



# Meal Prep WEEK 3

Recipes by Vincent Esposito, Ms, DC





| Suggested Meal Planner |                               |                                       |                                       |
|------------------------|-------------------------------|---------------------------------------|---------------------------------------|
| WEEK OF:               | BREAKFAST                     | LUNCH                                 | DINNER                                |
| <b>MONDAY</b>          | Chocolate Peanut Butter Shake | Lemon-Tahini Lentil Salad             | Pineapple Fried Rice                  |
| <b>TUESDAY</b>         | High-Protein Breakfast Cookie | Pineapple Fried Rice                  | Sheet Pan Sweet Potato & Quinoa Salad |
| <b>WEDNESDAY</b>       | Blueberry Pie Smoothie Bowl   | Lemon-Tahini Lentil Salad             | Chickpea Frittata                     |
| <b>THURSDAY</b>        | High-Protein Breakfast Cookie | Sheet Pan Sweet Potato & Quinoa Salad | White Bean & Harissa Stew             |
| <b>FRIDAY</b>          | Mango Pineapple Smoothie      | White Bean & Harissa Stew             | Chickpea Frittata                     |

BONUS: Blueberry Baked Oats



## Lunch & Dinner Grocery List

- 7 Bananas
- 3 ¼ c Plant Milk
- ¾ c Raisins
- 2 c Blueberries
- ½ c Coconut Milk
- 1 c Mango
- 3 c Pineapple
- 3 heads Garlic
- 1 bunch Parsley
- 5 Lemons
- 1 English Cucumber
- 1-pint Cherry Tomatoes
- 1 Red Onion
- ¾ c Kalamata Olives or Olive Tapenade
- 1 bunch Basil
- 2 Yellow Onions
- 1 bunch Scallions
- 4 Carrots
- 2 heads Bab Bok Choy
- 1 Bell Pepper
- 12 oz. Shelled Edamame
- 1 Lime
- 1 Sweet Potato
- 1 Shallot
- 1 c Walnuts
- 1 c Baby Kale OR other leafy green
- 2 c Assorted Vegetables
- ½ c Harissa Paste
- 1 T Tomato Paste

### BREAKFAST IDEAS

# Chocolate Peanut Butter Shake

Cook and Prep Time: 5 minutes

Serves: 1

### You Need

- 1 Date, pitted
- 1 Frozen Banana, sliced
- 1 ½ T Peanut Butter
- 1 ½ T Cacao Powder
- 1 cup Plant Milk of choice

### DIRECTIONS

1. Add all of your ingredients to a blender, and pulse until smooth.
2. Top with a dash of cinnamon or cacao powder. Enjoy!



# High-Protein Breakfast Cookie

Cook and Prep Time: 25-30 minutes

Serves: 8 cookies

## You Need

- 1 Ripe Banana, mashed
- 1 Flax Egg [1 T Ground Flax + 3 T Water]
- ½ c Peanut Butter
- ¾ cup Raisins
- ½ cup Rolled Oats
- ½ cup Oat or Buckwheat Flour
- 2 T Maple Syrup
- 1 T Chia Seeds
- 1 T Ground Cinnamon
- 1 t Baking Powder

## DIRECTIONS

1. Preheat your oven to 375°F. Line 1 baking tray.
2. Make you flax egg, and let stand for 10 minutes prior to using.
3. Mix the flax egg, banana, maple syrup, and peanut butter in a large bowl. Mash the banana and mix to evenly combine.
4. Add the oats, flour, baking powder, cinnamon, raisins, and chia seeds. Mix well.
5. Divide the mixture into 8 even balls. Using a fork or spoon, flatten each ball into a cookie shape.
6. Bake for 15-18 minutes.
7. Serve with fresh fruit. Enjoy!

# Blueberry Pie Smoothie Bowl

Cook and Prep Time: 5 minutes

Serves: 1

## You Need

- ½ cup Ice Cubes
- 1 c Blueberries



- ¼ c Rolled Oats
- 1 Frozen Sliced Banana
- 2 T Plant Milk of Choice

#### Toppings\*

- 1 T Nuts or Seeds of Choice
- 1 T Dried Fruit
- Fresh Fruit of choice
- 1 t Chia Seeds
- 1 T Desiccated Coconut
- 1 T Nut Butter of choice

\*Feel free to mix and match toppings as you see fit!

#### DIRECTIONS

1. To a blender, add bananas, blueberries, ice cubes, rolled oats, and plant milk. Add more milk if necessary, but you want the mixture to be very thick.
2. Place the mixture in a bowl. Top with your desired toppings.
3. Serve and eat immediately. Enjoy!

## Pineapple Mango Smoothie

Serves 1

Cook and Prep Time: 5 minutes

#### You Need:

- ½ c Coconut Milk (or other non-dairy Milk)
- 1 Banana
- 1 c Frozen Mango
- 1c Frozen Pineapple
- 1 T Hemp Seeds
- 1 T Chia Seeds

#### DIRECTIONS

1. Clean and prep the ingredients as necessary.
2. Add all ingredients to blender.



3. Pulse until smooth. Enjoy!

## Blueberry Baked Oats

Cook and Prep Time: 45 minutes

Serves: 8 Servings

### You Need

- 4 Ripe Bananas, peeled
- 3 cups Rolled Oats
- 2 cups Oat Milk (or other dairy-free milk)
- 1 cup Blueberries
- 1 ½ tsp. Baking Powder
- 2 tsp. Cinnamon
- 2 tbsp. Maple Syrup (adjust to the sweetness of your bananas)
- 1 tsp. Vanilla Extract
- 2 tbsp. Ground Flaxseed
- 2 tbsp. Hemp Seeds
- 1 tsp. Salt

For topping

- Fresh Blueberries
- Ground Cinnamon
- Hemp Seeds
- Nut Butter
- Pecans

### DIRECTIONS

1. Preheat your oven to 375°F. Line 1 baking dish.
2. Mix your dry (oats, cinnamon, baking powder, salt, hemp seeds) ingredients in a large bowl.
3. In a separate bowl, mash your bananas. Then, mix the rest of your wet (oat milk, blueberries, maple syrup, vanilla extract, and flax seeds) together. Let rest for 5 minutes to allow the flax seeds to set.
4. Pour the wet ingredients into the bowl with the dry ingredients, and stir to combine.
5. Pour the mixture and spread evenly along your baking dish. Bake, uncovered, for 30-35 minutes, or until the top is golden brown.
6. Remove from the oven and let cool.
7. Top with your desired garnishes. Enjoy!





## Lemon-Tahini Lentil Salad





Cook and Prep Time: 30 minutes

Serves: 2

### You Need

#### For the Lentils

- 1 cup Green or French Lentils
- 2 cups Vegetable Stock or Water
- 1 T Garlic Powder
- 1 T Onion Powder
- 1 t Ground Cumin
- 2 t Ground Coriander
- 1 t Dried Oregano
- 1 t Dried Thyme
- Salt & Pepper, to taste

#### For the Dressing

- 3-4 cloves Garlic
- ½ cup Parsley
- 1 Lemon, juiced
- 1-2 T Tahini
- Salt & Pepper, to taste
- Water, as needed (optional)

#### For the Salad

- 1 English Cucumber, diced
- 10 Cherry Tomatoes, halved
- ¼ Red Onion, diced
- ½ cup Olive Tapenade OR Chopped Kalamata Olives
- ½ c Parsley, chopped

#### For Serving

- Whole-Grain Pita or Wrap
- Lemon Wedges
- Chopped Basil
- Red Chili Flakes

### DIRECTIONS

1. Rinse and chop the produce accordingly.





2. Make the lentils. Add the lentils, vegetable stock, and spices to a small pot. Stir to combine and bring to a boil. Then, cover, and reduce the heat to a simmer. Cook for 20 minutes, until lentils are tender and liquid has been absorbed.
3. Make the dressing. Combine all the ingredients in a blender and pulse until smooth. Add 1 T of water at a time to thin as needed.
4. Make the salad. To a large bowl, add the cooked lentils, cucumber, cherry tomatoes, red onion, olives, parsley, and your dressing. Toss it all to combine.
5. Serve with wraps, in a pita, or as a side. Garnish with lemon juice and fresh basil. Enjoy!

## Pineapple Fried Rice





Cook and Prep Time: 30 Minutes

Serves: 3-4

### You Need

- 1 ½ cups Cooked Brown Rice
- 3-4 cloves Garlic, minced
- 1 Yellow Onion, diced
- 1 bunch Scallions, chopped, whites & greens separated
- 2 Carrots, chopped
- 2 heads Baby Bok Choi, chopped, stems and leaves separated
- 1 Bell Pepper, diced
- 12 oz. Shelled Edamame
- 2 cups Diced Pineapple
- 1 tsp. Extra Virgin Olive Oil or Vegetable Stock, for sautéing
- Salt, to taste
- Black Pepper, to taste

For the Sauce:

- 2 tbsp. Tamari
- 1 Lime, juiced
- 1 tsp. Maple Syrup
- 1 tsp. Sesame Oil
- 1 tsp. Gochujang

Garnishes

- Sriracha, optional (for garnish)
- 1 tsp. Extra Virgin Olive Oil or Vegetable Stock, for sautéing
- Cilantro, for garnish
- Lime Wedges, for garnish

### DIRECTIONS

1. Rinse and chop the produce accordingly.
2. In a small bowl, combine tamari, maple syrup, gochujang lime juice, and sesame oil. Save scallion greens for garnish.
3. Set a wok or large pan to medium-high heat. Add 1 tsp. of olive oil or vegetable stock. Once hot, add onion, and scallion whites. Stir frequently, cooking for 2-3 minutes, until the onion has slightly softened.
4. Add bell pepper, bok choi stems, and carrots. Cook for 1-2 minutes, until slightly softened.
5. Add garlic and cook for 1 minute more. Then add edamame and cook until warmed through, 1-2 minutes.
6. Add bok choi, and cook for 1 minute more. Add tamari sauce and toss to combine.
7. Add rice, and toss to combine until rice has warmed through, 1-2 minutes.
8. Plate rice, and garnish with scallion greens, cilantro, and sriracha. Enjoy!



# Sheet Pan Sweet Potato & Quinoa Salad

Cook and Prep Time: 50-60 minutes

Serves: 2

## You Need

- 1 Sweet Potato, diced
- 1 Shallot, roughly chopped
- 15oz. can Chickpeas, rinsed and drained
- 1 cup Walnuts
- 1 t Dried Rosemary
- 1 t Dried Thyme
- 1 t Extra Virgin Olive Oil or Vegetable Stock
- Salt & Pepper, to taste

For Serving

- 1 cup Baby Kale or other Leafy Green
- ½ cup Cooked Quinoa (or other grain)
- Tahini Dressing (See Below)

## DIRECTIONS

1. Rinse and chop the produce accordingly. Line 1 baking tray and preheat your oven to 425°F.
2. Add the sweet potatoes and shallots to your baking tray, toss with 1 t EVOO (or vegetable stock) salt, pepper, rosemary, and thyme. Roast for about 20 minutes.
3. After 20 minutes, add your chickpeas to the tray with the potatoes, and toss to combine. Roast for an additional 20 minutes.
4. Then, add your walnuts, and roast for an additional 5 minutes.
5. Meanwhile, make the dressing (see below).
6. Add your roasted vegetables to a bowl with cooked quinoa and baby kale. Pour over your dressing and enjoy!

## Lemon-Tahini Dressing

Cook and Prep Time: 5 minutes

Serves: 1/3- ½ cup

## You Need

- 2-3 tbsp. Tahini
- ½ tbsp. Dijon Mustard
- 1 Lemon, juiced
- 1 tbsp. Maple Syrup (optional)





- Water, as needed

## Chickpea Frittata





## Chickpea Frittata

Cook and Prep Time: 45-55 minutes

Serves: 8 slices

### You Need

For the Batter

- 1 ½ c Chickpea Flour
- 1 ½ c Water or Vegetable Stock
- ¼ c Arrowroot Powder
- ½ t Black Salt
- 1 t Baking Powder
- 1 t Smoked Paprika
- Salt & Pepper, to taste
- ½ t Dried Thyme
- ½ t Turmeric

Vegetables

About 2 cups total (any combination) of:

- Onion
- Bell Pepper
- Peas
- Mushrooms, chopped
- Asparagus, chopped into 1-inch pieces
- Zucchini
- Potatoes
- Sweet Potatoes
- Broccoli
- Cauliflower
- Garlic
- Scallions
- Tomatoes
- Peas
- 1 T Olive Oil

For garnish:

- Hot sauce
- Cilantro
- Parsley
- Scallions

### DIRECTIONS





1. Rinse and chop the produce accordingly. Preheat your oven to 375°F.
2. Heat an oven-proof skillet to medium-high heat. Once hot, add olive oil. Then, add sturdier vegetables, and sauté for 5-6 minutes (onions, peppers, potatoes). Then, add softer vegetables (peas, garlic, mushrooms, zucchini, etc.), and cook for 3-4 minutes.
3. Meanwhile, make the batter. Add all batter ingredients to a bowl, and whisk to combine.
4. Pour the batter over the vegetables.
5. Bake in the oven for 30-35 minutes.
6. Garnish with your desired toppings and enjoy!

## White Bean & Harissa Stew



Cook and Prep Time: 35 minutes





Serves: 4-5 bowls

### You Need

- 1 large can Cannellini Beans, rinsed and drained
- 4 cups Vegetable Broth or Water
- 1 large can Crushed Tomatoes
- 1 Yellow Onion, diced
- 1 head Garlic, minced
- 2 Carrots, diced
- 2 stalks Celery, diced
- 1 bunch Baby Spinach, stems removed
- 1 tbsp. Tomato Paste
- ¼ - ½ cup Harissa Paste (depending on how spicy you want it)
- 1 tbsp. Smoked Paprika
- 1 tsp. Thyme
- 1 Lemon, juiced
- Salt, to taste
- Black Pepper, to taste
- Olive Oil or Vegetable Stock, for sautéing

### DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Set a pot to medium heat. Once hot, add 1 tbsp. olive oil. Then, add carrots, celery, and onion. Cook until onion is translucent, stirring occasionally to avoid burning, 4-5 minutes.
3. Add garlic, and cook until fragrant, about 1 minute more.
4. Add tomato paste, harissa, and lemon juice, and stir until combined evenly.
5. Then, add cannellini beans, and toss to combine. Then, add vegetable stock and crushed tomatoes. Add spices, and bring to a boil. Once boiling, reduce heat to a simmer.
6. Simmer for 10-15 minutes, and adjust seasonings to taste.
7. Remove from heat and add spinach. Stir until wilted, 1-2 minutes.
8. Place soup in serving bowls. Top with extra harissa and chopped parsley and basil. Enjoy!