



Meal Prep Week 28

Recipes by Vincent Esposito, Ms, DC





Suggested Meal Planner			
WEEK OF:	BREAKFAST	LUNCH	DINNER
MONDAY	Crunchy Homemade Cinnamon Granola	Fennel & White Bean Soup	Smoky Black-Eyed Peas & Collard Greens Stew (Instant Pot)
TUESDAY	QUICK Breakfast Burritos	Smoky Black-Eyed Peas & Collard Greens Stew (Instant Pot)	Red Chickpea & Sweet Potato Curry
WEDNESDAY	Caramelized Peach & Vanilla Oatmeal	Fennel & White Bean Soup	Tamari Mushroom Tacos
THURSDAY	QUICK Breakfast Burritos	Red Chickpea & Sweet Potato Curry	Italian-Style Stewed Cannellini Beans
FRIDAY	The Ultimate Green Smoothie	Italian-Style Stewed Cannellini Beans	Tamari Mushroom Tacos

Bonus- The Ultimate Vegan Cornbread



Grocery List

- 2 cups Rolled Oats
- ½ cup buckwheat
- ½ cup almonds
- 3 T Chia Seeds
- 5 T Ground Flaxseeds
- 5 T Maple Syrup
- 2 T Shredded Coconut
- 4 Bananas
- 1 cup Coconut Yogurt
- 4 Burrito Shells
- 1 block Extra Firm Tofu
- 1 15oz can Black Beans
- 2 cups Spinach
- 10 cup Vegetable Stock
- 5 Yellow Onions
- 5 heads Garlic
- 1 t Black Salt (Kala Namak)
- 3 cups Plant Milk of Choice
- 1 T Cacao Powder
- 2 Peaches
- 1 t Vanilla Extract
- 3 Dates
- 3 cups leafy Greens of Choice
- 2 bunches Cilantro
- 2 bunches Parsley
- 1 T Hemp Seeds
- 1 T Nut Butter
- 1 t Spirulina
- 1 bulb Fennel
- 2 15oz. cans Cannellini Beans
- 4 T tomato Paste
- 2 T Fresh Sage
- 2-3 cups Baby Potatoes
- 5 Lemons
- 1 cup Dry Black-Eyed Peas
- 1 bunch Collard Greens
- 2 Red Bell peppers
- 2 cups Brown Rice or Quinoa
- 1 15oz. can Chickpeas
- 3 T Ginger
- 1 cup Broccoli
- 1 Sweet Potato
- 1 15oz can Coconut Milk
- 2 T Red Curry Paste
- 1 cup Edamame
- 1 bunch Scallions
- ¼ cup Basil
- 2 Limes
- 1 15oz. can Whole Tomatoes
- 1 cup Dry White Wine
- 1 cup Fine Cornmeal
- 1 cup Frozen Sweet Corn
- 1 cup oat Flour
- ½ cup Unsweetened Applesauce

Crunchy Homemade Cinnamon Granola

Cook and Prep Time: 35 minutes

Serves: 2

You Need

- 1 cup Rolled Oats
- ½ cup Buckwheat
- ½ cup Almonds
- 2 T Chia Seeds
- 2 T Flaxseeds



- 2 T Maple Syrup
- 2 T Shredded Coconut
- 1-2 T Coconut Oil, melted
- 1 T Ground Cinnamon
- 2 Ripe Bananas, mashed
- ½ cup Shredded Coconut

For Serving

- Coconut Yogurt
- Dried fruit
- Raw Nuts
- Sliced Banana
- Sliced Berries

DIRECTIONS

1. Line 1 baking tray and preheat your oven to 350°F.
2. To a food processor, add the almonds, flaxseeds, chia seeds, and buckwheat. Pulse them to break them down slightly, keeping some consistency.
3. In a large bowl, add the dry mix from the food processor, maple syrup, shredded coconut, mashed bananas, rolled oats, cinnamon, and coconut oil. Mix well.
4. Spread the mixture out evenly along our baking tray. Bake for about 20 minutes, tossing halfway. Cook until the granola has browned slightly.
5. Remove the granola from the oven, and let cool for 10-15 minutes prior to serving.
6. Serve with coconut yogurt and your desired toppings. Enjoy!

QUICK Breakfast Burritos

Cook and Prep Time: 20 minutes

Serves: 2

You Need

- 4 Tortillas of Choice
- 1 block Extra Firm Tofu
- 1 15oz. can Black Beans
- 2 cups Spinach, chopped
- 1 Yellow Onion, diced
- 2-4 cloves Garlic, minced



- ½ t Black Salt (optional)
- 2 t Curry Powder
- Water of Vegetable Stock, for sautéing
- Salt & Pepper, to taste

For Serving

- Salsa
- Hot Sauce
- Chopped Tomatoes
- Chopped Jalapeno
- Chopped Cilantro
- Chopped Scallions

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Set a skillet to medium heat. One hot, add the onion and garlic. Cook for 4-5 minutes, until the onion is slightly browned.
3. Add the tofu, black beans, spinach, and spices. Cook until the spinach has wilted.
4. Add the mixture and other fixings to your tortilla and roll. Enjoy!

Caramelized Peach & Vanilla Oatmeal

Cook and Prep Time: 15

Serves: 1

You Need

- 1 cup Rolled Oats
- 2 cups Plant Milk of Choice
- 1 T Cacao Powder
- 1 Peach, sliced
- 1 t Maple Syrup
- 1 T Vanilla Protein Powder OR 1 t Vanilla Extract
- 1 t Coconut Oil

For Serving

- Chia Seeds



- Hemp Seeds
- Fresh Fruit
- Nut Butter

DIRECTIONS

1. Rinse and chop the ingredients accordingly.
2. Combine the oats and plant milk in a saucepan. Bring to a boil, then rescue the heat to a simmer. Then, add the protein powder OR vanilla extract. Cook for a further 2-4 min until thickened, stirring occasionally until you've reached your desired consistency.
3. Meanwhile, caramelize the peach. Add the coconut oil to a small skillet, and set it to medium-high heat. Once hot, add the maple syrup and peaches. Cook until the peaches slightly soften and the edges have browned, about 2-3 minutes.
4. Serve the oatmeal, and finish with the peaches and other desired toppings. Enjoy!

The Ultimate Green Smoothie

Cook and Prep Time: 5 minutes

Serves: 1

You Need

- 2 Bananas, chopped
- 3 Dates, pitted and chopped
- 3 cups Greens of Choice, chopped
- ½ cup Herbs of Choice, chopped
- 2 t Ground Turmeric
- 1 T Chia Seeds
- 1 T Ground Flaxseeds
- 1 T Hemp Seeds
- 1 T Nut Butter of Choice
- 1 cup Plant Milk of Choice
- 1 t Spirulina or Chlorella

DIRECTIONS

1. Prepare the ingredients accordingly.
2. Add all of the ingredients to a blender.
3. Pulse until smooth.



4. Enjoy!

Fennel & White Bean Soup

Cook and Prep Time: 35 minutes

Serves: 2

You Need

- 1 bulb Fennel, chopped
- 1 15oz. can Cannellini Beans, rinsed and drained
- 3-4 cloves Garlic, minced
- ½ Yellow Onion, diced
- 1 rib Celery, diced
- 3 cups Vegetable Stock
- 1 t Red Chili Flakes, optional
- Salt & Pepper, to taste

For Serving

- Fennel Fronds
- Chopped Parsley
- Chili Flakes
- Roasted Potatoes
- Lemon Wedges

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Set a large pot to medium heat. Once hot, add the fennel bulb, and onion, garlic, and celery. Cook for 8-10 minutes, or until softened.
3. Add the beans, vegetable stock, and red chili flakes. Bring to a boil, then cover and reduce the heat to a simmer. Cook for about 30 minutes, stirring occasionally.
4. Serve with your desired garnishes and roasted potatoes. Enjoy!



Smoky Black-Eyed Peas & Collard Greens Stew (Instant Pot)





Cook and Prep Time:45 minutes

Serves: 2

You Need

- ¾ cups Dried Black Eyed Peas
- 1 bunch Collard Greens (or other sturdy leafy green), stems removed
- ½ Yellow Onion, diced
- 3-4 cloves Garlic, minced
- 1 Carrot, diced
- 1 rib Celery, diced
- 1 Red Bell Pepper, diced
- 2 cups Vegetable Stock
- 2 t Smoked Paprika
- 1 t Garlic Powder
- 1 t Cayenne Pepper (optional)
- 1 T Tamari
- 1 Bay Leaf
- Salt & Pepper, to taste
- Vegetable Stock OR Extra Virgin Olive Oil, for sautéing

For Serving

- Brown Rice or Quinoa
- Cornbread
- Roasted Sweet Potato
- Cabbage Slaw
- Chopped Parsley
- Red Chili Flakes

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Set your Instant Pot to SAUTE. Once hot, add your onion, carrots, celery and sauté for 4-5 minutes, stirring occasionally, until onion is tender and translucent.
3. Add the garlic and red bell pepper, and cook for 1 additional minute, or until fragrant.
4. Add all of remaining ingredients except collard greens and stir to combine. Then top with collard greens, but don't stir. This helps keep the beans submerged in the liquid rather than some winding up on top of the greens.
5. Fasten the lid to the Instant Pot, and set to PRESSURE COOK on HIGH for 20 minutes. Then, allow for a natural pressure release for 10-15 minutes.
6. Remove the lid. Discard the bay leaves, and adjust seasonings to taste.
7. Serve with your desired sides. Enjoy!



Red Chickpea & Sweet Potato Curry

Cook and Prep Time: 45 minutes

Serves: 2

You Need

- ½ cup Cooked Brown Rice, Quinoa, or other Whole grain per person
- 1 15oz. can Chickpeas, rinsed and drained
- 3-4 cloves Garlic, sliced
- 1 T Ginger, grated
- 1 cup Broccoli Florets, chopped
- ½ Yellow Onion, diced
- 1 Sweet Potato, cubed
- 1 Red Bell Pepper, sliced
- 1 15oz. can Coconut Milk
- 2 cups Vegetable Stock
- 2 T Red Curry Paste
- 2 t Curry Powder
- Vegetable Stock OR Extra Virgin Olive Oil, for sautéing
- Salt & Pepper, to taste

For Serving

- Cooked Brown Rice or Quinoa
- Chopped Cilantro
- Chopped Cashews
- Red Chili Flakes
- Lime Wedges

DIRECTIONS

1. Rinse and chop the produce accordingly. Preheat your oven to 425°F and line 1 baking tray.
2. Roast the sweet potatoes. Add the potatoes to the baking tray. Season with salt & pepper, and toss in 1 t of extra virgin olive oil. Roast for 25-30 minutes, or until tender, tossing halfway.
3. Set a pot to medium heat. Once hot, add the onion. Cook for 4-5 minutes, until translucent. Then add the bell pepper, ginger, and garlic. Cook until fragrant, 1-2 minutes.
4. Add the curry paste and 2 tablespoons of water. Cook until fragrant, 1-2 minutes. Then, add the coconut milk and vegetable stock. Mix well and bring to a boil, then reduce the heat to a simmer. Cook, uncovered, for 10-15 minutes, until thickened.



5. Add the broccoli. Cook until the broccoli turns bright green, 2-3 minutes. Then, add the sweet potatoes and chickpeas. Cook until warmed through, 2-3 minutes.
6. Serve the curry with cooked grains and your desired garnishes. Enjoy!

Tamari Mushroom Tacos





Cook and Prep Time: 35 minutes

Serves: 4

You Need

- 1 cup Edamame, shelled
- 3 Scallions, chopped
- ¼ cup Basil, chopped
- 3-4 cloves Garlic, minced
- 1 tsp. Ginger, grated
- 1 tsp. Miso Paste
- 1 tsp. Tahini
- 1 Lemon, juiced
- 1-2 cups Vegetable Stock
- Salt & Black Pepper, to taste

For the Sauce

- 1 15oz. can Coconut Milk
- 1 T Ginger, grated
- 4 cloves Garlic, minced
- 1 T Miso Paste
- 1 cup Vegetable Stock
- 1 T Curry Powder
- 1 Lime, juiced
- 1 T Tamari
- Salt & Pepper, to taste

For the Mushrooms

- 10 oz. Mushrooms
- 1 Yellow Onion, sliced
- 4-6 cloves Garlic
- 2 T Tamari
- Salt & Pepper, to taste

For Garnish

- Corn Tortillas
- Sliced Red Cabbage
- Chopped Cilantro
- Scallion Greens
- Sriracha
- Sprouts



- Sesame Seeds
- Lime Wedges

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Add the edamame, basil, scallions, garlic, miso, ginger, tahini, and lemon juice to a food processor. Pulse until evenly mixed, but do not over-blend. Season to taste.
3. Cook the mushrooms. Set a large skillet to medium heat. Once hot, add the garlic and onion. Cook for 4-5 minutes, until the onion is translucent. Then, add the mushrooms. Cook for 5-7 minutes, until the mushrooms have completely released all of their water. Then, add the tamari and toss to coat. Season to taste.
4. Make the sauce. In a small sauce pan, add the garlic and ginger. Cook for 1-2 minutes, until fragrant. Then add the rest of the ingredients. Bring to a boil, then reduce the heat to a simmer. Cook for 10-15 minutes, uncovered, stirring frequently, until reduced by about half or until your desired thickness is reached.
5. Make the tacos. Add a layer of the edamame spread, then top with the mushrooms, your desired garnishes, and the coconut sauce. Enjoy!

Italian-Style Stewed Cannellini Beans



Cook and Prep Time: 50-60 minutes

Serves: 2

You Need

- ½ Yellow Onion, diced
- 1 Carrot, diced
- 1 rib Celery, diced



- 3-4 cloves Garlic, minced
- 1 15oz. can Whole Tomatoes, crushed by hand
- 1 15oz. can Cannellini Beans, rinsed and drained
- 1 cup Vegetable Stock
- ¼ cup Tomato Paste
- ½ cup Dry White Wine
- 2 t Fresh Sage, chopped
- 1 t Dried Oregano
- 1 Bay Leaf
- ¼ cup Parsley, chopped
- Salt & Pepper, to taste
- 1 Lemon, juiced and zested
- Vegetable Stock or Extra Virgin Olive Oil, for sautéing
- Salt & Pepper, to taste

For Serving

- Cooked Orzo, Rice, or Quinoa
- Lemon Wedges
- Lemon Zest
- Chopped Basil
- Chopped Parsley
- Red Chili Flakes
- Roasted Potatoes
- Arugula Salad

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Heat a large pot or Dutch oven to medium heat. Once hot, add the onion. Cook for 5-6 minutes until translucent. Then, add the carrots, celery, and garlic, and cook for an additional 3-4 minutes. Add the parsley and sage, and cook for 1 more minute, or until fragrant.
3. Add the tomato paste, and cook for 2-3 minutes, until it turns brick red in color.
4. Deglaze the pan with the white wine, scraping up and stuck bits on the bottom. Cook for 2-3 minutes, until the alcohol has burned off, stirring often.
5. Add the tomatoes with their juices, dried oregano, and the bay leaf. Bring the mixture to a boil, then reduce the heat to a rapid simmer. Simmer for 10-15 minutes, or until the liquid has reduced by about half.
6. Add the cannellini beans, lemon juice, and vegetable stock. Cover the pan, and reduce the heat to a low simmer. Cook for 30 minutes, stirring occasionally.
7. Remove the bay leaf and add the lemon zest. Stir to incorporate evenly, and then season to taste.
8. Serve with your desire sides and garnishes. Enjoy!



The Ultimate Vegan Cornbread

Cook and Prep Time: 40-45 minutes

Serves: 8 pieces

You Need

- ¾ cup Fine Cornmeal
- 1 cup Frozen Corn, thawed
- ¾ cup Flour of Choice
- ¾ cup Plant Milk off choice
- 2 T Ground Flaxseeds + 4 T Water
- 1 t Lemon Juice
- ½ cup Maple Syrup
- ½ t Baking Soda
- ½ t Salt
- 2 T Applesauce, unsweetened

DIRECTIONS

1. Preheat your oven to 350°F. Line an 8"x8" baking tray. Prepare the flax egg.
2. Add the plant milk, baking soda, and lemon juice to a bowl, whisk together and set aside.
3. In a large mixing bowl, add the maple syrup, applesauce, and flax egg. Mix very well. Then, add the plant milk mixture, and whisk to combine.
4. Add the cornmeal, flour and salt, and begin to fold until just incorporated. Then, add the corn, and mix.
5. Add the batter to your prepared baking dish, and bake for 30-35 minutes. Cook until the edges are golden and you can insert a toothpick and have it come out cleanly.
6. Remove from the oven, and let the cornbread rest for 5-10 minutes before cutting.
7. Enjoy!