



Meal Prep Week January 24, 2022

Recipes by Vincent Esposito, Ms, DC





Suggested Meal Planner			
WEEK OF:	BREAKFAST	LUNCH	DINNER
MONDAY	Pumpkin Pie Overnight Oats	Tofu Bulgogi	Potato & Leek Soup
TUESDAY	Apple Cinnamon Oatmeal	Potato & Leek Soup	Basil Chickpea Noodles
WEDNESDAY	Pumpkin-Ginger Smoothie	Tofu Bulgogi	Sweet Potato Black Bean Burgers
THURSDAY	Apple Cinnamon Oatmeal	Basil Chickpea Noodles	Bombay Potato, Butterbean, & Tomato Curry
FRIDAY	Blueberry-Lemon Chia Pudding	Bombay Potato, Butterbean, & Tomato Curry	Sweet Potato Black Bean Burgers

Bonus: QUICK Hoisin Sauce



Grocery List

- 3 cups Rolled Oats
- 4 cups Plant Milk
- 1 15oz. can Pumpkin Puree
- 2 Apples
- 4 Lemons
- 3 T Nut Butter
- 2 T Pumpkin Seeds
- 1 Banana
- 5 Dates
- 1 cup Chia Seeds
- 2 T Hemp Seeds
- 1 cup Blueberries
- 1 block Extra-Firm Tofu
- 1 bunch Spinach
- 1 Yellow Onion
- 5 heads Garlic
- 2 inches Ginger
- 3 Limes
- 2 bunches Scallions
- 2 cups Brown Rice
- 2 bunches Cilantro
- 3 lbs. Yukon Gold Potatoes
- 1 15oz. Cannellini Beans
- 2 Leeks
- 2 stalks Celery
- 3 cups Vegetable Stock
- 1 cup Raisins
- 1 15oz. Butterbeans
- 1 15oz. can Diced Tomatoes
- 2 Bay Leaves
- 1 cup Cashews
- 1 bunch Parsley
- 8 oz. Sweet Potato Noodles
- 1 15oz. can Chickpeas
- 3 Red Onions
- 1 bunch Broccolini
- 1 Red Bell Pepper
- ½ cup Basil
- Hoisin Sauce (see recipe below)
- 1 t Sesame Oil
- 1 29oz. can Black Beans
- 1 ½ cups Tamari
- 8 Burger Buns
- 1 Eggplant
- 1 T Fennel Seeds

Pumpkin Pie Overnight Oats

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

Serves: 1

You Need

- ½ cup Rolled Oats
- ½ cup Plant Milk of Choice
- ½ t Ground Cinnamon
- ½ t Ground Ginger
- ¼ t Ground Cloves
- ¼ t ground Nutmeg
- ¼ cup Pumpkin Puree
- 1 T Chia Seeds



For Serving

- Chopped Pecans
- Chopped Walnuts
- Coconut Flakes
- Pumpkin Seeds
- Nut Butter
- Coconut Cream
- Cranberries
- Granola

DIRECTIONS

1. Combine all the ingredients in a bowl, and mix well.
2. Place the mixture in a glass jar, and store in the refrigerator overnight.
3. Serve with your desired toppings. Enjoy!

Apple Cinnamon Oatmeal

Cook and Prep Time: 20 minutes

Serves: 2

You Need

For the Oatmeal

- 1 cup Rolled Oats
- 1 cup Water
- 1 cup Plant Milk of Choice
- 1 t Ground Cinnamon

For the Apples

- 1 Apple, diced
- ½ cup Water
- 1 T Maple Syrup (optional)
- 1 t Ground Cinnamon
- 1/2 t Lemon Juice
- ½ t Vanilla Extract



For Serving

- Chopped Apples
- Nut Butter
- Chia Seeds
- Hemp Seeds
- Pumpkin Seeds
- Ground Cinnamon
- Chopped Pecans
- Chopped Walnuts

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Make the oatmeal. To a small pot, add the water and plant milk. Bring to a boil, then add in the rest of the oatmeal ingredients. Mix well, cover, and reduce the heat to a simmer. Cook for 8-10 minutes, until thick, stirring frequently.
3. Make the apples. Set a skillet to medium heat. Once hot, add the apples and about half of the water. Cook for 2-3 minutes, then add the rest of the ingredients, and cook for 5-8 minutes, until all of the liquid has reduced.
4. Serve the oatmeal in bowls, and top with the cooked apples and your desired garnishes. Enjoy!

Pumpkin-Ginger Smoothie

Cook and Prep Time: 5 minutes

Serves: 1

You Need

- ½ cup Pumpkin Puree
- 1 Banana
- 1 Date, pitted
- ¾ cup Plant Milk of Choice
- 1 t Lemon Juice
- 1 T Nut Butter
- 1 T Chia Seeds
- 1 T Hemp Seeds
- ½ t Ground Cinnamon



- ½ t Ground Ginger
- ¼ t Ground Cloves
- ¼ t Ground Cardamom

For Serving

- Nut Butter
- Coconut Flakes
- Pumpkin Seeds
- Chopped Pecans
- Chopped Walnuts
- Cranberries

DIRECTIONS

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

Blueberry-Lemon Chia Pudding

Cook and Prep Time: 10 minutes

Serves: 1

You Need

- ¼ cup Chia Seeds
- ½ cup Plant Milk of Choice
- 1 T Lemon Juice
- 1 t Lemon Zest
- 1 cup Blueberries
- 1 cup Water (add more if needed)

Toppings

- Pumpkin Seeds
- Cashews
- Blueberries
- Nut Butter
- Granola



DIRECTIONS

1. Combine the chia seeds, milk, lemon zest, and lemon juice in a bowl. Mix well, and stir again in about 4-5 minutes.
2. Meanwhile, set a small sauce pan to medium low heat. Add the water and blueberries. Bring to a simmer, and cook for 10-15 minutes. Smash the blueberries with a potato masher or fork, until you create a thick jam.
3. Add equal amounts of the blueberry “jam” and the chia seed mixture to a glass jar.
4. Store in the fridge overnight.
5. Serve with your desired toppings. Enjoy!

Tofu Bulgogi

Cook and Prep Time: 30 minutes

Serves: 2

You Need

- 1 block Extra Firm Tofu, pressed and then crumbled
- 1 bunch Spinach, chopped
- 1 Yellow Onion, diced
- 3-4 cloves Garlic, sliced
- Salt & Pepper, to taste
- 1 T Extra Virgin Olive Oil OR Vegetable Stock, for sauteing

For the Sauce

- 4-5 cloves Garlic, minced
- 1-inch piece Ginger, minced
- 2 T Maple Syrup
- 2 T Tamari
- 1 T Rice Wine Vinegar
- 1 Lime, juiced
- 3-4 Scallions, sliced thinly
- 1 t Chili Flakes (optional)
- 1 T Sesame Oil (optional)
- 1 T Sesame Seeds (optional)
- Black Pepper, to taste
- Salt, to taste

For Serving



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

DIRECTIONS

1. Rinse and chop the produce accordingly. Crumble the tofu.
2. Make the sauce by combining all of the ingredients in a bowl.
3. Set a large skillet to medium heat. Once hot, add the garlic and onion. Cook until the onion is translucent about 5 minutes.
4. Add the tofu, and sauté 5 additional minutes.
5. Add the sauce, and cook for 2-3 minutes, until the sauce has thickened.
6. Add the spinach, and cook until wilted, 1-2 minutes.
7. Serve with rice. Enjoy!

Potato & Leek Soup



Cook and Prep Time: 40 minutes

Serves: 4

You Need

- 1 lb. Yukon Gold Potatoes



- 1 15oz. can Cannellini Beans, rinsed and drained
- 2 Leeks, sliced
- 2 stalks Celery, chopped
- 3-4 cloves Garlic, sliced
- 1 Yellow or White Onion, sliced
- 2 cups Vegetable Stock
- 1 Bay Leaves
- 1-2 t Dried Thyme
- 1 t Dried Coriander
- 1 t Dried Rosemary
- Vegetable Stock OR Extra Virgin Olive Oil, for sautéing
- Salt & Pepper, to taste

For the Cashew Cream

- 1 c Cashews, soaked overnight
- 1 Lemon, juiced
- Salt & Pepper, to taste
- $\frac{3}{4}$ cup Water

For Garnish

- Chopped Chives
- Chopped Parsley
- Chopped Scallions
- Red Chili Flakes

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Set a large pot to medium heat. Once hot, add the celery, garlic, onion, and potatoes. Cook for 7-8 minutes, stirring occasionally.
3. Add the rosemary, coriander, thyme, and bay leaves. Cook for another 1-2 minutes, until fragrant.
4. Add the vegetable stock, and bring the pot to a boil. Once boiling, cover and reduce the heat to a simmer. Cook for 15-20 minutes, until the potatoes have softened.
5. Meanwhile, make the cashew cream by combining all of the ingredients in a blender and pulsing until smooth.
6. Once the potatoes have softened, remove the bay leaves. Then, using an immersion blender, blend until smooth and creamy.
7. Add the cashew cream, and stir to combine. Season to taste.
8. Serve with your desired garnishes. Enjoy!



Basil Chickpea Noodles

Cook and Prep Time: 20-30 minutes

Serves: 2

You Need

- 8 oz. Sweet Potato Noodles OR Brown Rice Noodles
- 1 15 oz. can Chickpeas, rinsed and drained
- 1 Red Onion, sliced
- 4-5 cloves Garlic, sliced
- 2 Scallions, chopped
- 1 cup Broccolini (or Broccoli Florets), chopped
- 1 cup Shitake Mushrooms, sliced
- 1 Red Bell Pepper, chopped
- ½ cup Basil, chopped (packed)

For the Sauce

- 1 T Hoisin Sauce (or Maple Syrup) – see recipe below
- 1 ½ T Tamari
- 1 Lime, juiced
- 1 t Sesame Oil (optional)

For Serving

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

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Cook the noodles according to package instructions. Rinse and drain, and then set the noodles aside. Stir them occasionally to prevent them from sticking.
3. Make the sauce by combining all of the ingredients in a bowl. Then set aside.
4. Set a large skillet to medium heat. Once hot, add garlic and onions. Cook for 2-3 minutes. Then, add the broccolini, bell pepper, mushrooms, and chickpeas. Cook for 2-3 additional minutes.
5. Add the noodles, followed by the sauce, and toss to coat. Then, turn off the heat, and add the basil leaves.
6. Serve with your desired garnishes. Enjoy!



Sweet Potato Black Bean Burgers



Cook and Prep Time: 1 hour

Serves: 8-10 patties

You Need

- 2 Sweet Potatoes



- 29oz. Black Beans, rinsed & drained
- 1 Red Onion, diced
- 6-8 cloves Garlic, minced
- 1 cup Rolled Oats
- 1 T Smoked Paprika
- 1 T Ground Cumin
- 1 T Garlic Powder
- 1 T Onion Powder
- 2 t Dried Oregano
- 1 T Tamari
- Salt & Pepper, to taste

For Serving

- Toasted Buns
- Roasted Potatoes
- Chimichurri
- Hot Sauce

DIRECTIONS

1. Rinse and chop the produce accordingly. Line 1 baking tray and preheat your oven to 400°F.
2. Cut the sweet potatoes in half lengthwise, and place face-down on the baking tray. Bake for 30 minutes, until fork-tender.
3. Once the sweet potatoes cool, peel the skin and add them to a large mixing bowl, with the rest of the ingredients. Mix well, until evenly combined.
4. Once mixed, form about ½ cup of the mixture into evenly-sized patties. Then, place them onto your lined baking tray. Then, bake for 25-30 minutes, flipping half way.
5. Serve with toasted buns, salad, and your favorite burger toppings. Enjoy!

Bombay Potato, Butterbean, & Tomato Curry

Cook and Prep Time: 30 minutes

Serves: 2

You Need

- 1 ½ lb. Potatoes, chopped
- 1 Eggplant, diced small
- 1 15oz. can Butterbeans, rinsed and drained
- 1 Red Onion, diced
- 1-inch piece Ginger, minced



- 3-4 cloves Garlic, minced
- 1 Chili Pepper, diced (optional)
- 1 t Fennel Seeds
- 1 t Ground Coriander
- 1 t Ground Cardamom
- 1 t Ground Turmeric
- 1 t Ground Cumin
- ½ cup Chopped Cilantro
- Salt & Pepper, to taste
- Vegetable Stock or Extra Virgin Olive Oil, for sautéing

For the Sauce

- 1 ½ cups Vegetable Stock
- 1 15oz. can Diced Tomatoes
- 1 T Maple Syrup
- 1 Lime, juiced
- Salt & Pepper, to taste

For Serving

- Brown Rice
- Chopped Cilantro
- Chili Flakes

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Set a large skillet to medium heat. Once hot, add the red onion, garlic, ginger, and chili pepper. Cook until the onion has softened, 4-5 minutes.
3. Then, add the potatoes, eggplant, fennel seeds, ground coriander, ground cardamom, ground turmeric, and ground cumin. Cover the skillet, and let everything cook for about 10 minutes, stirring regularly.
4. Meanwhile make the sauce by combining all of the ingredients in a bowl.
5. Add the sauce and butterbeans to your skillet, and bring to a simmer. Cook for 10-15 minutes, until the potatoes have softened.
6. Turn the heat off, and stir in the cilantro.
7. Serve with your desired garnishes. Enjoy!

QUICK Hoisin Sauce

Cook and Prep Time: 5 minutes (+1 hour)

Serves: 6-8 servings



You Need

- 1 cup Raisins, soaked for at least 1 hour
- 3-4 dates, soaked for at least 1 hour
- 1 T Maple Syrup (optional)
- 4-5 T Tamari
- 3 T Rice Wine Vinegar
- 2 T Peanut Butter or Tahini
- 2-3 cloves Garlic
- 2 t Sesame Oil
- ½ t Chinese Five Spice
- 1-2 T Water, if needed

DIRECTIONS

1. Soak the raisins and dates for at least an hour prior to making the sauce.
2. Add all of your ingredients to a food processor and pulse until smooth.
3. Adjust seasonings to taste and enjoy!