



Meal Prep Week of 03/14/2022

Recipes by Vincent Esposito, Ms, DC





Suggested Meal Planner			
WEEK OF:	BREAKFAST	LUNCH	DINNER
MONDAY	Pumpkin Pie Chia Pudding	Chickpea & Coconut Curry	Curry Carrot, Ginger, & White Bean Soup
TUESDAY	Tempeh Hash	Curry Carrot, Ginger, & White Bean Soup	Butterbean, Artichoke, & Caper Pasta
WEDNESDAY	Pumpkin Pie Smoothie Bowl	Chickpea & Coconut Curry	Broccoli, Pea, & Mint Soup
THURSDAY	Tempeh Hash	Butterbean, Artichoke, & Caper Pasta	Kimchi Fried Rice
FRIDAY	Mixed Berry Smoothie	Kimchi Fried Rice	Broccoli, Pea, & Mint Soup



Grocery List

- 3 cups Plant Milk
- 1 15oz. can Pumpkin Puree
- 2 T Chia Seeds
- 1 block Tempeh
- 2 ½ lbs. Russet Potatoes
- 5 Yellow Onions
- 4 head Garlic
- 2 Red Bell Peppers
- 2 cups Kale
- 3 Bananas
- 2 T Almond Butter
- 2 Apples
- 1 cup Mixed Berries
- 1 15oz. can Chickpeas
- 1 15oz. can Coconut Milk
- 2 cups Collard Greens
- 4 T Fresh Ginger
- 3 T Tomato Puree
- 1 Lime
- 2 15oz. can Cannellini Beans
- 1 bunch Scallions
- 1 Orange
- 5 cups Vegetable Stock • 1 ½ lbs Carrots
- 1 15oz. can Butterbeans
- 1 15oz. can Tomato Puree
- 1 cup Artichoke Hearts



- ½ cup Capers
- 1 head Broccoli
- 1 cup Peas, frozen
- 1 head Celery
- 1 cup Brown Rice
- 1 bunch Baby Bok Choy
- 6oz. Shelled Edamame
- 1 cup Kimchi

Pumpkin Pie Chia Pudding

Cook and Prep Time: 5 minutes (+6-8 hours)

Serves: 2

You Need

- 1 ½ cups Plant Milk of Choice
- 2 T Chia Seeds
- ½ cup Pumpkin Puree
- 1 T Maple Syrup
- 1 t Ground Cinnamon
- ¼ t Ground Nutmeg
- ¼ t Ground Cloves
- ¼ t Ground Ginger

Toppings

- Pumpkin Seeds
- Hemp Seeds
- Berries
- Sliced Apple



- Sliced Banana
- Ground Cinnamon
- Coconut Yogurt

DIRECTIONS

1. Add all of the ingredients except the chia seeds to a bowl and whisk together.
2. Add the chia seeds, and mix until uniform.
3. Place in the refrigerator and set for at least 6 hours or overnight.
4. Serve with your desired toppings. Enjoy!

Tempeh Hash

Cook and Prep Time: 40 minutes

Serves: 2

You Need

- 8oz. Tempeh, chopped
- 1 ½ lbs. Russet Potatoes, diced
- 1 Yellow Onion, diced
- 2 cloves Garlic, minced
- 1 Red Bell Pepper, diced
- 2 cups Kale or other Leafy Green, chopped
- 1 T Maple Syrup • 1 T Tamari
- 1 T Chili Powder
- 2 t Garlic Powder
- 1 t Ground Cumin
- 1 t Smoked Paprika
- Salt & Pepper, to taste
- 1 T Extra Virgin Olive Oil

For serving



- Chopped Parsley
- Chopped Basil
- Hot Sauce
- Red Chili Flakes

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. In a small bowl, add the spices, maple syrup, and tamari. Whisk together, and set aside.
3. Set a large skillet to medium heat. Once hot, add olive oil. Once the oil is shimmering, add the pepper, onion, potatoes, and garlic. Cook for 5 minutes, until the onion is translucent.
4. Add the tempeh, and cook for 2-3 minutes.
5. Add the marinade, and cook for 5-10 minutes more, or until the potatoes are tender.
6. Add the kale, and cook for 2-3 minutes. Season to taste.
7. Serve with your desired toppings. Enjoy!

Pumpkin Pie Smoothie Bowl

Cook and Prep Time: 1

Serves: 5 minutes

You Need

- 2 Ripe Bananas
- ½ cup Pumpkin Puree
- 2 T Almond Butter
- ½ t Vanilla Extract
- ½ t Ground Cinnamon
- ¼ t Ground Nutmeg
- ¼ t Ground Allspice
- ¼ cup Plant Milk of Choice



Toppings

- Granola
- Pumpkin Seeds
- Hemp Seeds
- Chia Seeds
- Sliced Banana
- Nut Butter
- Sliced Apple

DIRECTIONS

1. Add all of your ingredients to blender.
2. Blend until smooth and creamy.
3. Serve in a bowl, and garnish with your desired toppings. Enjoy!

Mixed Berry Smoothie

Cook and Prep Time: 5 minutes

Serves: 1

You Need

- ¾ cup Plant Milk of Choice
- 1 cup Mixed Berries
- 1 Ripe Banana
- 1 T Chia Seeds
- 1 T Hemp Seeds
- 1 t Spirulina or Chlorella (optional)



DIRECTIONS

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

Chickpea & Coconut Curry

Cook and Prep Time: 30 minutes

Serves: 2

You Need

- 1 15oz. can Chickpeas, rinsed and drained
- 1 15oz. can Coconut Milk
- 2 cups Collard Greens, chopped thinly
- 1 Yellow Onion, diced
- 3-4 cloves Garlic, minced
- 1 T Fresh Ginger, grated
- 2-3 T Tomato Puree
- 1 T Curry Powder
- 2 t Ground Cumin
- 1 t Ground Turmeric
- 1 t Ground Coriander
- 1 t Chili Powder
- Salt & Pepper, to taste
- 1 T Extra Virgin Olive Oil OR Vegetable Stock, for sautéing

For Serving

- Lime Wedges
- Chopped Cilantro



- Sliced Avocado
- Sesame Seeds
- Pumpkin Seeds
- Brown Rice
- Black Rice

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Set a large skillet to medium heat. Once hot, add onion garlic, and ginger. Cook for 4-5 minutes, until the onion is translucent.
3. Add the spices and tomato puree. Stir frequently, and cook until the paste has turned brick red. Add water as needed to avoid burning.
4. Add the chickpeas and coconut milk. Bring to a boil, then reduce the heat to simmer. Cook for 8-10 minutes, until thickened.
5. Add the collard greens, and cook until wilted, 2-3 minutes. Season to taste 6. Serve with rice and your desired toppings. Enjoy!

Curry Carrot, Ginger, & White Bean Soup



Cook and Prep Time: 35-40 minutes

Serves: 4-5



You Need

- 5-6 cloves Garlic, minced
- 1 Yellow Onion, chopped
- 3 tbsp. Ginger, peeled and minced
- 15oz. can Cannellini Beans, rinsed and drained
- 1 bunch Scallions, chopped, white and greens separated
- 1 Orange, juiced
- 1 lb. Carrots, chopped roughly
- 2 T Curry Powder
- 24+ oz. Vegetable Stock or Water (more may be needed)
- Olive Oil or Vegetable Stock, for sautéing
- Salt, to taste
- Black Pepper, to taste
- Pesto, Chopped Nuts, or Fresh Herbs (optional, for garnish)
- 1 dollop Coconut Milk or Coconut Cream, for garnish

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Heat a large pot or Dutch Oven over medium heat. Once hot, add onions. Sprinkle a pinch of salt, and stir to combine. Cook until onion has softened and fragrant, stirring occasionally, 4-5 minutes.
3. Add ginger and garlic, and stir to combine, cook for 1 minute more, until fragrant. Then, add the curry powder, and cook until fragrant, 1-2 minutes.
4. Add the stock, orange juice, beans, and carrots. Bring mixture to a boil. Once boiling, cover and reduce heat to a simmer. Cook for 25 minutes, until carrots have softened.
5. Allow soup to cool slightly. Then, using an immersion blender, blend until soup is smooth. Season with salt and pepper to taste. Alternatively, you can blend your soup in batches using a standard blender.
6. Plate soup, and garnish with desired toppings! Enjoy!



Butterbean, Artichoke, & Caper Pasta



Cook and Prep Time: 30 minutes



Serves: 2-3

You Need

- 1 15oz. can Butterbeans, rinsed and drained
- 1 15oz can Tomato Puree
- 1 Yellow onion, sliced
- 6-8 cloves Garlic, sliced
- 1 cup Artichoke Hearts, chopped
- ½ cup Capers
- 1 T Dried Oregano
- 1 T Garlic Powder
- 1 T Onion Powder
- 1 t Dried Thyme
- 1 cup Water
- Salt & Pepper, to taste
- Vegetable Stock OR 1 T Extra Virgin Olive Oil, for sautéing
- 2-3 Servings of Pasta of Choice

For Serving

- Chopped Basil
- Chopped Parsley
- Red Chili Flakes
- Nutrition Yeast

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Cook the pasta according to package instructions.
3. Set a large skillet to medium heat. Once hot, add the onion and garlic, and sauté for 5-6 minutes, or until softened.
4. Then, add the tomatoes, artichokes, capers, and butterbeans. Bring the sauce to boil, then reduce to the heat to a simmer. Cook for about 10 minutes. Adjust seasonings to taste.
5. Add the cooked pasta to the sauce, and toss to combine.
6. Serve and top with your desired garnishes. Enjoy!



Broccoli, Pea, & Mint Soup

Cook and Prep Time: 35-40 minutes

Serves: 2

You Need

- 1 head Broccoli, chopped
- 1 cup Peas, frozen
- 1 15oz. can Cannellini Beans, rinsed and drained
- 1 cup Russet Potatoes, chopped
- 2 stalks Celery, chopped
- 1 Onion, chopped
- 3-4 cloves Garlic, minced
- 2 cups Vegetable Stock
- Salt & Pepper, to taste
- 1 T Extra Virgin Olive Oil OR Vegetable stock, for sautéing

For Serving

- Red Chili Flakes
- Mint Leaves
- Basil
- Pumpkin Seeds
- Sesame Seeds

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Set a pot to medium heat. Once hot, add celery, onion, garlic, potatoes, and broccoli. Cook for 5 minutes, until the onion is translucent.



3. Add the beans, peas, and vegetable stock. Bring to a boil, then cover and reduce the heat to a simmer. Cook until the potatoes are softened, about 15-20 minutes.
4. Add the mint, and then using an immersion blender, blend the soup until completely pureed.
5. Season the soup to taste.
6. Serve with your desired garnishes. Enjoy!

Kimchi Fried Rice



Cook and Prep Time: 30 Minutes



Serves: 2

You Need

- ¾ cup Cooked Brown Rice
- 3-4 cloves Garlic, minced
- ½ Yellow Onion, diced
- 1 bunch Scallions, chopped, whites & greens separated
- 1 Carrot, chopped
- 1 head Baby Bok Choi, chopped, stems and leaves separated
- 1 Bell Pepper, diced
- 6 oz. Shelled Edamame OR Peas
- 1 cup Kimchi, chopped
- 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)
- 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 choi stems, kimchi, 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 choi, 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!