



HEROIC STRENGTH



PLANT BASED MEAL PREP GUIDE

+ Bonus Recipe!





MEAL PREP GUIDE

Meal prep saves you time & money, plus makes healthy eating a lot easier.

Use this as a guide to start Meal Prepping like a pro! Customize it to your schedule. Fill in your planned meals each week.

Want a personalized program for your goals?
[Click here for a FREE Nutrition Consultation!](#)

➤ BONUS RECIPE ➤

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COOK

- **2-4 cups dry whole grains:** rice, quinoa, barley, farro, cous cous, oats, etc
- **2 cups dry legumes** (or use canned/pre-cooked): chickpeas, black beans, pinto beans, lentils, edamame, etc.
- **2 proteins:** tofu, tempeh, seitan, etc.
- **Vegetables:** chop/dice & store in airtight containers. Lightly steam some (optional)

PREP & PLAN

- **Decide on healthy snacks**
- **Plan 1 or 2 Breakfasts**
- **Put together 3-4 lunches using the food you cooked**
- **For dinners, make extra so you have leftovers for the next day**

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- **BREAKFAST:**
- **LUNCH:**
- **SNACK:**
- **DINNER:**

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- **BREAKFAST:**
- **LUNCH:**
- **SNACK:**
- **DINNER: leftovers**

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- **BREAKFAST:**
- **LUNCH:**
- **SNACK:**
- **DINNER:**

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- **BREAKFAST:**
- **LUNCH:**
- **SNACK:**
- **DINNER: leftovers**

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- **BREAKFAST:**
- **LUNCH:**
- **TREAT YOURSELF: Order take out or try cooking a new recipe.**

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PLAN/SHOP

- **Pick out meals/recipes for next week**
- **Take inventory of food/ use leftovers**
- **Grocery Shop accordingly**



HEROIC STRENGTH

DECONSTRUCTED SUSHI BOWLS

by Jaré C., Nutrition Coach





RECIPE: DECONSTRUCTED SUSHI BOWLS

"This is one of my favorite dishes to meal prep, and my clients love it too! It's easy to make, packed with nutrients AND flavor. It's like having your favorite sushi in a bowl! Enjoy." - Jaré

INGREDIENTS

QUANTITY

INGREDIENT

1 block

Extra-Firm Tofu (16 oz.)

2 cups

dry Rice (Brown or Jasmine)

2 cups

Shelled Edamame

1 head

Broccoli

1 cup

Carrots (shredded or whole)

1 whole

Cucumber

1 medium

Avocado

Toppings (choose any or all): Sriracha sauce, Nori Flakes, Toasted Sesame Seeds, Green Onions, Pickled Ginger, Lemon or Lime juice.

Makes 4 servings. Adjust serving size to portions right for you.

Macros per serving (without added toppings):

544 calories, 58g Carbohydrates, 33g Protein, 20g Fat

High in Calcium, Iron, Potassium, Vitamin A & Vitamin C



RECIPE: DECONSTRUCTED SUSHI BOWLS

INSTRUCTIONS

1. **Cook Rice:** Measure out 2 cups of dry rice & rinse very well. Cook with 2.5 cups water in a pot on stovetop, Instant Pot or rice cooker.
2. **Cook Tofu:** Drain the tofu & soak up the extra water with paper towels or a clean kitchen towel.
3. Cut the tofu into cubes or strips. Sprinkle some salt & onion powder (or all-purpose seasoning) over each side of the tofu, to taste.
4. Heat up a medium pan & prep with cooking spray (or use a non-stick pan). Once the pan is hot, add the tofu.
5. Let the tofu cook until it's golden brown on the bottom, then flip. Cook on all sides until golden. Remove tofu from pan & set aside.
6. **Prep Veggies:** Meanwhile, chop the broccoli and carrots into bite sized pieces. Steam or microwave to cook until just soft enough to easily pierce with a fork. If you're meal prepping, you don't want the vegetables cooked too well or they will get soggy over time.
7. Slice the cucumber into strips* (see Note). Heat up the edamame if you like, and season with a pinch of salt & pepper.
8. **Put it Together:** Measure out 1 cup of cooked rice into 4 bowls or meal prep containers. Evenly divide the vegetables, edamame & tofu into each container. Lastly, add ¼ of the avocado* (see Note).
9. **Finish:** Add any toppings you like (suggestions listed above).

***NOTE:** I recommend leaving off the avocado & cucumber until you're ready to eat the meals, as those taste best when fresh.

ENJOY!



JARÉ CERVANTES is a Nutrition & Lifestyle Coach. She is certified in Vegetarian Sports Nutrition, is a certified Vegan Lifestyle Coach and Educator (VLCE) and studies Plant Based Nutrition.

In 2018, she left her office job to pursue her passion of helping others through their health & fitness journeys. After years of endless diets, she discovered how to nourish herself properly through plant-based eating. She was able to let go of food restrictions, yo-yo dieting and cravings. After this pivotal life experience, she knew she had to help others feel this amazing! She has helped many clients transform their bodies, improve their health & eating habits.

Her Heroic Nutrition program will help you break free of the diet cycle, have more energy and lose body fat. Plus, you get to eat delicious food while you do it!

[Click here](#) for a **complimentary 30-minute Nutrition Consultation** with Jaré to see if the Heroic Nutrition Program is a good fit for you.

"I recommend anyone who is looking for ways to become more happy and healthy to work with Jaré. Her guidance, education, and commitment make it easy to make lifestyle changes that result in looking and feeling better." - Laurie (client)

[**More client transformations & success stories here.**](#)



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