

# Meal Prep for the Week

Lili Hanft, FNTTP

## Shopping List:

**Prep Ahead of Time: Soak 1 cup of raw sunflower seeds in water for several hours or overnight.**

Spring Veggie and Feta Frittata:

- Eggs
- Feta
- Asparagus
- Broccoli
- Frozen peas

Honey Mustard Chicken:

- Chicken legs, thighs, or drumsticks
- Honey
- Dijon mustard

Carrot Peanut Noodles:

- Carrots
- Peanut butter
- Garlic
- Tamari
- Orange zest
- Balsamic vinegar

Rosemary Sunflower Seed Crackers:

- Raw sunflower seeds
- Dried rosemary

# Spring Veggie and Feta Frittata



6 eggs  
1/2 bunch asparagus  
1/2 crown broccoli  
1/2 c. peas  
Salt  
Water  
2 oz feta, diced

Cut the asparagus into 1 inch lengths and the broccoli into small florets. Place the veggies in a greased 7-9 inch baking dish. In a separate bowl, whisk together the eggs, salt, and a splash of water. Pour over the veggies. Sprinkle the feta on top. Bake at 350 degrees for 30 minutes or until set. Cut into 8 pieces.

## Honey Mustard Chicken



2 chicken legs, or 4 thighs and/or drumsticks  
1 Tbsp honey  
1 Tbsp Dijon mustard  
Salt and pepper

In a small bowl, stir together honey, mustard, and salt and pepper to taste. Place the chicken legs in a baking dish, and spread the dressing over them. Bake at 350 degrees for 1 hour or until juices run clear.

# Carrot Peanut Noodles



- 2 large carrots
- 3 Tbsp (1.5 oz) peanut butter
- 1 garlic clove, crushed
- 1 tsp tamari
- Orange zest
- 1 Tbsp balsamic vinegar
- 2 Tbsp water
- Pinch of salt

Spiralize the carrots into noodles. Steam/saute the carrot noodles in a covered frying pan with a splash of water until just tender. Mix together the dressing, adjusting ingredient amounts to achieve the desired taste and thickness. Toss the noodles in the dressing.

# Sunflower Seed Crackers



1 c. raw sunflower seeds, soaked in filtered water for several hours or overnight

1/2 tsp dried rosemary

1/4 tsp salt

Drain sunflower seeds, place in a food processor with the salt, and blend until smooth, scraping down the sides as necessary. Add the rosemary and pulse to combine. Preheat the oven to 300 degrees. Spread the sunflower seed mixture in a thin, even layer on a parchment-covered baking sheet (the back of a spoon works well for this). Score into desired size crackers with a knife. Place in the oven and bake until crackers are firm to the touch. (The crackers around the edge may be done sooner than the ones in the middle.) Serve with butter, cheese, hummus, olive tapenade, sliced avocado, or other toppings of choice.

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 [lilianft@gmail.com](mailto:lilianft@gmail.com)



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