



# Meal Prep Week 7

Recipes by Vincent Esposito, Ms, DC





Suggested Meal Planner			
WEEK OF:	BREAKFAST	LUNCH	DINNER
<b>MONDAY</b>	Spicy Green Smoothie	Sweet Potato & Red Lentil Cakes	Lemon-Basil-Fennel Pasta Salad
<b>TUESDAY</b>	Apple Cinnamon Oatmeal	Lemon-Basil-Fennel Pasta Salad	FAST & Easy Linguine & Wild Mushroom Pasta
<b>WEDNESDAY</b>	Chocolate Peanut Butter Smoothie Bowl	Sweet Potato & Red Lentil Cakes	Mushroom Tofu Lettuce Wraps
<b>THURSDAY</b>	Apple Cinnamon Oatmeal	FAST & Easy Linguine & Wild Mushroom Pasta	Roasted Cauliflower Tacos
<b>FRIDAY</b>	Spirulina Smoothie Bowl	Roasted Cauliflower Tacos	Mushroom Tofu Lettuce Wraps



BONUS: Mint Chocolate Smoothie & QUICK Hoisin Sauce

## Lunch & Dinner Grocery List

- ½ cup Broccoli
- 1 cup Kale
- 2 Apples (1 green)
- 1 cup Pineapple
- 1 Cucumber
- 5 cups Plant-Based Milk
- 3-4 T Ginger Root
- 1 Avocado
- 1 Lemon
- 9 Medjool Dates
- 2 cups Rolled Oats
- 2 T Peanut Butter
- 3 Bananas
- 2 t Spirulina Powder
- 3 Mint Leaves
- 1 T Dark Chocolate
- 1 Large Sweet Potato
- 1 cup Red Lentils
- 1 cup Oat Flour
- 2 Yellow Onions
- 3 heads Garlic
- Salad Greens (for 2 meals)
- ½ lb. Lentil Pasta
- 1 15oz. can Chickpeas
- 1 Bell Pepper
- 1 Red Onion
- 1 bulb Fennel
- 1 pint Cherry Tomatoes
- 2 cups Fresh Basil
- 2 cups Cashews
- 5 T Tahini
- ½ lb. Legume-Based Linguine
- ½ lb. Assorted Mushrooms
- 2 bunches Scallions
- 1 T Nutritional Yeast
- 1 15oz. can Cannellini Beans
- 6oz. Cremini Mushrooms
- 1 block Extra-Firm Tofu
- 1 head Romaine Lettuce
- 1 head Cauliflower
- 1 bunch Cilantro
- 1 Limes
- 1 cups Purple Cabbage
- 1 15oz. can Pinto Beans (or refried beans)
- 1 cup Raisins
- 1 t Chinese Five Spice

## Spicy Green Smoothie

Serves 1

Cook and Prep Time: 5 minutes

### You Need:

- ½ cup Broccoli Florets
- ¼ cup Kale, packed
- 1 Green Apple, diced



- 1 cup Pineapple, diced
- ½ Cucumber
- 2 t Spirulina Powder
- ½ c Coconut Milk (or other plant based milk OR Water)
- 1 t Ginger, grated
- ½ Avocado
- 1 t Chia Seeds
- ½ Lemon juiced
- 1-2 Medjool Dates (optional)
- ½ t Cinnamon

## DIRECTIONS

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

# Apple Cinnamon Oatmeal

Cook and Prep Time: 15 minutes

Serves: 1

## You Need

For the Oatmeal

- ½ cup Rolled Oats
- 1 T Chia Seeds
- ½ cup Carrot, grated
- 1 ½ cups Water
- 1 t Cinnamon

For the Apple

- 1 Apple, chopped
- 1 t Cinnamon
- Water, for sautéing

For Serving

- Chia Seeds



- Peanut Butter
- Coconut Flakes
- Hemp Seeds
- Pumpkin Seeds
- Ground Cinnamon
- Fresh Berries

#### **DIRECTIONS**

1. Rinse and chop the produce accordingly.
2. Add the oatmeal to a small pot and cook on a medium heat. Cook until thickened, about 8-10 minutes.
3. Meanwhile, sauté the apples. Add the apples to a pan set to medium heat. Add 1 T of water at a time, and cook until the apples have softened, 6-8 minutes. Season with cinnamon before serving.
4. Serve oatmeal immediately, and top with apple and your desired garnishes. Enjoy!

## **Chocolate Peanut Butter Smoothie Bowl**

Cook and Prep Time: 5 minutes

Serves: 1

#### **You Need**

- 2 T Peanut Butter
- 1 T Cocoa Powder
- ½ t Vanilla Extract
- 1-2 Medjool Dates (optional, for sweetness)
- 1 Frozen Sliced Banana
- 2 T Plant Milk of Choice

#### **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, peanut butter, cocoa powder, vanilla extract, dates, and plant milk. Add more milk if necessary, but you want the mixture to be very thick.
2. Blend until smooth.
3. Place the mixture in a bowl. Top with your desired toppings.
4. Serve and eat immediately. Enjoy!

# Spirulina Smoothie Bowl

Cook and Prep Time: 5 minutes

Serves: 1

## You Need

- 1-2 t Spirulina Powder
- ½ cup Rolled Oats
- 1 Frozen Sliced Banana
- 1-2 Medjool Dates (optional)
- 2 T Coconut Milk (or plant milk of choice)

## Toppings\*

- 1 T Nuts or Seeds of Choice
- 1 T Dried Fruit
- Fresh Fruit of choice
- Hemp Seeds
- 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

5. To a blender, add bananas, spirulina powder, rolled oats, and plant milk. Add more milk if necessary, but you want the mixture to be very thick.
6. Blend until smooth.
7. Place the mixture in a bowl. Top with your desired toppings.



8. Serve and eat immediately. Enjoy!

## Mint Chocolate Smoothie

Serves 1

Cook and Prep Time: 5 minutes

### You Need:

- 1 Banana, chopped
- 1 cup Spinach, packed
- ½ cup Plant Milk of Choice
- 2-3 Mint Leaves
- 1 Medjool Date
- 1 T Chia Seeds
- 1 t Hemp Seeds
- 1 T Dark Chocolate, chopped
- 1 T Ground Flax Seeds
- OPTIONAL: 2 T Melted Dark Chocolate, to add a swirl to the top

### DIRECTIONS

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

## Sweet Potato & Red Lentil Cakes



Cook and Prep Time: 35 minutes



Serves: 6 patties

### You Need

- 1 Sweet Potato, cooked for 50-60 minutes @ 400°F.
- ½ cup Red Lentils
- ½ cup Oat Flour
- ½ Yellow Onion, diced
- 3-4 cloves Garlic, minced
- 1 t Smoked Paprika
- 1 t Ground Cumin
- 1 t Dried Oregano
- 2 t Garlic Powder
- 2 t Onion Powder
- 2 t Ground Flax + 2 T Water
- Salt & Pepper, to taste
- Extra Virgin Olive Oil or Avocado Oil

For Serving (optional)

- Arugula Salad
- Cabbage Slaw
- Pumpkin Seeds
- Sunflower Seeds
- Hot Sauce
- Quinoa
- Mango Salsa
- Chopped Basil

### DIRECTIONS

1. Rinse and chop the produce accordingly. Make the flax egg by combining ground flax and water in a bowl. Whisk to combine and let sit for 10 minutes.
2. Cook the lentils. Add the lentils and 2 cups of water (or vegetable stock) to a pot. Bring to a boil, then cover and reduce the heat to a simmer. Cook until the lentils are soft, about 15-20 minutes.
3. Sauté the garlic and onion. Set a skillet to medium heat. Once hot, add the garlic and onion. Cook until the onion has softened, 5-6 minutes.
4. To a large bowl, add the cooked sweet potatoes and lentils, and mash. Then, add the onion, garlic, oat flour, and spices. Mix well.
5. Shape the mixture into evenly-size patties.
6. Return your skillet to a medium heat. Once hot add 1 T EVOO (or avocado oil). Once hot, add 2-3 patties at a time, leaving space for each one to cook. Cook for 2-3 minutes, and then flip. Repeat this process until all of the patties are cooked.
7. Serve with your desired sides and garnishes. Enjoy!



## Lemon-Basil-Fennel Pasta Salad





Cook and Prep Time: 45 minutes

Serves: 2

### You Need

- ½ lb. Lentil Pasta
- ½ 15oz. can Chickpeas, rinsed and drained
- 1 Bell Peppers, diced
- ½ Red Onion, sliced
- 3-4 cloves of Garlic, sliced
- 1 Fennel Bulb, sliced
- ½ pint Cherry Tomatoes, halved
- 1-2 Carrots, shredded
- Vegetable Stock of 1 t Extra Virgin Olive Oil, for sautéing
- Salt & Pepper, to taste
- ½ cup Fresh Basil, chopped

### For the Sauce

- ½ cup Cashews, soaked overnight
- ½ - 1 cup Basil
- 1 Lemon, juiced
- ½ cup Fennel Fronds
- 1 clove Garlic
- Salt & Pepper to taste
- 1 T Tahini
- 1 T Water (if needed)

### For Garnish

- Lemon Wedges
- Fresh Chopped Basil or Parsley
- Red Chili Flakes
- Sunflower Seeds

### DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Cook the pasta according to package instructions. Once the pasta is al dente, rinse under cold water to halt the cooking process.
3. Make the sauce. Combine all sauce ingredients in a blender, and pulse until smooth.
4. Set a pan to medium heat. Once hot, add the red onion, garlic, and bell pepper. Sauté for 4-5 minutes, until the onion is translucent.



5. Combine all the pasta salad ingredients in a large mixing bowl. Pour of the dressing, and toss to combine.
6. Serve with your desired garnishes. Enjoy!

## FAST & Easy Linguine & Wild Mushroom Pasta



Cook and Prep Time: 20 minutes

Serves: 4-6

**You Need**



- ½ lb. Linguine or Fettucine (Bean-Based or Lentil-Based)
- ½ lb. Mixed Mushrooms
- 3-4 cloves Garlic, sliced
- ½ Yellow Onion, sliced
- 1 T Nutritional Yeast
- Olive Oil or Vegetable Stock, for sautéing
- Salt & Pepper, to taste

#### For Serving

- 1-2 Scallions, sliced on a bias
- Roasted Cannellini Beans or Chickpeas
- Arugula Salad
- Chopped Basil

#### DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Cook the pasta according to package instructions. Once the pasta is done, reserve ¾ cup of the pasta water.
3. To a large skillet set to medium-high heat, add the onions, and cook for 4-5 minutes, until translucent.
4. Add the mushrooms and garlic, and sauté for 5-6 minutes more, until the mushrooms are browned and tender. Season to taste.
5. Once the mushrooms are cooked, add them to the pot with the drained pasta, along with the reserved pasta water and the nutritional yeast. Toss to combine.
6. Serve with sliced scallions, roasted cannellini beans, fresh basil, and a salad. Enjoy!

## Mushroom Tofu Lettuce Wraps



Cook and Prep Time: 35-45 minutes

Serves: 2-3

**You Need**

For the Filling:



- 4-6 oz. Cremini Mushrooms
- ½ Yellow Onion, diced
- ½-inch Ginger, minced
- 1-2 Scallions, chopped
- 3-4 cloves Garlic, minced
- ½ block Extra-Firm Tofu, pressed and broken into smaller pieces
- Vegetable Stock or 1-2 t Extra Virgin Olive Oil, for sautéing
- Hoisin Sauce (see below)
- Salt & Pepper, to taste
- 1 head Romaine Lettuce, halved and separated

#### Toppings

- Shredded Cabbage
- Shredded Carrots
- Sesame Seeds
- Chopped Scallions
- Sesame Seeds

#### DIRECTIONS

1. Rinse and chop the produce accordingly. Press the tofu for at least 30 minutes prior to starting.
2. Make the hoisin sauce (see below).
3. Set a large skillet to medium-high heat. Add the onion, ginger, and garlic, and sauté for about 5 minutes until the onions turn translucent and begin to brown.
4. Add the tofu, and cook for 5 minutes, until the tofu begins to brown.
5. Add the mushrooms, and cook for 5 minutes, until the mushrooms reduce in size.
6. Add ½ cup of the sauce to the mushrooms, and toss to combine.
7. Add 2 T of the filling to the romaine lettuce. Top with your desired toppings and hoisin sauce. Enjoy!

## Roasted Cauliflower Tacos





Cook and Prep Time: 45-50 minutes

Serves: 2

### You Need

- 1 head Cauliflower, chopped
- 1-2 t Chili Powder
- 1-2 t Smoked Paprika
- 1-2 t Ground Cumin
- 1-2 t Garlic Powder
- 1-2 t Onion Powder
- Salt & Pepper, to taste
- 1 t Extra Virgin Olive Oil

### For the Crema

- ½ cup Cashews, soaked overnight OR Avocado
- ¼ cup Water (plus more if needed)
- ½ cup Cilantro
- 1 Lime, juiced
- 1-2 cloves Garlic
- Salt & Pepper, to taste

### For the Slaw

- 2 cups Purple Cabbage, shredded
- 1 cup Carrots, shredded
- ½ cup Cilantro, chopped
- 1 Lime, juiced
- 1 T Tahini
- Salt & Pepper, to taste

### Options for Serving

- Refried Beans
- Sautéed Black Beans
- Tortillas
- Sliced Avocado
- Salsa or Pico de Gallo
- Chopped Cilantro
- Chopped Basil
- Lime Wedges

### DIRECTIONS



1. Rinse and chop the produce accordingly. Preheat your oven to 425°F and line 1 baking tray.
2. Toss the cauliflower in the spices listed above, and add the cauliflower to your lined baking tray, and roast for 25-30 minutes, flipping halfway.
3. Meanwhile, make the slaw. Combine all the slaw ingredients in a large bowl, and toss to combine. Let stand to marinate and rest before serving.
4. Make the crema. Combine all the crema ingredients in a blender, and pulse until smooth. Add more water if needed.
5. Assemble your tacos with your desired serving options. Enjoy!

## QUICK Hoisin Sauce

Cook and Prep Time: 5 minutes (+1 hour)

Serves: 6-8 servings

### You Need

- 1 cup Raisins, soaked for at least 1 hour
- 1-2 dates, soaked for at least 1 hour
- 1 T Maple Syrup (optional)
- 4-5 T Tamari
- 3 T Rice Wine Vinegar
- 2 T Peanut Butter or Tahini
- 2-3 cloves Garlic
- 2 t Sesame Oil
- ½ t Chinese Five Spice
- 1-2 T Water, if needed

### DIRECTIONS

1. Soak the raisins and dates for at least an hour prior to making the sauce.
2. Add all of your ingredients to a food processor and pulse until smooth.
3. Adjust seasonings to taste and enjoy!