

FIRST MEAL PREP DAY - DAY 0

1. SOAK THE BEANS

If you're preparing the meals on Sunday morning, you'll need to soak the beans the night before. If you're preparing them Sunday night, then soaking them Sunday morning is fine!

Note: if you want to save time, you can also buy beans in jars instead.

Soak:

1 cup chickpeas (also called garbanzo beans), which will make 3 cups cooked beans

1/3 cup cranberry heritage beans (or any other beans, like kidney beans), which will make 1 cup cooked beans

2. COOK THE BEANS & QUINOA

2.1. Cook the beans according to package instructions. Set 1 cup of cooked chickpeas aside for the hummus. Let the rest cool before storing it in airtight containers in the fridge. Cooked beans last 3-5 days in the fridge (the hummus will last slightly longer).

2.2 Cook slightly under 1 cup quinoa according to package instructions. 1 cup of dried quinoa yields about 3 cups of cooked quinoa. You'll need 2.5 cups for the recipes. Let the quinoa cool and store in the fridge in an airtight container. You can use white or red quinoa, or a combination of both.

3. MAKE THE TOPPINGS

Coconut bacon

Ingredients:

1/3 cup coconut flakes

1 tsp maple syrup,

1 tsp liquid smoke

1 tsp tamari or soy sauce

1/4 tsp smoked paprika

Directions:

1. Preheat the oven to 300 degrees Fahrenheit/ 150 degrees Celsius.
2. Mix all the liquid ingredients and coat the coconut flakes with mixture. Make sure all the coconut flakes are covered.

3. Line a baking tray with parchment paper and spread out the coconut flakes. Bake for 10 minutes, until the flakes are golden brown.
4. Let them cool and store them at room temperature in an air tight container (like a mason jar)

Toasted Curry Pumpkin Seeds

Note: this is just to give the pumpkin seeds a little extra taste. You can skip this step and simply use un-toasted seeds instead.

Ingredients:

- 6 tbsp pumpkin seeds
- 1 tbsp olive oil
- 2 tsp curry powder
- ½ tsp sea salt

Directions:

1. Add all ingredients to a pan and toast the seeds at high heat for just about 2 minutes. Stir well to make sure they don't burn.
2. Remove from stovetop and let them cool.
3. Remove excess oil with a kitchen towel and store them in an airtight container at room temperature.

4. ROAST/BAKE THE ROOT VEGGIES

Ingredients:

- 2/3 cup diced sweet potatoes (note: no need to peel them, but you can if you want to)
- 2/3 cup chopped carrots
- 2/3 cup peeled beets

Directions:

1. Preheat the oven at 400 degrees Fahrenheit/ 200 degrees Celsius.
2. Place the veggies on a baking tray lined with parchment paper (you can reuse the one you used for the coconut bacon). No oil or salt needed.
3. Bake the root veggies for 45 minutes.
4. Let them cool and store them in an airtight container in the fridge.

5. COOK THE "VEGGIE MIX"

Ingredients:

5 tbsp olive oil
3 large onions
4 garlic cloves
1/2 head cauliflower
3 zucchini
3 bell peppers
2 tbsp veggie paste (see notes in the shopping guide)
1/4 cup water

Directions:

1. Chop/dice all the veggies.
2. Heat the olive oil in a large pan or pot and add the onions and garlic. Cook at medium heat for 10 minutes.
3. Add the rest of the veggies and the veggie paste and 1/4 cup water. Stir well and cook for another 10 minutes.
4. This will make about 10 cups of cooked veggies (you'll need 5 servings of 2 cups each for the recipes). Remove excess liquid, let the veggies cool and store in an airtight container in the fridge.

6. COOK THE MAPLE GLAZED TEMPEH

Ingredients:

2 tbsp olive oil
1 large onion
2 garlic cloves
2 stalks celery
1 tbsp veggie paste
8 oz tempeh
1 tsp smoked paprika
1/4 cup water
1 tsp liquid smoke
2 tbsp maple syrup

Directions:

1. Chop the onion, mince the garlic and cut the celery very thinly. Cut the tempeh into 1-1 1/2 inch pieces.

2. In a pan, heat the olive oil, onion, garlic and celery at medium heat and cook for 7 minutes.
3. Add all other ingredients except the maple syrup and cook for another 4 minutes.
4. Add the maple syrup at the very end and stir well.
5. Let the tempeh cool and store in the fridge in an airtight container.

This will make about 2 1/2 cups. You'll need 2 servings of 1 1/4 cups each for the meals.

7. MAKE THE DRESSINGS

Tahini lemon dressing

Ingredients:

- 1/2 cup tahini (the oil in tahini tends to separate in the jar, so make sure you mix it well before measuring)
- 1/3 cup lemon juice (the juice of 1 large or 2 small lemons)
- 1/3 cup water
- 1 pinch sea salt

Directions:

1. Mix all ingredients in a bowl using a fork or whisk.
2. Store in an airtight jar in the fridge.

Hummus

(note: you can also use store-bought hummus instead)

Ingredients:

- 1 cup cooked chickpeas
- 1/4 cup tahini
- 1/4 cup water
- 1/3 cup lemon juice (the juice of 1 large or 2 small lemons)
- 1 garlic clove
- 1 tsp sea salt
- 1/4 cup olive oil

Directions:

1. Mix all ingredients in a bowl using a fork or whisk.
2. Store in an airtight jar in the fridge.

Maple mustard

Ingredients:

- 1/2 cup yellow or dijon mustard

1/4 cup maple syrup

Directions:

1. Mix all ingredients in a bowl using a fork or whisk.
2. Store in an airtight jar in the fridge.

8. PREP THE GREENS

The romaine lettuce and collard greens in the recipes are chopped/shredded. In order to save time during the week, you can do this in advance. The same goes for the snack veggies.

9. FREEZE THE BANANAS

Freeze 8 ripe bananas (you'll need them for the smoothies). To freeze them, peel them and place them in a ziplock bag or reusable container. You can leave them whole as they're easy to break or cut when they're frozen.

SECOND MEAL PREP DAY - DAY 4 (Thursday)

1. COOK THE BEANS/LENTILS

White beans

1. Soak 1 1/3 cups dry white (cannellini) beans in the morning. This will make 4 cups of cooked beans
2. Cook the beans according to package instructions at night
3. Let them cool and store them in the fridge in an airtight container.

Beluga lentils

1. Lentils don't need to be soaked, so simply cook 1 cup of dry lentils according to package instructions (about 25minutes). This will make 2 cups of cooked lentils.
2. Let them cool and store them in the fridge in an airtight container.

2. ROAST/BAKE VEGGIES

Ingredients:

- 1 cup diced sweet potatoes (no need to peel them)
- 1 cup diced butternut squash (no need to peel it, the skin can be eaten)

Directions:

1. Preheat the oven at 400 degrees Fahrenheit/ 200 degrees Celsius.
2. Place the veggies on a baking tray lined with parchment paper. No oil or salt needed.
3. Bake for 45 minutes.
4. Let them cool and store them in an airtight container in the fridge.

RECIPES:

DAY 1

(1999 calories)

BREAKFAST (438 calories)

Granola with coconut yoghurt

Prep time: 3 minutes. Total time: 3 minutes.

INGREDIENTS

- 1/2 cup vegan granola (260 calories)
- 1/2 banana, sliced (53 calories)
- 1/2 cup coconut yoghurt (50 calories)
- 2 tbsp blueberries (10 calories)

Toppings:

- 1 tbsp almonds, sliced (45 calories)
- 1 tbsp goji berries (optional, you can use more blueberries instead) (20 calories)

LUNCH (674 calories)

Maple glazed Tempeh with quinoa and arugula

Prep time: 2 minutes. Total time: 2 minutes. (Add 2-3 minutes if you choose to reheat the tempeh and quinoa)

INGREDIENTS

- 1 1/4 cup maple glazed tempeh (449 calories)
- 1/2 cup cooked quinoa (111 calories)
- 2 cups arugula (10 calories)

Dressing:

2tbsp maple mustard (47 calories)

Toppings:

1 tbsp curried & toasted pumpkin seeds (57 calories)

DINNER (565 calories)

Veggie chickpea tortillas

Prep time: 2 minutes. Cook time: 6 minutes. Total time: 8 minutes.

INGREDIENTS

2 corn tortillas (105 calories)

2 cups veggie mix (235 calories)

1/2 cup cooked chickpeas (134.5 calories)

Dressing

2 tbsp tahini lemon dressing (62 calories)

Toppings:

1 tbsp coconut bacon (28.5 calories)

DIRECTIONS

1. Heat the tortillas in a pan for about 2–3 minutes at high heat.
2. Remove them from the pan and place them on a plate.
3. In the same pan, reheat the veggie mix and chickpeas together for another 2–3 minutes.
4. Serve with the dressing and coconut bacon.

SNACK (322 calories)

Fruit and nuts

INGREDIENTS

1 apple (95 calories)

1 1/2 cups of grapes (104 calories)

3 tbsp walnuts (123 calories)

DAY 2

(2015 calories)

BREAKFAST (478 calories)

Green Jumbo Smoothie

Prep time: 3 minutes. Total time: 3 minutes.

INGREDIENTS

3 frozen bananas (315 calories)

2 1/2 cups spinach (17 calories)

2 cups unsweetened cashew milk (50 calories)

1 tbsp peanut butter (96 calories)

DIRECTIONS

1. Blend all ingredients in a blender until smooth.

LUNCH (602 calories)

Roasted veggie salad

Prep time: 2 minutes. Total time: 2 minutes. (Add 2-3 minutes if you choose to reheat the veggies)

INGREDIENTS

2 cups mixed greens (15 calories)

2 cups veggie mix (235 calories)

1 cup root veggie mix (114 calories)

Dressing:

1/4 cup tahini lemon dressing (124 calories)

Toppings:

2 tbsp curried toasted pumpkin seeds (114 calories)

DINNER (690 calories)

Coconut chickpea curry

Prep time: 2 minutes. Cook time: 5 minutes. Total time: 7 minutes.

INGREDIENTS

- 1 tsp olive oil (40 calories)
- 4 shiitake mushrooms, sliced (26 calories)
- 2 cups veggie mix (235 calories)
- 1 tbsp curry powder (20 calories)
- 1/2 small can full fat coconut milk, 100mL (177.5 calories)
- 1/2 cup cooked chickpeas (134.5 calories)
- Sea salt & pepper to taste

Toppings:

- 1 tbsp curried & toasted pumpkin seeds (57 calories)

DIRECTIONS

1. Heat the olive oil and shiitake mushrooms in a pot or pan at medium to high heat for about 1 minute.
2. Add the rest of the ingredients (except for the toppings) and cook for another 4 minutes. Stir well.
3. Serve with the pumpkin seeds.

SNACK (245 calories)

Veggies with hummus

INGREDIENTS

- 1 red bell pepper (37 calories)
 - 2 stalks of celery (13 calories)
 - 1/3 cup hummus (195 calories)
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DAY 3 (2008 calories)

BREAKFAST (402.5 calories)

Blueberry oatmeal

Prep time: 2 minutes. Cook time: 3 minutes. Total time: 5 minutes.

INGREDIENTS

- 1/2 cup quick oats, measured dry (148 calories)
- 1 cup water
- 1/2 cup unsweetened cashew milk (12.5 calories)
- 2 tsp maple syrup (34 calories)
- 1/2 cup blueberries (42 calories)
- 1 tbsp peanut butter (96 calories)

Toppings:

- 1 tbsp goji berries (optional, otherwise just use more blueberries) (20 calories)
- 2 tbsp coconut flakes (50 calories)

DIRECTIONS

1. In a small pot, heat the oats and the water and cook at medium to high heat for 2-3 minutes. Stir well.
2. Remove from stovetop and mix with all other ingredients in a bowl.

LUNCH (785.5 calories)

Maple Glazed Tempeh with veggies and hummus

Prep time: 2 minutes. Total time: 2 minutes. (Add 2-3 minutes if you choose to reheat the tempeh and veggies).

INGREDIENTS

- 1 1/4 cup maple glazed tempeh (449 calories)
- 2 cups veggie mix (235 calories)
- 2 tbsp hummus (73 calories)

Toppings:

- 2 tbsp coconut bacon (28.5 calories)

DINNER (514.5 calories)

Green Bean plate with maple mustard

Prep time: 2 minutes. Cook time: 6 minutes. Total time: 8 minutes.

INGREDIENTS

- 1 tsp olive oil (40 calories)
- 2 cups green beans (87.5 calories)
- 1 cup cooked heritage cranberry beans (216 calories)
- 1 cup roasted root veggie mix (114 calories)
- Sea salt and pepper to taste

Side:

- 1 cup mixed greens (9.5 calories)

Dressing:

- 2 tbsp maple mustard (47.5 calories)

DIRECTIONS

1. Heat the oil in a pan at high heat and add the green beans.
2. Sauté the green beans for 3 minutes and add the sea salt and pepper.
3. Add the heritage beans and roasted root veggies to the pan and cook for another 2–3 minutes.

SNACK (305.5 calories)

Fruit and nuts

INGREDIENTS

- 1 papaya (small to medium sized, or 1/2 large fruit) (131 calories)
 - 1 lime (11 calories)
 - 1/4 cup walnuts (163.5 calories)
-

DAY 4 (2012.5 calories)

BREAKFAST (533 calories)

Banana Blueberry Shake

Prep time: 3 minutes. Total time: 3 minutes.

INGREDIENTS

3 bananas (315 calories)

1 cup blueberries (84.5)

1 1/2 cup cashew milk (37.5 calories)

1 tbsp peanut butter (96 calories)

DIRECTIONS

1. Blend all ingredients in a blender until smooth.

LUNCH (577 calories)

Chickpea quinoa salad

Prep time: 2 minutes. Total time: 2 minutes. (Add another 2–3 minutes if you choose to reheat the quinoa and chickpeas).

INGREDIENTS

2 cups chopped romaine lettuce (16 calories)

1/2 cup cooked quinoa (111 calories)

1 cup cooked chickpeas (269 calories)

Dressing:

1/4 cup tahini lemon dressing (124 calories)

Toppings:

2 tbsp coconut bacon (57 calories)

DINNER (654.5 calories)

Veggie coconut bowl

Prep time: 2 minutes. Cook time: 5 minutes. Total time: 7 minutes.

INGREDIENTS

2 cups veggie mix (235 calories)

1 cup cooked quinoa (222 calories)

1/2 small can full fat coconut milk, 100mL (177.5 calories)

2 tsp smoked paprika (13 calories)

Sea salt and pepper to taste

Toppings:

4 grape tomatoes, halved (6 calories)

1 handful fresh cilantro (1 calorie)

DIRECTIONS

1. Place all ingredients (except for the toppings) in a pot and cook at medium to high heat for 5 minutes. Stir well.
2. Serve with the tomatoes and cilantro.

SNACK (248 calories)

Veggies and hummus

INGREDIENTS

1 cup grape tomatoes (40 calories)

2 stalks of celery (13 calories)

1/3 cup hummus (195 calories)

DAY 5 (2017 calories)

BREAKFAST (401 calories)

Papaya maple oatmeal

Prep time: 2 minutes. Cook time: 3 minutes. Total time: 5 minutes.

INGREDIENTS

- 1/2 cup quick oats (148 calories)
- 1 cup water
- 1/2 cup cashew milk (12.5 calories)
- 1/2 papaya (small to medium sized), diced (65.5 calories)
- 2 tsp maple syrup (34 calories)
- 3 tbsp pecans (141 calories)

DIRECTIONS

1. Cook the oats in a pot with the water at medium to high heat for 2–3 minutes. Stir well.
2. Remove from stovetop and mix in a bowl with all other ingredients.

LUNCH (682 calories)

White bean butternut bowl

Prep time: 2 minutes. Total time: 2 minutes. (Add 2–3 minutes if you choose to reheat the beans, quinoa and squash)

INGREDIENTS

- 1 cup cooked white beans (249 calories)
- 1/2 cup roasted butternut squash (41 calories)
- 1/2 cup cooked quinoa (111 calories)
- 2 cups mixed greens (15 calories)
- 1/2 avocado (114 calories)

Dressing:

- 1/4 cup maple mustard (95 calories)

Toppings:

- 1 tbsp curried and toasted pumpkin seeds (57 calories)

DINNER (532 calories)

Rice noodle miso soup

Prep time: 3 minutes. Cook time: 5 minutes. Total time: 8 minutes.

INGREDIENTS

- 2 cups collard greens (23 calories)
- 4 shiitake mushrooms, sliced (26 calories)
- 1/2 red bell pepper, sliced (18.5 calories)
- 1 green onion, chopped (5 calories)
- 1 serving rice noodles, 83 grams (302 calories)
- 1/2 cup white beans (124.5 calories)
- 1 tsp vegetable broth (10 calories)
- 2 tsp miso paste (23 calories)
- 2 1/2 cups water

DIRECTIONS

1. Bring the water to a boil in a pot.
2. Remove from stovetop and add all other ingredients except the beans. Stir well and cover with a lid. (note: make sure you read the instructions on the rice noodle package. Most brands are cooked this way, but some may require the noodles to be boiled with the water instead of just being covered with boiling water).
3. Wait 5 minutes (add the beans towards the end).

SNACK (402 calories)

Fruit and nut butter

INGREDIENTS

- 2 bananas (210 calories)
 - 2 tbsp peanut butter (192 calories)
-

DAY 6 (1993.5 calories)

BREAKFAST (573 calories)

Green smoothie and fresh fruit

Prep time: 3 minutes. Total time: 3 minutes.

INGREDIENTS

Smoothie:

2 frozen bananas (210 calories)

1/2 kiwi (21 calories)

3/4 cup cashew milk (19 calories)

1 1/2 cup spinach (10 calories)

Rest:

1 apple (95 calories)

1/3 cup walnuts (218 calories)

DIRECTIONS

1. Blend the smoothie ingredients in a blender until smooth.

LUNCH (624.5 calories)

Beluga salad

Prep time: 2 minutes. Total time: 2 minutes. (Add 2-3 minutes if you decide to reheat the beans, lentils and butternut squash)

INGREDIENTS

1 cup cooked beluga lentils (170 calories)

1 cup cooked white beans (249 calories)

2 cups mixed greens (15 calories)

1/2 cup roasted butternut squash (41 calories)

1/2 lime (5.5 calories)

1/2 cup grape tomatoes, halved (20 calories)

Dressing:

1/4 cup tahini lemon dressing (124 calories)

DINNER (619 calories)

Veggie bowl

Prep time: 3 minutes. Cook time: 7 minutes. Total time: 10 minutes.

INGREDIENTS

- 1 tbsp olive oil (120 calories)
- 1 cup cauliflower, chopped (27 calories)
- 2 cups green beans (87.5 calories)
- 1 cup roasted sweet potatoes, diced (230 calories)
- 1 cup mixed greens (7.5 calories)
- 1/3 cup hummus (90 calories)

Toppings:

- 1 tbsp curried and toasted pumpkin seeds (57 calories)

DIRECTIONS

1. Heat the oil in a pan and add the cauliflower and green beans. Cook at medium to high heat for 4 minutes.
2. Reduce to medium heat and add the sweet potatoes. Cook for another 3 minutes.
3. Serve with the hummus and pumpkin seeds.

SNACK (214 calories)

Veggies and hummus

INGREDIENTS

- 2 red bell peppers (74 calories)
 - 2 medium sized carrots (50 calories)
 - 1/3 cup hummus (90 calories)
-

DAY 7 (1980.5 calories)

BREAKFAST (421 calories)

Blueberry granola

Prep time: 3 minutes. Total time: 3 minutes.

INGREDIENTS

- 1/2 cup vegan granola (260 calories)
- 1/3 cup blueberries (28 calories)
- 1/2 kiwi, sliced (21 calories)
- 1/2 cup coconut yoghurt (50 calories)
- 2 tsp cacao powder (optional) (17 calories)
- 1 tbsp almonds, sliced (45 calories)

LUNCH (660 calories)

Beluga sweet potato bowl

Prep time: 2 minutes. Total time: 2 minutes. (Add 2–3 minutes if you choose to reheat the lentils and sweet potatoes)

INGREDIENTS

- 1 cup cooked beluga lentils (170 calories)
- 1 cup roasted sweet potatoes (230 calories)
- 1 cup arugula (5 calories)
- 1 cup spinach (7 calories)
- 1/3 cup grape tomatoes (20 calories)
- 1 avocado, sliced (228 calories)

Dressing:

3 tbsp balsamic vinegar (42 calories) (note, you can use mustard or maple mustard instead)

DINNER (508.5 calories)

Bok choy miso soup

Prep time: 5 minutes. Cook time: 10 minutes. Total time: 15 minutes.

INGREDIENTS

- 1 small bok choy, chopped (55 calories)
- 2 cups collard greens (23 calories)

3 green onions, chopped (23 calories)
1 1/2 cup cooked white beans (373.5 calories)
1 thumb of ginger, thinly sliced (9 calories)
2 tsp miso paste (23 calories)
1 tsp vegetable broth (10 calories)
2 1/2 cups boiling water

DIRECTIONS

1. Bring the water to a boil and add the bok choy, green onions and ginger.
2. Cook at medium to high heat for 5 minutes.
3. Add the rest of the ingredients and cook for another 5 minutes at medium heat. Stir well.

SNACK (391 calories)

Fruit and nuts

INGREDIENTS

2 pears (203 calories)
1/4 cup pecans (188 calories)