

Faithful Workouts

Meal Prep #2: Step- By- Step Instructions

- 1 Preheat oven to 400°
- 2 Put whole sweet potatoes, whole spaghetti squash in oven (cook for 45 minutes)
- 3 Put carrots on pan, add olive oil and put in oven (cook for 30 minutes)
- 4 Open, drain and dry chick peas. Coat with olive oil, thyme, crushed red pepper and salt. Puy on single layer and put in oven (cook for 20 minutes)
- 5 Wash cauliflower and broccoli. Cut off stems and set aside. Cut into bite sized pieces cover with olive oil and put in oven. (cook for 20 minutes)
- 6 Cut and cook onions (cook for 15 minutes)
- 7 Cut and cook peppers (cook for 15 minutes)
- 8 Cook brown rice/quinoa (follow package directions)
- 9 Blend stems of broccoli and cauliflower
- 10 Cut up celery
- 11 Cook celery in water (cook for 10 minutes)
- 12 Wash zucchini and dice, cover with oil and put in oven (cook for 10- 15 minutes)
- 13 Boil water for gnocchi, add gnocchi to boiling water and cook until the gnocchi floats
- 14 Make oatmeal cookies
- 15 Cut our cucumbers, tomatoes, peppers
- 16 Mix pumpkin, eggs, cinnamon
- 17 Remove sweet potatoes and peel one and dice
- 18 Remove spaghetti squash, slice in half, remove seeds, scoop out spaghetti
- 19 Make salad dressing