
Nourish:
21 Days of Clean Eating
MEAL PREP HACKS

COOKING & MEAL PREP HACKS

Everyone can use a little leg up when they start a new program. This list of cooking and meal planning hacks may help when time is tight (or you just haven't planned). Take what works for you and leave the rest!

Quick Breakfast Ideas
Apple, pear or banana with nut butter
Baked sweet potato stuffed with scrambled eggs and avocado or berries
Rx Bar
Lara Bar
Leftover homemade soup
Leftover roasted veggies with scrambled eggs + side of fresh berries
Leftovers from the night before

Smoothie Hacks
Pre-bag + freeze your smoothie ingredients for the week in Ziplock bags OR put smoothie ingredients in the blender pitcher and put it in the fridge the night before (add liquid and blend in the morning!
Cut-up avocado and freeze for later
Freeze bananas that won't get eaten in time to put into smoothies
Put smoothie ingredients in a freezer bag or other container and freeze them for quick and easy smoothie making.
Use frozen fruit and greens (or use greens powder in place of fresh greens!)



Salad Hacks
Buy boxed, pre-washed greens (baby spinach/kale, arugula, etc)
Buy Taylor Farms type salad bags (but skip the salad inserts)
Try these easy (no-chop) salad add-ins: broccoli slaw mix, shredded cabbage, shredded carrots, pre-sliced radishes, grape tomatoes, pre-cut broccoli, pre-cut cauliflower and pea pods
Try Tessemae's salad dressing in your favorite flavors to avoid making dressing
Top salad with a sprinkle of sunflower seeds, hemp seeds, pumpkin seeds or sliced almonds for added flavor and crunch

Time Savers

Canned salmon or tuna
Frozen cauliflower, broccoli, peas, squash puree (unseasoned), spinach, kale etc.
Frozen or fresh diced onion, celery, peppers, stir fry mix, fajita veggies etc.
Frozen unseasoned cauliflower rice
Store-bought frozen, pre-cooked quinoa or brown rice
Canned beans (drained and rinsed)

Make-Ahead Time Savers

Roast a spaghetti squash for boats or pasta later in the week
Bake a batch of sweet potatoes
Batch-cook roasted vegetables on Monday for the week
Boil eggs for lunches and salads
Cook small batches of protein ahead like turkey or chicken
Make “salads in a jar” for the week
Make Chia seed puddings in 4 oz Mason jars for snacks
Buy peeled & cubed butternut squash
Pre-cook quinoa or brown rice for the week
Pre-wash and chop veggies for meals or snacks for the week

Quick Bowl Dinner Ideas

Just put everything in a bowl and drizzle with your favorite Nourish-style dressing or sauce

Avocado, canned black beans, frozen corn, salsa
Canned refried beans, diced green chilies, salsa
Frozen broccoli, canned white beans, sundried tomatoes, top with favorite Tessemae’s dressing
Frozen quinoa or brown rice, beans or tuna, roasted vegetables and top with a favorite Tessemae's dressing
Lettuce, black beans, frozen corn (thawed), tomatoes, avocado, salsa
Microwave a sweet potato and top with leftover chili or a fried egg, salsa and guacamole
Mix white beans, sliced cherry tomatoes, and avocado with a can of tuna

More Quick Dinner Ideas

Leftovers from the night before (or gather a bunch of leftovers for buffet dinner night)
Make Quinoa Salad
Pre-cooked grocery store rotisserie chicken and vegetable side dishes
Sheet Pan Dinner
Mix roasted cauliflower with pre-cooked steamed lentils (I love these from Trader Joes)

Quick Snack and Dessert Ideas

Boiled eggs
Canned chickpeas, kalamata olives, chopped tomato
Celery sticks and other veggies with guacamole or hummus
Dates stuffed with nut butter or an almond
Freeze bananas and blend them with other fruit for a frozen dessert
Freeze dried fruit
Fresh berries with coconut milk
Fresh/dried fruit
Grill peaches or pineapple
Make a batch of chia seed pudding in glass jars for grab and go snacks (grab a spoon!)
Mixed nuts
Pumpkin seeds
Rx Bars
Store-bought hummus
Sunflower seeds
Trail Mix (Make your own concoction from seeds, nuts, dried fruit and spices.)



Substitutions

Chips - make kale or apple chips
Mayonnaise - Use mashed avocado
Milk - use coconut milk or other alt-milks
Pasta - make spaghetti squash or vegetable noodles from zucchini, sweet potato, butternut squash, carrot or beet
Rice - Use unseasoned frozen cauliflower rice in place of rice (or make your own)
Sandwich Wrap - use lettuce, kale or cabbage leaves to wrap sandwiches
Ice Cream – make a nourish-friendly “nice cream” with frozen banana