

SUNDAY PREP

for A WEEK OF
AT-HOME MEALS

Skip the takeout – we’ve got healthier versions of pizza, curry and a Ramen-style soup all ready to heat and eat throughout the week. These cleaned-up versions of your favorites can be made or prepped ahead! Just a few hours on Sunday is all it takes to set you up for a smoother week.

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**HERE’S HOW TO SET
UP FOR THE WEEK:**

Tear out the shopping list on page 57. It contains everything you need to make one of each of the recipes in this section. If you’re a bigger family or want to make extras, you may want to double or triple some of these recipes. Feel free to get ingredients for any sides you may want to have such as salad greens or roasted vegetables, plus some fresh fruit, yogurt and smoothie ingredients to mix up your breakfasts.

On Sunday, follow “Your 10-Point Sunday Game Plan” on page 46 to get set up for the week. Some of the recipes are made entirely on Sunday: Coconut Chicken & Lentil Curry, Zucchini Artichoke Bites and the Fruity Yogurt Bark. All the other recipes are mostly prepped in advance then simply assembled and/or heated right before eating.

All you have to do is a little Sunday prep for a week of healthy eating on easy street.

MENU THIS WEEK

BREAKFAST

Egg in a Hole (p. 47)

LUNCHES/DINNERS

Loaded Veggie Mini Pizzas (p. 55)

Coconut Chicken & Lentil Curry (p. 54)

Easy Spring Ramen-Style Soup (p. 55)

Ginger Steak & Veggie Noodles (p. 48)

SNACKS

Zucchini Artichoke Bites (p. 52)

Fruity Frozen Yogurt Bark (p. 56)

YOUR 10-POINT SUNDAY GAME PLAN

1. Make **Double-Duty Dough** to be used for **Egg in a Hole** (p. 47) and **Loaded Veggie Mini Pizzas** (p. 55).

2. Make **Everyday Pesto** to be used for **Egg in a Hole** (p. 47 and **Loaded Veggie Mini Pizzas** (p. 55).

3. Shape and prebake dough for **Egg in a Hole** (p. 47, Step 2).

4. Prepare pesto-yogurt swirl for **Egg in a Hole** (p. 47, Step 3).

5. Prep ahead for **Ginger Steak & Veggie Noodles** through Step 3 (p. 48): Make dressing, cook steak and prepare spiralized vegetables.

6. Make **Coconut Chicken & Lentil Curry** to completion (p. 54).

7. Prep dough and toppings for **Loaded Veggie Mini Pizzas** (p. 55, through Step 2); assemble fully or refrigerate crusts and toppings separately.

8. Prepare **Easy Spring Ramen-Style Soup** (p. 55) through Step 3: Cook chicken, boil eggs and make broth.

9. Make **Zucchini Artichoke Bites** (p. 52) to completion.

10. Make **Fruity Frozen Yogurt Bark** (p. 56) to completion and freeze.

THE PREP RECIPES

Double-Duty Dough

V GF

MAKES 2 1-LB DOUGH BALLS.
HANDS-ON TIME: 10 MINUTES.
TOTAL TIME: 45 MINUTES.

- ¾ cup warm water
- 2 tbsp raw honey
- 5 tsp dry yeast
- 1½ cups oat flour
- 1½ cups medium-grind cornmeal
- 1½ cups almond flour
- 4 large eggs
- 4 tbsp ground flaxseeds
- 2 tbsp extra-virgin olive oil
- 1 tsp sea salt

To a large mixing bowl, add warm water, honey and yeast. Set aside for 5 minutes, until bubbly. Add oat flour, cornmeal, almond flour, eggs, flaxseeds, oil and salt; stir until combined. Let sit for 30 minutes in a warm location. Evenly divide dough into 2 portions for use in Egg in a Hole (p. 47) and Loaded Veggie Mini Pizzas (p. 55).

Everyday Pesto

F Q V GF

MAKES ¾ CUP.
HANDS-ON TIME: 5 MINUTES.
TOTAL TIME: 5 MINUTES.

- 2 cups fresh basil
- 1 cup baby spinach
- ¼ cup toasted almonds
- ¼ cup grated Parmesan cheese
- 2 tbsp hemp hearts
- 2–3 tbsp extra-virgin olive oil
- ¼ tsp each sea salt and ground black pepper

To a food processor, add all ingredients and blend until a paste forms. Store in an airtight container in the refrigerator until ready to use in Egg in a Hole (p. 47) and Loaded Veggie Mini Pizzas (p. 55).

Egg in a Hole with Yogurt Pesto Swirl

Q V GF

SERVES 4.
HANDS-ON TIME: 10 MINUTES.
TOTAL TIME: 30 MINUTES.

This is the ultimate homemade breakfast to have on standby. Make, shape and parbake the dough on Sunday, then simply crack an egg into the center and bake the morning of for a wholesome meal topped with a creamy pesto swirl. You may want to make a double batch of this recipe for snacks too!

- oat flour, for dusting surface
- ½ recipe Double-Duty Dough (p. 46)
- 4 tsp sesame seeds
- ½ cup whole-milk Greek yogurt
- 1 tbsp Everyday Pesto (p. 46)
- 4 large eggs
- 1 cup baby spinach or kale
- 1 small avocado

1. Preheat oven to 400°F. Line a large baking sheet with parchment paper. Lightly dust a surface with flour; turn dough out. Divide dough into 4 even pieces. Roll each piece into a 12-inch-long rope. Sprinkle seeds over dough and roll lightly to integrate seeds.

2. Transfer ropes to prepared sheet. Attach the ends of each rope to form a circle. Bake for 8 minutes, until firm to the touch and just starting to brown.

3. Meanwhile, prepare yogurt-pesto swirl: In a small bowl, stir together yogurt and pesto. (MAKE AHEAD: Make recipe through Step 3 up to 4 days in advance. Let cool and store in an airtight container in the fridge. Store yogurt-pesto mixture in a separate airtight container.)

4. When ready to serve: Preheat oven to 400°F. Place prebaked dough on a parchment-lined baking sheet. Crack 1 egg into the center of each hole.

5. Bake for 8 to 10 minutes, until egg is set. Set aside for 2 to 3 minutes before serving. Serve with a dollop of yogurt-pesto swirl, a sprinkle of greens and avocado slices.

PER SERVING (¼ of recipe): Calories: 579, Total Fat: 35 g, Sat. Fat: 6 g, Monounsaturated Fat: 19 g, Polyunsaturated Fat: 8 g, Carbs: 46 g, Fiber: 10 g, Sugars: 7 g, Protein: 25 g, Sodium: 400 mg, Cholesterol: 283 mg

Ginger Steak & Veggie Noodles

GF

SERVES 4. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 30 MINUTES.*

*PLUS MARINATING TIME.

Lemongrass is the behind-the-scenes ingredient that really brings the flavor to this ginger dressing. When working with lemongrass, remember that you want to use the base of the stalk; remove the outer layers and then mince the softer inner portion. In this recipe, we call for spiralized noodles – you can either make your own or purchase prepackaged spiralized vegetables noodles (you will need about 10 cups total).

DRESSING

- 2 limes, zested and juiced
- 1 Thai red chile, seeded and finely chopped
- 2 tbsp extra-virgin olive oil
- 1 tbsp coconut aminos
- 1 tbsp fish sauce
- 1 tbsp peeled and minced ginger
- 2 tsp toasted sesame oil
- 1 clove garlic, minced
- 1 tsp finely chopped fresh lemongrass

SALAD

- 1 lb flank steak
- 4 zucchini, trimmed
- 4 carrots, trimmed
- 1 large English cucumber, trimmed
- 4 green onions, sliced on a diagonal
- 5 oz bean sprouts
- ½ cup each torn fresh basil and mint
- ¼ cup toasted cashews
- 1 lime, cut into wedges

1. Prepare dressing: In a small bowl, whisk together all dressing ingredients. Place steak in a glass or ceramic dish. Drizzle with one-half of the dressing. Cover and refrigerate, turning occasionally, for 2 hours. Set aside remaining dressing in the refrigerator.
2. Using a spiral maker, secure one zucchini into machine and spiral into noodles. Repeat with remaining zucchini, carrots and cucumber.
3. Preheat a cast iron pan on high. Add steak and cook for 2 to 3 minutes per side, or to desired doneness. Transfer to a board and set aside to rest for 10 minutes. Thinly slice. **(MAKE AHEAD:** Make recipe through Step 3 up to 2 days ahead. Store steak and dressing in separate airtight containers in the fridge. Wrap vegetables in paper towel and store in an airtight container for up to 2 days.)
4. In a large bowl, combine zucchini, carrots, cucumber, onions, bean sprouts, basil and mint. Add remaining dressing and toss to coat. Top with sliced steak and cashews and serve with lime wedges.

PER SERVING (¼ of recipe): Calories: 413, Total Fat: 22 g, Sat. Fat: 5.5 g, Monounsaturated Fat: 12 g, Polyunsaturated Fat: 3 g, Carbs: 26 g, Fiber: 7 g, Sugars: 12 g, Protein: 31 g, Sodium: 478 mg, Cholesterol: 68 mg



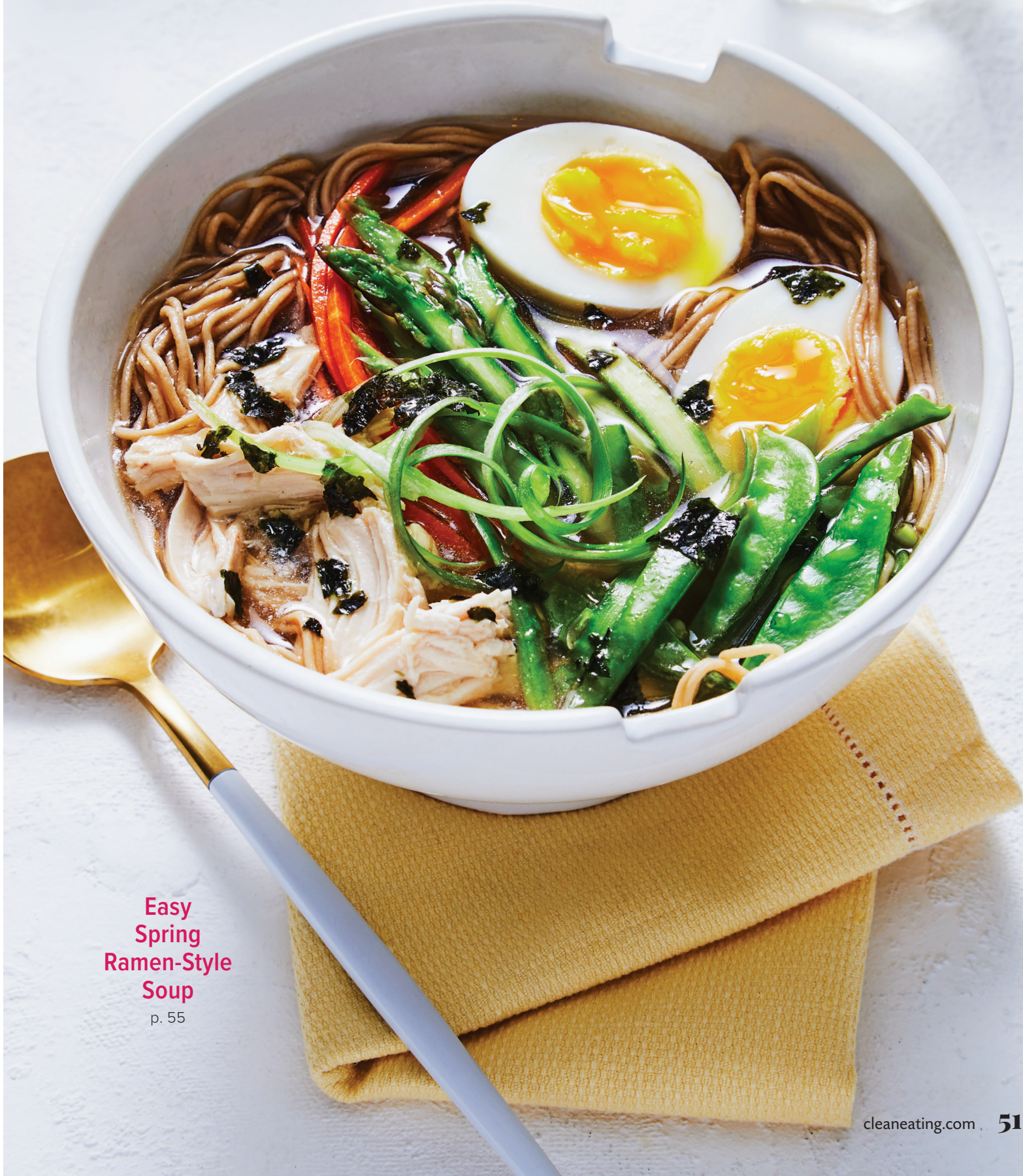
LEMONY FRESH:

Seen often in Asian – particularly Thai – cuisine, the aromatic lemongrass plant imparts a fresh and, true to its name, lemony flavor to dishes. Studies show it contains numerous antioxidants, such as chlorogenic acid and isoorientin, both of which help scavenge disease-causing free radicals. This herb has also been linked to reducing high systolic blood pressure and regulating cholesterol.

Loaded
Veggie
Mini Pizzas
p. 55



Easy
Spring
Ramen-Style
Soup
p. 55



Zucchini
Artichoke Bites

Q V GF

MAKES **24 PIECES**.
HANDS-ON TIME: **15 MINUTES**.
TOTAL TIME: **30 MINUTES**.

Reminiscent of a cheesy artichoke dip, this snack uses the creamy mixture to top zucchini rounds for a lighter bite.

- 1 cup** baby spinach, finely chopped
- ¾ cup** jarred or canned artichoke hearts (packed in water or oil), drained and chopped
- ½ cup** grated mozzarella cheese
- ¼ cup** grated Parmesan cheese
- 3 tbsp** plain whole-milk yogurt
- 1 clove** garlic, minced
- Pinch** red pepper flakes
- ½ tsp** sea salt and ground black pepper, divided
- 2–3** zucchini, cut into ½-inch rounds
- 1 tbsp** extra-virgin olive oil

1. Preheat oven to 400°F and line a large baking sheet with parchment paper. In a medium bowl, combine spinach, artichokes, mozzarella, Parmesan, yogurt, garlic, pepper flakes and one-half of each salt and pepper.

2. In another medium bowl, toss zucchini rounds, oil and remaining half of each salt and pepper. Spread out on prepared sheet. Top each zucchini round with a spoonful of artichoke mixture. Bake for 12 to 15 minutes, until topping is golden brown and zucchini is tender. **(MAKE AHEAD:** Make the recipe up to 4 days ahead; cover and refrigerate. To reheat, heat a skillet on medium. Add bites, cover and cook for 1 minute, then remove cover and cook 3 minutes more, until heated through.)

PER SERVING (3 bites): Calories: 73, Total Fat: 4 g, Sat. Fat: 2 g, Carbs: 5 g, Fiber: 1 g, Sugars: 2 g, Protein: 4 g, Sodium: 269 mg, Cholesterol: 8 mg



COURGETTE CRAZY:

Full of water and rich in both soluble and insoluble fibers, zucchini can be an excellent natural digestive aid. Additionally, the soluble fibers in these summer squashes feed your good gut bacteria, making zucchini a great addition for your digestive system overall.



Coconut Chicken & Lentil Curry

SERVES 4. HANDS-ON TIME: 15 MINUTES. TOTAL TIME: 55 MINUTES.

A creamy curry is an essential among make-ahead meals – this version with chicken, lentils and a variety of warming spices to bring the heat can be made entirely in advance and simply heated up when you’re ready for it.

- 1 tbsp

extra-virgin olive oil
- 1 lb

boneless, skinless chicken thighs
- 1 small

yellow onion, diced
- 2 tbsp

peeled and minced ginger
- 4 cloves

garlic, chopped
- 1 tbsp

each ground turmeric, cumin and coriander
- ½ tsp

ground cayenne powder
- 3 cups

water
- 1 cup

dry red lentils
- 1 15-oz

BPA-free can full-fat coconut milk
- 5

curry leaves, optional
- ¾ tsp

sea salt
- 2 cups

baby spinach
- 2 cups

cherry tomatoes, halved
- 1 cup

torn fresh cilantro, for serving
- ⅓ cup

plain whole-milk yogurt, for serving, optional
- rice or rice blend, for serving (TRY: Path of Life Saffron Rice Blend), optional

1.

In a large pot or Dutch oven on medium-high, heat oil. Add chicken and sear for 4 minutes per side. Transfer to a plate and set aside.
2.

To pot, add onion and cook for 3 minutes, until soft. Add ginger and garlic and cook for 30 seconds, until fragrant. Add turmeric, cumin, coriander and cayenne and stir until fragrant, 30 seconds. Add water, lentils, coconut milk, curry leaves (if using) and salt. Return chicken to pot; bring to a simmer then reduce heat to medium-low. Simmer for 25 to 30 minutes, until lentils are tender and chicken is cooked through. Transfer chicken to a cutting board and chop when cool enough to handle.
3.

To pot, add spinach and tomatoes and simmer for 5 minutes, until tomatoes are softened. Top with fresh cilantro and a dollop of yogurt (if using) before serving. Serve with rice (if using). (MAKE AHEAD: Make recipe entirely and set aside to cool. Store in the fridge for up to 4 days, or freeze up to 3 months. Thaw in the refrigerator and reheat in a saucepan.)

PER SERVING (¼ of recipe): Calories: 610, Total Fat: 33 g, Sat. Fat: 22 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 2 g, Carbs: 43 g, Fiber: 8.5 g, Sugars: 4 g, Protein: 39 g, Sodium: 521 mg, Cholesterol: 109 mg

Loaded Veggie Mini Pizzas

F Q V GF

SERVES 4.
HANDS-ON TIME: 15 MINUTES.
TOTAL TIME: 30 MINUTES.

Skip the pizza delivery this week and premake your own mini pizzas. Make the dough on Sunday and assemble and bake before serving – or store them fully assembled for one day before baking

- ½ recipe

Double-Duty Dough (p. 46)
- 2 cups

baby spinach
- 4 oz

asparagus, thinly sliced
- 1

shallot, thinly sliced
- 1 cup

multicolored cherry tomatoes, halved
- 1 cup

grated mozzarella cheese
- ½ cup

Everyday Pesto (p. 46)

1. Preheat oven to 400°F. Line a baking sheet with parchment paper. Divide dough into 4 equal pieces. Press each into a 6-inch circle directly on the parchment. Bake for 5 minutes.

2. Toss remaining ingredients together in a bowl and divide among 4 pizza crusts. Wrap well and store in the refrigerator. (MAKE AHEAD: Make crusts and prebake up to 4 days ahead. Fully assembled, pizzas will keep for 1 day in the fridge.)

3. When ready to serve, preheat oven to 400°F. Bake for 10 minutes, until vegetables are wilted and tender and crust is golden.

PER SERVING (¼ of recipe): Calories: 609, Total Fat: 38 g, Sat. Fat: 8 g, Monounsaturated Fat: 20 g, Polyunsaturated Fat: 8 g, Carbs: 47 g, Fiber: 10 g, Sugars: 8 g, Protein: 25 g, Sodium: 637 mg, Cholesterol: 118 mg



Easy Spring Ramen-Style Soup

GF

SERVES 4. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 50 MINUTES.

Premake the fragrant broth on Sunday along with poaching the chicken and getting your eggs on standby. During the week, simply heat and assemble, adding in the noodles and fresh veggies at the end. It’s a restaurant-style meal waiting for you in the fridge.

- 1 lb

boneless, skinless chicken thighs
- 2

shallots, halved
- 1 2-inch

piece ginger, peeled and cut into chunks
- 2 cloves

garlic, smashed
- ¾ tsp

sea salt
- 8 cups

water
- 4 large

eggs
- 2 tbsp

coconut aminos
- 1 tbsp

toasted sesame oil
- 12 oz

dry brown rice noodles (TRY: King Soba Organic Brown Rice Ramen)
- 1

carrot, peeled into strips
- 4 oz

asparagus, peeled into strips
- 4 oz

snow peas, trimmed and sliced
- 4 small

toasted nori sheets, crumbled

2. Meanwhile, bring a medium saucepan of water to a gentle boil. Carefully add eggs and cook for 7 minutes. Drain and plunge eggs into cold water.

3. Transfer chicken to a cutting board; strain broth through a fine mesh sieve over a large bowl; discard shallots, ginger and garlic. Return strained broth to pot. When chicken is cool enough to handle, chop or shred. Return chicken to pot. Stir in coconut aminos and sesame oil.

4. When ready to serve: Bring broth to a simmer. Add noodles, carrot, asparagus and snow peas and simmer for 4 minutes, until tender. Serve each with a peeled and sliced egg and crumbled nori.

(MAKE AHEAD: Make recipe through Step 3 up to 4 days in advance. Store soft-boiled eggs unpeeled in the refrigerator for up to 2 days. You can reheat them by dropping them into simmering water on the stove for just under a minute. Alternatively, make eggs fresh just before serving.)

PER SERVING (¼ of recipe): Calories: 619, Total Fat: 15 g, Sat. Fat: 3 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 5 g, Carbs: 73 g, Fiber: 6 g, Sugars: 4 g, Protein: 37 g, Sodium: 837 mg, Cholesterol: 291 mg

Fruity Frozen
Yogurt Bark

F V GF

SERVES 6.
HANDS-ON TIME: 10 MINUTES.
TOTAL TIME: 10 MINUTES.*

*PLUS FREEZING TIME.

Move over chocolate bark, frozen yogurt bark is the new kid in town. Use fresh or frozen fruit, but make sure to separate any clumps if using frozen.

- 1½ cups whole-milk Greek yogurt
- 2 tbsp raw honey
- 1 tsp pure vanilla extract
- ¼ tsp sea salt
- ½ cup chopped mango (fresh or frozen)
- ¼ cup raspberries (fresh or frozen)
- ¼ cup blueberries (fresh or frozen)
- 3 tbsp toasted and chopped almonds

1. In a medium bowl, combine yogurt, honey, vanilla and salt. Line a 9 x 13-inch baking pan with parchment and pour the yogurt mixture on top, spreading it thinly. Sprinkle mango, raspberries, blueberries and almonds over top.
2. Freeze for 2 to 4 hours, until completely frozen. Using your hands, break the bark into pieces. **(MAKE AHEAD:** Make recipe in advance and freeze in individual bags or containers up to 3 months. Let sit at room temperature for 5 minutes before eating.)

PER SERVING (⅙ of recipe): Calories: 119, Total Fat: 5 g, Sat. Fat: 1 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 1 g, Carbs: 13 g, Fiber: 1 g, Sugars: 11 g, Protein: 7 g, Sodium: 103 mg, Cholesterol: 8 mg

MANGO MADNESS:

Known as the “king of fruits” in their native South Asian subcontinent, mangos contain a wide array of vitamins – most notably, vitamin C. A cup of mango can provide up to roughly 70% of the daily value of this essential vitamin, which improves immunity and iron absorption.

GROCERY LIST

PROTEINS & DAIRY

- 1 lb flank steak
- 2 lb boneless, skinless chicken thighs
- 1 dozen large eggs
- 2 oz grated Parmesan cheese
- 6 oz grated mozzarella cheese
- 132-oz container whole-milk Greek yogurt
- 132-oz container plain whole-milk yogurt

VEGGIES & FRUITS

- 2 large bunches fresh basil
- 116-oz pkg baby spinach
- 1 small avocado
- 6 limes
- 3 shallots
- 1 Thai red chile
- 7 zucchini
- 5 carrots
- 1 small bunch fresh lemongrass
- 1 large English cucumber
- 4 green onions
- 1 small yellow onion
- 1 bunch cilantro
- 1 lb cherry tomatoes
- 5 oz bean sprouts
- 8 oz asparagus
- 4 oz snow peas
- 1 bunch fresh mint
- 2 2-inch pieces of ginger
- 1 head garlic
- 1 mango or 1 bag frozen mango
- ½ pint fresh raspberries or 1 bag frozen raspberries
- ½ pint fresh blueberries or 1 bag frozen blueberries

NUTS, SEEDS & OILS

- 1 bottle extra-virgin olive oil
- 1 bottle toasted sesame oil
- 2 oz toasted cashews
- 3 oz toasted almonds
- 1 small bag flaxseeds
- 1 bottle sesame seeds
- 1 bag hemp hearts

WHOLE GRAINS, LEGUMES & FLOURS

- 1 bag dry red lentils
- rice or rice blend, for serving (optional)
- 1 small bag almond flour
- 1 small bag oat flour
- 1 small bag medium-grind cornmeal
- 12 oz dried brown rice ramen-style noodles

PANTRY STAPLES & MISC.

- 1 bottle sea salt
- 1 bottle ground black pepper
- 1 bottle ground turmeric
- 1 bottle ground cumin
- 1 bottle ground coriander
- 1 bottle red pepper flakes
- 1 pkg curry leaves (optional)
- 1 14-oz jar/can artichoke hearts
- 1 jar dry yeast
- 1 bottle coconut aminos
- 1 bottle fish sauce
- 1 pkg small toasted nori sheets
- 115-oz can full-fat coconut milk
- 1 bottle pure vanilla extract
- 1 jar raw honey