

Plant-based meal prep & lunch

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Sundays are my days to reset, and start off a new work week refueled. I tend to do things towards the end of the week that set me up to eat healthily all during the upcoming week.

Some grocery stores I food shop from weekly:

Shoprite

Trader Joe's

Wholefoods

Some things I do during a sunday meal prep:

- Cut carrots
- Cut cucumbers
- Steep homemade tea to chill & add lemon, honey and other herbs such as lavender
- Bake sweet potatoes
- Dice yellow potatoes
- Cut melons, fruit, or veggies then section into appropriate sized snack containers
- Strain and section small containers of berries for the upcoming few days
- Separate nuts or homemade trail mix into paper bags
- Roast a few bulbs of garlic with italian olive oil
- Make two peanut butter and jelly sandwiches (1 for me and 1 for my boyfriend)
- Emulsify and strain fruits, herbs, and veggies to make immunity shots
- Make a pound of pasta with sauteed olive oil, garlic and tomatoes
- Dessert made from fruit - this week we made a pear crumble pie, similar to apple crumb
- Make a loaf of bread in my dutch oven - no knead involved!
- Make sure ice is made from fresh, clean water
- Throw away any old food and clean kitchen



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