



Meal Prep Week February 7, 2022

Recipes by Vincent Esposito, Ms, DC





Suggested Meal Planner			
WEEK OF:	BREAKFAST	LUNCH	DINNER
MONDAY	Beet & Pineapple Smoothie	West African Inspired Peanut & Black Bean Stew	Chipotle Chickpea Taco Bowls
TUESDAY	Carrot Cake Baked Oatmeal	Chipotle Chickpea Taco Bowls	Corn + Cauliflower Chowder & Roasted Brussels Sprouts
WEDNESDAY	Mocha & Peppermint Smoothie Bowl	West African Inspired Peanut & Black Bean Stew	Southwest Loaded Butternut Squash
THURSDAY	Carrot Cake Baked Oatmeal	Corn + Cauliflower Chowder & Roasted Brussels Sprouts	Vegan Cobb Salad
FRIDAY	Turmeric Chickpea & Veggie Loaded Breakfast Sweet Potatoes	Vegan Cobb Salad	Southwest Loaded Butternut Squash

BONUS: Tempeh Bacon (Oven Method)



Grocery List

- 2 Beets
- 4 Bananas
- 2 cups Pineapple
- 4 cups Plant Milk
- 2 T Chia Seeds
- 2 T Hemp Seeds
- 2 T Flaxseeds
- 2 cups Rolled Oats
- 4 T Nut Butter
- 3 cups Carrots, grated
- 1 cup Shredded Coconut
- 1 T Ground Flaxseeds
- ½ cup Walnuts
- 1 cup Raisins
- 2 Dates
- 3 Sweet Potatoes
- ½ cup Coffee
- ½ t Peppermint Extract
- 3 15oz. cans Chickpeas
- 2 T Cacao Powder
- 6 oz. Mushrooms
- 4 heads Garlic
- 2 Yellow Onions
- 1 cup Spinach
- 1 bunch Parsley
- 3 15oz. can Black Beans
- 1 15oz can Crushed Tomatoes
- 1 bulb Fennel
- 3 cups Kales
- 1 T Ginger
- 1 T Tomato Paste
- 2 Lemons
- 1 bunch Cilantro
- 1 cup Quinoa
- 8 cups Arugula
- 3 cups Cherry Tomatoes
- 4 Avocados
- 1 bunch Scallions
- 3 Limes
- 4 cups Corn
- 1-2 Carrots, whole
- 5 cups Vegetable Stock
- 2-3 Yukon Gold Potatoes
- 2 Bell Peppers
- 1 head Cauliflower
- 1 5oz. can Coconut Cream
- 1 15oz. can Cannellini Beans
- 1 lb. Brussels Sprouts
- 1 Butternut Squash
- 1 cup Brown Rice
- 1 15oz. can Kidney Beans
- 2 Red Onions
- 1 Cucumber
- 1 block Tempeh

Beet & Pineapple Smoothie

Cook and Prep Time: 5 minutes

Serves: 1

You Need

- 2 Raw Beets (small), cubed
- 1 Banana
- 2 cups Pineapple
- 1 cup Plant Milk of Choice



- 1 T Chia Seeds
- 1 T Flaxseeds
- 1 T Hemp Seeds

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Blend until smooth.
3. Enjoy!

Carrot Cake Baked Oatmeal

Cook and Prep Time: 50 minutes

Serves: 8

You Need

- 2 cups Rolled Oats
- 2 cups Plant Milk of Choice
- 1 T Almond Butter
- 1 ½ cups Carrots, grated
- ½ cup Shredded Coconut
- 2 T Maple Syrup
- 2 Flax Eggs (2 T Ground Flax + 5 T Water)
- ½ cup Walnuts, chopped
- ½ - ¾ cup Raisins
- 2 t Ground Cinnamon
- 2 T Coconut Oil (melted) OR Applesauce (optional)
- ½ t Salt

For Serving

- Chopped Walnuts
- Nut Butter
- Coconut Flakes
- Ground Cinnamon

DIRECTIONS

1. Preheat your oven to 350°F. Line an 8x8 inch baking dish with parchment paper.



2. In a large mixing bowl, make the flax egg. Then, add the oil (or applesauce) maple syrup, salt, and cinnamon. Whisk to combine.
3. Add the plant milk, and whisk to combine.
4. Then, add the grated carrots, oats, nuts, and raisins. Mix well.
5. Transfer the mixture to a baking dish. Bake for 30-35 minutes, or until the top is golden brown. Remove from the oven and let cool for 5-10 minutes.
6. Serve with your desired toppings. Enjoy!

Mocha & Peppermint Smoothie Bowl

Cook and Prep Time: 5 minutes

Serves: 1

You Need

- 2 Bananas
- 2-3 T Cacao Powder
- 1 T Nut Butter of Choice
- 2 Medjool Dates OR 1-2 T Maple Syrup
- ½ cup Coffee (cold-brew is preferable)
- 1 T Chia Seeds
- 1 T Hemp Seeds
- 1 T Flaxseeds
- ½ t Peppermint Extract

Toppings

- Mint Leaves
- Chocolate Chips
- Chopped Cashews
- Coconut Flakes
- Chopped Walnuts

DIRECTIONS

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



Turmeric Chickpea & Veggie Loaded Breakfast Sweet Potatoes

Cook and Prep Time: 15 minutes

Serves: 2

You Need

- 1 15oz. can Chickpeas, rinsed and drained
- 2 Baked Sweet Potatoes
- 4-6 oz. Mushrooms, chopped
- 3-4 cloves Garlic, sliced
- ½ Yellow Onion, chopped
- 2 cups Spinach (or other leafy green), chopped
- 1 t Ground Turmeric
- 1 t Garlic Powder
- 1 t Onion Powder
- Salt & Pepper, to taste
- Vegetable Stock or Extra Virgin Olive Oil, for sautéing

For Serving

- Tahini
- Lemon Juice
- Chopped Parsley
- Chopped Basil
- Red Chili Flakes

DIRECTIONS

1. Rinse and chop the produce accordingly. Bake the sweet potatoes before starting this recipe.
2. Set a skillet to medium heat. Once hot, add the mushrooms and onion. Cook for 6-8 minutes, until the onion is translucent.
3. Add the garlic, and cook for 1 minute more, or until fragrant.
4. Add the chickpeas and spinach. Cook for 2-3 minutes, until the spinach has wilted.
5. Add the spices, and stir to combine. Season to taste.



6. Cut the sweet potato in half lengthwise. Add the filling, and top with tahini and other desired garnishes. Enjoy!

West African Inspired Peanut & Black Bean Stew



Cook and Prep Time: 50-60 minutes



Serves: 2-3

You Need

- ½ lb. Sweet Potatoes
- 1 15oz. Black Beans
- 1 15oz. can Crushed Tomatoes
- ½ head Fennel, chopped, bulb and fronds separated
- 2-3 cups Kale (or other leafy green), chopped
- ½ Yellow Onion, diced
- 3-4 cloves Garlic, minced
- 2 t Ginger, minced
- 1 Jalapeno Peppers, diced (optional)
- 1 t Tomato Paste
- 1 t Ground Cumin
- 1 t Ground Cloves
- 1 t Ground Coriander
- 1 t Ground Cinnamon
- 1 t Dried Thyme
- 1 Lemon, juiced
- 1-2 T Peanut Butter
- ½ cup Cilantro, chopped
- Salt & Pepper, to taste

For Serving

- Cooked Quinoa or Brown Rice
- Chopped Cilantro
- Chopped Mint
- Lemon Zest
- Chili Flakes
- Fennel Fronds

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Set a Dutch oven to medium heat. Once hot, add the onion. Cook until translucent, 4-5 minutes. Then, add garlic, ginger, fennel bulb, and jalapeno pepper. Cook for 2 additional minutes.
3. Add the tomato paste and spices. Cook for 2-3 minutes, stirring frequently to avoid burning. Add water if needed to avoid burning.
4. Add the vegetable stock, sweet potatoes, peanut butter, crushed tomatoes, and beans. Bring to a boil, then cover and reduce the heat to a simmer. Cook for 20-25 minutes, until the sweet potatoes are tender.
5. Add the kale and lemon juice. Stir to combine, and season to taste.
6. Serve with your desired garnishes and grain of choice. Enjoy!



Chipotle Chickpea Taco Bowls

Cook and Prep Time: 35-40 minutes

Serves: 2

You Need

- ½ cup Quinoa + 2 cups Vegetable Stock
- Salt & Pepper, to taste

For the Chickpeas

- 1 15oz. cans Chickpeas, rinsed and drained
- 1 t Chili Powder
- ½ t Chipotle Chili Powder
- ½ t Ground Cumin
- ½ t Garlic Powder
- ½ t Smoked Paprika
- ½ T Extra Virgin Olive Oil
- Salt & Pepper, to taste

For Serving

- 2 cup Arugula (or other leafy greens)
- 1 15oz. Black Beans, rinsed and drained
- 2 cups Cherry Tomatoes, halved
- ¼ cup Cilantro, chopped
- 1 Avocado, diced
- 2-3 Scallions, chopped
- 2 Limes, juiced

DIRECTIONS

1. Rinse and chop the produce accordingly. Preheat your oven to 400°F and line 1 baking tray.
2. Cook the quinoa according to package instructions. Once finished, fluff with a fork and set aside.
3. Season the chickpeas with the spices mentioned above, and toss in olive oil. Roast for 20-25 minutes, tossing halfway.
4. Add the chickpeas and cooked quinoa to your bowls. Add your desired toppings and garnishes. Enjoy!



Corn + Cauliflower Chowder & Roasted Brussels Sprouts



Cook and Prep Time: 40 minutes

Serves: 2



You Need

For the Chowder

- 2 cups Sweet Corn, frozen or fresh
- 1 head Cauliflower, chopped into florets
- 2-3 cups Water or Vegetable Stock
- ½ Yellow Onion, diced
- 2-3 stalks Celery, diced
- 2-3 Potatoes, cubed
- 1 Red Bell Pepper
- 1-2 Carrots, diced
- 3-4 cloves Garlic, minced
- 1 5oz. can Coconut Cream
- 1 15oz. can Cannellini Beans, rinsed and drained
- 1 t Dried Thyme
- 1 t Onion Powder
- ¼ t Cayenne Pepper
- ½ t Smoked Paprika
- 1 t Garlic Powder
- 1 t Oregano
- Salt & Pepper, to taste
- Vegetable Stock, for sautéing
- 1 T Extra Virgin Olive Oil, for sautéing

For the Brussels Sprouts

- 1 lb. Brussels Sprouts, halved
- Salt & Pepper, to taste
- 1 T Extra Virgin Olive Oil

For Garnish

- Chopped Parsley
- Chopped Scallions
- Chopped Chives
- Chopped Cilantro
- Cayenne Pepper
- Black Pepper

DIRECTIONS

1. Rinse and chop the produce accordingly. Line 1 baking tray and preheat your oven to 425°F.
2. Roast the Brussels Sprouts. Toss the sprouts in salt, pepper, and extra virgin olive oil. Then, place them on the baking tray. Roast for 20-25 minutes, turning halfway.



3. Set a pot to medium heat. Once hot, add the celery, carrots, onion, garlic, and bell pepper. Sauté until the onions are translucent, 7-8 minutes. Then, add the beans and cook until warmed through, 1-2 minutes.
4. Sauté the potatoes. Set a skillet to medium heat. Once hot, add extra virgin olive oil. Then, add the potatoes. Cook for 6-7 minutes, until browned, and season to taste. Then, remove from heat and set aside for later.
5. To the pot, add vegetable stock. Bring to a boil, then add the corn, potatoes, cauliflower, and spices. Stir to combine, and then cover and reduce heat to a simmer. Cook for 15-20 minutes, until the potatoes are tender. Then, add the coconut cream, and adjust seasonings to taste.
6. Plate the chowder, then top with the roasted Brussels sprouts and your desired garnishes. Enjoy!

Southwest Loaded Butternut Squash

Cook and Prep Time: 60 minutes

Serves: 2

You Need

- 1 Butternut Squash, halved and seeded
- ½ cup Cooked Brown Rice
- ½ 15oz. can Black Beans, rinsed and drained
- ½ 15oz. can Kidney Beans, rinsed and drained
- ½ 15oz. can Corn, rinsed and drained
- ½ cup Vegetable Stock
- 1 Bell Pepper, diced
- ½ Red Onion, diced
- 3-4 cloves Garlic, minced
- 2 t Chili Powder
- 1 t Ground Cumin
- 1 t Smoked Paprika
- 1 t Garlic Powder
- Salt & Pepper, to taste
- 1 T Extra Virgin Olive Oil
- 1 Lime, juiced

For Serving

- Pico de Gallo
- Diced Avocado
- Chopped Cilantro



- Chopped Scallions
- Hot Sauce

DIRECTIONS

1. Rinse and chop the produce accordingly. Preheat your oven to 400°F. Line 1 baking tray.
2. Bake the squash. Brush the squash with olive oil, salt, and pepper. Place the flesh-side down on the baking tray, and bake for 45 minutes, until fork tender.
3. Make the filling. Set a large skillet to medium heat. Once hot, add the red onion, bell pepper, and garlic. Cook for 4-5 minutes, until the onion is translucent. Then, add the beans, spices, and vegetable stock. Cook for 4-5 minutes, then add the rice, lime juice, salt, and pepper. Stir to combine.
4. Once the squash is cooked, scoop out part of the flesh (save it to use in another recipe).
5. Fill the squash with the mixture.
6. Serve with your desired toppings. Enjoy!

Vegan Cobb Salad

Cook and Prep Time: 20 minutes

Serves: 2

You Need

- 6 cups Arugula (or other leafy green)
- 1 15oz. can Chickpeas, rinsed and drained
- ½ cup Grape Tomatoes, halved
- ½ Cucumber, diced
- ½ 15oz. can Sweet Corn, rinsed and drained
- ½ cup Carrots, grated
- ½ cup Red Onion, diced
- 8 oz. Tempeh Bacon (see below)
- 1-2 Avocado, sliced
- ½ cup Parsley, chopped

For the Dressing

- 1 T Apple Cider Vinegar
- ½ T Dijon Mustard
- ½ t Maple Syrup
- 1 cloves Garlic, minced
- 1 T Extra Virgin Olive Oil OR Tahini
- Salt & Pepper, to taste

For Serving



- Sunflower Seeds
- Pumpkin Seeds
- Walnuts
- Almonds
- Dill

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Make the tempeh bacon (see below).
3. To a large bowl, add the greens, corn, chickpeas, tomatoes, cucumber, carrots, red onion, and tempeh bacon. Mix well.
4. Immediately prior to serving, add the avocado and dressing. Toss to combine.
5. Add you desired toppings. Enjoy!

Tempeh Bacon (Oven Method)

Cook and Prep Time: 35 minutes

Serves: about 20 slices

You Need

- 1 block Tempeh, cut into thin strips
- ¼ cup Vegetable Stock or Water
- 3 T Tamari
- 2 T Apple Cider Vinegar
- 1 T Maple Syrup
- 1-2 t Garlic Powder
- 1-2 t Onion Powder
- 2 t Smoked Paprika

DIRECTIONS

1. Slice the tempeh. Line 1 baking tray. Preheat your oven to 400°F.
2. Make the marinade by mixing the vegetable stock, tamari, apple cider vinegar, maple syrup, garlic powder, onion powder, and smoked paprika.
3. Pour the marinade over the tempeh. Marinate for at least 15 minute to as long as 24 hours.
4. Add the tempeh to your baking tray, and bake for 10 minutes. Then, removed the tempeh from the oven, flip and baste with the rest of the marinade, and bake for 10 more minutes, or until golden brown. Then allow the tempeh to cool (this will allow it to crisp up).
5. Serve on sandwiches, as a side, or on top of bowls. Enjoy!

