



5-Day Spring Meal Prep Program

BRIDGET FAUTEUX

MON



BREAKFAST
Berry Baked Oatmeal



SNACK 1
Dark Chocolate & Walnuts



LUNCH
Asparagus, Cucumber & Feta Salad with Balsamic Vinaigrette



SNACK 2
Celery with Peanut Butter



DINNER
Cheesy Edamame & Parsley Pasta

TUE



BREAKFAST
Berry Baked Oatmeal



SNACK 1
Dark Chocolate & Walnuts



LUNCH
Asparagus, Cucumber & Feta Salad with Balsamic Vinaigrette



SNACK 2
Celery with Peanut Butter



DINNER
Cheesy Edamame & Parsley Pasta

WED



BREAKFAST
Berry Baked Oatmeal



SNACK 1
Grapes & Walnuts



LUNCH
Butter Chicken & Cauliflower Rice



SNACK 2
Celery with Peanut Butter



DINNER
Honey Garlic Chickpeas with Asparagus & Rice

THU



BREAKFAST
Post Workout Green Smoothie



SNACK 1
Grapes & Walnuts



LUNCH
Butter Chicken & Cauliflower Rice



SNACK 2
Apple with Peanut Butter



DINNER
Honey Garlic Chickpeas with Asparagus & Rice

FRI



BREAKFAST
Post Workout Green Smoothie



SNACK 1
Grapes & Walnuts



LUNCH
Butter Chicken & Cauliflower Rice



SNACK 2
Apple with Peanut Butter



DINNER
Honey Garlic Chickpeas with Asparagus & Rice

MON**FAT 43%** **CARBS 43%** **PROTEIN 14%**

Calories 1773 Cholesterol 18mg
Fat 88g Sodium 713mg
Saturated 19g Potassium 2739mg
Polyunsaturated 25g Vitamin C 75mg
Monounsaturated 28g Calcium 629mg
Carbs 201g Iron 22mg
Fiber 39g Vitamin D 37IU
Sugar 37g Vitamin E 7mg
Protein 63g Vitamin K 644µg

TUE**FAT 43%** **CARBS 43%** **PROTEIN 14%**

Calories 1773 Cholesterol 18mg
Fat 88g Sodium 713mg
Saturated 19g Potassium 2739mg
Polyunsaturated 25g Vitamin C 75mg
Monounsaturated 28g Calcium 629mg
Carbs 201g Iron 22mg
Fiber 39g Vitamin D 37IU
Sugar 37g Vitamin E 7mg
Protein 63g Vitamin K 644µg

WED**FAT 42%** **CARBS 43%** **PROTEIN 15%**

Calories 1453 Cholesterol 62mg
Fat 71g Sodium 1088mg
Saturated 20g Potassium 2521mg
Polyunsaturated 23g Vitamin C 103mg
Monounsaturated 20g Calcium 472mg
Carbs 166g Iron 13mg
Fiber 32g Vitamin D 35IU
Sugar 55g Vitamin E 9mg
Protein 58g Vitamin K 101µg

THU**FAT 41%** **CARBS 43%** **PROTEIN 16%**

Calories 1502 Cholesterol 64mg
Fat 72g Sodium 1036mg
Saturated 20g Potassium 3010mg
Polyunsaturated 22g Vitamin C 114mg
Monounsaturated 24g Calcium 352mg
Carbs 174g Iron 12mg
Fiber 34g Vitamin D 1IU
Sugar 70g Vitamin E 11mg
Protein 64g Vitamin K 242µg

FRI**FAT 41%** **CARBS 43%** **PROTEIN 16%**

Calories 1502 Cholesterol 64mg
Fat 72g Sodium 1036mg
Saturated 20g Potassium 3010mg
Polyunsaturated 22g Vitamin C 114mg
Monounsaturated 24g Calcium 352mg
Carbs 174g Iron 12mg
Fiber 34g Vitamin D 1IU
Sugar 70g Vitamin E 11mg
Protein 64g Vitamin K 242µg

FRUITS

- 2 Apple
- 1/2 Avocado
- 1 Banana
- 3 cups Grapes
- 1/3 Lime

BREAKFAST

- 2/3 cup All Natural Peanut Butter
- 1 1/2 tbsps Maple Syrup

SEEDS, NUTS & SPICES

- 1/8 tsp Black Pepper
- 1/4 cup Cashews
- 1 tbsp Chia Seeds
- 1 1/2 tbsps Chili Powder
- 1/2 tsp Cinnamon
- 2 1/4 tps Curry Powder
- 1 1/2 tps Garam Masala
- 1/4 tsp Garlic Powder
- 1 1/2 tps Paprika
- 1 1/8 tps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tbsps Sliced Almonds
- 1/4 cup Slivered Almonds
- 1 1/4 cups Walnuts

FROZEN

- 1 cup Frozen Berries
- 3/4 cup Frozen Edamame

VEGETABLES

- 4 1/2 cups Asparagus
- 2 cups Baby Spinach
- 3/4 head Cauliflower
- 4 1/2 stalks Celery
- 1/2 Cucumber
- 3 1/2 Garlic
- 1 1/2 tbsps Ginger
- 1 cup Parsley
- 1 1/2 Yellow Onion

BOXED & CANNED

- 1 cup Brown Rice Spaghetti
- 3/4 cup Canned Coconut Milk
- 2 cups Chickpeas
- 3/4 cup Jasmine Rice
- 1 cup Lentils
- 3 tbsps Tomato Paste

BAKING

- 1 3/4 ozs Dark Chocolate
- 1 tbsp Nutritional Yeast
- 1 cup Oats
- 1 1/2 tbsps Raw Honey
- 1/4 cup Unsweetened Applesauce

BREAD, FISH, MEAT & CHEESE

- 9 ozs Chicken Breast
- 1/4 cup Feta Cheese

CONDIMENTS & OILS

- 1 1/2 tbsps Balsamic Vinegar
- 1 1/8 tps Coconut Oil
- 1 1/2 tps Dijon Mustard
- 3 tbsps Extra Virgin Olive Oil

COLD

- 1 cup Unsweetened Almond Milk

OTHER

- 1/4 cup Vanilla Protein Powder
- 2 1/8 cups Water

Berry Baked Oatmeal

3 SERVINGS 45 MINUTES



INGREDIENTS

1 cup Oats (quick or traditional)
1 cup Unsweetened Almond Milk
1 tbsp Maple Syrup
1/4 cup Unsweetened Applesauce
1/2 tsp Cinnamon
1 tbsp Chia Seeds
1 cup Frozen Berries
2 tbsps Sliced Almonds

NUTRITION

AMOUNT PER SERVING

Calories	219	Cholesterol	0mg
Fat	7g	Sodium	57mg
Saturated	1g	Potassium	233mg
Polyunsat...	2g	Vitamin C	14mg
Monounsa...	1g	Calcium	226mg
Carbs	35g	Iron	2mg
Fiber	7g	Vitamin D	34IU
Sugar	11g	Vitamin E	0mg
Protein	6g	Vitamin K	1µg

DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Grease a baking pan with coconut oil.
- 02 Add all ingredients except the sliced almonds to a mixing bowl and stir until thoroughly combined.
- 03 Transfer to baking pan and bake for about 45 minutes or until a toothpick comes out clean. Sprinkle with sliced almonds before serving. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an air-tight container up to 3-5 days. Freeze if longer.

NO APPLESAUCE

Use mashed banana instead.

NO ALMONDS

Replace with pecans, walnuts, pumpkin seeds or sunflower seeds.

SERVING SIZE

A 9 x 9-inch baking pan (23 x 23 cm) was used to make six servings. One serving is one square.

Post Workout Green Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

2 tbsps Vanilla Protein Powder
1 cup Water (cold)
1/4 Avocado
1/2 Banana (frozen)
1 cup Baby Spinach

NUTRITION

AMOUNT PER SERVING

Calories	182	Cholesterol	2mg
Fat	8g	Sodium	51mg
Saturated	1g	Potassium	683mg
Polyunsat...	1g	Vitamin C	19mg
Monounsa...	5g	Calcium	119mg
Carbs	20g	Iron	1mg
Fiber	6g	Vitamin D	0IU
Sugar	8g	Vitamin E	2mg
Protein	12g	Vitamin K	156µg

DIRECTIONS

01 Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

NOTES

NO SPINACH

Use kale instead.

NO PROTEIN POWDER

Add a few spoonfuls of hemp seeds.

Dark Chocolate & Walnuts

2 SERVINGS 5 MINUTES



INGREDIENTS

1/2 cup Walnuts
1 3/4 ozs Dark Chocolate (at least 70% cacao)

DIRECTIONS

01 Divide dark chocolate and walnuts between bowls. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	346	Cholesterol	1mg
Fat	30g	Sodium	6mg
Saturated	8g	Potassium	311mg
Polyunsat...	14g	Vitamin C	0mg
Monounsa...	6g	Calcium	48mg
Carbs	16g	Iron	4mg
Fiber	5g	Vitamin D	0IU
Sugar	7g	Vitamin E	0mg
Protein	7g	Vitamin K	3µg

Grapes & Walnuts

3 SERVINGS 3 MINUTES



INGREDIENTS

3 cups Grapes (washed)
3/4 cup Walnuts

NUTRITION

AMOUNT PER SERVING

Calories	258	Cholesterol	0mg
Fat	20g	Sodium	2mg
Saturated	2g	Potassium	308mg
Polyunsat...	14g	Vitamin C	4mg
Monounsa...	3g	Calcium	42mg
Carbs	20g	Iron	1mg
Fiber	3g	Vitamin D	0IU
Sugar	16g	Vitamin E	0mg
Protein	5g	Vitamin K	14µg

DIRECTIONS

01 Wash grapes and divide into bowls or baggies. Mix in walnuts and enjoy!

NOTES

NO WALNUTS

Mix in any other seed or nut. Pumpkin seeds, cashews and pistachios are all delicious!

Asparagus, Cucumber & Feta Salad with Balsamic Vinaigrette

2 SERVINGS 15 MINUTES



INGREDIENTS

3 cups Asparagus (trimmed and sliced in half lengthwise)
1 1/2 tbsps Balsamic Vinegar
1 tbsp Extra Virgin Olive Oil
1 1/2 tsps Dijon Mustard
1 1/2 tsps Maple Syrup
1/2 Garlic (clove, minced)
Sea Salt & Black Pepper (to taste)
1/2 Cucumber (large, diced)
1 cup Lentils (cooked, drained and rinsed)
1/4 cup Slivered Almonds (toasted)
1/4 cup Feta Cheese (crumbled)

NUTRITION

AMOUNT PER SERVING

Calories	409	Cholesterol	17mg
Fat	20g	Sodium	266mg
Saturated	5g	Potassium	921mg
Polyunsat...	1g	Vitamin C	15mg
Monounsa...	6g	Calcium	226mg
Carbs	40g	Iron	9mg
Fiber	14g	Vitamin D	3IU
Sugar	13g	Vitamin E	3mg
Protein	21g	Vitamin K	102µg

DIRECTIONS

- 01 Bring a large pot of water to a boil. Add the asparagus and boil for about 3 to 4 minutes or until tender. Strain the water off of the asparagus then place them in a bowl full of cold water. Set aside while you prepare the rest. (Note: You could also grill or roast the asparagus.)
- 02 Combine balsamic vinegar, olive oil, dijon mustard, maple syrup and minced garlic in a jar. Season with a pinch of sea salt and black pepper. Seal with a lid, shake rigorously and set aside.
- 03 In a large salad bowl combine asparagus, cucumber, lentils, slivered almonds and feta cheese. Add desired amount of dressing and toss well to combine. Divide into bowls and enjoy!

NOTES

DAIRY-FREE

Skip the feta.

NUT-FREE

Use sunflower seeds instead of slivered almonds.

NO LENTILS

Use chickpeas or beans instead.

STORAGE

Stores well in the fridge up to 3 days.

Butter Chicken & Cauliflower Rice

3 SERVINGS 30 MINUTES



INGREDIENTS

9 ozs Chicken Breast
1 1/2 tbsps Extra Virgin Olive Oil
1 1/2 Yellow Onion (diced)
1 1/2 Garlic (cloves, minced)
1 1/2 tbsps Ginger (grated)
3 tbsps Tomato Paste
1 1/2 tsps Paprika
2 1/4 tsps Curry Powder
1 1/2 tsps Garam Masala
3/4 tsp Sea Salt
2 1/4 tsps Chili Powder
3 tbsps Water
3/4 cup Canned Coconut Milk (full fat)
3/4 head Cauliflower
1/3 Lime (juiced)

NUTRITION

AMOUNT PER SERVING

Calories	365	Cholesterol	62mg
Fat	21g	Sodium	762mg
Saturated	12g	Potassium	1165mg
Polyunsat...	1g	Vitamin C	77mg
Monounsa...	6g	Calcium	88mg
Carbs	23g	Iron	4mg
Fiber	8g	Vitamin D	1IU
Sugar	10g	Vitamin E	4mg

DIRECTIONS

- 01 Dice your chicken into cubes and set aside.
- 02 Heat olive oil in a large skillet over medium heat. Saute your onion, garlic and ginger. Stir in tomato paste, paprika, curry, garam masala, sea salt and chilli powder. Cook for 1 to 2 minutes or until fragrant.
- 03 Add diced chicken and stir until cooked through, about 5 to 7 minutes. Add in the water and loosen the paste.
- 04 Stir in coconut milk and reduce to simmer for about 5 minutes.
- 05 Meanwhile, create your cauliflower rice by adding the florets to the food processor. Process until the cauliflower has a rice-like consistency.
- 06 Squeeze lime juice on cauliflower rice and transfer into a bowl.
- 07 Remove from heat and ladle butter chicken over cauliflower rice. Enjoy!

NOTES

VEGAN OR BUDGET-FRIENDLY

Skip the chicken breast and replace with chickpeas, lentils or beans.

NO COCONUT MILK

Use Greek yogurt instead.

NO CAULIFLOWER RICE

Serve over brown rice or quinoa instead.

MORE VEGGIES

Add chopped cauliflower, sweet potatoes, peas, broccoli, baby spinach or chopped kale. Or serve it with a side salad.

STORAGE

Refrigerate in an air-tight container for up to 2 - 3 days.

Protein 25g Vitamin K 33µg

Celery with Peanut Butter

3 SERVINGS 5 MINUTES



INGREDIENTS

4 1/2 stalks Celery (sliced into sticks)
1/3 cup All Natural Peanut Butter

NUTRITION

AMOUNT PER SERVING

Calories	201	Cholesterol	0mg
Fat	17g	Sodium	53mg
Saturated	3g	Potassium	336mg
Polyunsat...	4g	Vitamin C	2mg
Monounsa...	8g	Calcium	40mg
Carbs	9g	Iron	1mg
Fiber	3g	Vitamin D	0IU
Sugar	4g	Vitamin E	3mg
Protein	8g	Vitamin K	18µg

DIRECTIONS

01 Spread peanut butter across celery sticks. Happy munching!

NOTES

NUT-FREE

Use sunflower seed butter or hummus instead.

Apple with Peanut Butter

2 SERVINGS 3 MINUTES



INGREDIENTS

2 Apple
1/4 cup All Natural Peanut Butter

NUTRITION

AMOUNT PER SERVING

Calories	287	Cholesterol	0mg
Fat	17g	Sodium	7mg
Saturated	3g	Potassium	375mg
Polyunsat...	4g	Vitamin C	8mg
Monounsa...	8g	Calcium	27mg
Carbs	32g	Iron	1mg
Fiber	6g	Vitamin D	0IU
Sugar	22g	Vitamin E	3mg
Protein	8g	Vitamin K	4µg

DIRECTIONS

01 Cut apple into slices and remove the core. Dip into peanut butter and enjoy!

NOTES

KEEP IT FRESH

To avoid brown apple slices, assemble the slices back into the shape of the apple and tie an elastic band around it.

Cheesy Edamame & Parsley Pasta

2 SERVINGS 15 MINUTES



INGREDIENTS

1 cup Brown Rice Spaghetti
1/4 cup Cashews
1 tbsp Nutritional Yeast
1/4 tsp Garlic Powder
1/4 tsp Sea Salt
3/4 cup Frozen Edamame (thawed)
1 cup Parsley (finely chopped)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	598	Cholesterol	0mg
Fat	14g	Sodium	331mg
Saturated	2g	Potassium	938mg
Polyunsat...	4g	Vitamin C	44mg
Monounsa...	7g	Calcium	89mg
Carbs	101g	Iron	6mg
Fiber	10g	Vitamin D	0IU
Sugar	2g	Vitamin E	1mg
Protein	21g	Vitamin K	520µg

DIRECTIONS

- 01 Bring a large pot of water to a boil and add brown rice spaghetti. Cook according to the directions on the package. Remove from heat, strain and run cold water over pasta to prevent from over-cooking.
- 02 Meanwhile, make your 'parmesan' seasoning by adding cashews, nutritional yeast, garlic powder and sea salt to your food processor. Blend well until it reaches a spice-like consistency. Set aside.
- 03 In a large bowl, toss pasta with edamame, chopped parsley, salt and pepper to taste, and your desired amount of 'parmesan' seasoning. Divide into bowls and enjoy!

NOTES

NO EDAMAME

Use frozen peas or any leftover veggies.

MAKE IT SPICY

Garnish with red pepper flakes.

Honey Garlic Chickpeas with Asparagus & Rice

3 SERVINGS 25 MINUTES



INGREDIENTS

1 1/2 cups Asparagus (woody ends snapped off)
1 1/8 tps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
3/4 cup Jasmine Rice (uncooked)
1 1/8 tps Coconut Oil
2 cups Chickpeas (cooked)
1 1/2 tbsps Raw Honey
2 1/4 tps Chili Powder
1/8 tsp Sea Salt
1/8 tsp Black Pepper
1 1/2 Garlic (cloves, minced)

NUTRITION

AMOUNT PER SERVING

Calories	410	Cholesterol	0mg
Fat	6g	Sodium	214mg
Saturated	2g	Potassium	479mg
Polyunsat...	2g	Vitamin C	6mg
Monounsa...	2g	Calcium	76mg
Carbs	79g	Iron	5mg
Fiber	11g	Vitamin D	0IU
Sugar	14g	Vitamin E	2mg
Protein	14g	Vitamin K	35µg

DIRECTIONS

- 01 Preheat oven to 425°F (218°C). Toss asparagus in olive oil and season with sea salt and black pepper. Spread them across a baking sheet and bake in the oven for 12 to 15 minutes.
- 02 Meanwhile, cook the jasmine rice according to the directions on the package. Set aside.
- 03 Heat coconut oil in a large skillet over medium heat and add the cooked chickpeas. Saute for about 5 minutes, or until they start to brown. Add in the raw honey, chili powder, sea salt, black pepper and minced garlic. Continue to saute for another 1 to 2 minutes. Transfer the chickpeas to a bowl.
- 04 Divide asparagus, rice and honey garlic chickpeas between plates. Enjoy!

NOTES

NO RICE

Use quinoa instead.

LEFTOVERS

Keeps well in the fridge up to 3 days. Freezes well.

NO CHICKPEAS

Use tofu or diced chicken breast instead.