



# Meal Prep Week 30

Recipes by Vincent Esposito, Ms, DC





| Suggested Meal Planner |                                |                                       |                                       |
|------------------------|--------------------------------|---------------------------------------|---------------------------------------|
| WEEK OF:               | BREAKFAST                      | LUNCH                                 | DINNER                                |
| <b>MONDAY</b>          | Cherry & Berry Overnight Oats  | Tuna-less Sandwiches                  | Smoky Chickpea & Sweet Potato Burgers |
| <b>TUESDAY</b>         | Roasted Chickpea Avocado Toast | Smoky Chickpea & Sweet Potato Burgers | Sri Lankan Red Lentil Curry           |
| <b>WEDNESDAY</b>       | Buckwheat & Blueberry Porridge | Tuna-less Sandwiches                  | Slow Cooker Lentil Taco Soup          |
| <b>THURSDAY</b>        | Roasted Chickpea Avocado Toast | Sri Lankan Red Lentil Curry           | Lentil Stuffed Pepper Soup            |
| <b>FRIDAY</b>          | Creamy Avocado Smoothie        | Lentil Stuffed Pepper Soup            | Slow Cooker Lentil Taco Soup          |



## Grocery List

- 1 cup Rolled Oats
- 1 cup Plant Milk
- ½ cup Frozen Tart Cherries
- ½ cup Frozen Blueberries
- ½ cup Frozen Raspberries
- 1 cup Frozen Blackberries
- 1 cup Plant-Based Yogurt
- 8 slices Bread of choice
- 3 Avocados
- 2 15oz. cans Chickpeas
- 3-4 T Harissa Paste
- 3 cups Coconut Milk
- ½ cup Buckwheat
- 1 cup Chia Seeds
- 1 cup Grapes
- ½ cup Pineapple
- 5oz. Spinach
- 2 Medjool Dates
- 1 Banana
- 4 Limes
- 3 Red Onions
- 1 cup Celery
- 3-4 cup Carrots
- 1 cup Pickles
- ½ cup Capers
- 2 T Fresh Dill
- 2 heads Lettuce
- 3 Tomatoes
- 1 28oz. can Chickpeas
- 5 oz. Arugula
- 1 cup Walnuts
- 1 Sweet Potato
- 1 cup Chickpea Flour
- 4 head Garlic
- 3 T Ground Flaxseeds
- 3 T Hemp Seeds
- 3 T Nut Butter of Choice
- 4 Burger Buns
- 1 cup Red Lentils
- 9 cups Vegetable Stock
- 6-8 Curry Leaves
- 1 t Mustard Seeds
- 1 28oz. can Crushed Tomatoes
- 2 bunches Cilantro
- 2 bunches Scallions
- 1 bunch Parsley
- 2 t Fenugreek Seeds
- 2 cups Quinoa
- 2 cups French Lentils
- 1 28oz. can Black Beans
- 1 15oz. can Pinto Beans
- 1-2 cups Frozen Sweet Corn
- 2 White or Yellow Onions
- 4 Red Bell Peppers
- 1 Jalapeno Pepper
- 2 T Tomato Paste
- 1 28oz. can Diced Tomatoes
- Corn Tortillas
- Salsa

# Cherry & Berry Overnight Oats

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

Serves: 1

### You Need

- ½ cup Rolled Oats
- ½ cup Plant Milk of Choice
- 1 t Maple Syrup (optional)



#### For the Jam

- ¼ cup Frozen Tart Cherries, thawed
- ½ cup Frozen Blueberries, thawed
- ¼ cup Frozen Raspberries, thawed
- ¼ cup Frozen Blackberries, thawed

#### For Serving

- Plant-Based Yogurt
- Chia Seeds
- Hemp Seeds
- Nut Butter

#### DIRECTIONS

1. Prepare the ingredients accordingly.
2. Add the oats, milk, and maple syrup to a mason jar. Stir to combine. Then, cover and chill in the refrigerator overnight.
3. The next morning, make the jam. 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.
4. Add the berries and other desired toppings to the oatmeal the next morning. Enjoy!

## Roasted Chickpea Avocado Toast

Cook and Prep Time: 25 minutes

Serves: 2

#### You Need

- 2-4 slices Toasted Bread
- 1 Ripe Avocado, diced
- Sea Salt

#### For Serving

- 1 15oz. can Chickpeas, rinsed and drained
- 1 T Extra Virgin Olive Oil
- Salt & Pepper, to taste
- 2-3 T Harissa Paste
- Sesame Seeds



- ½ Lemon, juiced
- Microgreens or Sprouts
- Harissa Paste, for topping

#### DIRECTIONS

1. Prepare the ingredients accordingly. Line 1 baking tray and preheat your oven to 425°F.
2. Add the chickpeas to the baking tray. Toss in salt, pepper, and olive oil. Roast for 10 minutes. Then, remove the chickpeas from the oven. Add the harissa paste and toss to combine. Roast for another 5-10 minutes, or until crispy.
3. Meanwhile, toast the bread to your liking.
4. Mash the avocado directly on the toast. Then, add the chickpeas, harissa paste, lemon juice, and other desired toppings. Enjoy!

## Buckwheat & Blueberry Porridge

Cook and Prep Time: 10 minutes (+ 8 hours)

Serves: 2 Jars

#### You Need

- 1 cup Water
- ½ cup Coconut Milk
- ½ cup Buckwheat
- 4 T Chia Seeds
- ½ cup Grapes
- 2 T Shredded Coconut
- 1 T Peanut Butter (or other nut butter)

#### For Topping

- ½ cup Blueberries
- Nut Butter
- Shredded Coconut
- Chopped Grapes

#### DIRECTIONS

1. Take a mason jar or airtight container, and add the buckwheat and water to it. Let it soak overnight in the refrigerator.





2. The following morning, drain the buckwheat
3. Add the buckwheat to a blender with the coconut milk, grapes, chia seeds, and shredded coconut. Pulse for 5-10 seconds. You are not looking for the consistency of a smoothie.
4. Fill the bottom of the serving bowls (or jars) with fresh blueberries. Pour over the mixture from the blender, and top with your desired garnishes. Enjoy!

## Creamy Avocado Smoothie

Cook and Prep Time: 5 minutes

Serves: 2

### You Need

- ½ cup Frozen Pineapple
- 2 cups Spinach, packed
- 1 Avocado
- 1 Banana, sliced
- ¾ cup Coconut Milk
- 1-2 Medjool Dates, pitted (optional)
- 1 Lime, juiced
- 1 T Nut Butter of choice
- 1 T Chia Seeds
- 1 T Hemp Seed
- 1 T Ground Flaxseeds

### DIRECTIONS

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

## Tuna-less Sandwiches

Cook and Prep Time: 30 minutes



Serves: 2 Sandwiches

### You Need

- 1 15oz. can Chickpeas, rinsed and drained
- ¼ cup Red Onion, diced
- ¼ cup Celery, diced
- ½ cup Carrots, diced
- ¼ cup Pickles, diced
- 2 t Capers, chopped
- ½ Avocado, mashed OR 2 T Tahini
- 1 t Dijon or Spicy Brown Mustard
- 1 T Apple Cider Vinegar
- 1 t Tamari
- 1 t Maple Syrup
- 2 t Fresh Dill, chopped
- Salt & Pepper, to taste

### For Serving

- 4 slices Whole Grain or Sourdough Bread
- Lettuce or Greens of Choice
- Sliced Tomatoes
- Sprouts
- Pickled Jalapenos
- Mustard

### DIRECTIONS

1. Rinse and chop the produce accordingly.
2. In a large mixing bowl, add the chickpeas and make them with a potato masher or fork.
3. Add the red onion, carrots, celery, pickles, and capers, and mix well. Then, add the avocado (or tahini), mustard, tamari, maple syrup, apple cider vinegar, dill, salt, and pepper. Mix well and adjust seasonings to taste.
4. Toast the bread as desired.
5. Assemble the sandwiches, and add your desired toppings. Enjoy!

# Smoky Chickpea & Sweet Potato Burgers



Cook and Prep Time: 50-60 minutes





Serves: 10 Patties

### You Need

- 1 28oz. can Chickpeas, rinsed and drained
- 1 cup Walnuts, chopped
- 1 Large Roasted Sweet Potato, diced
- 1 cup Chickpea Flour OR Oat Flour
- 1 Red Onion, diced
- 6 cloves Garlic, minced
- 2 T Ground Flaxseeds + 4 T Water, whisked together
- 1 T Tamari
- 1 T Smoked Paprika
- 1 T Garlic Powder
- 1 t Dried Oregano
- Salt & Pepper, to taste
- 1 T Extra Virgin Olive Oil OR Vegetable Stock, for sautéing

### For Serving

- Burger Buns
- BBQ Sauce
- Hot Sauce
- Sriracha Mayo
- Sliced Jalapenos
- Shredded Lettuce or Cabbage
- Pickled Onions
- Tomatoes

### DIRECTIONS

1. Rinse and chop the produce accordingly. Roast and cool the sweet potato prior to assembling the burgers. Preheat your oven to 400°F and line 1 baking tray.
2. Set a skillet to medium heat. Once hot, add the garlic and onion. Sauté the garlic and onion for 5-6 minutes, until the onion is translucent, then remove them from heat.
3. Add the chickpeas to a large mixing bowl. Using a potato masher, mash them, but keep some whole to add some consistency. Add the rest of the ingredients to the bowl, and stir to combine. Season to taste.
4. Form the patties and place them on the lined baking tray. Bake them for 20-25 minutes, or until golden brown.
5. Assemble the burgers with your desired fixings. Enjoy!

## Sri Lankan Red Lentil Curry



Cook and Prep Time: 45 minutes

Serves: 2

**You Need**

- $\frac{3}{4}$  cup Red Lentils
- $1 \frac{1}{2}$  cup Vegetable Stock or Water



- ½ Red Onion, diced
- 3-4 cloves Garlic, minced
- ½ cup Coconut Milk
- 6-8 Curry Leaves
- 1 t Ground Cinnamon
- 1 Tomato, chopped
- 1 Lemon, juiced
- 1 t Mustard Seeds
- 1 t Ground Turmeric
- ½ t Fenugreek Seeds
- ½ t Cayenne Pepper, optional
- Salt & Pepper, to taste
- 1 T Extra Virgin Olive Oil, for sautéing

#### For Serving

- Brown Rice or Quinoa
- Chopped Cilantro
- Red Chili Flakes
- Shredded Coconut
- Chopped Scallions

#### DIRECTIONS

1. Rinse and chop the produce accordingly. Grind the fenugreek seeds.
2. Set a large skillet to medium heat. Once hot, add the oil and the mustard seeds. Cook until they start to pop. Then, add the curry leaves and ground fenugreek seeds. Cook for 10-15 seconds, until fragrant. Then, add the onion and garlic. Cook for 3-4 minutes, stirring frequently, until translucent.
3. Add the lentils, vegetable stock, and coconut milk. Stir to combine, and bring to a boil. Then, cover and reduce for a simmer. Cook for 15 minutes, or until the lentils are tender.
4. Stir in the tomatoes and lemon juice, and cook, uncovered, for 10-12 minutes. Season to taste.
5. Garnish with your desired toppings and serve with your whole grain of choice. Enjoy!

## Slow Cooker Lentil Taco Soup









Cook and Prep Time 50-60 minutes

Serves: 4

### You Need

- 1 cup French or Brown Lentils
- 1 28 oz. can Black Beans, rinsed and drained
- 1 15oz. can Pinto Beans, rinsed and drained
- 1 cup Frozen Sweet Corn, thawed
- 6-8 cloves Garlic, minced
- 2 Carrots, diced
- 1 White Onion, diced
- 1 Red Bell Pepper, diced
- 1 Jalapeno Pepper, diced
- 1 28oz. can Crushed Tomatoes
- 4 cups Vegetable Stock
- 2 T Chili Powder
- 1 T Ground Cumin
- 2 t Dried Oregano
- 1 t Smoked Paprika
- 1 t Cayenne Pepper
- 1 Lime, juiced

For Serving

- Chopped Cilantro
- Chopped Scallions
- Tortilla Chips
- Hot Sauce
- Salsa
- Chopped Jalapenos

### DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Set your Instant Pot to SAUTE. Once hot, add your onion, carrots, garlic, bell pepper and sauté for 4-5 minutes, stirring occasionally, until onion is tender and translucent.
3. Add all of the remaining ingredients.
4. Fasten the lid to the Instant Pot, and set to PRESSURE COOK on HIGH for 30 minutes. Then, allow for a natural pressure release for 10-15 minutes.
5. Remove the lid. Add the lime juice, and adjust seasonings to taste.



6. Serve with your desired toppings. Enjoy!

## Lentil Stuffed Pepper Soup

Cook and Prep Time: 50 minutes

Serves: 2

### You Need

- 1 cup Cooked Quinoa
- ¾ cup Green or Brown Lentils
- ½ Yellow Onion, diced
- 3-4 cloves Garlic, minced
- 1 T Tomato Paste
- 1 28oz. can Diced Tomatoes
- 2-3 cups Vegetable Stock
- 1 ½ Bell Peppers, diced
- 2 ½ oz. Spinach, chopped
- 1 t Dried Oregano
- 1 t Dried Basil
- ½ T Ground Cumin
- 1 t Smoked Paprika
- 1 t Chili Powder (optional)
- 1 t Cayenne Pepper (optional)
- 1 Lime, juiced
- Salt & Pepper, to taste
- Vegetable Stock or Extra Virgin Olive Oil, for sautéing

### For Serving

- Chopped Cilantro
- Chopped Parsley
- Hot Sauce
- Sliced Jalapeno
- Lime Wedges
- Corn Tortillas
- Salsa

### DIRECTIONS

1. Rinse and chop the produce accordingly.



2. Set a large pot or Dutch oven to medium heat. Once hot, add the onion, and cook for 3-4 minutes. Then, add the garlic and bell pepper, and cook for 1-2 minutes more.
3. Add the tomato paste and spices, and cook for 2-3 minutes, until the paste has turned brick-red in color. Add water or vegetable stock as needed to deglaze the bottom of the pot.
4. Add the tomatoes, lentils, and vegetable stock. Then, bring the pot to a boil. Then, cover and reduce the heat to a simmer, and cook for 20 minutes, or until the lentils are tender.
5. Add the quinoa, lime juice, and spinach. Cook until the spinach has wilted, 2-3 minutes. Stir to combine, and season to taste.
6. Serve the soup with your desired toppings. Enjoy!