



Meal Prep Week 22

Recipes by Vincent Esposito, Ms, DC





| Suggested Meal Planner | | | |
|------------------------|------------------------------------------|--------------------------------------------------------------|--------------------------------------------------------------|
| WEEK OF: | BREAKFAST | LUNCH | DINNER |
| MONDAY | Orange, Turmeric, & Ginger Smoothie | PLT (Pea, Lettuce, Tomato) Sandwiches | Quinoa Mac & Cheese |
| TUESDAY | Baked Apple Oatmeal | Quinoa Mac & Cheese | One-Pot Golden Lentil & Quinoa Curry Soup |
| WEDNESDAY | Apple Cinnamon-Spice Smoothie | PLT (Pea, Lettuce, Tomato) Sandwiches | Thai Red Curry with Chickpeas, Cauliflower, & Potatoes |
| THURSDAY | Baked Apple Oatmeal | One-Pot Golden Lentil & Quinoa Curry Soup | Miso Polenta with Vegetables, Baked Tofu, & Black Bean Sauce |
| FRIDAY | Oil-Free Cheesy Hash Brown Broccoli Bake | Miso Polenta with Vegetables, Baked Tofu, & Black Bean Sauce | Thai Red Curry with Chickpeas, Cauliflower, & Potatoes |



BONUS: Quick & Easy Black Bean Sauce

Grocery List

- 1 Orange
- 7 cups Plant Milk
- 3 T Ginger
- 2 Bananas
- 5 Apples
- 3 cups Rolled Oats
- 2 t Baking Powder
- 1 cup Dates
- 1 cup Walnuts
- 1 T Applesauce or Coconut Oil
- 2 Lemons
- 3 T Hemp Seeds
- 2 T Chia Seeds
- 4 T Ground Flaxseeds
- 2 t Vanilla Extract
- 3 T Nut Butter
- 9 Yukon Gold Potatoes
- 7 cups Broccoli
- 1 15oz. can Cannellini Beans
- 2 cups Nutritional Yeast
- 2 cups Cashews
- 3 cups Peas
- ½ cup Basil
- 5 heads Garlic
- 2 Tomatoes
- 1 5oz. container of Arugula
- 1 cup Quinoa
- 4 Yellow Onions
- 4 cups Veg Stock
- 4 t Dijon Mustard
- 1 T Curry Powder
- ½ cup Red Lentils OR Yellow Split Peas
- 1 bunch Kale
- 2 15oz. cans Coconut Milk
- 1 head Cauliflower
- 1 Red Bell Pepper
- 2 oz. Red Curry Paste
- 1 15oz. can Chickpeas
- 1 5oz. container Baby Spinach
- 1 Lime
- 1 bunch Cilantro
- 1 bunch Parsley
- 1 cup Polenta
- 1 T White or Yellow Miso Paste
- 3 bunches Scallions
- 4oz. Shitake Mushrooms
- 1 bunch Asparagus
- 1 bunch Broccolini
- 1 15oz. can Black Beans
- 1 block Extra-Firm Tofu
- 1- 1 ½ cups Tamari



Orange, Turmeric, & Ginger Smoothie

Cook and Prep Time: 5 minutes

Serves: 2

You Need

- 1 cup Plant Milk of Choice
- 1 Carrot, chopped
- 1 Orange, chopped
- 1-inch piece Ginger
- ½ Banana
- 1 t Ground Turmeric
- 1 T Ground Flaxseeds
- 1 T Ground Chia Seeds
- 1 T Hemp Seeds

DIRECTIONS

1. Add all of your ingredients to a blender.
2. Pulse until smooth.
3. Enjoy!

Baked Apple Oatmeal

Cook and Prep Time: 50 minutes

Serves: 8

You Need

- 4 Apples, cored and chopped

Dry Ingredients

- 3 cups Rolled Oats
- 2 t Baking Powder
- 1 t Ground Allspice
- 1 t Ground Cloves
- 2-3 t Ground Cinnamon
- 1 T Hemp Seeds



- ½ t Salt
- ½ cup Walnuts, chopped

Wet Ingredients

- 1 cup Dates, soaked overnight, pitted, and chopped
- 1 T Peanut Butter
- 1 T Maple Syrup (optional)
- 2 ½ cups Plant Milk of Choice
- 2 Flax Eggs (2 T Ground Flax + 6 T Water)
- 1 t Vanilla Extract
- 1 T Coconut Oil OR Applesauce

For Serving

- Chopped Walnuts
- Chopped Apples
- Ground Cinnamon
- Coconut Flakes
- Nut Butter
- Sliced Banana

DIRECTIONS

1. Preheat your oven to 375°F and line a 9"x11" baking tray. Whisk together the flax egg and let it rest for 5-10 minutes.
2. In one large mixing bowl, add the dry ingredients (oats, hemp seeds, baking powder, dates, walnuts, spices, and salt). Whisk together.
3. In a smaller mixing bowl, add all of the wet ingredients (plant milk, peanut butter, flax egg, maple syrup, vanilla extract, and coconut oil [or applesauce]).
4. Add the wet ingredients to the dry ingredients, and mix until fully incorporated. Then, fold in the apples.
5. Add the mixture to your baking tray. Add any extra oats, nuts, or apples to the top. Then, bake for 30-40 minutes, until the top is golden brown. Let cool for 10-15 minutes before slicing.
6. Serve with your desired toppings. Enjoy!

Apple Cinnamon-Spice Smoothie

Cook and Prep Time: 5 minutes

Serves: 1



You Need

- 1 Apple, cored
- 1 cup Plant Milk of Choice
- 1 Banana
- 1 t Cinnamon
- ½ t Ground Cloves
- ½ t Ground Nutmeg
- ½ Lemon, juiced
- 1 T Ground Flaxseeds
- 1 T Hemp Seeds
- 1 T Chia Seeds
- ½ t Vanilla Extract
- 1 T Nut Butter (optional)

DIRECTIONS

1. Add all of your ingredients to a blender.
2. Pulse until smooth.
3. Enjoy!

Oil-Free Cheesy Hash Brown Broccoli Bake

Cook and Prep Time: 1 hour

Serves: 6

You Need

- 5 cups Golden Potatoes, shredded
- 5 cups Broccoli, chopped
- 1 15oz. can Cannellini Beans, rinsed & drained
- 1 t Garlic Powder
- ½ cup Nutritional Yeast
- Salt & Pepper to taste

For the Sauce

- ½ cup Cashews, soaked overnight
- ½ cup Carrot, chopped, soaked in warm water for 20 minutes prior to using
- 5-6 cloves Garlic, chopped
- ¾ cup Nutritional Yeast
- 1 ¼ cup Plant Milk of Choice



- 1 t Smoked Paprika
- Salt & Pepper, to taste

For Serving

- Hot Sauce
- Red Chili Flakes
- Chopped Parsley
- Chopped Scallions

DIRECTIONS

1. Rinse and chop the produce accordingly. Preheat your oven to 400°F and line a 9"x13" baking dish.
2. Make the sauce. Add all of the ingredients to a blender, and pulse until smooth.
3. Place the grated potatoes in a thin dish towel and squeeze out the extra liquid.
4. Add the grated potatoes, broccoli, and cannellini beans to the baking tray. Toss with salt, pepper, nutritional yeast, and garlic powder.
5. Pour the sauce over the potatoes and broccoli, and toss to combine. Once tossed, create a smooth top using the back of the spoon.
6. Bake for 35-40 minutes or until golden brown. For a crispier top, broil for the last few minutes.
7. Let the potatoes rest for 5-10 minutes before cutting. Serve with your desired garnishes. Enjoy!

PLT (Pea, Lettuce, Tomato) Sandwiches



Cook and Prep Time: 20 minutes

Serves: 4 Sandwiches

You Need

- 2 ½ cups Green Peas, fresh or thawed if frozen
- ½ cup Fresh Basil, packed
- 3-4 cloves Garlic, minced
- 1 T Nutritional Yeast



- 1 Lemon, juiced
- 1 T Nut Butter (Almond Butter works well)
- 1-2 T Water, Vegetable Stock, or Extra Virgin Olive Oil
- Salt & Pepper, to taste

Sandwich Components

- 1-2 Tomatoes, slices
- Arugula or Spinach
- Dijon Mustard
- Roasted Chickpeas
- Whole Grain Bread OR Wraps

For Serving

- Salad
- Tomato Bisque
- Fresh Basil

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Prepare the peas. Set a skillet to medium heat. Once hot, add the garlic and peas. Cook for 1-2 minutes, until the peas are bright green. Set the peas aside to cool.
3. Add the peas, garlic, basil, nutritional yeast, lemon juice, nut butter, vegetable stock, salt, and pepper to a food processor. Pulse until the mixture is well-combined and NOT completely smooth to keep some texture.
4. Toast your bread as desired.
5. Prepare your sandwiches by adding the pea spread to one side and some Dijon mustard to the other slice of bread. Add in your other components.
6. Serve with tomato bisque and salad. Enjoy!

Vegan Quinoa Mac & Cheese



Cook and Prep Time: 40 minutes

Serves: 2

You Need

For the Quinoa



- ½ cup Quinoa + 1 cups Vegetable Stock
- 1-2 cups Broccoli Florets, chopped
- ½ cup Carrots, chopped
- 1 15oz. can Pinto Beans, rinsed and drained
- ½ Yellow Onion, diced
- 2-3 cloves Garlic, sliced
- Salt & Pepper, to taste
- Vegetable Stock or 1 T Extra Virgin Olive Oil, for sautéing

For the Sauce

- ¾ cups Cashews, soaked overnight
- ¼ cup Vegetable Stock OR Water
- ¼ cup Nutritional Yeast
- 1 clove Garlic
- 2 t Smoked Paprika
- 1 t Garlic Powder
- 1 t Turmeric
- ½ t Dijon Mustard
- Salt & Pepper, to taste

For Serving

- Chopped Parsley
- Chopped Basil
- Red Chili Flakes
- Salad

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Cook the quinoa according to package instructions.
3. Set a large skillet to medium heat. Once hot, add garlic and onion. Cook for 4-5 minutes, until the onion is translucent. Then, add the carrots and broccoli. Cook for 2-3 minutes, until the broccoli is bright green and tender. Then, add the pinto beans, and cook until the warmed through, 1-2 minutes.
4. Meanwhile, make the sauce. Combine all the ingredients in a blender, and pulse until smooth. Add more water if needed.
5. To the skillet, add the cooked quinoa and sauce, and toss to combine.
6. Serve with your desired toppings and serve with a salad. Enjoy!

One-Pot Golden Lentil & Quinoa Curry Soup



Cook and Prep Time: 30 minutes

Serves: 2

You Need

- ½ Yellow Onion, diced
- 3-4 cloves Garlic, minced
- 1 T Ginger, grated
- 1 T Yellow Curry Powder
- ½ cup Red Lentils OR Yellow Split Peas
- ½ cup Quinoa
- 2-3 cup Vegetable Stock
- 2.5 oz. Kale or other leafy green
- ½ 15oz. can Coconut Milk
- 4 oz. Frozen Peas
- 1 Carrots, diced
- 2-3 t Tamari
- Salt & Pepper, to taste
- Vegetable Stock OR Extra Virgin Olive Oil, for sautéing

For Serving

- Sesame Seeds
- Pumpkin Seeds
- Chopped Cilantro
- Chopped Scallions
- Coconut Yogurt

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Set a pot to medium heat. Once hot, add the onion. Cook for 4-5 minutes, or until translucent. Then, add the carrots, garlic, and ginger. Cook for another minute, or until fragrant.
3. Add the curry powder. Cook for another minute, until fragrant, adding water if needed to prevent the spices from burning.
4. Add the vegetable stock, tamari, lentils, and quinoa. Bring to a boil, and then cover and reduce the heat to a simmer. Cook for about 20 minutes, or until tender.
5. Then, stir in the peas, coconut milk, and kale. Cook until the kale has wilted, 2-3 minutes.
6. Serve with your desired toppings. Enjoy!



Thai Red Curry with Chickpeas, Cauliflower, & Potatoes

Cook and Prep Time: 45 minutes

Serves: 2

You Need

- ½ Yellow Onion, thinly sliced
- 3-4 cloves Garlic, sliced
- 1 T Ginger, minced
- 1 Carrot, thinly sliced
- ½ head Cauliflower, chopped
- 3-4 Yukon Gold Potatoes, chopped
- ½ Red Bell Pepper, thinly sliced
- 1 15oz. can Coconut Milk
- 1 cup Vegetable Stock
- 2oz. Red Curry Paste
- 1 15oz. can Chickpeas, rinsed and drained
- ½ 5oz. container Baby Spinach
- 1 Lime, juiced
- 1 T Tamari
- Salt & Pepper, to taste
- Extra Virgin Olive Oil OR Vegetable Stock, for sautéing

For Serving

- Chopped Cilantro
- Thai Basil Leaves
- Brown Rice or Quinoa
- Chopped Scallions,
- Red Chili Flakes
- Sesame Seeds

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Set a pot to medium heat. Once hot, add the onion. Cook for 4-5 minutes, until the onion has become translucent.



3. Add the red bell pepper, carrots, and potatoes. Cook for 5-6 minutes. Then, add the garlic and ginger, and cook for 1 additional minute, or until fragrant.
4. Add the vegetable stock, curry paste, chickpeas, coconut milk, and cauliflower. Bring to a boil, then reduce the heat to a simmer. Simmer for 8-10 minutes, or until the potatoes are tender enough to pierce with a fork.
5. Add the spinach. Cook for 1-2 minutes, or until wilted.
6. Turn the heat off, and then add the tamari and lime juice. Mix well and season to taste.
7. Serve with brown rice or quinoa, and garnish with your desired toppings. Enjoy!

Miso Polenta with Vegetables, Baked Tofu, & Black Bean Sauce



Cook and Prep Time: 45 minutes

Serves: 2

You Need

- Black Bean Sauce, see below
- Umami Baked Tofu, see below



For the Polenta

- ½ cup Polenta
- 1 T White or Yellow Miso
- 1 cups Water
- ½ cup Plant Milk of Choice
- Salt & Pepper, to taste

For the Vegetables

- ½ bunch Scallions Whites, chopped on a bias
- 2-3 oz. Shitake Mushrooms, sliced
- 2-3 cloves Garlic
- 1 bunch Asparagus, chopped, ends removed
- ½ Yellow or Red Onion, sliced
- 1 bunch Broccolini, chopped
- 2-3 t Tamari
- Salt & Pepper, to taste
- 1 T Extra Virgin Olive Oil OR Vegetable Stock, for sautéing

For Serving

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

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Make the Umami Tofu (see below).
3. Make the Polenta. Bring the water, miso, and plant milk to a boil in a saucepan. Add the polenta, and whisk vigorously to incorporate. Reduce the heat to a simmer, whisking frequently initially and less as the polenta begins to thicken and the polenta is tender, 30-35 minutes.
4. Make the Black Bean Sauce (see below).
5. Make the Stir-Fried Vegetables. Set a skillet to medium heat. Once hot, add the shitake mushrooms. Cook for 2-3 minutes, until browned. Then, add the onion, broccolini, and asparagus. Cook for 4-5 minutes. Finally, add the garlic, and cook until fragrant, about 1 minute. Add the tamari, and toss to coat. Season to taste.
6. Serve the polenta, and top with the vegetables and tofu. Garnish with your desired toppings. Enjoy!

Quick & Easy Black Bean Sauce



Cook and Prep Time: 5 minutes

Serves: 4-6

You Need

- 1 15oz. can Black Beans OR Fermented Black Soy Beans, rinsed and drained
- 3 cloves Garlic
- 1-inch piece of Ginger, roughly chopped
- 3 T Tamari
- 1 t Rice Wine Vinegar
- 1 t Vegetable Stock
- 1 cup Warm Water
- 1 T Maple Syrup
- 1 Scallion, chopped

DIRECTIONS

1. Add all of the ingredients to a blender.
2. Pulse until smooth.

Umami Baked Tofu

Cook and Prep Time: 45 minutes

Serves: 2

You Need

- 1 blocks Firm or Extra-Firm Tofu, cut into ½ inch pieces

For the Sauce

- 2 t Arrowroot Powder
- 2 t Olive Oil
- 2 t Garlic Powder
- ½ t Onion Powder
- 2 t Smoked Paprika
- 1 T Tamari
- Salt & Pepper, to taste

DIRECTIONS

1. Press the tofu by wrapping the blocks in paper towels or a clean dish towel. Place a plate or pan on top of the wrapped tofu, and put something heavy (such as a cast iron pan) on top of that. Let the tofu press for about 30 minutes. Preheat oven to 400°F. Line 1 baking tray.
2. Make the sauce. Whisk together all of the sauce ingredients. Add the chopped tofu, and marinate for at least 20 minutes. You can start marinating the tofu the night before.



3. Place tofu on the baking tray, but reserve the extra marinade. Bake for 20 minutes.
4. Then, remove the tofu, add the remaining marinade, and toss. Bake for 10 more minutes, or until crispy.
5. Serve as desired. Enjoy!