

Creating Organic Week Day Prep
Prep. Groceries. Cook Schedule

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What we're having

Lemon and Dill Salmon (for mains, salad topping or breakfast wrap)
Quinoa (use as topping in salad, eat alone, or mix with veggies)
Roasted Vegetables

Sunday Funday PREP DAY

* I assume you have olive oil, garlic powder, salt and pepper

Grocery List

- 4 Salmon fillets
- 1 lemon
- 1 bunch fresh dill
- quinoa (or hit up bulk barn cause it's cheaper) (\$11 grocery store) (high in protein better than rice)
- 2 red pepper
- 2 green pepper (red pepper is more expensive but SO tasty)
- 1 pkg of mushrooms
- 2 zucchini
- 1 onion
- 1 sweet potato
- 1 cucumber
- 1 head lettuce or pre washed
- 2 avocados



Step 1: Equipment *I cheat and buy disposable aluminum trays for less cleaning*

Small pot for quinoa

Steamer for Potato

1 baking tray for Vegetables & 1 tray for Salmon (or aluminum trays)

prep bowls * I use a bowl for garbage until the end*

large Tupperware

Step 2: Unpack everything and sort into

Group 1 – roast veg

1 red pepper
1 green pepper
¾ pkg mushrooms
½ onion
1 zucchini

Group 2 - salad

¼ pkg mushrooms
cucumber
lettuce
1 avocado
1 red pepper
1 green pepper

Group 3 - quinoa

½ onion
1 cup quinoa

Step 3: Prep

1. drizzle olive oil on the salmon filets on the baking sheet (use aluminum foil or parchment paper for easier clean up)
squeeze ½ a lemon over the fish, season with garlic powder, salt, pepper and a handful of dill
2. preheat oven to 400
3. for Roast Veggies
- put in a bowl (or aluminum tray) and season with olive oil (don't be shy), salt, pepper and garlic powder
4. cut up ½ onion and warm up oil in a pot
cook on medium for 5 – 9 minutes (add fresh garlic if you have)
add 2 cups of water and 1 cup of quinoa add salt
cover on low/simmer for approx. 20 min (until all the water is gone)
5. put veggies in oven for 30 – 45 minutes
6. cut up Salad ingredients and the sweet potato
place salad in large Tupperware
7. Take quinoa off stove and stir
8. Boil water to steam **sweet potatoes**
9. **Put quinoa in Tupperware and let cool**
10. **lower the oven temperature to 375**
11. **Clean up**
12. Take out vegetable from oven and put the salmon in for 15 – 20 minutes
13. Take sweet potatoes out of steamer
14. ENJOY!

Lunch and Dinner Meal options

Quinoa with veg (make a sauce with soy sauce and Peanut butter YUM and heat up for dinner)

Salad with cut up salmon and quinoa on top

Salmon fillet with a side of quinoa and veggies

Salmon fillet and side of quinoa, salad and sweet potatoes