



Meal Prep Week 27

Recipes by Vincent Esposito, Ms, DC





Suggested Meal Planner			
WEEK OF:	BREAKFAST	LUNCH	DINNER
MONDAY	Monkey Smoothie Bowl	Cajun Black Bean Bowl	Smoky Pulled Mushroom Tacos
TUESDAY	Blended Carrot Cake Baked Oats	Smoky Pulled Mushroom Tacos	Sweet Potato Enchiladas
WEDNESDAY	Coconut Yogurt Strawberry Chia Pudding	Cajun Black Bean Bowl	Roasted Cauliflower & Turmeric Soup
THURSDAY	Blended Carrot Cake Baked Oats	Sweet Potato Enchiladas	Crispy Miso Chickpea Bowls with Garlic Miso Dressing
FRIDAY	Peanut Butter & Blueberry Jam Oats	Crispy Miso Chickpea Bowls with Garlic Miso Dressing	Roasted Cauliflower & Turmeric Soup



Grocery List

- 4 Bananas
- 2 T Peanut Butter
- 1 T Raw Cacao
- 2 T Ground Flaxseeds
- 1 Date
- 6 cups Plant Milk
- 2 cups Rolled Oats
- 6 T Chia Seeds
- 5 Carrots
- 1 cup Maple Syrup
- ½ cup Unsweetened Applesauce
- ¼ cup Shredded Coconut
- ½ cup Pecans
- ½ cup Raisins
- ½ cup Coconut Yogurt
- 1 cup Strawberries
- 2 T Hemp Seeds
- 1 cup Frozen Blueberries
- 2 Lemons
- 1 15oz. can Black Beans
- 4 heads Garlic
- 1 red Onion
- 1 cup Corn
- 1 pint Salsa
- 1 cup Brown Rice
- 3-4 cups Leafy greens of Choice
- 2 Avocados
- 1 Tomato
- 1 Red Cabbage
- 2 Red Bell Peppers
- 2 bunches Cilantro
- 2 bunches Scallions
- 10z. Mushrooms
- 2 Yellow Onions
- 1 Roasted Bell pepper
- 4 T tamari
- 1 15oz. can Tomato Puree
- 4 Limes
- 10-12 Corn Tortillas
- Refried Beans
- 1 Sweet Potato
- 1 28oz. can Black Beans
- 4 cup Vegetable Stock
- 1 6oz. jar Tomato Paste
- 2 cups Cashews
- ½ cup Nutritional Yeast
- 1 head Cauliflower
- 2 ribs Celery
- 1 cup Red Lentils
- 2 Shallows
- 1 bunch Parsley
- 1 15oz. can Chickpeas
- ½ cup Tahini
- 2 T Ginger
- 1 Butternut Squash
- 3 T Miso Paste



Monkey Smoothie Bowl

Cook and Prep Time: 5 minutes

Serves: 1

You Need

- 2 Bananas
- 1 T Peanut Butter
- 1 T Cacao Powder
- 1 T Ground Flaxseeds
- 1 Medjool Date, pitted
- ½ cup Plant Milk of Choice

For Serving

- Sliced Banana
- Peanut Butter (or other nut butter)
- Granola
- Cacao Nibs
- Coconut Flakes
- Chia Seeds
- Goji Berries

DIRECTIONS

1. Prepare the ingredients accordingly.
2. Add all of the ingredient to a blender, and pulse until smooth.
3. Serving with your desired toppings. Enjoy!

Blended Carrot Cake Baked Oats

Cook and Prep Time: 35-40 minutes

Serves: 2

You Need

- 1 cup Rolled Oats
- 1 cup Plant Milk of Choice



- 1 cup Carrot, grated
- ½ t Baking Powder
- 1 T Ground Flaxseeds
- 2 T Maple Syrup
- 2 T Nut Butter
- ½ cup Applesauce (unsweetened)
- 2 T Shredded Coconut
- ½ t Vanilla Extract
- 1 t Ground Cinnamon
- ½ t Ground Allspice
- ½ t Ground Ginger
- ½ cup Pecans, chopped
- ¼ cup Raisins

For Serving

- Chopped Pecans
- Raisins
- Coconut Cream
- Nut Butter

DIRECTIONS

1. Prepare all of the ingredients accordingly. Set your oven to 400°F and line one rimmed baking tray.
2. To a blender, combine the oats, baking powder, flaxseeds, nut butter, maple syrup, applesauce, shredded coconut, vanilla, cinnamon, allspice, nutmeg, ginger, and milk. Blend those well until everything is incorporated and smooth.
3. Fold the carrots, raisins, and pecans into the mixture, but do not blend.
4. Pour the mixture into your baking tray. Bake for 25-30 minutes, or until the edges are golden brown and you can pull a toothpick out clean.
5. Let the oats stand for 10-15 minutes before slicing to serve.
6. Serve with your desired garnishes. Enjoy!

Coconut Yogurt Strawberry Chia Pudding

Cook and Prep Time: 5 minutes

Serves: 2



You Need

- ½ cup Coconut Yogurt (unsweetened)
- ¼ cup Plant Milk of choice
- 1 T Maple Syrup
- 3 T Chia Seeds
- ½ cup Strawberries
- 1 T Nut Butter of choice

For Serving

- Sliced Strawberries
- Raspberries
- Peanut Butter (or other nut butter)
- Chia Seeds
- Hemp Seeds
- Coconut Flakes
- Ground Cinnamon
- Vanilla Extract

DIRECTIONS

1. Prepare the ingredients accordingly.
2. Mix the yogurt, plant milk, syrup, and chia seeds in a jar or container.
3. Let set for 5 minutes and top with almond butter and strawberries.
4. Cover, and refrigerate for at least 2 hours (best overnight)
5. Serve with you desired garnishes. Enjoy!

Peanut Butter & Blueberry Jam Oats

Cook and Prep Time: 10 minutes

Serves: 1

You Need

For the Oats

- 1 cup Rolled Oats
- 2 cups Water OR Plant Milk
- 2 t Peanut Butter



- 1 t Vanilla Extract

For the Jam

- 1 cup Frozen Blueberries
- 1 T Chia Seeds
- 1 T Maple Syrup (optional)
- Zest of 1 Lemon (optional)

For Serving

- Fresh Blueberries
- Coconut Flakes
- Chia Seeds
- Hemp Seeds
- Nut Butter
- Sliced Banana

DIRECTIONS

1. Prepare the ingredients accordingly.
2. Make the jam. In a small saucepan, combine the berries and maple syrup over medium heat. Cook for 2-3 minutes, adding water if needed to avoid burning. Begin mashing the blueberries while cooking. Once mashed, add the chia seeds, lemon zest, and maple syrup. Stir and cook for an additional 1-2 minutes, or until your desired thickness is reached. Then, remove from heat and cool in the refrigerator for at least 15 minutes prior to serving.
3. Make the oats. Add the oats and plant milk to a separate saucepan over medium-high heat. Once boiling, reduce the heat to a simmer. Cook for 2-4 additional minutes. Or until your desired consistency is reached. Then, stir in the peanut butter and vanilla extract.
4. Serve the oatmeal in a bowl. Top with the homemade jam and your desired toppings. Enjoy!

Cajun Black Bean Bowl

Cook and Prep Time: 30-40 minutes

Serves: 2

You Need

- 1 15oz. can Black Beans, rinsed and drained
- 4 cloves Garlic, minced
- ½ Red Onion, diced
- ½ cup Corn



For the Sauce

- ½ cup Salsa
- 2 cloves Garlic, minced
- 1 T Smoked Paprika
- 1 t Ground Cayenne Pepper (optional)
- 1 t Ground White Pepper (optional)
- 1 t Ground Cumin
- 2 t Garlic Powder
- 1 t Onion Powder
- 1 t Dried Oregano
- 1 t Dried Thyme

For Serving

- Cooked Brown Rice
- 1 cup Greens of Choice
- Chopped Avocado
- Chopped Tomatoes
- Sliced Red Cabbage
- Salsa
- Hot Sauce
- Sliced Bell Pepper
- Chopped Cilantro
- Chopped Scallions

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Set a pan to medium heat. Once hot, add the garlic and onion. Cook for 4-5 minutes, or until the onion is translucent.
3. Add the black beans and corn. Cook for 3-4 minutes, until warmed through.
4. Meanwhile, in a bowl, mix together the sauce ingredients.
5. Add the sauce ingredients to the pan with the black beans. Cook for 3-4 additional minutes, until warmed through.
6. Build your bowl with brown rice, greens, and your desired toppings. Enjoy!



Smoky Pulled Mushroom Tacos





Cook and Prep Time: 40 minutes

Serves: 2

You Need

- 10 oz. Mushrooms of choice, roughly chopped
- ½ Yellow or White Onion, sliced thinly
- 3-4 cloves Garlic, minced
- 2 t Smoked Paprika
- 2 t Ground Cumin
- 2 t Chili Powder
- 1 Roasted Red Bell Pepper, chopped
- 1 t Ground Chipotle Pepper
- ½ T Maple Syrup
- 1 T Tamari
- ¼ cup Water
- ½ 15oz. can Tomato Puree
- 1 Lime, juiced
- Salt & Pepper, to taste
- Vegetable Stock or Extra Virgin Olive Oil, for sautéing

For Serving

- Corn Tortillas
- Shredded Red Cabbage
- Cilantro
- Lime wedges
- Hot Sauce
- Salsa
- Refried Beans

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Set a large skillet to medium heat. Once hot, add the garlic and onion. Cook for 4-5 minutes, until the onion is translucent.
3. Add the mushrooms, and cook for 4-5 minutes, until slightly browned.
4. Add the roasted pepper, spices, and the rest of the ingredients to the skillet. Bring to a boil, then cover and reduce the heat to a simmer for 20 minutes.
5. Remove the top, and turn of the heat to medium-high. Cook for 2-3 minutes for elevated texture.
6. Serve with your desired taco fixings. Enjoy!



Sweet Potato Enchiladas

Cook and Prep Time: 50-60 minutes

Serves: 4

You Need

For the Enchiladas

- 1 Sweet Potato, cubed
- 1 28oz. can Black Beans, rinsed and drained
- 1 t Ground Cumin
- 8 Sprouted Grain Corn Tortillas
- Salt & Pepper, to taste

For the Enchilada Sauce

- 2 cups Vegetable Stock
- 1 6z. jar Tomato Paste
- 1 T Maple Syrup
- 1 t Smoke Paprika
- 1 t Ground Cumin
- 1 Yellow Onion, diced
- 4-6 cloves Garlic, minced
- Vegetable Stock, for sautéing
- Salt & Pepper, to taste

For the Cashew Queso

- 1 ½ cups Cashews
- 3 T Nutritional Yeast
- 1 t Garlic Powder
- 1 t Ground Cumin
- 1 t Smoked Paprika
- ½ Lemon, juiced
- 1 cup Hot Water
- Salt & Pepper, to taste

For Garnish

- Shredded Lettuce OR Cabbage
- Chopped Tomatoes
- Sliced Jalapeno
- Diced Avocado



- Chopped Cilantro
- Chopped Scallions
- Lime Wedges

DIRECTIONS

1. Rinse and chop the produce accordingly. Line a 9"x13" rimmed baking tray and 1 baking sheet. Preheat your oven to 400°F.
2. Roast the sweet potatoes. Add the sweet potatoes to the baking sheet, and roast for 15-20 minutes, until slightly tender. Once finished, reduce the heat of the oven to 350°F.
3. Make the enchilada sauce. Set a skillet to medium heat. Once hot, add the garlic and a splash of vegetable stock. Cook until the onion is translucent, 4-5 minutes. Then, add ½ cup vegetable stock black beans, and the spices. Cook for 1-2 minutes, then add the rest of the vegetable stock, tomato paste, and maple syrup. Bring to a boil, then reduce the heat to a simmer. Cook for 10-15 minutes, or until your desired thickness is reached.
4. Spread enough sauce on the bottom of the baking pan. Then, layer the beans, sweet potatoes, and the tortillas. Repeat until you have filled up the pan, and top with the remaining sauce.
5. Bake for 15-20 minutes, until warmed through. Remove from the oven and let stand for 10 minutes prior to serving.
6. Meanwhile, make the queso. Combine all of the ingredients in a blender, and pulse until smooth.
7. Add your desired toppings and cashew queso to the top of the enchiladas. Serve accordingly. Enjoy!



Roasted Cauliflower & Turmeric Soup



Cook and Prep Time: 50-60 minutes

Serves: 2



You Need

- 1 head Cauliflower, chopped
- 1 Carrot, chopped
- 1 stalk Celery, chopped
- ¾ cup Red Lentils
- 2 Shallots, chopped
- 3-4 cloves Garlic, minced
- 1 t Ground Turmeric
- 1 t Ground Cumin
- 1 cup Vegetable Stock OR Water
- 1 cup Plant Milk of choice
- Salt & Pepper, to taste
- ½ T Extra Virgin Olive Oil
- 1 5oz. can Coconut Cream
- 1 Lemon, juiced
- Vegetable Stock or Extra Virgin Olive Oil, for sautéing

For Serving

- Red Chili Flakes
- Plant Milk
- Lime Wedges
- Chopped Cilantro
- Chopped Parsley
- Plant Milk
- Coconut Cream

DIRECTIONS

1. Rinse and chop the produce accordingly. Line 1 baking tray and preheat your oven to 425°F.
2. Add the cauliflower and vegetables to the baking tray. Toss in the spices and olive oil. Roast the vegetables for 30 minutes, flipping halfway.
3. Add the roasted vegetables to a large pot. To that pot, add the red lentils, vegetable stock, and coconut milk. Bring the soup to a boil, then cover and reduce the heat to a simmer. Cook for 20 minutes, until the lentils are tender.
4. Turn off the heat, and blend the soup, using an immersion blender. Alternatively, you can blend the soup in batches in a high speed blender.
5. Add the coconut cream and lemon juice to the soup. Stir to combine and season to taste.
6. Serve the soup with your desired garnishes. Enjoy!



Crispy Miso Chickpea Bowls with Garlic Miso Dressing



Cook and Prep Time: 50-60 minutes

Serves: 2



You Need

For the Chickpeas

- 1 15oz. can Chickpeas
- 1 T Miso Paste
- ½ T Extra Virgin Olive Oil
- 1 T Maple Syrup
- 1 t Red Chili Flakes
- Salt & Pepper, to taste

For the Dressing

- ¼ cup Tahini
- 2 t Ginger, grated
- 2 cloves Garlic, minced
- 1 t Miso Paste
- 1 T Tamari
- 1 T Rice Wine Vinegar
- 1 Lime, juiced
- 1 t Toasted Sesame Oil
- 2 t Maple Syrup
- 2-3 T Water (add more if needed)
- Salt & Pepper, to taste

For the Squash

- 1 Butternut Squash, cubed
- 1 T Curry Powder
- 2 t Garam Masala
- 1 t Ground Cinnamon
- Salt & Pepper, to taste
- 1 T Extra Virgin Olive Oil

For Serving

- Cooked Brown Rice, Quinoa, Millet, or other Grain
- Thinly Sliced Vegetables
 - Carrots
 - Cabbage
 - Bell Pepper
 - Cucumber
 - Carrots
- Chopped Peanuts
- Cilantro



- Red Chili Flakes
- Chopped Cashews
- Chopped Scallions
- Lime Wedges

DIRECTIONS

1. Rinse and chop the produce accordingly. Line 2 baking sheets and preheat your oven to 425°F.
2. Make the grain. Cook your grains according to package instructions.
3. Roast the squash. Toss the squash with curry powder, garam masala, ground cinnamon, salt, pepper, and olive oil. Add the squash to one of the lined baking trays, and roast for 30 minutes, or until tender, turning halfway.
4. Make the chickpeas. In a bowl whisk together the miso paste, oil, maple syrup, and chili flakes. Add the chickpeas, season to taste, and toss to combine. Add the chickpeas to the lined baking sheet, and roast for 25 minutes, or until crispy and golden, turning halfway.
5. Make the dressing. Add all of the ingredients to a bowl, and whisk to combine. Add water as needed until you reach your desired consistency. Season to taste. Set aside until ready to serve.
6. Prepare any fresh ingredients you wish to serve with the bowls.
7. To serve, evenly divide the grains, and top with the chickpeas, squash, fresh vegetables, the dressing, and your desired garnishes. Enjoy!