

# 7-Day Meal Prep For Weight Loss

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-banana-sesame-oil-an-soy-suace-recipe>

## Ingredients:

- 2 bananas
- 1/4 cup dark cocoa powder
- 1/4 cup natural peanut butter
- 1/4 cup pure maple syrup
- 2 teaspoons vanilla extract
- 2 cups unsweetened almond milk
- 2 cups rolled oats uncooked
- 1 cup quinoa uncooked
- 2 cups water
- 1 cup lentils uncooked
- 3 cups low sodium chicken broth
- 2 cups kale packed
- 1/2 cup garbanzo beans cooked, drained and rinsed
- 1/2 cup cucumber peeled and diced
- 1/2 cup carrot diced
- 1/2 cup grape tomatoes halved
- 2 tablespoons red onion finely diced
- 1/2 tablespoon sunflower seeds
- 1/2 teaspoon lemon zest
- 2 tablespoons lemon juice freshly squeezed
- 2 teaspoons raw honey
- 1/2 teaspoon Dijon mustard
- 1/4 teaspoon sea salt
- 1/2 teaspoon quinoa
- 1/8 teaspoon ground black pepper
- 3 tablespoons olive oil
- 1 tablespoon kale
- 4 carrots cut into matchsticks
- 1 cucumber large, cut into matchsticks
- 1/2 cup hummus divided, store-bought or homemade

- 1 tablespoon olive oil
- 1 pound 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 tablespoons arrowroot starch
- 3/4 cup water
- 1/3 cup low sodium soy sauce
- 2 tablespoons coconut sugar
- 1 teaspoon fresh ginger minced
- 1/8 teaspoon crushed red pepper flakes
- 1 1/4 cups brown rice uncooked
- 3 cups low sodium chicken broth
- 1/2 teaspoon sea salt
- 3 cups mango chunks fresh or frozen
- 1 1/2 bananas
- 3 cups baby spinach fresh
- 3 tablespoons flaxseed meal
- 3 cups unsweetened almond milk
- 3 scoops vanilla protein powder optional
- 1 tablespoon sesame oil
- 2 boneless, skinless chicken breasts
- 1/2 teaspoon sea salt
- 1/4 teaspoon black pepper
- 1 head cauliflower
- 2 carrots finely diced
- 1 cup frozen edamame
- 2 cloves garlic minced
- 5 stalks green onion sliced
- 3 tablespoons low sodium soy sauce
- 1 tablespoon peanut butter
- 1 teaspoon chili paste
- 2 eggs
- 3 cups snap peas
- 32 strawberries
- 1 cup raw almonds
- 18 ounces salmon fillets
- 3 cloves garlic minced
- 1/2 teaspoon sea salt
- 2 tablespoons olive oil
- 2 lemons thinly sliced
- 1 lemon juiced, 2 tbsp
- 2 tablespoons Parmesan grated, omit if non-dairy
- 1/2 teaspoon sea salt
- 2 pounds fresh asparagus trimmed
- quinoa optional, for additional calories