



Meal Prep Week 12/13/2021

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Suggested Meal Planner			
WEEK OF:	BREAKFAST	LUNCH	DINNER
MONDAY	Apple Smoothie Bowl	Shawarma-Spiced Cauliflower & Chickpea Quinoa Bowls	Kimchi Fried Rice
TUESDAY	Pumpkin Baked Oatmeal	Kimchi Fried Rice	Quick Korean Noodles
WEDNESDAY	Pumpkin Pie Smoothie	Shawarma-Spiced Cauliflower & Chickpea Quinoa Bowls	Black Bean Rogan Josh
THURSDAY	Pumpkin Baked Oatmeal	Quick Korean Noodles	Warm Mediterranean Farro Salad
FRIDAY	Carrot Cake Overnight Oats	Warm Mediterranean Farro Salad	Black Bean Rogan Josh



Grocery List

- 3 Apples
- 4 Dates
- 4 Bananas
- 1 T Almond Butter
- 3 cups Rolled Oats
- 4 cups Plant Milk of Choice
- 2 15oz. cans Pumpkin Puree
- 3 Carrots
- 1 cup Quinoa
- 1 15oz. can Chickpeas
- 1 head Cauliflower
- 1 English Cucumbers
- 2 pints Cherry Tomatoes
- 2 bunches Parsley
- 2 bunches Cilantro
- 2 Lemons
- 1 cup Brown Rice
- 3 heads Garlic
- 2 Yellow Onions
- 3 bunches Scallions
- 2 bunches Baby Bok Choy
- 2 Bell Peppers
- 16 oz. Shelled Edamame
- 1 cup Kimchi
- 1 Lime
- 8oz. Sweet Potato Noodles
- 2 cups Mushrooms
- 1 Eggplant
- 2-3 T Tahini
- 1 15oz. can Black Beans
- 1 cup Sugar Snap Peas
- 1 inch piece Ginger
- 1 15oz. can Coconut Milk
- 1 15oz. can Tomato Puree
- 1 cup Farro
- 1 cup Kalamata Olives

Apple Smoothie Bowl

Cook and Prep Time: 10 minutes

Serves: 1

You Need

- 2 Apples, chopped
- 4 Dates, soaked in hot water for at least for 10 minutes
- 1 Banana, chopped
- 1 T Almond Butter
- ¼ cup Rolled Oats
- 1 c Plant Milk of Choice
- 1 t Ground Cinnamon
- Water, for sautéing

For Serving

- Chopped Apples



- Cinnamon
- Coconut Flakes
- Hemp Seeds
- Chia Seeds
- Almond Butter

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Heat a small pan over medium heat. Add the apples and cinnamon. Cook until brown and softened, adding water to the pan as needed.
3. Place all of the ingredients in a blender, but reserve about ¼ cup of the cooked apples. Blend until smooth.
4. Serve with your desired toppings. Enjoy!

Pumpkin Baked Oatmeal

Cook and Prep Time: 35 minutes

Serves: 8

You Need

- 2 Ripe Bananas, mashed
- 1 cup Plant Milk of Choice
- 1 15oz. can Pumpkin Puree
- 2 cups Rolled Oats
- 1 T Ground Flax Seeds + 2 T Water
- 2 t Ground Cinnamon
- 1 t Ground Nutmeg
- 1 t Ground Cloves
- 1 t Baking Powder
- 2 T Maple Syrup

Toppings

- Pumpkin Seeds
- Pecans
- Walnuts
- Ground Cinnamon

DIRECTIONS

1. Combine the flax seeds with the water. Stir to combine, and set aside for about 10 minutes.



2. Preheat your oven to 375°F and line a deep baking tray.
3. In one large mixing bowl, combine the flax egg, plant milk, pumpkin puree, maple syrup, and vanilla extract. Whisk to combine.
4. In a separate bowl, combine the oats, spices, and baking powder. Mix well.
5. Pour the dry ingredients into the bowl with the wet ingredients, and stir until combined.
6. Pour the mixture into your baking dish, and bake for 30-35 minutes, or until set.
7. Once done baking, allow the baked oatmeal to cool to room temperature before cutting. Enjoy!

Pumpkin Pie Smoothie

Cook and Prep Time: 5 minutes

Serves: 2

You Need

- 1 cup Plant Milk of Choice (coconut is best)
- ¾ cup Pumpkin Puree
- 1 Ripe Banana
- 1 T Chia Seeds
- 1 T Hemp Seeds
- 1 t Vanilla Extract
- 1 t Ground Cinnamon
- ¼ c Pecans

For Serving

- Chopped Pecans
- Coconut Flakes
- Ground Cinnamon

DIRECTIONS

1. Add all of the ingredients to a blender.
2. Pulse until smooth.
3. Serve with your desired garnishes, enjoy!

Carrot Cake Overnight Oats

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



Serves: 1

You Need

- ½ cup Rolled Oats
- ½ c Carrots, grated
- ¾ c Plant Milk of Choice
- 1 T Maple Syrup
- ¼ t Vanilla Extract
- ¼ t Ground Ginger
- ¼ c Raisins
- ¼ c Chopped Walnuts

Toppings

- Pumpkin Seeds
- Raisins
- Coconut Flakes
- Chopped Apple
- Chopped Pear
- Cinnamon

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Combine all ingredients in a bowl, and mix well.
3. Add the mixture to a mason jar and store in the fridge.
4. When ready to serve, add your desired toppings. Enjoy!

Shawarma-Spiced Cauliflower & Chickpea Quinoa Bowls

Cook and Prep Time: 40 minutes

Serves: 2

You Need

- ½ cup Quinoa
- 1 15oz. can Chickpeas, rinsed and drained



- 1 Cauliflower, chopped into florets
- 1 T Extra Virgin Olive Oil
- 1 English Cucumber, cut into ½ inch pieces
- 1 pint Cherry Tomatoes, quartered
- ½ Red Onion, diced
- ¼ cup Parsley, chopped
- ¼ cup Cilantro, chopped
- 1 Lemon, juiced
- Salt & Pepper, to taste

Shawarma Spice Blend

- 2 t Ground Cumin
- 2 t Smoked Paprika
- 1 t Ground Cloves
- 1 t Ground Cinnamon
- 1 t Dried Oregano
- 2 t Garlic Powder
- 1 2 t Ground Turmeric
- 1 t Ground Ginger
- 1 t Allspice
- Salt & Pepper, to taste

Tahini Dressing

- ¼ - ½ cup Tahini
- ½ cup Water
- 1 Lemon, juiced
- Salt & Pepper, to taste

DIRECTIONS

1. Rinse and chop the produce accordingly. Preheat your oven to 425°F. Line 2 baking sheets.
2. Cook the quinoa according to package instructions.
3. Make your spice mix by whisking all of your spices together.
4. Add the cauliflower to one baking tray, and the chickpeas to the other.
5. Add half of the spice mix, salt, and pepper to the cauliflower, and toss in 1 T Extra Virgin Olive Oil. Roast for 25 minutes, or until golden brown and crispy.
6. Add the other half of the spice mix, salt, and pepper to the chickpeas, and toss in 1 T Extra Virgin Olive Oil. Roast 25-30 minutes, until golden brown.
7. Meanwhile, in a bowl, toss together the tomatoes, cucumbers, red onion, cilantro, parsley, lemon juice, salt, and pepper. Toss to combine.
8. Assemble the bowls. Add a bottom bed of quinoa, and top with the cauliflower, chickpeas, and salad. Drizzle over the tahini dressing. Enjoy!



Kimchi Fried Rice



Cook and Prep Time: 30 Minutes



Serves: 32

You Need

- ½ cup Cooked Brown Rice
- 1-2 cloves Garlic, minced
- ½ Yellow Onion, diced
- ½ bunch Scallions, chopped, whites & greens separated
- 1 Carrots, chopped
- 1 head Baby Bok Choi, chopped, stems and leaves separated
- ½ Bell Pepper, diced
- 8 oz. Shelled Edamame OR Peas
- ½ - ¾ cup Kimchi, chopped
- 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)
- 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, kimchi, 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!



Quick Korean Noodles



Cook and Prep Time: 15-20 minutes

Serves: 2

You Need



- 8oz. Sweet Potato Noodles
- 2 cups Mushrooms, chopped
- 1 cup Shelled Edamame or Peas
- 2 cups Zucchini OR Eggplant, chopped
- 3-4 cloves Garlic, sliced
- 1 bunch Scallions, cut on a bias
- Salt & Pepper, to taste
- 1 T Extra Virgin Olive Oil OR Vegetable Stock, for sautéing

For the Sauce

- ¾ cup Tamari
- 2 T Rice Wine Vinegar
- 2-3 T Tahini
- 1 T Garlic Powder
- 1 T Chili Flakes (optional)
- 1 cup Water
- 2 T Arrowroot Powder

For Serving

- Chopped Cilantro
- Sesame Seeds
- Chili Flakes
- Chopped Scallions

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Cook the noodles according to package instructions.
3. Add all the sauce ingredients to a bowl, and whisk together.
4. Set a large skillet to medium heat. Once hot, add the mushrooms and cook for about 5 minutes until reduced and the liquid. Then, add about 2 T of the sauce, and toss to coat. Remove the mushrooms from the pan and return the pan to heat.
5. Deglaze the pan with about 2 T water, then add the eggplant, garlic, and scallion. Cook for about 5 minutes.
6. Add the edamame, noodles, mushrooms, and the remaining sauce. Toss it all together and cook until warmed through, about 2-3 minutes.
7. Serve with your desired garnishes. Enjoy!

Black Bean Rogan Josh



Cook and Prep Time: 20 minutes

Serves: 2

You Need



- 1 15oz. can Black Beans, rinsed and drained
- 1 cup Snap Peas, chopped
- 1 bunch Baby Bok Choy, halved
- 1 15oz. can Coconut Milk
- 1—inch piece Ginger, minced
- 5-6 cloves Garlic, sliced
- 1 Red Bell Pepper
- 1-2 Chili Peppers, diced (optional)
- 1 Yellow Onion, diced
- ½ cup Tomato Puree
- 2 t Ground Cumin
- 1 t Ground Turmeric
- 1 t Ground Coriander
- 2 t Garam Masala
- 1 Red Chili, sliced
- ½ cup Cilantro Stalks, chopped
- ½ cup Cilantro Leaves, chopped
- 2 Tamari
- Salt & Pepper, to taste
- Vegetable Stock or Water, for sautéing

For Serving

- Chopped Cilantro
- Chopped Scallions
- Chopped Chili Pepper
- Roasted Potatoes
- Brown Rice

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Set a large skillet to medium heat. Once hot, add the ginger, chili pepper, garlic, ground cumin, onion, scallion, ground turmeric, garam masala, and ground coriander. Cook for about 1 minute with 1 T of water or vegetable stock, until the spices are fragrant, stirring frequently to avoid burning.
3. Then, add the coconut milk, tomato puree, and tamari. Cook for 1-2 minutes.
4. Add the black beans, snap peas, and bok choy, and 1 cup of water. Cook for 1-2 minutes, and then add the cilantro leaves. Cook for another minute, and season to taste.
5. Serve the curry with roasted potatoes or brown rice, and top with your desired garnishes. Enjoy!

Warm Mediterranean Farro Salad



Cook and Prep Time: 35 minutes

Serves: 2

You Need

- Roasted Oregano-Spiced Chickpeas (see below)
- 1 cup Farro
- 2 cups Cherry Tomatoes, halved
- ¼ Red Onion, diced
- ½ cup Scallions, thinly sliced



- ½ Red Bell Pepper, diced
- ½ cup Kalamata Olives, chopped
- 1 English Cucumber, diced
- ½ cup Parsley, chopped

For the Dressing:

- 1 Lemon, juiced
- ¼ cup Basil
- ¼ cup Tahini
- ¼ cup Water
- 2 cloves Garlic
- Salt, to taste
- Black pepper, to taste

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Bring pot of water to a boil. Once boiling, add farro and cook for 20-25 minutes. Then, drain and rinse under cold water.
3. Make the chickpeas (see below).
4. Make the dressing. Combine all ingredients in a blender, and pulse until smooth. Adjust thickness by adding more tahini or water as needed. Season to taste.
5. Add farro to a bowl with chopped tomatoes, onion, cucumber, scallions, bell peppers, and olives.
6. Add the chickpeas and the dressing, and toss to combine. Enjoy!

Roasted Oregano-Spiced Chickpeas

Serves 2

Cook and Prep Time: 30 minutes

You Need:

- 1 29 oz. can Chickpeas, rinsed and drained
- 1 tsp. Olive Oil



- Salt, to taste
- Pepper, to taste
- 1 tbsp. Ground Cumin
- 2 tsp. Dried Thyme
- 1 tsp. Dried Oregano

DIRECTIONS

1. Rinse and drain the chickpeas. Heat an oven to 400°F. Line 1 baking tray.
2. On a baking tray, add chickpeas and spices. Sprinkle olive oil mix well with hands.
3. Once oven is warm, place chickpeas in the oven for 20-25 minutes, or until slightly crispy, mixing halfway through.
4. Place in a bowl for serving. Garnish with fresh parsley. Enjoy!