



Meal Prep Week of November 29, 2021

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Suggested Meal Planner			
WEEK OF:	BREAKFAST	LUNCH	DINNER
MONDAY	Chickpea & Potato Hash	EASY Lentil Tacos	Spring Rolls with Peanut-Ginger Sauce
TUESDAY	Banana-Blueberry Oatmeal Muffins	Spring Rolls with Peanut-Ginger Sauce	Slow Cooker Sweet & Sour Tempeh
WEDNESDAY	Apple Pie Smoothie Bowl	EASY Lentil Tacos	Spaghetti Squash & Lentil "Meatballs"
THURSDAY	Banana-Blueberry Oatmeal Muffins	Slow Cooker Sweet & Sour Tempeh	Chickpea Al Pastor Tacos
FRIDAY	Pumpkin Spice Smoothie	Chickpea Al Pastor Tacos	Spaghetti Squash & Lentil "Meatballs"



Lunch & Dinner Grocery List

- 8 oz. Potatoes
- 2 15oz. can Chickpeas
- 1 cup Baby Spinach
- 2 Red Onions
- 4 head Garlic
- 2 Red Bell Peppers
- 3 cups Oat Flour
- 2 cups Rolled Oats
- ½ cup Walnuts
- 6 Bananas
- 1 cup Blueberries
- 2 cups Plant Milk
- 1 Apple
- 2 Dates
- 1 cup Pumpkin Puree
- 2 T Almond Butter
- 1 T Hemp Seeds
- 1 T Chia Seeds
- 1 cup Green Lentils
- 1 15oz. can Diced Tomatoes
- 2 Yellow Onions
- 1 can Chili Peppers in Adobo Sauce
- 3 cups Vegetable Stock
- 1 Lime
- 8-12 Taco Shells
- 10 Rice Paper Sheets
- 1 Carrot
- ¼ Purple Cabbage
- 5 oz. Vermicelli Noodles
- 8 oz. Shelled Edamame
- 1 Yellow Bell Pepper
- ¼ cup Mint
- 1 bunch Cilantro
- 1-inch piece Ginger
- 1 bunch Scallions
- 2 T Peanut Butter
- 1-2 t Rice Wine Vinegar
- 1 block Tempeh
- 2-3 Green Bell Peppers
- 1 Pineapple
- ¼ cup Tomato Sauce
- 1 Spaghetti Squash
- 1 cup French Lentils
- ½ cup Raisins
- 1 bunch Parsley
- 8oz. Cremini Mushrooms



BREAKFAST IDEAS

Chickpea & Potato Hash

Cook and Prep Time: 40 minutes

Serves: 2

You Need

- 8 oz. Potatoes, diced
- ½ 15oz. can Chickpeas, rinsed and drained
- ¾ cup Baby Spinach
- ½ Red Onion, diced
- 2-3 cloves Garlic, minced
- ½ Red Bell Pepper, diced
- 2 t Garlic Powder
- 1-2 t Ground Cumin
- 1-2 t Smoked Paprika
- 1 t Kala Namak (Black Salt) [Optional]
- Salt & Pepper, to taste
- Vegetable Stock or 1 T Extra Virgin Olive Oil, for sautéing

For Serving

- Diced Avocado
- Chopped Cilantro
- Chopped Jalapeno
- Salsa
- Hot Sauce

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Bring a small pot of water to a boil. Once boiling, add the potatoes and cook for 5 minutes. Then, strain the potatoes and set aside.
3. Heat a large cast iron skillet, setting it to medium-heat. Once hot, add 1 t Extra Virgin Olive Oil and the potatoes to the skillet. Evenly spread out the potatoes as best as possible, and do not touch them for 5 minutes. Then, give the potatoes a toss, and cook for another 5 minutes, untouched.
4. Add the onion, garlic, and bell pepper to the skillet. Cook for 4-5 minutes, until the onion is translucent, stirring occasionally.
5. Add the chickpeas, spinach, and spices. Cook until the spinach has wilted, the chickpeas have warmed through, and the spices are aromatic, about 2-3 minutes.



6. Serve with your desired toppings. Enjoy!

Banana-Blueberry Oatmeal Muffins

Cook and Prep Time: 30 minutes

Serves: 10-12 muffins

You Need

Dry Ingredients

- 1 cup Oat Flour
- $\frac{3}{4}$ cup Rolled Oats
- 1 t Baking Powder
- 1-2 t Ground Cinnamon
- $\frac{1}{2}$ cup Chopped Walnuts

Wet Ingredients

- 3-4 Ripe Bananas, mashed
- 1 cup Blueberries
- 2 T Ground Flax Seeds
- 1-2 T Maple Syrup, optional
- $\frac{1}{2}$ cup Plant Milk of Choice
- 1 t Vanilla Extract

DIRECTIONS

1. Preheat your oven to 375°F, and line 1 muffin tray.
2. In one bowl, combine all of your dry ingredients except the walnuts. Mix well. Then, add the walnuts, and fold them into the mix.
3. In a separate bowl, mash the bananas. Then, combine all of the wet ingredients into the bowl with mashed bananas, and mix well.
4. Add the dry ingredients to the wet ingredients, and mix until evenly combined.
5. Divide the batter evenly amongst the muffin liners. Then, bake for 20-25 minutes, or until you can insert a toothpick and it comes out clean. Then, allow the muffins to cool for 5-10 minutes at room temperature.
6. Enjoy!

Apple Pie Smoothie Bowl



Cook and Prep Time: 5 minutes

Serves: 1

You Need

- 1 Apple, chopped
- 1 Banana, chopped
- ½ cup Rolled Oats
- 2 Medjool Dates, pitted
- ½ t Vanilla Extract
- 1 t Ground Cinnamon
- ¼ t Ground Ginger
- ¼ t Ground Nutmeg
- ¼ cup Plant Based Milk

For Serving

- Chopped Apples
- Pumpkin Seeds
- Ground Cinnamon
- Pecans
- Nut Butter
- Granola

DIRECTIONS

1. Rinse and chop all of the produce accordingly.
2. Add all of the smoothie bowl ingredients to a blender, and pulse until smooth.
3. Serve with your desired toppings. Enjoy!

Pumpkin Spice Smoothie

Cook and Prep Time: 5 minutes

Serves: 1

You Need

- 1 cup Pumpkin Puree
- 1 Banana, sliced



- 1 T Almond Butter
- 1 T Chia Seeds
- 1 T Hemp Seeds
- 1 t Ground Cinnamon
- ¼ t Ground Nutmeg
- 1 t Vanilla Extract
- 1 cup Plant Milk of Choice

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Add all ingredients to a blender, and pulse until smooth.
3. Top with ground cinnamon and apple slices. Enjoy!

EASY Lentil Tacos

Cook and Prep Time: 25 minutes

Serves: 2

You Need

- 1 cup Green Lentils, cooked
- ½ 15oz. can Diced Tomatoes
- 2-3 cloves Garlic, minced
- ½ Yellow Onion diced
- 1-2 Chipotle Chili Peppers in Adobo, diced
- ¼ cup Vegetable Stock
- 1 T Tamari
- 2t Chili Powder
- 1-2 t Ground Cumin
- 1-2 t Smoked Paprika
- 1-2 t Maple Syrup
- 1 Lime, juiced
- Vegetable Stock or 1 T Extra Virgin Olive Oil, for sautéing
- Salt & Pepper, to taste

For Serving

- Taco Shells
- Cabbage Slaw
- Cilantro



- Jalapeno Peppers
- Salsa
- Hot Sauce
- Refried Beans
- Brown Rice

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Cook the lentils according to package instructions.
3. Set a pot to medium heat. Once hot, sauté the garlic and onion for 4-5 minutes, until the onion is translucent.
4. Add the chipotle peppers, spices, maple syrup, and tamari. Bring to a simmer, and cook on low for about 5 minutes, add water or vegetable stock if needed.
5. Add the cooked lentils and diced tomatoes. Then cover and continue to simmer for an additional 5-6 minutes. Season to taste.
6. Serve with taco shells and your desired toppings and sides. 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

- ½-inch piece Ginger
- 2 cloves Garlic
- 1 Scallion
- 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.

Slow Cooker Sweet & Sour Tempeh

Cook and Prep Time: 15 minutes (+2 hours)

Serves: 4

You Need

- 8 oz. Tempeh, chopped
- 1 Red Onion, chopped
- 5-6 cloves Garlic, sliced



- 2-3 Green Bell Peppers, chopped
- 16 oz. Pineapple, cut into pieces
- 2 T Arrowroot Powder + 2 T Water

Sweet & Sour Sauces

- ¼ cup Tomato Sauce
- 2-3 T Tamari
- 2-3 T Maple Syrup
- 2 T Apple Cider Vinegar OR Rice Wine Vinegar
- 1 T Grated Ginger
- ½ cup Water

For Serving

- Chopped Cilantro
- Chopped Basil
- Chopped Mint
- Sesame Seeds
- Brown Rice
- Chili Peppers

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Add all of your sauce ingredients to a bowl, and whisk to combine.
3. Set your slow cooker to HIGH. Add the onion, garlic, tempeh, pineapple, and bell pepper, and sauté for 4-5 minutes. Add the sauce. Then, cover and cook for 2-3 hours on HIGH OR 4-6 hours on LOW.
4. Meanwhile, in a small bowl, whisk together the arrowroot powder and water. Once finished cooking, add the arrowroot slurry, and cook for an additional 10 minutes, as the sauce thickens, with the lid removed.
5. Serve over brown rice. Enjoy!

Spaghetti Squash & Lentil “Meatballs”





Cook and Prep Time: 50 minutes

Serves: 2

You Need

- 1 Spaghetti Squash, halved lengthwise, seeds removed
- 1 cup French Lentils
- 2 cups Vegetable Stock OR Water
- 1 15oz. can Tomato Puree or Sauce
- 1 cup Oat Flour
- ½ Yellow Onion, diced
- 3-4 cloves Garlic, minced
- Salt, to taste
- Black Pepper, to taste
- 2-3 tsp. Garlic Powder
- 2-3 tsp. Onion powder
- 2 tsp. Tamari
- 2 tsp. Oregano
- ½ cup Raisins
- 1 tsp. Smoked Paprika
- Olive Oil or Vegetable Stock, for sautéing
- Chopped Parsley, for garnish

DIRECTIONS

1. Rinse and chop the produce accordingly. Preheat an oven to 400°F, and line 2 baking trays.
2. Make the lentils. To a pot, add 2 cups of lentils and 4 cups of water or vegetable stock. Season with salt and pepper. Bring to a boil, then cover and reduce heat to a simmer. Cook for 20 minutes, until the liquid is absorbed and the lentils are tender.
3. Remove the seeds from the center of the spaghetti squash. Brush 1 tbsp. olive oil over the inside of the squash, and lay cut-side down on 1 baking tray. Once the oven is hot, place the squash in the oven for 45 minutes, or until the squash is tender. Using a fork, remove the squash “noodles,” and place in a bowl until ready to serve.
4. Make the meatballs. Set a pot to medium heat. Once hot, add 1 tsp. olive oil. Then, add half of the onion and garlic. Sauté until onion is translucent, about 4-5 minutes. Add garlic and onion to a large bowl. Combine with lentils, tamari, oat flour, ½ of the paprika, salt, pepper, ½ of the garlic powder, and oregano. With wet hands, combine the mixture and begin to form 1-inch balls. Add balls to the other baking tray. Once finished, add these to the oven, and cook for 20 minutes, until slightly crispy and warmed through.
5. Make the sauce. Using the pot from Step 3, set to medium heat. Once hot, add 1 tsp. olive oil. Then, add the rest of the garlic and onion. Sauté until onion is translucent, stirring occasionally, 4-5 minutes. Then, add tomato puree. Bring mixture to a boil, then cover, and reduce heat to a simmer. Cook until desired



thickness is reached, at least 15 minutes, stirring occasionally. Then, season with salt, pepper, onion powder, and the remainder of the paprika and garlic powder.

6. Add squash noodles to a bowl. Top with sauce and meatballs. Garnish with fresh parsley. Enjoy!

Chickpea Al Pastor Tacos

Cook and Prep Time: 30 minutes

Serves: 2

You Need

- 1 15oz. can Chickpeas, rinsed and drained
- 1 cup Pineapple, chopped
- 1 Chipotle Pepper in Adobo Sauce
- 8 oz. Cremini Mushrooms, chopped
- ½ Red Onion, diced
- 3-4 cloves Garlic
- 2 t Chili Powder
- 1 t Ground Cumin
- 1 t Smoked Paprika
- 1 t Dried Oregano
- 1 T Apple Cider Vinegar
- Salt & Pepper, to taste

For Serving

- Corn Tortillas
- Chopped Cilantro
- Lime Wedges
- Sliced Avocado

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. To a blender, add 1 cup of pineapple, chipotle pepper, vinegar, garlic, chili powder, cumin, smoked paprika, oregano, and salt. Blend until smooth.
3. Set a pan to medium heat. Once hot, add the red onion and mushrooms. Cook until the mushrooms are tender, 7-8 minutes. Then, add the chickpeas, and cook for 5-6 minutes more.
4. Pour over the Al Pastor sauce, and cook until thickened, 2-3 minutes.
5. Serve on corn tortillas and garnish with your desired toppings. Enjoy!