



Meal Prep Week 25

Recipes by Vincent Esposito, Ms, DC





Suggested Meal Planner			
WEEK OF:	BREAKFAST	LUNCH	DINNER
MONDAY	Sunrise Smoothie	Miso-Baked Potatoes & Peas	Oil-Free WFPB Enchiladas
TUESDAY	Red Berry Smoothie Bowl	Oil-Free WFPB Enchiladas	Thai Pumpkin, Chickpea, & Peanut Curry (Instant Pot)
WEDNESDAY	Cashew Vanilla Oatmeal	Miso-Baked Potatoes & Peas	Black Bean & Mushroom Soup
THURSDAY	Red Berry Smoothie Bowl	Thai Pumpkin, Chickpea, & Peanut Curry (Instant Pot)	Tofu Palak Paneer
FRIDAY	Magical Mocha Overnight Oats	Tofu Palak Paneer	Black Bean & Mushroom Soup

BONUS: Crispy Baked Miso Tofu



Grocery List

- 1 Mango
- 1 Pineapple
- 2 Oranges
- 1 ½ cups Strawberries
- 2 T Chia Seeds
- 2 T Ground Flax Seeds
- 2 T hemp Seeds
- 2 T Plant Milk of Choice
- 1 Banana
- 1 cup Raspberries
- 2 cups Rolled Oats
- 1 cup Cashew Milk
- 2 T Cashew Butter
- ½ cup Coffee or Coffee Alternative
- ½ T Cacao Nibs
- 1 T Cacao Powder
- 8-10 Potatoes
- 2 5oz. container Arugula or Leafy Greens
- 1 ½ cup Frozen peas
- 4 heads garlic
- 1 Red Onion
- 3 T White or Yellow Miso Paste
- 1 15oz. can Sweet Corn
- 2 15oz. cans Black Beans
- 3 Roasted Peppers
- 3 Yellow Onions
- 1 ½ cup Cashews
- 2 Limes
- 1 Avocado
- 4 cups Vegetable Stock
- ½ cup Tomato Puree
- 8-10 Corn Tortillas
- 1 bunch Cilantro
- 1 bunch Parsley
- 2 T Ginger
- 1 stalk lemongrass
- 2 5oz. containers Coconut Cream
- 1 Small Pumpkin or Cubed Pumpkin/Squash
- 1 15oz. can Crushed Tomatoes
- 1 T Peanut Butter
- 2 5oz. containers Baby Spinach
- 1 bunch Scallions
- 1 lb. Cremini Mushrooms
- ½ cup Brown Rice OR Quinoa
- 1 Tomato
- 1 block Extra-Firm Tofu
- 1 Lemon

Sunrise Smoothie

Cook and Prep Time: 5 minutes

Serves: 2



You Need

- ½ Pineapple, chopped
- ½ Mango (ripe), chopped
- 2 Oranges
- ½ cup Grapes
- 1 cup Strawberries
- 1 T Chia Seeds
- 1 T Ground Flaxseeds
- 1 T Hemp Seeds

For Serving

- Coconut Flakes
- Nut Butter
- Chopped Nuts
- Chia Seeds

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Add all of the ingredients to a blender except the strawberries. Blend until smooth.
3. Pour half the mixture into your serving containers.
4. Add the strawberries to your reserved smoothie. Then, pulse again until smooth.
5. Top the serving glasses with the rest of the mixture. Top with your desired garnishes. Enjoy!

Red Berry Smoothie Bowl

Cook and Prep Time: 10 minutes

Serves: 1

You Need

- ½ cup Plant Milk of Choice
- 1 Banana, sliced
- 1 cup Raspberries
- ½ cup Strawberries

Toppings*

- Nuts or Seeds of Choice
- Dried Fruit



- Fresh Fruit of choice
- Chia Seeds
- Hemp Seeds
- Desiccated Coconut
- Nut Butter of choice

*Feel free to mix and match toppings as you see fit!

DIRECTIONS

1. To a blender, add bananas, berries, and plant milk. Add more milk if necessary, but you want the mixture to be very thick.
2. Blend until smooth.
3. Place the mixture in a bowl. Top with your desired toppings.
4. Serve and eat immediately. Enjoy!

Cashew Vanilla Oatmeal

Cook and Prep Time: 20 minutes

Serves: 1 Bowl

You Need

- 1 cup Rolled Oats
- 1 cup Water
- ½ cup Cashew Milk (or other Plant-Based Milk)
- 2 T Cashew Butter
- 1 T Maple Syrup (optional)
- ½ t Vanilla Extract

For Serving

- Berries
- Sliced Banana
- Coconut Flakes
- Chia Seeds
- Hemp Seeds
- Chopped Nuts
- Chopped Cashews



DIRECTIONS

1. Prepare the ingredients accordingly.
2. Add the oats to a small saucepan. Add the water, and cook the oats for 10 minutes, stirring frequently.
3. Once the oats absorb most of the water, add the cashew milk, cashew butter, vanilla extract, and maple syrup. Cook for 3-5 more minutes, or until your oatmeal reaches a thick, creamy consistency.
4. Add the oatmeal to a bowl, and top with your desired garnishes. Enjoy!

Magical Mocha Overnight Oats

Cook and Prep Time: 5 minutes (+6-8 hours)

Serves: 1

You Need

- ½ cup Plant Milk of Choice
- ½ cup Rolled Oats
- 1 T Cacao Powder
- ¼ cup Coffee, Decaffeinated Coffee, OR Coffee Alternative, cold
- 1 T Chia Seeds
- 1 T Hemp Seeds
- 1 T Ground Flax Seeds
- 1 t Cacao Nibs
- 1 T Plant-Based Protein Powder (optional)

For Serving

- Berries
- Sliced Banana
- Nut Butter
- Coconut Flakes
- Chopped Nuts

DIRECTIONS

1. Prepare all the ingredients accordingly.
2. Mix the coffee and plant milk in a jar. Stir to combine.
3. Stir in the rest of the ingredients, except the cacao nibs.
4. Top with the cacao nibs, and place in the refrigerator overnight.



5. Add your desired toppings when serving. Enjoy!

Miso-Baked Potatoes & Peas

Cook and Prep Time: 40 Minutes

Serves: 2

You Need

- 8-10 Red or Yellow Potatoes
- 1 ½ cups Frozen Peas

For the Miso Sauce

- ½ cup Water
- ¼ Red Onion
- 2 T Miso Paste
- 2 T Ground Flaxseeds
- 1 T Dijon Mustard
- 1 T Apple Cider Vinegar
- 1-2 cloves Garlic

For Serving

- Arugula Salad
- Cabbage Slaw
- Sesame Seeds
- Pumpkin Seeds
- Chia Seeds

DIRECTIONS

1. Rinse and chop the produce accordingly. Line 1 baking tray and preheat your oven to 375°F.
2. Make the sauce. Take all of the sauce ingredients and add them to a blender. Pulse until smooth.
3. Add the chopped potatoes to a large bowl. Add the miso sauce, and toss to evenly coat.
4. Add the potatoes to the baking tray, and bake for 20 minutes. Then, remove the tray, add the frozen peas, and mix well. Then, bake for an additional 10 minutes.
5. Serve immediately. Pair with a salad and top with your desired garnishes. Enjoy!



Oil-Free WFPB Enchiladas



Cook and Prep Time: 35 minutes

Serves: 4

You Need

- 1 15 oz. can Sweet corn, rinsed and drained
- 1 15 oz. can Black Beans
- 3 Roasted Bell Peppers, chopped
- 3-4 cloves Garlic, minced
- ½ Yellow Onion, diced



- Cashew-Avocado Crema
 - ½ cup Cashews, soaked overnight
 - ½ Lime, juiced
 - ½ Avocado
 - ½ cup Water
- Enchilada Sauce
 - 1 cup Vegetable Stock
 - ½ cup Tomato Puree
 - 1 tsp. Ground Chili Powder
 - 1 tsp. Smoked Paprika
 - 1 tbsp. Ground Cumin
 - 1 tbsp. Garlic Powder
 - 1 tsp. Onion Powder
 - ½ Lime, juiced
 - 1 tsp. Maple Syrup
- Salt, to taste
- Black Pepper, to taste
- Corn Tortillas

Garnishes

- Chopped Cilantro
- Sliced Avocado
- Lime Wedges
- Jalapeno Peppers

DIRECTIONS

1. Rinse and chop the produce accordingly. Preheat your oven to 500°F.
2. Make the enchilada sauce. Combine all the ingredients and whisk to combine. Season with salt and pepper to taste. Separate your sauce evenly into two portions.
3. Make the filling. Set a pan to medium heat. Once hot, add garlic and onion. Sauté until translucent and fragrant, adding vegetable stock (or water) as needed, 4-5 minutes.
4. Add corn, black beans, bell peppers, and half of the enchilada sauce. Cook until combined and everything is warmed through, 2-3 minutes. Season to taste.
5. Make the enchiladas. Add filling to your corn tortillas, and roll. Add the filled tortillas to the baking tray. Once the tray is full, pour over the enchilada sauce. Then, add the baking tray to the oven. Bake for 5-10 minutes, until the ends are crispy and golden brown.
6. Meanwhile, make the cashew-avocado crema. Combine ingredients in your blender, and pulse until smooth. Season with salt and black pepper to taste.
7. Once the enchiladas are cooked, pour over the cashew cream, and top with the desired garnishes. Enjoy!



Thai Pumpkin, Chickpea, & Peanut Curry (Instant Pot)

Cook and Prep Time: 15 minutes (+4 hours)

Serves: 2

You Need

- ½ Yellow Onion, diced
- 3-4 cloves Garlic, minced
- 2 t Ginger, grated
- ¼ stalk Lemongrass (whites only) finely chopped
- 1 15oz. can Chickpeas, rinsed and drained
- 1 5oz. can Coconut Cream
- 1 cup Pumpkin, diced
- ¼ cup Water OR Vegetable Stock
- ½ 15oz. can Crushed Tomatoes
- 2 t Curry Powder
- 1 t Ground Coriander
- 1 t Ground Cloves
- 1 T Peanut Butter
- ½ 5oz. container Spinach, chopped

For serving

- Chopped Cilantro
- Chopped Scallions
- Brown Rice OR Quinoa
- Red Chili Flakes
- Chopped Peanuts (or other nuts)

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Set your Instant Pot to Sauté on NORMAL. Once hot, add the garlic, lemongrass, ginger, and onion. Cook for 4-5 minutes, or until the onion is translucent, stirring frequently. Add water as needed to prevent burning.
3. Add the pumpkin, and cook for 5-7 minutes. Add more water as needed to prevent burning.
4. Add the chickpeas, spices, crushed tomatoes, and vegetable stock. Secure the lid, and set the Instant Pot to Pressure Cook on HIGH for 5 minutes, then allow for a natural pressure release, about 10 minutes. Once finished, turn the Instant Pot off.
5. Remove the lid and add the coconut cream. Then, using an immersion blender, blend the soup until smooth.



6. Add the spinach, and cook until wilted, 1-2 minutes. Season to taste.
7. Serve the soup with your desired toppings. Enjoy!

Black Bean & Mushroom Soup



Cook and Prep Time: 30 minutes

Serves: 2

You Need

- 1 15 oz. can Black Beans, rinse and drained
- 1 lb. Cremini Mushrooms, chopped
- ½ Yellow Onion, diced
- 3-4 cloves Garlic, minced
- 2 cups Vegetable Broth



- ½ 5 oz. can Coconut Cream
- Salt, to taste
- Black pepper, to taste
- 1 T Garlic Powder
- 2 t Dried Thyme
- 2 t Dried Rosemary
- 1 t Dried Sage
- Chopped Scallion, for garnish
- Olive Oil or Vegetable Stock, for sautéing

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Set a pot to medium heat. Once hot, add the onion. Cook until softened and caramelized, 5-6 minutes. Then, add garlic, and cook for 1 more minute, until fragrant. (Add vegetable stock to deglaze as needed).
3. Add mushrooms, and stir to combine. Cook through until their liquid has burned off, 5-7 minutes.
4. Add back beans, yogurt, and spices, and stir to combine. Then, add vegetable stock, and bring the soup to simmer. Allow soup to simmer for 5 minutes, and season to taste. Turn off the heat.
5. Using an immersion blender, blend until smooth.
6. Serve with chopped scallions and toasted sourdough bread. Enjoy!



Tofu Palak Paneer



Cook and Prep Time: 40 minutes

Serves: 2

You Need

- Crispy Baked Miso Tofu (Recipe Below)

For the Spinach Sauce:

- 5 oz. Baby Spinach
- $\frac{1}{4}$ cup Soaked Cashews (ideally overnight. You can boil these in 15-20 minutes to soften if needed)
- $\frac{3}{4}$ cups water
- 1 tsp. Salt

For the Masala:

- $\frac{1}{2}$ cup Brown Rice, cooked
- Spinach Sauce (above)



- 2-3 cloves Garlic, minced
- ½ White Onion, diced
- ½ in. Fresh Ginger, minced
- 1 Small Tomato, diced
- 2 t Garam Masala
- ½ t Cumin Seeds
- Salt, to taste
- Black Pepper, to taste
- 1 t Olive Oil
- 1 t Turmeric

For Garnish

- Chopped Cilantro
- Chopped Scallions
- Cashews
- Red Chili Flakes

DIRECTIONS

1. Rinse and chop the produce accordingly. Preheat your oven for the tofu (see below). Bring 1 pot of water to a boil.
2. One the oven is hot, begin baking the tofu (see below).
3. Make the spinach sauce. Blanch the spinach quickly in the boiling water, 1-2 minutes, or until wilted. Then, add the spinach, cashews, water, and salt to a blender. Blend until smooth.
4. Set a large skillet to medium-heat. Once hot, add cumin seeds. Toast until they begin to brown slightly, 30-60 seconds. Then, add garlic, ginger and onion. Cook until onion is translucent, 4-5 minutes.
5. Add spices (garam masala, turmeric). Cook until fragrant, stirring occasionally to avoid burning, about 1 minute.
6. Add the spinach sauce, and toss to combine. Fold in the tofu to combine (or add on top at the end to keep them crispier).
7. Serve with brown rice, and garnish with cilantro leaves and/or lime wedge. Enjoy!

Crispy Baked Miso Tofu

Cook and Prep Time: 35 minutes

Serves: 2

You Need

- 1 block Firm or Extra-Firm Tofu, cut into ½ inch blocks
- 1 T Arrowroot Powder



- ½ T Olive Oil
- 1 t salt
- 1 T White or Yellow Miso Paste
- 1 Lemon, juiced

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 the oven to 400°F. Line 1 baking tray.
2. Slice the tofu accordingly. In a bowl, add the tofu, oil, salt, and arrowroot powder. Toss to combine, taking care to not break the tofu. Whisk together the miso paste and lemon juice. Season accordingly with salt and pepper.
3. Place tofu on the baking tray, and bake for 20 minutes. Then, remove the tofu, add the sauce, and stir to combine. Bake for 10 minutes more.
4. Serve as desired. Enjoy!