



Meal Prep EXAMPLE WEEK 1

Recipes by Vincent Esposito, Ms, DC





| Suggested Meal Planner | | | |
|------------------------|------------------------------------|-----------------------------------|--|
| WEEK OF: | BREAKFAST | LUNCH | DINNER |
| MONDAY | Blueberry Smoothie Bowl | Buffalo Spiced Chickpea Wraps | Carrot, Ginger, & White Bean Soup |
| TUESDAY | Homemade Granola with Plant Yogurt | Carrot, Ginger, & White Bean Soup | Instant Pot French Lentil Curry |
| WEDNESDAY | Pina Colada Smoothie | Buffalo Spiced Chickpea Wraps | Roasted Vegetables, Quinoa, & Chickpeas with Turmeric Tahini Sauce |
| THURSDAY | Homemade Granola with Plant Yogurt | Instant Pot French Lentil Curry | Spicy Lentil Soup |
| FRIDAY | Strawberry Banana Hemp Smoothie | Spicy Lentil Soup | Roasted Vegetables, Quinoa, & Chickpeas with Turmeric Tahini Sauce |

BONUS: Peanut Butter Banana Baked Oats



Lunch & Dinner Grocery List

- 2 15 oz. cans Chickpeas
- Whole Wheat Tortillas
- 3-4 Lemons
- 1 Red Onion
- 3-4 Shallots
- 1 bunch Baby Spinach
- 3-4 Heads Garlic
- 3 lbs. Carrots
- Tahini
- Hot Sauce
- 3-4 Yellow Onions
- 3-inch piece Ginger
- 1 15 oz. can Cannellini Beans
- 1 Orange
- 9+ cups of Vegetable Stock
- 2 5oz. cans Coconut Cream
- 2 cups Quinoa
- 2-3 cups Butternut Squash
- 2-3 cups Broccoli Florets
- 1 Cauliflower
- 1 ½ cup French Lentils
- 2 cups Green Lentils
- 2-3 stalks Celery
- 1 Tomato
- 1 cup Basil
- 1 bunch Parsley
- 1 bunch Cilantro
- 1 15 oz. can Diced Tomatoes
- 2-3 cups Baby Potatoes
- 1-2 Limes
- 2-3 cups Green Beans
- 3-4 Shallots
- 1 c Frozen Blueberries
- 6 Bananas
- 3 cups Plant Milk
- 1 cup Coconut Milk
- 2 t Vanilla Extract
- 1 T Chia Seeds
- 2 T Hemp Seeds
- ½ cup Strawberries
- 2 cups Buckwheat Groats
- 6 cups Rolled Oats
- 2 T Peanut Butter
- 1 ½ t Baking Powder
- 2 t Cinnamon
- 2 T Maple Syrup



BREAKFAST IDEAS

Blueberry Smoothie Bowl

Cook and Prep Time: 5 minutes

Serves: 1

You Need

- 1 cup Frozen 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 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. Place the mixture in a bowl. Top with your desired toppings.
3. Serve and eat immediately. Enjoy!



Pina Colada Chia Smoothie

Serves 2

Cook and Prep Time: 5 minutes

You Need:

- 1 cup Coconut Milk
- 1 Frozen Banana, sliced
- 1 cup Fresh or Frozen Pineapple
- 1 t Vanilla Extract
- 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!

Strawberry Banana Hemp Smoothie

Serves 1

Cook and Prep Time: 5 minutes

You Need:

- ½ cup Plant Milk
- 1 Frozen Banana, sliced
- ½ cup Strawberries
- 1 T Hemp Seeds



DIRECTIONS

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

Homemade Granola Template

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.)
- Dried fruit (apricots, dates, desiccated coconut, goji berries, cranberries, etc.)
- Herbs and Spices (cinnamon, nutmeg, allspice, ginger)
- Cacao Nibs

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 effect, 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!

Peanut Butter & Banana Baked Oats



Cook and Prep Time: 40 minutes

Serves: 8 servings

You Need

- 4 Ripe Bananas, peeled
- 3 cups Rolled Oats



- 2 cups Oat Milk (or other dairy-free milk)
- 2 tbsp. Peanut Butter (plus more for garnish)
- 1 ½ tsp. Baking Powder
- 2 tsp. Cinnamon
- 2 tbsp. Maple Syrup (adjust to the sweetness of your bananas)
- 1 tsp. Vanilla Extract
- 2 tbsp. Ground Flaxseed
- 1 tsp. Salt

DIRECTIONS

1. Preheat your oven to 375°F. Line 1 baking dish.
2. Mix your dry (oats, cinnamon, baking powder, salt) ingredients in a large bowl.
3. In a separate bowl, mash your bananas. Then, mix the rest of your wet (oat milk, peanut butter, maple syrup, vanilla extract, and flax seeds) together. Let rest for 5 minutes to allow the flax seeds to set.
4. Pour the wet ingredients into the bowl with the dry ingredients, and stir to combine.
5. Pour the mixture and spread evenly along your baking dish. Bake, uncovered, for 30-35 minutes, or until the top is golden brown.
6. Remove from the oven and let cool. Drizzle extra peanut butter or top with banana slices for a garnish. Enjoy!

Buffalo-Spiced Chickpea Wraps

Cook and Prep Time: 30 minutes

Serves: 4

You Need

- 28 oz. Chickpeas
- 4 Whole Wheat Tortillas
- 1 T Garlic Powder
- 1 T Onion Powder
- 1 Red Onion, sliced thinly
- 4 cloves Garlic, minced
- 2 T Hot Sauce (add more or less as desired)
- 2 Carrots, grated
- 2 cups Baby Spinach

For the Dressing

- 2 T Tahini



- 1 Lemon, juiced
- Salt & Pepper, to taste

DIRECTIONS

1. Rinse and chop the produce accordingly. Line 1 baking tray. Preheat oven to 400°F.
2. Add the chickpeas and minced garlic to the baking tray with garlic powder, onion powder, and hot sauce. Toss to combine, and season to taste. Then, roast for 15-20 minutes in the oven.
3. Meanwhile, make the dressing by whisking the ingredients together in a bowl. Add the carrots and red onion to the bowl with the dressing and toss to combine. Then, set aside until ready to serve.
4. Once the chickpeas are ready, add them to a wrap, along with the slaw and baby spinach. Then roll up and enjoy! Can serve leftovers with greens over rice.

Carrot, Ginger, & White Bean Soup



Cook and Prep Time: 35-40 minutes

Serves: 4-5

You Need

- 2-3 cloves Garlic, minced
- 1 Yellow Onion, chopped
- 3 tbsp. Ginger, peeled and minced
- 15oz. can Cannellini Beans, rinsed and drained
- 1 Orange, juiced
- 1 lb. Carrots, chopped roughly
- 24+ oz. Vegetable Stock or Water (more may be needed)
- Olive Oil
- 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 1 tbsp. olive oil in a large pot 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.
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!

Roasted Vegetables, Quinoa, & Chickpeas with Turmeric Tahini Sauce

Cook and Prep Time: minutes

Serves: 4

You Need

- 1 cup Quinoa
- 2 cups Butternut or Acorn Squash
- 2 cups Broccoli Florets
- 2 cups Cauliflower Florets
- 1 15oz. can Chickpeas, rinsed & drained
- 1 t Extra Virgin Olive Oil (optional)
- Salt & Pepper, to taste

For the Sauce:

- 2 T Tahini
- 1 Lemon, juiced
- 1 t Maple Syrup (optional)
- 1 t Cumin
- 1 t Garlic Powder
- 1 t Turmeric
- 1 t Ground Coriander
- Salt & Pepper, to taste



- Water, as needed

DIRECTIONS

1. Rinse and chop the produce accordingly. Line 1 or 2 baking trays (depending on size). Preheat your oven to 425°F.
2. Toss your chickpeas, broccoli, cauliflower, and squash in salt, pepper, and EVOO. Then, add them to your baking tray. Roast for 25-30 minutes, tossing halfway.
3. Meanwhile, make the quinoa. Add 1 cups of water or vegetable stock to a pot with 1 cup quinoa. Bring to a boil, and then cover and reduce the heat to a simmer. Cook for 20 minutes, or until liquid has evaporated and the quinoa is tender.
4. Make the dressing. Combine all ingredients in a bowl, and then whisk to combine!
5. Even portion out all of your ingredients. Top with the dressing when ready to serve. Enjoy!

Spicy Lentil Soup



Serves 3-4



Cook and Prep Time: 40 minutes

You Need:

- 4 cups Vegetable Stock
- 2 cup Lentils, dry
- 2 stalk of Celery, chopped
- 2 large Carrots, chopped
- 3 cloves of Garlic, minced
- 3-4 Shallots, sliced
- 1 Tomato, diced
- 1 tbsp. Olive Oil or Vegetable Stock, for sautéing
- ½ Lemon, juiced
- Salt, to taste
- Black Pepper, to taste
- 1 tbsp. Garlic Powder
- 1 tbsp. Onion Powder
- 1 tbsp. Smoked Paprika
- 1 tbsp. Red Pepper Flakes (Optional), for garnish
- 1 tsp. Dried Thyme
- 1 tsp. Dried Oregano
- Fresh Basil or Parsley, chopped, for garnish

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Set a large pot, set to medium heat. Once hot, add the olive oil or vegetable stock. Then, add the shallots, celery, carrots, stirring frequently, for 5 minutes until onion is translucent. Then, add garlic, and cook for 1 minute more, or until fragrant.
3. Add tomato, spices, and toss to combine, cook until tomatoes begin to break down, 2 minutes.
4. Add the vegetable stock and lentils. Bring to a boil. Once boiling, over and reduce heat to a simmer. Allow to simmer for 20 minutes, or until lentils are tender.
5. Serve with fresh herbs and garnish with chili flakes. Enjoy!

Instant Pot French Lentil Curry

Cook and Prep Time: 45 minutes

Serves: 6

You Need



- 1 ½ c French Lentils
- 3 cups Vegetable Stock
- 15 oz. can Diced Tomatoes, with juices
- 1 5oz. can Coconut Cream
- 2 c Baby Potatoes, halved
- 2-3 Carrots, sliced
- 1 Yellow Onion, diced
- 1-inch piece Ginger, minced
- 5-6 cloves Garlic, minced
- 1 T Ground Cumin
- 1 T Curry Powder
- 2 t Ground Coriander
- 2 t Garam Masala
- 1 Lime, juiced
- 1 ½ c Green Beans, ends trimmed
- Salt & Pepper, to taste

For Serving

- Lime Wedges, for garnish
- Chopped Cilantro, for garnish
- Brown Rice or Quinoa, for serving

DIRECTIONS

1. Rinse and chop the produce accordingly.
2. Set the Instant Pot to the Sauté setting. To the Instant Pot, add onion, garlic, ginger, potatoes, carrots tomatoes, and spices. Sauté for 2-3 minutes, until fragrant.
3. Then add the lentils, and coconut cream to your Instant Pot with water or vegetable stock. For every 1 cup of lentils, add 1 ¾ cups of water/vegetable stock. For French Lentils, cook on high for 6 minutes. Then allow a natural pressure release on the Instant Pot for 10 minutes, then manually release any remaining steam.
 - a. In other words, once the timer goes off, let the instant pot sit for 10 minutes, untouched. Then, move the pressure release valve from the Sealing position to the Venting position to release any remaining pressure. Once the pressure has been released, the float valve will drop and you can open the pot.
4. Once you can take the lid off, stir in the lime juice and green beans. Season with salt and pepper to taste
5. Serve with lime wedges, cilantro, and brown rice. Enjoy!