

A vibrant photograph of fresh ingredients including salmon fillets, a red chili pepper, and fresh herbs like parsley and lemon slices, all set against a dark background with scattered spices. A large white circle is centered over the image, containing the title text.

MEAL PREP *Guide*

Diana Keuilian

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Hello Friends,

Do you know what it's like to open the fridge to find a fully stocked array of delicious, healthy, nutrient-packed foods at your fingertips? It's one of the best things that you can do for yourself, your family and your health.

It's also super convenient! No more wondering what to eat, no more ending up in a drive thru and no more tasteless, frozen convenience meals.

In this guide, my goal is to give you the tools and instructions that you need to successfully shop, cook and package your meals for the week. These meals will be nutritional, flavorful and downright delicious :)

I'd love to get your feedback on this book! Reach out to me at RealHealthyRecipes@gmail.com. Also, let's be friends on [Facebook](#).

Happy Cooking :)

Diana Keuilian

P.S. 'Like' the Real Healthy [Recipes Facebook Fan Page](#) for support, motivation, healthy eating tips and lots of new recipes!



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GETTING STARTED

Can you imagine how fantastic it would be to have all of your meals prepped and ready for you for the entire week? For most of us the thought of such organization seems a little farfetched, but with a little planning we can all achieve it.

Why?

The reason that meal prep is so valuable is that it prevents us from making poor food choices out of desperation. You'd avoid that fast food burrito if you knew that there was a nutritious, homemade meal waiting for you at home.

And when we consistently eat wholesome, real food meals then our bodies and our health transform.

We all want to look and feel healthy, lean and energetic. That's clear by all of the magazine covers that boast the secret of achieving the perfect body and health. However, each day we face a major struggle as we are bombarded by food advertisements, convenience meals and the mouthwatering smells and sights of unhealthy foods. These foods are designed to rob us of healthy, lean, energetic bodies.

Ugh! What's the solution?



The best way that I've found for avoiding toxic foods and for filling up on nutritious meals, is to do meal prep at home for the week. Yes, this takes the better part of one weekend day, and yes, this requires planning and effort, but the result is well worth all of the steps required to make it happen.

As we go through the 5 Steps to Meal Prep I'll first describe the step in detail and then I will give you an actual example from a week of my meals. The number of meals and servings that you need may be different than mine, so make sure to customize your own to fit your needs.

Let's get started on the wonderful and exciting world of meal prep!

STEP ONE: PLANNING

Get out your notebook and pen (if you're old school like me!) or pull up a blank note page on your iPad, it's time to start planning for the week. Here are the questions that you'll need to answer:



1) How many meals do I need each day?

- Check your calendar for special events
- Consider your appetite throughout the day
- Look at each day separately

2) How many servings do I need for each meal?

- Consider who in the family needs which meals
- Check the calendar for guests or visitors
- Look at each day separately

Diana's Week in Meal Prep

I'm typically cooking for myself, B and my two children. We all like to drink fresh squeezed green juice in the morning, and the kids also require a full breakfast and packed lunch. Dinners are for all of us, and I'll usually make 6 servings even though there are only 4 of us - we get hungry in the evenings! I eat dinner leftovers for lunch. And we enjoy having desserts on the weekends :)

MONDAY

Juice for 4
Breakfast for 2
Snack for 3
Lunch for 2
Dinner for 6

TUESDAY

Juice for 4
Breakfast for 2
Snack for 3
Lunch for 2
Dinner for 2 (date night!)

WEDNESDAY

Juice for 4
Breakfast for 2
Snack for 3
Lunch for 2
Dinner for 6

THURSDAY

Juice for 4
Breakfast for 2
Snack for 3
Lunch for 2
Dinner for 6

FRIDAY

Juice for 4
Breakfast for 2
Snack for 3
Lunch for 2
Dinner for 6
Dessert for 4

SATURDAY

Juice for 4
Breakfast for 2
Snack for 3
Lunch for 2
Dessert for 4

SUNDAY

Juice for 4
Breakfast for 2
Snack for 3
Lunch for 2
Dessert for 4

TOTALS

28 servings Green Juice
14 servings Breakfast
21 servings for Snack
14 servings Lunch
26 servings Dinner
12 servings for Dessert

STEP TWO: RECIPES

Now it's time to translate those meals + servings into actual recipes. Take a moment to consider the produce that is in season and any special requests or food allergies.

1) Find your recipes

Browse around on RealHealthyRecipes.com :)

Pull out your favorite cookbooks

Find your family favorite recipes

2) Focus on a core group of ingredients

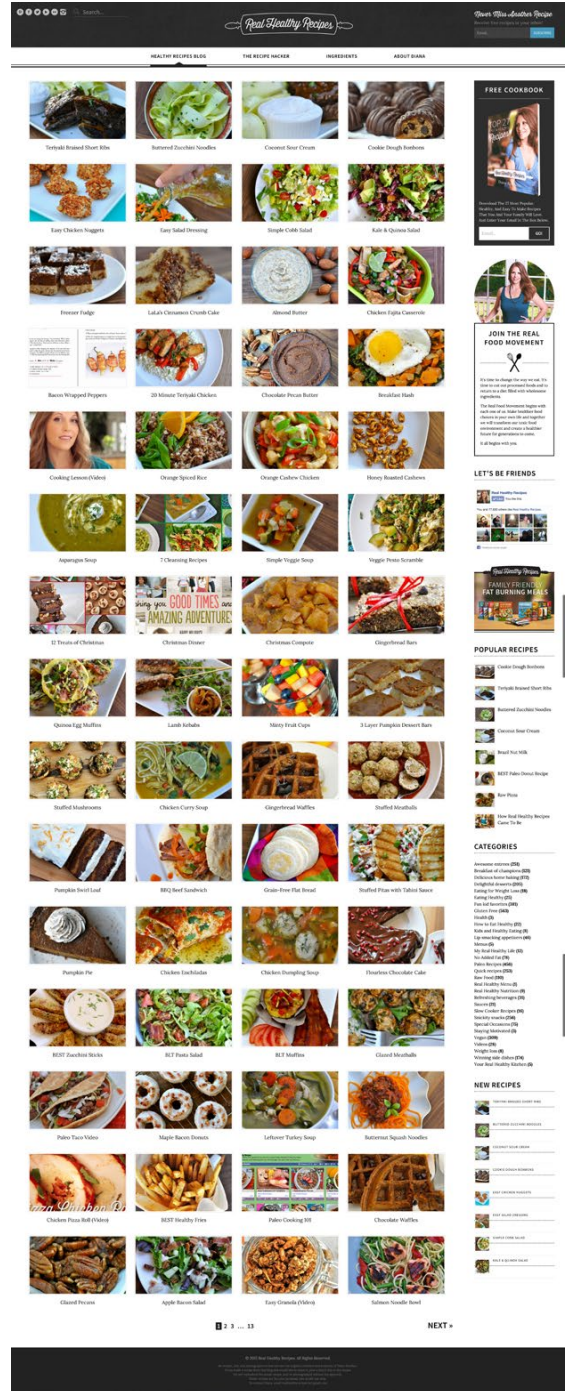
Plan recipes that use similar ingredients

3) Calculate leftover meals

Making enough of some recipes for leftover meals saves time

4) Make your list

Narrow down to the exact list of recipes



Diana's Week in Meal Prep

28 SERVINGS GREEN JUICE

Green Cleanse Juice

14 servings Breakfast

BLT Muffins

Banana Pancakes (x's 2)

21 SERVINGS FOR SNACK

Glazed Meatballs (x's 2)

Banana Chocolate Chip Muffins

14 servings Lunch

Easy Chicken Nuggets (x's 2)

Guilt-Free Tuna Salad

Zucchini Boats

26 SERVINGS DINNER

20 Minute Teriyaki Chicken (x's 3)

Teriyaki Braised Short Ribs (x's 3)

Buttered Zucchini Noodles (x's 3)

Butternut Squash Noodles

Pizza Chicken Roll

Roasted Broccoli Soup

Simple Cobb Salad

12 SERVINGS FOR DESSERT

Zucchini Date Cake

GREEN CLEANSE JUICE

This cleansing juice is a wonderful way to start your day with a boost of real food.



GREEN CLEANSE JUICE



PREP TIME
5 min



SERVES
4



| | |
|----------|-------------|
| CALORIES | 48 |
| FAT | 1g |
| CARBS | 10g |
| SODIUM | 14mg |
| FIBER | 2g |
| PROTEIN | 2g |

Ingredients

- 1 bunch organic kale
- 1 bunch spinach
- 2 small green apples
- 4 large carrots
- 1 inch ginger root

Instructions


Wash and chop the kale and fruit. Run everything through a juicer. Drink immediately. Enjoy!

BLT EGG MUFFINS

Bacon, leek and tomato fill these egg muffins with awesome flavor and tons of protein.



BLT EGG MUFFINS

 PREP TIME
5 min

 COOK TIME
45 min

 SERVES
4



| | |
|----------|--------------|
| CALORIES | 113 |
| FAT | 7g |
| CARBS | 5g |
| SODIUM | 344mg |
| FIBER | 1g |
| PROTEIN | 8g |

Ingredients

2 strips bacon

1 leek, thinly sliced

1 small tomato, chopped

6 eggs

Sea salt and black pepper

Instructions

1. Preheat oven to 350 degrees F. Line 6 muffin tins with paper liners or grease with coconut oil.
2. Cook the bacon in a skillet over medium high heat. Once crisp, remove from the skillet, cool and crumble. Add the sliced leek to the hot skillet and sauté for 5 minutes, until soft.
3. In a medium bowl combine the crumbled bacon, cooked leek and chopped tomato. Add the 6 eggs and season with salt and pepper. Whisk until fully combined. Fill the muffin tins.
4. Bake for 20-22 minutes, or until the egg is fully set. Enjoy!

BEST GLUTEN FREE BANANA PANCAKES



BEST GLUTEN FREE BANANA PANCAKES

 PREP TIME
10 min

 COOK TIME
10 min

 SERVES
5



CALORIES **295**
FAT **18g**
CARBS **16g**
SODIUM **270mg**
FIBER **5g**
PROTEIN **4g**

Ingredients

| | |
|-------------------------------|------------------------|
| 1 mashed banana | ½ teaspoon baking soda |
| 2 eggs | ½ teaspoon sea salt |
| ¼ cup coconut sugar | coconut oil |
| 1 Tablespoon vanilla extract | |
| ¼ teaspoon almond extract | |
| 1½ cups blanched almond flour | |

Instructions

1. Combine the mashed banana, eggs, coconut sugar, vanilla and almond extracts in a food processor. Add the flour, soda and salt. Mix well. Let the batter sit for 15 minutes.
2. Preheat coconut oil on your griddle over medium heat. Ladle pancake batter by ¼ cup onto griddle. When bubbles form, flip the pancakes to cook other side.
3. Serve with sliced banana and pure maple syrup. Enjoy!

TURKEY APPLE MEAT BALLS



TURKEY APPLE MEAT BALLS

 PREP TIME
20 min

 COOK TIME
25 min

 SERVES
6



CALORIES **243**
FAT **7g**
CARBS **28g**
SODIUM **199mg**
FIBER **2g**
PROTEIN **16g**

Ingredients

For the meat balls

1 tablespoon olive oil
2 cloves garlic, minced
1 yellow onion, finely chopped
1 lb ground turkey
1 apple, shredded
1 egg, beaten
1 cup organic spinach, chopped

½ teaspoon sea salt
¼ teaspoon black pepper
1 teaspoon ground marjoram
1 teaspoon fennel seed

For the glaze

1 cup apple cider vinegar
½ cup pure maple syrup
2 Tablespoons balsamic vinegar

Instructions

1. Preheat the oven to 350 degrees F. Lightly grease a casserole pan.
2. Place a large skillet over medium heat. Add the olive oil, garlic and onion. Sauté for 4 minutes, until soft. Remove from heat and allow to cool.
3. Add the remaining meatball ingredients and mix well. Form golf ball sized meatballs and place in a single layer on the prepared casserole pan. Bake for 25 minutes.
4. Meanwhile, wipe out the skillet, add the glaze ingredients and place over medium heat. Bring to a boil, then simmer for 10 minutes.
5. After removing the meatballs from the oven, place in a single layer in the skillet with the glaze. Coat all sides of each meatball, cooking over low heat for 5 minutes.
6. Remove from the skillet and serve warm. Enjoy!

BANANA CHOCOLATE CHIP MINI MUFFINS

I love making muffins in mini muffin tins – it makes the perfectly portioned size. So you can eat your gluten-free muffin without having a muffin top. Heehee.



BANANA CHOCOLATE CHIP MINI MUFFINS

 PREP TIME
15 min

 COOK TIME
15 min

 SERVES
24



CALORIES **117**
FAT **8g**
CARBS **11g**
SODIUM **125mg**
FIBER **2g**
PROTEIN **3g**

Ingredients

For the Muffins

1½ cups blanched almond flour
1 teaspoon baking soda
1 teaspoon baking powder
½ teaspoon sea salt
3 ripe bananas
1 egg
⅓ cup coconut palm sugar

⅓ cup coconut oil, melted

½ cup mini chocolate chips

For the Crumb Topping

2 tablespoons blanched almond flour
¼ teaspoon ground cinnamon
¼ cup coconut palm sugar
1 tablespoon palm shortening

Instructions

1. Preheat the oven to 350 degrees F. Line a 24 mini muffin tin with paper liners.
2. In a medium bowl combine the almond flour, baking soda, baking powder and salt. In another bowl mash the bananas. Add the egg, coconut palm sugar and melted coconut oil.
3. Add the dry ingredients to the wet ones. Mix until fully combined. Fold in the chocolate chips.
4. In a separate bowl combine the topping ingredients.
5. Fill each muffin tin to the top with batter. Sprinkle the tops of the muffins with the crumb topping.
6. Bake for 15 minutes. Enjoy!

CHICKEN NUGGETS


These nuggets are a simpler version of my classic Chicken Nugget recipe. It's great for those nights when you're in a time crunch!



CHICKEN NUGGETS

 PREP TIME
20 min

 COOK TIME
20 min

 SERVES
4



| | |
|----------|--------------|
| CALORIES | 152 |
| FAT | 5g |
| CARBS | 2g |
| SODIUM | 338mg |
| FIBER | 1g |
| PROTEIN | 25g |

Ingredients

½ cup raw almonds

¼ teaspoon sea salt

Dash of black pepper

¼ teaspoon paprika

1 egg

1 lb. skinless, boneless chicken breast, cut into 1 inch cubes

Instructions

1. Preheat the oven to 425 degrees F. Line a baking sheet with parchment paper.
2. Pulse the raw almonds in a food processor until fine. (If your child has an allergy to almonds, use sun flower seeds.)
3. Combine the ground almonds, salt, pepper and paprika in a shallow bowl.
4. Whisk the egg in another shallow bowl.
5. Dip the chicken pieces in the egg mixture, and then coat in the almond mixture. Place on the prepared pan and bake for 15-20 minutes. Enjoy!

GUILT-FREE TUNA SALAD


Here's a recipe that's light and easy for days when you don't have more than a few minutes to cook.



GUILT-FREE TUNA SALAD

 PREP TIME
20 min

 COOK TIME
20 min

 SERVES
4



| | |
|----------|--------------|
| CALORIES | 222 |
| FAT | 16g |
| CARBS | 9g |
| SODIUM | 194mg |
| FIBER | 4g |
| PROTEIN | 14g |

Ingredients

1 green apple, chopped
2 green onions, tops only, chopped
¼ cup fresh parsley, chopped
2 cans albacore tuna, in drained
1 tablespoon dijon mustard
¼ cup coconut oil, melted
¼ cup red grapes, halved
Sea salt and pepper to taste

Instructions

Mix all of the ingredients in a large bowl and serve immediately. I like to serve this salad in large butter lettuce leaves, or scooped onto avocado halves. Enjoy!

ZUCCHINI BOATS



ZUCCHINI BOATS



| | |
|----------|-------|
| CALORIES | 290 |
| FAT | 19g |
| CARBS | 15g |
| SODIUM | 194mg |
| FIBER | 248g |
| PROTEIN | 9g |

 PREP TIME
15 min

 COOK TIME
20 min

 SERVES
6

Ingredients

4-6 organic zucchini

½ cup organic spaghetti sauce

sliced olives

fresh basil, chopped

uncured pepperoni, chopped

For the cheese spread

6 oz (about 1 cup) raw cashews, soaked in hot water for 10 minutes, then drained

1 tablespoon lemon juice

1 tablespoon water

¼ cup olive oil

½ teaspoon salt

¼ teaspoon onion powder

¼ teaspoon sweet paprika

½ clove garlic

dash of pepper


Instructions

1. Preheat the oven to 400 degrees F. Lightly grease a shallow baking dish with olive oil
2. Wash the zucchini and slice in half lengthwise. Scoop out some of the zucchini flesh (that sounds creepy, but you know what I mean) to make little boats. I used a knife to slice down the sides and then a spoon to scoop it out. If the zucchini is pretty soft then you won't need to use a knife.
3. Combine all of the cheese spread ingredients in a food processor. Blend until smooth. *Optional: mix some finely diced green bell pepper and chopped black olives into the cheese spread.
4. Spread some of the cheese spread into the well of each zucchini boat. Top with spaghetti sauce, sliced olives, chopped pepperoni and fresh chopped basil. Arrange in prepared pan. Bake for 20 minutes or until the toppings are cooked and the zucchini are soft. Enjoy!

20 MINUTE TERIYAKI CHICKEN



20 MINUTE TERIYAKI CHICKEN

 PREP TIME
8 min

 COOK TIME
15 min

 SERVES
4



CALORIES **342**
FAT **10g**
CARBS **35g**
SODIUM **1250mg**
FIBER **1g**
PROTEIN **27g**

Ingredients

For the teriyaki chicken

1 cup chicken broth

1/3 cup coconut aminos

1/3 cup honey

2 tablespoons mirin

1 tablespoons sake

2 chicken breasts

sea salt

pepper

2 tablespoons olive oil

2 red bell peppers- cut into 1/2 strips

For the cauliflower rice

1 head organic cauliflower

1 tablespoon coconut oil

salt and pepper

Instructions

For the Teriyaki Chicken:

1. In a saucepan, combine the chicken broth coconut aminos, honey, mirin, and sake. Boil and then reduce to a simmer for 20 minutes.
2. Pound and season the chicken with salt and pepper.
3. In a large skillet place 1 tablespoon olive oil over medium-high heat. Add the chicken, turn once to brown both sides. Once the chicken is cooked through, transfer to a plate. Slice the chicken cross-wise into strips.
4. Wipe out the skillet and add the remaining 1 Tablespoon olive oil. Add the bell peppers and cook until crisp-tender and lightly charred – about 3 minutes.

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5. Add the chicken and the sauce to the skillet and cook over low heat for 3-5 minutes, until the sauce has thickened. Serve warm over cauliflower rice. Enjoy!

For the Cauliflower Rice

1. Wash cauliflower, discard the leaves, and chop into small pieces. Grate the pieces with a food processor.
2. In a large skillet heat the coconut oil over medium. Add the shredded cauliflower. Saute for about 5 minutes, until tender. Season with salt and pepper. Serve as you would traditional rice

TERIYAKI BRAISED SHORT RIBS



TERIYAKI BRAISED SHORT RIBS

 PREP TIME
10 min

 COOK TIME
6 hr

 SERVES
4



| | |
|----------|-------------------------|
| CALORIES | 769 |
| FAT | 44_g |
| CARBS | 36_g |
| SODIUM | 831_{mg} |
| FIBER | 6_g |
| PROTEIN | 51_g |

Ingredients

- 1 Tablespoon sesame oil
- 8 beef short ribs (about 4 lbs)
- ½ cup coconut aminos
- ½ cup coconut sugar
- ¼ cup apple cider vinegar
- 1 Tablespoon crushed garlic
- 1 Tablespoon fresh ginger, ground
- ½ teaspoon ground red pepper
- 1 head green cabbage, quartered

Instructions

1. Place the oil in a large skillet over medium-high heat. Add the short ribs and brown each side for 30 seconds. Remove the ribs from the skillet and place in the bottom of a large slow cooker.
2. Combine the coconut aminos, coconut sugar, apple cider vinegar, garlic, ginger and red pepper. Pour over the short ribs. Quarter the cabbage by cutting into 4 large pieces. Place over the ribs.
3. Cover and cook on high for 5 to 6 hours, until tender and falling off the bone. Enjoy!

BUTTERED ZUCCHINI NOODLES



BUTTERED ZUCCHINI NOODLES

 PREP TIME
15 min

 COOK TIME
5 min

 SERVES
4



| | |
|----------|--------------|
| CALORIES | 105 |
| FAT | 6g |
| CARBS | 13g |
| SODIUM | 598mg |
| FIBER | 5g |
| PROTEIN | 4g |

Ingredients

4 zucchinis

2 Tablespoons coconut butter

3 Tablespoons parsley, minced

sea salt

black pepper

Instructions

1. Wash and dry the zucchini. Use a veggie peeler to remove the green skin, then continue to peel long, flat noodle strips until you reach the seeded portion of the zucchini. Place the noodles in a bowl.
2. Place the coconut butter in a skillet over medium low heat. Mix constantly as the butter browns. Once browned, remove immediately from the heat.
3. Pour the butter over the noodles and mix well. Sprinkle with the parsley and a few cracks of salt and pepper. Mix well, taste, and add more seasoning if needed. Enjoy!

BUTTERNUT SQUASH NOODLES



BUTTERNUT SQUASH NOODLES

 PREP TIME
25 min

 COOK TIME
8 hr

 SERVES
12



CALORIES **361**
FAT **21g**
CARBS **27g**
SODIUM **724mg**
FIBER **4g**
PROTEIN **22g**

Ingredients

Butternut Squash Noodles:

2 butternut squash
1 Tablespoon + 1 teaspoon olive oil

For the Spaghetti Sauce

1 lb ground beef
1 lb loose pork sausage
2 large yellow onions, chopped
3 cloves garlic, minced

1 (28oz) can diced tomatoes
2 cans (15oz) tomato sauce
1 can (6oz) tomato paste
1 Tablespoon Herbs de Provence (or dried basil)
1 teaspoon dried oregano
½ teaspoon sea salt
½ teaspoon black pepper
½ teaspoon sweet paprika

Instructions

For the Butternut Squash Noodles

Preheat the oven to 350 degrees F. Cut the narrow part of both squash off and peel off the skin. You should have 2 nice solid pieces of squash (no hollow section). Run this through a spiral slicer to create long, thin noodles. Toss the noodles with 1 teaspoon of olive oil and season with salt and pepper. Spread over a rimmed baking sheet and bake for 5 to 8 minutes, until tender.

For the Spaghetti Sauce

1. Place 1 Tablespoon olive oil in a large skillet over medium high heat. Add the beef, sausage, onions and garlic. Cook for about 10 minutes, stirring often, until the sausage is no longer pink.

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2. Transfer the contents of the skillet to a slow cooker and add in the remaining sauce ingredients. Stir. Cover and cook on low heat for 8 hours.
3. Serve the warm spaghetti sauce over a pile of tender butternut squash noodles. Enjoy!

PIZZA CHICKEN ROLL



PIZZA CHICKEN ROLL

 PREP TIME
20 min

 COOK TIME
45 min

 SERVES
4



CALORIES **362**
FAT **20g**
CARBS **3g**
SODIUM **590mg**
FIBER **2g**
PROTEIN **33g**

Ingredients

for the Pizza Roll:

2 organic chicken breasts
½ cup Dairy-Free Cheese Spread
20 slices pepperoni
¼ cup fresh basil, chopped
1 cups pizza sauce

1 Tablespoon lemon juice
1 Tablespoon water
¼ cup olive oil
½ teaspoon salt
¼ teaspoon onion powder
¼ teaspoon sweet paprika

For the Cheese Spread:

6 oz (about 1 cup) raw cashews, soaked in hot water for 10 minutes, then drained

½ clove garlic
Dash of pepper

Instructions

1. Preheat the oven to 350 degrees F. Lightly grease a casserole pan with olive oil.
2. Combine all of the cheese spread ingredients in a food processor. Blend until smooth.
3. Wash the chicken breasts and pound out to ½ inch thickness. Season both sides with salt and pepper. Spread 2 tablespoons of the Dairy-free Cheese Spread on top of each chicken breast. Sprinkle with basil, then arrange pepperoni on top of the chicken breasts in an even layer. Roll each breast and place, seam side down, in the prepared casserole pan.
4. Pour the pizza sauce over the rolled chicken breasts and sprinkle with the remaining basil. Bake for 35-45 minutes, or until cooked through.
5. Slice each chicken breast roll and serve warm. Enjoy!

ROASTED BROCCOLI SOUP



ROASTED BROCCOLI SOUP

 PREP TIME
15 min

 COOK TIME
50 min

 SERVES
4



CALORIES **188**
FAT **10g**
CARBS **18g**
SODIUM **129mg**
FIBER **7g**
PROTEIN **8g**

Ingredients

For the Broccoli Soup:

- 1 head garlic, the top sliced off
- 2 lbs fresh broccoli
- 2 Tablespoons olive oil
- ¼ cup canned, full fat coconut milk
- 3 cups organic chicken broth

For Gluten Free Croutons:

- four ½ inch thick slices of Almond Bread
- ¼ cup coconut oil
- 3 Tablespoons nutritional yeast
- ⅛ teaspoon garlic powder

Instructions

For the Broccoli Soup:

1. Preheat the oven to 400 degrees F. Wrap the garlic head in foil and roast in the oven for 50 minutes.
2. Wash the broccoli and cut into 2-inch pieces. On a large, rimmed baking sheet combine the broccoli pieces with the olive oil. Roast in the oven for 20 minutes.
3. In a high speed blender, or food processor, squeeze the roasted garlic out of its skins, add the roasted broccoli, coconut milk and chicken broth. Blend until smooth.
4. Pour the mixture into a pot and bring to a simmer over medium heat. Season with salt and pepper to taste.

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For the Gluten Free Croutons:

1. Preheat oven to 300 degrees F.
2. Slice the bread into $\frac{3}{4}$ inch cubes. Set aside.
3. Melt the coconut oil in a large skillet. Remove from heat. Stir in the nutritional yeast and garlic powder.
4. Mix the bread cubes into the skillet, stir until the cubes are coated with the coconut oil mixture.
5. Spread the bread cubes over a shallow baking pan. Bake for 10 minutes, or until golden and crisp.
Cool and enjoy!

ALMOND BREAD



ALMOND BREAD

 PREP TIME
15 min

 COOK TIME
45 min

 SERVES
24



| | |
|----------|-------------|
| CALORIES | 157 |
| FAT | 12g |
| CARBS | 7g |
| SODIUM | 98mg |
| FIBER | 3g |
| PROTEIN | 7g |

Ingredients

5 cups almond meal or for whiter bread, blanched almond flour

1 heaping teaspoon baking soda

½ teaspoon salt

6 omega-3, free range eggs

2 tablespoons raw honey

2 teaspoons apple cider vinegar

Instructions

1. Preheat oven to 300 degrees F. Generously grease a loaf pan with coconut oil.
2. In a large bowl combine all of the dry ingredients.
3. In a separate bowl, whisk eggs then add honey and vinegar. Add the wet ingredients to dry ones and mix until fully combined.
4. Fill prepared loaf pan, smooth the top of the dough. Bake for 45 mins or until golden brown.
5. Loosen side of bread immediately after removing from oven, then allow to cool completely before removing from pan.

SIMPLE COBB SALAD



SIMPLE COBB SALAD

 PREP TIME
10 min

 SERVES
2



| | |
|----------|-------------------------|
| CALORIES | 230 |
| FAT | 9_g |
| CARBS | 34_g |
| SODIUM | 171_{mg} |
| FIBER | 13_g |
| PROTEIN | 9_g |

Ingredients

1 cup romaine lettuce, chopped

1 hard boiled egg, minced

5 cherry tomatoes, halved

½ avocado, sliced

1 green onion, finely chopped

¼ cup fresh basil, chopped

Instructions

Combine all of the ingredients on your plate. Enjoy!

ZUCCHINI DATE CAKE WITH WALNUTS



ZUCCHINI DATE CAKE WITH WALNUTS

 PREP TIME
15 min

 COOK TIME
20 min

 SERVES
15



CALORIES **291**
FAT **21g**
CARBS **23g**
SODIUM **228mg**
FIBER **3g**
PROTEIN **5g**

Ingredients

For the Zucchini Date Cake with Walnuts:

1½ cups blanched almond flour
1½ teaspoons baking soda
½ teaspoon sea salt
1 teaspoon ground cinnamon
pinch of ground nutmeg
3 eggs
3 tablespoons raw honey
1 teaspoon vanilla extract
1 banana, mashed
1 tablespoon coconut oil, melted
1 cup grated zucchini, water squeezed out
1 cup dates, chopped
1 cup walnuts, chopped

For the creamy maple frosting

½ cup palm shortening
⅓ cup pure maple syrup, grade b
pinch of sea salt
½ teaspoon ground cinnamon
2 teaspoons vanilla extract
2 tablespoons arrowroot starch
2 tablespoons coconut oil, melted

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Instructions

Zucchini Date Cake with Walnuts

1. Preheat oven to 350 degrees and lightly grease an 8×8 cake pan with coconut oil.
2. Combine the almond flour, baking soda, salt, cinnamon and nutmeg in a medium bowl and set aside.
3. Combine the eggs, honey, vanilla, banana and oil in another bowl. Mix well and add the dry ingredients. Mix until fully combined
4. Fold in the zucchini, dates and walnuts.
5. Pour batter into the prepared cake pan. Bake for 20 minutes or until golden and set. Remove from oven and cool before frosting. Enjoy!

For the Creamy Maple Frosting

1. Place all the ingredients, except the coconut oil, in a mixing bowl and beat until fully combined. Scrape down the sides and beat again.
2. Turn the mixer on low and slowly add the melted coconut oil, mixing until smooth.
3. Place the frosting in the fridge for 30 minutes before using. Store all leftovers in the fridge. Enjoy!

STEP THREE: GROCERY LIST

Take your list of recipes and create a grocery list. A few things to keep in mind...

1) Pay attention to recipes that you'll double or triple

- Make sure to include all ingredients in your list.

2) Organize your list into these convenient sections

- Meat/Seafood/Egg
- Organic Produce
- Herbs/Flavors
- Pantry Items

3) Check your pantry for items that you already have

- Save money by avoiding double purchases



Diana's Week in Meal Prep

MEAT /SEAFOOD /EGG

2 strips bacon
24 eggs
2 lbs. ground turkey
1 lb. boneless chicken breast
2 cans albacore tuna
36 slices uncured pepperoni
4 chicken breasts
4 lbs. beef short ribs
1 lb. ground beef
1 lb. loose pork sausage

MEAT /SEAFOOD /EGG

11 cloves garlic
1 head garlic
½ cup fresh parsley
1 tablespoon dijon mustard
12 tablespoons fresh basil
2 tablespoons lemon juice
1 tablespoon sake
1 tablespoon sesame oil

ORGANIC PRODUCE

7 bunches kale
7 bunches spinach
15 small green apples
28 large carrots
7 inches ginger root
1 leek
1 tomato
6 bananas
4 yellow onions
2 apples
2 cups spinach
3 green onions
¼ cup red grapes
10 zucchinis
2 red bell peppers
1 head green cabbage
2 butternut squash
2 lbs. fresh broccoli
1 cup romaine lettuce
5 cherry tomatoes
½ avocado
1 cup zucchini
1 head cauliflower

PANTRY ITEMS

1 $\frac{3}{4}$ cup coconut palm sugar
6 $\frac{1}{4}$ cup blanched almond flour
22 tablespoons coconut oil
2 $\frac{1}{2}$ cups apple cider vinegar
1 $\frac{1}{3}$ cup pure maple syrup
4 tablespoons balsamic vinegar
 $\frac{1}{2}$ cup mini chocolate chips
9 tablespoons palm shortening
 $\frac{1}{2}$ cup raw almonds
 $\frac{1}{2}$ cup spaghetti sauce
4 tablespoons sliced olives
2 cups raw cashews
14 tablespoons olive oil
1 cup chicken broth
 $\frac{1}{3}$ cup coconut aminos
11 tablespoons honey
2 tablespoons coconut butter
1 (28 oz) can diced tomatoes
1 (15 oz) can tomato sauce
1 (6 oz) can tomato paste
1 cup pizza sauce
 $\frac{1}{4}$ cup canned full fat coconut milk
3 cups chicken broth
1 cup dates
1 cup walnuts
2 tablespoons arrowroot starch
5 cups almond meal
3 tablespoons nutritional yeast

SPICES

almond extract
baking powder
baking soda
black pepper
dried oregano
fennel seed
fresh ginger
garlic powder
ground cinnamon
ground marjoram
ground nutmeg
herbs de provence
mirin
onion powder
paprika
red pepper
sea salt
sweet paprika
vanilla extract

STEP FOUR: SHOPPING

It's time to head to the grocery store! Take your list and, if you're lucky, a helper down to your local market and go through each section item by item.

Diana's Week in Meal Prep

I usually shop at my local Sprouts market and also at my local farmer's market.



STEP FIVE: FOOD PREP

You have options when it comes to the actual prep of each of your meals. Many you'll be able to fully make right away and pack in the fridge. Other recipes you'll want to simply do the chopping, measuring and organizing in order to make the meal hot and quick before you plan to eat it.



1. FULLY COOK THESE ITEMS

BLT Muffins: Individually wrap and keep in fridge.

Banana Pancakes: Individually wrap and keep in freezer.

Glazed Meatballs: Put in baggies and keep in fridge.

Banana Chocolate Chip Muffins: Put in baggies and keep in fridge.

Zucchini Date Cake: Keep in fridge.

Roasted Broccoli Soup: Keep in freezer.

Almond Bread: Keep in fridge.

2. MAKE THE CASHEW CREAM CHEESE (KEEP IN THE FRIDGE)

3. CHOP VEGGIES

Green Cleanse Juice: Wash and chop, distribute between 7 bags.

Guilt-Free Tuna Salad: Chop the produce. Pace in ziplock bag.

Zucchini Boats: Prep the zucchini.

20 Min Teriyaki Chicken: Chop the veggies.

Buttered Zucchini Noodles: Prep the zucchini.

Simple Cobb Salad: Chop the veggies.



Congratulations!

You now have all of the tools that you need to successfully plan, cook and eat delicious, healthy food all week long! By taking the time and putting in the effort to do so, you will be transforming your health and your body forever. What an amazing opportunity! Best of luck to you :)

Your friend, Diana XO

P.S. Let's be friends on Facebook! Like the [Real Healthy Recipes Facebook Fan Page](#) for ongoing tips, support, motivation and healthy recipes.

Now go eat some real, wholesome food :)