div>4.</div><div>Afterward, take a baking dish and grease it with oil spray.</div></div> <div><div>5.</div><div>Transfers the chicken thighs to the baking dish and bake it in the oven for 45 minutes at 375 degrees F (190 C).</div></div> <div><div>6.</div><div>Once cooked, serve and enjoy.</div></div>			
NUTRITIONAL INFORMATION			
<div>Calories 698 - Total Fat 45.2g - Carbs 2.6g - Protein 66g</div>			

## (4) THURSDAY - RACK OF LAMB

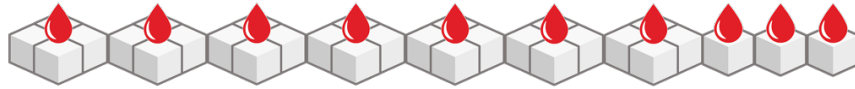
SugarPoints (3)



NOTES	INGREDIENTS
Serves: 4 Cooking Time: 45 minutes, oven Prep Time: 20 minutes	<ul style="list-style-type: none"><li>• 2 lbs bone-in rack of lamb, trimmed and frenched</li><li>• 2 tablespoons ginger garlic paste</li><li>• 4 tablespoons olive oil</li><li>• 1/3 cup chopped rosemary</li><li>• 1/3 tablespoon black pepper</li><li>• Salt, to taste</li></ul>
MAKE AHEAD	
Trim and frenched the lamb pieces	
INSTRUCTIONS	
<ol style="list-style-type: none"><li>1. Rub the lamb with olive oil, salt, black pepper, rosemary, and garlic ginger paste.</li><li>2. Marinate it for 2 hours.</li><li>3. Preheat the oven to 375 degrees F (190 C).</li><li>4. Take a baking tray and layer it with aluminium foil.</li><li>5. Afterward, put the lamb into the baking tray.</li><li>6. Bake the lamb in the oven at 375 degrees F (190 C), for 45 minutes.</li><li>7. Take out the lamb and serve.</li><li>8. Enjoy.</li></ol>	
NUTRITIONAL INFORMATION	
Calories 964 - Total Fat 68.1g - Carbs 3.4g - Protein 80g	

## (5) FRIDAY - BAKED SALMON WITH PESTO

SugarPoints (27)



NOTES	INGREDIENTS
Serves: 4 Cooking Time: 20 minutes, oven Prep Time: 15 minutes	<ul style="list-style-type: none"><li>• 2 lbs salmon fillet</li><li>• Salt and pepper</li><li>• 2 tablespoons of butter, melted</li><li>• Oil spray, for greasing</li><li>• Ingredients for Green pesto Sauce</li><li>• 1/2 cup of green pesto</li><li>• 1/2 cup mayonnaise</li><li>• 1 cup Greek yogurt</li><li>• Salt and black pepper, to taste</li></ul>
MAKE AHEAD	
Put the butter at room temperature Combine all the green pesto sauce ingredients before cooking salmon	
INSTRUCTIONS	
<ol style="list-style-type: none"><li>1. Take a baking sheet and grease it with oil spray.</li><li>2. Season the salmon with salt pepper and melted butter.</li><li>3. Put the salmon skin-side down on the oil greased baking dish.</li><li>4. Mix all the green pesto ingredients in a large bowl, and set aside.</li><li>5. Bake the salmon in the oven at 375 degrees F (190 C), for about 20 minutes.</li><li>6. Flip the fillet halfway through.</li><li>7. Stir the green sauce ingredients over the fillets, and serve.</li></ol>	

NUTRITIONAL INFORMATION
Calories 1095 - Total Fat 86g - Carbs 16g - Protein 60g



## WHAT TO DO WITH LEFTOVERS

MEALS		LEFTOVER USE
<b>NO.1</b>	Salmon with Broccoli	Cut the leftover salmon in bite-size pieces and mix with Farro, cooked Black Beans, and Tahini Dressing.
<b>NO.2</b>	Healthy Greens and Tofu Soup	Reheat and simmer down the leftover soup to fill tortillas or add up chips to the soup bowl and enjoy.
<b>NO.3</b>	Balsamic Chicken Thighs	Shred the leftover meat and mix it in creaser salad.
<b>NO.4</b>	Rack of lamb	Mix the chopped leftover lamb and mix it up with feta cheese, garlic, and olive oil. Fill it up inside a sandwich and enjoy.
<b>NO.5</b>	Baked Salmon with Pesto	Chop the leftover salmon and mix it up with cooked cauliflower rice for the perfect treat.



## SHOPPING LIST

MEAT/SEAFOOD	QUANTITY	NOTES
Salmon	2.5 lbs	fillets of salmon
Lamb	2 lbs	bone in rack, trimmed
Chicken thighs	2 lbs	boneless needed

VEGETABLES/FRUITS	QUANTITY	NOTES
Broccoli	3 cups	florets
Onion	1	chopped
Cauliflower florets	1/2 cup	
Bok Choy	1 cup	
Garlic	6 cloves	crushed or minced
Ginger garlic paste	2 tablespoons	
Lemons	3	zest and juice needed
Onion	1	chopped
Snow peas	4 ounces	trimmed

MISC	QUANTITY	NOTES
Tofu	250 grams	drained and cubed
Olive oil	3 tablespoons	

PANTRY ESSENTIALS	QUANTITY	NOTES
Butter	9 tablespoons	
Curry paste	1 teaspoon	
Turmeric	1 teaspoon	
Coconut milk	14 ounces	
Vegetable broth	8 cups	
Curry paste	1 teaspoon	
Five-spice powder	2 teaspoons	
Oil spray	As needed	
Fresh rosemary	7 tablespoons	
Green pesto	6 tablespoons	
1 mayonnaise	1/3 cup	
Greek yogurt	1/2 cup	
Fresh rosemary	7 tablespoons	
Dijon mustard	5 tablespoons	
Balsamic vinegar	1/3 cup	