



7-DAY MEAL PREP FOR **WEIGHT LOSS**

asweet **pea** chef
with Lucy Salt



7-DAY MEAL PREP FOR WEIGHT LOSS WELCOME!

GET READY TO LOSE WEIGHT AND LOVE YOUR FOOD!

Welcome to a better way to lose weight! If you've read about my story, you know I've lost 60+ pounds FIVE different times in my life -- both before and after having my 4 kiddos. After trying all the diets, from calorie-restricting (only 1000 calories a day - yuck!) to the cabbage soup diet (boring!), I've learned the best way to lose weight is to do 3 very simple things:

1. Eat well-balance, un-processed foods.
2. ENJOY what you're eating.
3. MEAL PREP.

If you don't love the food you're eating, you're not gonna stick with it. If you don't feel satisfied, you will be unhappy and quit.

Trust me, I've been there.

That's where meal prep comes in. Meal prep is a fantastic way to spend a little bit of time AHEAD of when you're eating to make sure you have tasty food WHEN YOU NEED IT.

Say goodbye to boring, bland, and unsatisfying food. Instead, this meal prep for weight loss will show you how delicious it can be to lose weight, feel amazing, and stick to your healthy eating lifestyle.

Have an amazing week!

xoxo,

Lacey

7-DAY MEAL PREP FOR WEIGHT LOSS MENU

DAY 1

Chocolate Peanut Butter
Overnight Oats
Quinoa and Kale Salad
Veggies + Hummus
Beef With Broccoli and Brown Rice

DAY 2

Mango Green Smoothie
Chicken Cauliflower Fried Rice
Strawberries + Almonds
Lemon Roasted Salmon With
Asparagus

DAY 3

Chocolate Peanut Butter
Overnight Oats
Quinoa and Kale Salad
Veggies + Hummus
Beef With Broccoli and Brown Rice

DAY 4

Mango Green Smoothie
Chicken Cauliflower Fried Rice
Strawberries + Almonds
Lemon Roasted Salmon With
Asparagus

DAY 5

Chocolate Peanut Butter
Overnight Oats
Quinoa and Kale Salad
Veggies + Hummus
Beef With Broccoli and Brown Rice

DAY 6

Mango Green Smoothie
Chicken Cauliflower Fried Rice
Strawberries + Almonds
Lemon Roasted Salmon With
Asparagus

DAY 7

Chocolate Peanut Butter
Overnight Oats
Quinoa and Kale Salad
Veggies + Hummus
Beef With Broccoli and Brown Rice

7-DAY MEAL PREP FOR WEIGHT LOSS GROCERY LIST

FRUITS & VEGGIES

- 4 bananas
- 2 cups kale
- 5 lemons
- 7 carrots
- 2 cucumbers
- 1 small red onion
- 1 shallot
- 9 green onions
- 7 cloves garlic
- 32 strawberries
- 1/2 cup grape tomatoes, halved
- 4 cups broccoli florets (about 2 small crowns)
- 1 small fresh ginger root
- 3 cups fresh baby spinach
- 1 large head cauliflower
- 3 cups raw snap peas
- 2 lbs. fresh asparagus

PROTEINS

- 1 lb. flank steak
- 2 boneless, skinless chicken breasts
- 3 6-oz salmon fillets
- 3 scoops vanilla protein powder (I use [this one](#))

DAIRY & EGGS

- 5 cups unsweetened almond milk (or unsweetened milk of choice)
- 2 eggs
- 2 tbsp parmesan, grated (omit if non-dairy)

GRAINS & BEANS

- 2 cups rolled oats
- 1 cup uncooked quinoa
- 1 cup uncooked lentils
- 1 1/4 cups uncooked brown rice
- 1/2 cup cooked garbanzo beans

FROZEN

- 3 cups mango chunks
- 1 cup shelled edamame

7-DAY MEAL PREP FOR WEIGHT LOSS GROCERY LIST

SEASONINGS & SPICES

1 tbsp sea salt
1 tsp ground black pepper
1/8 tsp crushed red pepper flakes
1/4 cup dark cocoa powder
2 tbsp arrowroot starch
2 tbsp coconut sugar
2 tsp vanilla extract

NUTS & SEEDS

1/2 tbsp raw sunflower seeds
3 tbsp flaxseed meal
1 cup raw almonds

CONDIMENTS & CANNED

1/2 cup natural peanut butter
1/4 cup pure maple syrup
3 cups low sodium chicken broth
2 tsp raw honey
1/2 tsp dijon mustard
7 tbsp olive oil
1/2 cup hummus, divided (store-bought or homemade)
1/2 cup low-sodium soy sauce
3 cups low sodium chicken broth
1 tbsp sesame oil
1 tsp chili paste (can sub with crushed red pepper flakes)

7-DAY MEAL PREP FOR
WEIGHT LOSS

INGREDIENTS: DAYS 1, 3, 5 + 7

BREAKFAST: CHOCOLATE PEANUT BUTTER OVERNIGHT OATS

Makes 4 Overnight Oats

2 bananas
1/4 cup dark cocoa powder
1/4 cup + 2 tbsp natural peanut butter
1/4 cup pure maple syrup
2 tsp vanilla extract
2 cups unsweetened almond milk
2 cups rolled oats, uncooked

LUNCH: QUINOA AND KALE SALAD

Makes 4 Salads

1 cup quinoa, uncooked
2 cups water
1 cup lentils, uncooked
3 cups low sodium chicken broth
2 cups kale, packed
1/2 cup cooked garbanzo beans, drained and rinsed
1/2 cup cucumber, peeled and diced
1/2 cup carrot, diced
1/2 cup grape tomatoes, halved
2 tbsp red onion, finely diced
1/2 tbsp raw sunflower seeds
1/2 tsp lemon zest
2 tbsp freshly squeezed lemon juice
2 tsp raw honey
1/2 tsp dijon mustard
1/4 tsp sea salt, plus 1/2 tsp for making quinoa
1/8 tsp ground black pepper
3 tbsp olive oil, plus 1 tbsp. to massage kale

7-DAY MEAL PREP FOR
WEIGHT LOSS

INGREDIENTS: DAYS 1, 3, 5 + 7

SNACK: VEGGIES + HUMMUS

Makes 4 Snacks

- 4 carrots, cut into matchsticks
- 1 large cucumber, cut into matchsticks
- 1/2 cup hummus, divided (store-bought or homemade)

DINNER: BEEF WITH BROCCOLI AND BROWN RICE

Makes 4 Meals

- 1 tbsp olive oil
- 1 lb flank steak, thinly sliced across the grain
- 3 cloves garlic, minced
- 1 shallot, finely chopped
- 4 green onions, thinly sliced
- 4 cups broccoli florets about 2 small crowns
- 2 tbsp arrowroot starch
- 3/4 cup water
- 1/3 cup low-sodium soy sauce
- 2 tbsp coconut sugar
- 1 tsp fresh ginger, minced
- 1/8 tsp crushed red pepper flakes
- 1 1/4 cups brown rice, uncooked
- 3 cups low sodium chicken broth
- 1/2 tsp sea salt

7-DAY MEAL PREP FOR
WEIGHT LOSS

INGREDIENTS: DAYS 2, 4 + 6

BREAKFAST: MANGO GREEN PROTEIN SMOOTHIE

Makes 3 Smoothies

- 3 cups mango chunks fresh or frozen
- 1 1/2 bananas
- 3 cups fresh baby spinach
- 3 tbsp flaxseed meal
- 3 cups unsweetened almond milk
- 3 scoops vanilla protein powder (I recommend this one)

LUNCH: CHICKEN CAULIFLOWER FRIED RICE

Makes 3 Meals

- 1 tbsp sesame oil
- 2 boneless, skinless chicken breasts
- 1/2 tsp sea salt
- 1/4 tsp black pepper
- 1 large head cauliflower
- 2 carrots, finely diced
- 1 cup frozen edamame
- 2 cloves garlic, minced
- 5 stalks green onion, sliced
- 3 tbsp low sodium soy sauce
- 1 tbsp peanut butter
- 1 tsp chili paste
- 2 eggs
- 3 cups raw snap peas

7-DAY MEAL PREP FOR
WEIGHT LOSS

INGREDIENTS: DAYS 2, 4 + 6

SNACK: STRAWBERRIES + ALMONDS

Makes 3 Snacks

32 strawberries
1 cup raw almonds

DINNER: LEMON ROASTED SALMON WITH ASPARAGUS

Makes 3 Meals

3 6-oz salmon fillets
3 cloves garlic, minced
1/2 tsp sea salt
2 tbsp olive oil
2 lemons, thinly sliced
1 lemon, juiced (2 tbsp)
2 tbsp parmesan, grated (omit if non-dairy)
1/2 tsp sea salt
2 lb fresh asparagus, trimmed

7-DAY MEAL PREP FOR WEIGHT LOSS INSTRUCTIONS

INSTRUCTIONS ARE LISTED IN ORDER OF HOW TO PREPARE THE MEALS FOR THE ENTIRE WEEK TO SAVE YOU THE MOST TIME.

TO PREP THE GRAINS AND BEANS:

In a deep pot, combine the brown rice, sea salt, and low sodium chicken broth. Heat this over high heat until it begins to boil, then reduce the heat to medium, cover, and cook for another 25-30 minutes, or until the water is all absorbed and the rice is tender.

To cook the quinoa, combine uncooked quinoa with sea salt and water, in a deep pot, and then bring to boil. Then, reduce the heat to medium-high and simmer, covered, for about 20 minutes. Once all the liquid is absorbed, fluff with a fork and set aside to cool as well.

Next, let's get our lentils started. Add the dry lentils to a pot, followed by water. Be sure to use a large enough saucepan as the lentils will double or triple in size. Bring this to a boil over high heat, then cover, reduce heat to medium, and simmer until the lentils are tender. For whole lentils, it should take about 15-20 minutes. Then, drain the lentils and set aside for later.

FOR THE HEALTHY BEEF WITH BROCCOLI:

Heat olive oil in a skillet over medium-high heat. Add thinly sliced flank steak and cook until it's well-browned, about 6-8 minutes. Once it's well-browned, remove from the pan and set aside.

In the same pan, add minced garlic, chopped shallot, and green onions. Cook one minute, stirring frequently. Then, add the broccoli florets and cook for 5 minutes until the broccoli turns bright green and becomes mostly tender.

7-DAY MEAL PREP FOR WEIGHT LOSS INSTRUCTIONS

To make the sauce, in a mixing bowl, combine low sodium soy sauce, coconut sugar, fresh minced ginger, and crushed red pepper flakes. Add arrowroot starch and water and stir until no longer lumpy. Add this sauce to the pan and cook until it starts to thicken, about 3-5 minutes. Return the beef and stir to combine, cooking an additional 2-3 minutes.

To pack our beef with broccoli, add it to one side of the meal prep container and then add in the steamed brown rice on the side. Top with sliced green onions.

FOR THE CHICKEN CAULIFLOWER FRIED RICE:

To make the cauliflower fried rice, heat a large pan over medium-high heat and add some sesame oil.

Season the boneless, skinless chicken breasts with sea salt and pepper, then place into the hot oil. Cook for 4-6 minutes per side, turning occasionally, or until the chicken is cooked through.

Once it's cooked through, remove from the pan, dice into bite-size pieces, and set aside. Add the diced carrots into the empty pan and cook until they're mostly tender, followed by the low sodium soy sauce, peanut butter, and chili paste and stir to combine.

Add the frozen edamame, minced garlic, and sliced green onions, and cook until heated through. To make the cauliflower rice, grate a head of cauliflower using a kitchen grater (or you can also use a food processor or buy pre-riced cauliflower). Once you've grated all the cauliflower, add to the pan. Cook the cauliflower rice over med-high heat until tender. Return the diced chicken back to the pan, and stir to incorporate.

Push the fried chicken cauliflower rice mixture to one side of the skillet and add a couple eggs into the empty side of the pan and then scramble.

7-DAY MEAL PREP FOR WEIGHT LOSS INSTRUCTIONS

Once the eggs are mostly scrambled, break up with a spatula and combine with the rice mixture. This is now done and can be removed from the heat and set aside.

To pack up the chicken cauliflower fried rice, add it to one end of the meal prep container, and next to it add some fresh snap peas.

FOR THE LEMON ROASTED SALMON WITH ASPARAGUS:

To make the roasted salmon recipe, line a rimmed baking sheet with foil. Arrange the pre-cut salmon portions in the center of the making sheet and then arrange the asparagus around the sides. Add thinly cut lemon slices around the edges of the salmon and over the asparagus.

In a small mixing bowl, combine olive oil, lemon juice, sea salt, and pepper. Pour this mixture over the salmon and asparagus.

Then sprinkle parmesan over salmon and asparagus. Place this in the oven and bake for 10 minutes, then turn the oven to broil and broil another 5-7 minutes. Then remove from the oven and set aside. This salmon is so easy and so flavorful.

FOR THE QUINOA AND KALE SALAD:

To make the dressing for the kale and quinoa salad, combine freshly squeezed lemon juice, lemon zest, raw honey, dijon mustard, sea salt, ground black pepper, and olive oil in a small mixing bowl, and whisk together until well combined.

To prep the kale for the salad, we're going to add it to a large bowl with a little olive oil and rub all over the kale, massaging it until the kale reduces in volume and becomes less stiff. (This makes a huge difference in the texture of the kale and makes it much easier to eat. I like to buy pre-cut kale when I meal prep because it's just easier and takes one less step out of the process.)

7-DAY MEAL PREP FOR WEIGHT LOSS INSTRUCTIONS

To assemble the salad, combine 3/4 cup of the cooked quinoa, 3/4 cup of the cooked lentils, the kale, garbanzo beans, diced cucumber, diced carrot, grape tomatoes, finely diced red onion, and raw sunflower seeds in a large mixing bowl. Toss to combine. Then, drizzle over a few tablespoons of the lemon vinaigrette, and toss once more.

To store the salad, you can either use a meal prep container or mason jars.

FOR THE CHOCOLATE PEANUT BUTTER OVERNIGHT OATS:

To make the chocolate peanut butter overnight oats, add the bananas, dark cocoa powder, peanut butter, vanilla extract, and unsweetened almond milk to a kitchen blender and blend until smooth.

Add the rolled oats and stir to combine. Do not blend. (You could also do this in a separate bowl, but this makes less dirty dishes.)

Divide this into four mason jars because we will be using it for breakfast four of the days. Then, close, and then place into the fridge overnight or for at least 4-6 hours. (You can heat them up each morning or just eat them cold right out of the mason jar. When the oats are ready, I like to top them with some dark chocolate chunks.)

FOR THE MANGO GREEN SMOOTHIE:

To prep our mango green smoothie, divide fresh or frozen mango chunks, banana, and baby spinach into either re-usable freezer bags or mason jars. When it's time to blend this all together, you'll add in flaxseed meal, protein powder, and unsweetened almond milk for a tasty smoothie.

Or, you could blend it all together at once and then store, blended, in the freezer, until the night before when you can thaw.

7-DAY MEAL PREP FOR WEIGHT LOSS INSTRUCTIONS

FOR THE STRAWBERRIES AND ALMONDS:

Our snacks for four of the days will be raw almond with fresh strawberries. This can be prepped in a mason jar or a reusable bag. (This snack is roughly 200 calories. If you don't like almonds, you can replace with cashews or walnuts. Fruits can be switched out as well.)

FOR THE VEGGIES AND HUMMUS:

Our other snack for the other three days is carrots and cucumber with hummus. You can make your own hummus or buy it from the store, depending on your preference.

To pack this snack, add the hummus to the bottom of a mason jar - we're looking to do about 2 tbsp in the bottom. Then add carrot and cucumber sticks for dipping right into the hummus. This makes a tasty, crunchy snack that is savory.

Nutrition Facts	
7 Day Meal Plan For Weight Loss	
Amount Per Serving (1 day)	
Calories 1500	Calories from Fat 344
% Daily Value*	
Fat 38.2g	59%
Saturated Fat 8.5g	43%
Sodium 491.2mg	20%
Carbohydrates 323.3g	108%
Fiber 45.9g	184%
Sugar 61.2g	68%
Protein 80.2g	160%
* Percent Daily Values are based on a 2000 calorie diet.	

7-DAY MEAL PREP FOR WEIGHT LOSS RESOURCES

MEAL PREP CONTAINERS + STORAGE:

For my information on how to best store your meal prepped food, check out my [ultimate guide to meal prep containers](#).

MEAL PREP VIDEO:

Watch [this video on YouTube](#) to see me make each of these recipes for the entire week.

THE BEST PROTEIN

There are a lot of protein powders out there, but I personally think Cleanish Plant-Based Protein powder is the best-tasting, high-quality protein available. [Buy here](#) and save 10% off with the code **MEALPREP10**.

MORE MEAL PREP IDEAS:

Want more meal prep inspiration and ideas, check out my [Meal Prep Ideas](#) page for tons of meal prep recipes to make next.