



## Pink Heart Health Meal Prep

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	Mon	Tue	Wed	Thu
Lunch				
	Berry Beet Chia Pudding	Beet & Quinoa Salad	Chickpea, Beet & Kale Grain Bowl	Beet Smoothie Cubes

Mon	Tue	Wed	Thu
Fat  51%	Fat  33%	Fat  54%	Fat  15%
Carbs  32%	Carbs  50%	Carbs  34%	Carbs  70%
Protein  17%	Protein  17%	Protein  12%	Protein  15%
Calories 470	Calories 475	Calories 662	Calories 231
Fat 28g	Fat 18g	Fat 41g	Fat 4g
Carbs 39g	Carbs 61g	Carbs 58g	Carbs 43g
Fiber 19g	Fiber 14g	Fiber 11g	Fiber 7g
Sugar 13g	Sugar 13g	Sugar 8g	Sugar 28g
Protein 21g	Protein 20g	Protein 20g	Protein 9g
Cholesterol 1mg	Cholesterol 11mg	Cholesterol 33mg	Cholesterol 0mg
Sodium 137mg	Sodium 319mg	Sodium 661mg	Sodium 180mg
Vitamin A 9IU	Vitamin A 615IU	Vitamin A 1210IU	Vitamin A 6553IU
Vitamin C 11mg	Vitamin C 8mg	Vitamin C 23mg	Vitamin C 33mg
Calcium 588mg	Calcium 167mg	Calcium 305mg	Calcium 348mg
Iron 5mg	Iron 6mg	Iron 5mg	Iron 3mg

### Fruits

- 1 Banana

### Seeds, Nuts & Spices

- 1 cup Chia Seeds
- 1 tsp Cinnamon
- 1/4 cup Pumpkin Seeds

### Frozen

- 2 cups Frozen Berries

### Vegetables

- 1 cup Baby Spinach
- 6 Beet
- 1 Carrot
- 3 stalks Celery
- 2 stalks Green Onion
- 2 cups Kale Leaves

### Boxed & Canned

- 1 cup Canned Coconut Milk
- 3 cups Chickpeas
- 1 cup Quinoa

### Bread, Fish, Meat & Cheese

- 3/4 cup Feta Cheese

### Condiments & Oils

- 3 tbsps Balsamic Vinaigrette
- 1/4 cup Extra Virgin Olive Oil
- 1 oz Pickled Red Onions
- 2 tbsps White Wine Vinegar

### Cold

- 5 cups Soy Milk

### Other

- 1/3 cup Vanilla Protein Powder



## Berry Beet Chia Pudding

4 servings

3 hours

### Ingredients

- 1 Beet (cooked - from Gwillimdale Farms)
- 3 cups Soy Milk
- 1 cup Canned Coconut Milk
- 1 cup Frozen Berries (fresh or frozen)
- 1 tsp Cinnamon
- 1 cup Chia Seeds
- 1/3 cup Vanilla Protein Powder

### Nutrition

Amount per serving	
Calories	470
Fat	28g
Carbs	39g
Fiber	19g
Sugar	13g
Protein	21g
Cholesterol	1mg
Sodium	137mg
Vitamin A	9IU
Vitamin C	11mg
Calcium	588mg
Iron	5mg

### Directions

- 1 Add the cooked beets to a blender with the soy milk, coconut milk, berries, protein powder and cinnamon. Blend until smooth.
- 2 Pour the beet mixture into a bowl and whisk in the chia seeds. Let stand for 10 minutes to thicken slightly then divide between jars/containers. Refrigerate for about 3 hours, or until set.
- 3 Remove chia pudding from fridge. Add desired toppings and enjoy!

### Notes

**Save Time:** Buy canned beets. Make sure they are not pickled!

**Topping Ideas:** Fresh berries, sliced kiwi, coconut, pumpkin seeds, hemp seeds, or almonds.



## Beet & Quinoa Salad

3 servings  
35 minutes

### Ingredients

- 3 Beet (from Gwillimdale Farms)
- 1/2 cup Quinoa (dry, rinsed)
- 3 tbsps Balsamic Vinaigrette
- 3 stalks Celery (chopped, with leaves)
- 2 stalks Green Onion (sliced)
- 2 cups Chickpeas (cooked)
- 1/4 cup Feta Cheese (crumbled (vegan if desired))
- 1/4 cup Pumpkin Seeds (toasted)

### Nutrition

Amount per serving	
Calories	475
Fat	18g
Carbs	61g
Fiber	14g
Sugar	13g
Protein	20g
Cholesterol	11mg
Sodium	319mg
Vitamin A	615IU
Vitamin C	8mg
Calcium	167mg
Iron	6mg

### Directions

- 1 Add the beets to a large pot. Fill with water and bring to a boil. Cook for 25 minutes or until soft. Rinse in cold water and rub the skin off before chopping.
- 2 Meanwhile, cook the quinoa according to the package directions.
- 3 In a bowl, add the vinaigrette, celery, chickpeas and green onions.
- 4 Add the beets and quinoa to the bowl and gently mix to coat.
- 5 Divide into bowls. Garnish with feta cheese and pumpkin seeds. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is equal to approximately 1 1/2 cups.

**Additional Toppings:** Chives, parsley, and/or basil leaves.



## Chickpea, Beet & Kale Grain Bowl

2 servings  
30 minutes

### Ingredients

1/2 cup Quinoa (uncooked, rinsed)  
2 cups Kale Leaves (chopped)  
1 cup Chickpeas (cooked)  
1 oz Pickled Red Onions (sliced)  
1 Beet (from Gwillimdale Farms)  
1/2 cup Feta Cheese (crumbled (vegan if needed))  
1/4 cup Extra Virgin Olive Oil  
2 tbsps White Wine Vinegar

### Nutrition

Amount per serving	
Calories	662
Fat	41g
Carbs	58g
Fiber	11g
Sugar	8g
Protein	20g
Cholesterol	33mg
Sodium	661mg
Vitamin A	1210IU
Vitamin C	23mg
Calcium	305mg
Iron	5mg

### Directions

- 1 Cook the quinoa according to the package directions.
- 2 To assemble the bowls, divide the quinoa, kale, chickpeas, onion, beet, feta, oil, and vinegar evenly between bowls. Season with salt and pepper. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is approximately 2 1/2 cups.

**Make it Vegan:** Use a plant-based cheese alternative or omit entirely.

**No White Wine Vinegar:** Use apple cider vinegar or lemon juice.



## Beet Smoothie Cubes

2 servings  
20 minutes

### Ingredients

- 1 Beet (cooked, from Gwillimdale Farms)
- 1 cup Frozen Berries
- 1 Carrot (small, peeled, chopped)
- 1 Banana (sliced)
- 1 cup Baby Spinach
- 2 cups Soy Milk (or more as needed)

### Nutrition

Amount per serving	
Calories	231
Fat	4g
Carbs	43g
Fiber	7g
Sugar	28g
Protein	9g
Cholesterol	0mg
Sodium	180mg
Vitamin A	6553IU
Vitamin C	33mg
Calcium	348mg
Iron	3mg

### Directions

- 1 Add all of the ingredients to a high-speed blender. Blend on high until smooth, scraping down sides as needed. Add more water if too thick.
- 2 Divide all of in ingredients between freezer cubes and freeze. When you're ready to have the smoothie, blend with soy milk. Enjoy!

### Notes

**Leftovers:** Best enjoyed fresh. To save time, steam the beets ahead of time and refrigerate for up to four days.

**Serving Size:** One serving is approximately 1 1/4 cups.

**More Protein:** Add a scoop of vanilla protein powder.