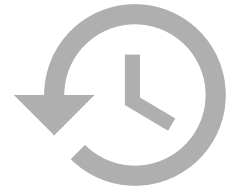


# EFFECTIVE COOKING GUIDE

5 DAY MEAL PREP

COOKINGJOURNEYBLOG.COM



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One of the best things that we've learned about staying healthy during the week, is to plan all meals ahead of time. This way you won't grab unhealthy snacks or stay hungry and stressful.

If you don't know how to cook everything in this meal prep, and it looks like it will take a whole day, this guide is for you. Effective meal prep guide will help you to make everything time-efficient and able to multitask.

This 5 day meal plan that we've put together available in 2 variations - vegan and non-vegan diets. Both are focused on healthier meals that we cooked and loved ourselves!

We've divided all the preparations into the 30 minute blocks, so it is easy to manage. Don't forget to read all the recipes before using this guide.

For more recipes visit: [cookingjourneyblog.com](https://cookingjourneyblog.com)

# 1

# EFFECTIVE COOKING GUIDE

FIVE DAY MEALS

## **BREAKFAST**

Frittata

## **SNACKS**

oatmeal cookies  
fruits

## **LUNCH**

Cauliflower rice  
with turkey wrap

## **DINNER**

Rigatoni pasta bake

## **ADDITIONAL**

water, tea and coffee



# 30 MINUTES - 1

Preheat the oven to 350 F / 180 C. Put the pot with water to boil for rigatoni.

Mix all ingredients for the cookies, form the cookies and place them on a baking tray with parchment paper.

Whisk eggs with milk and spices for the frittata.

Place cookies in the oven. Set timer for 15 minutes.

Put rigatoni pasta in boiled water with salt and set timer for 8 minutes.

Meanwhile cut the Brussels sprouts, tomatoes and mushrooms. Heat the frying pan with olive oil to cook mushrooms and Brussels sprouts as follows the frittata recipe.

Remove the rigatoni from heat and drain. Leave aside.

Transfer mushrooms and Brussels sprouts to the oven-safe dish. Pour egg mixture in the frittata pan, add sliced tomatoes and basil.

Remove cookies from the oven.

Put frittata in the oven. Set timer for an 50 minutes.

# 30 MINUTES - 2

Add more olive oil in a the same frying pan to cook beef.

Cook the beef in the pan, stirring.

Combine beef with rigatoni and set aside.

Return the pan to the heat and add more olive oil, add chopped turkey.

While turkey is cooking, add all other ingredients to the rigatoni, mix and set it aside.

Add other ingredients as follows the recipe in turkey wrap mixture.

While the turkey is cooking, prepare raw cauliflower rice.

Heat another pan to toast cumin, then follow the recipe until you cover cauliflower rice with a lid. Check and mix your turkey.

Leave the turkey mixture aside to cool.



# 30 MINUTES - 3

Check your cauliflower rice - if it's ready - set aside to cool.

Prepare tortilla wraps - microwave them and add salad.

Add beef and rigatoni mixture to the oven-safe dish.

Check your frittata - when it's ready remove from the oven.

Put rigatoni pasta bake in the oven and set timer to 20 minutes.

Check if your oatmeal cookies are cooled - put them in the box and in the fridge.

Distribute cauliflower rice to 5 lunch boxes.

Add turkey mixture to the tortilla, make a wrap and add one to each lunch box. Put them in the fridge.

# 30 MINUTES - 4

Remove rigatoni pasta bake from the oven. Add more cheese and put back in the oven for 5 minutes.

Slice the frittata into 6 wedges (1 extra if you're hungry) or more to your preferences. Put the slices in the box and into the fridge. These are easy to reheat in the morning in the microwave!

Remove rigatoni from the oven and set aside to cool completely before wrapping and put it in the fridge.

# 2

# EFFECTIVE COOKING GUIDE (VEGAN)

FIVE DAY MEALS

## **BREAKFAST**

Granola with Vegan Yogurt and berries

## **SNACKS**

oatmeal cookies  
fruits

## **LUNCH**

Cauliflower rice  
with tofu wrap

## **DINNER**

Lentil salad

## **ADDITIONAL**

water, tea and coffee



# 30 MINUTES - 1

(GRANOLA + COOKIES + SESAME SEEDS + SALAD)

Preheat your oven to 302 F / 150 C.

Put dry pan with sesame seeds on a low heat on the stove to toast them.

Mix all the ingredients for granola and put it in the oven. Set a timer for 10 minutes.

Watch the sesame seeds, if they are slightly browned - remove them from stove on the plate for cooling or leave them to toast longer.

Make the cookies. Mash the bananas and mix them with oats, cranberries and coconut oil - follow the recipe.

Don't forget to stir the granola at least 1-2 times.

Form the cookies and place them on the baking tray with parchment paper.

When granola is ready, remove it from the oven and raise temperature till 355 F / 180 C.

While you're waiting for the oven to heat (about 5- 10 minutes), prepare dressing for the lentil salad.



# 30 MINUTES - 2

Put cookies in the oven and set timer to 15 minutes.

Chop and combine all the ingredients for the lentil salad and add dressing. Put the salad in the box and in the fridge.

In another container put the granola and set it aside to cool completely.

(CAULIFLOWER RICE WITH TOFU WRAP)

Prepare ingredients for Tofu Wrap and Cauliflower Rice.

Prepare 2 big pans\*, a chopping board and a food processor.

Remove the cookies from the oven and set aside to cool completely.

Start making cauliflower rice until the step when you add water and cover with a lid. Set a timer for 6 minutes.

You have the time to wipe the food processor (if you have one), chop all the ingredients for the tofu mix - pepper, jalapeno, garlic and shallot. Also cut the tofu.

Chop spinach for cauliflower and chop the spinach for tofu filling and set it aside.

Add 1 part of spinach to cauliflower, stir for 2 minutes. Remove from heat, add chili flakes and set it aside to cool.

\*You can use only one pan, if you transfer cooked cauliflower rice in another bowl, wipe the pan and use it to cook tofu filling.

# 30 MINUTES - 3

In another pan cook the tofu with turmeric and olive oil.

Meanwhile prepare all the ingredients for sesame paste (if the seeds are cooled), put everything in the food processor.

Pulse food processor to make tahini paste, while cooking the tofu filling.

When the tofu filling is ready, set it aside to cool.

You need to have tofu filling and sesame paste ready by this time.

Oatmeal cookies should be cooled by this time, transfer them to the box and to the fridge.

Distribute cauliflower rice to 5 lunch boxes.

Make tofu wraps (with cooled tofu filling) and place one in every lunch box.

Check if everything is ready for the busy week!