



# Meal Prep Week of 12/6/2021

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Suggested Meal Planner			
WEEK OF:	BREAKFAST	LUNCH	DINNER
<b>MONDAY</b>	Pumpkin Overnight Oats	Black Bean, Sweet Potato, & Kale Skillet	Falafel (No Food Processor) and Mediterranean Salad
<b>TUESDAY</b>	Banana Pumpkin Muffins	Falafel (No Food Processor) and Mediterranean Salad	Spicy Chickpea & Kale Salad Wraps
<b>WEDNESDAY</b>	Carrot-Ginger-Mango Smoothie	Black Bean, Sweet Potato, & Kale Skillet	Vegan Cream of Mushroom Soup
<b>THURSDAY</b>	Banana Pumpkin Muffins	Spicy Chickpea & Kale Salad Wraps	Lentil Chili
<b>FRIDAY</b>	Savory Steel Cut Oats	Lentil Chili	Vegan Cream of Mushroom Soup

BONUS: Tofu Breakfast Burritos



## Lunch & Dinner Grocery List

- ½ c Steel Cut Oats
- 1 c Rolled Oats
- 4 cups Plant Milk
- 2 cups Pumpkin Puree
- 1 t Vanilla Extract
- 3 Bananas
- 3 cups Oat Flour
- 1 ½ cups Raisins
- 3 Carrots
- 1 cup Frozen Mango
- ½-inch piece Ginger
- 2 Dates
- 4 cups Mushrooms
- 3 White Onions
- 3 heads Garlic
- 7 cups Vegetable Stock
- 5 Yukon Gold Potatoes
- 1 block Extra-Firm Tofu
- 2 pints Cherry Tomatoes
- 2 Cucumbers
- 3 Red Onions
- 2 bunches Cilantro
- 1 Bell Pepper
- 1 Lime
- 1 28oz. can Black Beans
- 1 15oz. can Black Beans
- 2 15oz. cans Diced Tomatoes
- 4-8 Burrito Shells
- 1 Large Sweet Potatoes
- 4 cups Kale
- 1 bunch Scallions
- 2 15oz. cans Chickpeas
- 1 bunch Parsley
- 3 Lemons 2 T Za'atar Seasoning
- ½ c Kalamata Olives (preferably pitted)
- 1 c Sun-Dried Tomatoes
- 1 Avocado
- 1 c Nutritional Yeast
- ½ c Cashews
- ½ c French Lentils
- 1 15oz. can Kidney Beans
- 1 15oz. can Pinto Beans
- 1 Jalapeno Peppers
- 1 15oz. can Tomato Sauce OR Puree

## Pumpkin Overnight Oats

Cook and Prep Time: 5 minutes (+ 6-8 hours)

Serves: 1

### You Need

- ½ Rolled Oats
- ½ cup Plant Milk of Choice
- ½ cup Pumpkin Puree
- 1 t Vanilla Extract
- ½ Banana, ripe
- 1 t Ground Cinnamon
- 1 t Ground Nutmeg
- 1 t Chia Seeds

### Toppings

- ½ cup Pecans or Walnuts, chopped
- Hemp Seeds
- Pumpkin Seeds
- Chopped Apple



- Chopped Pear
- Ground Cinnamon

## DIRECTIONS

1. In a small bowl, mash the banana. Then, whisk the banana together with the pumpkin puree, vanilla extract, cinnamon, and nutmeg.
2. In a mason jar, add the rolled oats, chia seeds, plant milk, and pumpkin mixture. Stir to combine and set in the refrigerator overnight (or at least for 2 hours).
3. Serve with your desired toppings. Enjoy!

# Banana Pumpkin Muffins

Cook and Prep Time: 40 minutes

Serves: 12 muffins

## You Need

- 1 ½ cup Banana, mashed
- 1 T Ground Flax + 2 T Water, whisked together
- ¾ c Pumpkin Puree
- 2 T Maple Syrup
- ½ c Plant Milk of Choice

## Dry Ingredients

- ½ c Rolled Oats
- 1 ½ c Oat Flour (or other flour)
- 2 t Ground Cinnamon
- 1 t Ground Ginger
- 1 t Ground Nutmeg
- ½ t Ground Cloves
- 1 t Baking Powder
- ½ cup Raisins

## Toppings

- Chopped Walnuts
- Chopping Pecans
- Ground Cinnamon

## DIRECTIONS



1. Preheat your oven to 375°F. Line a 12-cup muffin tray.
2. In a large bowl, add all of your dry ingredients. Whisk together.
3. In a separate bowl, add all of your wet ingredients, and stir to combine.
4. Add wet ingredients to the dry ingredients, and mix well.
5. Add about 1/3 cup of your mixture to each muffin cup. Top with walnuts or pecans. Bake for 20-25 minutes, or until you can insert a toothpick and it comes out clean.
6. Let cool at room temperature for 5-10 minutes. Enjoy!

## Carrot-Ginger-Mango Smoothie

Cook and Prep Time: 5 minutes

Serves: 1

### You Need

- 1 Carrot, chopped
- ½ inch piece Ginger
- 1 cup Frozen Mango
- 2 Medjool Dates, pitted
- 1 T Chia Seed
- 1 T Hemp Seeds
- 1 c Plant Milk of Choice

### DIRECTIONS

1. Clean and prep the ingredients as necessary.
2. Add all ingredients to blender.
3. Pulse until smooth. Enjoy!

## Savory Steel Cut Oats

Cook and Prep Time: 40 minutes

Serves: 2

### You Need

- ½ cup Steel -Cut Oats
- ½ cup Mushroom, sliced



- ¼ cup White Onion, diced
- 1 clove Garlic, minced
- ¼ cup Carrot, diced
- ¼ cup Potato, chopped
- 2 t Tamari
- 2 cups Water or Vegetable Stock
- Salt & Pepper, to taste

#### Toppings

- Sesame Seeds
- Nori Sheets
- Dulse Flakes
- Hemp Seeds

#### DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Set a small pot to medium heat. Once hot, add the mushrooms to the pot, and sauté for 2-3 minutes. Then, add the potato, garlic, carrot, and onion. Cook for an additional 2-3 minutes, deglazing with water as needed.
3. Add the steel-cut oats, vegetable stock, and bring the pot to a boil. Once boiling, cover, and reduce the heat to low, and cook for 25-30 minutes, stirring every 5 minutes to prevent burning.
4. Add the tamari, and season to taste.
5. Serve, and top with your desired garnished. Enjoy!

## Tofu Breakfast Burritos



PS: yes, this is a taco variety, but the techniques are the same!

Cook and Prep Time: 60 minutes

Serves: 4

### You Need

For the Tofu

- 1 block Extra-Firm Tofu, pressed, crumbled
- ½ White or Yellow Onion, diced
- 1 t Ground Turmeric
- 1 t Garlic Powder
- 1 t Onion Powder
- ½ t Kala Namak (Black Salt) [optional]
- 1 T Tahini
- 2 T Nutritional Yeast
- ½ cup Plant-Based Milk



- 1 T Extra Virgin Olive Oil, for sautéing
- Salt & Pepper, to taste

#### For the Pico de Gallo

- 1-pint Cherry Tomatoes, chopped finely
- ½ Red Onion, diced
- 2-3 cloves Garlic, minced
- 1 cup Cilantro, finely chopped
- ½ Bell or Serrano Pepper, diced
- 1 Lime, juiced
- Salt & Pepper, to taste

#### For the Potatoes

- 3-4 cups Yukon Gold Potatoes, diced
- 1 T Arrow Root Powder
- 1 T Extra Virgin Olive Oil
- Salt & Pepper, to taste

#### For the Black Beans

- 1 large can Black Beans, rinsed and drained
- 1 small can Diced Tomatoes, or 8 oz. Cherry Tomatoes, halved
- 1 tbsp. Smoked Paprika
- 1 tbsp. Ground Cumin
- 1 tbsp. Garlic Powder
- 1 tbsp. Onion Powder
- Salt, to taste
- Black Pepper, to taste
- Olive Oil or Vegetable Stock, for sautéing

#### For Serving

- Avocado
- Burrito Shells
- Cilantro
- Scallions
- Hot Sauce
- Salsa

### **DIRECTIONS**

1. Rinse and chop the produce accordingly. Line one baking tray. Preheat your oven to 425°F.
2. Make the potatoes. Add the diced potatoes to your baking tray. Season with salt, pepper, and arrowroot powder. Toss together in olive oil. Then, roast for 35-40 minutes, flipping halfway, or until golden brown.





3. Make the tofu. In a small bowl, whisk together the turmeric, garlic powder, onion powder, paprika, black salt, tahini, and nutritional yeast. Then, slowly add the milk and whisk to combine. Set a pan to medium-high heat. Once hot, add the extra virgin olive oil. Then, add the tofu and onion, and fry for 5-7 minutes, until slightly browned. Then, add the sauce, and cook until your desired consistency is reached (it may take a few minutes to reach a drier consistency). Season to taste and set aside until ready to serve.
4. Make the Pico de Gallo. Combine all of the ingredients in a bowl, and mix well. Let stand for at least 10 minutes, to the flavors can marinate.
5. Make the Black Beans. Set a pan to medium heat. Once hot, add ½ tbsp. olive oil or vegetable stock. Then, add the black beans. Cook for 2-3 minutes, then add the tomatoes and spices. Toss to combine, and cook until everything is warmed through. Set aside until ready to serve.
6. Assemble the burritos. Add a layer of the black beans, followed by the tofu, pico de gallo, and your desired fillings. Pinch the edges of the tortilla and fold it over the filling. Tuck the filling into the middle, and finish rolling.
7. Enjoy!

## Black Bean, Sweet Potato, & Kale Skillet

Cook and Prep Time: 30-35 minutes

Serves: 4

### You Need

- ½ - ¾ Large Sweet Potato, grated
- ½ Yellow Onion, diced
- 2 cups Kale, chopped
- ½ Red Bell Pepper, diced
- 2-3 cloves Garlic, minced
- ½ 15oz. Black Beans, rinsed and drained
- 1 t Chili Powder
- 1 t Onion Powder
- 1 t Garlic Powder
- 1 t Ground Cumin
- 1 t Smoked Paprika
- 1 t Dried Oregano
- Salt & Pepper, to taste
- 1 T Extra Virgin Olive Oil

For Serving:

- Chopped Cilantro
- Chopped Scallions



- Hot Sauce
- Sriracha

#### **DIRECTIONS**

1. Rinse and chop the produce accordingly.
2. Set a large skillet to medium heat. Once hot, add the onion, and cook for 2-3 minutes. Then, add the garlic and bell pepper, and cook for 2-3 minutes more.
3. Add the grated sweet potato, and stir to combine. Then, cover the skillet and cook for 2-3 minutes. Removed the top, stir the mixture, and repeat once more. Add a small amount of water if the pan is too dry.
4. Add the spices, kale, and black beans. Stir to combine, then cover and cook for 1-2 minutes, until the kale has wilted. Season to taste.

## **Falafel (No Food Processor) and Mediterranean Salad**





Cook and Prep Time: 45 minutes

Serves: 2-3

### You Need

- 1 15oz. can Chickpeas, rinsed and drained
- ½ cup Oat Flour (or almond flour)
- ½ cup Parsley, chopped
- ½ cup Cilantro
- ½ Red Onion, minced
- 3-4 cloves Garlic, minced
- 1 Lemon, juiced
- 2 tsp. Cumin
- 1 tsp. Ground Cloves
- 1 tsp. Dried Thyme
- 1 tsp. Dried Oregano
- 1 tsp. Smoked Paprika
- 1 tsp. Ground Coriander
- 1 tbsp. Za'atar Seasoning
- Olive Oil
- Salt, to taste
- Black Pepper, to taste

### For the Salad

- 6 oz. Cherry Tomatoes, halved
- 1 English Cucumbers, diced
- ½ Red Onion, diced
- ½ cup Kalamata Olives, pitted and chopped
- Olive Oil
- 2 tsp. Red Wine Vinegar
- Salt, to taste
- Black Pepper, to taste
- 2 tsp. Dried Oregano
- 2 tsp. Dried Basil

### DIRECTIONS

1. Rinse and chop the produce accordingly. Preheat oven to 400°F. Line 1 baking tray.
2. Make the salad. Add the red onion, cucumber, olives, and cherry tomatoes to a bowl. Add 2 tbsp. olive oil, 1 tbsp. red wine vinegar, 1 tbsp. dried oregano, 1 tbsp. dried basil, and add salt/black pepper to taste. Mix well and set the salad aside until ready to plate.



3. Set a pan to medium heat. Add 1 tbsp. olive oil. Once hot, add red onion. Cook for 3-4 minutes, until slightly softened. Then, add garlic, a pinch of salt, and cook for 1 minute more, until fragrant.
4. Add all ingredients to a bowl except the oat flour, and begin to combine. Once mixed evenly, slowly add the oat flour to incorporate it evenly. Season with salt and pepper if needed.
5. Begin to form patties ½ inch thick. Place them on a lined baking tray.
6. Bake for 20-25 minutes, until outer layer is crispy and inside is soft.
7. Serve with Greek salad, and place falafel inside pita or taco shell. Enjoy!

## Spicy Chickpea & Kale Salad Wraps

Cook and Prep Time: 20-30 minutes

Serves: 2

### You Need

- 1 bunch Kale, roughly chopped, stem removed
- 1 15 oz. can Chickpeas, rinsed and drained
- ½ Red Onion, diced
- ½ cup Sun-Dried Tomatoes, sliced
- ½ Avocado, diced

### For the Sauce

- ½ Avocado
- 2 T Tahini
- ¾ c Sun-Dried Tomatoes
- 3 T Nutritional Yeast
- 2-3 t Ground Cayenne Pepper
- 1 t Smoked Paprika
- 2 cloves Garlic
- 1 Lemon, juiced
- 2 T Tamari OR Liquid Aminos
- 1-2 T Water (add ore if needed)
- Salt & Pepper, to taste

### For Serving:

- Tortilla Shells
- Pita Bread
- Sesame Seeds
- Pumpkin Seeds

### DIRECTIONS

1. Rinse and chop the produce accordingly



2. Add all the sauce ingredients to a blender, and pulse until smooth.
3. Toast the tortillas as desired.
4. In a large bowl, add the kale, chickpeas, onion, avocado, sun-dried tomatoes, and sauce. Mix well.
5. Serve with pita bread or wraps, and your desired garnishes. Enjoy!

## Vegan Cream of Mushroom Soup



Cook and Prep Time: 30-40 minutes

Serves: 2



### You Need

- 2-3 cups Cremini Mushrooms (Portobello and White Button Mushrooms work as well)
- ½ Yellow Onion, diced
- 3-4 cloves Garlic, minced
- ½ c Dry White Wine OR Juice of 1 Lemon
- 2 t Dried Thyme
- 2-3 cups Vegetable Stock
- 2 t Tamari
- 1 t Dried Basil

### For the Cream Sauce

- ¼ cup Cashews, soaked overnight
- ½ 15oz. Cannellini Beans, rinsed and drained
- 2 t Garlic Powder
- Salt & Pepper, to taste
- ¼ cup Water (+ more if needed)

### For Garnish

- Chopped Basil
- Chopped Parsley
- Scallions
- Red Chili Flakes
- Sautéed Mushrooms

### DIRECTIONS

1. Rinse and chop the produce accordingly.
2. To a large pot, add the mushrooms, and cook for 5-6 minutes, until reduced. Then, add the garlic and onion. Cook until the onion is translucent, 4-5 minutes.
3. Add the tamari, thyme, basil, and white wine. Cook until the alcohol has burned off, 4-5 minutes.
4. Add the vegetable stock. Bring the pot to a boil, then cover and reduce the heat to a simmer. Cook for 10-15 minutes.
5. Meanwhile, make the cream sauce. Combine all of the ingredients in a blender and pulse until smooth.
6. Once the soup is done simmering, add the cream sauce to the pot. Stir to combine, and season to taste.
7. Serve with your desired garnished. Enjoy!

## Lentil Chili

Cook and Prep Time: 35-45 minutes

Serves: 2

### You Need



- ½ cup French or Green Lentils
- ½ 15 oz. can Kidney Beans, rinsed and drained
- ½ 15 oz. can Pinto Beans, rinsed and drained
- ½ Green Bell Pepper, diced
- 1 Carrots, diced
- 1 Jalapeno Pepper, diced (optional)
- ½ Red Onion, diced
- 2-3 cloves Garlic, minced
- 1-2 cups Vegetable Stock
- ½ 15oz. can Tomato Sauce
- ½ 15 oz. can Diced Tomatoes
- 2 t Smoked Paprika
- 2 t Ground Cumin
- 1 t Chili powder
- 1 t Dried Oregano
- 1 t Cayenne Pepper (optional)
- Vegetable Stock or 1 T Extra Virgin Olive Oil, for sautéing
- Salt & Pepper, to taste

#### Toppings

- Chopping Cilantro
- Chopped Scallions
- Pickled Jalapenos
- Diced Red Onion

#### **DIRECTIONS**

1. Rinse and chop the produce accordingly.
2. Set a large pot to medium heat. Once hot, add the onion, carrot, bell pepper, and garlic. Sauté for 5-6 minutes, until the onion is translucent.
3. Add the spices, and cook for 1 minute, until fragrant.
4. Then, add the rest of the ingredients to the pot. Bring to a boil. Once boiling, cover, and reduce the heat to a simmer. Cook for 25-30 minutes, stirring occasionally to avoid burning, until the lentils are tender.
5. Season to taste. Serve with your desired garnishes. Enjoy!