

# MEAL PREP MONDAYS

*basic meal prep!*

**KICKSTART**

— to a —  
**HEALTHIER  
YOU!**

**JAN 4**

Here is a super BASIC meal prep option! Remember, you don't have to prep EVERYTHING to set yourself up for success. Learn more from my Meal Prep eBook: [mindovermunch.com/ebooks](http://mindovermunch.com/ebooks)



## **BREAKFAST CRUSTLESS QUICHE**

2 eggs  
1 ¼ cup (285g) egg whites/substitute  
2 cups (300-450g) spinach  
1 cup (110g) mushrooms  
1 cup (91g) broccoli  
½ cup (80g) onion  
2 tsp Dijon mustard  
⅓ cup (80mL) cashew milk  
½ tsp garlic powder  
½ tsp salt  
¼ tsp pep  
1 oz goat cheese

*Sauté vegetables until tender.*

*Blend up eggs, egg whites, Dijon, milk, and seasonings until smooth.*

*Combine veggies & egg mixture in a quiche dish.*

*Top with goat cheese.*

*Bake at 350°F for 30 minutes. Allow to cool for 20 minutes before slicing.*

## **BROWN RICE**

*Cook according to package directions.*

## **TUNA/CHICKEN SALAD**

1 12 oz (340g) can tuna/chicken  
1 cup (225g) celery, chopped  
¼ cup (40g) diced onion, to taste  
3 T parsley, chopped  
½ (125g) cup Greek yogurt  
3 T dijon  
salt & pep, to taste  
juice of one lemon

*Combine “dressing” ingredients.*

*Toss remaining ingredients with dressing, coating thoroughly.*

*Chill and devour or store.*

## **MEAT & CHEESE ROLL-UPS**

deli meat  
cheese  
hummus  
spinach

*Spread hummus on a piece of deli meat. Top with cheese & spinach.*

*Roll-up & store!*

## **ROASTED VEGETABLES**

veggies of choice, chopped  
(I used onion, asparagus, squash, zucchini and purple cauliflower)  
olive oil/coconut oil  
salt & pep

*Toss chopped veggies with a drizzle of oil and season to taste.*

*Bake in an oven preheated to 425°F (220°C) for 25–30 minutes, until browned as desired.*

## **FRUIT**

*Jar up fruit of choice so it is portioned for your convenience!*

## **EASY BAKED CHICKEN**

chicken  
olive oil  
salt & pep  
spices/seasonings of choice

*Preheat oven to 400°F (200°C).*

*Cover a baking dish or pan with foil and spray with cooking spray.*

*Brush chicken with olive oil and sprinkle with salt, pepper and other desired seasonings.*

*Bake for 30–40 minutes, until completely cooked through (at least 165°F if using a thermometer). Serve immediately or save for later.*



**mind over munch**

[YouTube.com/mindovermunch](https://www.youtube.com/mindovermunch)

[Click here to watch the Kickstart series!](#)