



# Meal Prep Week 8

Recipes by Vincent Esposito, Ms, DC





Suggested Meal Planner			
WEEK OF:	BREAKFAST	LUNCH	DINNER
<b>MONDAY</b>	Kiwi-Strawberry Smoothie Bowl	Lentil-Walnut Bolognese with Chickpea Pasta	Plantain Jerk Tacos
<b>TUESDAY</b>	Apricot Granola	Plantain Jerk Tacos	Minestrone Soup
<b>WEDNESDAY</b>	Chocolate Avocado Smoothie	Lentil-Walnut Bolognese with Chickpea Pasta	Dirty Rice & Quinoa with Black Beans
<b>THURSDAY</b>	Apricot Granola	Minestrone Soup	Sheet Tray Balsamic-Roasted Rainbow Veggies with Quinoa
<b>FRIDAY</b>	Chocolate Avocado Smoothie	Sheet Tray Balsamic-Roasted Rainbow Veggies with Quinoa	Dirty Rice & Quinoa with Black Beans

BONUS: Cashew-Cilantro-Lime Sauce



## Lunch & Dinner Grocery List

- 1 cup Frozen Strawberries
- 1 Banana
- 1 ½ cup Plant Milk
- 1 Kiwi
- 1 cup Dried Apricots
- 3 cups Rolled Oats
- 2 cups Buckwheat Groats
- 1 Pear
- 3 Avocados
- 3 heads Garlic
- 1 Jalapeno Pepper
- 2 bunches Cilantro
- 2 Limes
- 2 cups Lentils
- 1 cup Walnuts
- 2 Yellow Onions
- 8 Carrots
- 4-5 ribs Celery
- 1 29oz. can Crushed Tomatoes
- 1 c Dry Red Wine
- 16oz. Chickpea Pasta (or Potatoes)
- 1 bunch Parsley
- 3 Plantains
- 2 bunches Scallions
- 1-inch Ginger
- 1 Habanero Pepper
- 2 T Tomato Paste
- 1 T Miso Paste
- 2 T Red Wine Vinegar
- 3 15oz. cans Black Beans
- 2 28oz. cans Diced Tomatoes
- 1 28oz. can Cannellini Beans
- 1 15oz. can Chickpeas
- 1 Red Bell Pepper
- 1 Yellow Bell Pepper
- 1 cup Cherry Tomatoes
- 9 cups Vegetable Stock
- 1 Zucchini
- 1-2 Lemons
- 2 Red Onions
- 3 Beets
- 1 head Broccoli



# Kiwi-Strawberry Smoothie Bowl

Cook and Prep Time: 5 minutes

Serves: 1

## You Need

- 1 cup Frozen Strawberries
- 1 Frozen Sliced Banana
- 2 T Plant Milk of Choice

## Toppings\*

- 1 T Nuts or Seeds of Choice
- 1 T Dried Fruit
- ½ cup Strawberries, sliced
- ½ cup Kiwi, sliced
- 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, strawberries, 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!

# Apricot Granola

Cook and Prep Time: 30 minutes

Serves: 5 portions



## You Need

### Basics:

- 2 cups Buckwheat Groats
- 3 cups Rolled Oats

### Add On Ingredients:

- 1 ½ cup Nuts (walnuts, almonds, Brazil nuts, cashews, pecans, etc.)
- 1 cup Dried Apricots, chopped
- 1 t Ground Cinnamon
- 1-2 Desiccated Coconut

### For Serving

- Fresh Fruit
- Dairy-Free Yogurt
- Dairy-Free Milk
- Nut & Seed Butters (almond, peanut, cashew, tahini)

## DIRECTIONS

1. Preheat your oven to 350°F. Line 1 baking tray.
2. Mix the buckwheat groats and jumbo oats together, and add them to your baking tray.
3. Bake the oats for 25 minutes, tossing halfway.
  - a. You want a nutty flavor, but not burnt.
4. Remove from the oven and let cool.
5. Once cooled, add to a bowl. To that bowl, pour in your desired “Add On” ingredients, and toss to combine.
6. Store in a mason jar until ready to serve.
7. Add your favorite ingredients for serving. Enjoy!

# Chocolate Avocado Smoothie (2 Days)

Serves 1

Cook and Prep Time: 5 minutes

## You Need:

- ½ Pear, sliced
- ½ Avocado



- 1 T Cacao Powder
- 1 T Hemp Seeds
- 1 T Chia Seeds
- ½ c Plant-Based Milk
- 1 tsp. Dulce Flakes

#### **DIRECTIONS**

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

## **Cashew-Cilantro-Lime Sauce**



Cook and Prep Time: 5 minutes

Serves: 1 ½ cups

**You Need**

- ½ cup Cashews, soaked overnight
- ½ cup Water
- 2-3 cloves Garlic



- 1 Jalapeno Pepper (optional)
- ½ cup Cilantro
- Juice of 1 Lime
- Salt & Pepper, to taste

#### DIRECTIONS

1. Soak the cashews overnight. Alternatively, add warm water to a bowl with cashews, and soak for at least 20 minutes.
2. Rinse and chop the produce accordingly.
3. Combine all ingredients to a blender, and pulse until smooth.

## Lentil-Walnut Bolognese with Chickpea Pasta





Cook and Prep Time: 45 minutes

Serves: 4

**You Need:**

- 1 ½ cups French Lentils, cooked
- ¾ cup Walnuts, chopped
- 1 Yellow Onion, diced
- 1 head Garlic, minced
- 3 Carrots, diced
- 2 stalks Celery, diced
- 1 large can (29 oz.) Crushed or Pureed Tomatoes
- Olive Oil or Vegetable Stock, for sautéing
- Salt, to taste
- Black Pepper, to taste
- ¾ cup Dry Red Wine
- 1 tbsp. Tamari
- 1 tbsp. Smoked Paprika
- 1 tbsp. Dried Thyme

For Serving:

- 16oz. Chickpea Pasta\*
- Chopped Parsley
- Chopped Basil
- Red Chili Flakes

\*Alternatively, you can serve this with roasted potatoes

**DIRECTIONS**

1. Rinse and chop the produce accordingly.
2. Cook your pasta according to package instructions. Then, set aside until Step 5.
3. Make the sauce. Set a large pot to medium heat. Once hot, add garlic and onion, stirring occasionally to avoid burning. Cook until onion is translucent, about 4-5 minutes.
4. Add celery and carrots. Stir frequently and cook for 3-4 minutes more, until slightly softened.
5. Add 1 tsp. salt, and red wine, cooking until alcohol has burned off, another 3-4 minutes.
6. Add walnuts, tomatoes, lentils, tamari, smoked paprika, and thyme. Stir to combine, and bring sauce to a boil. Then, cover and reduce heat to a simmer. Allow sauce to cook for at least 20 minutes before serving, stirring occasionally. For a richer sauce, you can allow the sauce to simmer for 2-3 hours, adding water if needed. Add salt and pepper if needed.
7. Add 1 spoonful of sauce to the pasta and toss to combine. Distribute pasta evenly among serving bowls. Top with sauce. Garnish with fresh chopped basil leaves. Enjoy!



## Plantain Jerk Tacos



Cook and Prep Time: 45 minutes

Serves:

**You Need**



- 2-3 Plantains, sliced
- 1 T Extra Virgin Olive Oil
- Salt & Pepper, to taste

#### For the Sauce

- 6-8 cloves Garlic, minced
- 3-4 Scallions chopped
- 1 thumb-sized piece Ginger, minced
- 1 Habanero Pepper, minced (optional)
- 1-2 t Dried Thyme
- 2-3 t Allspice
- 1 t Ground Cinnamon
- 1 t Ground Ginger
- 1 t Garlic Powder
- 1 t Onion Powder
- 1 t Ground Nutmeg
- 1 t Ground Cumin
- 1 t Smoked Paprika
- 1 t Ground Cloves
- 1 T Tomato Paste
- 1 T Miso Paste
- 1 T Maple Syrup
- 1 T Red Wine Vinegar
- ¾ cup Water OR Vegetable Stock
- 1 T Arrowroot Powder + 1 T Water
- Salt & Pepper, to taste

#### For the Avocado Crema

- 2 Avocados
- 1 bunch Cilantro
- 1 Lime, juiced
- Salt & Pepper, to taste

#### For Serving:

- Sautéed Black Beans
- Chopped Cilantro

\*you can swap the spices for a jerk seasoning mix if you prefer

#### **DIRECTIONS**

1. Rinse and chop the produce accordingly.



2. Bring a skillet to medium-heat. Once hot, sauté scallions, ginger, pepper, and garlic. Cook until fragrant, and scallion is more translucent, 3-5 minutes.
3. Add the dried thyme, cinnamon, clove, smoked paprika, cumin, nutmeg onion powder, garlic powder, and allspice. Cook until fragrant, 1 minute.
4. Add the water, tomato paste, maple syrup, and miso paste. Bring to a simmer and cook until thickened.
5. Make your arrowroot slurry and add it to your sauce.
6. Make the avocado crema. Combine all ingredients in a blender and pulse until smooth.
7. Fry the plantains. Add 1 T Extra Virgin Olive Oil to a skillet set to medium-high heat. Cook for 2-3 minutes per side, or until browned. Then, flip and repeat.
8. Add half of the sauce to the plantains, and toss to combine in the skillet.
9. Build your tacos. Add your black beans, plantains, top with your avocado crema. Enjoy!

## Minestrone Soup

Cook and Prep Time: 35-45 minutes

Serves: 4

### You Need

- 1 28oz. can Diced Tomatoes
- 1 28oz. can Cannellini Beans, rinsed and drained
- 1 15oz. can Chickpeas, rinsed and drained
- 1 Red Bell Pepper, diced
- 1 Yellow Bell Pepper, diced
- 1 cup Cherry Tomatoes, halved
- 6 cups Vegetable Stock (plus more if needed)
- 1 T Tomato Paste
- 1 Zucchini, chopped
- 1-2 Carrots, diced
- 2 ribs Celery, diced
- 1 Yellow Onion, diced
- 2-3 Scallions, chopped finely
- 2 t Dried Oregano
- 2 t Dried Thyme
- Salt & Pepper, to taste

### For Garnish

- Chopped Basil
- Chopped Parsley
- Lemon Wedges



- Nutritional Yeast

## DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Set a large pot to medium heat. Once hot, add the garlic, onion, scallions, bell peppers, carrots, and celery. Sauté for 5-6 minutes, or until softened.
3. Add the cherry tomatoes, and cook until softened, 2-3 minutes.
4. Add the tomato paste, oregano, and thyme. Cook until fragrant, about 1-2 minutes.
5. Add your diced tomatoes, cannellini beans, chickpeas, and vegetable stock.
6. Bring to a boil, and then reduce the heat to a simmer. Simmer for 10 minutes, until slightly thickened.
7. Serve with your desired garnishes. Enjoy!

# Dirty Rice & Quinoa with Black Beans

Cook and Prep Time: 30 minutes

Serves: 4 people

## You Need

- $\frac{3}{4}$  cup Brown Rice
- $\frac{3}{4}$  cup Quinoa
- 1 15oz. can Black Beans, rinsed and drained
- 1 Red Onion, diced
- 1 head Garlic, minced
- 3 cups Water or Vegetable Stock
- 1 can Diced Tomatoes, with juices
- Salt, to taste
- Black pepper, to taste
- 1 tbsp. Cumin
- 1 tbsp. Smoked Paprika
- 1 tsp. Chili Powder
- 1 tsp. Oregano
- Olive Oil or Vegetable Stock, for sautéing

## For Garnish

- Chopped Cilantro
- Chopped Scallions
- Hot Sauce



## DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Set a pot to medium heat. Add 1 tsp. olive oil. Once hot, add garlic and onion. Sauté until onion is translucent, about 4-5 minutes.
3. Add the rest of the ingredients and spices to the pot. Bring to a boil and cover. Once boiling, reduce heat to a simmer and cover for 25 minutes, until all the water has reduced out.
4. Stir in the black beans and season with salt and pepper to taste.
5. Garnish with fresh cilantro. Enjoy!

# Sheet Tray Balsamic-Roasted Rainbow Veggies with Quinoa

Cook and Prep Time: 35-40 minutes

Serves: 2

## You Need

- 1 cup Quinoa
- 1 can Black Beans, rinsed and drained
- 1 Red Onion, roughly chopped
- 2-3 Beets, roughly chopped
- 2-3 Carrots, roughly chopped
- 1 head of Broccoli, chopped into florets
- 2 Bell Peppers, sliced
- 2 T Balsamic Vinegar
- Salt & Pepper, to taste
- 1 T Extra Virgin Olive Oil
- 1 T Dried Rosemary
- 1 T Dried Thyme
- 1 T Garlic Powder
- 1 T Onion Powder
- Salt & Pepper, to taste

## For Serving

- Chopped Basil
- Chopped Parsley
- Pumpkin Seeds
- Sesame Seeds
- Hummus



## DIRECTIONS

1. Rinse and chop the produce accordingly. Chop all of your vegetables into pieces that are roughly the same size. Line 1 baking tray and preheat your oven to 425°F.
2. Cook quinoa accordingly to package instructions. Stir in black beans, and season to taste.
3. Add your chopped vegetables to your baking tray. Season with spices and extra virgin olive oil. Season to taste. Roast for 20 minutes.
4. Remove your vegetables from the oven, and add balsamic vinegar. Toss to combine and roast for an additional 20 minutes.
5. Add a bed of quinoa to your serving plate, and top with roasted vegetables. Garnish with your desired toppings. Enjoy!