



# Meal Prep Week 6

Recipes by Vincent Esposito, Ms, DC





Suggested Meal Planner			
WEEK OF:	BREAKFAST	LUNCH	DINNER
<b>MONDAY</b>	Chocolate, Peanut Butter, & Banana Smoothie	Lentil-Tomato Pasta Soup	Quinoa-Chickpea Cakes with Roasted Red Pepper Cashew Sauce
<b>TUESDAY</b>	Pineapple-Orange Banana Pancakes	Quinoa-Chickpea Cakes with Roasted Red Pepper Cashew Sauce	Peanut Chickpea Wraps
<b>WEDNESDAY</b>	Carrot Cake Smoothie Bowl	Lentil-Tomato Pasta Soup	Kidney Bean Pasta
<b>THURSDAY</b>	Pineapple-Orange Banana Pancakes	Peanut Chickpea Wraps	Lentil & Chickpea Stew
<b>FRIDAY</b>	Strawberry Pineapple Smoothie	Lentil & Chickpea Stew	Kidney Bean Pasta



BONUS: Homemade 3-Ingredient Cashew Cheese

## Lunch & Dinner Grocery List

- 4 Bananas
- 4 cups Plant Milk
- 1 Date
- 1 T Cocoa Powder
- 1 Orange
- 2 cups Pineapple
- 5 Carrots
- 2 T Cashew Butter
- 1 cup Strawberries
- 2 ½ cup Cashew Milk
- 5 Lemons
- 2 cups Lentils
- 3 Yellow Onions
- 3 Bell Peppers (1 Green)
- 1 15oz. can Diced Tomatoes
- 3-4 heads Garlic
- 10 cups Vegetable Stock
- 4 15oz. cans Chickpeas
- 1 cup Quinoa
- 1 cup Oat Flour
- 1 cup Zucchini
- 3 ribs Celery
- 1 Red Onion
- 1 T Worcestershire Sauce
- ½ cup Cashews
- 1 T Horseradish
- 1 T Dijon Mustard
- ½ Cabbage
- 1 bunch Scallions
- ½ cup Cilantro
- ½ cup Peanuts
- 2 T Peanut Butter
- 2 inches Ginger
- 1 Lime
- 1 15oz. can Kidney Beans
- 2 cups Mushrooms
- 1 bunch Broccolini
- 1 14oz. can Coconut Milk
- 2 T Tomato Paste
- 1 bunch Dinosaur Kale

## Chocolate, Peanut Butter, & Banana Smoothie

Serves 1

Cook and Prep Time: 5 minutes

### You Need:

- 1 Frozen Banana, sliced
- 1 T Cocoa Powder
- 1-2 T Peanut Butter



- 1 T Ground Flax OR Hemp Seeds
- 1 c Plant Milk
- 1 Date (optional, depending on sweetness)

#### **DIRECTIONS**

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

## **Pineapple-Orange Banana Pancakes**

Cook and Prep Time: 25 minutes

Serves: 7-8 Pancakes

#### **You Need**

##### **Dry Ingredients**

- 1 ½ c Oat Flour
- 1 t Cinnamon
- 1 t Baking Powder

##### **Wet Ingredients**

- 2 Ripe Bananas
- 1 c Dairy-Free Milk
- 2 T Maple Syrup
- 2 t Vanilla Extract
- 1 Orange, zested and juiced

##### **Other Ingredients**

- ½ c Pineapple
- 1 T Olive Oil or Coconut Oil

#### **DIRECTIONS**

1. Rinse and prepare the ingredients accordingly.
2. Place the dry ingredients in one bowl, and whisk to combine.
3. In a second bowl, add the bananas, and mash. Then add the rest of the wet ingredients and whisk to combine.
4. Combine the mix and wet ingredients.



5. Fold the pancakes into the batter.
6. Heat your oil on a griddle set to medium-high heat.
7. Once hot, add ¼- ½ cup of the batter to the griddle.
8. Cook for 2-3 minutes per side.
9. Serve immediately with fresh berries and fruit. Enjoy!

## Carrot Cake Smoothie Bowl

Cook and Prep Time: 5 minutes

Serves: 1

### You Need

- ½ c Plant-Based Milk
- 1 c Frozen Pineapple
- 1 c Chopped Carrot
- ½ t Vanilla Extract
- ¼ t Ground Cinnamon
- 1 T Ground Flax Seeds
- 1 T Hemp Seeds
- 1 T Cashew Butter (optional)

### 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, carrot, vanilla extract, cinnamon, flax seeds, hemp seeds, cashew butter, 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!



## Strawberry Pineapple Smoothie

Serves 1

Cook and Prep Time: 5 minutes

### You Need:

- 1 c Plant-Based Milk
- ½ c Frozen Pineapple
- 10-12 Strawberries
- 1 Banana, chopped
- 1 T Ground Flax Seeds
- 1 T Hemp Seeds
- 1 T Cashew Butter (optional)

### DIRECTIONS

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

## Homemade 3-Ingredient Cashew Cheese





Cook and Prep Time: 30 minutes (+8-12 hours)

Serves: 1 cup

#### You Need

- 2 ½ cups Cashew Milk
  - You can make your own by adding 1/3 cup cashews to 2 cups water and blending together.
- Juice of 1 Lemon
- Salt, to taste
- Other flavor agents (spices, herbs, etc.) [optional]

#### DIRECTIONS

1. Set a pot to medium heat, and bring cashew milk to a simmer. Be careful to not boil.
2. Once simmering, add lemon juice and salt. Stir to incorporate evenly.



3. Take the pot off heat, and allow the mixture to cool to room temperature, about 15-20 minutes. Add herbs and spices as desired here, and stir to combine (optional).
4. Take a strainer or sieve, and place it on top of a large mixing bowl. Line the strainer/sieve with cheesecloth. Pour the mixture into the strainer, and gently strain out some of the water.
5. Place a weight on top of the cheese cloth (to help strain out more water), and then place in the refrigerator overnight.
6. The next day, you can carefully remove the cheese from the cheese cloth, and (optional) mold into the shape you desire.
7. Serve with vegetable crudité. Enjoy!

## Lentil-Tomato Pasta Soup

Cook and Prep Time: 30 minutes

Serves: 4

### You Need

- 1 cup Green or Brown Lentils
- 1 Yellow Onion, diced
- 1 Green Bell Pepper, diced
- 1 15oz. can Diced Tomatoes, with juices
- 6-8 cloves Garlic, minced
- 1 cup Pasta Elbows
- 5 cups Vegetable Stock
- 2-3 T Nutritional Yeast
- ½ t Smoked Paprika
- 1 T Chili Powder
- 2 t Dried Oregano
- 1 t Dried Thyme
- Salt & Pepper, to taste
- Vegetable Stock, for sautéing

### For Serving

- Lemon Wedges
- Basil Leaves
- Chopped Parsley
- Nutritional Yeast

### DIRECTIONS

1. 1. Rinse and chop the produce accordingly.





2. Set a large pot to medium heat. Once hot, add the bell pepper and onion. Cook until the onion is translucent, 5-6 minutes. Then, add garlic, and cook until fragrant, 1-2 minutes.
3. Add the spices, and cook until fragrant, about 1 minute more.
4. Add the tomatoes, vegetable stock, and lentils. Bring to a boil, then cover, and reduce heat to a simmer. Cook for 15 minutes.
5. Stir in the pasta, and cook until al dente (about 5-8 minutes).
6. Season to taste.
7. Serve with your desired garnishes. Enjoy!

## **Quinoa-Chickpea Cakes with Roasted Red Pepper Cashew Sauce**





Cook and Prep Time: 45 minutes

Serves: 6 cakes

### You Need

#### For the Cakes

- ½ cup Cooked Quinoa
- 8oz. Chickpeas, rinsed and drained
- ½ cup Oat Flour or Chickpea Flour
- ½ cup Zucchini, shredded
- ½ cup Bell Pepper, chopped
- ½ cup Celery, chopped
- ½ cup Red Onion, diced
- 2-4 cloves Garlic, minced
- 1 T Vegan Worcestershire Sauce
- 1 Lemon, juiced
- 1-2 T Vegan Mayo OR Tahini
- 1 T Ground Flax + 3 T Water
- 1 t Mustard Powder
- 1 t Smoked Paprika
- Salt & Pepper, to taste

#### For the Sauce

- ½ cup Cashews, soaked overnight
- ½ t Dill
- 2 Lemons, juiced
- 1 t Horseradish (optional)
- 1 t Dijon Mustard
- 1-3 cloves Garlic
- ¼ cup Water
- ½ cup Plant Based Milk

#### For Serving

- Chopped Scallions
- Arugula Salad
- Cabbage Slaw

### DIRECTIONS

1. Rinse and chop the produce accordingly. Line 1 (or 2) baking trays. Preheat your oven to 400°F.
2. Cook the quinoa according to package instructions.
3. Make the sauce. Combine all ingredients in a food processor or blender, and pulse until smooth.



4. Set a pan to medium heat. Once hot, Sauté the onion, celery, garlic, and bell pepper for 4-5 minutes, until your onion is translucent.
5. Add the chickpeas to a large mixing bowl. Using a potato masher, mash the chickpeas. Add all of the remaining ingredients, and toss to combine.
6. Form the mixture into evenly sized cakes, about ½ inch thick. Add the cakes to your baking tray, and bake for 20-30 minutes, until golden brown.
7. Serve this with the cashew sauce and salad. Enjoy!

## Peanut Chickpea Wraps

Cook and Prep Time: 10 minutes

Serves: 2

### You Need

- 15oz. can Chickpeas, rinsed and drained
- ¼ Cabbage, shredded
- 1 Scallions, chopped
- ½ cup Carrots, shredded
- ¼ cup Cilantro, chopped
- ½ cup Peanuts, chopped (you can use other nuts if you prefer)

### For the Peanut Sauce

- 2 T Peanut Butter
- 1 T Tamari
- 2 cloves Garlic
- ½ inch piece Ginger
- 1-2 T Plant Milk of Choice
- 1 t Maple Syrup (optional)
- 1 Lime, juiced
- 1-2 t Sriracha (optional)
- Salt & Pepper, to taste

### For Serving

- Chopped Cilantro
- Tortilla of Choice
- Hot Sauce

### DIRECTIONS

1. Rinse and chop the produce accordingly.





2. Make the sauce. Combine all of the ingredients in a blender and toss until smooth.
3. Make the slaw. Add the cabbage, scallions, carrots, cilantro, and peanuts in a large bowl. Add half of the sauce and toss to combine.
4. Dress the chickpeas. In a separate bowl, add the chickpeas and the other half of the sauce. Toss to combine.
5. Add the chickpeas and slaw to your tortillas. Add your desired toppings. Enjoy!

## Kidney Bean Pasta







Cook and Prep Time: 20-25 minutes

Serves: 4

#### **You Need**

- 15oz. Kidney Beans, rinsed and drained
- 8 oz. Chickpea Spaghetti (or other pasta alternative)
- ½ Yellow Onion, chopped
- 4-5 cloves Garlic, sliced
- 1 cup Mushrooms, chopped
- 1 bunch Broccolini, chopped
- 1 Carrot, diced
- ½ Bell Pepper, diced
- 14oz. Coconut Milk
- ½ c Oat Milk
- 1 c Vegetable Stock
- 1 T Smoked Paprika
- 1 t Ground Turmeric
- 1 t Ground Cumin
- 1 Lemon, juiced
- 1 T Apple Cider Vinegar
- Salt & Pepper, to taste

For Garnish

- Chopped Parsley
- Chopped Basil
- Red Pepper Flakes

#### **DIRECTIONS**

1. Rinse and chop the produce accordingly.
2. Sauté the mushrooms, onion and garlic for 4-5 minutes, until the onion is translucent.
3. Add the carrots, bell pepper, broccolini, smoked paprika, cumin, and turmeric. Cook for 1-2 minutes, until fragrant.
4. Add the kidney beans, coconut milk, and oat milk. Then, add the spaghetti, lemon juiced, and apple cider vinegar. Cook for 10-12 minutes, until the pasta is cooked through. Add vegetable stock if needed.
5. Season with salt and pepper to taste. Garnish with parsley and red chili flakes. Enjoy!

## **Lentil & Chickpea Stew**



Cook and Prep Time: 45 minutes

Serves: 4

#### You Need

- 1 cup Lentils
- 1 15oz, Chickpeas, rinsed and drained
- 2-3 tbsp. Tomato Paste
- 1 bunch Kale, stems removed and leaves chopped
- 1 Yellow Onion, diced
- 2 Carrots, chopped
- 2 ribs Celery, chopped
- 7-8 cloves Garlic, minced
- 1 tbsp. Fresh Ginger, grated



- 2 tsp. Ground Coriander
- 1 tbsp. Curry Powder
- 2 tsp. Ground Cumin
- 1 tsp. Smoked Paprika
- ½ tsp. Ground Cinnamon
- Salt & Pepper, to taste
- 4 cups Vegetable Stock
- ¼ cup each of Parsley and Cilantro
- Chopped Cilantro, for garnish
- Chopped Parsley, for garnish
- Vegetable Stock or Olive Oil, for sautéing

## **DIRECTIONS**

1. Rinse and chop the produce accordingly.
2. Set a large pot to medium-high heat. Once hot, add carrot, onion, and celery. Cook until onion is translucent and begins to soften, 7-8 minutes.
3. Add minced garlic and grated ginger. Cook until fragrant, and stir to avoid burning, 1-2 minutes.
4. Add tomato paste, and cook until brick red in color, 2-3 minutes. Add spices, and cook until fragrant, about 1 minute. Stir to avoid burning.
5. Add vegetable stock, chickpeas, and lentils. Cover and cook for 20 minutes, until lentils are tender.
6. Add kale, and cook until wilted, 2-3 minutes.
7. Once wilted, add cilantro and parsley, stir to combine and wilted.
8. Season to taste and serve. Enjoy!