

grace elkus

# Mini Meal Prep

Welcome to my Mini Meal Prep! In each edition, I'll share three simple protein-packed recipes including breakfast, lunch, and a snack or dessert.

My goal is to make your week a little easier so you can spend less time wondering what to cook and more time actually enjoying feel-good foods.

Here's what we're prepping this week:



## BREAKFAST

Maple-Cinnamon Overnight Chia Oats



## LUNCH

Mediterranean Lentil and Chickpea Salad



## SNACK

Blueberry Pancake Protein Muffins

## YOUR GROCERY LIST:

### PRODUCE:

- 1 small shallot
- 3 Persian (mini) cucumbers
- 1 bunch fresh parsley
- 1 head radicchio
- 1 romaine lettuce heart
- 2 medium overripe bananas
- 1 pint blueberries
- Apple, banana, or berries for overnight oats (optional)

### PANTRY:

- 1 box Kodiak Buttermilk Power Cakes Flapjack & Waffle Mix
- 1 ½ cups protein oats (or old-fashioned rolled oats)
- 1 cup vanilla protein powder
- ½ cup chia seeds
- ⅔ cup pure maple syrup
- ¼ cup extra-virgin olive oil
- ¼ cup red wine vinegar
- 2 tablespoons capers
- ½ teaspoon Dijon mustard
- ½ cup French green lentils (also called French lentils or Puy lentils)
- 1 (15-ounce) can chickpeas
- ⅓ cup Castelvetrano olives
- ¼ cup roasted, salted sunflower seeds
- Nonstick cooking spray

### REFRIGERATED:

- 3 ¼ cups Fairlife milk (or milk of choice; any fat percentage)
- 4 ounces feta cheese
- 2 large eggs
- ½ cup plain Greek yogurt (any fat percentage)

### SPICE CABINET:

- Kosher salt
- Freshly ground black pepper
- Ground cinnamon
- Pure vanilla extract

Three easy recipes to fuel you throughout the week.

Let's get into it →





# Maple-Cinnamon Overnight Chia Oats

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SERVES 4

Overnight oats meet chia pudding in this creamy, protein- and fiber-packed breakfast. I like to change up the toppings so it feels new every day: some of my favorite combos include sliced banana + granola, diced apple + peanut butter, or a mix of whatever berries I have on hand.

Prep: 15 minutes

Total: 15 minutes, plus overnight chilling time

## INGREDIENTS:


- 1  $\frac{1}{3}$  cups protein oats (such as Bob's Red Mill) or old-fashioned rolled oats
- 1 cup vanilla protein powder
- 8 tablespoons chia seeds
- 1 teaspoon ground cinnamon
- Kosher salt
- 3 cups ultra-filtered milk (such as Fairlife; any fat percentage), or your milk of choice
- 8 teaspoons pure maple syrup
- 4 teaspoons pure vanilla extract
- Fresh berries, diced apple, sliced banana, granola, and/or nut butter, for serving

## INSTRUCTIONS:

- **Prep the dry ingredients:** Into each of four wide-mouth 1-pint jars, spoon  $\frac{1}{3}$  cup rolled oats,  $\frac{1}{4}$  cup protein powder, 2 tablespoons chia seeds,  $\frac{1}{4}$  teaspoon cinnamon, and a pinch of salt. Stir to combine.
- **Add the wet ingredients:** To each jar, add  $\frac{3}{4}$  cup milk, 2 teaspoons maple syrup, and 1 teaspoon vanilla. Stir until the dry ingredients are completely incorporated.
- **Refrigerate and serve:** Seal and refrigerate overnight. Add desired toppings before serving.

## MACROS (WITHOUT TOPPINGS):

- 495 calories, 38g protein, 59g carbs, 14g fat, 14g fiber.
- Calculated with protein oats and Fairlife ultra-filtered 2% milk.

 **Tip:** If using frozen fruit, add to the jars during prep so it can thaw overnight.

 **Storage:** Store in the fridge for up to 4 days.



# Mediterranean Lentil and Chickpea Salad

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SERVES 4

This hearty salad features French green lentils, canned chickpeas, feta cheese, greens, and a homemade dressing. Wait to toss the greens with the dressing until you're ready to serve so everything stays fresh and crisp.

Prep: 30 minutes

Cook: 15 minutes

Total: 45 minutes

## INGREDIENTS:

### For the dressing:

- ¼ cup extra-virgin olive oil
- ¼ cup red wine vinegar
- 1 small shallot, minced (about 2 tablespoons)
- 2 tablespoons drained capers, roughly chopped
- ½ teaspoon Dijon mustard
- ½ teaspoon kosher salt
- Freshly ground black pepper

### For the salad:

- Kosher salt
- ½ cup French green lentils
- 1 (15-ounce) can chickpeas, drained, rinsed, and patted dry
- 3 Persian (mini) cucumbers, diced
- 4 ounces feta cheese, cut into 1/2-inch cubes (1 cup)
- ½ cup Castelvetrano olives, pitted and torn
- ¼ cup roasted, salted sunflower seeds
- ¼ cup finely chopped fresh parsley leaves and tender stems
- Freshly ground black pepper

### For serving:


- 1 medium head radicchio, cored and thinly sliced
- 1 medium romaine lettuce heart, cored and thinly sliced


## INSTRUCTIONS:

- **Make the dressing:** In a large bowl, whisk together the oil, vinegar, shallot, capers, mustard, salt, and several grinds of black pepper. Transfer half to a small airtight container and refrigerate for later use.
- **Cook the lentils:** Bring a medium pot of salted water to a boil. Add the lentils, reduce the heat to medium-low, and simmer, uncovered, until the lentils are just tender but still have a slight bite, 12 to 15 minutes (don't overcook — they can turn mushy quickly!). Drain and return to the pot. Season with salt to taste, then let cool.
- **Assemble the salad:** Add the cooled lentils and the chickpeas to the bowl of dressing and toss to coat. Add the cucumbers, feta, olives, sunflower seeds, parsley, 1/2 teaspoon salt, and several grinds of black pepper and toss again. Season with salt to taste. If the salad seems dry, drizzle with a bit of the reserved dressing. Cover and refrigerate until ready to serve.
- **Toss and serve:** Combine the radicchio and romaine in a large airtight container. Refrigerate. When ready to eat, toss together equal amounts of the lentil salad and greens (heaping 1 cup of each). Drizzle with the reserved dressing.

## MACROS:

- 470 calories, 20g protein, 40g carbs, 27g fat, 14g fiber

 **Tip:** For faster prep, start with 1 1/4 cups pre-cooked steamed lentils or canned lentils (you can find both at Trader Joe's).

 **Storage:** Store the lentil salad, greens, and extra dressing in separate containers in the fridge for up to 4 days.



# Blueberry Pancake Protein Muffins

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MAKES 12 MUFFINS

Want to know my secret to quick and easy muffins? Protein pancake mix! I store the baked muffins in the freezer, then thaw one in the microwave before heading out the door on busy days.

Prep: 15 minutes

Cook: 25 minutes

Total: 40 minutes

## INGREDIENTS:


- Nonstick cooking spray
- 2 medium overripe bananas
- 2 large eggs
- ½ cup plain Greek yogurt (any fat percentage; I like Fage)
- ½ cup pure maple syrup
- ¼ cup ultra-filtered milk (such as Fairlife; any fat percentage), or your milk of choice
- 1 teaspoon pure vanilla extract
- 2 cups Kodiak Buttermilk Power Cakes Flapjack & Waffle Mix
- 1 teaspoon ground cinnamon
- ½ teaspoon kosher salt
- 1 ¼ cups fresh or frozen blueberries, divided


## INSTRUCTIONS:


- **Line your muffin tin:** Preheat the oven to 350°F. Line a 12-cup standard muffin tin with paper liners or coat generously with cooking spray. (I like to spray my liners, too).
- **Mix the wet ingredients:** Mash the bananas in a large bowl. Add the eggs, yogurt, maple syrup, milk, and vanilla and whisk until smooth.
- **Add the dry ingredients:** Add the pancake mix, cinnamon, and salt and fold with a rubber spatula until just combined. Gently fold in 1 cup of the blueberries. Divide the batter among the muffin cups. Sprinkle with the remaining ¼ cup blueberries.
- **Bake:** Bake until a toothpick inserted in the center of the muffins comes out clean, 20 to 25 minutes (do not overbake). Let the muffins cool for 15 minutes in the pan before transferring them to a wire rack to cool completely.

## MACROS:

- 148 calories, 7g protein, 26g carbs, 2g fat, 2g fiber
- Calculated with 2% Fage Greek yogurt and Fairlife ultra-filtered 2% milk.

 **Tip:** To ripen bananas quickly, bake them (with their peels on) at 350°F for 10 minutes.

 **Storage:** Store at room temperature for up to 3 days, or freeze for up to 3 months.

 **Reheat:** Unwrap frozen muffins and reheat in the microwave until thawed, about 30 seconds.