



Meal Prep Week 12/27/2021

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Suggested Meal Planner			
WEEK OF:	BREAKFAST	LUNCH	DINNER
MONDAY	Banana Chai-Spice Smoothie	Thai-Inspired Butternut Squash-Chickpea-Quinoa Salad	Roasted Carrot & Apple Soup
TUESDAY	Banana-Raisin-Pumpkin Muffins	Roasted Carrot & Apple Soup	Maple-Dijon Glazed Tempeh Bowls
WEDNESDAY	Pumpkin Spice Oatmeal	Thai-Inspired Butternut Squash-Chickpea-Quinoa Salad	Mexican Black Rice & Squash
THURSDAY	Banana-Raisin-Pumpkin Muffins	Maple-Dijon Glazed Tempeh Bowls	Lentil Nachos
FRIDAY	Apple Pie Overnight Oats	Lentil Nachos	Mexican Black Rice & Squash



Grocery List

- 4 Bananas
- 4 cups Plant Milk
- 2 T Nut Butter
- 1 15oz. can Pumpkin Puree
- 1 c Oat Flour
- 1 c Raisins
- 1 c Steel Cut Oats
- 4 Apples
- 1 cup Rolled Oats
- 1 cup Coconut Yogurt
- 6 cups Butternut Squash
- 1 cup Quinoa
- 1 15oz. can Chickapeas
- 3-4 cups Kale
- 5 cups carrots
- 1 cup Purple Cabbage
- 1 Bell Pepper
- 1 cup Basil
- 1 15oz. can Diced Tomatoes
- 1 cup Peanuts
- 6 Limes
- 1 T Fresh Ginger
- 3 bulbs Garlic
- 2 bunches Scallions
- 1 Yellow Onion
- 2 Celery Stalks
- 1 28oz. can Cannellini Beans
- 4 cups Vegetable Stock
- 1 Sweet Potato
- 2 Red Onions
- 1 block Tempeh
- 3 Avocados
- ½ cup Sauerkraut or Kimchi
- 1 cup Quinoa
- 1 cup Black Rice
- 1 15oz. can Pinto Beans
- 1 Chili Pepper
- 1 bunch Cilantro
- 1 pint Cherry Tomatoes
- 1 Lemon
- ½ cup Cashews
- ½ cup Roasted Red Peppers
- 1 T Nutritional Yeast
- 1 cup French Lentils

Banana Chai-Spice Smoothie

Cook and Prep Time: 5 minutes

Serves: 2

You Need

- 2 Bananas
- 1 cup Plant Milk of Choice
- 1 T Chia Seeds
- 1 T Ground Flax Seeds
- 1 T Hemp Seeds
- 2 T Nut Butter
- 1 t Chai Spice Mix (see below)

Chai Spice Mixture:



- 1 T Ground Cinnamon
- 1 T Ground Cardamom
- 2 t Ground Ginger
- 2 t Ground Cloves
- 2 t Ground Nutmeg
- ½ t Black Pepper

For Serving

- Sliced Bananas
- Chia Seeds
- Chai Spice

DIRECTIONS

1. Prepare all the ingredients accordingly. Store the rest of the chai spice in a container for up to a year.
2. Mix all ingredients in a blender, and pulse until smooth.
3. Enjoy!

Banana-Raisin-Pumpkin Muffins

Cook and Prep Time: 40 minutes

Serves: 8 muffins

You Need

Wet Ingredients

- 2 Ripe Bananas
- ½ cup Pumpkin Puree
- 1 t Vanilla Extract
- 1 T Maple Syrup
- 1 T Ground Flax Seeds + 2 T Water
- ½ cup Plant Milk of Choice

Dry Ingredients

- 1 cup Oat Flour
- 1 T Ground Cinnamon
- 1 t Baking Soda



- ½ t Salt
- 1 t Ground Ginger
- 1 t Ground Cloves
- ½ cup Raisins

DIRECTIONS

1. Preheat your oven to 375°F. Line a one muffin tray.
2. In a large bowl, add all of the dry ingredients except for the raisins, and whisk together.
3. In another bowl, add the bananas, and mash. Then, add all of the wet ingredients.
4. Add the wet ingredients to the dry ingredients, and stir to evenly combine. Then, add the raisins and fold them in evenly.
5. Add your mixture to the muffin cups. Bake for 27-30 minutes. Then, remove from the oven and let them cool for 5-10 minutes.
6. Enjoy!

Pumpkin Spice Oatmeal

Cook and Prep Time: 20 minutes

Serves: 2

You Need

- 1-1 ½ cup Plant Milk of Choice
- 1 cup Water
- ¾ cup Steel-Cut Oats
- 1-2 T Pumpkin Puree
- 1 T Maple Syrup
- 1 T Ground Cinnamon
- ½ t Ground Ginger
- ½ t Nutmeg
- ½ t Ground Allspice
- ½ t Ground Cloves
- ½ t Vanilla Extract

Toppings

- Chopped Apples
- Sliced Banana



- Berries
- Pumpkin Seeds
- Sesame Seeds
- Ground Cinnamon
- Chia Seeds
- Walnuts
- Pecans
- Nut Butter

DIRECTIONS

1. Add the water, pumpkin puree, maple syrup, spices, and vanilla extract to a small pot. Bring to a simmer and stir to combine and the spices are fragrant, 2-3 minutes
2. Add the plant milk and oats. Bring to a boil, then reduce the heat to a low simmer. Cook for 10-15 minutes, until most of the liquid has been absorbed.
3. Serve with your desired toppings. Enjoy!

Apple Pie Overnight Oats

Cook and Prep Time: 10 minutes (plus 8 hours)

Serves: 1

You Need

For the Apples

- ½ cup Apple, chopped
- 1 t Ground Cinnamon
- Water, as needed, for sautéing

For the Oats

- ½ cup Rolled Oats
- ½ cup Plant Milk of Choice
- 2 T Chia Seeds
- ¼ cup Coconut Yogurt
- 1 t Maple Syrup
- 1 t Vanilla Extract
- 1 t Ground Cinnamon



- ½ t Ground Allspice
- ½ t Ground Cloves
- ½ t Ground Ginger

Toppings

- Nut Butter
- Chia Seeds
- Hemp Seeds
- Sunflower Seeds
- Chopped Apple
- Sliced Banana
- Walnuts

DIRECTIONS

1. Cook the apples. Add the apples to a skillet set to medium-low heat. Add 1 T of water as needed for sautéing. Cook for 2-3 minutes, until softened. Then, add the cinnamon, and cook until fragrant, 1 minute.
2. Mix the rest of the ingredients together in a bowl.
3. Add in the cooked apples. Then, transfer the mixture into a mason jar, and store in the refrigerator overnight.
4. Serve with your desired garnishes. Enjoy!

Thai-Inspired Butternut Squash-Chickpea-Quinoa Salad

Cook and Prep Time: 50-60 minutes

Serves: 2-3

You Need

- 2 cups Butternut Squash, diced
- ½ cup Quinoa + 1 cup Water or Vegetable Stock
- 1 15oz. can Chickpeas, rinsed and drained
- 1 cup Kale, chopped
- ½ cup Carrots, chopped
- 1 cup Purple Cabbage, shredded
- 1 Bell Pepper, sliced thinly
- ¼ cup Fresh Basil, chopped



- ¼ cup Peanuts, chopped
- Salt & Pepper, to taste

For the Dressing

- 2 T Tahini
- 1 T Peanut Butter (optional)
- 1 Lime, juiced
- 1 T Maple Syrup
- 1 T Tamari
- 1-2 t Fresh Ginger
- 2 cloves Garlic
- 1 Scallion
- Salt & Pepper, to taste
- 1-2 T Water (add more as needed)

For Garnish

- Chopped Peanuts
- Chopped Scallions
- Sriracha
- Chopped Cilantro
- Sesame Seeds
- Red Chili Flakes

DIRECTIONS

1. Rinse and chop the produce accordingly. Preheat your oven to 425°F and line one baking tray.
2. Roast the squash. Add the squash to your baking tray. Season with salt and pepper, and toss in 1 T of EVOO. Roast for 25-30 minutes, tossing halfway.
3. Make the quinoa. Combine the quinoa and vegetable stock in a small pot. Season with salt and pepper. Bring the pot to a boil, then reduce the heat to a simmer and cover. Cook for about 20 minutes, until the quinoa is tender and the liquid has been absorbed.
4. Make the dressing. Combine all of the ingredients in a blender, and pulse until smooth.
5. Add the quinoa to a large mixing bowl. Then, add the kale, carrots, cabbage, peanuts, basil leaves, chickpeas, bell peppers, and butternut squash. Pour of the dressing and toss to combine.
6. Serve with your desired garnishes. Enjoy!

Roasted Carrot & Apple Soup



Cook and Prep Time: 40 minutes

Serves: 4

You Need

- 1 lb. Carrots, chopped
- 1 Yellow Onion, diced
- 3-4 cloves Garlic, sliced
- 2 Apples, diced
- 2 Stalks Celery, chopped
- 1 28oz.can Cannellini Beans, rinsed and drained
- 4 cups Vegetable Stock
- 1 t Dried Thyme
- Extra Virgin Olive Oil OR Vegetable Stock, for sautéing
- Salt & Pepper, to taste

For Garnish

- Coconut Cream
- Pumpkin Seeds
- Chopped Cilantro
- Chopped Scallions
- Chopped Pecans
- Sesame Seeds

DIRECTIONS

1. Rinse and chop the produce accordingly. Preheat your oven to 425°F, and line one baking tray.
2. Add the carrots to the baking tray, and toss with salt, pepper, and extra virgin olive oil. Roast for about 25 minutes, flipping halfway.
3. Set a Dutch Oven to medium heat. Once hot, add the onion, and sweat for about 7-8 minutes, until translucent.
4. Add the apples, celery, and garlic. Cook until the apples have softened, 4-5 minutes.
5. Add the roasted carrots to the Dutch Oven, along with the cannellini beans, dried thyme, and vegetable stock. Bring to a boil, then cover and reduce the heat to a simmer. Let this cook for about 15 minutes, stirring occasionally.
6. Turn off the heat on the Dutch Oven. Using an immersion blender, blend until completely smooth. Season with salt and pepper to taste.
7. Serve with your desired garnishes. Enjoy!

Maple-Dijon Glazed Tempeh Bowls



Cook and Prep Time: 40-50 minutes

Serves: 2

You Need

- 1 Sweet Potato, diced
- ½ Red Onion, sliced
- 1 block Tempeh, diced
- 1-2 cups Kale, chopped, stems removed
- ½ Avocado, diced
- ½ cup Sauerkraut or Kimchi
- Salt & Pepper, to taste

For the Sauce

- 2 T Dijon Mustard
- 1 T Maple Syrup
- 2 T Tamari
- 1 T Extra Virgin Olive Oil
- Salt & Pepper, to taste

For Serving

- Quinoa OR Brown Rice
- Pickled Onions
- Chopped Apples
- Pumpkin Seeds
- Pecans
- Dried Cranberries

DIRECTIONS

1. Rinse and chop the produce accordingly. Preheat your oven to 425°F. Line two sheet pans.
2. Marinate the tempeh. In a bowl, whisk together all of the sauce ingredients. Then, add the tempeh, and let it stand for 15-20 minutes. (Alternatively, you can make marinate the tempeh the night before so it is ready for use).
3. To one of the sheet pans, add the tempeh, and reserve the leftover marinade. To the second sheet pan, add the sweet potatoes and red onion. Season with salt and pepper and toss in extra virgin olive oil. Roast for 25-30 minutes, until tender.
4. Add the kale to bowl with the leftover tempeh marinade. Begin to massage the kale, and the avocado to the mix, and toss to combine.
5. Begin by plating some quinoa or brown rice, and top with the roasted sweet potatoes, tempeh, kale, sauerkraut, and any other desired toppings. Enjoy!



Mexican Black Rice & Squash

Cook and Prep Time: 45- 50 minutes

Serves: 4

You Need

- ¾ cups Black Rice
- 1-2 cups Butternut Squash OR Pumpkin, cubed, skin removed
- ½ Red Onion, diced
- 1 15oz. can Pinto Beans, rinsed and drained
- 3-4 cloves Garlic, minced
- ½ Chili Pepper, diced (optional)
- 1 Limes, juiced
- 1 t Ground Cumin
- 1 t Smoked Paprika
- 1 t Dried Oregano
- Vegetable Stock OR 1 T Extra Virgin Olive Oil, for sautéing
- Salt & Pepper, to taste

For Serving

- Diced Avocado
- Chopped Cilantro
- Lime Wedges
- Pumpkin Seeds

DIRECTIONS

1. Rinse and chop the produce accordingly. Preheat your oven to 425°F. Line 1 baking tray.
2. Cook the rice. Add 3 cups of water to a pot along with the rice. Bring to a boil, and then cover and reduce the heat to a simmer. Cook for 35-40 minutes, until the water has been absorbed and the rice is tender. Then, fluff with a fork and leave uncovered.
3. Roast the squash. Add the squash to the lined baking tray. Season with salt and pepper and 1 t each of smoked paprika, ground cumin, and dried oregano, and toss in 1 T of Extra Virgin Olive Oil. Then, roast for 25-30 minutes, or until golden brown, flipping halfway.
4. Set a skillet to medium heat. Once hot, add garlic, chili pepper, and onion. Cook until translucent, 5-6 minutes, stirring to avoid burning. Then, add pinto beans, the rest of the spices, and juice of 1 lime. Season to taste. Cook until warmed through, 1-2 minutes.
5. Then, to a large bowl, add the rice, roasted squash, and cooked vegetables. Toss to combine.
6. Serve the rice, and top with your desired garnishes. Enjoy!



Lentil Nachos



Cook and Prep Time: 40 minutes

Serves: 2



You Need

- 1 Avocado, diced
- ½ cup Cherry Tomatoes, chopped
- 1 Lime
- Chopped Cilantro

For the Chips

- 6 6-inch Corn Tortilla Shells
- 1 Lime, juiced
- Salt & Pepper, to taste

Quick Cashew Cheese Sauce

- ½ cup Cashews, soaked overnight
- ½ Lemon, juiced
- ¼ cup Roasted Red Peppers
- ¼ cup Water
- 1 T Nutritional Yeast
- 1 t Chili Powder
- 2 t Garlic Powder
- 1 t Smoked Paprika
- Salt & Pepper, to taste

For the Lentils

- ½ cup French Lentils
- ½ 15oz. can Diced Tomatoes
- ½ bunch Scallions, chopped
- 2-3 cloves Garlic, sliced
- 1 t Garlic Powder
- 1 t Onion Powder
- 1 t Ground Cumin
- 1 t Smoked Paprika
- ½ T Tamari
- Salt & Pepper, to taste
- Extra Virgin Olive Oil or Vegetable Stock, for sautéing

DIRECTIONS

1. Rinse and chop the produce accordingly. Line 2 baking trays and preheat your oven to 350°F.
2. Make the chips. Cut the tortilla shells into four quarters. Add them to the baking trays, and toss in lime juice, salt & pepper. Once the oven is hot, bake for about 15 minutes, tossing halfway.



3. Make the lentils. Cook the lentils in 2 cups of water. Bring to a boil, then cover and reduce the heat to a simmer. Cook until the lentils are tender, about 20 minutes or when all of the liquid has evaporated.
4. Set a skillet to medium heat. Once hot, add the scallions and garlic. Cook until fragrant, about 1-2 minutes. Then, add the cooked lentils, diced tomatoes, tamari, and spices. Toss together and cook until warmed through, about 5-6 minutes.
5. Meanwhile, make the cheese sauce. Combine all the ingredients in a high speed blender and pulse until smooth.
6. Assemble the nachos. Add the chips, then the lentils, cashew cheese, chopped tomatoes, avocados, and cilantro. Garnish with lime wedges. Enjoy!