

Meal Prep WEEK 33

Recipes by Vincent Esposito, Ms, DC



Suggested Meal Planner	
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WEEK OF:	BREAKFAST	LUNCH	DINNER
MONDAY	Chocolate Peanut Butter Shake	Lemon-Tahini Lentil Salad	Pineapple Fried Rice
TUESDAY	High-Protein Breakfast Cookie	Pineapple Fried Rice	Sheet Pan Sweet Potato & Quinoa Salad
WEDNESDAY	Blueberry Pie Smoothie Bowl	Lemon-Tahini Lentil Salad	Chickpea Frittata
THURSDAY	High-Protein Breakfast Cookie	Sheet Pan Sweet Potato & Quinoa Salad	White Bean & Harissa Stew
FRIDAY	Mango Pineapple Smoothie	White Bean & Harissa Stew	Chickpea Frittata

BONUS: Blueberry Baked Oats

Lunch & Dinner Grocery List

- 7 Bananas

- 3 ¼ c Plant Milk
- ¾ c Raisins
- 2 c Blueberries
- ½ c Coconut Milk
- 1 c Mango
- 3 c Pineapple
- 3 heads Garlic
- 1 bunch Parsley
- 5 Lemons
- 1 English Cucumber
- 1-pint Cherry Tomatoes
- 1 Red Onion
- ¾ c Kalamata Olives or Olive Tapenade
- 1 bunch Basil
- 2 Yellow Onions
- 1 bunch Scallions
- 4 Carrots
- 2 heads Bab Bok Choy
- 1 Bell Pepper
- 12 oz. Shelled Edamame
- 1 Lime
- 1 Sweet Potato
- 1 Shallot
- 1 c Walnuts
- 1 c Baby Kale OR other leafy green
- 2 c Assorted Vegetables
- ½ c Harissa Paste
- 1 T Tomato Paste

BREAKFAST IDEAS

Chocolate Peanut Butter Shake

Cook and Prep Time: 5 minutes

Serves: 1

You Need

- 1 Date, pitted
- 1 Frozen Banana, sliced
- 1 ½ T Peanut Butter
- 1 ½ T Cacao Powder
- 1 cup Plant Milk of choice

DIRECTIONS

- Add all of your ingredients to a blender, and pulse until smooth.
- Top with a dash of cinnamon or cacao powder. Enjoy!

High-Protein Breakfast Cookie

Cook and Prep Time: 25-30 minutes

Serves: 8 cookies

You Need

- 1 Ripe Banana, mashed
- 1 Flax Egg [1 T Ground Flax + 3 T Water]
- ½ c Peanut Butter
- ¾ cup Raisins
- ½ cup Rolled Oats
- ½ cup Oat or Buckwheat Flour
- 2 T Maple Syrup

- 1 T Chia Seeds
- 1 T Ground Cinnamon
- 1 t Baking Powder

DIRECTIONS

- Preheat your oven to 375°F. Line 1 baking tray.
- Make you flax egg, and let stand for 10 minutes prior to using.
- Mix the flax egg, banana, maple syrup, and peanut butter in a large bowl. Mash the banana and mix to evenly combine.
- Add the oats, flour, baking powder, cinnamon, raisins, and chia seeds. Mix well.
- Divide the mixture into 8 even balls. Using a fork or spoon, flatten each ball into a cookie shape.
- Bake for 15-18 minutes.
- Serve with fresh fruit. Enjoy!

Blueberry Pie Smoothie Bowl

Cook and Prep Time: 5 minutes

Serves: 1

You Need

- ½ cup Ice Cubes
- 1 c Blueberries
- ¼ c Rolled Oats
- 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

- To a blender, add bananas, blueberries, ice cubes, rolled oats, 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!

Pineapple Mango Smoothie

Serves 1

Cook and Prep Time: 5 minutes

You Need:

- ½ c Coconut Milk (or other non-dairy Milk)
- 1 Banana
- 1 c Frozen Mango
- 1c Frozen Pineapple
- 1 T Hemp Seeds
- 1 T Chia Seeds

DIRECTIONS

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

Blueberry Baked Oats

Cook and Prep Time: 45 minutes

Serves: 8 Servings

You Need

- 4 Ripe Bananas, peeled
- 3 cups Rolled Oats

- 2 cups Oat Milk (or other dairy-free milk)
- 1 cup Blueberries
- 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
- 2 tbsp. Hemp Seeds
- 1 tsp. Salt

For topping

- Fresh Blueberries
- Ground Cinnamon
- Hemp Seeds
- Nut Butter
- Pecans

DIRECTIONS

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

Lemon-Tahini Lentil Salad



Cook and Prep Time: 30 minutes

Serves: 2

You Need

For the Lentils

- 1 cup Green or French Lentils

- 2 cups Vegetable Stock or Water
- 1 T Garlic Powder
- 1 T Onion Powder
- 1 t Ground Cumin
- 2 t Ground Coriander
- 1 t Dried Oregano
- 1 t Dried Thyme
- Salt & Pepper, to taste

For the Dressing

- 3-4 cloves Garlic
- ½ cup Parsley
- 1 Lemon, juiced
- 1-2 T Tahini
- Salt & Pepper, to taste
- Water, as needed (optional)

For the Salad

- 1 English Cucumber, diced
- 10 Cherry Tomatoes, halved
- ¼ Red Onion, diced
- ½ cup Olive Tapenade OR Chopped Kalamata Olives
- ½ c Parsley, chopped

For Serving

- Whole-Grain Pita or Wrap
- Lemon Wedges
- Chopped Basil
- Red Chili Flakes

DIRECTIONS

- Rinse and chop the produce accordingly.
- Make the lentils. Add the lentils, vegetable stock, and spices to a small pot. Stir to combine and bring to a boil. Then, cover, and reduce the heat to a simmer.

Cook for 20 minutes, until lentils are tender and liquid has been absorbed.

- Make the dressing. Combine all the ingredients in a blender and pulse until smooth. Add 1 T of water at a time to thin as needed.
- Make the salad. To a large bowl, add the cooked lentils, cucumber, cherry tomatoes, red onion, olives, parsley, and your dressing. Toss it all to combine.
- Serve with wraps, in a pita, or as a side. Garnish with lemon juice and fresh basil. Enjoy!

Pineapple Fried Rice



Cook and Prep Time: 30 Minutes

Serves: 3-4

You Need

- 1 ½ cups Cooked Brown Rice
- 3-4 cloves Garlic, minced
- 1 Yellow Onion, diced
- 1 bunch Scallions, chopped, whites & greens separated
- 2 Carrots, chopped
- 2 heads Baby Bok Choi, chopped, stems and leaves separated
- 1 Bell Pepper, diced
- 12 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

- Rinse and chop the produce accordingly.
- In a small bowl, combine tamari, maple syrup, gochujang lime juice, and sesame oil. Save scallion greens for garnish.
- 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.

- Add bell pepper, bok choy stems, and carrots. Cook for 1-2 minutes, until slightly softened.
- Add garlic and cook for 1 minute more. Then add edamame and cook until warmed through, 1-2 minutes.
- Add bok choy, and cook for 1 minute more. Add tamari sauce and toss to combine.
- Add rice, and toss to combine until rice has warmed through, 1-2 minutes.
- Plate rice, and garnish with scallion greens, cilantro, and sriracha. Enjoy!

Sheet Pan Sweet Potato & Quinoa Salad

Cook and Prep Time: 50-60 minutes

Serves: 2

You Need

- 1 Sweet Potato, diced
- 1 Shallot, roughly chopped
- 15oz. can Chickpeas, rinsed and drained
- 1 cup Walnuts
- 1 t Dried Rosemary
- 1 t Dried Thyme
- 1 t Extra Virgin Olive Oil or Vegetable Stock
- Salt & Pepper, to taste

For Serving

- 1 cup Baby Kale or other Leafy Green
- ½ cup Cooked Quinoa (or other grain)
- Tahini Dressing (See Below)

DIRECTIONS

- Rinse and chop the produce accordingly. Line 1 baking tray and preheat your oven to 425°F.
- Add the sweet potatoes and shallots to your baking tray, toss with 1 t EVOO (or vegetable stock) salt, pepper, rosemary, and thyme. Roast for about 20 minutes.
- After 20 minutes, add your chickpeas to the tray with the potatoes, and toss to

combine. Roast for an additional 20 minutes.

- Then, add your walnuts, and roast for an additional 5 minutes.
- Meanwhile, make the dressing (see below).
- Add your roasted vegetables to a bowl with cooked quinoa and baby kale. Pour over your dressing and enjoy!

Lemon-Tahini Dressing

Cook and Prep Time: 5 minutes

Serves: 1/3- 1/2 cup

You Need

- 2-3 tbsp. Tahini
- 1/2 tbsp. Dijon Mustard
- 1 Lemon, juiced
- 1 tbsp. Maple Syrup (optional)
- Water, as needed

Chickpea Frittata



Chickpea Frittata

Cook and Prep Time: 45-55 minutes

Serves: 8 slices

You Need

For the Batter

- 1 ½ c Chickpea Flour
- 1 ½ c Water or Vegetable Stock

- ¼ c Arrowroot Powder
- ½ t Black Salt
- 1 t Baking Powder
- 1 t Smoked Paprika
- Salt & Pepper, to taste
- ½ t Dried Thyme
- ½ t Turmeric

Vegetables

About 2 cups total (any combination) of:

- Onion
- Bell Pepper
- Peas
- Mushrooms, chopped
- Asparagus, chopped into 1-inch pieces
- Zucchini
- Potatoes
- Sweet Potatoes
- Broccoli
- Cauliflower
- Garlic
- Scallions
- Tomatoes
- Peas
- 1 T Olive Oil

For garnish:

- Hot sauce
- Cilantro
- Parsley
- Scallions

DIRECTIONS

- Rinse and chop the produce accordingly. Preheat your oven to 375°F.
- Heat an oven-proof skillet to medium-high heat. Once hot, add olive oil. Then, add sturdier vegetables, and sauté for 5-6 minutes (onions, peppers, potatoes). Then, add softer vegetables (peas, garlic, mushrooms, zucchini, etc.), and cook for 3-4 minutes.
- Meanwhile, make the batter. Add all batter ingredients to a bowl, and whisk to combine.
- Pour the batter over the vegetables.
- Bake in the oven for 30-35 minutes.
- Garnish with your desired toppings and enjoy!

White Bean & Harissa Stew



Cook and Prep Time: 35 minutes

Serves: 4-5 bowls

You Need

- 1 large can Cannellini Beans, rinsed and drained
- 4 cups Vegetable Broth or Water
- 1 large can Crushed Tomatoes
- 1 Yellow Onion, diced
- 1 head Garlic, minced
- 2 Carrots, diced
- 2 stalks Celery, diced
- 1 bunch Baby Spinach, stems removed
- 1 tbsp. Tomato Paste
- ¼ - ½ cup Harissa Paste (depending on how spicy you want it)
- 1 tbsp. Smoked Paprika
- 1 tsp. Thyme
- 1 Lemon, juiced
- Salt, to taste
- Black Pepper, to taste
- Olive Oil or Vegetable Stock, for sautéing

DIRECTIONS

- Rinse and chop the produce accordingly.
- Set a pot to medium heat. Once hot, add 1 tbsp. olive oil. Then, add carrots, celery, and onion. Cook until onion is translucent, stirring occasionally to avoid burning, 4-5 minutes.
- Add garlic, and cook until fragrant, about 1 minute more.
- Add tomato paste, harissa, and lemon juice, and stir until combined evenly.
- Then, add cannellini beans, and toss to combine. Then, add vegetable stock and crushed tomatoes. Add spices, and bring to a boil. Once boiling, reduce heat to a simmer.
- Simmer for 10-15 minutes, and adjust seasonings to taste.
- Remove from heat and add spinach. Stir until wilted, 1-2 minutes.

- Place soup in serving bowls. Top with extra harissa and chopped parsley and basil. Enjoy!