



Meal Prep Week 23

Recipes by Vincent Esposito, Ms, DC





Suggested Meal Planner			
WEEK OF:	BREAKFAST	LUNCH	DINNER
MONDAY	Warming Green Winter Smoothie	Savory Chickpea Pancakes with Leeks & Mushrooms	Tofu Marsala
TUESDAY	Chickpea & Vegetable Scramble	Tofu Marsala	Miso Pumpkin Risotto with Crispy Chickpeas & Sweet Potato
WEDNESDAY	Cold Brew Coffee Coconut Smoothie	Savory Chickpea Pancakes with Leeks & Mushrooms	Moroccan Chickpea Stew (Instant Pot)
THURSDAY	Chickpea & Vegetable Scramble	Miso Pumpkin Risotto with Crispy Chickpeas & Sweet Potatoes	Vegan Tomato Bisque
FRIDAY	Sheet Pan Breakfast Burrito Bowls	Vegan Tomato Bisque	Moroccan Chickpea Stew (Instant Pot)



Grocery List

- 2 Bananas
- 1 Carrot
- 1 Zucchini
- 1 cup Plant Milk
- 1 T Fresh Ginger
- 1 t Spirulina OR ½ cup Leafy Greens
- 2 lbs. Yellow or White Potatoes
- 5 Yellow or White Onions
- 1 bunch Scallions
- 1 head Cauliflower
- 3 15oz. can Chickpeas
- 2 cups Spinach
- ½ cup Nutritional yeast
- Wraps or Tortilla Shells for 2 days
- 2 bunches Cilantro
- 1 cup Coconut Milk
- ½ cup Cold Brew Coffee
- 1 T Cacao Powder
- 2 Medjool Dates
- 1 T Mushroom Powder (optional)
- 1 Red Onion
- 2 Red Bell Peppers
- 1 ½ lbs. Mushrooms of choice
- 1 15oz. can Black Beans
- 2 blocks Extra-Firm Tofu
- 1 Avocado
- 1 cup Quinoa
- 1 Lime
- 1 cup Chickpea D/Lour
- 2 Leeks
- 5 head Garlic
- 1 bunch Parsley
- 2 cups Dry White Wine
- 3 cups Vegetable Stock
- 3 Lemons
- 1 15oz. can Pumpkin Puree
- 2 T White or Yellow Miso
- 1 Sweet Potato
- 1 cup Brown Arborio Rice
- 2 T Fresh Sage
- ½ Butternut Squash
- 1 bunch Kale
- 1 cup Red Lentils
- 1 15oz. can Tomato Puree
- 5oz. Baby Arugula
- 1 28oz. can Diced Tomatoes
- 1 15oz. can Cannellini Beans
- 1 5oz. can Coconut Cream

Warming Green Winter Smoothie

Cook and Prep Time: 5 minutes

Serves: 1

You Need

- 1 Banana, chopped
- 1 Carrot, chopped
- ¼ cup Zucchini, chopped
- ¾ cup Plant Milk of Choice
- 1 T Ginger, minced
- 1 T Hemp Seeds
- 1 T Chia Seeds



- 1 T Ground Flaxseeds
- ½ t Ground Turmeric
- ½ t Ground Cinnamon
- 1 t Spirulina OR ½ cup Spinach, Kale, or other leafy green

DIRECTIONS

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

Chickpea & Vegetable Scramble

Cook and Prep Time: 35 minutes

Serves: 2

You Need

- ½ lb. Potatoes, diced
- ½ cup Yellow Onion, diced
- ½ bunch Scallion Whites, chopped
- 2-3 cloves Garlic, minced
- 2 cups Cauliflower, chopped
- 1 15oz. can Chickpeas, rinsed and drained
- 1 cup Baby Spinach or Kale or other leafy green, chopped
- 2 t Tamari
- 1 T Nutritional Yeast
- 1 t Onion Powder
- 1 t Garlic Powder
- 1 t Mustard Powder
- 1 t Dried Thyme
- 1 t Smoked Paprika
- 1 t Ground Turmeric
- Salt & Pepper, to taste
- Extra Virgin Olive Oil or Vegetable Stock, for sautéing

For Serving

- Taco Shells or Wraps
- Hot Sauce



- Chopped Cilantro
- Scallion Greens
- Roasted Potatoes
- Salsa

DIRECTIONS

1. Rinse and chop the produce accordingly. Bring a large pot of water to a boil.
2. Add the potatoes to the boiling water. Cook them for 5 minutes. Then drain the potatoes and set them aside.
3. Bring a large skillet to medium-high heat. Once hot, add the potatoes to skillet. Add the garlic powder, cumin, smoked paprika, salt, and pepper, and toss the potatoes. Spread the potatoes evenly out along the skillet. Do not touch them for 5-7 minutes.
4. Toss the potatoes and cook for 5 minutes.
5. Add the garlic, bell pepper and onion to the skillet, and cook for 4-5 minutes.
6. Add the chickpeas, spinach, and tamari. Cook until chickpeas are heated through and spinach is wilted, about 2-3 minutes, and season to taste.
7. Serve with your desired sides and toppings. Enjoy!

Cold Brew Coffee Coconut Smoothie

Cook and Prep Time: 10 minutes

Serves: 1

You Need

- $\frac{3}{4}$ cup Coconut Milk
- $\frac{1}{2}$ cup Cold Brew Coffee (sub for Decaf if needed)
- 1 Banana, chopped
- 2 t Cacao Powder
- 1-2 Medjool Dates, pitted
- 1 T Chia Seeds
- 1 T Ground Flaxseeds
- 1 T Hemp Seeds
- 1 T Powdered Mushroom Extract (Lion's Mane, Reishi, Chaga, etc.) [optional]

For Serving

- Cacao Nibs



- Cacao Powder
- Banana Slices
- Coconut Flakes

DIRECTIONS

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

Sheet Pan Breakfast Burrito Bowls

Cook and Prep Time: 35 minutes

Serves: 2

You Need

For the Vegetables

- 2 cups Yellow Potatoes, diced
- ½ Red Onion, sliced
- 1 Red Bell Pepper, sliced
- 2 cups Mushrooms, quartered
- 1 15oz. can Black Beans, rinsed and drained
- 1 t Onion Powder
- 1 t Garlic Powder
- 1 t Smoked Paprika
- 1 t Ground Cumin
- 2 t Extra Virgin Olive Oil
- Salt & Pepper, to taste

Tofu Scramble

- 1 block Extra-Firm Tofu, pressed
- 1 t Garlic Powder
- 1 t Onion Powder
- 1 t Mustard Powder
- 1 T Nutritional Yeast
- 2 t Extra Virgin Olive Oil



- ½ t Ground Turmeric
- Salt & Pepper, to taste

For Serving

- Tortilla Shells or Wraps
- Guacamole
- Sliced Avocado
- Chopped Cilantro
- Lime
- Salsa
- Brown Rice or Quinoa
- Hot Sauce

DIRECTIONS

1. Rinse and chop the produce accordingly. Line 1 baking tray, and preheat your oven to 400°F.
2. In a bowl, crumble the tofu with your hands. Add the spices and extra virgin olive oil, and toss to combine.
3. In a separate bowl, add the rest of the vegetables and beans. Add the spices and toss to combine.
4. Add the tofu and vegetables to the baking tray. Roast for 30 minutes, turning halfway.
5. Add the mixture to a bowl or wrap. Serve with your desired toppings and garnishes. Enjoy!

Savory Chickpea Pancakes with Leeks & Mushrooms

Cook and Prep Time: 45 minutes

Serves: 2

You Need

For the Filling

- ½ cup Chickpea Flour
- ¾ cups Water
- Salt & Pepper
- 1 T Extra Virgin Olive Oil

For the Filling

- 4oz. Mushrooms, sliced
- 1 Leek, cut into ¼ inch thick half-moons
- ½ White Onion, sliced
- 1-2 cloves Garlic, minced



- 1 t Dried Thyme
- 1 ½ T Nutritional Yeast
- 2 t Tamari
- Vegetable Stock OR 1 T Extra Virgin Olive Oil

For Serving

- Chopped Scallions
- Fresh Thyme
- Red Chili Flakes
- Chopped Parsley

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. In a mixing bowl, combine the salt, pepper, chickpea flour, and warm water. Mix and let the batter set for about 15 minutes.
3. Meanwhile, make the filling. Set a skillet to medium heat. Once hot, add the mushrooms, leeks, and onion to the skillet. Cook for 8-10 minutes, until the onion is translucent and the mushrooms have released their liquid. Then, add the garlic and thyme, and cook for 2 minutes, or until the garlic is fragrant. Add the tamari, and mix, cooking for 1 additional minute. Then, turn off the heat and add the nutritional yeast. Mix and season to taste.
4. Heat a separate skillet over medium heat. Scoop about 1/3 cup of the batter into the skillet. Then, turn up the heat to medium-high and cook the pancake, undisturbed, until browned on the bottom and edges, about 2-3 minutes. Then, flip and cook for one additional minute. Transfer the pancake to a plate, and repeat until all of the batter is used.
5. Serve the pancake, and add the leek and mushroom filling to one side of it. Then, fold the pancake in half. Garnish with your desired toppings. Enjoy!

Tofu Marsala



Cook and Prep Time: 35-40 minutes



Serves: 2

You Need

For the Tofu

- 1 block Extra-Firm Tofu, pressed, cut into planks
 - 2 t Olive Oil
 - Salt & Pepper, to taste
 - 2 t Arrowroot Powder
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- 1 lb. Cremini Mushrooms, sliced
 - 1 Yellow Onion, diced
 - 5-6 cloves Garlic, minced
 - 1 cup Dry White Wine (like a Chardonnay)
 - ½ cup Vegetable Stock
 - 2-3t Dried Thyme
 - 2-3t Dried Oregano
 - 1 Lemon, juiced
 - Salt & Pepper, to taste
 - Vegetable Stock OR Extra Virgin Olive Oil, for sautéing

For Serving

- Roasted Potatoes
- Mashed Potatoes
- Pasta
- Cauliflower Mash
- Chopped Parsley
- Chopped Chives
- Chopped Basil
- Arugula Salad

DIRECTIONS

1. Rinse and chop the produce accordingly. Preheat your oven to 425°F and line 1 baking tray.
2. Make the tofu. In a bowl, add the tofu, oil, salt, arrowroot powder. Toss to combine, taking care to not break the tofu.
3. Place tofu on the baking tray, and bake for 20 minutes. Then, flip and bake for 10 minutes more.
4. Set a large skillet to medium-high heat. Add the mushrooms, and cook until the mushrooms have started to brown. Cook for 5 minutes. Then, add garlic and onion. Cook for 5-6 minutes, until the onion is translucent.
5. Add the wine, dried oregano, dried thyme, and vegetable stock. Bring to a boil, and then let simmer for 10 minutes, until the liquid has reduced by half. Then, add the arrowroot powder, and stir until thickened.
6. Pour the sauce over the tofu. Serve with your desired sides. Enjoy!



Miso Pumpkin Risotto with Crispy Chickpeas & Sweet Potatoes

Cook and Prep Time: 50 minutes

Serves: 2

You Need

For the Pumpkin Miso Broth

- 2 cups Vegetable Stock OR Water
- ½ 15oz. can Pumpkin Puree
- 1 T Yellow Miso Paste

For the Crispy Chickpeas & Sweet Potato

- 1 15oz. can Chickpeas, rinsed and drained
- ½ Sweet Potato, diced
- 2 t Extra Virgin Olive Oil
- 1 T Ground Cumin
- 1 t Smoked Paprika
- 1 t Ground Turmeric
- ½ t Ground Ginger
- ½ t Ground Coriander
- ½ t Ground Cinnamon
- ½ t Ground Cloves
- Salt & Pepper, to taste

For the Rice

- ½ cup Brown Arborio Rice
- ½ cup Leeks, thinly sliced
- 3-4 cloves Garlic, minced
- 2 T Fresh Sage, chopped
- ¼ cup Dry White Wine



- 1 T Extra Virgin Olive Oil or Vegetable Stock, for sautéing
- Salt & Pepper, to taste

For Serving

- Side Salad
- Arugula
- Chopped Scallions
- Chopped Sage

DIRECTIONS

1. Rinse and chop the produce accordingly. Line 1 baking sheet and preheat your oven to 425°F
2. Make the broth. In a saucepan, add the vegetable stock, pumpkin puree. Stir to combine, and bring to a simmer. Once simmering, reduce the heat to lower to hold the simmer while making the risotto. Add the miso paste to a small bowl, then pour about ½ cup of the broth into that bowl. Whisk together until the miso has fully dissolved, and then add it back to the pot with the rest of the broth.
3. Roast the chickpeas and sweet potato. Add the sweet potato and chickpeas to your baking sheet, add the spices, and toss. Roast for 25-30 minutes, turning halfway. Once finished, set aside until ready to serve.
4. Set a large, high-rimmed skillet to medium-high heat. Once hot, add the leeks. Cook for 3-5 minutes, or until they are somewhat browned and caramelized. Then, add the garlic, and cook for 1 additional minute, or until fragrant.
5. Reduce the heat to medium, and add the Arborio rice and sage, and cook for 1 minute. Then, add the white wine, and cook for 1-2 minutes, or until the wine has been absorbed by the rice.
6. Using a ladle, add about ½ cup of the broth to the skillet with the rice. Stir constantly, keeping the heat at medium, or where a slight simmer is visible. Continue adding the broth as it is absorbed until the rice is al dente or all of the broth has been used.
7. Taste the rice and season accordingly.
8. Add the rice to your serving bowls, then add the crispy chickpeas and sweet potatoes, and serve with your desired garnishes and salad. Enjoy!

Moroccan Chickpea Stew (Instant Pot)



Cook and Prep Time: 4 hours

Serves: 2



You Need

- ½ White Onion, chopped
- 3-4 cloves Garlic, minced
- ½ Butternut Squash, cubed
- ½ Red Bell Pepper, chopped
- 1 bunch Kale, stems removed and chopped
- ¾ cup Red Lentils
- 1 15oz. can Chickpeas, rinsed and drained
- 1 15oz. can Tomato Puree
- 2 cups Vegetable Stock
- 2-3 t Ginger, grated
- 1 t Ground Turmeric
- 1 t Ground Cumin
- ½ t Ground Cinnamon
- 1 t Smoked Paprika
- 1 Lemon, juiced
- Salt & Pepper, to taste
- Extra Virgin Olive Oil OR Vegetable Stock, for sautéing

For Serving

- Chopped Cilantro
- Salad or Slaw
- Red Chili Flakes
- Cooked Quinoa
- Chopped Scallions
- Ground Sumac
- Sesame Seeds

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Select the SAUTE option on your Instant Pot. Once hot, add the onion, and cook for 5-6 minutes, until browned. Then, add the ginger, red bell pepper, and garlic, and cook until fragrant, 1 minute.
3. Add the spices, and cook for 1-2 minutes, until fragrant. Add water as needed to avoid burning.
4. Add the chickpeas, lentils, vegetable stock, and tomato puree. Stir to combine. Then, secure the Instant Pot lid, close the pressure valve, and select HIGH PRESSURE. Cook for 35 minutes.
5. Once finished, allow for a natural pressure release for 5-10 minutes.
6. Then, add the lemon juice and kale. Cook for 2-3 minutes, until the kale has wilted. Season to taste.
7. Serve with quinoa and salad, your desired toppings. Enjoy!



Vegan Tomato Bisque



Cook and Prep Time: 50 minutes

Serves: 2



You Need

- 1 28oz. can Diced Tomatoes
- 1 15oz. can Cannellini Beans, rinsed and drained
- ½ Yellow Onion. Diced
- 2-3 cloves Garlic, sliced
- ½ cup Dry White Wine
- 2 1 cups Vegetable Stock
- 2 t Yellow Miso Paste
- 1 t Garlic Powder
- 1 t Dried Thyme
- ½ t Dried Basil
- ½ t Dried Rosemary
- 1 t Dried Oregano
- 1 Bay Leaf
- 1 5oz. can Coconut Cream
- 1 Lemon, juiced
- Salt & Pepper, to taste
- 1 T Extra Virgin Olive Oil or Vegetable Stock, for sautéing

For Serving

- Chopped Basil
- Chopped Parsley
- Red Chili Flakes
- Coconut Cream

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Set a large pot to medium heat. Once hot, add garlic and onion. Cook until the onion is translucent, 5-6 minutes.
3. Add the white wine and all of the spices (except the bay leaves), and cook for 3-4 minutes, until reduced and the alcohol has burned off.
4. Then, add tomatoes, vegetable stock, beans, miso paste, and bay leaves. Stir to combine. Bring to a boil, then cover and reduce the heat to a simmer. Cook for 15-20 minutes, until thickened.
5. Turn off the heat. Then, using an immersion blender, blend the soup until completely smooth.
6. Stir in the coconut cream and lemon juice. Season with salt and pepper to taste.
7. Serve with your desired toppings. Enjoy!