

Weight Loss Vegan Meal Prep

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/russian-banana-recipe>

Ingredients:

- 1 pound garbanzo beans
- 1 5/16 pounds oat groats
- 1 pound quinoa
- 2 pounds peas frozen or canned
- 1/2 pound brown rice
- cayenne powder
- cinnamon powder
- 2 avocados
- 5 limes
- 2 cucumber
- 1 celery stalks
- 4 sweet potatoes
- 2 pounds Roma plum tomatoes
- 1 red bell pepper
- 2 papaya
- 1 red cabbage
- 4 carrots
- 1 onion
- 1 serrano peppers
- 1 bunch cilantro
- 1 bunch parsley
- 5 pounds potatoes
- 2 pounds bananas
- 1 bag spinach