

Meal Prep

Recipes by Vincent Esposito, Ms, DC



Suggested Meal Planner	
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WEEK OF:	BREAKFAST	LUNCH	DINNER
MONDAY	Beet & Orange Smoothie	Quick Vegan Chana Masala	Vegan Carbonara
TUESDAY	Island Sweet Potato Smoothie Bowl	Vegan Carbonara	Sheet Pan Sweet Potato Fajitas
WEDNESDAY	Spicy Ginger Turmeric Mango Smoothie	Quick Vegan Chana Masala	Mediterranean Quinoa Bowls
THURSDAY	Island Sweet Potato Smoothie Bowl	Sheet Pan Sweet Potato Fajitas	Portobello Mushroom & Asparagus Tacos with Avocado Jalapeno Crema
FRIDAY	Cranberry Orange Smoothie Bowl	Portobello Mushroom & Asparagus Tacos with Avocado Jalapeno Crema	Mediterranean Quinoa Bowls

BONUS: Apple Cinnamon Baked Oats

Lunch & Dinner Grocery List

- 1 Beet
- 5 cups Plant Milk
- 2 Oranges
- 1 Zucchini
- 5 Bananas
- 1 cup Roasted Sweet Potato
- 4 cups Mango
- 1 cup Pineapple
- Ginger 2 ½ t
- ¼ cup Cashews

- ½ cup Cranberries
- ½ cup Apple Sauce
- 3 Apples
- 2 Red Onion
- 3 15oz. Chickpeas
- 15oz. Diced Tomatoes
- 3 heads Garlic
- 2-3 Chili Peppers
- 1 ½ cup Chickpea Flour
- 2 cups Vegetable Stock
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- 2 cups Assorted Vegetables of choice
- 5 cups Sweet Potato
- 3 Lemons
- 1 Yellow Onion
- 1 bunch Asparagus
- 1 bunch Spinach
- 1 lb Portobello Mushrooms
- 1 Avocado
- 1 Lime
- 6-8 Tortillas
- 2 cups Peas
- 2 Shallots
- ¼ cup Basil
- ¼ cup Mint
- 1 Carrot
- 2 Bell Peppers
- 2 Kirby Cucumbers

- 2 cups Cherry Tomatoes
- ¼ cup Kalamata Olives

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BREAKFAST IDEAS

Beet & Orange Smoothie

Serves 1

Cook and Prep Time: 5 minutes

You Need:

- 1 cup Plant Milk
- 1 Beet, chopped
- 1 Navel Orange, chopped
- 1 cup Zucchini, chopped
- 1 Banana, chopped
- 1 T Chia Seeds
- 1 T Hemp Seeds

DIRECTIONS

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

Island Sweet Potato Smoothie Bowl

Cook and Prep Time: 5 minutes

Serves: 2

You Need

- $\frac{3}{4}$ cup Roasted Sweet Potato
- 2 Bananas, sliced
- $\frac{1}{2}$ cup Mango, chopped
- $\frac{1}{2}$ cup Pineapple, chopped
- $\frac{1}{2}$ cup Rolled Oats
- $\frac{1}{4}$ cup Plant Milk of choice
- 1 t Cinnamon
- 1 t Vanilla Extract

Toppings*

- 1 T Nuts or Seeds of Choice
- Chopped Mango

- Chopped Kiwi
- 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

- To a blender, add roasted sweet potato, bananas, mango, pineapple, rolled oats, cinnamon, and vanilla extract. Add more milk if necessary, but you want the mixture to be very thick.
- Place the mixture in a bowl. Top with your desired toppings.
- Serve and eat immediately. Enjoy!

Spicy Ginger Turmeric Mango Smoothie

Serves 2

Cook and Prep Time: 5 minutes

You Need:

- 3 cups Mango
- 1 ½ t Ground Turmeric
- 1 t Fresh Ginger, grated
- ¼ cup Cashews, soaked overnight OR Coconut Cream
- 1 Carrot, chopped or shredded
- 1 ½ cups Coconut Water OR Plant Milk
- 1 T Chia Seeds
- 1 T Hemp Seeds

DIRECTIONS

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

Cranberry Orange Smoothie Bowl

Cook and Prep Time: 5 minutes

Serves: 1

You Need

- ½ cup Cranberries
- 1 Orange, sliced
- 1 Frozen Sliced Banana
- 2 T Plant Milk of Choice
- 1 T Cashew Butter or Nut Butter 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

- To a blender, add bananas, cranberries, orange, cashew butter, and plant milk. Add more milk if necessary, but you want the mixture to be very thick.
- Place the mixture in a bowl. Top with your desired toppings.
- Serve and eat immediately. Enjoy!

Apple Cinnamon Baked Oats

Cook and Prep Time: 50 minutes

Serves: 8

You Need

- 2 ½ cups Rolled Oats
- 2 T Ground Flax Seeds + 6 T Water

- ½ cup Apple Sauce
- 1 t Vanilla Extract
- 1 Banana, mashed
- 2 T Maple Syrup
- 2 cups Plant Milk
- 2-3 Apples of Choice, diced
- ½ cup Almonds, chopped

Toppings

- Pecans, Almonds, or other Nuts
- Dried Fruit
- Fresh Apple Slices
- Nut Butter

DIRECTIONS

- Rinse and chop the produce accordingly. Preheat your oven to 375°F. Line 1 deep baking dish
- Make the flax egg by mixing ground flax and water, and setting aside for 10 minutes.
- In a large bowl combine all of your ingredients (except the toppings) and mix well.
- Add the mixture to your baking tray, and bake for 40-45 minutes, or until a toothpick can come out clean.
- Once finished, let the oats cool for 5-10 minutes before serving. Add your desired toppings, and enjoy!

Quick Vegan Chana Masala



Cook and Prep Time: 40 minutes

Serves: 3-4

You Need

- 1 Red Onion, halved and cut thinly into half-moons
- 1 15oz. Chickpeas, rinsed and drained
- 1 15oz. Pureed OR Diced Tomatoes
- 1 cup Vegetable Stock OR Water (add more if you want a thinner dish)
- 1 tbsp. Ground Cumin
- 1 head Garlic, minced
- 2 tbsp. Fresh Ginger, minced
- 1/2 cup Chopped Cilantro, for garnish
- 2-3 fresh green chilies, sliced with seeds (optional)
- 1 tbsp. Ground Cloves
- 1 tbsp. Coriander

- 1 tbsp. Turmeric
- Salt, to taste
- Black Pepper, to taste
- Vegetable Stock or 1 t Extra Virgin Olive Oil

DIRECTIONS

- Rinse and chop the produce accordingly.
- Set a pot to medium heat. Once hot, add coconut oil. Then, add ginger, garlic, and red onion, stirring frequently to avoid burning. Cook until onion is translucent, 4-5 minutes.
- Add chiles, and cook for 1 minute more.
- Add tomatoes, vegetable stock, and chickpeas. Add all spices and bring mixture to a boil. Then cover and reduce heat to a simmer. Season with salt and pepper. Cook until thickened, 5-6 minutes.
- Remove from heat. Serve with rice. Garnish with fresh cilantro. Enjoy!

Vegan Carbonara



Cook and Prep Time: 25 minutes

Serves: 4

You Need

- 1lb Spaghetti or Linguine (Brown Rice or Lentil/Chickpea Base)
- 1lb. Mushrooms, sliced
- 1 ½ cups Peas
- 6-8 cloves Garlic, sliced
- Salt & Pepper, to taste

For the Sauce

- 1 ½ cup Cashews, soaked overnight
- 1 ¾ cups Water or Vegetable Stock
- ½ cup Nutritional Yeast
- 1 T Tamari
- 1 t Smoked Paprika
- Salt & Pepper, to taste

For Serving

- Arugula Salad
- Red Chili Flakes
- Chopped Parsley
- Chopped Basil
- Chopped Cherry Tomatoes

DIRECTIONS

- Rinse and chop the produce accordingly.
- Cook the pasta according to package instructions.
- Set a large skillet to medium heat. Once hot, add the mushrooms, and cook for 7-8 minutes, until soft and browned. Then add the garlic, and cook for 1 minute more. Then, add the peas, and cook until warmed through.
- Make the sauce. Combine all of the sauce ingredients in a blender, and pulse until smooth.
- Add the sauce and cooked pasta, and toss to combine. Add water to thin if needed, and season to taste.
- Serve with your desired toppings. Enjoy!

Sheet Pan Sweet Potato Fajitas

Cook and Prep Time: 50 minutes

Serves: 3-4

You Need

- 5 cups Sweet Potatoes, cut into matchsticks
- 1 Red Onion, sliced
- 2 Bell Peppers, sliced
- 1 T Extra Virgin Olive Oil OR Vegetable Stock
- 1 T Smoked Paprika
- 2-3 t Ground Cumin
- 1 T Garlic Powder
- 2-3 t Onion Powder
- 1-2 Dried Oregano
- 1 T Chili Powder (adjust to taste)
- Salt & Pepper, to taste

For Serving

- Cooked Black Beans
- Cooked Rice or Quinoa
- Guacamole
- Corn Tortillas
- Lime Wedges
- Cilantro

DIRECTIONS

- Rinse and chop the produce accordingly. Preheat your oven to 400°F. Line 2 baking trays.
- Mix the spices in a bowl.
- Add your sweet potatoes to 1 of the baking trays. Toss with ½ of the oil (or vegetable stock) and ½ of the spice mix. Season with salt and pepper to taste. Roast the potatoes for 35-40 minutes, tossing halfway.

- To the second baking tray, add the bell peppers and onion. Toss with the other ½ of oil and spices. Season to taste. Roast for 20-25 minutes, flipping halfway.
- While the vegetables roast, make your black beans, grain of choice, and/or guacamole.
- Assemble and enjoy!

Mediterranean Quinoa Bowls

Cook and Prep Time: 30 minutes

Serves: 3-4

You Need

- ¾ cup Quinoa + 1 ½ cup Vegetable Stok or Water
- 20 oz. Chickpeas, rinsed and drained
- 2 Kirby (Mini) Cucumbers
- 1 cup Cherry Tomatoes, sliced
- ¼ cup Red Onion, diced
- ¼ cup Kalamata Olives, pitted and chopped

For the Dressing

- 1 T Tahini
- 1 Lemon, juiced
- 1-2 t Dried Oregano
- 1-2 t Dried Thyme
- Water, as needed
- Salt & Pepper, to taste

For Serving

- Lemon Wedges
- Hummus
- Chopped Parsley
- Kalamata Olives

DIRECTIONS

- Rinse and chop the produce accordingly.
- Cook the quinoa. Add the quinoa and vegetable stock (or water) to a bowl. Bring to a boil, then cover and reduce heat to a simmer. Cook for 20 minutes, or until the water has evaporated and the quinoa is tender. Then, fluff with a fork and allow to cool.
- Make the dressing. Add all of the dressing ingredients to a bowl, and whisk to combine.
- Distribute the quinoa in each bowl. Add the tomatoes, cucumber, chickpeas, red onion, Kalamata olives, and desired toppings.
- Pour over the dressing, and enjoy!

Portobello Mushroom & Asparagus Tacos with Avocado Jalapeno Crema



Cook and Prep Time: 40 minutes

Serves: 4

You Need

For the Tacos:

- 1 Yellow Onion, sliced
- 5-6 cloves Garlic, sliced
- 1 bunch Asparagus, cut into 1-inch pieces
- 1 bunch Spinach, stems removed
- 1lb Portobello Mushrooms, sliced
- Salt & Pepper, to taste
- Vegetable Stock or 1 t Extra Virgin Olive Oil, for sautéing

- Pea, Basil, and Mint Spread [OPTIONAL](see below)

For the Crema:

- 1 Avocado
- ¼ c Water
- Juice on 1 Lime
- ½ cup Cilantro
- Salt & Pepper, to taste

For Serving:

- 6-8 Tortillas
- Pumpkin Seeds
- Chopped Cilantro

DIRECTIONS

- Rinse and chop the produce accordingly.
- Make the crema. Place all ingredients in a high-speed blender, and pulse until smooth. Set aside until ready to serve.
- Set a large skillet to medium-high heat. Once hot, add the onion, garlic, and mushrooms. Sauté for 4-5 minutes, until onion is translucent. Then, add the asparagus. Cook for 2-3 minutes, until the asparagus are tender. Season to taste, then remove the vegetables from the pan, and bring the pan back to heat.
- Then, add spinach to the skillet, and cook until wilted, 2-3 minutes. Season with salt and pepper. Then, using a slotted spoon, add the spinach (but not the excess water) to the mushrooms and asparagus. Toss to combine.
- Make the Pea, Basil, and Mint Spread (see below).
- Heat the tortillas over an open flame or in a dry skillet, 15-30 seconds per side.
- Serve by layering the Pea Spread, then the sautéed vegetables, and top with the crema. Garnish with pumpkin seeds and cilantro. Enjoy!

Pea, Basil, & Mint Spread

Cook and Prep Time: 10-15 minutes

Serves: 8

You Need

- 2 cups Peas
- 2 Shallots, minced

- 3-4 cloves Garlic, minced
- 2 T Tahini
- 1 Lemon, juiced
- 1 Lemon, zest
- ¼ cup Basil, chopped roughly
- ¼ cup Mint, chopped roughly
- 1 T Water (plus more if needed)
- Salt & Pepper, to taste

DIRECTIONS

- Rinse and chop the produce accordingly.
- Set a small skillet to medium heat. Once hot, sauté the garlic and shallots for 4-5 minutes, until the shallot is translucent.
- Add all ingredients to a food processor, and pulse until smooth.
- Top with chili flakes, lemon zest, or fresh basil leaves. Enjoy!