

Faithful Workouts

Meal Prep #2: Recipes

Pumpkin Pancakes:

- Add 2/3 cup of pumpkin, 6 eggs, 1/2 tsp cinnamon, and 1/2 tsp nutmeg into a blender
- Blend until smooth and store until you're ready to cook
- To cook the pancakes: heat up a skillet and add 1 tsp of oil, then pour about 1/3 cup of batter (per pancake) into the skillet. Cook until golden brown on the bottom side (about 2 minutes) and then flip to finish.

Greek Salad:

- Start with two large handfuls of greens of your choice
- Add tomatoes, cucumbers, olives, feta and crispy chickpeas
- Top with homemade dressing and enjoy!

Coconut Red Curry:

- Add 1/2 cup of coconut milk to a hot pan
- Add 1 tsp of curry paste to start and then add more depending on how spicy you want it.
- Mix well.
- Add 1 cup of spaghetti squash, 1/4 cup celery, 1/4 cup onions, 1/2 cup carrots, 1 cup cauliflower
- Stir until all the vegetables are covered in sauce and warmed
- Add fresh basil to finish

Sweet Potato and Black Bean Burger:

- Peel one large, cooked sweet potato and place it in a bowl
- Mash well
- Add one can of black beans (drained) and stir together with the sweet potato
- Add 1 tsp of cumin and stir
- Form into patties and cook in a hot skillet (about 4 minutes on each side or until warmed through)

Gnocchi with Vegetables:

- Start with finely chopped or riced garlic in a hot skillet, and stir until it starts to brown
- Add 2/3 cup of diced tomato, 1/2 cup of peppers, 1 cup of broccoli and stir until the vegetables are warm and the tomatoes are softened
- Add 1 cup of cooked gnocchi to the pan
- Add 1 cup of zucchini and mix everything together
- Finish with fresh basil and feta cheese

Fried Rice:

- Peel and mince 2 tablespoons of fresh ginger and add to a hot skillet with oil
- Stir until the ginger begins to soften
- Add 2 beaten eggs and scramble
- Add 1/2 cup of diced carrots, 1/2 cup of onion, 1 cup of zucchini, 1 cup celery and stir together
- Add 1/2 cup of rice and mix well
- Finish with 2 tbsp soy sauce and 1 tbsp sriracha sauce

Chili:

- Start by adding 1 can of crushed tomatoes to a pot

- Add 1 can of drained pinto beans, 1 can of drained black beans, 1/2 cup of peppers, 1/2 cup of carrots, 1 sweet potato (cut into bite size pieces), 1/3 cup of onions and mix well
- Add 1 tsp of cumin, 2 tsp of chili powder, 1/4 tsp of cayenne
- Mix well and heat until warm

Spaghetti Squash Hashbrowns:

- Mix 1 cup of spaghetti squash with 2 eggs and combine well
- Add salt and pepper to taste and stir
- Form 2 patties and cook for medium heat for 3 minutes
- Flip and cook for 3 more minutes or until the egg is fully cooked