

# 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 frittata and the banana bread recipes to feed more people or have meals for more days.)

**Advance Prep: soak 1 c. of quinoa in water overnight.**

### Apple Kale Onion Frittata

- 6 large pasture-raised eggs
- 1/2 red onion
- 2 leaves of kale
- 1 small apple

### Meatloaf

- 1 lb. grass-fed ground beef
- 1 small onion
- 1/2 carrot
- 1/2 stalk celery
- 2 mushrooms, sliced (optional)
- 2 cloves garlic, minced
- 1 egg
- 2 Tbsp coconut flour
- 3.5 oz tomato paste
- 1/2 Tbsp molasses
- 1 tsp coconut sugar

### Alternative: Lentil Loaf

- 2 c. (12 oz) cooked green lentils
- 1 small onion
- 1/2 carrot
- 1/2 stalk celery
- 2 mushrooms, sliced (optional)
- 2 cloves garlic, minced
- 1 egg
- 2 Tbsp coconut flour
- 3.5 oz tomato paste
- 1/2 Tbsp molasses
- 1 tsp coconut sugar

### Quinoa Salad

- 1 c. quinoa, soaked in water overnight
- 2 Tbsp olive oil
- 2 Tbsp lemon juice
- 1/2 c fresh parsley, chopped
- 1/4 c almonds
- 1/4 c raisins

### Banana Bread Snack Squares

- 2 ripe bananas, mashed
- 2 eggs
- 6 Tbsp coconut flour

### Sweet Potato Chocolate Mousse

- 3/4 c. mashed steamed or baked sweet potato or yam
- 3 medjool dates
- 1/4 c. cocoa powder
- 3/4 c. full fat canned coconut milk OR 2 Tbsp coconut oil

## Seasonings/Pantry Items:

Salt  
Black pepper  
Dried basil  
Dried oregano  
Dried rosemary  
Dried thyme  
Garlic powder  
Dijon mustard

Ground cumin  
Ground coriander  
Turmeric powder  
Cinnamon  
Paprika  
Vanilla extract  
Baking soda  
Coconut oil

## Kitchen Equipment:

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

7-9 inch pyrex dish for frittata

5-7 inch pan for banana snack squares

Loaf pan for meatloaf or lentil loaf

2 saucepans with lids

2 medium mixing bowls

Small bowl

Cutting board

Knife

Metal spatula

Fork

Spoon

Can opener

Garlic press or microplane

Sieve (for draining quinoa)

Measuring cups and spoons

Food processor

# Apple Kate Onion Frittata



6 large pasture-raised eggs  
1/2 red onion, thinly sliced  
2 leaves of kale, chopped  
1 small apple, thinly sliced  
1/4 c. water  
1/2 tsp salt  
Black pepper

Lay the onion slices in the bottom of a 7 by 9 inch pyrex baking dish greased with coconut oil or butter. Add the chopped kale on top. In a bowl, beat the eggs with the water, salt, and pepper. Pour over the veggies. Lay the apple slices on top and press down to partly submerge in the eggs. Bake at 350 degrees for 30 minutes or until the egg has set.

# Meatloaf



1 lb. grass-fed ground beef  
1 tsp ghee or coconut oil  
1 small onion, diced  
1/2 carrot, diced  
1/2 stalk celery, diced  
2 mushrooms, sliced  
(optional)  
2 cloves garlic, minced  
1/2 tsp salt  
Pinch black pepper  
1 tsp dried basil  
1/2 tsp dried oregano  
1/2 tsp dried rosemary

1/4 tsp dried thyme  
1 egg  
2 Tbsp coconut flour  
2 oz tomato paste

## Topping:

1.5 oz tomato paste  
1/2 Tbsp molasses  
1 tsp coconut sugar  
1/4 tsp garlic powder  
1/2 tsp Dijon mustard  
1/4 tsp salt

Saute the veggies and seasonings in the fat until tender. Stir together with the beef, tomato paste, egg, and flour. Form into a loaf and place in a glass baking dish or press into a loaf pan. Stir together the topping ingredients and spread over the top of the loaf. Bake at 350 degrees for 30 minutes or until done.

## Variation: Lentil Loaf



2 c. (12 oz) cooked lentils  
1 tsp ghee or coconut oil  
1 small onion, diced  
1/2 carrot, diced  
1/2 stalk celery, diced  
2 mushrooms, sliced  
(optional)  
2 cloves garlic, minced  
1/2 tsp+ salt  
Pinch black pepper  
1 tsp dried basil  
1/2 tsp dried oregano  
1/2 tsp dried rosemary

1/4 tsp dried thyme  
1 egg  
2 Tbsp coconut flour  
2 oz tomato paste

### Topping:

1.5 oz tomato paste  
1/2 Tbsp molasses  
1 tsp coconut sugar  
1/4 tsp garlic powder  
1/2 tsp Dijon mustard  
1/4 tsp salt

Saute the veggies and seasonings in the fat until tender. Mash the lentils and stir in the tomato paste, egg, flour, and cooked vegetables. Form into a loaf and place in a glass baking dish or press into a loaf pan. Stir together the topping ingredients and spread over the top of the loaf. Bake at 350 degrees for 30 minutes or until done.



# Quinoa Salad



1 c. quinoa, soaked in water  
overnight  
2 Tbsp olive oil  
2 Tbsp lemon juice  
1/2 tsp garlic powder  
1/2 c parsley, chopped  
1/4 c almonds, chopped

1/4 c raisins  
1 tsp salt  
1 tsp ground cumin  
1 tsp ground coriander  
1/2 tsp ground turmeric  
1/2 tsp ground cinnamon  
1/2 tsp paprika

Drain soaking liquid and rinse quinoa. Add the soaked quinoa to a pot with 1 c. water (if not using soaked quinoa, use 2 c. water). Cover, bring to a boil, reduce and simmer for 15 minutes or until the liquid is absorbed. Whisk together the lemon juice, olive oil, parsley, spices, and salt. Stir in the almonds and raisins. Pour over the quinoa and toss to combine.

(recipe inspired by Moroccan Cauliflower 'Cous Cous' Salad in *Life-Changing Food* by Jo Whitton and Fouad Kassab)

# Banana Bread Snack Squares



2 ripe bananas, mashed  
2 eggs  
1 tsp coconut oil, melted  
1/2 tsp vanilla  
6 Tbsp coconut flour  
1/2 tsp baking soda  
1/4 tsp cinnamon  
1/8 tsp salt  
1/4 c. chopped walnuts

Combine all ingredients. Pour into a greased 5 by 7 inch pan. Bake at 350 degrees for 20 mins. or until golden brown and a knife inserted comes out clean.



## Sweet Potato Chocolate Mousse



$\frac{3}{4}$  c. mashed steamed or baked sweet potato or yam

3 pitted medjool dates, chopped

$\frac{1}{4}$  c. unsweetened cocoa powder

$\frac{3}{4}$  c. full fat canned coconut milk OR 2 Tbsp

coconut oil plus  $\frac{1}{4}$  -  $\frac{1}{2}$  c. water (add as needed to achieve desired consistency)

Pinch salt

1 tsp vanilla extract

Combine all ingredients in a food processor and blend until smooth.

# Lili Hanft

## Functional Nutritional Therapy Practitioner

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](mailto:lilihanft@gmail.com)



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