

PLANT-BASED MEAL PREP

# Easy Weekday Recipes

30 PLANT-BASED  
RECIPES IN 30  
MINUTES OR LESS.



# Welcome

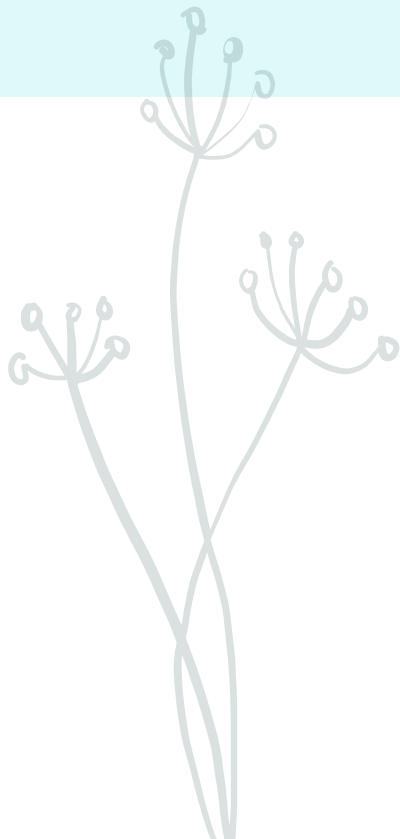
I'm Kristin, a Registered Nurse, Board Certified Health Coach and Plant-Based Meal Prep Enthusiast!

Since 2016, I've been working one on one with people who have been able to crush their health goals after switching to a plant-based diet.

When I look at those people who have been successful with their health goals and those who have struggled, there is one thing that stands out...

Being prepared. And the best way to be prepared is through meal prep.

So let's get prepping!





“A healthy  
outside  
starts  
from the  
inside.”

A woman with dark hair tied back, wearing a blue t-shirt with a white leaf design, stands behind a wooden table. On the table are several meal prep items: a blue bowl of salad, a glass dish of broccoli and orange vegetables, a glass dish of rice topped with blueberries, a glass dish of orange sauce, and a glass dish of yellow sauce. There are also some green leafy vegetables on the table. In the background, there is a framed picture of a vase with leaves.

# What's in this guide?

Meal Prep isn't one size fits all. What works for one person might not work for you.

In this guide, I'm sharing with you some of my favorite meal prep recipes for breakfast, lunch, dinner, and a few desserts too, to help you get started or continue on your meal prep journey!

Mix and match these recipes to create your own delicious meal plans for weeks to come.

A couple of guidelines to keep in mind:

- Start small
- Keep it simple
- HAVE FUN!!!!

On that note, let's get cooking!

# Outline

**PG. 6 MEAL PLAN  
TEMPLATE**

**PG. 29 DINNER  
RECIPES**

**PG. 7 BREAKFAST  
RECIPES**

**PG. 40 DESSERT  
RECIPES**

**PG. 18 LUNCH  
RECIPES**



# Meal Plan

**SUNDAY**

**B**

**SNACKS**

**L**

**D**

**MONDAY**

**B**

**SNACKS**

**L**

**D**

**TUESDAY**

**B**

**SNACKS**

**L**

**D**

**WEDNESDAY**

**B**

**SNACKS**

**L**

**D**

**THURSDAY**

**B**

**SNACKS**

**L**

**D**

**FRIDAY**

**B**

**SNACKS**

**L**

**D**

**SATURDAY**

**B**

**SNACKS**

**L**

**D**

# Breakfast Recipes



# Tofu Scramble Tacos

MAKES 6 TACOS

1 Bell Pepper diced	1/2 tsp Curry Powder
1/2 Onion diced	1/4 tsp Turmeric
14 oz Block Firm Tofu	1 tbsp Nutritional Yeast
1 tsp Paprika	1/2 tsp Salt
1 1/2 tsp Cumin	15 oz Can Pinto Beans drained and rinsed
1/2 tsp Garlic Powder	Corn Tortillas

## INSTRUCTIONS

- In a large skillet over medium heat, add a few tbsp of water to the pan, along with diced veggies. Saute until soft, 3-5 minutes.
- Once veggies are soft, crumble the tofu into the pan and add all the spices and nutritional yeast. Stir to combine.
- Cook until tofu starts to brown, about 10 minutes.
- Add in the Pinto Beans and cook until warmed, about 2 minutes.
- Serve tofu scramble as is or in a taco shell. Top with desired garnishes.



## RECIPE

# Heart Warming Savory Oats

SERVES 2

1/2 cup Steel Cut Oats  
1 3/4 cup Water  
2 tbsp Nutritional Yeast  
2-3 cups Chopped and Stemmed Kale, Collards or Swiss Chard

1/2 cup Sliced Mushrooms  
2 tbsp Sun Dried Tomatoes thinly sliced  
1/4 tsp Turmeric  
1 tsp Sriracha  
Salt & Pepper to taste

## INSTRUCTIONS

- In a medium sized sauce pan, combine oats, water, nutritional yeast, kale, mushrooms, tomatoes, turmeric and hot sauce. Bring to a low boil, frequently stirring. Reduce heat to a simmer. Cook for 8-10 minutes, stirring occasionally.
- Note that not all water will be absorbed and that it will thicken as it cools.



# Make Ahead Coconut Quinoa Bowls

6 SERVINGS

- 1 1/2 cups Quinoa soaked in water for at least 1 hour
  - 1 15 oz can Coconut Milk or non-dairy milk of choice
  - 1 1/2 cups Water
  - 1 tsp Ground Cinnamon
  - 1/4 cup Maple Syrup
  - 2 tsp Vanilla Extract
  - 1/2 tsp Salt
- 
- Put all ingredients in an instant pot. Seal the lid with the vent shut and cook on low pressure for 12 minutes.
  - When done cooking, allow the pressure to release naturally. Remove the lid. Divide the quinoa evenly, into 6 different containers with lids. .
  - When ready to eat, top the porridge with fruit, milk or any toppings of choice.

# Baked Blueberry Oats

SERVES 4

- 2 cups rolled old-fashioned oats
- 1/4 cup pure maple syrup
- 1 teaspoon aluminum-free baking powder
- 1 1/2 teaspoons ground cinnamon
- 1/2 teaspoon fine-grain sea salt
- 2 cups unsweetened non-dairy milk
- 1 Tablespoon ground flaxseed
- 2 tablespoons apple sauce
- 2 teaspoons pure vanilla extract
- 2 ripe bananas mashed
- 1 pint fresh or frozen blueberries
- cooking spray
- additional blueberries nut butter and extra maple

## INSTRUCTIONS

- Preheat the oven to 375°F and spray an 8 inch baking dish.
- In a large bowl, mix together the oats, baking powder, cinnamon, and salt.
- Add in the milk, maple syrup, flax, apple sauce, vanilla and bananas. Stir to combine. Fold in 1/2 pint of blueberries.
- Pour oatmeal mixture into the prepared baking dish.
- Scatter the remaining blueberries across the top.
- Bake for 40 to 55 minutes or until the middle of the bake is set and the top is golden. Remove from the oven and let cool for a few minutes.
- Store in the refrigerator in an airtight container for up to 4 days.
- To reheat the whole baked oatmeal, cover with foil and reheat in a 350°F oven for about 20 minutes. For individual portions, reheat in the microwave for 1 minute.

## RECIPE

# Chickpea Fritta Muffins

12 MUFFINS

- 1 3/4 cup chickpea flour  
AKA garbanzo bean flour
- 1/4 cup nutritional yeast
- 1 tsp baking powder
- 1 tsp garlic powder
- 1 tsp dried basil
- 1 tsp salt
- 2 cups water
- 1 cup mushrooms diced
- 1 cup bell pepper diced
- 1 jalapeno diced
- 1/4 red onion or a  
medium shallot diced
- 1 handful spinach or kale  
chopped

## INSTRUCTIONS

- Preheat oven to 375.
- In a large mixing bowl, combine together the chickpea flour, nutritional yeast, garlic powder, dried basil, baking powder and salt. Now, whisk in the water. Add in all the veggies and mix to combine.
- Use a 1/4 cup measuring spoon and scoop the batter into the muffin tin.
- Bake for 35-45 minutes. Do the toothpick test to make sure your muffins are done. If the muffins seem a little soggy in the middle, they will stiffen as they cool. Allow muffins to cool on a cooling rack.
- These muffins are great as is or topped with a dollop of your favorite salsa or a squirt of hot sauce.



# Banana Oatmeal Pancakes

2 SERVINGS

- 1 Banana
  - 1 cup Oatmeal
  - 1/2 cup Non-Dairy Milk
  - 1 tsp Cinnamon
  - 1 tsp Vanilla
- 
- Add all ingredients to blender and blend until smooth. \*\*You can choose to add less oats or more non-dairy milk if you want a thinner pancake.\*\*
  - Heat a skillet over medium-high and add 1/4-1/3 cup of batter to skillet. If you add the batter to a high heat skillet then you won't need to use oil or butter for the pancakes.
  - Once the pancake batter begins to bubble, flip the pancake.
  - When done, top pancakes with berries or maple syrup.



# Peanut Butter Berry Overnight Oats

SERVES 1

- 1/2 cup Rolled Oats
- 1/2 cup Almond Milk use any non-dairy milk of choice
- 1 tbsp Maple Syrup or sweetener of choice
- 3/4 tbsp Chia Seeds
- 2 tbsp Peanut Butter or almond butter
- 1/2 Banana sliced
- 1/2 cup Berries of choice optional

## INSTRUCTIONS

- In a mason jar or a bowl with a lid, add the milk, chia seeds, maple syrup, peanut butter and bananas. Stir to combine. Note: the peanut butter doesn't need to be completely mixed in
- Add oats and stir a few more times. Press down to make sure oats are submerged in milk.
- Seal the container and put in the refrigerator overnight, at least 6 hours.
- In the morning, open the lid and top with berries of choice.

## RECIPE

# Breakfast Tofu for Breakfast Burritos

6 SLICES

- 16 oz Package of Extra Firm Tofu drained
- 1 tbsp Reduced Sodium Tamari
- 2 tbsp Nutritional Yeast
- 1 tsp Cumin
- 1/2 tsp Garlic Powder
- 1/2 tsp Turmeric
- 1/2 tsp Curry powder
- 1/2 tsp Black Pepper

## INSTRUCTIONS

- Preheat oven to 400 degrees. Line a baking sheet with a silicone liner or parchment paper.
- Slice the tofu into six pieces. Pat dry and drizzle with tamari.
- In a large food storage container with a tight fitting lid, combine the nutritional yeast, cumin, garlic powder, turmeric, curry powder and black pepper. Place the sliced tofu in the container and gently shake until all the slices are covered. Let the tofu sit while the oven preheats. You can also marinate the tofu in the refrigerator for up to a day.
- Place the tofu on the bake sheet. Sprinkle any extra seasoning on top of the slices. Bake for 30 minutes.
- This tofu has the best texture if you flip it halfway through, at 15 minutes. But, if you forget, it will still be amazing.
- Remove from oven and enjoy hot or put in food storage containers to eat throughout the week. Tofu will stay good in the fridge for up to 5 days.

# Creamy Pumpkin Coconut Quinoa Bowls



- 1 cup Water
  - 1 1/2 cups Non-Dairy Milk
  - 1/2 cups Quinoa soaked or rinsed
  - 1 can Pumpkin Puree
  - 1/3 cup Canned Coconut Milk Light or Full Fat
  - 1/3 cup Shredded Coconut
  - 1/4 cup Maple Syrup
  - 1 tsp Cinnamon
  - 1/2 tsp Pumpkin Pie Seasoning
  - Toppings of choice
- 4 SERVINGS

- In a medium pot, bring water and milk to a low boil. Add in the quinoa and stir. Cover the pot and cook on medium low for 8-9 minutes.
- Stir in pumpkin puree and cover again. Cook for another 8-10 minutes, until quinoa begins to get fluffy.
- Turn off the heat and stir in the coconut milk, maple syrup, spices and shredded coconut.
- Spoon into bowls and top with toppings of choice.



A hand holding a silver spoon over a light blue bowl filled with granola, sliced bananas, blueberries, and strawberries. The background is a soft, out-of-focus white surface.

“ The best investment you'll ever make is in your own health.

”

# Lunch Recipes



# Lentil Tacos

SERVES 6

- 1 Yellow Onion diced
- 2 cups Vegetable broth
- 1 tsp Chili Powder
- 1/2 tsp Garlic Powder
- 1 tsp Onion Powder
- 1 tsp Cumin
- 1 tsp Dried Oregano
- 1 tsp Paprika
- 1 cup Green Lentils
- 12 Corn Tortillas

## INSTRUCTIONS

- In a skillet over medium heat, cook onion in a couple tbsp of water for about 5 minutes, until soft.
- Add seasoning (chili powder, garlic powder, onion powder, cumin, dried oregano, paprika, salt and pepper) and green lentils. Cook and stir for 1 minute.
- Add vegetable broth to skillet and bring to a boil. Reduce the heat to low, cover the pan and simmer until the green lentils are soft, 20-25 minutes.
- Once lentils are soft, lightly mash them so you have a combination of soft and crunchy textures. Season with salt and pepper to taste.
- Fill the tortillas with the green lentils and cabbage slaw, or toppings of your choice.

## RECIPE

# One Pot Vegetable Green Curry

4 SERVINGS

- 2 cans light coconut milk
- 6 tbsp green curry paste
- 2 cups chopped cremini or shiitake mushrooms
- 1 bell pepper chopped
- 1 cup Vegetable broth
- 2 tbsp coconut aminos
- 2 tbsp maple syrup
- 1 cup peas
- 1 handful fresh basil
- Cooked rice or quinoa

## INSTRUCTIONS

- In a large pot over medium heat, add 1/2 cup coconut milk and curry paste. Cook for 2-3 minutes.
- Add in mushrooms and cook for 4 minutes, stirring occasionally
- Add bell pepper, remaining coconut milk and vegetable broth, coconut aminos, and maple syrup. Stir to combine.
- Let curry come to a simmer, reduce heat to low and simmer for 10 minutes or until bell peppers are fork tender.
- Scoop out 1/2 cup of mixture and blend with basil for an earthy flavor. Add back to the pot and stir to combine.
- Add in the peas. Cook for a few minutes and then turn off the heat.
- Serve over rice or quinoa.



# Plant-Based Chopped Italian Salad

3 SERVINGS

- 1 head Romaine Lettuce chopped
  - 1/2 cup Basil finely chopped, chiffonade style
  - 1 can Chickpeas drained and rinsed
  - 1/2 cup Kalamata Olives pitted and chopped
  - 1 cup Cherry Tomatoes sliced in half
  - 2 Scallions thinly sliced
  - 7 oz Tofu drained and patted dry
  - Salt and Pepper to taste
- 
- In a large bowl, toss together the romaine, basil, chickpeas, tomatoes, olives and scallions. Crumble the tofu onto the salad. Toss with desired amount of dressing and season with salt and pepper.

# Instant Pot White Bean and Kale Soup

SERVES 6

- 1 Yellow Onion Chopped
- 2 Carrots Chopped
- 2 Sticks Celery Chopped
- 4 Cloves Garlic Chopped
- 1 Tsp Rosemary
- 1 Tsp Thyme
- 1 Tsp Poultry Seasoning
- 1 Tsp Crushed Red Pepper  
Optional
- 2 Tbsp White Vinegar
- 1 Tbsp Miso Paste
- 6 Cups Vegetable Broth
- 1 lb Dry White Beans  
Soaked for at least 4 hours
- 2 Large Tomatoes  
Chopped
- 3 Cups Kale Chopped
- Salt and Pepper to taste

## INSTRUCTIONS

- Soak beans in water. Soak for at least 4 hours. Can soak overnight.
- Chop onion, carrot, celery and garlic. Turn Instant Pot to Saute. Saute for 3 minutes in a couple tablespoons of water.
- Add rosemary, thyme, poultry seasoning, crushed red pepper and vinegar and saute for 3 more minutes.
- Add remaining ingredients to instant pot. Turn off saute and turn on pressure cook for 18 minutes. Pressure seal instant pot.
- Once done, do a quick release. Give soup a good stir and it is ready to serve.

## RECIPE

# Instant Pot Burrito Bowls

6 SERVINGS

- 1 Red Onion chopped
- 1 Bell Pepper chopped
- 3 cloves Garlic minced
- 1 15oz Can Black Beans drained and rinsed
- 1 1/2 cups Short Grain Brown Rice
- 1 1/2 cups Corn (frozen, fresh or canned)
- 1 cup Chopped Kale
- 1 1/2 cups Salsa
- 2 cups Water
- 1 tsp Cumin
- 2 tsp Chili Powder
- 1 tsp Smoked Paprika
- 1 tsp Salt

## INSTRUCTIONS

- Press saute function on Instant Pot. Add a few tbsp of water to the pot along with onion, red pepper and garlic and saute for 2-3 minutes. Turn off the instant pot.
- Next, add the remaining burrito filling ingredients to the Instant Pot. Stir all ingredients. Put lid on instant pot, turn valve to seal, and set to high pressure for 24 minutes. Allow pressure to release naturally for 10 minutes. Carefully remove lid from pot and stir.
- For Bowls: Fill the bottom of a bowl with chopped greens. Spoon some of the mixture of the burrito filling on top of the greens. Top with other toppings of choice. Enjoy!
- For Burritos: Spoon some of the mixture into the center of a burrito sized tortilla. Add whatever additional toppings you'd like, fold and enjoy!



# Lemon Orzo Salad

4 SERVINGS

- 1 cup Orzo
  - 1 1/2 cup Yellow Bell Pepper diced
  - 3 cups Spinach chopped
  - 1 can Red Kidney Beans drained and rinsed
  - 2 cup chopped Cherry Tomatoes
  - 2 tbsp Olive Oil
  - 2 Lemons (juice of 2 lemons)
  - 1 tsp Lemon Zest
  - 2 tsp Garlic minced
  - Salt and Pepper to taste
- 
- Cook orzo according to instruction on package.
  - Chop Spinach and Bell Pepper, set aside
  - In a small bowl, stir together ingredients for dressing
  - To assemble, combine orzo, bell pepper, spinach, tomatoes and beans in a bowl. Drizzle with dressing and stir to combine.



# Tempeh Taco Bowl

3 BOWLS

- 8 oz Package of Tempeh
- 1 1/2 tbsp Chili Powder
- 1/2 tsp Onion Powder
- 1/2 tsp Garlic Powder
- 1/2 tsp Crushed Red Pepper
- 1/2 tsp Paprika
- 1/2 tsp Oregano
- 1/2 tsp Salt
- 1/2 tsp Pepper
- 1/4 cup Tomato Sauce
- 1 tbsp Water
- 6 cups Romaine Lettuce Chopped
- 1 Large Tomato Chopped
- 1/4 cup Red Onion Chopped
- 1/4 cup Cilantro Chopped
- 1 can Cooked Black Beans
- 1 Avocado sliced
- Salsa

## INSTRUCTIONS

- Heat a skillet over medium high heat. Once pan is hot, crumble tempeh into pan with your hands. Cook for 3-4 minutes. Add spices, tomato sauce and water to the skillet and toss to combine. Cook for another 3-4 minutes, until the liquid has absorbed. Remove tempeh from stove and let cool.
- While tempeh is cooking, toss tomato, onion and cilantro in a bowl.
- Use 3 meal prep containers and add the following ingredients: 2 cups lettuce, 1/3 of the tomato and onion mixture, 1/3 of the tempeh, and 1/3 of the black beans. You can add avocado at this time but it can get brown. It's best to add avocado to the salad on the day you will eat the bowl. Serve salad with a side of salsa for dressing.

## RECIPE

# Vegan Kale Caesar

2 SERVINGS

- Dressing:
- 1/2 Cup Pine Nuts Can Substitute with Cashews but Pine Nuts are best
- 1/4 Cup and 3 Tbsp Water
- 2 Tbsp Lemon Juice
- 1/2 Tsp Maple Syrup
- 3 Tbsp Nutritional Yeast
- 2 Cloves Garlic
- 1/2 Tsp Dried Parsley
- 1/2 Tsp Pepper
- 1/2 Tsp Salt
- 1 Tbsp Capers
- Salad:
- 3-4 tbsp Vegan Caesar Salad Dressing
- 1 Full Bundle Kale Chopped into small bite size pieces
- 1/2-1 Full Cup Peas
- 1 Handful Cherry Tomatoes
- 1 Cup Chopped Cucumbers
- 1/2 Yellow Bell Pepper Chopped

## INSTRUCTIONS

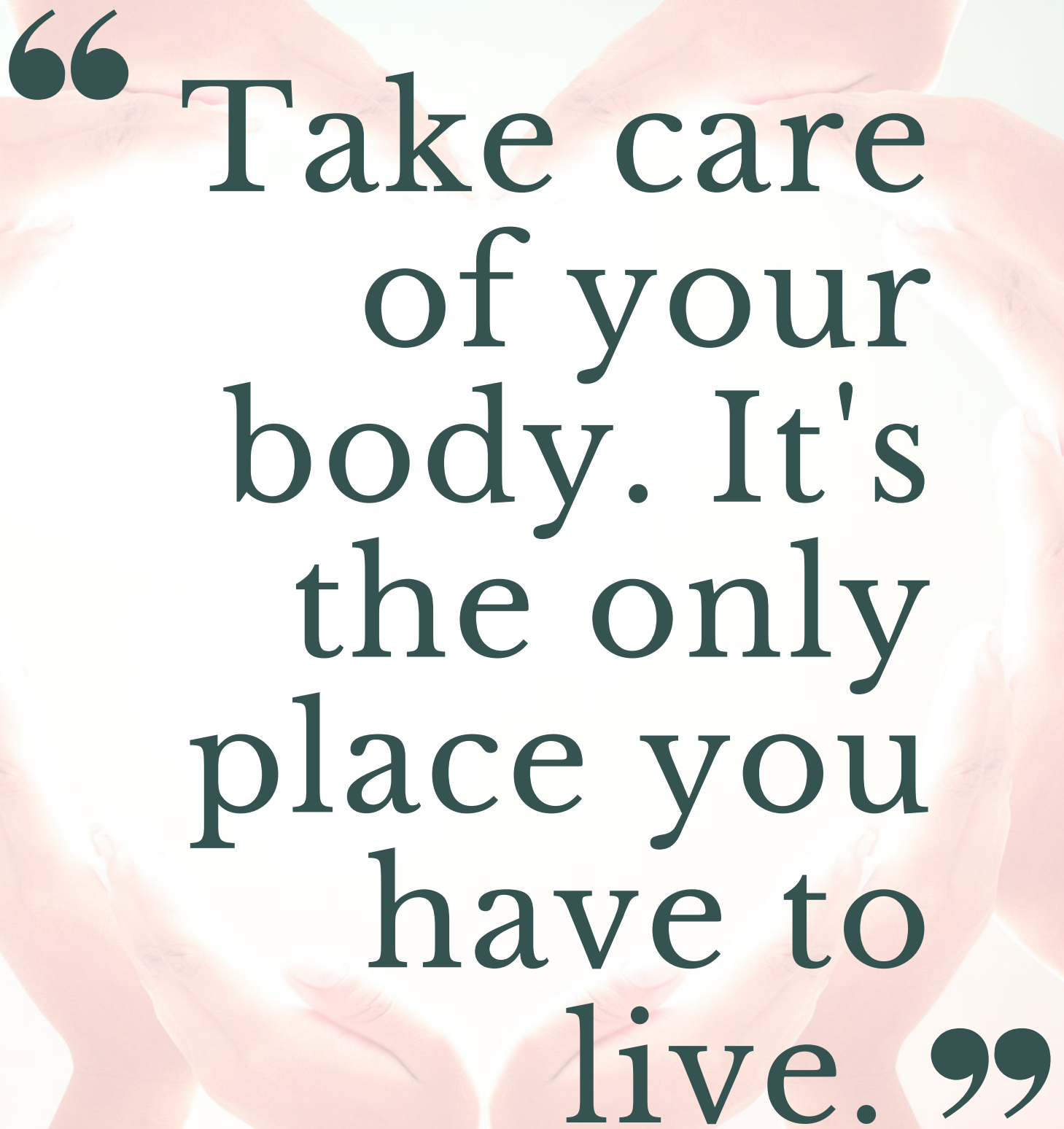
- For Dressing: Blend all ingredients in high powered blender until smooth.
- Next, chop up your kale into small bite size pieces.
- Once the kale is chopped add 3-4 tbsp of the Vegan Caesar Salad Dressing. Massage the dressing into the kale for about 3-4 minutes and until all the kale is covered. If you feel like it needs more dressing at this point, feel free to add more.
- Next, start chopping your cucumber and bell pepper.
- Add the peas, tomatoes, bell pepper and cucumbers to the salad. If there are any other ingredients you'd like to add, feel free to do so.
- Allow the dressing to sit on the kale for at least 10-15 minutes before serving.



# Tu-No Salad Sandwich

2 SERVINGS

- 1 Can Garbanzo Beans Rinsed
  - 2 Stalks Celery Diced
  - 1/4 Red Onion Diced
  - 2 Tbsp Parsley Chopped
  - 1/2 Avocado Chopped (optional)
  - 1/2 Cup Pickles Chopped
  - Sauce
  - 1/2 Cup Water
  - 1/4 Cup Raw Cashews
  - 1 Tbsp Lemon Juice
  - 1 Tbsp Maple Syrup
  - 1/2 Tbsp Apple Cider Vinegar
  - 2 Tsp Mustard
  - 1/2 Tsp Garlic Powder
- 
- Drain and rinse garbanzo beans. Place beans in medium sized bowl and mash with potato masher. Add onion, celery, parsley, and stir. If using avocado, add that now and stir in with other veggies.
  - Blend together sauce ingredients.
  - Add sauce to the beans and veggies and mix together. Serve on a bed of greens, in tortilla wraps, on a slice of toasted Ezekiel Bread, or mix it with quinoa.



“ Take care  
of your  
body. It's  
the only  
place you  
have to  
live. ”

Jim Rohn

# Dinner Recipes



# Not Your Grandma's Chickpea Noodle Soup

6 SERVINGS

- 1 Yellow Onion diced
- 4 cloves Garlic minced
- 4 Carrots diced
- 4 stalks Celery diced
- 3 cups Spinach roughly chopped
- 8 cups Veggie Broth
- 1 Bay Leaf
- 1 can Chickpeas drained and rinsed
- 8 oz Whole Wheat Pasta - macaroni
- 2 tbsp White Miso Paste
- 1/4 cup Nutritional Yeast
- 1/2 tsp Turmeric
- Salt and Pepper to taste

## INSTRUCTIONS

- In a large pot over medium heat, add onion, garlic, carrots and celery with a couple tbsp of water. Cook until veggies are soft, about 5 minutes.
- Once veggies are soft, add turmeric and stir for 30 seconds. Next, add veggie broth and bay leaf. Turn up heat, bring broth to a low boil. Once at a low boil, add in pasta.
- When pasta is almost cooked, add chickpeas, miso, and nutritional yeast.
- Once pasta is tender, turn off the heat and stir in spinach until wilted.
- Season with salt and pepper and serve.
- Enjoy!
- Note: To try a different variation, use Orzo instead of pasta. You could also use white beans instead of chickpeas.

## RECIPE

# 1 Pot Farro Primavera

4 SERVINGS

- 1 cup Farro
- 2 cups Vegetable Broth
- 15 oz Can Diced Tomatoes
- 1 small Onion diced
- 3 cloves Garlic sliced thin
- 1/2 cup Carrots sliced
- 1/2 cup Green bell pepper chopped
- 1/2 cup Red bell pepper chopped
- 1/2 tsp Dried Basil
- 1/2 tsp Dried Rosemary
- 1/2 tsp Dried Thyme
- 1/2 tsp Dried Oregano
- 1/2 tsp Crushed Red Pepper
- 1/2 tsp Salt
- 1/2 tsp Black Pepper
- 1 cup Fresh Spinach
- 1/2 cup Zucchini sliced
- Parsley to sprinkle on top

## INSTRUCTIONS

- In a medium sized saucepan over high heat, add all ingredients through the black pepper. Do not add the softer vegetables, zucchini and spinach, at this time. Bring ingredients to a boil and reduce heat to a simmer. Partially cover and cook for 20 minutes.
- Add zucchini and spinach, stir, and cook for another 10 minutes partially covered.
- Test farro for doneness. Farro is a crunchier and nutty grain. Sprinkle with parsley and enjoy!

# Smokey Mac and Cheese



- 1 cup Regular Rolled Oats
  - 1/3 cup Nutritional Yeast
  - 2 tbsp Cornstarch can sub with Arrowroot Starch
  - 1 tsp Salt
  - 1 7 oz jar Roasted Red Peppers with water, undrained
  - 2 tbsp Chopped Onion can sub with 1 tsp Onion Powder
  - 1 tbsp Apple Cider Vinegar can sub with 1 tbsp Lemon Juice
  - 2 tsp Hot Sauce
  - 1/8 tsp Liquid Smoke optional
  - 2 cups Boiling Water
- 
- Add the first 4 ingredients to a blender and pulse until well combined. Next, add the remaining ingredients and blend until well combined and you have reached desired consistency. Sauce will thicken as it blends.
  - Serve with pasta and veggies of choice.



# Kale and Noodle Bowl

4 SERVINGS

## Tofu:

- 6 tbsp Low Sodium Tamari or Coconut Aminos
- 1/4 cup Maple Syrup
- 1 14 oz Block Firm Tofu cut into bite size pieces
- Noodles:
- 8 oz Brown Rice Noodles
- 3 tbsp Toasted Sesame Seeds
- 1 bundle Green Onions diced
- 4 cups Kale thinly sliced chiffonade style
- 1/2 cup Cilantro chopped
- 1 Avocado chopped

## Sauce:

- 3 tbsp Low Sodium Tamari
- 2 tbsp Water
- 5 tbsp Maple Syrup
- 2 tbsp Rice Vinegar
- 2 cloves Garlic minced
- 2 tsp Ginger minced I use a grater
- 1/2 Jalapeno seeded and diced
- Grated zest of 1 lime
- Juice of 1 lime
- 1 tsp Crushed red pepper flakes

## INSTRUCTIONS

- Preheat oven to 400 degrees. Line baking sheet with parchment paper or use silicone liner.
- In a bowl, combine the tamari or coconut aminos, maple syrup and tofu cubes. Toss until all cubes are well coated. Pour onto the lined sheet and bake for 30 minutes, until lightly browned.
- In a small lidded container, combine all the dressing ingredients. Place the lid on the container tightly and shake until well combined.
- Cook noodles, according to instructions on package. Drain and set aside.
- In a large bowl, combine cooked noodles, tofu cubes, kale, green onions, cilantro, avocado, sesame seeds and dressing. Toss to combine all ingredients. Serve immediately.

## RECIPE

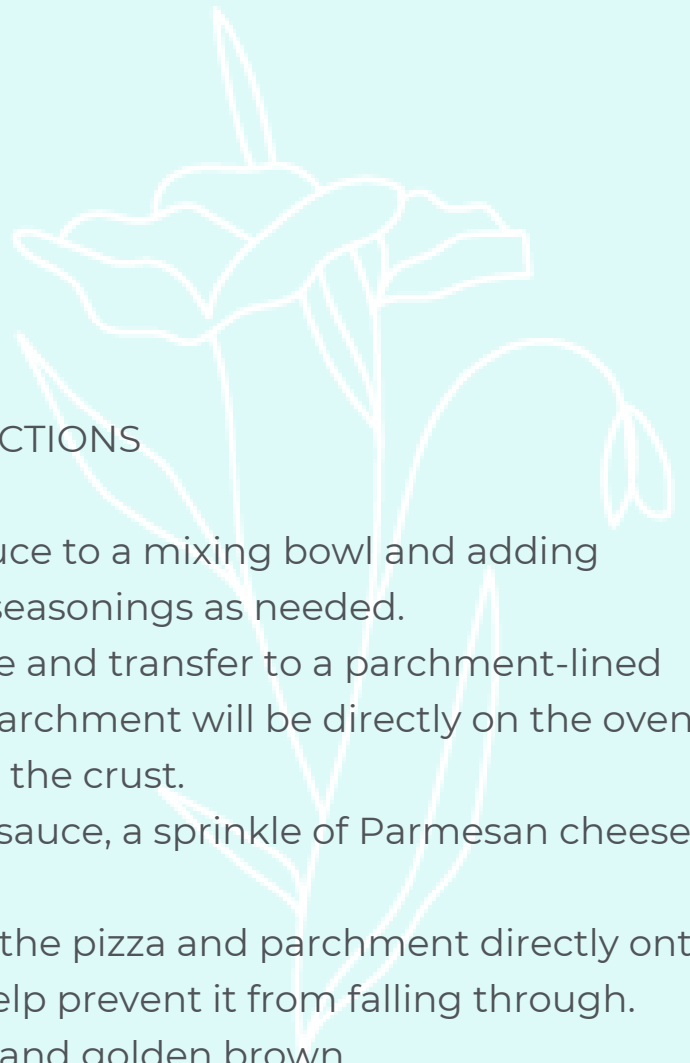
# Simple Plant-Based Pizza

4 SERVINGS

- Pizza:
- 1/2 of one Trader Joe's garlic-herb pizza crust \*\*see note below for alternative crust options\*\*
- 1/2 cup Bell pepper chopped
- 1/3 cup Red onion chopped
- 1 cup Button mushrooms chopped
- 1/3 cup Pineapple chunks
- 1/3 cup Pickled hot pepper (jalapeno or banana peppers) sliced
- 1/3 cup Black Olives sliced
- 1/4 cup Vegan Parmesan Cheese
- Sauce:
- 1 15oz Can tomato sauce
- 1/2 tsp dried basil
- 1/2 tsp dried oregano
- 1/2 tsp dried garlic powder
- 1/2 tsp crushed red pepper flakes
- 1/4 tsp salt (to taste)

## INSTRUCTIONS

- Preheat oven to 425 degrees.
- Prepare sauce by adding tomato sauce to a mixing bowl and adding seasonings and salt to taste. Adjust seasonings as needed.
- Roll out dough onto a floured surface and transfer to a parchment-lined round baking sheet. The pizza and parchment will be directly on the oven rack, without a pan, to properly crisp the crust.
- Top with desired amount of tomato sauce, a sprinkle of Parmesan cheese and the veggies.
- Use the baking sheet to gently slide the pizza and parchment directly onto the oven rack. The parchment will help prevent it from falling through.
- Bake for 17-20 minutes or until crisp and golden brown.



# Instant Pot Jambalaya

4 SERVINGS



- Add to Instant Pot
- 1/2 Yellow Onion Chopped
- 1/2 Bell Pepper Chopped
- 3 Cloves Garlic Minced
- 2 1/4 Cups Short Grain Brown Rice
- 1 15 oz Can Pinto Beans
- 6 Cups Water
- 1 Tsp Liquid Smoke
- 1 Tsp Paprika
- 1 Tsp Thyme
- 1 Tsp Oregano
- 1/2 Tsp Cayenne
- 1/4 Tsp Cinnamon
- 1 Tsp Braggs Liquid Aminos
- **After pressure cooking**
- 2 Tomatoes Chopped
- 3 Cups Baby Spinach
- 1/4 Cup Nutritional Yeast
- Use saute feature on instant pot and saute onion, bell pepper and garlic until onion is translucent.
- Add the remaining ingredients in the "Add to Instant Pot" section.
- Turn off the saute setting. Put lid on pot and seal valve. Set to high pressure and cook for 12 minutes.
- Quick release valve when done cooking.
- Add tomatoes, spinach, and nutritional yeast. Add salt and pepper to taste.

# The Best Beefless Stew

6 SERVINGS

- 1 large Onion Chopped
- 2 medium Carrots Chopped
- 2 medium Celery Stalks Chopped
- 1 lb Crimini Mushrooms Chopped
- 6 cloves Garlic Minced
- 5 cups Water Veggie Broth
- 2 lbs Red Potatoes cut into 1 to 2 inch chunks
- 1/3 cup Tomato Paste
- 1 tbsp Italian Seasoning
- 1 tbsp Paprika
- 1 tbsp Fresh Rosemary Chopped
- 1 1/2 cups Frozen Peas
- 1/2 tsp Liquid Smoke Optional
- 1/2 cup Fresh Parsley Chopped

## INSTRUCTIONS

- In a Dutch oven over medium high heat, cook onions, carrots and celery in 1 tbsp water for 8 minutes, stirring frequently and adding an additional 1-2 tbsp of water as needed to prevent sticking. Stir in mushrooms and garlic and cook for another 5 minutes. Stir frequently and add water as needed.
- Stir in potatoes, tomato paste, Italian seasoning, paprika, rosemary, and broth. Bring to a boil and reduce heat to medium low. Cook, covered, for 15 minutes. Stir occasionally.
- Stir in peas and cook for another 5 minutes, or until potatoes are tender.
- Transfer 2 cups of the mixture to a blender. Blend until smooth and return mixture to Dutch oven. Stir to combine.
- Remove pot from the heat and stir in parsley, salt, pepper and liquid smoke if using.

## RECIPE

# Cauliflower Alfredo

4 SERVINGS

- 1 Large Head Cauliflower chopped About 3 cups
- 1/4-1/2 Cup Unsweetened Almond or Soy Milk
- 1/2 Yellow Onion chopped
- 3-4 Cloves Garlic Minced
- 1/3 Cup Nutritional Yeast
- 1/4 Tsp Ground Nutmeg
- 1 Tsp Braggs Liquid Aminos
- Salt and Pepper to Taste
- Juice of Half a Lemon

## INSTRUCTIONS

- Add cauliflower to a large pot and add water to cover. Bring to a boil over high heat and cook until the cauliflower is fork tender, about 10 minutes.
- Once tender, drain water and set aside.
- While the cauliflower is cooking, put chopped onion and garlic to a large saucepan and saute over medium heat until softened and fragrant. Add 1-2 tablespoons of water as needed to keep onions from sticking to the pan.
- Add cooked cauliflower, onion and garlic, milk, nutritional yeast, Braggs Liquid Aminos, lemon juice, and nutmeg to a high powered blender and blend until smooth. Add more non-dairy milk if needed to achieve desired consistency.
- Add sauce to your favorite pasta. Pairs well with steam broccoli and caramelized mushrooms.

# Plant-Based Mac & Cheese

4 SERVINGS



- 2 Cups Russet Potatoes peeled
  - 1 Cup Carrots
  - 1/4 Red Onion
  - 2 Cups Water
  - 1/2 Cup Nutritional Yeast
  - 1 Tsp Onion Powder
  - 1 Tsp Garlic Powder
  - 1 Tbsp Lemon Juice
  - 1/2 Tsp Cayenne Pepper
  - 1/4 Cup Raw Cashews Soaked
  - 1 Tsp Braggs Liquid Aminos
- 
- Peel potatoes. Dice potatoes, carrots and onion. Boil them in the 2 cups of water until soft.
  - Once potatoes and carrots are soft, add the mixture to a blender and allow to cool.
  - Add all the remaining ingredients into blender. If using cashews, drain those and add to blender at this time. Blend until cheese is extremely smooth. This cheese can be stored in a refrigerator for up to a week.
  - Add sauce to your favorite pasta. Load the dish with veggies: broccoli, peas, mushrooms, brussel sprouts....

A variety of fresh fruits and vegetables are scattered across the page, including tomatoes, mushrooms, cucumbers, carrots, eggplants, and a wicker basket filled with produce at the bottom. The background is a light, neutral color.

“ I totally  
regret  
eating  
healthy  
today ”

Nobody ever

# Dessert Recipes





# Peaches & Cream

3 SERVINGS

- 4 Ripe Peaches
- 1 Cup Raw Cashews soaked in water for 1 hour if you DON'T have a high speed blender
- 1/2 Cup Non-Dairy Milk
- 3 Tbsp Maple Syrup
- 1/2 Tsp Cinnamon
- 1/4 Tsp Nutmeg
- 1/2 Cup Chopped Pecans

## INSTRUCTIONS

- Put cashews, non-dairy milk, maple syrup, cinnamon and nutmeg in a high speed blender, such as a Vitamix. Blend until smooth and creamy. You may need to stir the cream a couple times. Add more milk as needed to reach your desired consistency. Add 1 tbsp at a time so the cream doesn't get too thin.
- Chop up peaches into thin slices.
- Chop up pecans.
- Put peaches into a bowl. Top with a couple dollops of cashew cream sauce. Sprinkle with pecans.



## RECIPE

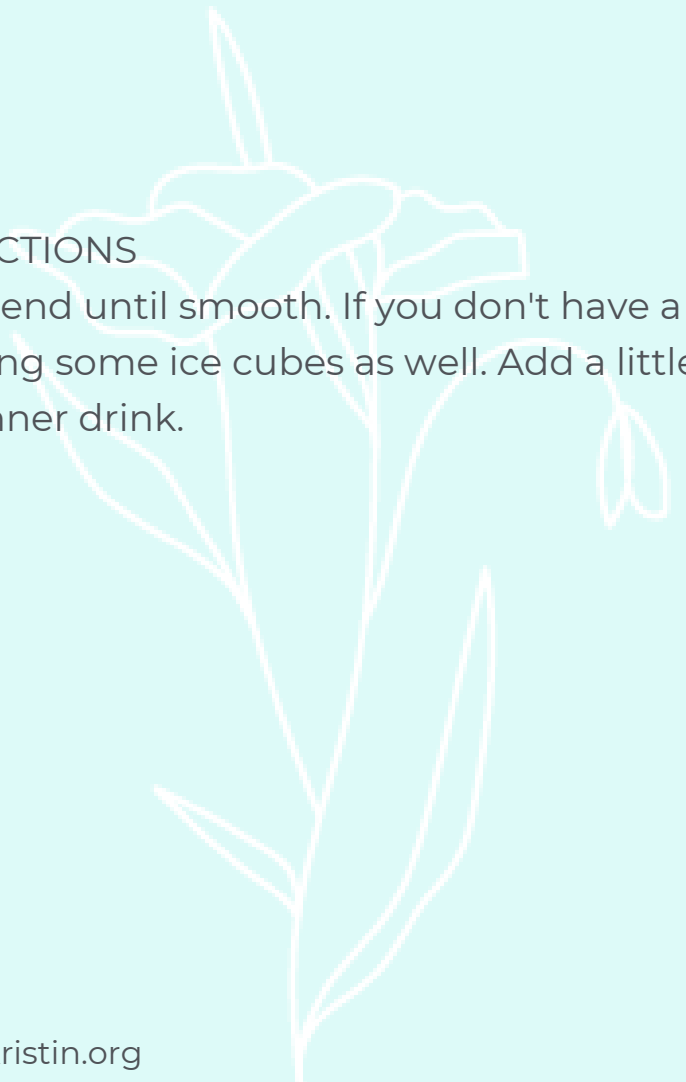
# Chocolate Maca Milkshake

2 SERVINGS

- 1 Frozen Banana
- 1 Tsp Maca Powder
- 3 Tsp Cacao Powder
- 1 Tsp Cinnamon
- 1-2 Tbsp Maple Syrup
- 1 Tbsp Coconut Flakes
- 1/2 Cup Almond Milk

## INSTRUCTIONS

- Add all ingredients to blender and blend until smooth. If you don't have a frozen banana, this will work by adding some ice cubes as well. Add a little more milk or water if you want a thinner drink.



# Cherry Garcia Nice Cream

2 SERVINGS



- 2 Frozen Overripe Bananas
  - 1/2 Cup Frozen Cherries
  - 1/4 Tsp Vanilla Extract
  - 1 Tbsp-1/4 Cup Plant Based Milk as needed
  - 1 Tbsp Vegan Chocolate Chips
- 
- Add bananas, cherries, vanilla and milk to blender. Blend until desired consistency. Add the chocolate chips and blend till chopped and mixed. Top with a couple more chocolate chips if desired.

# Thank You!



I hope you enjoyed  
this Starter Guide!

Use these recipes during your meal prep to make it easier and to save you time each week!

It doesn't matter what eating pattern you follow, one of the best ways to be successful with your health and your health goals is to be prepared.

Being prepared for those busy days, busy weeks and our busy lives. Cheers to you and your meal prepping success!

**NURSE KRISTIN**

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