



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

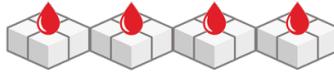
SugarPoints (2)



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

(2) TUESDAY - HEALTHY GREENS AND TOFU SOUP

SugarPoints (16)



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

(3) WEDNESDAY - BALSAMIC CHICKEN THIGHS

SugarPoints (3)



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

(4) THURSDAY - RACK OF LAMB

SugarPoints (3)



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

(5) FRIDAY - BAKED SALMON WITH PESTO

SugarPoints (27)



NOTES	INGREDIENTS
<p>Serves: 4 Cooking Time: 20 minutes, oven Prep Time: 15 minutes</p>	<ul style="list-style-type: none"> • 2 lbs salmon fillet • Salt and pepper • 2 tablespoons of butter, melted • Oil spray, for greasing • Ingredients for Green pesto Sauce • 1/2 cup of green pesto • 1/2 cup mayonnaise • 1 cup Greek yogurt • Salt and black pepper, to taste
<p>MAKE AHEAD</p>	
<p>Put the butter at room temperature Combine all the green pesto sauce ingredients before cooking salmon</p>	
INSTRUCTIONS	
<ol style="list-style-type: none"> 1. Take a baking sheet and grease it with oil spray. 2. Season the salmon with salt pepper and melted butter. 3. Put the salmon skin-side down on the oil greased baking dish. 4. Mix all the green pesto ingredients in a large bowl, and set aside. 5. Bake the salmon in the oven at 375 degrees F (190 C), for about 20 minutes. 6. Flip the fillet halfway through. 7. Stir the green sauce ingredients over the fillets, and serve. 	
NUTRITIONAL INFORMATION	
<p>Calories 1095 - Total Fat 86g - Carbs 16g - Protein 60g</p>	



WHAT TO DO WITH LEFTOVERS

MEALS		LEFTOVER USE
NO.1	Salmon with Broccoli	Cut the leftover salmon in bite-size pieces and mix with Farro, cooked Black Beans, and Tahini Dressing.
NO.2	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.
NO.3	Balsamic Chicken Thighs	Shred the leftover meat and mix it in creaser salad.
NO.4	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.
NO.5	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	