



21-Day New Year Meal Prep Challenge, Week 1

Created by WBW by Kendra



21-Day New Year Meal Prep Challenge, Week 1

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Eggplant Shakshuka	Eggplant Shakshuka	Blueberry Overnight Steel Cut Oats	Blueberry Overnight Steel Cut Oats	Zucchini Turkey Breakfast Skillet	Zucchini Turkey Breakfast Skillet	Zucchini Turkey Breakfast Skillet
Snack 1	Almond Butter & Jam Chia Pudding	Almond Butter & Jam Chia Pudding	Cottage Cheese & Raspberries	Apple	Cottage Cheese & Raspberries	Blueberries	Apple
Lunch	Turkey & Cabbage Stir Fry	Turkey & Cabbage Stir Fry	Eggplant Shakshuka	Sheet Pan Chicken, Green Beans & Carrots	One Pot Smoky Chicken & Rice	One Pot Smoky Chicken & Rice	One Pan Halibut & Green Beans
							Brown Rice
Snack 2	Cottage Cheese with Blueberries	Cottage Cheese with Blueberries	Almond Butter Apple Sandwiches	Cottage Cheese & Raspberries	Blueberries	Almond Butter Apple Sandwiches	Almond Butter Apple Sandwiches
Dinner	Sheet Pan Chicken, Green Beans & Carrots	Sheet Pan Chicken, Green Beans & Carrots	Turkey & Cabbage Stir Fry	One Pot Smoky Chicken & Rice	One Pan Halibut & Green Beans	One Pan Halibut & Green Beans	One Pot Smoky Chicken & Rice
					Brown Rice	Brown Rice	

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37 items

Fruits

- 5 Apple
- 3 cups Blueberries
- 2 1/2 Lemon
- 1 Lime
- 2 1/2 cups Raspberries

Breakfast

- 1/2 cup Almond Butter
- 2/3 cup Steel Cut Oats

Seeds, Nuts & Spices

- 1/3 cup Chia Seeds
- 1 tsp Chili Powder
- 1/2 tsp Cumin
- 3 tbsps Italian Seasoning
- 1/8 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/8 tbsps Smoked Paprika

Vegetables

- 4 Carrot
- 1/2 cup Cilantro
- 3 Eggplant
- 1 tbsp Fresh Dill
- 3 Garlic
- 1 tbsp Ginger
- 6 1/2 cups Green Beans
- 8 cups Green Cabbage
- 3 tbsps Parsley
- 3 Tomato
- 2 Zucchini

Boxed & Canned

- 1 3/4 cups Brown Rice
- 2 cups Chicken Broth
- 1 cup Salsa

Bread, Fish, Meat & Cheese

- 3 lbs Chicken Thighs
- 2 lbs Extra Lean Ground Turkey
- 1 lb Halibut Fillet

Condiments & Oils

- 1/4 cup Coconut Aminos
- 1/2 cup Extra Virgin Olive Oil

Cold

- 4 cups Cottage Cheese
- 6 Egg
- 2 1/3 cups Unsweetened Almond Milk

Other

- 3 3/4 cups Water

Eggplant Shakshuka

7 ingredients · 25 minutes · 3 servings



Directions

1. Heat the oil in a small pan over medium heat. Add the eggplant and sauté for four to five minutes until golden brown.
2. Add the tomato and paprika. Cook for about 10 minutes or until tomato is cooked and soft, stir frequently.
3. Season the mixture with salt and pepper. Create a pocket in the middle and crack the egg into the pocket. Cover the pan and cook until the whites are set and the yolk is cooked to your liking, about five to six minutes for a runny yolk.
4. Adjust the seasoning to your taste. Top with parsley and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately two cups.

More Flavor

Add spinach, chili flakes, and cumin.

Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 3 Eggplant (small, chopped)
- 3 Tomato (large, diced)
- 1 **1/2 tsps** Smoked Paprika
- Sea Salt & Black Pepper (to taste)
- 3 Egg
- 3 **tbsps** Parsley (chopped)

Blueberry Overnight Steel Cut Oats

5 ingredients · 8 hours · 2 servings



Directions

1. Place the steel cut oats in a large bowl and cover with boiling water. Let it sit for 10 to 15 minutes.
2. Drain and rinse the oats. Add to a large container along with the almond milk and chia seeds. Stir and place in the fridge overnight or for at least 8 hours.
3. When ready to eat, top with blueberries. Serve and enjoy!

Notes

Leftovers

Overnight steel cut oats taste better the longer they sit, so make a big batch and keep it in the fridge for up to three days.

Nut-Free

Use coconut milk or hemp milk instead of almond milk.

More Flavor

Add cinnamon or maple syrup if you like it sweeter.

Additional Toppings

Top with coconut flakes, strawberries, raspberries or banana.

More Protein

Stir in your favorite protein powder when adding the milk.

Ingredients

- 2/3 cup** Steel Cut Oats
- 2 cups** Water (boiling)
- 1 1/3 cups** Unsweetened Almond Milk
- 1 1/3 tbsps** Chia Seeds
- 1/2 cup** Blueberries

Zucchini Turkey Breakfast Skillet

6 ingredients · 20 minutes · 3 servings



Directions

1. Add the oil to a large skillet and place over medium heat.
2. Cook the ground turkey, breaking it up as it cooks through. Once it starts to brown, stir in the zucchini. Continue to saute until the zucchini has softened (about 3 to 5 minutes).
3. Add the salsa to the skillet and stir well to mix.
4. Use a spoon to create pockets for the eggs. Crack an egg into each pocket and cover the skillet with a lid. Let the eggs cook until done to your liking (3 to 5 minutes).
5. Divide onto plates and season with sea salt and black pepper to taste. Add hot sauce if you'd like some heat. Enjoy!

Notes

Leftovers

For best results, refrigerate the turkey/zucchini mixture separate from the eggs in an airtight container for up to three days. When reheating, add the eggs just before serving.

More Protein

Add extra eggs.

Vegetarian

Use lentils instead of ground turkey.

More Greens

Stir in baby spinach or kale right after you add the salsa. Stir until wilted.

No Salsa

Use crushed tomatoes instead.

Ingredients

- 1 1/2 **tsps** Extra Virgin Olive Oil
- 1 **lb** Extra Lean Ground Turkey
- 2 Zucchini (large, finely diced)
- 1 **cup** Salsa
- 3 Egg
- Sea Salt & Black Pepper (to taste)

Almond Butter & Jam Chia Pudding

4 ingredients · 30 minutes · 2 servings



Directions

1. In a medium bowl, combine the chia seeds with the almond milk and whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
2. In a small bowl, mash the raspberries until they resemble jam.
3. Layer the chia seed pudding in a jar, top with the raspberry jam and almond butter. Serve and enjoy!

Notes

Leftovers

Refrigerate covered for up to five days.

Nut-Free

Use coconut milk instead of almond milk. Use sunflower seed butter instead of almond butter.

More Protein

Add a scoop of protein powder to the milk mixture before setting. Whisk to fully incorporate with the seeds and milk.

Additional Toppings

Add cacao nibs for crunch.

Ingredients

- 1/4 cup** Chia Seeds
- 1 cup** Unsweetened Almond Milk
- 1 cup** Raspberries
- 2 tbsps** Almond Butter

Cottage Cheese & Raspberries

2 ingredients · 5 minutes · 3 servings



Directions

1. Top the cottage cheese with raspberries and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

Hemp seeds, chia seeds, shredded coconut, and/or honey.

Make it Vegan

Use oatmeal, coconut yogurt or vegan cheese instead of cottage cheese.

Ingredients

3 cups Cottage Cheese

1 1/2 cups Raspberries

Apple

1 ingredient · 2 minutes · 1 serving



Directions

1. Slice into wedges, or enjoy whole.

Ingredients

1 Apple

Blueberries

1 ingredient · 2 minutes · 1 serving



Directions

1. Wash the berries and enjoy!

Ingredients

1 cup Blueberries

Turkey & Cabbage Stir Fry

10 ingredients · 20 minutes · 3 servings



Directions

1. Heat a large skillet with a tight-fitting lid over medium-high heat. Leave the lid off and add the turkey, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan and set the turkey aside.
2. To the same skillet, add the oil. Once warm, add the cabbage and carrot. Stir to coat in the oil and sauté for a minute. Add the water then cover with the lid. Cook for 4 to 5 minutes or until the cabbage wilts down and carrot is just tender.
3. Meanwhile, in a small mixing bowl combine the coconut aminos, lime juice, garlic and ginger. Set aside.
4. Add the cooked turkey back to the skillet and stir to mix. Add the coconut aminos mixture and stir to combine everything. Cook for another 2 to 3 minutes to allow the flavors to develop. Stir in the cilantro.
5. Divide evenly between plates and serve with lime wedges, if using. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add maple syrup or honey, hot sauce, sesame oil or green onion to the coconut aminos mixture. Season with additional salt as needed.

Additional Toppings

Top with additional cilantro.

No Turkey

Use ground chicken or pork instead.

Ingredients

- 1 lb Extra Lean Ground Turkey
- 1 tbsp Extra Virgin Olive Oil
- 8 cups Green Cabbage (thinly sliced)
- 1 Carrot (large, julienned)
- 1/4 cup Water
- 1/4 cup Coconut Aminos
- 1 Lime (juiced, plus more for garnish)
- 3 Garlic (clove, minced)
- 1 tbsp Ginger (fresh, minced or grated)
- 1/2 cup Cilantro (chopped)

Cottage Cheese with Blueberries

2 ingredients · 5 minutes · 2 servings



Directions

1. Divide the cottage cheese and blueberries into bowls or storage containers. Enjoy!

Notes

Make It Sweet

Drizzle honey or maple syrup overtop.

Storage

Refrigerate in an airtight container up to 3 to 5 days.

Ingredients

1 cup Cottage Cheese

1/2 cup Blueberries (fresh or frozen)

Almond Butter Apple Sandwiches

2 ingredients · 10 minutes · 1 serving



Directions

1. Slice the top and bottom off of each apple and discard. Then slice the entire apple in half so you are left with two rounds. Now cut each half in half to make 8 rounds. Cut the center core out of each round.
2. Spread 1 tbsp of almond butter on one apple round. Set another round on top. Repeat, plate and enjoy!

Notes

Nut-Free

Use sunflower seed butter, tahini or pumpkin seed butter instead of nut butter.

Ingredients

- 1 Apple
- 2 tbsps Almond Butter

Sheet Pan Chicken, Green Beans & Carrots

7 ingredients · 40 minutes · 3 servings



Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. In a shallow bowl, combine the chicken thighs, half of the oil, lemon juice, and Italian seasoning.
3. Add the beans and carrots to the baking sheet. Toss with the remaining oil, salt, and pepper to coat. Spread the beans and carrots into an even layer.
4. Place the chicken thighs on the baking sheet, making room around the beans and carrots. Bake for 25 to 30 minutes or until the chicken is cooked through and the vegetables are browned and tender.
5. Divide evenly between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately two chicken thighs and one cup of vegetables.

More Flavor

Add minced garlic and other dried herbs.

Additional Toppings

Top with feta cheese and fresh herbs like parsley or dill.

Ingredients

- 1 1/2 lbs Chicken Thighs (boneless, skinless)
- 3 tbsps Extra Virgin Olive Oil (divided)
- 1 1/2 Lemon (juiced)
- 3 tbsps Italian Seasoning
- 1 1/2 cups Green Beans (trimmed)
- 3 Carrot (medium, peeled, cut into sticks)
- Sea Salt & Black Pepper (to taste)

One Pot Smoky Chicken & Rice

8 ingredients · 30 minutes · 4 servings



Directions

1. Place the chicken in a large bowl and season with half of the smoked paprika, half of the chili powder, half of the cumin, and salt and pepper. Mix well to combine.
2. Heat the oil in a large skillet over medium heat. Once hot, place the chicken in the skillet and cook for three to four minutes per side, until just browned. Remove the chicken and set aside.
3. Add the rice, broth, and remaining spices. Stir to combine and lower the temperature to low. Place the chicken on top of the rice and cover with a lid. Cook for 18 to 22 minutes, until the rice has absorbed most of the liquid and is cooked through.
4. Divide the rice and chicken evenly between plates. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately one cup of chicken with 1/2 cup of rice.

Additional Toppings

Serve with fresh cilantro or parsley on top, yogurt on the side or with fresh lemon wedges.

Ingredients

- 1 1/2 lbs Chicken Thighs (boneless, skinless)
- 2 tsps Smoked Paprika (divided)
- 1 tsp Chili Powder (divided)
- 1/2 tsp Cumin (divided)
- Sea Salt & Black Pepper (to taste)
- 2 tsps Extra Virgin Olive Oil
- 1 cup Brown Rice (long grain, dry)
- 2 cups Chicken Broth

One Pan Halibut & Green Beans

6 ingredients · 20 minutes · 3 servings



Directions

1. Preheat the oven to 400°F (205°C). Line a large baking sheet with parchment paper.
2. In a large bowl, whisk together the lemon zest and juice, oil, dill, and salt.
3. Add the green beans to the marinade and gently toss until well coated. Transfer to the baking sheet.
4. Add the halibut to the marinade and coat evenly. Transfer to the baking sheet alongside the green beans.
5. Cook for 10 to 12 minutes or until the halibut flakes easily and the green beans are fork tender. Divide onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two to three days.

Serving Size

One serving equals approximately 5 1/3 ounces of Halibut and one cup of green beans.

More Flavor

Add garlic, ground coriander, and dried oregano to the marinade.

Additional Toppings

Add cherry tomatoes, bell peppers, or mushrooms. Serve with rice, pasta, or salad greens.

Ingredients

- 1 Lemon (zested and juiced)
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsps Fresh Dill (stems removed, chopped)
- 1/8 tsp Sea Salt
- 5 cups Green Beans (trimmed)
- 1 lb Halibut Fillet (sliced into thin, long pieces)

Brown Rice

2 ingredients · 45 minutes · 3 servings



Directions

1. Combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 40 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

Ingredients

- 3/4 cup** Brown Rice (uncooked)
- 1 1/2 cups** Water