



# Meal Prep Week of November 8, 2021

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Suggested Meal Planner			
WEEK OF:	BREAKFAST	LUNCH	DINNER
<b>MONDAY</b>	Tofu Scramble	Pineapple Fried Rice	Tempeh Marsala
<b>TUESDAY</b>	Banana-Coconut Cream Pie Overnight Oats	Tempeh Marsala	5-Minute Quinoa Mediterranean Bowl
<b>WEDNESDAY</b>	Blueberry Banana Smoothie Bowl	Pineapple Fried Rice	Spiced Lentil Wraps
<b>THURSDAY</b>	Banana-Coconut Cream Pie Overnight Oats	5-Minute Quinoa Mediterranean Bowl	Cajun Sweet Potato Bowls
<b>FRIDAY</b>	Green Apple Smoothie	Cajun Sweet Potato Bowls	Spiced Lentil Wraps

BONUS: Vegan Tzatziki



## Lunch & Dinner Grocery List

- 1 Block Extra-Firm Tofu
- 3 White Onions
- 2 cups Assorted Vegetables of Choice
- 2 cups Rolled Oats
- 2 cups Coconut Milk
- 4 Bananas
- 1 cup Blueberries
- 3 cups Plant Milk of Choice
- 1 Granny Smith Apple
- 3 cups Pineapple
- 1 cup Spinach
- 1 cup Cashews
- 2 Lemons
- 3 heads Garlic
- 3 Cucumbers
- 1 cup Fresh Dill
- 1 cup Brown Rice
- 2 Carrots
- 2 bunches Scallions
- 1 head Baby Bok Choy
- 2 Bell Peppers
- 8oz. Shelled Edamame
- 1 Lime
- 1 pack Tempeh
- 8oz. Mushrooms
- 1 cup Dry White Wine
- 2-3 White Potatoes
- 1 cup Quinoa
- 1 15oz. can Chickpeas
- 2 Red Onions
- 1 cup Cherry Tomatoes
- ½ cup Hummus
- 1 cup Olives
- 1 bunch Parsley
- 1 cup French Lentils
- 1 Yellow Onion
- 1 cup Basil
- 1 cup Baby Arugula
- 1 Avocado
- 1 Sweet potato
- 1 15oz. Black Beans
- 1 bunch Cilantro

## BREAKFAST IDEAS

# Tofu Scramble

Cook and Prep Time: 15 minutes (+45-60 minutes pressing tofu)

Serves: 2

### You Need

- 1 Block Tofu
- 1 tbsp. Turmeric
- ½ White Onion, diced
- 1 tbsp. Garlic Powder
- 1 tbsp. Onion Powder
- 1 tsp. Mustard Powder
- Salt, to taste



- Black Pepper, to taste
- 1-2 t Black Salt (optional)

For Serving

- 1-2 cups Assorted Vegetables (peppers, spinach, potatoes, etc.)
- Scallions, for garnish
- Chopped Chives, for garnish
- Chopped Cilantro or Parsley, for garnish

## DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Pat the tofu block as dry as possible with a clean dish towel. Then, place the tofu on a plate with a heavy pot or pan on top and allow to press for about 45-60 minutes.
3. Once the tofu is dry, break tofu into larger pieces with your hands.
4. Set a pan to medium heat. Once hot, add ½ tbsp. olive oil or vegetable stock. Then, add onion and other vegetables (except spinach). Cook until onion is translucent, 4-5 minutes.
5. Add tofu, and spices, and toss to combine. Cook until tofu is warmed through, 3-4 minutes, breaking larger pieces with a wooden spoon as you stir.
6. Plate and garnish with chives or fresh herbs. Enjoy!

# Banana-Coconut Cream Pie Overnight Oats

Cook and Prep Time: 5 minutes (+ overnight)

Serves: 2

## You Need

- 1 cup Rolled Oats
- 1 t Cinnamon
- 1-2t Maple Syrup (optional)
- 1 cup Coconut Milk (or other Plant-Based Milk)
- 1 Banana, sliced
- 1 T Chia Seeds
- 1 T Hemp Seeds

## DIRECTIONS

1. Combine all ingredients except the banana in a jar. Mix well
2. Refrigerate overnight.
3. Before serving, add sliced banana and more coconut flakes to the top. Enjoy!



# Blueberry Banana Smoothie Bowl

Cook and Prep Time: 5 minutes

Serves: 1

## You Need

- 1 cup Blueberries
- 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 Hemp 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, blueberries, 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!

# Green Apple Smoothie

Serves 1



Cook and Prep Time: 5 minutes

**You Need:**

- ½ Granny Smith Apple
- 1 Banana
- ¼ cup Pineapple
- ¼ cup Spinach
- ½ cup Plant Milk or Coconut Water
- 1 T Chia Seeds
- 1 T Hemp Seeds

**DIRECTIONS**

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

## Vegan Tzatziki

Cook and Prep Time: 5 minutes

Serves: 2 cups

**You Need**

- 1 cup Cashews, soaked overnight
- 1 Lemon, juiced
- 2-cloves Garlic
- ¾ cup Water
- ½ cup Cucumber, diced
- ½ cup Fresh Dill, chopped (add more if you prefer)

**DIRECTIONS**

1. Rinse and chop all of the produce accordingly.
2. Add all of the ingredients to a food processor. Pulse until smooth.
3. Garnish with fresh dill and pine nuts. Enjoy!

## Pineapple Fried Rice



Cook and Prep Time: 30 Minutes

Serves: 2

**You Need**

- ¾ cups Cooked Brown Rice
- 3-4 cloves Garlic, minced
- ½ Yellow Onion, diced
- 1 bunch Scallions, chopped, whites & greens separated
- 2 Carrots, chopped



- 1 head Baby Bok Choi, chopped, stems and leaves separated
- 1 Bell Pepper, diced
- 8 oz. Shelled Edamame
- 2 cups Diced Pineapple
- 1 tsp. Extra Virgin Olive Oil or Vegetable Stock, for sautéing
- Salt, to taste
- Black Pepper, to taste

#### For the Sauce:

- 2 tbsp. Tamari
- 1 Lime, juiced
- 1 tsp. Maple Syrup
- 1 tsp. Sesame Oil
- 1 tsp. Gochujang

#### Garnishes

- Sriracha, optional (for garnish)
- 1 tsp. Extra Virgin Olive Oil or Vegetable Stock, for sautéing
- Cilantro, for garnish
- Lime Wedges, for garnish

#### DIRECTIONS

1. Rinse and chop the produce accordingly.
2. In a small bowl, combine tamari, maple syrup, gochujang lime juice, and sesame oil. Save scallion greens for garnish.
3. Set a wok or large pan to medium-high heat. Add 1 tsp. of olive oil or vegetable stock. Once hot, add onion, and scallion whites. Stir frequently, cooking for 2-3 minutes, until the onion has slightly softened.
4. Add bell pepper, bok choy stems, and carrots. Cook for 1-2 minutes, until slightly softened.
5. Add garlic and cook for 1 minute more. Then add edamame and cook until warmed through, 1-2 minutes.
6. Add bok choy, and cook for 1 minute more. Add tamari sauce and toss to combine.
7. Add rice, and toss to combine until rice has warmed through, 1-2 minutes.
8. Plate rice, and garnish with scallion greens, cilantro, and sriracha. Enjoy!

## Tempeh Marsala



Cook and Prep Time: 35-40 minutes

Serves: 2

**You Need**



- 1 8 oz. packages Tempeh
- 8 oz. Cremini Mushrooms, sliced
- ½ Yellow Onion, diced
- 3-4 cloves Garlic, minced
- ½ cup Dry White Wine (like a Chardonnay)
- ½ cup Vegetable Stock
- 1-2t Dried Thyme
- 1-2t Dried Oregano
- Salt & Pepper, to taste
- Vegetable Stock OR Extra Virgin Olive Oil, for sautéing

#### For Serving

- Mashed Potatoes
- Pasta
- Cauliflower Mash
- Chopped Parsley
- Chopped Chives
- Chopped Basil

#### DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Make the tempeh. Set a large pan to medium-high heat. Add the tempeh. Cook until the tempeh browns, 2-3 minutes. Then, flip and repeat. Then, remove the tempeh prepare the pan for Step 3.
3. Set the pan back to medium-high heat. Add the mushrooms, and cook until the mushrooms have started to brown. Cook for 5 minutes. Then, add garlic and onion. Cook for 5-6 minutes, until the onion is translucent.
4. Add the wine, dried oregano, dried thyme, and vegetable stock. Bring to a boil, and then let simmer for 10 minutes, until the liquid has reduced by half. Then, add the arrowroot powder, and stir until thickened.
5. Pour the sauce over the tempeh. Serve with your desired sides. Enjoy!

## 5-Minute Quinoa Mediterranean Bowl

Cook and Prep Time: 10 minutes

Serves: 2

#### You Need

- ¾ cup Quinoa
- 1 15oz. can Chickpeas, rinse and drained
- 1 Cucumber, diced
- ½ Red Onion, diced
- ½ cup Cherry Tomatoes, diced



- 1-2 Scallions, chopped
- 1-2 T Hummus
- ½ cup Olives, chopped
- ½ cup Parsley, chopped
- Salt & Pepper, to taste
- 1 T Red Wine Vinegar or Juice of 1 Lemon

For Serving:

- Chopped Basil
- Chopped Parsley
- Chopped Mint
- Chopped Walnuts

## DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Cook the quinoa accordingly to package instruction.
3. Make the salad. Combine red onion, cucumber, cherry tomatoes, and scallions in a bowl. Toss in salt, pepper, red wine vinegar. Mix well.
4. Make the bowls. Place the chickpeas, salad, olives, hummus, and your desired herbs over a bed of quinoa. Enjoy!

# Spiced Lentil Wraps

Cook and Prep Time: 40 minutes

Serves: 2

## You Need

- 1 cup Green or French Lentils, soaked overnight + 2 cups Water or Vegetable Stock
- 1 Yellow Onion, diced
- 3-4 cloves Garlic, minced
- ¼ cup Parsley, chopped
- ¼ cup Basil, chopped
- 1 T Smoked Paprika
- Salt & Pepper, to taste

For the Salad

- 1 Cucumber
- 1 cup Baby Arugula
- ½ Avocado, diced



- 1 Red Bell Pepper, diced
- ¼ Red Onion, diced
- ½ cup Cherry Tomatoes, chopped
- ¼ cup Olives, chopped
- ¼ cup Chopped Parsley, Basil, or Mint
- 1 T Red Wine Vinegar

For Serving:

- Vegan Tzatziki (see above)
- Chopped Basil
- Lemon Wedge
- Tortillas

## DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Set a large skillet to medium heat. Add the garlic and onion. Saute for 4-5 minutes, until the onion is translucent. Then add your lentils and water. Bring to a boil, then reduce the heat to a simmer. Cook until the lentils are tender, about 20 minutes.
3. While the lentils cook, make the salad. Add all ingredients to a large bowl, and toss to combine. Season to taste.
4. Make the Vegan Tzatziki Sauce. See above.
5. Add the lentils to your wraps, along with the salad and tzatziki sauce. Enjoy!

# Cajun Sweet Potato Bowls

Cook and Prep Time: 45 minutes

Serves: 4

## You Need

- 1 Sweet Potatoes, diced
- 1 15 oz. can Black Beans, rinsed and drained
- ½ cup Brown Rice
- ½ Red Onion, diced
- 2-3 cloves Garlic
- 1 Avocado, diced
- 1 Bell Peppers, diced
- 2 T Cajun Seasoning
- Salt & Pepper, to taste
- 1 T Extra Virgin Olive Oil



- Vegetable Stock or Extra Virgin Olive Oil for sautéing

#### For the Tahini Sauce

- 2-3 T Tahini
- 1-2 t Garlic Powder
- 1 Lemon, juiced
- Salt & Pepper, to taste
- Water, as needed

#### For Garnish

- Chopped Cilantro
- Hot Sauce

### **DIRECTIONS**

1. Rinse and chop the produce accordingly. Line 1 baking tray and preheat your oven to 425°F.
2. Cook the rice accordingly to package instructions.
3. Make the potatoes. Add the diced sweet potato to your baking tray. Season with salt, pepper, and 1 T of Cajun seasoning, and 1 T Extra Virgin Olive Oil (add more if you like). Roast for 20-25 minutes, or until tender, tossing halfway.
4. Sauté the vegetables. Set a pan to medium heat. Once hot, add red onion, garlic, and bell pepper. Sauté until the onion is translucent, 4-5 minutes. Then, add the black beans, and cook until warmed through, 2-3 minutes. Season with salt, pepper, and 1 T Cajun seasoning.
5. Make the sauce. Whisk together all of your ingredients. Add more or less water as needed. Set aside until ready to serve.
6. Make the bowls. Start by serving your rice, and top with sweet potatoes, vegetables, avocado, and other garnishes. Top with your tahini sauce. Enjoy!