

# Pick Up Limes

meal prep 2024



# How it works

Tired of cooking on busy weekdays or relying on takeout?

This high-protein meal plan is the solution!



**One hour** — the total time needed to prep all meal components.



**10 meals** — 5 nutritious recipes, each serving 2 people. Perfect for both lunch or dinner.



**5 minutes** — the time it takes to assemble each dish from the prepped items.



**3 to 4 days** — for the best taste and freshness, we recommend using the prepped ingredients within this time frame.

## Groceries

### Produce

**5 tomatoes** (700 g)  
**3 carrots** (500 g)  
**3 onions** (400 g)  
**2 zucchini** (640 g)  
**1 avocado**  
**1 lemon**  
**6 cups baby spinach** (180 g)  
**¼ cup fresh parsley** (*optional*)  
**1 Tbsp fresh ginger**  
(*or sub for garlic*)

### Proteins

**325 g firm tofu**  
**1¾ cups plain hummus** (430 g)  
**2½ cups red lentils** (510 g)

### Grains

**¾ cup dry couscous** (130 g)  
**400 g dry pasta** (*we used rigatoni*)  
**6 slices of bread**

### Pantry

**6 roasted bell peppers**  
**¾ cup green pesto** (180 g)  
**3 veggie bouillon cubes\***  
**3 Tbsp soy sauce**  
**2½ Tbsp white vinegar**  
**1 Tbsp cornstarch**  
**Vegetable oil**, as needed

### Spices

**1 Tbsp curry powder**  
**1 tsp Italian spice mix**  
**½ cup garlic powder**  
**Salt**, to taste  
**Black pepper**, to taste  
**Chili flakes**, to taste (*optional*)

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#### \* Note!

If you'd rather skip the bouillon cubes, swap them (and the water) for your favourite veggie stock. Just be sure to adjust the salt and seasonings to taste.



# Meal Prep



# MEAL PREP

## Ingredients

## Directions

### 01 LENTIL STEW

**1½ Tbsp oil**  
**3 onions**, finely chopped  
**1 Tbsp ginger**, grated (*or sub garlic*)  
**4 tomatoes**, chopped  
**2 bouillon cubes**  
**2½ cups red lentils**, rinsed (510 g)  
**2½ cups water** (600 mL)

Add the oil to a large pan on medium-high.  
When hot, add the onions and cook until lightly golden.  
Add the ginger and cook for 2 more minutes.  
Add the remaining ingredients.  
Cook, covered, at a simmer for 15 - 18 minutes, until the lentils are cooked. Stir occasionally.

### 02 PASTA

**400 g dry pasta**  
**1 tsp oil** (*optional*)

Cook the pasta per the package instructions.  
When al dente, drain, rinse under water, and (optionally) stir in oil to prevent sticking.

### 03 TOFU

**325 g firm tofu**, cut ½ cm thin  
**2 Tbsp cornstarch**  
**¼ tsp salt**  
**1 Tbsp oil**

Add the tofu, cornstarch, and salt to a bowl and gently massage to coat.  
Add oil to a large non-stick pan on medium-high heat.  
Add the tofu and cook until golden on both sides, about 10 minutes.

### 04 COUSCOUS

**¾ cup dry couscous** (130 g)  
**½ bouillon cube**, crumbled  
**¾ cup boiling water** (180 mL)

Add the couscous and bouillon to a bowl.  
Add the boiling water and stir.  
Cover with a lid and let sit for 8 - 10 minutes.  
Fluff the couscous with a fork.



05  
**ZUCCHINI**

**1 Tbsp oil**  
**2 zucchini**, cut into 1 cm pieces  
**1 tsp curry powder**  
**½ tsp salt**

Add the oil and zucchini to a large pan on medium-high heat. Cook until lightly golden, about for 4 - 5 minutes.

Add the curry powder and salt. Cook for 2 - 3 more minutes. Stir often.

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06  
**DRESSING**

**3 roasted red bell peppers**  
**1½ cup hummus**  
**3 Tbsp soy sauce**  
**2½ Tbsp vinegar**

Add all the ingredients to a food processor or blender.

Blend until smooth.

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07  
**VEGGIES**

**3 carrots**  
**6 cups baby spinach**  
**1 tomato**, chopped

Grate the carrots and store covered with water in a container.

*Note: change the water every 1 -2 days.*

Store the spinach and tomatoes in separate containers for quick use.



Meal  
Time





# MEAL TIME

Meal 1 <b>HUMMUS PASTA SALAD</b>	<b>½ of the cooked pasta</b> <b>½ of the cooked zucchini</b> <b>⅓ of the shredded carrot</b> <b>1 cup baby spinach</b> <b>1 tomato, chopped</b> <i>¼ cup parsley (optional)</i> <b>½ of the hummus dressing</b>	Add the pasta and veggies to a large bowl.  Add the dressing, stir, and enjoy!
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Meal 2 <b>ROASTED BELL PEPPER PESTO SANDWICH</b>	4 slices of bread <i>¼ cup plain hummus</i> <i>¼ cup pesto</i> <b>1 cup baby spinach</b> 2 roasted bell peppers <b>½ of the cooked tofu</b> 1 avocado, sliced <i>¼ lemon, cut into wedges</i>	Toast the bread.  Spread on the hummus and pesto.  Add the spinach, bell pepper, cooked tofu, and avocado.  Squeeze over some lemon juice. Enjoy!
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Meal 3 <b>LENTIL HARVEST BOWL</b>	<b>All the prepped couscous</b> <b>1 cup of the lentil stew</b> <b>⅓ of the shredded carrot</b> <b>½ of the cooked zucchini</b> <b>½ of the cooked tofu</b> <b>½ of the hummus dressing</b>	Divide all the ingredients between two bowls. Heat up as desired (or enjoy cold).  Serve with the dressing and enjoy.
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Meal 4 <b>LENTIL BOLOGNESE</b>	2 tsp oil <b>2 cups of the lentil stew</b> <b>⅓ of the shredded carrot</b> 1 tsp Italian spice mix <i>½ tsp garlic powder</i> <i>¼ tsp salt</i> <i>½ cup pesto</i> <b>½ of the cooked pasta</b> <b>2 cups baby spinach</b> <i>Chili flakes, to taste (optional)</i>	Add oil, lentil stew, carrots, Italian spice, garlic powder, and salt to a large pan on medium-high heat. Cook for 2 minutes. Rehydrate with a bit of water as needed.  Add the pesto, cooked pasta, and spinach. Heat through.  Serve with chili flakes on top, if desired.
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Meal 5  
**CURRIED  
LENTIL SOUP**

**3 cups of the lentil stew\***

2 cups boiling water  
½ bouillon cube  
1 roasted bell pepper  
2 tsp curry powder

**2 cups baby spinach**

2 slices of bread, toasted  
½ lemon, juiced

Add the lentil stew, water, bouillon, roasted bell pepper, and curry powder to a large pot. Cook until heated through.

Blend using an immersion blender. Or skip blending for a textured soup, in which case chop the bell pepper before adding.

Stir in the spinach, and add more water if a thinner soup is desired.

Serve with bread and a squeeze of fresh lemon juice on top.

**\* Note!**

If you have more lentil stew remaining, use it all up in this recipe.

# HUNGRY FOR MORE?



**Try the Pick Up Limes app!**

New recipes added every weekday  
Personalized nutrition + meal planner  
Customized grocery shopping list + more

**Try 7 days free!**

