



Meal Prep Week 5

Recipes by Vincent Esposito, Ms, DC





Suggested Meal Planner			
WEEK OF:	BREAKFAST	LUNCH	DINNER
MONDAY	Carrot Ginger Mango Smoothie	Broccoli & Blueberry Salad	Two-Bean Tortilla Soup
TUESDAY	Raspberry Orange Smoothie Bowl	Two-Bean Tortilla Soup	Sesame Noodle Bowls
WEDNESDAY	Peanut Butter Banana Oat Smoothie	Broccoli & Blueberry Salad	Tofu “Cheese” Mushroom Quesadillas
THURSDAY	Raspberry Orange Smoothie Bowl	Sesame Noodle Bowls	Quick Vegan Chana Dal
FRIDAY	Beet & Berry Smoothie	Quick Vegan Chana Dal	Tofu “Cheese” Mushroom Quesadillas

BONUS: Blueberry Banana Pancakes



Lunch & Dinner Grocery List

- 3 Carrots
- 2 in. Ginger
- 1 Mango
- 5 cups Plant Milk
- 1 Orange
- 1 cup Raspberries
- 5 Bananas
- 2 T Peanut Butter
- 1 Beet
- 1 cup Mixed Berries
- 3 cups Rolled Oats
- 1 cup Blueberries
- 2 cups Broccoli
- 1 15oz. can Chickpeas
- 1 Red Onion
- 1 bunch Cilantro
- 2 bunches Parsley
- 1 T Sunflower Seeds
- 3 Lemons
- 2 Heads Garlic
- 2 cups Vegetable Stock
- 2 Cucumbers
- 1 pint Cherry Tomatoes
- 1 cup Kalamata Olives
- 4 oz. Soba Noodles
- 1 cup Edamame
- 1 Bell Pepper
- 1 block Tempeh
- 1 Lime
- 1 block Extra Firm Tofu
- 1 T Arrowroot Powder
- 1 Yellow Onion
- 1 cup Chana Dal
- 1 head Cauliflower
- 2 stalks Celery
- 1 T Fennel Seeds
- 2.5 oz. Coconut Cream

Carrot Ginger Mango Smoothie

Serves 2

Cook and Prep Time: 5 minutes

You Need:

- 1 Medium Carrot, diced
- 1-inch piece Ginger
- 1 ½ cup Mango
- 2 Dates
- 1 ½ cup Plant Milk of Choice
- 1 T Flax Seeds
- 1 T Chia Seeds



DIRECTIONS

1. Clean and prep the ingredients as necessary.
2. Add all ingredients to blender.
3. Pulse until smooth. Enjoy!

Raspberry Orange Smoothie Bowl

Cook and Prep Time: 5 minutes

Serves: 1

You Need

- 1 Orange
- ½- 1 cup Raspberries
- 1 Frozen Sliced Banana
- 2 T Plant Milk of Choice
- 1 T Orange Zest

Toppings*

- 1 T Nuts or Seeds of Choice
- 1 T Dried Fruit
- Fresh Fruit of choice
- 1 t Chia 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, raspberries, orange, orange zest, and plant milk. Add more milk if necessary, but you want the mixture to be very thick.
2. Place the mixture in a bowl. Top with your desired toppings.
3. Serve and eat immediately. Enjoy!

Peanut Butter Banana Oat Smoothie

Serves 2



Cook and Prep Time: 5 minutes

You Need:

- 2 Bananas
- 1 cup Plant Milk
- ¼- ½ cup Rolled Oats
- 2-3 T Peanut Butter
- 1 T Chia Seeds
- 2-3 t Ground Flax Seeds
- 1 t Vanilla Extract
- 1 t Ground Turmeric

DIRECTIONS

4. Clean and prep the ingredients as necessary.
5. Add all ingredients to blender.
6. Pulse until smooth. Enjoy!

Beet & Berry Smoothie

Serves 1

Cook and Prep Time: 5 minutes

You Need:

- 1 Beet, chopped
- 1 cup Berries
- ½ cup Plant Milk
- ¼ cup Rolled Oats OR 1 T Ground Flaxseeds
- 1 T Chia Seeds
- 1 T Hemp Seeds

DIRECTIONS

7. Clean and prep the ingredients as necessary.
8. Add all ingredients to blender.
9. Pulse until smooth. Enjoy!



Blueberry Banana Pancakes



Cook and Prep Time: 25 minutes



Serves: 7-8 Pancakes

You Need

- 1 ½ c Rolled Oats
- 1 c Dairy-Free Milk
- 2 T Maple Syrup
- 2 t Vanilla Extract
- 2 Ripe Banana
- 1 t Cinnamon
- 1 t Baking Powder
- ½ c Blueberries
- 1 T Olive Oil or Coconut Oil

DIRECTIONS

1. Rinse and prepare the ingredients accordingly.
2. Place all of the ingredients except the blueberries in a blender.
3. Once blended, fold the blueberries into the batter.
4. Heat your oil on a griddle set to medium-high heat.
5. Once hot, add ¼- ½ cup of the batter to the griddle.
6. Cook for 2-3 minutes per side.
7. Serve immediately with fresh berries and fruit. Enjoy!

Broccoli & Blueberry Salad

Cook and Prep Time: 20 minutes

Serves: 2

You Need

- 2 cups Broccoli Florets, finely chopped
- 1 15 oz. can Chickpeas, rinsed and drained
- ¼ cup Carrots, shredded
- 1 T Red Onion, diced
- ½ cup Cilantro, chopped
- ¼ cup Parsley, chopped
- ½ cup Blueberries
- 1 T Sunflower Seeds
- ¼ cup Almonds, chopped
- ¼ cup Dried Cranberries



For the Dressing

- 1 T Tahini
- 1 Lemon, juiced
- 1 clove Garlic, minced
- Salt & Pepper, to taste
- Water, as needed

DIRECTIONS

1. In a large bowl, mix together all of your salad ingredients.
2. In a small bowl, whisk together your dressing. Add water as needed to thin.
3. Add the dressing to your salad and toss to combine. Top with Pumpkin seeds and more herbs. Enjoy!

Two-Bean Tortilla Soup



Cook and Prep Time: 45 minutes

Serves: 4-6

You Need

- 4 cups Water or Vegetable Stock
- 1 small can Pinto Beans, rinsed and drained



- 1 small can Black Beans, rinsed and drained
- 1 small can Sweet Corn, rinsed and drained
- 1 small can Diced Tomatoes, with juices
- 4-5 Corn Tortillas, cut into triangles or strips
- 1 Carrot, chopped
- 1 Yellow Onion, diced
- 1 Green Bell Pepper, chopped
- 4 cloves Garlic, minced
- 1 Avocado, sliced, for garnish
- 1 handful Cilantro, stems removed, roughly chopped
- 1 Jalapeno Pepper, sliced thinly, for garnish
- 1 Lime, cut into quarters
- ½ Lime, juiced
- Olive Oil or Vegetable Stock, for sautéing
- Salt, to taste
- Black Pepper, to taste
- 1 tbsp. Cumin
- 1 tbsp. Smoked Paprika
- 1 tsp. Chipotle Chili Powder
- 1 tsp. Red Chili Flakes (optional)

DIRECTIONS

1. Rinse and chop produce accordingly. Line 1 baking tray and preheat your oven to 375°F.
2. Whisk together 1 tbsp. olive oil, lime juice, and season with salt, pepper, and half the smoked paprika and cumin.
3. Add tortilla strips to the baking tray. Once the oven is hot, bake the chips for 12-14 minutes, until golden. Remove until ready to serve.
4. Add an additional 1 tsp. olive oil over medium heat to a pan. Once hot, add garlic and onion, stirring to combine. Cook until onion begins to become translucent, 3-4 minutes.
5. Add carrot, beans, bell pepper and cook for an additional 3 minutes, stirring to combine.
6. Add stock and tomatoes (with juices) to the pot. Add cumin, smoked paprika, chipotle powder, and red chili flakes. Stir, and bring soup to a boil. Once boiling, reduce heat to a simmer and cook for 12 minutes, stirring occasionally. Add salt and pepper to taste.
7. Divide soup evenly amongst bowls. Garnish with avocado slices, lime wedge, sliced jalapeno, and cilantro. Enjoy!



Sesame Noodle Bowls

Cook and Prep Time: 20 Minutes

Serves: 2

You Need

- 4 oz. Soba Noodles
- 1 cup Edamame, shelled
- 1 Cucumber, diced
- 1 Carrot, diced
- 1 Bell Pepper, diced
- 1 block Tempeh, cubed

For the Sauce

- 1 T Tahini
- 2 T Tamari
- 1 T Rice Wine Vinegar
- 1 clove Garlic, minced
- 1 T Sriracha (Optional)

Garnishes:

- Sesame Seeds
- Lime Wedge
- Sriracha
- Chopped Cilantro

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Cook the noodles according to package instructions. Then, immediately rinse under cold water to halt the cooking process.
3. While the noodles cook, whisk your sauce together in a small bowl.
4. Once the noodles have finished cooking, add the noodles, carrots, cucumber, bell pepper, edamame, and tempeh to a bowl. Pour over the dressing and toss to combine.
5. Add noodles to your serving bowl, and top with your desired garnishes. Enjoy!



Tofu “Cheese” Mushroom Quesadillas



Cook and Prep Time: 25-30 minutes

Serves: 2

You Need

- ½ block Extra-Firm Tofu, drained and pressed
- ¾ cups Water
- 2 T Arrowroot Powder
- 1 Lemon, juiced
- 2 tsp. Garlic Powder
- 1 tsp. Onion Powder
- 1 tbsp. Nutritional Yeast
- ½ Yellow Onion, diced



- 3-4 cloves Garlic, minced
- 2 cups Cremini Mushrooms, chopped
- 2 Tortilla Shells
- 1 tsp. Red Chili Flakes, optional
- Salt, to taste
- Black Pepper, to taste
- Pico de Gallo, for serving
- Guacamole, for serving
- Chopped Cilantro, for serving

DIRECTIONS

1. Rinse and chop the produce accordingly. Press the tofu for at least 20 minutes.
2. Make the “cheese.” Break the tofu into smaller pieces, and add it to a blender with water, arrowroot powder, lemon juice, nutritional yeast, onion powder, salt, and pepper. Pulse until smooth.
3. Set a large skillet to medium heat. Add mushrooms and onion. Sauté until onion is translucent and mushrooms have reduced in size, 4-5 minutes. Add garlic, and cook for 1 minute more.
4. Set a separate skillet to low-medium heat. Add the cheese sauce, and cook until the cheese begins to clump up. Then, add mushrooms into the cheese sauce, and stir to evenly combine, cooking for 1 additional minute.
5. Add the mushrooms and cheese to one half a tortilla shell, and fold in half. Then, wipe the large skillet clean and return to medium heat. Press the quesadillas until crispy, about 1 minute per side.
6. Serve with Pico de Gallo and guacamole. Enjoy!

Quick Vegan Chana Dal



Cook and Prep Time: 45 minutes

Serves: 4

You Need

- 1 cup Chana Dal (split chickpeas) or Split Yellow Peas
- ½ cup Shallots, chopped
- 3-4 cloves Garlic, minced
- 1 tbsp. Fresh Ginger, minced
- 2 cups Water or Vegetable Stock
- ½ head Cauliflower, chopped
- 2 stalks Celery, chopped
- ½ 5 oz. can Coconut Cream



- Salt, to taste
- Black Pepper, to taste
- 1 T Fenugreek Seeds
- 1 t Cumin
- 1 t Cloves
- 1 t Allspice
- 1 t Smoked Paprika
- 1 T Curry Powder
- 1 t. Turmeric
- Vegetable Stock, for sautéing

DIRECTIONS

1. Soak the chana dal overnight in water. Then, rinse and strain, and set aside in a bowl. Rinse and chop the produce accordingly.
2. In a pot, add the chana dal and vegetable stock. Stir to combine and bring to a boil. Once boiling, cover and reduce heat to a simmer. Cook for 25-30 minutes, until tender. Add more water if needed.
3. Set a larger pot to medium heat. Once hot, add 1 tbsp. of olive oil. Then, add fenugreek seeds. Cook them for 45 seconds, until fragrant, stirring frequently to avoid burning.
4. Add garlic, shallots, and ginger to the pot with the seeds, and stir to combine. Cook for 4-5 minutes, until shallots are translucent. Stir frequently. Then, add celery and cook for 2 minutes more.
5. Add cauliflower, and saute for 3-4 minutes, stirring to combine.
6. Add chana dal (with remaining liquid) to the larger pot, and add coconut cream and spices. Stir to combine, and bring to a boil. Then, cover and reduce to a simmer. Cook for 5-8 minutes, until desired consistency is reached. Season with salt and pepper.
7. Plate chana dal, and serve with rice. Garnish with cilantro and scallion greens. Enjoy!