



# Meal Prep Week 24

Recipes by Vincent Esposito, Ms, DC





Suggested Meal Planner			
WEEK OF:	BREAKFAST	LUNCH	DINNER
<b>MONDAY</b>	Golden Milk Overnight Oats	Savory Chickpea Pancakes with Leeks & Mushrooms	Roasted Cauliflower, Mushroom, & Lentil Tacos
<b>TUESDAY</b>	Lemon-Blueberry-Banana Baked Oats	Roasted Cauliflower, Mushroom, & Lentil Tacos	Vegan Quinoa Mac & Cheese
<b>WEDNESDAY</b>	Pineapple-Coconut-Banana Smoothie	Savory Chickpea Pancakes with Leeks & Mushrooms	Smoky Sweet Potato & Chickpea Cakes
<b>THURSDAY</b>	Lemon-Blueberry-Banana Baked Oats	Vegan Quinoa Mac & Cheese	Vegan Pizza Burgers
<b>FRIDAY</b>	Pesto Avocado Toast with Fresh Tomatoes	Vegan Pizza Burgers	Smoky Sweet Potato & Chickpea Cakes

BONUS: Italian Marinara Sauce (Canned Tomatoes Variety)



## Grocery List

- 3 cups Rolled Oats
- 3 T Chia Seeds
- 4 Bananas
- 1 T Nut Butter of choice
- 1 cup Coconut Milk
- 1 cup Plant Milk of Choice
- 1 cup Blueberries
- 3 Lemons
- ½ cup Oat Flour
- 2 T Ground Flax
- 2 T Hemp Seeds
- 1 T Maple Syrup
- 1 ½ cup Pineapple
- 1 cup Coconut Yogurt
- 2 slices Bread of Choice
- 1 Avocado
- 1 Heirloom Tomato
- 2 15oz. cans Chickpeas
- 2 cups Basil
- 1 cup Walnuts
- 1 ½ cup Nutritional Yeast
- 3 cups Vegetable Stock
- 8 oz. Mushrooms of choice
- 2 Leeks
- 4 White or Yellow Onions
- 5 heads Garlic
- 2 T Tamari
- 1 head Cauliflower
- 3 Limes
- 1 cup Lentils
- 2 cups Shitake Mushrooms
- 1 pint Cherry Tomatoes
- 1 Jalapeno Pepper OR Bell Pepper
- 1 Red Onion
- 1 bunch Cilantro
- 1 cup Quinoa
- 3 cups Broccoli
- 1 cup Carrots
- 1 15oz. can Pinto Beans
- 1 cup Cashews
- 1 t Dijon Mustard
- 2 Shallots
- 1 bunch Parsley
- 1 T Peanut Butter
- 4 Burger Buns
- Salad Greens
- 1 28oz. can Tomatoes

# Golden Milk Overnight Oats

Cook and Prep Time: 15 minutes (+6-8 hours)

Serves: 1

### You Need

- ½ cup Rolled Oats
- ½ cup Coconut Milk
- 1 T Chia Seeds
- 2 T Nut Butter
- 1 T Maple Syrup
- 1 t Golden Milk Spice Blend



- 2/3 t Ground Turmeric
- 1/8 t Ground Ginger
- 1/8 t Ground Cinnamon
- 1/8 t Black Pepper
- 1/8 t Ground Nutmeg
- 1/8 t Ground Cloves

#### For Serving

- Sliced Banana
- Nut Butter
- Coconut Flakes
- Coconut Yogurt
- Cacao Nibs
- Chopped Walnuts

#### DIRECTIONS

1. In a jar, mix together the spices, chia seeds, coconut milk, nut butter, and maple syrup. Stir until the spices are evenly incorporated.
2. Add the rolled oats, and stir to combine.
3. Cover the jar and refrigerate for 6-8 hours.
4. When ready to serve, add your desired toppings. Enjoy!

## Lemon-Blueberry-Banana Baked Oats

Cook and Prep Time: 40 minutes

Serves: 8

#### You Need

- 2 Ripe Bananas, mashed
- 1 cup Plant Milk of Choice
- 1 cup Blueberries
- 1 Lemon, juiced
- 2 cups Rolled Oats
- ½ cup Oat Flour
- 1 T Ground Flax Seeds + 2 T Water
- 1 T Chia Seeds
- 1 T Hemp Seeds



- 1 t Baking Powder
- 1 T Maple Syrup

#### Toppings

- Lemon Zest
- Sliced Bananas
- Pecans
- Walnuts
- Ground Cinnamon

#### DIRECTIONS

1. Preheat your oven to 400°F. Line one baking tray 9"x13." Combine the flax seeds with water and let it sit for at least 10 minutes.
2. In a mixing bowl, mash the bananas. Then, add the plant milk, lemon juice, maple syrup, and flax egg. Mix well.
3. In a separate bowl, add the rest of the ingredients and whisk to combine.
4. Add the dry mix to the wet mix and stir to combine.
5. Pour the mixture into your baking dish, and bake for 30-35 minutes, or until set.
6. Once done baking, allow the baked oatmeal to cool to room temperature before cutting. Enjoy!

## Pineapple-Coconut-Banana Smoothie

Cook and Prep Time: 5 minutes

Serves: 1

#### You Need

- 1 ½ cups Pineapple
- 1 Banana, chopped
- ½ cup Coconut Yogurt
- ½ cup Coconut Milk
- 1 t Turmeric (optional)
- 1 T Chia Seeds
- 1 T Ground Flaxseeds
- 1 T Hemp Seeds
- ¼ t Vanilla Extract



- 1 t Lemon Juice

## DIRECTIONS

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

# Pesto Avocado Toast with Fresh Tomatoes

Cook and Prep Time: 10 minutes

Serves: 2 Slices

## You Need

- 2 slices Sourdough Bread or Whole Wheat Bread
- ½ Avocado, sliced
- 1 Heirloom Tomato, sliced
- ½ can Chickpeas, rinsed and drained
- 1 t Red Pepper Flakes (optional)
- Simple Basil Pesto (see below)
- Lemon Zest (optional)

## For the Pesto

- 2 cups Basil
- ½ cup Walnuts or Pine Nuts
- 2-3 cloves Garlic
- 1 T Lemon Juice
- 2 T Nutritional Yeast
- 2 T Vegetable Stock OR 1 T Extra Virgin Olive Oil + 1 T Water or Vegetable Stock
- Salt & Pepper, to taste

## DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Make the pesto. Add all of the ingredients to a food processor, and pulse until smooth.
3. Toast the bread as desired.
4. Assemble the toast. Layer the pesto on the toast, then add the chickpeas, avocado, and sliced tomatoes. Garnish with red chili flakes and lemon zest. 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

- 4 oz. 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!

## Roasted Cauliflower, Mushroom, & Lentil Tacos





Cook and Prep Time: 35 minutes



Serves: 2

### You Need

- ½ head Cauliflower, chopped
- 1 t Dried Oregano
- 1 t Smoked Paprika
- 1 t Chili Powder
- 1 t Garlic Powder
- 1 t Ground Cumin
- ½ Lime, juiced
- 2 t Extra Virgin Olive Oil
- Salt & Pepper

### For the Lentil-Mushroom Filling

- ½ cup Green or French Lentils + 2 cups Vegetable Stock
- 2-3 cloves Garlic, sliced
- ½ Yellow Onion, chopped
- 1 cup Shitake Mushrooms, sliced
- 2 t Tamari
- 1 t Dried Oregano
- 1 t Smoked Paprika
- 1 t Chili Powder
- 1 t Garlic Powder
- 1 t Ground Cumin
- 1 Lime, juiced
- Salt & Pepper
- Extra Virgin Olive Oil or Vegetable Stock, for sautéing

### For the Pico de Gallo

- ½ pint Cherry Tomatoes, quartered
- 1 clove Garlic
- ½ Jalapeno Pepper OR ½ Bell Pepper, diced
- ¼ Red Onion, diced
- 1 Lime, juiced
- ¼ cup Cilantro, chopped
- Salt & Pepper, to taste

### For Serving

- Corn Tortillas
- Salsa
- Lime Wedges



- Chopped Cilantro
- Diced Avocado

#### **DIRECTIONS**

1. Rinse and chop the produce accordingly. Line a baking tray and preheat your oven to 425°F.
2. Roast the cauliflower. Toss the cauliflower florets in the lime juice, spices, and olive oil. Add the cauliflower to the baking sheet, and roast in the oven 25-30 minutes, until golden brown and tender, flipping halfway.
3. Make the Lentils. Add the lentils and vegetable stock to a small pot. Bring to a boil, then cover and reduce the heat to simmer. Cook for 20 minutes, or until the lentils are tender and the liquid has been absorbed.
4. Set a large skillet to medium heat. Once hot, add the mushrooms. Cook for 4-5 minutes, until the mushrooms have released their liquid. Then, add the onion, and cook for 4-5 minutes, until translucent. Then, add the garlic, and cook for 1 additional minute. Add the lentils, tamari, spices, and lime juice, and toss to combine.
5. Make the Pico de Gallo. Add all of the ingredients to a large bowl, and toss to combine.
6. Warm your tortillas as desired.
7. Assemble the tacos. Add the cauliflower, lentils and mushrooms, and Pico de Gallo to your tortillas. Serve with your desired garnishes. Enjoy!

## **Vegan Quinoa Mac & Cheese**





Cook and Prep Time: 40 minutes

Serves: 4

**You Need**



### For the Quinoa

- ½ cup Quinoa + 1 cup Vegetable Stock
- 1-2 cups Broccoli Florets, chopped
- 1 cup Carrots, chopped
- ½ 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
- 2 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!



## Smoky Sweet Potato & Chickpea Cakes



Cook and Prep Time: 35 minutes



Serves: 2

### You Need

- ½ cup Sweet Potato, mashed
- ½ 15oz. can Chickpeas, rinsed and drained
- ½ cup Oat Flour
- 1 T Ground Flax Seeds
- 2 t Garlic Powder
- 2 t Onion Powder
- 1-2 t Smoked Paprika
- 1-2 t Chili Powder
- 1 t Dried Thyme
- 1 T Extra Virgin Olive Oil, to fry
- Salt & Pepper, to taste

For Serving

- Cabbage Slaw
- Arugula Salad
- Fresh Basil
- Cannellini Bean Hummus
- Tahini Dressing

### DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Combine the mashed sweet potatoes and mashed chickpeas in a bowl, and stir to combine. Then, add the rest of the cake ingredients, and mix well.
3. Set a large pan to medium heat. Take about ¼ cup of the mixture and flatten it to about ¾ inch thick disks. Cook for about 4 minutes per side.
4. Drain the cakes on a paper-towel lined plate.
5. Serve the cakes with your desired toppings and sides. Enjoy!

## Vegan Pizza Burgers

Cook and Prep Time: 30 minutes

Serves: 4 Burgers

### You Need

For the Burgers





- 1 15oz. can Chickpeas, rinsed and drained (reserve the aquafaba)
- 2 Shallots OR ½ Yellow Onion, diced
- 4 cloves Garlic, minced
- 1 cup Chickpea Flour
- ½ cup Parsley, chopped
- 1 T Peanut Butter
- 1 t Dried Basil
- 1 t Dried Oregano
- 1 t Onion Powder
- 1 t Garlic Powder
- Salt & Pepper, to taste
- Vegetable Stock or 1 T Extra Virgin Olive Oil, for sautéing

#### For Serving

- 4 Burger Buns
- 1 cup Marinara Sauce (see below)
- Pesto
- Arugula
- Basil
- Nutritional Yeast
- Red Chili Flakes
- Red Onion Rings
- Arugula Salad

#### DIRECTIONS

1. Rinse and chop the produce accordingly. Line one baking tray and preheat your oven to 400°F.
2. Sauté the shallot and garlic. Set a skillet to medium heat. Once hot, add the shallot and cook for 4-5 minutes, until translucent. Then, add the garlic, and cook for 1 additional minute, or until fragrant.
3. Add the cooked garlic and shallot to a large mixing bowl, along with the rest of the burger ingredients, including the aquafaba. Mix until evenly combined.
4. Mold the mixture into patties. Then, place the patties on the baking tray. Bake for 20-25 minutes, flipping halfway, or until golden brown.
5. Serve the burgers with a salad and your desired fixings. Enjoy!

## Italian Marinara Sauce (Canned Tomatoes Variety)

Cook and Prep Time: 35 minutes





Serves: 4 people

### You Need

- 1 28oz. can Whole Tomatoes, hand-crushed
- ½ - 1 cup Pasta Water
- 1 head Garlic, sliced
- 1 Yellow Onion, diced
- 1 tbsp. Olive Oil
- Salt, to taste
- Black Pepper, to taste
- 1 tsp. Garlic Powder
- 1 tsp. Onion Powder
- Red chili flakes, basil, parsley, other spices, as needed or for garnish

### DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Make the sauce. Set a large pot to medium heat. Once hot, add garlic and onion, stirring occasionally to avoid burning. Cook until onion is translucent, about 4-5 minutes.
3. Add tomatoes, onion powder, and garlic powder. Bring mixture to a boil, then cover and reduce heat to a simmer. Allow sauce to cook for at least 20 minutes before serving, stirring occasionally.
4. Add the reserved pasta water and stir to combine. Season with salt and pepper as needed. (For a richer sauce, you can allow the sauce to simmer for 2-3 hours, adding water if needed.)
5. Add 1 spoonful of sauce to the pasta and toss to combine. Distribute pasta evenly among serving bowls. Top with sauce. Garnish with fresh chopped basil leaves. Enjoy!