

The background of the entire page is a watercolor-style wash in shades of teal and white. The top portion is a solid teal color, while the middle and bottom portions feature a soft, blended watercolor effect with varying intensities of teal and white.

SOUL *food*

HOSTED BY GRIGORIA KRITSOTELIS

A NOTE FROM GEE

What an incredible vessel we have been given. Every single cell in your body works solely on keeping YOU alive. Imagine that for a moment... There's approximately 35 TRILLION cells in your body who only focus on you! That is their Divine Purpose. And we chose this particular vessel long before we embarked on this physical journey, and we knew that it was the perfect fit for our souls. And it's important that we keep our sacred space full of beautiful harmonic energy. It's a rebellious act of self-love to nurture your vessel. But that's why you're here... To honour it the way it deserves to be honoured - inside and out!



FOUR DAY MEAL PREP
RECIPE BOOK



All the information, content and pictures provided in this eBook are protected under Copyright law and are not permitted to be reproduced unless permission has been granted Grigoria Kritsotelis.

PLANT-BASED MEAL PREP MADE EASY

Here is your guide to a quick, easy and inexpensive meal prep for your plant-based diet. Inside this book I have provided you with one breakfast, one lunch, one dinner and three snacks. I recommend that you prepare only 4 days at a time, because any longer and your food will lose its freshness in the fridge.

This is just a guide! Plan out your own recipes to suit your own favourite tastes, and feel free to mix it up.

Remember to drink lots of liquids during your day, and by liquids I mean; water, pretty water (water infused with lemon, lime, mint and strawberries), herbal tea and kombucha.

Please remember Module One on Intuitive Eating - don't eat too little or too much. You want to be satisfied, but not uncomfortable. Nourishment is important. Eat the rainbow and have fun cooking!

grigoria

SOUL
food

OVERNIGHT OATS

INGREDIENTS: Serves 4

2-3 cups Quick Oats

Almond Milk (enough to coat dry ingredients)

4 Tbsp Maple Syrup

4 Tbsp Chia Seeds

2 tsp Cinnamon

1/2 cup Frozen Berries

4 Bananas

1/4 cup Flaked Almonds

Place all dry ingredients in a bowl. Stir to combine. Add enough almond milk to cover. Add maple syrup. Stir to combine. Add berries. Stir to combine. Place an even amount amongst 4 mason jars/containers. When serving add a chopped banana and a sprinkle of flaked almonds. (Add some almond milk when serving if too dry).

grigoria

SOUL
food

QUINOA SALAD

INGREDIENTS: Serves 4

- 1 cup Raw Quinoa (then cook it using packet instructions)
- 1 cup Peas
- 1 can 4 Bean Mix
- 1 cup Spinach
- 2 Raw Carrots Chopped
- 1 Large Cucumber Chopped
- 2 Tomatoes Diced
- 1/2 - 1 cup Chopped Parsley
- 2 Tbsp Pepitas
- 2 Tbsp Sunflower Seeds
- 1 Tbsp Sesame Seeds
- 1 Avocado

DRESSING

- Juice of half a Lemon
- 2 Tbsp Hummus
- 2 Tbsp Tahini
- Water (to reach desired consistency)

Cook quinoa on the stove (follow packet instructions: 1 part quinoa, 2 parts water, bring to boil, then reduce to low heat until all water has been absorbed). Combine cooked quinoa, peas, parsley, carrots, cucumber, tomatoes, beans and spinach - stir with a spoon. Once combined add pepitas, sunflower seeds and sesame seeds. To make the dressing, mix hummus, tahini, lemon juice and water until combined, if necessary add more water to thin out the dressing. Add desired amount of dressing to each serve of salad. When serving add a quarter of your avocado and your falafels (recipe on next page).

grigoria

SOUL
food

FALAFELS

INGREDIENTS: Serves 4

Recipe adapted from Avant Garde Vegan (his recipe is [here](#))

2 cans Chickpeas (retain some of the chickpea juice)

Handful of Parsley

Handful of Spinach

Juice of 1 Lemon

2 Onions

1 tsp Cumin

1 tsp Paprika

2 Tbsp Olive Oil

3 Tbsp Buckwheat Flour

Salt & Pepper

Dice onions and cook in a pan. Don't add oil, just use water. Add cumin and paprika. Cook until caramelised. To a food processor add 2 cans of chickpeas, a little of the chickpea juice to keep everything moist, parsley, spinach, lemon juice, cooked onion, olive oil, buckwheat flour and a pinch on salt and pepper. Blend until combined. If too dry add a little more chickpea juice (it's better to have less initially so it doesn't become too wet). Preheat the oven to 200 degrees celcius. Line a baking tray. Roll mixture into little balls. Bake in the oven for 20 mins (or until bottom is golden). Serve with quinoa salad and dressing.

grigoria

SOUL
food

LENTIL & VEGETABLE BROTH SOUP

INGREDIENTS: Serves 4

1 cup Red Lentils
2 Chopped Carrots
3 Chopped Stalks of Celery
2 Chopped Potatoes
3 cups Chopped Kale
3-4 cups Chopped Pak Choi
1 head Chopped Broccoli (clean up stalk and chop that too)
1L Vegetable Stock
Water to top
Handful of Chopped Parsley & Basil

Add all chopped veges to a pot and saute for a few minutes with a splash of vege stock (except kale and pak choi)(feel free to add additional veggies if desired - utilise what's in your fridge). Add lentils, kale and pak choi and stir to combine. Now add vegetable stock and water to cover. Reduce heat slightly, cover lid and let simmer for 45 minutes. Stir occasionally. Add herbs and spices. Stir. Check to see all vegetables are tender. If necessary, cook for an additional 10 minutes, otherwise turn off heat.

grigoria

SOUL
food

BLISS BALLS

INGREDIENTS: Serves 4

12 Medjool Dates (soak in boiled water if too hard)

2 Tbsp Cacao Powder

3/4 cup Raw Almonds

3/4 cup Raw Cashews

1/2 cup Desiccated Coconut

Water if necessary

In a food processor blend together dates (soak in hot water if too hard), cacao powder, almonds, cashews, desiccated coconut and water if necessary. Roll into balls and cover in coconut. Refrigerate for at least 4 hours.

YOUR OTHER SNACKS:

Veggies & Hummus: Cut up 4 Lebanese cucumbers and 8 stalks of celery into sticks and serve with 8 Tbsp Hummus. (This makes 4 portions)

Berries & Almond Butter: Eat as large of a portion size as desired of strawberries, blueberries and/or raspberries with 1 Tbsp of Almond Butter (per serve).

OUR FOOD SHOULD BE OUR MEDICINE AND OUR
MEDICINE SHOULD BE OUR FOOD

HIPPOCRATES

