



Meal Prep Week of November 22, 2021

Recipes by Vincent Esposito, Ms, DC





Suggested Meal Planner			
WEEK OF:	BREAKFAST	LUNCH	DINNER
MONDAY	Chickpea Avocado Toast	Lentil & Kale Coconut Curry	Cajun-Style Red Beans & Rice
TUESDAY	Breakfast Burrito	Cajun-Style Red Beans & Rice	Quick & Easy Asian Quinoa Salad with Sesame Ginger Dressing
WEDNESDAY	Blueberry Oatmeal Smoothie	Lentil & Kale Coconut Curry	Tex Mex Black Bean & Mushroom Soup
THURSDAY	Breakfast Burrito	Quick & Easy Asian Quinoa Salad with Sesame Ginger Dressing	Sesame Tofu Quinoa Bowls
FRIDAY	Apple Pie Smoothie	Sesame Tofu Quinoa Bowls	Tex Mex Black Bean & Mushroom Soup



Lunch & Dinner Grocery List

- 4 slices Sourdough Bread
- 2 Avocados
- 3 Limes
- 2 15oz. cans Chickpeas
- 1 cup Sun-Dried Tomatoes
- ½ cup Microgreens
- 1 block Tempeh
- 4 Wraps
- 4 Bell Peppers
- ½ cup Cherry Tomatoes
- 1 cup Spinach
- 2 Bananas
- 1 cup Frozen Blueberries
- 2 cups Plant Milk
- 1 Apple
- 2 Yellow or White Onions
- 2 heads Garlic
- 4 T Ginger
- 2 Carrots
- 1 cup Green Lentils
- 3 cups Kale
- 2 15oz. cans Crushed Tomatoes
- 1 15oz. can Coconut Milk
- 6 cups Vegetable Stock
- 2 cups Brown Rice
- 1 15oz. can Red Kidney Beans
- 1 bunch Collard Greens
- 2 stalks Celery
- 1 bunch Parsley
- 1 ½ cup Quinoa
- 1 Cucumber
- 1 cup Shelled Edamame
- 1 bunch Cilantro
- 2 15oz. cans Black Beans
- 2-3 cups Mushrooms
- 1 block Extra-Firm Tofu
- 2-3 cups Broccoli Florets
- 1 cup Green Beans
- 1 bunch Scallions

BREAKFAST IDEAS

Chickpea Avocado Toast

Cook and Prep Time: 15 minutes

Serves: 2

You Need

- 4 slices of Sourdough Bread
- 1 Avocado
- 1 Lime
- 1 15oz. can Chickpeas, rinsed and drained
- 1-2 t Smoked Paprika
- ½ cup Sun-Dried Tomatoes, chopped
- ½ cup Microgreens of Choice
- Sesame Seeds, for garnish



- Vegetable Stock, for sautéing
- Salt & Pepper, to taste

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Toast the bread to your liking.
3. Set a pan to medium heat. Once hot add the chickpeas, and cook for 5 minutes. Then, add the smoked paprika and sun-dried tomatoes, and season to taste.
4. Slice the avocado in half and smash with a fork. Add lime juice and season with salt and pepper.
5. Top the toast with smashed avocado, chickpeas, tomatoes, microgreens, and sesame seeds. Enjoy!

Breakfast Burrito

Cook and Prep Time: 20 Minutes

Serves: 4 Burritos

You Need

For the Chickpea Scramble

- 1 15oz. can Chickpeas, rinsed and drained
- 1 t Garlic Powder
- ½ t Ground Cumin
- ½ t Chili Powder
- 1 t Ground Turmeric
- ½ t Smoked Paprika
- Salt & Pepper, to taste

Tempeh “Bacon”

- 1 8oz. block Tempeh, cut into strips
- ½ t Chili Powder
- 2 t Tamari
- ½ t Smoked Paprika
- ½ t Ground Cumin
- Salt & Pepper, to taste

For Serving

- 4 Wraps
- 1 Bell Pepper, diced



- ½ cup Cherry Tomatoes, chopped
- 1 Avocado, sliced
- Spinach
- Salsa
- Hot Sauce

DIRECTIONS

1. Rinse and chop the produce accordingly. Preheat your oven to 400°F. Line 1 baking tray.
2. Place the bell pepper and cherry tomatoes on your baking tray. Season with salt and pepper, and roast for 20 minutes.
3. Meanwhile, mash the chickpeas with a potato masher or the back of a fork, and mix in the spices.
4. Set a skillet to medium heat. Add 1 T Extra Virgin Olive Oil. Once hot, add the chickpeas to one side and the tempeh to the other. Cook for 5-10 minutes, and season the tempeh with tamari and spices.
5. Assemble the burritos with tempeh, chickpeas, roasted vegetables, fresh spinach, and avocado. Add hot salsa or salsa as desired, and enjoy!

Blueberry Oatmeal Smoothie

Cook and Prep Time: 5 minutes

Serves: 1

You Need

- 1 Banana
- ½ cup Frozen Blueberries
- ¼ cup Rolled Oats
- ½ cup Plant Milk of Choice
- 1 T Hemp Seeds
- 1 T Chia Seeds

DIRECTIONS

1. Rinse and chop the ingredients accordingly.
2. Place all ingredients in a blender, and pulse until smooth.
3. Top with mint and blueberries. Enjoy!



Apple Pie Smoothie

Cook and Prep Time: 5 minutes

Serves: 2

You Need

- 1 Apple, cored and quartered
- 1 Banana, sliced
- ¾ cup Plant Milk of Choice
- ½ t Vanilla Extract
- ¼ t Ground Cinnamon
- ¼ t Ground Nutmeg
- ¼ t Allspice
- 1 T Chia Seeds
- 1 T Hemp Seeds

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Blend until smooth.
3. Garnish with apple sliced and cinnamon. Enjoy!

Lentil & Kale Coconut Curry

Cook and Prep Time: 25 minutes

Serves: 4

You Need

- 1 Yellow Onion, diced
- 5-6 cloves Garlic
- 1-2 T Grated Ginger
- 1 Carrot, diced
- 1 cup Green Lentils
- 3 cups Kale, chopped



- 1 t Ground Cumin
- 1 t Garam Masala
- 1 t Curry Powder
- 1 t Ground Turmeric
- 1 15 oz. can Crushed Tomatoes
- 1 15oz. can Coconut Milk
- 2 cups Vegetable Stock or Water
- Salt & Pepper, to taste

For Serving

- Brown Rice
- Chopped Cilantro
- Red Chili Flakes

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Set a large pan to medium heat. Once hot, add the onion, carrot, garlic, and ginger. Cook for 4-5 minutes, until the onion is translucent. Add water as needed to deglaze.
3. Add the spices, and cook until fragrant, 1-2 minutes.
4. Add the crushed tomatoes, vegetable stock, and lentils. Bring to a simmer and cover. Cook until the lentils are tender, about 20 minutes, add more water or vegetable stock if needed.
5. Add the coconut milk and greens. Stir to combine and cook until the greens have wilted, about 2-3 minutes. Season to taste.
6. Serve over rice and top with your desired garnishes. Enjoy!

Cajun-Style Red Beans & Rice





Cook and Prep Time: 50 minutes

Serves: 2

You Need

- ½ cup Dry Brown Rice
- 1 cup Vegetable Stock
- 1 15oz. Red Kidney Beans, rinsed and drained
- ½ Yellow Onion, diced
- 2 stalks Celery, diced
- 3-4 cloves Garlic, minced
- 1 t Dried Thyme
- 1 t Smoked Paprika
- 1 t Dried Oregano
- 2 t Garlic Powder
- 2 t Onion Powder
- ½ t Cayenne Pepper
- Salt & Pepper, to taste
- 2-3 T Chopped Parsley
- 1-2 Bay Leaves

For Serving

- Chopped Parsley
- Sautéed Greens
- Collard Greens
- Chopped Scallions

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Cook rice according to package instructions.
3. Set a large pan to medium heat. Once hot, add onion, bell pepper, celery, and garlic. Cook until the vegetables are slightly browned, 7-8 minutes.
4. Add in the parsley, thyme, smoked paprika, oregano, garlic powder, onion powder, and cayenne pepper. Cook until aromatic, about 1 minute.
5. Add in the vegetable stock, kidney beans. Bring to a simmer, add the bay leaves, and cook for about 15 minutes. Once finished, remove the bay leaves.
6. Take about ¼ of the beans, and add them to a blender or food processor. Blend until smooth.
7. Serve with rice, and salad, and top with your desired garnishes. Enjoy!



Quick & Easy Asian Quinoa Salad with Sesame Ginger Dressing

Cook and Prep Time: 20 minutes

Serves: 4

You Need

- 1 cup Quinoa
- 1 cup Cucumber, diced
- 1 cup Bell Pepper, diced
- 1 cup Shelled Edamame
- 1 Carrot, shredded
- ½ cup Cilantro, chopped

For the Dressing

- ½ inch piece Ginger
- 1 T Maple Syrup
- 2 T Tamari
- 2 t Rice Wine Vinegar
- 1 t Sesame Oil (optional)
- Juice of 1 Lime

For Garnish

- Sriracha
- Sesame Seeds
- Pumpkin Seeds

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Cook the quinoa according to package instructions.
3. Meanwhile, add all of the dressing ingredients to a blender, and pulse until smooth.
4. Add all of the salad ingredients to a large bowl, and pour over the dressing. Toss to combine.
5. Serve with your desired garnishes, and enjoy!

Tex Mex Black Bean & Mushroom Soup





Serves 2-3

Cook and Prep Time: 35-40 minutes

You Need:

- 2 15 oz. cans Black Beans, rinsed and drained
- 1 White Onions, diced
- 2 cups Mushrooms, chopped
- ½ Red Bell Pepper, seeds removed and diced
- ½ Green Bell Pepper, seeds removed and diced
- 3-4 cloves Garlic, minced
- 1 15 oz. can Diced Tomatoes or 2 fresh Plum Tomatoes, diced
- 2 cups Vegetable Stock or Water
- 1 handful Cilantro, stems removed and roughly chopped
- 1 Lime, juiced
- Olive Oil or Vegetable Stock, for sautéing
- Salt, to taste
- Black Pepper, to taste
- 2 t Cumin
- 2 t Smoked Paprika
- 2 t Chili Powder
- 2 t Dried Oregano
- Salt & Pepper, to taste

For Garnish

- Chopped Cilantro
- Lime Wedges
- Red Chili Flakes

DIRECTIONS

1. Rinse and chop vegetables accordingly.
2. In a large pot set to medium heat. Then, add mushrooms, and sauté for 4-5 minutes.
3. Once heated, add garlic, onion, and peppers. Stir for 4-5 minutes, until softened.
4. Add black beans, tomatoes, and stock or water to the pot. Add cumin, chili powder, and oregano; stir to combine. Then, bring mixture to a boil. Once boiling, reduce heat to a simmer.
5. Allow soup to simmer about 10 minutes, until the soup begins to thicken. Add lime juice. Add salt and pepper to taste.
6. Distribute soup among bowls. Garnish each bowl with cilantro. Enjoy!

Sesame Tofu Quinoa Bowls



Cook and Prep Time: 40 minutes

Serves: 2

You Need

- ½ cup Quinoa
- 1 block Extra Firm Tofu, cut into ½-inch pieces
- 2 cups Broccoli Florets, chopped
- 1 cup Green Beans
- Salt & Pepper, to taste
- 1 T Extra Virgin Olive Oil, for roasting

For the Sauce

- 2 T Tamari
- 1 T Sesame Oil (optional)
- 1 t Garlic Powder
- 1 t Ground Ginger
- 1 T Arrowroot Powder
- 1 T Maple Syrup
- 1 Lime, juiced
- 1 T Sesame Seeds

For serving

- Chopped Scallions
- Red Chili Flakes
- Sriracha

DIRECTIONS

1. Rinse and chop the produce accordingly. Preheat your oven to 400°F. Line 1 baking tray.
2. Cook your quinoa according to package instructions.
3. Make the sauce by combining all ingredients in a bowl. Add the tofu to the bowl, and toss to coat.
4. In a separate bowl, toss the green beans and broccoli together in a bowl with 1 T olive oil, salt, and pepper.
5. Add the green beans and broccoli to one half of the baking tray, and the tofu to the other half.
6. Bake for 30 minutes, flipping halfway.
7. Add the cooked quinoa to a bowl, followed by the roasted vegetables and tofu.
8. Top with your desired garnishes. Enjoy!