



Meal Prep Week of January 17, 2022

Recipes by Vincent Esposito, Ms, DC





Suggested Meal Planner			
WEEK OF:	BREAKFAST	LUNCH	DINNER
MONDAY	Pumpkin Seed Granola	Roasted Cauliflower & Sweet Potato Tacos	EASY Chickpea & Spinach Curry
TUESDAY	Pumpkin Oatmeal Bars	EASY Chickpea & Spinach Curry	Tempeh Chili
WEDNESDAY	Apple Cinnamon Smoothie	Roasted Cauliflower & Sweet Potato Tacos	Gochujang Tofu Fried Rice
THURSDAY	Pumpkin Oatmeal Bars	Tempeh Chili	Vegan Enchilada Casserole
FRIDAY	Chocolate & Peanut Butter Smoothie Bowl	Vegan Enchilada Casserole	Gochujang Tofu Fried Rice

BONUS: Enchilada Sauce



Grocery List

- ½ cup Chia Seeds
- 1 cup Pumpkin Seeds
- 1 cup Almonds
- 1 cup Pecans
- 1 cup Sunflower Seeds
- 1 cup Sesame Seeds
- ½ cup Hemp Seeds
- 1 15oz. can Pumpkin Puree
- 6 T Nut Butter
- 4 Bananas
- 2 T Ground Flaxseeds
- 3 cups Rolled Oats
- 1 cup Cashews
- 1 cup Oat flour
- 1 Apple
- 1 Date
- ½ cup Cacao Powder
- 1 head Cauliflower
- 1 Sweet Potato
- 2 Limes
- 2 Avocados
- 24 Corn Tortillas
- 2 15oz. cans Black Beans
- 1 Red Onion
- 5 heads Garlic
- 2 cups Vegetable Stock
- 1 block Tofu
- 1 15oz. can Chickpeas
- 3 cups Baby Spinach
- 3 Yellow Onions
- 1 5oz. can Coconut Cream
- 1 Lemon
- 3 Carrots
- 1 block Tempeh
- 1 15oz. can Kidney Beans
- 3 Bell peppers
- 1 15oz. can Diced Tomatoes
- 1 15oz. can Corn
- 2 T Dulse Flakes
- 1 cup Brown Rice
- 1 bunch Scallions
- 1 bunch Baby Bok Choy
- 6oz. Peas

Pumpkin Seed Granola

Cook and Prep Time: 35 minutes

Serves: 8 servings

You Need

- ½ cup Pumpkin Seeds
- 1 cup Almonds, chopped
- 1 cup Pecans, chopped
- ½ cup Sunflower Seeds
- ½ cup Sesame Seeds
- ¼ cup Hemp Seeds

Coating



- 2 T Maple Syrup
- 1 T Flaxseeds + 3 T Water, whisked together
- 1 T Nut Butter
- 1-2 Ground Cinnamon
- 1 t Ground Ginger
- ½ t Ground Allspice
- ¼ t Ground Cloves
- ¼ t Ground Nutmeg
- 1 T Coconut Oil
- 2 T Pumpkin Puree

For Serving

- Coconut Yogurt
- Dried Fruit
- Chopped Apples
- Berries
- Coconut Flakes
- Nut or Seed Butters

DIRECTIONS

1. Preheat your oven to 300°F. Line one baking sheet with parchment paper.
2. In a bowl, mix together the nut butter, pumpkin puree, coconut oil, maple syrup, and spices. Whisk together to combine evenly.
3. To a large bowl, add all of the nuts and mix. Then, pour the liquid layer over the nuts and seeds, and toss to evenly coat.
4. Spread the mixture out evenly on your baking tray. Bake for 25-30 minutes, rotating the pan halfway through. Try not to stir while baking.
5. Remove the pan from the oven, and let it cool completely.
6. Serve with your sides and plant-based yogurt. Enjoy!

Pumpkin Oatmeal Bars

Cook and Prep Time: 45 minutes

Serves: 16 bars

You Need

Wet Ingredients



- ½ cup Pumpkin Puree
- 1 T Almond Butter
- 1 T Coconut Oil
- 2 Bananas, mashed
- 1 T Maple Syrup
- 1 T Ground Flaxseed + 3 T Water
- 1 t Vanilla Extract

Dry Ingredients

- 1 ¼ cup Rolled Oats
- ¾ cup Oat Flour
- ½ t Baking Soda
- ½ t Baking Powder
- 1 t Ground Cinnamon
- ½ t Ground Cloves
- ½ t Ground Nutmeg

Add-Ins

- Chia Seeds
- Raisins
- Cranberries
- Pecans
- Walnuts

DIRECTIONS

1. Preheat the oven to 350°F. Line an 8-inch square baking pan with parchment paper.
2. In one bowl, add all of the wet ingredients, and whisk together until even.
3. In another bowl. Add all of the dry ingredients, and whisk together to combine.
4. Add the dry ingredients to the wet ingredients, and mix until evenly combined. Add any potential add ins, and stir.
5. Pour the batter into your lined baking tray. Bake for 20-30 minutes, until golden brown.
6. Let cool for 15-20 minutes, then cut and serve. Enjoy!

Apple Cinnamon Smoothie

Cook and Prep Time: 5 minutes



Serves: 1

You Need

- ¾ cups Plant Milk of Choice
- 1 Apple, sliced
- 1 T Rolled Oats
- 1 T Almond Butter
- 1 T Hemp Seeds
- 1 T Chia Seeds
- 1 T Ground Flaxseeds
- 1 Date, pitted
- 1 t Vanilla Extract
- ½ t Ground Cinnamon
- ¼ t Ground Nutmeg
- ¼ t Ground Cloves

DIRECTIONS

1. Add all of your ingredients to a high-speed blender.
2. Pulse until smooth.
3. Serve with and apple slice and ground cinnamon. Enjoy!

Chocolate & Peanut Butter Smoothie Bowl

Cook and Prep Time: 5 minutes

Serves: 1

You Need

- 2 Bananas, sliced
- ½ cup Plant Milk of Choice
- 2 T Peanut Butter (or other nut butter)
- 2 T Cacao Powder
- 1 T Chia Seeds
- 1 T Ground Flaxseeds

For Topping

- Sliced Banana
- Coconut Flakes
- Chocolate Chips
- Nut Butter



- Chia Seeds
- Walnuts
- Pecans
- Ground Cinnamon

DIRECTIONS

1. Add the bananas, plant milk, peanut butter, cacao powder, chia seeds, and flaxseeds to a blender. Pulse until smooth. Add more liquid if needed.
2. Serve with your favorite toppings. Enjoy!

Roasted Cauliflower & Sweet Potato Tacos



Cook and Prep Time: 40 minutes

Serves: 2

You Need



- ½ head Cauliflower, cut into florets
- 1 Sweet Potato, diced
- 1 t Chili Powder
- 1 t Ground Cumin
- 1 t Smoked Paprika
- ½ t Garlic Powder
- ½ t Dried Oregano
- ½ Lime, juiced

Refried Black Beans (see below)

For the Avocado Crema

- 1 Avocados
- ½ Lime, juiced
- ¼ cup Cilantro
- Salt & Pepper, to taste
- ¼ cup Water

For Serving

- Corn Tortillas
- Chopped Cilantro
- Lime Wedges
- Hot Sauce

DIRECTIONS

1. Rinse and chop the produce accordingly. Preheat your oven to 425°F and line one baking tray.
2. Add the cauliflower and sweet potato to the baking tray. Season with chili powder, ground cumin, smoked paprika, garlic powder, oregano, lime juice, salt, pepper, and 1 T Extra Virgin Olive Oil. Toss to coat.
3. Roast the cauliflower and sweet potato for 25-30 minutes, or until tender, tossing halfway.
4. Make the Refried Beans (see below).
5. Make the Avocado Crema. Add all of the ingredients to a blender, and pulse until smooth.
6. Assemble the tacos. Add a layer of the refried beans to the bottom of a corn tortilla. Then, add the roasted vegetables, avocado crema, and your desired garnishes. Enjoy!

Refried Black Beans

Cook and Prep Time: 45 minutes

Serves: 2



You Need

- 1 15 oz. can Black Beans, rinsed and drained
- ½ Red Onion, diced
- 3-4 cloves Garlic, minced
- ½ cup Vegetable Stock
- Olive Oil
- Salt, to taste
- Black Pepper, to taste
- 2 t Cumin Powder
- 2 t Smoked Paprika
- 2 t Garlic Powder
- 2 t Onion Powder
- 1 t Dried Oregano
- ¼ cup Chopped Cilantro, for garnish
- Red Chili Flakes or Chili Powder, for garnish (optional)
- Olive Oil or Vegetable Stock

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Set a skillet to medium heat. Once hot, add 1 tsp olive oil. Add garlic and onion, and sauté for 4-5 minutes, until onion is translucent.
3. Add black beans. Cook for 1 minute, until warmed through. Then, add the vegetable stock, cumin, smoked paprika, garlic powder, onion powder, and onion powder. Bring to a boil, then reduce the heat to a simmer. Cook for 10 minutes.
4. Begin mashing the beans with a fork, until you desired consistency is reached and some of the vegetable stock has evaporated, 3-5 minutes. Remove the beans from the pan.
5. Place your beans in a bowl. Top with chopped cilantro and chili flakes. Enjoy!

EASY Chickpea & Spinach Curry

Cook and Prep Time: 35 minutes

Serves: 2

You Need



- 1 15oz. can Chickpeas, rinsed and drained
- 2-3 cups Baby Spinach, packed
- ½ Yellow Onion, diced
- 4 cloves Garlic, minced
- ½ cup Tomato Puree
- 1 cup Vegetable Stock
- 1 5oz. can Coconut Cream
- 2 t Curry Powder
- 2 t Garam Masala
- 2 t Ground Turmeric
- ½ Lemon, juiced
- Vegetable Stock or Extra Virgin Olive Oil, for sautéing

For Serving

- Brown Rice
- Chopped Cilantro
- Chopped Scallions
- Red Chili Flakes

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Set a large skillet or pot to medium heat. Once hot, add the onion, and cook for 5-6 minutes, until softened. Then, add the garlic and ginger, and cook for 1 additional minute, until fragrant.
3. Add the spices, and cook for 1 minute more, until fragrant.
4. Add the chickpeas and tomato puree. Cook for 2-3 minutes.
5. Add the vegetable stock, lemon juice, coconut cream. Bring to a boil, then reduce the heat to a simmer. Cook for 10 minutes.
6. Add the spinach, and cook for 2-3 minutes, until wilted. Season with salt and pepper to taste.
7. Serve with brown rice and your desired garnishes. Enjoy!

Tempeh Chili



Cook and Prep Time: 45- 60 minutes

Serves: 2

You Need:

- ½ Yellow Onion, diced



- 3-4 cloves Garlic, minced
- 1-2 Carrots, chopped
- Olive Oil or Vegetable Stock, for sautéing
- 1 block Tempeh, broken into smaller pieces
- ½ 15 oz. Black Beans, rinsed and drained
- ½ 15 oz. can Kidney Beans, rinsed and drained
- 1 Green Bell Pepper, diced
- 1 15oz. can Diced Tomatoes
- 1 15 oz. can Corn
- 2 cups Vegetable Broth or Water
- 2 t Dulse Flakes
- 2 t Cumin Powder
- 2 t Garlic Powder
- 2 t Chili Powder
- 2 t Smoked Paprika
- 1 t Ground Coriander
- 2 t Cacao Powder
- 2 t Oregano
- Salt, to taste
- Black Pepper, to taste

For Garnish

- Lime Wedges
- Cilantro
- Avocado
- Chopped Scallions

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Set a large pot to medium heat. Once hot, add 1 tbsp. olive oil (or vegetable stock). Add onion and carrots to the pot and cook for 4-5 minutes, until translucent.
3. Add bell pepper, and cook for 2-3 minutes. Then, add garlic, cooking for about 1 minute more, until fragrant.
4. Add tomatoes, tempeh, and spices. Cook for 2-3 minutes, until fragrant.
5. Add the rest of the ingredients, except cilantro and lime, to your pot. Stir to combine. Bring mixture to a boil. Once boil, cover, and reduce heat to a simmer. Cook for 20 minutes minimum, stirring occasionally. Season to taste.
6. Serve chili in bowls. Then, garnish with lime and cilantro and serve with chips. Enjoy!

Gochujang Tofu Fried Rice



Cook and Prep Time: 30 Minutes

Serves: 2

You Need

- ¾ cups Cooked Brown Rice
- 3-4 cloves Garlic, minced
- ½ Yellow Onion, diced
- 2 Scallions, chopped, whites & greens separated
- 1 Carrot, chopped
- 1 head Baby Bok Choi, chopped, stems and leaves separated
- 1 Bell Pepper, diced
- 6 oz. Peas
- 1 block Extra-Firm Tofu, pressed and crumbled
- 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 T Rice Wine Vinegar
- 1 tsp. Maple Syrup
- 1 tsp. Sesame Oil
- 1-2 T Gochujang (varies depending on your desired spice level)

Garnishes

- Sriracha
- Chopped Scallions Greens
- Chopped Cilantro
- Lime Wedges

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. In a small bowl, combine tamari, maple syrup, gochujang, rice wine vinegar, and sesame oil.
3. Prepare the tofu. After pressing, add 1 tsp. extra virgin olive oil to a skillet. Sauté for 4-5 minutes, until the liquid has evaporated. Season to taste.
4. 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.
5. Add bell pepper, bok choy stems, and carrots. Cook for 1-2 minutes, until slightly softened.
6. Add garlic and cook for 1 minute more.
7. Add bok choy leaves and cooked tofu, and cook for 1 minute more. Add the sauce and toss to combine.
8. Add rice, and toss to combine until rice has warmed through, 1-2 minutes.



9. Plate rice, and garnish with scallion greens, cilantro, and sriracha. Enjoy!

Vegan Enchilada Casserole

Cook and Prep Time: 50-60 minutes

Serves: 4

You Need

- 1 Bell Pepper, sliced thin
- 1 Yellow Onion, sliced
- 5-6 cloves Garlic, sliced
- 18 Corn Tortillas
- 28oz. can Black Beans, rinsed and drained
- 2 cups Enchilada Sauce
- 1 t Ground Cumin
- 1 t Smoked Paprika
- Vegetable Stock or Extra Virgin Olive Oil, for sautéing
- Salt & Pepper, to taste

Avocado Crema

- 1 Avocado
- ½ cup Cashews, soaked overnight
- 1 Lime, juiced
- ½ cup Cilantro
- Salt & Pepper, to taste

For Serving

- Chopped Cilantro
- Chopped Jalapeno Peppers
- Red Chili Flakes
- Chopped Scallions

DIRECTIONS

1. Rinse and chop the produce accordingly and preheat your oven to 350°F and line one baking dish.
2. Set a skillet to medium heat. Once hot, add the onion and bell peppers. Cook for 5-6 minutes, until the onion is translucent.
3. Add the garlic, spices, and black beans. Cook for 2-3 minutes, and season to taste.
4. Layer the casserole. In this order, add: ¾ cup enchilada sauce, 6 corn tortillas, 1 cup black beans and vegetables. Repeat twice more. Then, bake for 30 minutes, and then let cool for 10 minutes to rest before serving.



5. Meanwhile, make the crema. Add all of the ingredients to a blender, and pulse until smooth.
6. Serve with your desired garnishes. Enjoy!

Enchilada Sauce

Cook and Prep Time: 15 minutes

Serves: 2 cups

You Need

- 1 15oz. can Tomato Puree
- 1 ½ cups Vegetable Stock
- 2 cloves Garlic, minced
- 1 ½ T Tamari
- 1 t Ground Cumin
- ½ t Ground Cayenne Pepper (optional)
- 1 t Chili Powder
- 1 t Smoked Paprika
- 1 t Garlic Powder
- ½ t Ground Cinnamon
- 2 t Dried Oregano
- ¼ t Ground Cloves
- ¼ Ground Nutmeg
- 1 t Extra Virgin Olive Oil
- Salt & Pepper, to taste

DIRECTIONS

1. In a small bowl, whisk together all the spices.
2. Set a large sauce pan to medium heat. Once hot, add the olive oil, garlic, and spices. Cook until fragrant, about 1 minute. Add water to avoid burning if necessary.
3. Add the rest of the ingredients to the pan. Bring to a boil, then reduce the heat to a simmer.
4. Cook for 5-10 minutes, until your desired thickness is reached. Season with salt and pepper to taste.