



Meal Prep Week 21

Recipes by Vincent Esposito, Ms, DC





Suggested Meal Planner			
WEEK OF:	BREAKFAST	LUNCH	DINNER
MONDAY	Banana-Chocolate Oatmeal	Sweet Potato & Quinoa Bowls	Tofu & Cauliflower Tikka Masala
TUESDAY	Apple-Cinnamon-Raisin Baked Oatmeal Bars	Tofu & Cauliflower Tikka Masala	Loaded Italian-Style Sweet Potatoes
WEDNESDAY	Sweet Potato Breakfast Bowl	Sweet Potato & Quinoa Bowls	Cannellini Bean & Kale Soup
THURSDAY	Apple-Cinnamon-Raisin Baked Oatmeal Bars	Loaded Italian-Style Sweet Potatoes	Avocado-Pistachio Pesto Pasta
FRIDAY	Pineapple-Coconut-Ginger Smoothie	Avocado-Pistachio Pesto Pasta	Cannellini Bean & Kale Soup

BONUS: B5 Avocado-Pistachio Pesto

Grocery List

- 3 cups Rolled Oats
- 2 T Cacao Powder
- 1 Banana
- 2-3 Apples
- 1 cup Unsweetened Applesauce
- 3 cups Plant Milk
- 1 T Ground Flax (+more)
- ½ cup Raisins



- 2 T Nut Butter of Choice
- 7 Sweet Potatoes
- 1 cup Pineapple
- ½ cup Coconut Milk
- 2 T Ginger
- 1 15oz. can Sweet Corn
- 2 Red Onions
- 4 heads Garlic
- 2 Bell Peppers
- 1 15oz. can Black Beans
- 1 cup Quinoa
- 1 block Extra-Firm Tofu
- 1 head Cauliflower
- ½ cup Coconut Yogurt
- 3 Lemons
- 1 15oz. can Tomato Puree
- 1 bunch Cilantro
- 1 Bunch Parsley
- 2 Yellow Onions
- 1 5oz. can Coconut Cream
- 1 T Fennel or Fenugreek Seeds
- 2 15oz. can Chickpeas
- 2 cups Spinach
- 1 T Dijon Mustard
- 1 15oz. can Cannellini Beans
- 1 15oz. can Crushed Tomatoes
- 2 ribs Celery
- 3 Carrots
- 5 cups Kale
- 3 cups Vegetable Stock
- 8oz. Lentil Pasta
- 1 cup Basil
- 1 cup Arugula
- ½ cup Pistachios
- 1 Avocado

Banana-Chocolate Oatmeal

Cook and Prep Time: 20 minutes

Serves: 2

You Need

- 1 cup Rolled Oats
- 3 cups Water OR 1 ½ cups Water + 1 ½ cup Plant Milk of Choice
- 2 t Cacao Powder
- 1 Banana, mashed

For Serving

- Sliced Banana
- Nut Butter
- Chopped Nuts
- Berries
- Coconut Flakes
- Hemp Seeds
- Chia Seeds

DIRECTIONS

1. Rinse and chop the produce accordingly.



2. Bring the water and plant milk to a boil.
3. Once boiling, add the oats and reduce the heat to a simmer. Cook for 6-7 minutes, stirring frequently to avoid burning, until you reach a thick, creamy consistency.
4. Turn the heat off, and add the mashed banana and cacao powder to the oatmeal, and mix well.
5. Serve with your desired toppings. Enjoy!

Apple-Cinnamon-Raisin Baked Oatmeal Bars

Cook and Prep Time: 40 minutes

Serves: 6 bars

You Need

- 1 cup Apples, diced
- 1 cup Unsweetened Applesauce
- 1 cup Plant Milk of Choice
- 1-2 T Maple Syrup or Date Paste
- 2 cups Rolled Oats
- 2 “Flax Eggs”- 2 T Ground Flaxseeds + 6 T Water
- 2 T Ground Flaxseeds
- 2 t Ground Cinnamon
- ¼ cup Chopped Pecans, Almonds, or Walnuts
- ½ cup Raisins
- 1 T Nut Butter
- 1 T Hemp Seeds
- 1 t Vanilla Extract

For Serving

- Diced Apples
- Chopped Walnuts
- Raisins
- Nut Butter

DIRECTIONS

1. Rinse and chop the produce accordingly. Line an 8x8 baking dish and preheat your oven to 400°F.
2. In a large mixing bowl, combine all of the ingredients. Mix together until evenly combined.
3. Pour the mixture into your baking tray. Bake for 30-35 minutes, or until the top is golden-brown. When you are able to insert a toothpick and cleanly remove it, you know the oatmeal is cooked through.
4. Remove the tray from the oven and let cool for 5-10 minutes.
5. Cut the baked oatmeal into evenly-sized bars.



6. Top with your desired toppings. Enjoy!

Sweet Potato Breakfast Bowl

Cook and Prep Time: 10 minutes

Serves: 2

You Need

- 2 cups Cooked Sweet Potatoes, mashed (about 2 Sweet Potatoes)
- ½ cup Plant Milk of Choice
- 1 T Almond Butter or Nut Butter of choice
- ½ T Maple Syrup OR Date Paste
- 1 T Ground Flaxseeds
- 1 T Hemp Seeds
- 1 t Ground Cinnamon
- 1 t Vanilla Extract

For Serving

- Chopped Nuts
- Berries
- Coconut Flakes
- Granola
- Sliced Banana
- Nut Butter
- Tahini
- Mint
- Ground Cinnamon

DIRECTIONS

1. Prior to preparing the meal, bake the sweet potatoes for 50-60 minutes at 400°F. Once finished, remove the skin and mash them. This can be done the day prior to preparing.
2. Add all of the ingredients to a larger bowl. And mix until evenly combined.
3. Serve either warm or cold with your desired toppings. Enjoy!



Pineapple-Coconut-Ginger Smoothie

Cook and Prep Time: 5 minutes

Serves: 1

You Need

- 1 cup Pineapple, chopped
- ½ cup Coconut Milk
- 1 T Ginger, grated
- 1 t Ground Turmeric
- 1 T Hemp Seeds
- 1 T Chia Seeds
- 1 T Ground Flaxseeds

DIRECTIONS

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

Sweet Potato & Quinoa Bowls

Cook and Prep Time: 55 minutes

Serves: 2

You Need

- 1 Large Sweet Potato, diced
- ½ 15oz. can Sweet Corn, rinsed and drained
- ½ Red Onion, diced
- 2-3 cloves Garlic, minced
- ½ Bell Pepper, diced
- 1 15oz. can Black Beans, rinsed and drained
- ½ cup Quinoa + 1 cup Vegetable Stock OR Water
- 2 t Chili Powder
- 1 t Garlic Powder
- 2 t Dried Oregano
- ½ T Extra Virgin Olive Oil
- Vegetable Stock OR Extra Virgin Olive Oil, for sautéing



- Salt & Pepper, to taste

For Serving

- Sliced Avocado
- Chopped Cilantro
- Chopped Scallions
- Hot Sauce
- Salsa

DIRECTIONS

1. Rinse and chop the produce accordingly. Preheat your oven to 425°F and line 1 baking tray.
2. Add the sweet potatoes to your baking tray. Toss them with salt, pepper, and olive oil. Then, roast for 25-30 minutes, or until fork-tender
3. Cook the quinoa. Combine the quinoa and vegetable stock in a pot. Bring to a boil, and then cover and reduce the heat to a simmer. Cook until the quinoa is tender and the liquid has been absorbed, about 20 minutes.
4. Cook the black beans. Set a skillet to medium heat. Once hot, add the onion and bell pepper. Cook until the onion is translucent, about 5-6 minutes. Then, add the corn and garlic, and cook until fragrant, about 1 minute. Then, add the black beans and spices. Cook until warmed through, 4-5 minutes. Season to taste.
5. Add you beans to a serving bowl with the roasted sweet potatoes and quinoa. Add your desired toppings. Enjoy!

Tofu & Cauliflower Tikka Masala



Cook and Prep Time: 45 minutes

Serves: 2

You Need

- 1 blocks Extra-Firm Tofu, cubed
- ½ head Cauliflower, chopped into florets



Marinade

- ½ cup Coconut Yogurt
- 1 Lemon, juiced
- 1 t Garlic Powder
- 1 t Smoked Paprika
- 1 t Ground Turmeric
- 1 t Garam Masala
- 1 cloves Garlic, minced
- Salt & Pepper, to taste

For the Sauce

- 1 15oz. can Tomato Puree
- 1 bunch Cilantro Stems
- ½ Yellow Onion, diced
- 2 cloves Garlic, minced
- 1 T Fresh Ginger, grated
- 1 5oz. can Coconut Cream
- 1 Lemon, juiced
- 1 t Fenugreek Seeds
- 1 T Garam Masala
- 1 t Ground Cumin
- 1 t Ground Turmeric
- 1 t Smoked Paprika
- 1 t Ground Coriander
- 1 t Ground Cayenne Pepper (optional)
- Salt, to taste
- Black Pepper, to taste
- ½ cup Water or Vegetable Stock
- Olive Oil or Vegetable Stock, for sautéing

For Garnish

- Brown Rice, for serving
- Chopped Cilantro Leaves, for garnish
- Red Chili Flakes

DIRECTIONS

1. Rinse and chop the produce accordingly. Preheat your oven to 425°F and line two baking trays. Press the tofu prior to preparing this recipe.



2. Make the tofu and cauliflower marinade. Combine all of the marinade in a large bowl. Then, coat the cauliflower and tofu in the marinade, and let stand for 15-20 minutes (or you can prepare this the night before).
3. Bake the tofu and cauliflower. Add the tofu to one baking tray, and the cauliflower to the other. Bake for 25-30 minutes, flipping halfway.
4. Set a large skillet or pot to medium heat. Once hot, add the garlic, ginger, and onion, and sauté for 3-4 minutes, until onion is translucent. Then, add all of the spices and cilantro stems, and cook for 1 minute more, until fragrant.
5. Add the tomatoes and 1 cup of water. Bring to a simmer and cook for about 10-15 minutes.
6. Add the coconut cream and lemon juice, and cook for 1-2 minutes more, until the flavors have combined.
7. Add the tofu and cauliflower to the sauce, and gently toss to coat.
8. Serve with your desired garnishes. Enjoy!

Loaded Italian-Style Sweet Potatoes



Cook and Prep Time: 60 minutes

Serves: 2

You Need

- 2 Large Sweet Potatoes
- 3-4 cloves Garlic, minced
- ½ Red Onion, diced



- 1 15oz. can Chickpeas, rinsed and drained
- 2 cups Spinach (or other leafy green), chopped
- Salt, to taste
- 2 t Garlic Powder
- 2 t Onion Powder
- 2 t Dried Oregano
- 1 t Dried Thyme
- 1 t Dried Rosemary
- Salt & Pepper, to taste
- Vegetable Stock or Extra Virgin Olive Oil, for sautéing

For the Dressing

- 1 T Tahini
- 1 Lemon, juiced
- 1 t Maple Syrup or Coconut Nectar
- 2 t Dijon Mustard
- Salt, to taste
- Water (if needed)

Garnishes

- Chopped Parsley
- Chopped Basil
- Red Chili Flakes
- Chopped Mint

DIRECTIONS

1. Preheat oven to 400°F. Line 1 baking tray. Rinse and chop the produce accordingly.
2. With a fork, poke holes in the sweet potatoes all over the skin. Place the potatoes on the baking tray. Coat the skin of each of the potatoes with olive oil, and sprinkle with a pinch of salt. Once the oven is hot, place the potatoes in the oven, and allow them to cook for 45 minutes, until they are able to be easily cut with a fork.
3. Make the filling. Set a pan to medium heat. Once hot, add garlic and red onion. Cook until onion is translucent, stirring occasionally, 4-5 minutes.
4. Add chickpeas to your pan. Season with salt and pepper. Cook for additional 4-5 minutes. Add rosemary, thyme, oregano, garlic powder, and onion powder, and toss to combine.
5. Add the spinach to the pan with chickpeas. Add it in bunches until all spinach has wilted, 2-3 minutes. Season with salt and pepper if needed. Then, set aside until Step 7.
6. Make the dressing. Combine all ingredients in a bowl, and set aside for serving.
7. Cut a potato down the middle. Add about 1 cup of filling to the potato. Add your desired toppings. Enjoy!



Cannellini Bean & Kale Soup

Cook and Prep Time: 40 minutes

Serves: 2

You Need

- 1 15oz. can Cannellini Beans, rinsed and drained
- 1 15oz can Crushed Tomatoes
- ½ White or Yellow Onion
- 3-4 cloves Garlic, minced
- 2 ribs Celery, diced
- 1-2 Carrots, diced
- 2-3 cups Kale (or other leafy green), chopped
- 2 cups Vegetable Stock
- 1 t Dried Oregano
- 2 t Garlic Powder
- 1 t Onion Powder
- 2 t Dried Thyme
- 1 t Dried Basil
- 1 t Dried Rosemary
- 1 t Red Chili Flakes (optional)
- 1 Lemon, juiced
- Salt & Pepper, to taste
- 2 t Extra Virgin Olive Oil OR Vegetable Stock, for sautéing

For Serving

- Chopped Parsley
- Chopped Basil
- Red Chili Flakes
- Nutritional Yeast

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Set a large pot to medium heat. Once hot, add the onions, carrots, celery, and garlic. Cook for 4-5 minutes, until the onion is translucent.



3. Add the tomatoes, spices, beans, vegetable stock. Bring the soup to a boil, then cover and reduce the heat to a simmer. Cook for 15-20 minutes, until the flavors have combined.
4. Remove the lid, and add the kale and lemon juice. Cook until the kale has wilted, 2-3 minutes. Season with salt and pepper to taste. Serve with your desired toppings. Enjoy!

Avocado-Pistachio Pesto Pasta



Cook and Prep Time: 30 minutes

Serves: 2

You Need



- Avocado Pistachio Pesto (see below)
- 8oz. Lentil-Based Pasta
- 1 15oz. Chickpeas, rinsed and drained
- ½ Yellow Onion, sliced
- 2-3 cloves Garlic, minced
- ½ Bell Pepper, sliced
- 2 t Dried Oregano
- 1 t Garlic Powder
- Salt & Pepper, to taste
- Vegetable Stock or Extra Virgin Olive Oil, for sautéing

For Serving

- Chopped Parsley
- Chopped Basil
- Red Chili Flakes
- Chopped Cherry Tomatoes
- Arugula Salad.

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Make the pasta according to package instructions.
3. Make the pesto (see below).
4. Set a skillet to medium heat. Once hot, add the onion, pepper, and garlic. Cook for 5-6 minutes, until the onion is translucent. Then, add the chickpeas, and cook for 2-3 minutes. Add the dried oregano and garlic powder, and cook for 1 additional minute. Season with salt & pepper.
5. Toss the pasta with ¼ of the pesto sauce. Serve the pasta with the sautéed vegetables, and top with more pesto and your desired toppings. Enjoy!

Avocado-Pistachio Pesto

Cook and Prep Time: 10 minutes

Serves: about 3 cups

You Need

- 2 cups Kale (or leafy green), chopped and packed
- 1 c Basil
- 1 c Arugula
- ½ c Pistachios
- 4-5 cloves Garlic
- 1 Lemon, juiced



- 1 Avocado
- 2-4 T Water (or add water as needed)
- Salt & Pepper, to taste

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Add all of your ingredients to a food processor, and pulse until smooth.
3. Enjoy!