



# Meal Prep Week of November 15, 2021

Recipes by Vincent Esposito, Ms, DC





Suggested Meal Planner			
WEEK OF:	BREAKFAST	LUNCH	DINNER
<b>MONDAY</b>	Chocolate Peanut Butter Oatmeal	Thai Coconut Curry Soup	Lentil-Walnut Bolognese with Chickpea Pasta
<b>TUESDAY</b>	Blueberry Breakfast Bars	Lentil-Walnut Bolognese with Chickpea Pasta	Black Bean & Quinoa Balls with Zucchini Noodles with Sun-Dried Tomato Sauce
<b>WEDNESDAY</b>	Spinach & Strawberry Smoothie	Thai Coconut Curry Soup	General Tso's Cauliflower & Chickpeas
<b>THURSDAY</b>	Blueberry Breakfast Bars	Black Bean & Quinoa Balls with Zucchini Noodles with Sun-Dried Tomato Sauce	Spring Rolls with Peanut-Ginger Sauce
<b>FRIDAY</b>	Raw Strawberry Crumble	Spring Rolls with Peanut-Ginger Sauce	General Tso's Cauliflower & Chickpeas



## Lunch & Dinner Grocery List

- 2 cups Rolled Oats
- 2 cups Plant Milk
- 2 Bananas
- 4 cups Strawberries
- 2 ½ cups Oat Flour
- 2 cups Blueberries
- 1 Lemon
- 1 ½ cups Walnuts
- 4 cups Vegetable Stock
- 3 cups Mushrooms
- 1 Stalk Lemongrass
- 1-2 Thai Chili Peppers
- 1 T Curry Paste
- 3 heads Garlic
- 2 White Onions
- 1 ½ cups Coconut Milk
- 1 Lime
- 2 15oz. cans Chickpeas
- 1 cup Spinach
- 2 cups Lentils
- 4 Carrots
- 2 stalks Celery
- 1 29oz. can Tomato Puree
- 16oz. Chickpea Pasta
- 2 Zucchini
- 1 cup Quinoa
- 1 15oz. can Black Beans
- 2 T Tomato Paste
- 4 T Nutritional Yeast
- 1 bunch Parsley
- 1 cup Cherry Tomatoes
- 1 cup Sun-Dried Tomatoes
- ¼ cup Pine nuts
- 1 Cauliflower
- 1-inch piece Ginger
- 2 Scallions
- 1 cup Brown Rice
- 2 cups Purple Cabbage
- 5oz. Vermicelli Noodles
- 8oz. Shelled Edamame
- 1 Red Bell Pepper
- 1 Yellow Bell Pepper
- ¼ cup Mint
- ¼ cup Cilantro

### BREAKFAST IDEAS

# Chocolate Peanut Butter Oatmeal

Cook and Prep Time: 10 minutes

Serves: 1

### You Need

- ½ cup Rolled Oats
- ½ cup Plant Milk of Choice
- 1 Banana
- 1 t Peanut Butter
- 1 T Cacao Powder
- ½ cup Strawberries (or other berries), chopped

### DIRECTIONS

1. Combine the plant milk and oats in a pot, and bring to a boil.
2. Once boiling, reduce the heat to a simmer, and add the banana. Mash the banana into a paste and mix well.



3. Cook until your desired consistency is reached, about 5 minutes. Then, turn the heat off.
4. Add the cacao powder and stir to combine.
5. Place oatmeal in a bowl, and top with peanut butter and strawberries. Enjoy!

## Blueberry Breakfast Bars

Cook and Prep Time: 40-50 minutes

Serves: about 16 squares

### You Need

- 1 ½ cup Oat Flour
- 1 ¼ cup Rolled Oats
- 2 T Maple Syrup
- 2 T Coconut Oil, melted
- 1 t Vanilla Extract

### For the Jam

- 2 cups Blueberries
- 1 T Maple Syrup (optional)
- 2 T lemon Juice
- 2 T Chia Seeds
- 1 t Lemon Zest

### DIRECTIONS

1. Preheat your oven to 350°F and line a baking dish.
2. In a large bowl, mix together the oat flour, rolled oats, maple syrup, coconut oil, and vanilla extract. Mix until you get a homogenous dough that is soft and sticks together.
3. Add roughly half of the dough to the bottom of your baking dish, and reserve the other half.
4. Make the blueberry chia jam. Combine the blueberries, maple syrup, lemon juice, and zest. Bring to a simmer. Then, begin mashing the blueberries with a potato masher. After about 5 minutes, add the chia seeds, and cook until thickened.
5. Add the jam to the baking dish, and then top with the remaining dough.
6. Bake for about 30-35 minutes, or until golden brown.
7. Let cool to room temperature before cutting. Enjoy!



# Spinach & Strawberry Smoothie

Cook and Prep Time: 5 minutes

Serves: 1

## You Need

- ½ cup Frozen Strawberries
- ½ cup Spinach, packed
- 1 Banana, sliced
- 1 T Chia Seeds
- 1 T Hemp Seeds
- ½ cup Plant Milk of choice

## DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Add all of the ingredients to a blender, and pulse until smooth.
3. Pour and garnish with fresh strawberries or desiccated coconut. Enjoy!

# Raw Strawberry Crumble

Cook and Prep Time: 5 minutes

Serves: 1

## You Need

- 2 cups Strawberries, sliced
- ½ cup Walnuts
- 1 T Desiccated Coconut
- ½ t Ground Ginger
- ½ t Ground Cinnamon
- 1 t Maple Syrup

## DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Add all of your ingredients to a food processor and pulse until smooth.



3. Serve and top with fresh strawberries. Enjoy!

## Thai Coconut Curry Soup





Cook and Prep Time: 25 minutes

Serves: 2

### You Need

- 2-3 cups Vegetable Stock
- 2 cups Mushrooms, sliced
- 1 stalk Lemongrass
- 1-2 Thai Chili Peppers
- 1 T Curry Paste
- 3-4 cloves Garlic, sliced
- ½ Onion, sliced
- 1 ½ cups Coconut Milk
- 1 Lime, juiced
- 1 15oz. can Chickpeas, rinsed and drained
- 1 T Tamari
- 1 T Maple Syrup
- Salt & Pepper, to taste

### For Garnish

- Chopped Cilantro
- Chili Peppers
- Chili Flakes
- Basil
- Scallions
- Lime Wedges

### DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Set a large pot to medium heat. Add the garlic, onion, ginger, mushrooms, curry powder, chili peppers, and lemongrass. Cook for 4-5 minutes.
3. Add the chickpeas, tamari, maple syrup, and vegetable stock. Bring to a boil, and reduce the heat to a simmer. Cook for 20 minutes.
4. Add the coconut cream and lime juice.
5. Serve with cilantro, scallions, and lime wedges. Enjoy!

# Lentil-Walnut Bolognese with Chickpea Pasta







Cook and Prep Time: 45 minutes

Serves: 4

**You Need:**

- 1 ½ cups French Lentils, cooked
- ¾ cup Walnuts, chopped
- 1 Yellow Onion, diced
- 1 head Garlic, minced
- 3 Carrots, diced
- 2 stalks Celery, diced
- 1 large can (29 oz.) Crushed or Pureed Tomatoes
- Olive Oil or Vegetable Stock, for sautéing
- Salt, to taste
- Black Pepper, to taste
- ¾ cup Dry Red Wine
- 1 tbsp. Tamari
- 1 tbsp. Smoked Paprika
- 1 tbsp. Dried Thyme

For Serving:

- 16oz. Chickpea Pasta
- Chopped Parsley
- Chopped Basil
- Red Chili Flakes

**DIRECTIONS**

1. Rinse and chop the produce accordingly.
2. Cook your pasta according to package instructions. Then, set aside until Step 5.
3. Make the sauce. Set a large pot to medium heat. Once hot, add garlic and onion, stirring occasionally to avoid burning. Cook until onion is translucent, about 4-5 minutes.
4. Add celery and carrots. Stir frequently and cook for 3-4 minutes more, until slightly softened.
5. Add 1 tsp. salt, and red wine, cooking until alcohol has burned off, another 3-4 minutes.
6. Add walnuts, tomatoes, lentils, tamari, smoked paprika, and thyme. Stir to combine, and bring sauce to a boil. Then, cover and reduce heat to a simmer. Allow sauce to cook for at least 20 minutes before serving, stirring occasionally. For a richer sauce, you can allow the sauce to simmer for 2-3 hours, adding water if needed. Add salt and pepper if needed.
7. Add 1 spoonful of sauce to the pasta and toss to combine. Distribute pasta evenly among serving bowls. Top with sauce. Garnish with fresh chopped basil leaves. Enjoy!



# Black Bean & Quinoa Balls with Zucchini Noodles with Sun-Dried Tomato Sauce

Cook and Prep Time: 40 minutes

Serves: 2

## You Need

- 2 Zucchini, spiralized

### For the Balls

- ½ cup Quinoa
- 1 15oz. can Black Beans, rinsed and drained
- 2 T Sesame Seeds
- 2 T Oat Flour
- 2 T Tomato Paste
- 2 T Nutritional Yeast
- 1 T Garlic Powder
- 2 T Chopped Herbs (Basil, Parsley, Oregano, etc.)
- Salt & Pepper, to taste

### For the Sun-Dried Tomato Sauce

- ½ cup Cherry Tomatoes, halved
- ½ cup Sun-Dried Tomatoes, chopped
- 1 T Apple Cider Vinegar OR Juice of 1 Lemon
- 1 clove Garlic
- 2 T Pine Nuts (or other nuts)
- 2 T Nutritional Yeast
- ¼ cup Basil, chopped
- 1 t Dried Oregano
- Salt & Pepper, to taste

### For Serving

- Fresh Basil
- Pine Nuts

## DIRECTIONS

1. Rinse and chop the produce accordingly. Line one baking tray and preheat your oven to 425°F.
2. Cook the quinoa according to package instructions.
3. Add the black beans to a large bowl, and mash with a potato masher or fork. Add the quinoa and the rest of the ingredients to the bowl, and mix well. Season to taste.



4. Scoop out about 2 T of the mixture, and roll it into a ball. Place the ball on your baking tray and repeat with the rest of the mixture.
5. Bake for about 30 minutes, or until crispy.
6. Meanwhile, make the sauce. Combine all ingredients in a blender and pulse until smooth.
7. Spiralize your zucchini.
8. Add the sauce to your zucchini noodles and toss to combine. Plate the noodles, top with 4-5 balls and your desired garnishes. Enjoy!

## General Tso's Cauliflower & Chickpeas





Cook and Prep Time: 45 minutes

Serves: 2

### You Need

- 1 head Cauliflower, chopped
- 1 15oz. can Chickpeas, rinsed and drained
- ½ c Oat Flour OR Chickpea Flour
- ½ c Vegetable Stock, for the batter
- Salt & Pepper, to taste
- Vegetable Stock or Water, for sautéing

### For the Sauce

- ½ cup Vegetable Stock
- 4 cloves Garlic, minced
- 2 T Ginger, minced
- 2 Scallions, chopped
- 1 T Red Chili Flakes (optional)
- 1 T Maple Syrup
- 2 T Rice Wine Vinegar
- 3 T Tamari
- 1 T Arrowroot Powder + 1 T Water

### For Garnish

- Chopped Scallions
- 1 cup Brown Rice
- Sesame Seeds
- Chili Flakes

### DIRECTIONS

1. Rinse and chop the produce accordingly. Line 1 baking tray and preheat your oven to 425°F.
2. In a bowl add the vegetable stock and oat flour. Season with salt and pepper.
3. Dip the florets into the batter, and then lie evenly on your baking tray. Add the chickpeas to the baking tray as well. Bake for 20-25 minutes, flipping halfway.
4. Meanwhile, make the sauce. Set a large pan or skillet to medium heat. Then, add garlic, ginger, and onion. Cook for 3-4 minutes. Then, add ½ cup vegetable stock (or water), tamari, maple syrup, and rice wine vinegar. Bring to a boil, then reduce heat to a simmer. Simmer for about 5 minutes, stirring occasionally. Then, add your arrowroot slurry, and stir until thickened, about 1 minute more.
5. Remove the cauliflower from the oven. Toss the cauliflower and chickpeas in the sauce, and then place them back in the oven for another 20 minutes.
6. Serve with brown rice, and top with sesame seeds and scallions. Enjoy!



# Spring Rolls with Peanut-Ginger Sauce

Cook and Prep Time: 45 minutes

Serves: 10 Rolls

## You Need

### For the Rolls

- 10 Rice Paper Sheets
- 1 Carrot, cut into thin strips
- 2 cups Purple Cabbage, shredded
- 5oz. Vermicelli Noodles, cooked
- 8oz. Shelled Edamame
- 1 Red Bell Pepper, sliced
- 1 Yellow Bell Pepper, sliced
- ¼ cup Mint, chopped
- ¼ cup Cilantro, chopped

### For the Sauce

- 1-inch piece Ginger
- 2 T Tamari
- 1-2 t Rice Wine Vinegar
- 2 T Peanut Butter
- 2 T Water
- 1 t Red Chili Flakes (optional)

## DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Make the sauce. Add all of the sauce ingredients to a blender and pulse until smooth.
3. Dip the rice paper sheets in a bowl of water. Then, remove the rice paper from water.
4. To the center of the rice paper, add bell pepper, carrots, cabbage, mint, cilantro, edamame, and vermicelli noodles.
5. Roll one side of the rice paper over the filling, then fold in the sides, and then tuck and finishing rolling. Repeat this process with each spring roll.