RECIPE RECAP SHEET

5 day summer meal prep guide

Quinoa (4 servings)

Ingredients

- quinoa, raw: 1cups
- water: 2cups
- salt: to taste

Instructions

1. Rinse the quinoa thoroughly.
2. Combine the quinoa and 2 volumes of water in a medium pot. Add a pinch of salt. Bring to a boil, cover, reduce the heat, and simmer for 15 minutes.
3. Let it rest a bit in the pan, then fluff with a fork.
4. This recipe is freezer-friendly.

Frittata (3-4 servings)

Ingredients

- eggs: 6units
- green peas: 50g (4 tbsp) (frozen or fresh)
- spinach, frozen or fresh: 50g (~ 1 units, frozen)
- onions: 50g (~ 0.5 medium)
- feta: 50grams
- olive oil: 1tbsp
- basil, fresh or frozen: 1tbsp
- yogurt, plain: 60g (~ 0.5 yogurt)
- salt: to taste
- pepper: to taste

Instructions

1. Preheat your oven to 185 C/ 350 F.
2. Peel and mince the onions. Sauté them for about 5 min in an oiled pan. If you have a pan that can go in the oven, use it. If not, any pan works.
3. If you use frozen peas and spinach, put them in a bowl and microwave 1 min 30 sec on high.
4. Add microwaved or fresh vegetables to the onion along with the chopped basil leaves. Cook on low for about 3 min, stirring from time to time.
5. In a big bowl, break 6 eggs, add 1/2 yogurt, salt, pepper and whisk everything thoroughly.
6. If needed, transfer the onion-veggie mix to a baking dish in an even layer, pour the egg mixture and top with some crumbled feta.
7. Bake for 25 min or until fully cooked.

Note: It's possible to freeze this recipe but the texture will become a bit softer. Don't freeze if possible.

Pasta (2-3 servings)

Ingredients

- pasta, raw: 200g (1.5 cup short pasta like macaroni or penne, dry)
- olive oil: 0.5tbsp
- salt: to taste
- pepper: to taste

Instructions

1. Bring a big pot of water to boil. Add salt.
2. Add pasta and stir.
3. Boil according to the package instructions.
4. Drain and drizzle with some olive oil to avoid sticking.

Mediterranean tofu (4 servings)

Ingredients

- tofu, plain: 500g
- olive oil: 2tbsp
- lemon juice: 2tbsp (~ 0.5 lemon)
- apple cider vinegar: 1tbsp (or sub with red wine vinegar)
- soy sauce: 2tsp
- garlic: 4cloves
- herbes de provence: 2tsp
- mustard: 1tsp
- lemon zest: 1tsp

Instructions

1. Gently press tofu with a paper or a regular towel to get rid of the excess liquid.
2. Cut tofu into medium size cubes, around 2x2 cm (a little under 1 inch).
3. Peel and grate/mince garlic cloves. Grate clean and dry lemon to obtain lemon zest.
4. Mix well garlic, lemon zest, soy sauce, mustard, vinegar, olive oil and lemon juice.
5. Transfer the tofu cubes into an airtight container or a zip bag. Pour in the marinade, close tigtly and shake to carefully cover tofu cubes evenly.
6. Refrigirate for at least 30 min for up to 4 hours.
7. Preheat the oven to 180 C/ 350 F.
8.

- maple syrup or honey: 2tsp

Line a baking sheet with parchment paper. Transfer the tofu on the baking sheet, keeping some space between each cube.

9. Bake for 20 min. I recommend to bake it for 10 min and then check on it to adjust the temperature or flip the cubes if they start browning quickly.
10. This recipe is freezer-friendly.

Yogurt lemon dressing (4 servings)

Ingredients

- yogurt, plain: 60g (~ 0.5 yogurt)
- olive oil: 0.5tbsp
- lemon zest: 1tsp
- garlic: 0.5cloves
- salt: to taste
- pepper: to taste

Instructions

Note: Serve with the Mediterranean tofu.

1. Grate or mince the garlic.
2. Mix well all the ingredients.
3. Keep in an airtight container for 4-5 days.

Greek salad (3 servings)

Ingredients

- cucumber, English: 0.5
- tomato: 2
- red onion: 0.25
- olives: 60g
- feta: 50g
- olive oil: 2tbsp
- mustard: 0.5tsp
- lemon juice: 2tbsp (~ 0.5 lemon)
- chickpeas, canned: 130g (~ 0.5 small can)
- salt: to taste
- pepper: to taste
- oregano, dried: to taste

Instructions

Note: For a vegetarian option add chickpeas to your salad for a little extra protein. Don't prep the vegetables for extra freshness but you can prep the dressing.

1. For the dressing: mix olive oil, lemon juice, lemon zest, salt, pepper, oregano and mustard. Keep in a closed jar in the fridge.
2. Before serving: chop tomatoes into medium cubes, slice cucumbers in half-moons and thinly slice the red onion.
3. Add olives, crumble some feta cheese and add some chickpeas (optional).
4. Serve with the dressing.
5. For extra fresness add some mint leaves or parsley.

Roasted zucchini with feta (4 servings)

Ingredients

- zucchini: 800g
- olive oil: 1.5tbsp
- garlic powder: 2tsp
- herbes de provence: 2tsp
- feta: 40g
- parsley: 1.5tbsp

Instructions

1. Preheat the oven t0 200 C/ 390 F.
2. Rinse and dry zucchini.
3. Cut them in 1.5 cm (0.5 inch) thick half-moons.
4. Add sliced zucchini along with olive oil, garlic powder and herbes de Provence in a big bowl.
5. Coat them well.
6. Line a baking sheet with parchment paper Put zucchini in a single layer.
7. Cook for 15-20 min depending on your oven. Zucchini should be sligtly browned and crispy.
8. Let them cool completely. Add some crumbled feta and chopped parsley and mix.
9. Don't freeze this recipe because zucchini will lose it's water. Carefully reheat in the microwave or in the oven.

Strawberries and cream (2 servings)

Ingredients

- strawberries: 250g
- whipped cream: 50g

Instructions

1. Enjoy!

Tabbouleh (4 servings)

Ingredients

- tomato: 1
- tomato paste or tomato juice-: 0.75cups
- olive oil: 1tbsp
- soy sauce: 1tbsp
- olives: 60g
- parsley, chopped: 2tbsp
- couscous: 0.75cups
- cucumber, English: 0.5
- tuna, canned: 140g (~ 1 small can) (sub with half a can of chick-peas/130 g for vegetarian)

Instructions

Note: For a vegetarian option add chickpeas to your salad for a little extra protein instead of tuna OR feel free to add both.

1. Chop tomato and cucumber in small cubes.
2. Put couscous in a big bowl. Add the tomato sauce, soy sauce and olive oil.
3. Add chopped tomato, cucumber, olives, and canned tuna/rinsed chickpeas.
4. Mix everything very well and season with salt and pepper.
5. Refrigerate for two hours. Then add chopped parsley, mix well
6. Store in the fridge for 3 days in an airtight container

Vera Diet