

# Pick Up Limes

meal prep 2026



# How it works

Tired of cooking on busy weekdays or relying on takeout?

This high-protein meal plan is the solution!



**One hour** — the total time needed to prep all meal components.



**10 meals** — 3 savoury recipes and 2 sweet recipes, each serving 2 people. Mix and match them for breakfast, lunch, or dinner as you like.



**5 minutes** — the time it takes to assemble each dish from the prepped items.



**3 to 4 days** — for the best taste and freshness, we recommend using the prepped ingredients within this time frame.

## Groceries

### Produce

**2 carrots**  
**¼ cucumber**  
**¼ lime**  
**1 cup shredded red cabbage**  
(90g)  
**2½ cups baby spinach** (75g)  
**3 medium sweet potatoes**  
(about 200g each)  
**1 green onion** *(optional)*

### Fridge

**¾ cup coconut yogurt** (195g)

### Freezer

**1 cup frozen mixed berries**  
(130g)

### Grains

**½ cup millet** (100g)  
**1⅓ cups long-grain white rice**  
(265g)  
**2 large soft flour tortillas**

### Pantry

**1⅓ cups canned light coconut milk** (400ml)  
**3½ cups vegetable broth** (840ml)  
**½ cup pickled red onions** (100g)  
**2 Tbsp + 2 tsp sriracha** (40ml)  
**½ cup + 2 Tbsp teriyaki sauce**  
(145ml)  
**2 Tbsp maple syrup** (30ml)  
**1 Tbsp whole chia seeds** (11g)  
**Toasted sesame seeds** *(optional)*

### Protein

**600g firm tofu**  
**6½ Tbsp peanut butter**  
(105g)  
**½ cup unsalted roasted almonds** (70g)

### Spices & cooking

**1½ Tbsp cornstarch** (12g)  
**½ tsp ground cinnamon**  
**Salt** *(as needed)*  
**Vegetable oil** *(as needed)*



Meal  
Prep

# MEAL PREP

## Ingredients

## Directions

01  
**ROASTED  
SWEET  
POTATOES**

**3 medium sweet potatoes**

Preheat the oven to 390°F (200°C) and line a baking tray with parchment paper. Wash the sweet potatoes, leaving the skin on. Use a fork to poke a few holes in the potatoes, and place on the baking tray.

Bake for 50 - 60 minutes. The potatoes should be soft enough that they can easily be pierced with a fork. The baking time will depend on the size of your sweet potatoes.

Leave 2 sweet potatoes whole. Peel and cube the remaining 1 sweet potato and add to the cooked millet (see #03 below).

02  
**RICE**

**1⅓ cups long-grain white rice**  
(265g)  
**1¾ cups water** (420ml)

Cook the rice per the package instructions. For us, this took 15 minutes. Note, this should yield about 5 cups cooked rice.

03  
**MILLET**

**½ cup millet** (100g)  
**3½ cups vegetable broth**  
(840ml)

In a saucepan, combine the millet and broth. Bring to a boil, then reduce to a simmer. Cover and cook for about 25 minutes, stirring often, until the millet grains are very tender.

04  
**BERRY  
CHIA JAM**

**1 cup frozen mixed berries**  
(130g)  
**1 Tbsp whole chia seeds** (11g)

Place the berries in a bowl and microwave at 600W for about 3 minutes, stopping to stir every minute.

Stir in the chia seeds. Let sit at room temperature for 30 minutes for the chia seeds to gel, stirring once halfway.

05  
TOFU

**600g firm tofu**, cut into 1 cm cubes

**1½ Tbsp cornstarch** (12g)

**¾ tsp salt**

**2 Tbsp vegetable oil**

**1 Tbsp teriyaki sauce**

**1 tsp sriracha**

**3 Tbsp teriyaki sauce**

**½ Tbsp sriracha**

In a medium bowl, toss together the tofu, cornstarch, and salt.

Heat the oil in a large pan on medium-high heat. Cook the tofu for 8 - 10 minutes, until golden on most sides, stirring occasionally.

Divide the cooked tofu equally between 3 containers:

**Container 1: plain tofu.** Leave as is.

**Container 2: mild teriyaki tofu.** Mix with 1 Tbsp teriyaki sauce and 1 tsp sriracha.

**Container 3: saucy teriyaki tofu.** Mix with 3 Tbsp teriyaki sauce and ½ Tbsp sriracha.

06  
VEGGIES &  
ALMONDS

**2 carrots**

**1 cup shredded red cabbage** (90g)

**½ cup roasted almonds** (70g)

Grate the carrots and store covered with water in a container.

*Note: change the water every 1 - 2 days.*

Store the cabbage in separate containers for quick use.

Roughly chop the roasted almonds and store in their own container.

07  
PEANUT  
SAUCE

**2½ Tbsp peanut butter**

**2 Tbsp hot water**

**½ Tbsp teriyaki sauce**

**¼ lime**, juiced

**1 tsp sriracha** (or omit for less heat)

Whisk all the ingredients together in a small storage container.

# Meal Time



# MEAL TIME (2 servings each)

Meal 1  
**SWEET POTATO  
MILLET CONGEE**

**All of the cooked millet**  
(including the 1 cubed sweet potato)

**All the mild teriyaki tofu**  
(from container 2)

**¼ cup grated carrot**

¼ cup pickled red onions

Sliced green onion *(optional)*

Serve the millet in bowls and top with the mild teriyaki tofu. Microwave, or heat on the stove, until warmed through.

Top with the grated carrot and pickled red onions, and if desired, more sriracha and sliced green onions. Enjoy!

Meal 2  
**LOADED SWEET  
BREAKFAST  
POTATO**

**2 roasted sweet potatoes**

½ cup coconut yogurt

**½ of the berry chia jam**

2 Tbsp peanut butter

**½ of the chopped almonds**

Pinch ground cinnamon

Slice the cooked sweet potatoes lengthwise down the middle, without cutting all the way through, then microwave at 600W for 2 to 3 minutes. Alternatively, warm them in a preheated oven at 350°F (175°C) for about 10 to 15 minutes.

Once warm, top with yogurt, jam, peanut butter, almonds, and cinnamon. Enjoy!

Meal 3  
**TERIYAKI  
FRIED RICE**

1 Tbsp vegetable oil

2 cups baby spinach, chopped

**⅔ cup grated carrot**

**½ of the shredded cabbage**

**3 cups cooked rice**

**All the plain tofu** (from container 1)

⅓ cup teriyaki sauce

1½ Tbsp sriracha *(or less for less spicy)*

¼ cup pickled red onions

Sliced green onion *(optional)*

Toasted sesame seeds *(optional)*

Heat the oil in a sauté pan over medium-high heat. Add the spinach, carrot, and cabbage, and cook for 2 minutes to soften slightly.

Add the cooked rice, plain cooked tofu, teriyaki sauce, sriracha. Cook for 3 minutes to heat through.

Plate, top with pickled red onions and any other desired garnishes, and enjoy!

Meal 4  
**COCONUT RICE  
PORRIDGE**

- 2 cups cooked rice**
- 1 $\frac{2}{3}$  cups canned light coconut milk (400ml)
- 1 $\frac{1}{2}$  Tbsp maple syrup
- $\frac{1}{2}$  tsp ground cinnamon
- $\frac{1}{4}$  cup coconut yogurt
- $\frac{1}{2}$  of the berry chia jam**
- 2 Tbsp peanut butter
- $\frac{1}{2}$  of the chopped almonds**

In a saucepan over medium-high heat, combine the rice, coconut milk, maple syrup, and cinnamon. Bring to a boil over high heat, then reduce to a gentle simmer and cook uncovered for about 5 minutes, stirring often, until warmed through and creamy. Taste and add more maple syrup if desired.

Divide between bowls and top with the berry chia jam, yogurt, peanut butter, and chopped almonds. Enjoy!

Meal 5  
**TERIYAKI TOFU  
VEGGIE WRAPS**

- All of the peanut sauce**
- 2 large soft flour tortillas
- $\frac{1}{2}$  cup grated carrot**
- $\frac{1}{2}$  of the shredded cabbage**
- $\frac{1}{2}$  cup baby spinach
- $\frac{1}{4}$  cucumber, cut into sticks
- All the saucy teriyaki tofu**  
(from container 3)

Spoon the peanut sauce over each wrap. Divide the veggies and prepared tofu between the wraps, then roll up. Grill in a grill pan over medium heat for 1 to 2 minutes per side, until warmed through and lightly toasted. Enjoy!

# HUNGRY FOR MORE?



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- New recipes added every weekday
- Personalized nutrition + meal planner
- Customized grocery shopping list + more

Try 7 days free!

