

Meal Prep Cook-Along

Shopping List:

Refer to the Recipes below and adapt quantities as needed depending on how many people you are prepping for and how many days worth of meals you want to make. (For example, double the curry and the muffin recipes to feed more people or have meals for more days.)

Salmon Cakes (see Recipes for Chickpea Patties ingredients):

- 1 14oz can of wild-caught salmon (~12oz, drained)
- 2 eggs
- 2 Tbsp coconut flour
- 2 Tbsp capers or chopped olives

Sweet Potato Coconut Curry:

- 1 lb. sweet potatoes (weighed after peeling)
- 1/2 onion
- 3 cloves garlic
- Fresh ginger
- 1/2 can coconut milk

Red Cabbage and Kale with Orange Dressing:

- 1/2 head red cabbage
- 2 large leaves of green kale
- 2 Tbsp sunflower seed butter
- 1 orange
- Tamari

Carrot Cake Muffins:

- 3/4 c. cassava flour (or oat flour*)
- 3 eggs
- 2 medium carrots
- 1/2-2/3 c. raisins (without added oil)
- 1/3 c. chopped walnuts (optional)

Blueberry Custard:

1/2 can coconut milk
1.5 tsp gelatin powder
1/4 c. maple syrup and/or coconut sugar
Orange zest
1 c. frozen wild organic blueberries

Seasonings/Pantry Items:

Salt and pepper
Garlic powder
curry powder

Cinnamon
Vanilla extract
Ground ginger
Nutmeg

Dijon mustard

Baking soda

Coconut oil

*You can make oat flour by grinding rolled oats in a blender or coffee grinder until they become a fine flour.

Substitute Options:

Salmon Cakes:

- Use 4 cans of sardines (canned in water) in place of the salmon
- Replace the coconut flour with another flour (the amount may need to be adjusted)
- Add other seasonings, such as dried dill
- For a vegetarian option, make Chickpea Patties

Sweet Potato Coconut Curry:

- Use a combination of white and sweet potatoes or a different variety of sweet potato, such as purple
- Add a can of chickpeas to the curry along with the sweet potatoes

Cabbage and Kale with Orange Dressing:

- Replace the sunflower seed butter with another nut or seed butter, i.e. almond butter
- For a soy-free option, replace the tamari with coconut aminos

Carrot Cake Muffins:

- Use oat flour (see note above) in place of cassava flour
- Replace the raisins with chopped dates

Blueberry Custard:

- Omit the orange zest or use lemon zest instead
- Use another frozen fruit, such as strawberries, instead of blueberries
- For a vegetarian version, omit the gelatin and water, and instead of making a custard, combine the sweetened coconut milk with the frozen berries at the time of serving

Kitchen Equipment:

Large frying pan (preferably stainless steel, glass, ceramic, or cast iron)

2 saucepans with lids

2 medium mixing bowls

Small bowl

6-6 inch container

Cutting board

Knife

Vegetable peeler

Metal spatula

Fork

Spoon

Can opener

Garlic press or microplane

Citrus zester

Measuring cups and spoons

Box grater

Muffin tin

Parchment muffin liners

Salmon Cakes



1 14oz can of wild-caught salmon (~12oz, drained)

2 eggs

2 Tbsp coconut flour

Salt

2 Tbsp capers or chopped olives

2 tsp. mustard

Garlic powder (optional)

2-3 Tbsp coconut oil and/or ghee for frying

Mash the salmon and stir in the other ingredients. Heat the oil in a frying pan, form the mixture into patties, and fry until golden brown on both sides. Makes about 15 salmon cakes.

Alternative: Chickpea Patties



2 cans chickpeas, drained
1/2 tsp garlic powder
1/2 tsp cumin
1/4 tsp smoked paprika
2 scallions, sliced
1/2 tsp salt
Pepper
2 eggs
2 Tbsp coconut flour
2-3 Tbsp coconut oil

Mash the chickpeas well and stir in the spices, eggs, and flour. Heat the oil in a frying pan, form the mixture into patties, and fry until golden brown on both sides. Makes about 15 chickpea patties.

Sweet Potato Coconut Curry



1 lb. peeled and chopped sweet potatoes
1/2 onion, diced
3 cloves garlic, minced
2 tsp grated fresh ginger
1-2 tsp curry powder
Salt and pepper
1/2 can coconut milk
1 tsp coconut oil

Heat the coconut oil in a large saucepan. Add the onion, garlic, ginger, and curry powder and saute until softened and fragrant. Add the coconut milk, 1/2 c. water, and the sweet potatoes. Cover, bring to a boil, and reduce to a simmer until potatoes are tender, removing the cover for the last 5-10 mins. Serve topped with cilantro.

Cabbage and Kale with Orange Dressing



1/2 head red cabbage
2 large leaves of green kale, chopped
2 Tbsp sunflower seed butter
4 tsp lemon or orange juice
1/2 tsp orange zest
2 tsp tamari
Salt, to taste

Slice the cabbage into thin pieces. Place in a saucepan with about 1/2 an inch of water, cover, bring to a boil, and turn down to simmer. Cook until just tender, adding the kale a couple of minutes before the end of cooking. Drain. Meanwhile, combine the remaining ingredients in a small bowl and whisk until smooth. Pour over the cabbage and kale and toss to coat.

Carrot Cake Muffins



$\frac{3}{4}$ c. cassava flour (or oat flour*)

$\frac{1}{4}$ tsp salt

1 tsp cinnamon

1 tsp vanilla extract

$\frac{1}{2}$ tsp ground ginger

$\frac{1}{4}$ tsp nutmeg

Orange zest, optional

1 tsp baking soda

3 eggs

2 medium carrots, shredded

$\frac{1}{2}$ - $\frac{2}{3}$ c. raisins

$\frac{1}{3}$ c. chopped walnuts (optional)

Combine flour and spices. In a separate, larger bowl, whisk eggs, stir in shredded carrots, and add dry ingredients. Stir together, add in raisins and walnuts, and combine. Preheat oven to 350 degrees. Line six muffin cups with parchment liners. Divide the batter among the muffin liners. Bake for 25 minutes or until a knife inserted comes out clean.

Blueberry Custard



1/2 can coconut milk
1.5 tsp gelatin powder
2 Tbsp water
4 Tbsp maple syrup and/or coconut sugar
1/4 tsp orange zest
Pinch salt
Splash vanilla extract
1 c. frozen wild organic blueberries

Stir together the gelatin and water. Warm the coconut milk over low heat and stir in the gelatin until dissolved. Stir in the sweetener, zest, vanilla, and salt. Place the frozen berries in a 6 by 6 inch dish and pour over the custard. Chill in the fridge until set.

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I am available to work with one-on-one clients virtually.

Learn more about consultations here:

<https://nutrientdensenourishment.wordpress.com/nutritional-therapy-consultations/>

I offer a free 20 minute phone call to see if nutritional therapy would be a good fit.

To schedule, please email lilihanft@gmail.com



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