



# Meal Prep Week of January 31, 2022

Recipes by Vincent Esposito, Ms, DC





Suggested Meal Planner			
WEEK OF:	BREAKFAST	LUNCH	DINNER
<b>MONDAY</b>	Almond Cherry Smoothie	Lentil & Mushroom Vegetable Stew	Vegetable & Tofu Noodle Stir-Fry
<b>TUESDAY</b>	Indian-Inspired Masala Oats (Instant Pot)	Vegetable & Tofu Noodle Stir-Fry	One-Pot Dal Makhani (Lentils Uncooked)
<b>WEDNESDAY</b>	Chocolate Peanut Butter Smoothie Bowl	Lentil & Mushroom Vegetable Stew	Red Lentil Tortilla Soup
<b>THURSDAY</b>	Indian-Inspired Masala Oats (Instant Pot)	One-Pot Dal Makhani (Lentils Uncooked)	Chickpea Harissa Stew
<b>FRIDAY</b>	Mango Matcha Smoothie	Chickpea Harissa Stew	Red Lentil Tortilla Soup

BONUS: Homemade Harissa Paste w/ Chili Peppers in Adobo Sauce



## Grocery List

- 5 Bananas
- 1 cup Frozen Cherries
- 1 cup Spinach
- 2 cups Plant Milk
- ¼ cup Almonds
- 3 T Chia Seeds
- 3 T Hemp Seeds
- 1 t Cumin Seeds
- 1 Green Chili Pepper
- 4 Yellow Onions
- 6 heads Garlic
- 1 cup Tomatoes
- ¾ cup Steel-Cut Oats
- 2 cups Mixed Vegetables
- 2 Limes
- 2 T Cacao Powder
- 2 T Peanut Butter
- 1 cup Mango
- 1 T Flaxseeds
- 2 T Matcha Powder
- 8oz. Cremini Mushrooms
- 8oz. Yukon Gold Potatoes
- 3 cups French Lentils
- 5 Carrots
- 3 stalks Celery
- 2 bunches Cilantro
- 2 T Balsamic Vinegar
- 3 T tamari
- 9 cups Vegetable Stock
- 6oz. Brown Rice Noodles
- 1 cup Broccoli
- ¾ cup Snow Peas
- 1 cup Edamame
- 5 Scallions
- 2 t Ginger
- 2 Bell Peppers
- 3 T Tahini
- 1 cup Brown Rice
- 1 15oz. can Black Beans
- 3 T Tomato Paste
- 1 15oz. can Kidney Beans
- 1 15oz. can Sweet Corn
- 1 15oz. can Chickpeas
- 1 15oz. can Diced Tomatoes
- 1 bunch Kale or Collard Greens
- 1 T Fennel Seeds
- 1 7oz. can Chili Peppers in Adobo Sauce
- 3 Roasted Peppers
- 1 t Caraway Seeds
- 2 Lemons

# Almond Cherry Smoothie

Cook and Prep Time: 5 minutes

Serves: 1

### You Need

- 1 Banana
- 1 cup Cherries
- ½ cup Spinach
- 1 T Almond Butter
- 1 t Vanilla Extract
- ½ cup Plant Milk of Choice
- ¼ cup Almonds, soaked overnight
- 1 T Chia Seeds



- 1 T Hemp Seeds

#### **DIRECTIONS**

1. Prepare the ingredients accordingly.
2. Add all of the ingredients to a blender, and pulse until smooth.
3. Enjoy!

## **Indian-Inspired Masala Oats (Instant Pot)**

Cook and Prep Time: 25 minutes

Serves: 2

#### **You Need**

- ½ t Cumin Seeds
- ½ Green Chili pepper, diced
- ½ cup Onion, diced
- ½ t Ginger, grated
- 1 clove Garlic, minced
- ¼ cup Tomato, chopped
- ¾ cup Steel-Cut Oats
- 1 ¾ cups Water OR Vegetable Stock
- 1 ½ cups Mixed Vegetables (carrots, peas, edamame, corn, green beans, chickpeas, etc.)
- 2 t Lime Juice
- 1 t Garam Masala
- 1 t Smoked Paprika
- 1 t Ground Turmeric
- Salt & Pepper, to taste
- Vegetable Stock or Extra Virgin Olive Oil, for sautéing

#### **For Garnish**

- Chopped Cilantro
- Plant-Based Yogurt
- Chopped Scallions
- Red Chili Flakes

#### **DIRECTIONS**

1. Rinse and chop the produce accordingly.



2. Set your Instant Pot to “Sauté” mode. Add 1 t oil and the cumin seeds. Cook until fragrant, 30-60 seconds.
3. Add the green chili pepper, onion, ginger, and garlic. Cook for 3-4 minutes, until the onion is translucent.
4. Add the tomato and spices. Cook until fragrant, 1-2 minutes.
5. Add the vegetables, oats, and water. Mix well. Press “Cancel” and close the lid with vent in sealing position.
6. Adjust the setting to “Pressure Cook” (Manual) mode, and set to high pressure for 8 minutes.
7. Once finished, allow for a natural pressure release for 10 minutes. Then, release the pressure manually.
8. Add the lime juice, and season to taste.
9. Serve with your desired toppings. Enjoy!

## Chocolate Peanut Butter Smoothie Bowl

Cook and Prep Time: 5 minutes

Serves: 1

### You Need

- 2 Bananas
- ½ cup Plant Milk of Choice
- 2 T Peanut Butter
- 2 T Cacao Powder

### Optional Add-ons

- Maca Powder
- Chia Seeds
- Hemp Seeds
- Ground Flax Seeds

### Toppings

- Sliced Banana
- Peanut Butter
- Coconut Flakes
- Chia Seeds
- Hemp Seeds
- Berries

### DIRECTIONS

1. Combine the smoothie bowl ingredients in a high-speed blender.



2. Add your desired add-ons. Pulse until smooth.
3. Add your desired toppings. Enjoy!

## Mango Matcha Smoothie

Cook and Prep Time: 5 minutes

Serves: 2 Smoothies

### You Need

- 2 Bananas, sliced
- 1 cup Mango, cubed
- ½ cup Spinach
- 2 T Hemp Seeds
- 1 T Flaxseeds
- 1 T Chia Seeds
- 1- 1 ½ T Matcha Powder

### DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Add all of the ingredients to a blender. Pulse until smooth.
3. Enjoy!

## Lentil & Mushroom Vegetable Stew

Cook and Prep Time: 45 minutes

Serves: 2-3

### You Need

- 8 oz. Cremini Mushrooms, quartered
- 8 oz. Yellow Potatoes, quartered
- 1 cups Green or French Lentils
- ½ 15oz. can Tomato Puree
- 3-4 cloves Garlic, sliced
- ½ Yellow Onion, diced
- ½ cup Carrot, diced



- ½ cup Celery, diced
- 2 t Arrowroot Powder + 1 T Water
- 2 t Dried Thyme
- 2 t Dried Oregano
- 1 t Dried Sage
- 1 Bay Leaf
- 1 T Balsamic Vinegar
- 1 T Tamari
- 2 cups Vegetable Stock
- Salt & Pepper, to taste

For Serving

- Roasted Potatoes
- Mashed Potatoes
- Chopped Scallions
- Chopped Parsley
- Red Chili Flakes

#### **DIRECTIONS**

1. Rinse and chop the produce accordingly. Make the arrowroot slurry by mixing arrowroot powder and water.
2. Set a large pot or Dutch oven to medium heat. Once hot, add the onion, carrot, and celery. Cook for 7-8 minutes, until softened.
3. Add the mushrooms, garlic, thyme, oregano, and sage. Cook for 3-4 minutes.
4. Add the balsamic vinegar and tamari, and toss to coat. Cook for 1-2 additional minutes.
5. Add the potatoes, lentils, tomato sauce, vegetable stock, and bay leaves. Bring to a boil, and then cover and reduce the heat to a simmer for 20 minutes, or until the potatoes and lentils are tender. Season with salt and pepper to taste.
6. Serve with your desired sides and toppings. Enjoy!

## **Vegetable & Tofu Noodle Stir-Fry**

Cook and Prep Time: 30 minutes

Serves: 2-3

#### **You Need**

For the Noodles



- 6 oz. Brown Rice Noodles
- 1 cup Broccoli, chopped
- ¾ cup Snow Peas, halved
- 1 cups Edamame, shelled
- 3-4 cloves Garlic, sliced
- 2 Scallions, cut on a bias
- 2 t Ginger, grated
- ½ Bell Pepper, sliced
- ¼ cup Vegetable Stock
- 1 T Tahini
- 2 T Tamari
- Extra Virgin Olive Oil OR Vegetable Stock, for sautéing

#### For the Tofu

- 1 block Extra Firm Tofu, pressed, cubed
- 1 T Extra Virgin Olive Oil
- 2 t Arrowroot Powder
- 2 T Tamari
- 1 T Sriracha (optional)
- 1 t Garlic Powder

#### For Garnish

- Chopped Scallions
- Chopped Cilantro
- Sesame Seeds
- Sriracha

#### DIRECTIONS

1. Rinse and chop the produce accordingly. Whisk together the sauce ingredients for the tofu, and let the tofu marinate for at least 10-15 minutes prior to cooking.
2. Cook the noodles according to package instructions.
3. Set a large skillet to medium heat. Once hot, add the tofu, leaving enough space between each piece. Cook 2-3 minutes, per side, until golden brown. Remove the tofu from the skillet, and then return the skillet for Step 4.
4. Return the skillet to medium-high heat. Then, add the scallions, ginger, and garlic, cook for 1 minute, or until fragrant.
5. Then, add the edamame, broccoli, snow peas, and vegetable stock. Deglaze the pan, then cover and cook for 2-3 minutes, until tender.
6. Add in the remaining ingredients, and cook for 2-3 minutes, until mixed well and all of the flavors have melded.
7. Add the noodles, and cook until warmed through, 2-3 minutes.
8. Serve your noodles, and top with your desired toppings and tofu. Enjoy!





## One-Pot Dal Makhani (Lentils Uncooked)



Cook and Prep Time: 35 minutes

Serves: 2

### You Need

- ½ cup Black or French Lentils
- ½ cup Brown Rice, cooked



- ½ 15oz. can Kidney Beans, rinsed and drained
- ½ 5oz. container Coconut Cream
- ½ Yellow Onion, diced
- 2-3 Scallion Whites, chopped
- 3-4 cloves Garlic, minced
- 1 Jalapeno or Chili Pepper, diced (optional)
- 1 T Tomato Paste
- 2 ½ cups Water or Vegetable Stock
- 1 T Curry Powder or Garam Masala
- 2 t Garlic Powder
- 2 t Ground Cloves
- ½ t Ground Cumin
- 2 t Smoked Paprika
- Salt, to taste
- Black Pepper, to taste
- 1 tbsp. Olive Oil or Vegetable stock, for sautéing

#### For Garnish

- Chopped Cilantro
- Chopped Scallions
- Chopped Cashews

#### DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Set a large skillet or pot to medium heat. Once hot, add olive oil. Then, add onion, scallion whites, garlic, and chili pepper. Sauté for 4-5 minutes, until onion is translucent, stirring frequently to avoid burning. Add spices (except for garam masala), and stir to combine, cooking for 1 minute more.
3. Add lentils and water. Cook open, for about 15 minutes, until lentils are tender. Add more water if needed.
4. Add tomato paste, coconut cream, and kidney beans. Stir to combine, and cook for 5-8 more minutes, until flavors have combined. Then, add the garam masala, and cook for 1 more minute, stirring to combine. Season with salt and pepper to taste.
5. Serve over brown rice, and garnish with fresh cilantro. Enjoy!

## Red Lentil Tortilla Soup



Cook and Prep Time: 45 minutes

Serves: 4-6

### You Need

- 2 cups Water or Vegetable Stock
- ½ cup Red Lentils
- ½ 15oz. can Black Beans, rinsed and drained
- ½ 15oz. can Kidney Beans, rinsed and drained
- ½ 15oz. can Sweet Corn, rinsed and drained
- ½ 15oz. can Diced Tomatoes, with juices
- 2-3 Corn Tortillas, cut into triangles or strips
- 1 Carrot, chopped
- ½ Yellow Onion, diced
- ½ Green Bell Pepper, chopped
- 1 Jalapeno Pepper, diced (optional)
- 3-4 cloves Garlic, minced
- ½ Lime, juiced
- Olive Oil or Vegetable Stock, for sautéing
- Salt, to taste
- Black Pepper, to taste
- 2 t Cumin
- 2 t Smoked Paprika
- 1 t Chipotle Chili Powder

### Garnishes

- Red Chili Flakes
- Tortilla Chips
- Sliced Jalapeno
- Avocado
- Chopped Cilantro
- Lime Wedges

### DIRECTIONS

1. Rinse and chop produce accordingly. Line 1 baking tray and preheat your oven to 375°F.
2. Whisk together 1 tbsp. olive oil, lime juice, and season with salt, pepper, and half the smoked paprika and cumin.
3. Add tortilla strips to the baking tray. Once the oven is hot, bake the chips for 12-14 minutes, until golden. Remove until ready to serve.



4. Add an additional 1 tsp. olive oil over medium heat to a pan. Once hot, add garlic and onion, stirring to combine. Cook until onion begins to become translucent, 3-4 minutes.
5. Add the carrot, beans, bell pepper and cook for an additional 3 minutes, stirring to combine.
6. Add stock, lentils, and tomatoes (with juices) to the pot. Add cumin, smoked paprika, chipotle powder, and red chili flakes. Stir, and bring soup to a boil. Once boiling, reduce heat to a simmer and cook for 20-25 minutes, or until the lentils are tender, stirring occasionally. Season with salt and pepper to taste.
7. Divide soup evenly amongst bowls. Garnish with avocado slices, lime wedge, sliced jalapeno, and cilantro. Enjoy!

## Chickpea Harissa Stew



Cook and Prep Time: 35-40 minutes

Serves: 2-3

#### You Need

- 1 15 oz. can Chickpeas, rinsed and drained
- 1 15 oz. can Diced Tomatoes, with juices
- 1-2 cups Vegetable Stock
- 1-2 Carrots, diced
- 1 bunch Kale or Collard Greens, chopped finely
- 3-4 cloves Garlic, sliced
- ½ Yellow Onion, diced
- 1-2 t Fennel Seeds
- 1-2 t Ground Cumin



- 1-2 t Ground Coriander
- 1-2 t Smoked Paprika
- 1 t Ground Turmeric
- 2 T Harissa Paste (+ more for serving) [Recipe Below]
- Vegetable Stock or Olive Oil, for sautéing
- Salt, to taste
- Black Pepper, to taste
- Chopped Cilantro, for garnish
- Red Chili Flakes, for garnish (optional)

## DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Set a pot to medium heat. Once hot, add onion, celery, and carrots. Cook for 4-5 minutes, until the onion is translucent. Add garlic, and cook for 1 minute more.
3. Add the cumin, coriander, turmeric, smoked paprika, fennel seeds. Cook until fragrant, and stir to avoid burning, 1-2 minutes.
4. Add the tomatoes, and cook until reduced by ¼.
5. Then, add the vegetable stock, chickpeas, and kale. Bring to a simmer, and cook for 10-15 minutes.
6. Add harissa paste, and season with salt and pepper to taste.
7. Serve with brown rice, quinoa, or couscous. Garnish with cilantro, harissa paste, red chili flakes, and dairy-free yogurt. Enjoy!

# Homemade Harissa Paste w/ Chili Peppers in Adobo Sauce

Cook and Prep Time: 10 minutes

Serves: 1 ½ cups

## You Need

- 1 7 oz. can Chili Peppers in Adobo Sauce
- 2-3 Roasted Red Bell Peppers
- 2 T Tomato Paste
- 4 cloves Garlic, chopped
- 1 t Caraway Seeds (whole or ground)
- 2 t Ground Coriander



- 2 t Ground Cumin
- 1 t Smoked Paprika
- 1 Lemon, juiced OR 1 tbsp. Sambal Oelek (for a spicier version)
- Salt, to taste
- Black Pepper, to taste
- 2 T Extra Virgin Olive Oil

#### **DIRECTIONS**

1. Rinse and chop the produce accordingly.
2. Soak the dried chili peppers in water for about 30 minutes, until rehydrated.
3. OPTIONAL. If you are using whole seeds, set a dry pan to medium heat. Once hot, add seeds, stirring frequently to avoid burning. Once aromatic (2-3 minutes) then remove from heat.
4. Combine all ingredients into a food processor (or blender) and pulse until creamy.
5. Store in a mason jar. Use as a marinade or on top of grilled vegetables. Harissa can also be added to dips for more depth of flavor. Enjoy!