

# QUICK & EASY MEAL PREP GO-TO HACKS

"The hardest thing about prepping for a show is the diet." If I've heard it once, I've heard it a thousand times. Many people feel like the food is boring and bland. But it doesn't have to be. We are on a quest each month to provide you with favorite meal prep foods that different IFBB Pros use to help them get through their prep while keeping their tastebuds satisfied!



First up, IFBB Wellness Pro JoAnn Norwood shares her recipe for Jumbo Basil Rolls. An excellent and delicious snack she uses even during peak week! "I eat this throughout my meal prep and several times for a peak week snack, it's low in calories, and consistent with my meal plan."

## JUMBO BASIL ROLLS

### INGREDIENTS

Rice paper, 8 inch round  
Steamed tilapia or shrimp (extra firm tofu for vegan)  
Carrots, matchstick cut  
Lemon  
4 cups of jumbo basil leaves  
Coconut oil nonstick spray  
Wax paper

### DIRECTIONS

1. Place one sheet of rice paper in warm water and allow it to soften. Remove from the water and place onto the wax paper, making sure to keep it flat as it becomes sticky.
2. Place the tilapia or shrimp onto the wax paper along with some carrots, and ¼ cup of basil leaves onto the the rice paper about two inches from the bottom.
3. Squeeze fresh lemon juice onto the ingredients.
4. Fold the rice paper edges in and roll from the bottom. Place seem side down onto a platter. **Pro Tip:** if you get tears in the rice paper, you can double it.
5. Keep the rolls cover to prevent them from drying out.
6. They're ready to eat, enjoy.

### OPTIONAL ADD-IN INGREDIENTS:

Green onions • Garlic • Cucumber • Red peppers  
Napa cabbage • Shitake mushroom caps  
Marinating sauce (1 tablespoon vinegar, 1 tablespoon soy sauce, oil, 1 1/2 teaspoons hoisin sauce, and sambal oelek, (ground fresh chili paste), in a medium bowl, stirring with a whisk. Marinate vegetables and basil before placing into roll. (Adding the sauce still works earlier in prep but may make this snack unsuitable for peak week depending on your specific meal plan.)

