



# Meal Prep Week 29

Recipes by Vincent Esposito, Ms, DC





Suggested Meal Planner			
WEEK OF:	BREAKFAST	LUNCH	DINNER
<b>MONDAY</b>	Coconut Oats with Berry Compote	Slow Cooker Mujadara	The Ultimate Three Bean Chili
<b>TUESDAY</b>	Blueberry Oat Bars	The Ultimate Three Bean Chili	Butternut Squash Pasta with Kale & Broccoli
<b>WEDNESDAY</b>	Tofu Mushroom Scramble	Slow Cooker Mujadara	Spring Roll Bowls with Peanut Sauce
<b>THURSDAY</b>	Blueberry Oat Bars	Butternut Squash Pasta with Kale & Broccoli	Roasted Brussel Sprout Pad Thai with Tofu
<b>FRIDAY</b>	Banana Bread Smoothie	Roasted Brussel Sprout Pad Thai with Tofu	Spring Roll Bowls with Peanut Sauce



## Grocery List

- 2 cups Rolled Oats
- 4 cups Plant Milk
- ½ cup Frozen Raspberries
- ½ cup Frozen Blackberries
- ½ cup Coconut Yogurt
- 4 Bananas
- 1 cup Oat Flour
- 2 cups Frozen Blueberries
- 10 Medjool Dates
- 1 t Vanilla Extract
- 4 blocks Extra-Firm Tofu
- 1 Red Onion
- 2 cups Mushrooms
- 4 Red Bell Peppers
- 4 head Garlic
- Toast or Tortillas for 2 meals
- 2 T chia Seeds
- 1 T Hemp Seeds
- 2 T Ground Flaxseeds
- 1 T Almond Butter
- ½ cup Walnuts
- ½ cup Brown Rice
- ½ cup French Lentils
- 2 Yellow Onions
- 3 heads Cilantro
- 1 head Parsley
- 2 bunches of Scallions
- 4 Carrots
- 2 15oz. can Cannellini Beans
- 1 15 oz. can Kidney Beans
- 1 15oz. can Pinto Beans
- ½ cup Dry Red Wine
- ½ cup Cashews
- 4 cups Vegetable Stock
- 8 oz Legume Pasta
- 1 Butternut Squash
- 1 head Broccoli
- 2 cups Kale
- 2 Lemons
- 2 cups Purple Cabbage
- 4 oz. Vermicelli Noodles
- 1 cup Shelled Edamame
- 1 Yellow Bell Pepper
- ½ cup Mint
- 2 T Ginger
- 8 oz. Rice Noodles
- 2 cups Brussels Sprouts
- 2 Limes
- 2 T Arrowroot Powder

# Coconut Oats with Berry Compote

Cook and Prep Time: 10 minutes

Serves: 1

### You Need

- 1 cup Rolled Oats
- 2 cups, Plant Milk of Choice OR Water
- ½ cup Frozen Raspberries
- ½ cup Frozen Blackberries
- ½ cup Coconut Yogurt
- 1 T Maple Syrup (optional)



For Serving

- Fresh Berries
- Sliced Banana
- Coconut Flakes
- Granola
- Nut Butter
- Fresh Mint
- Chia Seeds
- Hemp Seeds

## DIRECTIONS

1. Prepare the ingredients accordingly.
2. Prepare the berry compote. Add the frozen berries and maple syrup to a saucepan over medium heat. Cook for 3-5 minutes, until softened, adding water if needed to deglaze the pan. Mash with a fork or potato masher, and set aside until ready to serve.
3. Cook the oats. Add the oats and plant milk to a separate saucepan. Set to medium high heat until it starts to bubble. Then, reduce the heat to a simmer, and cook for 3-5 minutes, stirring frequently or until your desired thickness is reached.
4. Serve the oats in a bowl, and top with the berry compote, coconut yogurt, and your other desired toppings.
5. Enjoy!

# Blueberry Oat Bars

Cook and Prep Time: 40 minutes

Serves: 6 bars

## You Need

- 2 Ripe Bananas
- 1 cup Rolled Oats
- 1 cup Oat Flour
- ½ t Vanilla Extract
- 1 t Ground Cinnamon
- Date Paste, see below
- ¼ cup Shredded Coconut

## Berry Topping

- 2 cups Frozen Blueberries (or mixed berries)



- ½ t Vanilla Extract
- 2 T Date Paste
- 2 T Ground Flax Seeds

Date Paste (about ½ cup)

- 6 Medjool Dates, pitted
- ¾ cup Water

## DIRECTIONS

1. Rinse and chop the produce accordingly. Preheat your oven to 375°F. Line an 8"x8" baking tray.
2. Make the date paste. Combine the dates and water together in a blend and pulse until smooth. You're looking for a thicker consistency.
3. Make the topping. Place the frozen berries in a small pan. Simmer until berries are soft, about 10 minutes. Then, add vanilla and date paste and stir to combine. Remove blueberries from heat and stir in the ground flax seeds until well combined. Set aside.
4. Make the bars. Mash the bananas in a large bowl. Add the rest of the bar ingredients to the bowl and mix until well-combined. Once combined, pour the mixture into the lined baking tray and top with the blueberry jam. Bake for about 30 minutes, or the edges become golden brown and you can cleanly pull a toothpick out.
5. Let cool for 10 minutes before serving. Enjoy!

# Tofu Mushroom Scramble

Cook and Prep Time: 25 minutes

Serves: 2

## You Need

- 1 package Extra-Firm Tofu, crumbled
- ½ Red Onion, diced
- 2 cups Mushrooms, chopped
- ½ Red Bell Pepper, diced
- 3-4 cloves Garlic, minced
- 1 t Chili Powder
- 1 t Ground Turmeric
- 1 t Ground Cumin
- 1 t Garlic Powder
- 1 t Onion Powder
- 1 T Nutritional Yeast
- Salt & Pepper, to taste



For Serving

- Toast
- Tortilla Shells
- Chopped Cilantro
- Chopped Scallions
- Hot Sauce
- Salsa
- Chopped Tomatoes

#### **DIRECTIONS**

1. Rinse and chop the produce accordingly.
2. Set a large skillet to medium heat. Once hot, add the onion, mushrooms, and garlic. Cook for 5-7 minutes, until the onion is translucent.
3. Add the bell pepper, and cook for 1-2 minutes more.
4. Add the tofu. Add the crumbled tofu and cook for 3-4 minutes. Stir in the spices, and season to taste.
5. Serve on toast or tortillas. Enjoy!

## **Banana Bread Smoothie**

Cook and Prep Time: 5 minutes

Serves: 1

#### **You Need**

- 1 Banana, chopped
- 1 T Chia Seeds
- 1 T Almond Butter
- 2 Medjool Dates, Pitted
- 1 cup Plant Milk of Choice
- 1/3 cup Walnuts
- 1 T Ground Flaxseeds
- 1 T Hemp Seeds

For Serving

- Sliced Banana
- Coconut Flakes
- Cacao Nibs

#### **DIRECTIONS**



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

## Slow Cooker Mujadara

Cook and Prep Time: 10-15 minutes (+4 hours)

Serves: 2

### You Need

- ½ cup Brown Rice
- ½ cup French Lentils
- 2 ½ cups Water OR Vegetable Stock
- ½ Yellow Onion, diced
- 3-4 cloves Garlic, minced
- 1 t Ground Cumin
- ½ t Ground Allspice
- ½ t Ground Turmeric
- 1 t Ground Coriander
- ½ t Smoked Paprika
- ½ T Extra Virgin Olive Oil
- Salt & Pepper, to taste

### For Serving

- Salad
- Chopped Tomatoes
- Chopped Cilantro
- Chopped Parsley
- Chopped Basil

### DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Set your Instant Pot to SAUTE. Once hot, add your onion and garlic for 4-5 minutes, stirring occasionally, until onion is tender and translucent.
3. Add all of the remaining ingredients to the pot and stir to combine.
4. Fasten the lid to the Instant Pot, and set to PRESSURE COOK on LOW for 6 hours. Then, allow for a natural pressure release for 10-15 minutes. Season to taste.



5. Serve with your desired toppings. Enjoy!

## The Ultimate Three Bean Chili



Cook and Prep Time: 35-45 minutes

Serves: 4

**You Need**

- ½ 15oz. can Cannellini Beans, rinsed and drained



- ½ 15 oz. can Kidney Beans, rinsed and drained
- 1 15. oz. can Pinto Beans, rinsed and drained
- 1 15oz. can Tomato Puree
- ½ Red Bell Pepper, diced
- 1 Carrot, diced
- ½ Jalapeno Pepper, diced (optional)
- ½ cup Dry Red Wine
- ½ Red Onion, diced
- 2-3 cloves Garlic, minced
- 2 cups Vegetable Stock
- ½ T Smoked Paprika
- ½ T Ground Cumin
- 1 T Chili Powder
- ½ t Dried Oregano
- ½ t Cayenne Pepper (optional)
- ½ T Tamari
- ½ T Maple Syrup
- 1 Chipotle Peppers in Adobo Sauce, chopped
- 1 T Cacao Powder
- ½ cup Cilantro, chopped
- 1 ½ T Masa Harina
- 1 Lime, juiced
- Vegetable Stock or 1 T Extra Virgin Olive Oil, for sautéing
- Salt & Pepper, to taste

#### Toppings

- Chopping Cilantro
- Chopped Scallions
- Pickled Jalapenos
- Diced Red Onion

#### DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Set a large pot to medium heat. Once hot, add the onion, carrot, bell pepper, and garlic. Sauté for 5-6 minutes, until the onion is translucent. Then, add the garlic, bell pepper, and jalapeno. Cook for an additional 2-3 minutes, adding water if needed to deglaze.
3. Add the chili powder, smoked paprika, ground cumin, and oregano. Cook for 1 minute, until fragrant.
4. Add the red wine, and deglaze. Cook for 3-4 minutes, until the alcohol has cooked off.
5. Then, add the vegetable stock, tamari, pinto beans, navy beans, cacao powder, bay leaves, chopped chipotle peppers, tomatoes, and maple syrup to the pot. Bring to a boil. Once boiling, cover, and reduce the heat to a low simmer. Cook, stirring every 5 to 10 minutes, for 25-30 minutes.



6. Add the masa harina and stir it in. Add more to reach your desired thickness. Add the cilantro, lime juice, and season to taste.
7. Serve with your desired garnishes. Enjoy!

## Butternut Squash Pasta with Kale & Broccoli



Cook and Prep Time: 45 minutes

Serves: 2



### You Need

- 8 oz. Legume-Based Pasta
- ½ Butternut Squash, peeled and chopped
- ½ head Broccoli, chopped
- 1 15oz. can Cannellini Beans, rinsed and drained
- 2 cups Kale, chopped
- 1 cups Vegetable Stock
- 1 t Onion Powder
- ½ cup Plant Milk of Choice
- ½ Lemon, juiced and zested
- Salt & Pepper, to taste
- Vegetable Stock OR Extra Virgin Olive Oil, for sautéing

### For Serving

- Chopped Parsley
- Red Chili Flakes
- Lemon Zest
- Chopped Basil

### DIRECTIONS

1. Rinse and chop the produce accordingly. Line 1 baking sheet and preheat your oven to 400°F.
2. Add the chopped broccoli and butternut squash to the baking tray. Toss with salt, pepper, and 1 T extra virgin olive oil. Roast for 30 minutes, or until the squash is fork-tender. Flip halfway.
3. Cook the pasta according to package instructions.
4. Set a pan to medium heat. Once hot, add 1 t extra virgin olive oil and the sliced garlic. Cook until fragrant, about 1 minute, and set aside. Then, return the pan to heat and add the kale. Cook until wilted, 2-3 minutes. Then, add ½ of the cannellini beans, and cook until warmed through. Season with salt and pepper, and then remove from heat.
5. To a blender, add the roasted butternut squash, sautéed garlic, plant milk, ½ of the cannellini beans, onion powder, lemon juice, salt, and pepper. Pulse until smooth add more vegetable stock if needed. Season to taste.
6. Pour the sauce over the pasta and toss to combine. Fold in the broccoli, kale, and beans.
7. Serve and top with your desired garnishes. Enjoy!

# Spring Roll Bowls with Peanut Sauce

Cook and Prep Time: 25 minutes

Serves: 2



## You Need

- 1 block Extra-Firm Tofu, cut into slices
- 2 Carrots, shredded
- 1 cup Purple Cabbage, shredded
- 4 oz. Vermicelli or Udon Noodles, cooked
- ½ cup Shelled Edamame
- ½ Red Bell Pepper, sliced
- ½ Yellow Bell Pepper, sliced
- 1 T Tamari
- ¼ cup Mint, chopped
- ¼ cup Cilantro, chopped
- 1 T Extra Virgin Olive Oil
- Salt & Pepper, to taste

## For the Sauce

- ½-inch piece Ginger
- 2 cloves Garlic
- 1 Scallion
- 2 T Tamari
- 1-2 t Rice Wine Vinegar
- 2 T Peanut Butter
- 2 T Water
- 1 t Red Chili Flakes (optional)

## For Serving

- Chopped Mint
- Chopped Cilantro
- Chopped Basil
- Sesame Seeds
- Sunflower Seeds

## DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Cook the noodles according to package instructions.
3. Set a large skillet to medium heat. Once hot, layer the tofu slices evenly in the skillet. You may need to do 2 rounds of sautéing, depending on your skillet size. Sauté until lightly browned, then flip. This will take about 3-4 minutes on each side.
4. Make the peanut sauce. Add all of the ingredients to a blender, and pulse until smooth.
5. Assemble the bowls. Add the noodles to the bottom of a bowl. Top with the shredded cabbage, bell pepper, carrots, herbs, and tofu. Top with the sauce and your desired garnishes. Enjoy!



## Roasted Brussel Sprout Pad Thai with Tofu



Serves 2-3



Cook and Prep Time: 35 minutes

**You Need:**

- Umami Baked Tofu (see below)
- 8 oz. Rice Noodles
- 2 cups Brussels Sprouts, chopped
- 1 White Onion, chopped
- 4 cloves Garlic, sliced
- 1 Bell Pepper, thinly sliced
- 1 Carrot, shredded
- 1 bunch Scallion Whites, thinly sliced
- Salt & Pepper, to taste
- Olive Oil or Vegetable Stock, for sautéing

For the sauce:

- 2 tbsp. Tamari
- 1 tbsp. Peanut Butter
- 1 tbsp. Coconut Nectar or Maple Syrup
- 1 t Ginger, grated
- 1 Lime, juiced
- 1 tbsp. Rice Wine Vinegar
- 1 tsp. Arrowroot Powder
- 1 tbsp. Water
- 1 tsp. Sriracha (optional)

For Serving

- Thai Chili Pepper, sliced
- Avocado, sliced
- Sesame Seeds
- Chopped Cilantro, for garnish
- Scallion Greens, for garnish
- Toasted Peanuts or Cashews
- Sriracha or Sambal Oelek
- Lime Wedges

**DIRECTIONS**

1. Rinse and chop the produce accordingly. Preheat your oven to 400°F. Line 1 baking tray.
2. Make the tofu (see below).
3. Roast the Brussel Sprouts. Add the brussels sprouts to your baking tray. Toss in 1 T extra virgin olive oil, salt, and pepper. Roast for 25-30 minutes, or until tender and the edges are crispy, turning halfway.
4. In a bowl, whisk together all the sauce ingredients until evenly combined.



5. Cook the noodles according to package instructions.
6. In a large frying pan or wok, set to medium heat and add 1 tsp. olive oil. Once hot, add garlic, onion, and scallion whites, stirring frequently to avoid burning. Cook for 1-2 minutes.
7. Then, add carrots and bell pepper, and cook for 1 additional minute.
8. Add half of the sauce, and toss to combine, and all ingredients are evenly coated.
9. Add the noodles and the rest of the sauce. Stir until everything is coated evenly, 1-2 minutes. Season with salt and pepper as needed.
10. Serve immediately. Distribute Pad Thai evenly amongst serving plates. Top with the tofu and garnish with desired toppings. Enjoy!

### Umami Baked Tofu

Cook and Prep Time: 45 minutes

Serves: 3-4

#### You Need

- 2 blocks Firm or Extra-Firm Tofu, cut into ½ inch pieces

For the Sauce

- 1 T Arrowroot Powder
- 1 T Olive Oil
- 1 T Garlic Powder
- 1 t Onion Powder
- 1 T Smoked Paprika
- 2 T Tamari
- Salt & Pepper, to taste

#### 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 your oven to 400°F. Line 1 baking tray.
2. Make the sauce. Whisk together all of the sauce ingredients. Add the chopped tofu, and marinate for at least 20 minutes. You can start marinating the tofu the night before.
3. Place tofu on the baking tray, but reserve the extra marinade. Bake for 20 minutes.
4. Then, remove the tofu, add the remaining marinade, and toss. Bake for 10 more minutes, or until crispy.
5. Serve as desired. Enjoy!

