



Meal Prep Week 26

Recipes by Vincent Esposito, Ms, DC





Suggested Meal Planner			
WEEK OF:	BREAKFAST	LUNCH	DINNER
MONDAY	Green Pineapple Smoothie Bowl	Smoky Tempeh Wraps with Oil-Free Hummus	Black Bean & Mushroom Soup
TUESDAY	Peanut Butter Smoothie Bowl	Black Bean & Mushroom Soup	Red Lentil & Sweet Potato Soup (Instant Pot)
WEDNESDAY	Carrot Cake Oats	Smoky Tempeh Wraps with Oil-Free Hummus	Chipotle Red Lentil & Kidney Bean Chili
THURSDAY	Peanut Butter Smoothie Bowl	Red Lentil & Sweet Potato Soup (Instant Pot)	FAST & EASY Pad Thai
FRIDAY	Blueberry Power Smoothie	FAST & EASY Pad Thai	Chipotle Red Lentil & Kidney Bean Chili

BONUS: Oil-Free Hummus



Grocery List

- 5 Bananas
- 1 cup Pineapple
- 1 cup Coconut Milk
- 7 cups Spinach
- 1 T Peanut Butter
- 1 cup Rolled Oats
- 2 cups Plant Milk of choice
- 5 Carrots
- 2 Dates
- 1 cup Blueberries
- 1 T Nut Butter of choice
- 1 t Blue Spirulina
- 1 8 oz. Block Tempeh
- 2 Bell Peppers
- 1 cup Arugula
- 1 cup Red Cabbage
- 8-10 Tortilla shells
- 1 15oz. can Black Beans
- 1 lb. Cremini Mushrooms
- 2 Yellow Onions
- 4 heads Garlic
- 7 cups Vegetable Stock
- 3 bunches of Scallions
- 2 5oz. can Coconut Cream
- 3 cups Sweet Potato
- 2 cups Red Lentils
- 1 bunch Cilantro
- 2 Red Onions
- 1 rib Celery
- 1 15oz. can Diced Tomatoes
- 1 Chipotle Pepper in Adobo Sauce
- 2 T Tomato Paste
- 3 Limes
- 1 5oz. container Arugula
- 8oz. Rice Noodles
- 2 cups Bean Sprouts
- 1 cup Frozen peas
- 1 Jalapeno Pepper
- 1 8oz. can Chickpeas
- 1 Lemon
- ½ cup Tahini

Green Pineapple Smoothie Bowl

Cook and Prep Time: 10 minutes

Serves: 1

You Need

- 2 Bananas
- ½ cup Pineapple, chopped
- ¼ - ½ cup Coconut Milk
- ½ cup Spinach, Kale, or Other leafy greens

Toppings*

- Nuts or Seeds of choice
- Dried Fruit
- Fresh Fruit of choice (in this case pineapple would be great!)
- 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, pineapple, greens, 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!

Peanut Butter Smoothie Bowl

Cook and Prep Time: 10 minutes

Serves: 2

You Need

- ½ cup Coconut Milk
- 2 Ripe Bananas
- 2 t Peanut Butter

Toppings*

- 1 T Nuts or Seeds of choice
- 1 T Dried Fruit
- Fresh Fruit of choice
- 1 T Chia Seeds
- 1 T Hemp Seeds
- 1 T Desiccated Coconut
- 1 T 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!



Carrot Cake Oats

Cook and Prep Time: 10 minutes

Serves: 1

You Need

- 1 cup Rolled Oats
- 2 cups Water OR 1 cup Water + 1 cup Plant Milk of Choice
- 1 Carrot, grated
- ¼ t Ground Nutmeg
- ¼ t Ground Ginger
- ½ t Cinnamon
- 2 Dates, chopped

For Serving

- Chia Seeds
- Hemp Seeds
- Chopped Walnuts
- Grated Carrots
- Chopped Cashews
- Raisins
- Coconut Flakes
- Coconut Cream or Yogurt

DIRECTIONS

1. Prepare the ingredients accordingly.
2. Combine the oats, carrots, and liquid to a saucepan, and set it to medium-high heat. Once the mixture comes to a boil, reduce the heat to a simmer.
3. Add the ground spices and dates. Cook for 4-5 minutes, stirring frequently, or until your desired consistency is reached.

Serve with your desired toppings. Enjoy!



Blueberry Power Smoothie

Cook and Prep Time: 5 minutes

Serves: 1

You Need

- 1 Banana
- 1 cup Blueberries
- 1 cup Plant Milk of Choice
- 1 T Chia Seeds
- 1 T Flax Seeds
- 1 T Hemp Seeds
- 1-2 t Nut Butter of Choice
- ½ cup Kale, Spinach, or other leafy green
- 1 t Blue Spirulina (optional)

DIRECTIONS

1. Prepare the ingredients accordingly.
2. Add all the ingredients to a blender, and pulse until smooth.
3. Serve immediately and enjoy!

Smoky Tempeh Wraps with Oil-Free Hummus

Cook and Prep Time: 35 minutes

Serves: 2

You Need

For the Tempeh (marinate ahead of cooking for at least 30 minutes and as long as overnight)

- 1 block Tempeh, sliced
 - 2 t Tamari
 - 1 T Maple Syrup
 - 1 t Garlic Powder
 - 1 T Smoked Paprika
 - 1 T Extra Virgin Olive Oil
 - Salt & Pepper, to taste
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- 1 Carrot, thinly sliced
 - 1 Bell Pepper, thinly sliced



- 1 cup Arugula or other leafy green
- ½ cup Red Cabbage, shredded
- Oil-Free Hummus (see below)

For Serving

- Sprouted Grain Tortillas OR other wraps
- Hot Sauce
- Dijon Mustard

DIRECTIONS

1. Rinse and chop the produce accordingly. Preheat your oven to 425°F and line 1 baking tray.
2. In a small mixing bowl, combine the maple syrup, tamari, garlic powder, smoked paprika, oil, salt, and pepper, and whisk to combine. Add the tempeh and marinate for at least 30 minutes and as long as overnight.
3. Add the tempeh to the baking tray, and reserve the remaining marinade (you can even add it to the hummus if you'd like!). Bake for 15 minutes, or until crispy, flipping halfway.
4. Warm your wrap and assemble: hummus, vegetables, and top with the tempeh. Add your final toppings, and wrap.
5. Serve immediate or save some for later. Enjoy!



Black Bean & Mushroom Soup





Cook and Prep Time: 30 minutes

Serves: 2-3

You Need

- 1 15 oz. can Black Beans, rinse and drained
- 1 lb Cremini Mushrooms, chopped
- ½ Yellow Onion, diced
- 4 cloves Garlic, minced
- 2 cups Vegetable Broth
- ½ 5 oz. can Coconut Cream
- Salt, to taste
- Black pepper, to taste
- ½ T Garlic Powder
- 1 t Dried Thyme
- 1 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!



Red Lentil & Sweet Potato Soup (Instant Pot)





Cook and Prep Time: 40 minutes

Serves: 2

You Need

- ½ cup Red Lentils
- 2 cups Sweet Potato, cubed
- ½ Yellow Onion, diced
- 2-4 cloves Garlic, sliced
- ½ T Ginger, minced
- 2 cups Vegetable Stock OR Water
- 1 t Ground Cinnamon
- 1 t Ground Turmeric
- 1 t Ground Cloves
- 1 t Smoked Paprika
- ½ 5oz. can Coconut Cream
- ½ 5oz. container Baby Spinach
- Vegetable Stock OR 1 T Extra Virgin Olive Oil, for sautéing
- Salt & Pepper, to taste

For Serving

- Pumpkin Seeds
- Ground Cinnamon
- Ground Cayenne Pepper
- Red Chili Flakes
- Chopped Cilantro
- Chopped Scallions

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Set your Instant Pot to Sauté on NORMAL. Once hot, add the garlic, 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 sweet potato, and cook for 5-7 minutes. Add more water as needed to prevent burning.
4. Add the lentils, spices, 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!

Chipotle Red Lentil & Kidney Bean Chili



Cook and Prep Time: 45 minutes

Serves: 2

You Need

- ½ Red Onion, diced
- 3-4 cloves Garlic, minced
- ½ Red or Green Bell Pepper, diced
- 1 Carrots, chopped
- 1 rib Celery, chopped
- 1 15oz. can Diced Tomatoes
- ½ cup Red Dry Lentils
- 1 Chipotle Pepper in Adobo Sauce, chopped
- 1 15oz. can Kidney Beans, rinsed and drained
- 2 T Tomato Paste
- 1 t Smoked Paprika
- ½ T Ground Cumin
- 1 t Dried Oregano
- 2 cups Vegetable Stock or Water
- Salt & Pepper, to taste
- Vegetable Stock OR Water, for sautéing
- 1 Lime, juiced

For Serving

- Roasted Potatoes or Cooked Grains
- Sliced Red Cabbage
- Arugula Salad
- Chopped Scallions
- Chopped Cilantro
- Hot Sauce
- Red Chili Flakes
- Lime Wedges

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Prepare the grains prior to getting started with the chili.
3. Set a large pot or Dutch oven to medium heat. Once hot, add the celery, carrots, garlic, and onion. Cook for 5 minutes, stirring frequently to avoid burning, and adding more vegetable stock if needed to deglaze the pan.
4. Then, add the bell pepper and tomato paste. Cook for 3-4 minutes, until the paste is evenly incorporated and has turned brick red in color.



5. Add the rest of the ingredients to the pot. Mix well and bring the mixture to a boil. Then, cover and reduce the heat to a simmer. Cook for about 20 minutes, until the lentils are tender.
6. Add the lime juice and adjust seasonings to taste.
7. Serve with your desired sides and toppings. Enjoy!

FAST & EASY Pad Thai

Cook and Prep Time: 30- 35 minutes

Serves: 2

You Need

- 8 oz. Rice Noodles
- 4 cloves Garlic, sliced
- 3-4 Scallions, stem removed, sliced on a bias, greens and white separated
- 2 Carrots, grated
- ½ Red Onion, sliced
- 1 cups Mung Bean Sprouts
- 1 cup Frozen Peas, thawed
- 1 T Extra Virgin Olive Oil OR Vegetable Stock, for sautéing
- Salt & Pepper, to taste

Pad Thai Sauce

- ½ cup Vegetable Stock
- 1 T Arrowroot Powder + 2-3 T Water, mixed
- 1 T Maple Syrup
- 2 T Tamari
- ½ T Sriracha
- 1/2 Lime, juiced

For Garnish

- Lime Wedges
- Mung Bean Sprouts
- Chopped Cilantro
- Chopped Scallion Greens
- Sliced Jalapeno
- Sesame Seeds
- Cashews
- Sriracha

DIRECTIONS

1. Rinse and chop the produce accordingly.



2. Cook the noodles according to package instructions. Set aside until.....
3. Set a wok or large skillet to medium heat. Once hot, add the pepper and onion. Cook for 2-3 minutes, until slightly tender. Then, add the scallion whites and garlic. Cook for another 4-5 minutes, until slightly browned, stirring frequently. You may need to occasionally add water to prevent the food from sticking.
4. Make the sauce. Combine the vegetable stock, maple syrup, tamari, sriracha, and lime juice in a bowl, and whisk together.
5. In a separate bowl, make the arrowroot slurry. Combine the arrowroot powder and water in a small bowl. Whisk together, until there is no visible clumping.
6. Add the sauce to the pan with the vegetables, along with the peas. Cook for 2-3 minutes, until fragrant. Then, add the arrowroot slurry, and cook for an additional 2 minutes, or until the sauce has thickened.
7. Add the bean sprouts and noodles, and toss to combine. Season with salt and pepper.
8. Serve the noodles and top with your desired garnishes. Enjoy!

Oil-Free Hummus

Cook and Prep Time: 5 minutes

Serves: 4

You Need

- 1 28 oz. can Chickpeas, reserve aquafaba
- ½ of Reserved Aquafaba (add more or less as desired)
- 3-4 cloves Garlic
- 1 Lemon, juiced
- ½ tbsp. Cumin Powder (optional)
- 1/3 Cup Tahini
- Salt, to taste

DIRECTIONS

1. Rinse and chop the produce accordingly. Rinse and dry chickpeas thoroughly.
2. Add all ingredients to a blender. Pulse until desired consistency is reached. Add water if you want a thinner hummus.
3. Place hummus in a bowl, garnish with 1 tbsp. olive oil. Serve with raw vegetables and chips. Enjoy!