

Meal Prep 1/2 - Day 0

Prepare Rice and Beans

Ingredients:

- 1/3 cup dry sushi rice
- 3/4 cup dry brown rice
- 2 cans or jars of black beans

Directions:

1. Cook the brown and sushi rice according to package instructions, then store in an airtight containers in a refrigerator.

Bake the Fall Crisp

(2 servings)

Ingredients:

- 1 pear, diced
- 1 apple, diced
- 1/2 cup raspberries
- 3 tbsp maple syrup
- 1 tbsp lemon juice
- 1 tbsp corn starch or gluten-free flour
- 1/2 cup quick oats
- 1/4 cup almonds
- 1/4 cup coconut shreds
- 1 tbsp pecans

Directions:

1. Preheat oven at 175C/350F.
2. In a small bread pan, mix 1 tbsp maple syrup, lemon juice, corn starch (or gluten-free flour), the pear, apple, and raspberries together thoroughly, then spread the mixture across the bottom of the tray evenly.
3. Blend almonds in a blender or food processor until they reach a fine consistency.
4. In a separate bowl, mix quick oats with the blended or processed almonds, coconut shreds and 2 tbsp maple syrup together thoroughly, then spread the mixture evenly over the first layer of ingredients.
5. Sprinkle the remaining pecans over the top, then cook for 30 minutes.
6. Remove from heat, then store in an airtight container in a refrigerator.

Make the BLT Tempeh (1 serving)

Ingredients:

4 oz tempeh, cut into strips
1 tbsp olive oil
1 tbsp maple syrup
1 tbsp soy sauce
1/2 tbsp liquid smoke
1/2 tsp paprika

Directions:

1. Mix the olive oil, maple syrup, soy sauce, liquid smoke, and paprika together, then soak the tempeh in the mixture for 20 minutes.
2. In a pan, cook the tempeh and the marinade at medium to high heat for 5 minutes, then flip the tempeh and cook for an additional 5 minutes, making sure to cook both sides evenly.
3. Remove from heat, then store in an airtight container in a refrigerator.

Make the Sautéed Tempeh (2 servings)

Ingredients:

8 oz tempeh, cubed
2 tbsp olive oil
1/2 tsp paprika
1/2 tsp sea salt
1/2 tsp black pepper

Directions:

1. In a pan, cook the tempeh with the olive oil at medium to high heat until it starts to brown.
2. Add paprika, sea salt, and pepper, then cook for an additional 8 minutes.
3. Remove from heat, then store in an airtight container in a refrigerator.

Make the Potato Wedges (3 servings)

Ingredients:

3 yukon potatoes

1 tbsp olive oil
1/4 tsp garlic powder
1/4 tsp sea salt
1/4 tsp pepper

Directions:

1. Preheat oven to 200C/400F
2. Slice the potatoes into wedges, then coat evenly with all other ingredients.
3. Place on a cooking tray lined with parchment paper, then cook for 45 minutes.
4. Remove from heat, then store in an airtight container in a refrigerator.

**Make the Sautéed Veggie Mix
(3 servings)**

Ingredients:

4 carrots, peeled and chopped
4 ears of corn (remove the corn for use) (You may also use 1 a can of corn)
1 bell pepper, chopped
3 onions, sliced
8 pieces asparagus, chopped
4 oz shiitake mushrooms, sliced
1 tbsp olive oil

Directions:

1. In a pan, cook all ingredients at medium heat for 12 minutes.
2. Remove from heat, then set aside, as you'll be using them in some of the recipes to follow!

**Make the Shepards Pie
(2 servings)**

Ingredients:

1 serving sautéed veggie mix
4 oz firm tofu, drained and crumbled
2 yukon potatoes
1 tbsp olive oil
2 tbsp almond milk
1 tsp garlic powder
1/2 tsp sea salt

Directions:

1. Preheat oven at 175C/350F.
2. Place the sautéed veggie mix in a small baking tray with the crumbled tofu.
3. In a separate pot, boil the potatoes until soft.
4. Remove the softened potatoes from the water, then place them in a bowl and mash them with a fork.
5. Once mashed, add the olive oil, almond milk, garlic powder, and sea salt, then mix together thoroughly.
6. Spread the mashed potato mixture over the initial layer of veggies and tofu in the baking tray.
7. Bake for 40 minutes or until the top has browned, then remove from heat and store in an airtight container in a refrigerator.

Make the Mushroom Gravy**(2 servings)****Ingredients:**

- 1 small onion, thinly sliced
- 4 white mushrooms, sliced
- 1 tbsp olive oil
- 2 tbsp nutritional yeast
- 1 tbsp soy sauce
- 1/2 cup vegetable broth
- 1 tbsp corn starch (or gluten-free flour)
- salt and pepper to taste

Directions:

1. In a small pan, cook the onion and mushrooms with the olive oil at medium heat for 10 minutes.
2. Add nutritional yeast and soy sauce while stirring frequently, and cook for an additional 2 minutes.
3. Add vegetable broth, then bring to a boil.
4. Once you reach a boil, add in corn starch and mix together thoroughly.
5. Reduce heat to low, then let simmer for 2 minutes.
6. Add salt and pepper to taste, then remove from heat and store in an airtight container in a refrigerator.

Make the Almond Caesar Dressing**(2 servings)**

Ingredients:

2 tbsp almonds
1 garlic clove
1 tsp olive oil
juice of 1/2 lemon
1 tsp dijon mustard
1 tsp maple syrup
1 tbsp nutritional yeast

Directions:

1. Soak the almonds in 1/2 cup of hot but not boiling water for 20 minutes.
2. Transfer the soaked almonds into a blender including the water, then add all other ingredients and blend until smooth.
3. Store in an airtight container in a refrigerator.

Make the Marinara Sauce

(2 servings)

Ingredients:

2 tbsp olive oil
2 garlic cloves, chopped
28 oz can crushed tomatoes
1/2 tsp sea salt
1 tsp maple syrup
1/2 tsp black pepper

Directions:

1. In a pan, cook the garlic with the olive oil for 1 minute at medium heat.
2. Add all other ingredients, then continue to cook for 5–7 minutes.
3. Reduce heat to low, then let simmer for an additional 10 minutes.
4. Remove from heat, then store in an airtight container in a refrigerator.

Freeze the Bananas

You'll want to peel then freeze 5 bananas in a ziplock bag

Meal prep 2/2 - Day 4**Make the Tofu Scramble**

(1 serving)

Ingredients:

4 oz firm tofu
1/2 bell pepper, chopped
1/2 onion, chopped
4 oz shiitake mushrooms, chopped
1 garlic clove, chopped
1 tbsp olive oil
1/2 tsp garlic powder
1/2 tsp turmeric
1/2 tsp black pepper
1/2 tsp sea salt

Directions:

1. Remove the tofu from packaging and drain all excess liquid using a kitchen towel. Crumble the tofu into small pieces.
2. In a pan, add the olive oil, bell pepper, onion, and garlic, then cook for 5 minutes at medium heat.
3. Add the tofu crumble, shiitake mushrooms, garlic powder, turmeric, pepper and sea salt, then mix well and cook for an additional 7 minutes.
4. Remove from heat and store in an airtight container in a refrigerator.

Make the Thai Pumpkin Soup

(2 servings)

Ingredients:

1 onion, chopped
1 garlic clove, chopped
2 tbsp olive oil
1 tbsp tomato paste
1 can pumpkin puree
1 thumb ginger
3 cups vegetable broth
8 oz coconut milk
1 tsp sea salt

Directions:

1. In a pan, cook the onion and garlic clove with the olive oil at medium heat for 4-5 minutes.

2. Add tomato paste, pumpkin puree, ginger, and vegetable broth, then bring to a boil.
3. Once it starts to boil, reduce heat and pour the mixture into a blender with the coconut milk and salt.
4. Blend until you reach a smooth consistency.
5. Store in an airtight container in a refrigerator.

Prepare the BBQ Cauliflower “Wings” (2 servings)

Ingredients:

1 head cauliflower

BBQ Batter:

1/2 cup almond milk

1/2 cup water

3/4 cup gluten-free flour

1 tsp garlic powder

1/2 tsp sea salt

BBQ Sauce:

4 oz tomato sauce

1 tbsp maple syrup

1 tbsp soy sauce

1 tbsp apple cider vinegar

1/2 tsp smoked paprika

1/2 tsp chili powder

Directions:

1. Preheat oven at 210C/420F
2. In a bowl, whisk all batter ingredients together thoroughly using a fork until you reach a smooth consistency, then let sit for 10 minutes to allow the batter to thicken.
3. Cut the cauliflower into bite size pieces, then coat them in the batter thoroughly.
4. On a baking tray lined with parchment paper, spread the coated cauliflower bites evenly, then bake for 20 minutes.
5. Once you see that they've started to turn golden brown, remove from the oven and let cool.
6. In a separate bowl, whisk the BBQ sauce together using a fork, then coat the cooked cauliflower bites evenly and store in an airtight container in a refrigerator.

Prepare the Tahini Dressing

(2 servings)

Ingredients:

2 tbsp tahini
1/4 tsp garlic powder
juice of 1/2 lemon
1/4 tsp sea salt
2 tbsp water

Directions:

1. Whisk all ingredients together thoroughly using a fork.
2. Store in an airtight container in a refrigerator.

Make the Raw Slaw

(3 servings)

Ingredients:

1 stalk broccoli, shredded
2 carrots, shredded
1/2 head purple cabbage, shredded

Directions:

1. Make sure all ingredients are shredded, then combine and store in an air tight container in a refrigerator.

NOTE: Some recipes you may want to reheat. If so, add 2-3 minutes to the prep time =)

NOTE: The serving sizes are broken down per time's the recipe will be used in different meals. Per example, if a recipe says it makes 2 servings, that means you will be using it 2 different times during the week. 1/2 the entire recipe the first time, and the rest the second time. If it says 3 servings, you'll divide it into 1/3 the total recipe. Etc.

DAY 1 (1975 cal)

DAY 1 BREAKFAST

Fall Fruit Crisp w/ Yogurt (493 cal)
Prep time - 2 mins/ Total time - 2 mins

Ingredients:

1 serving fall crisp (443 cal)

1/2 cup coconut yogurt (or any plant-based yogurt) (50 cal)

Directions:

1. Combine ingredients in a bowl and enjoy!

DAY 1 LUNCH

Tempeh BLT (735 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 2 slices gluten-free vegan bread (218 cal)
- 1 tbsp almond caesar dressing (98 cal)
- 1 serving BLT Tempeh (411 cal)
- 1/4 tomato, sliced (7 cal)
- 1 romaine leaf (1 cal)

Directions:

1. If you'd prefer your sandwich warm, toast the gluten-free bread until you reach a desired temperature.
2. Spread the almond caesar dressing on the bread, then top with the BLT Tempeh, tomato, and romaine leaf.
3. Enjoy!

DAY 1 DINNER

Veggie Packed Pasta (593 cal)

Prep time - 2 mins/ Total time - 9 mins

Ingredients:

- 2 oz (dry) gluten-free pasta (200 cal)
- 1/2 serving sautéed veggie mix (134 cal)
- 1 handful baby spinach
- 1 serving marinara sauce (259 cal)

Directions:

1. Cook pasta according to package instructions.
2. In a separate pan, reheat the veggie mix at medium heat for 3 minutes, then add the baby spinach and cook for an additional 3 minutes.
3. After the pasta is done cooking, drain it then mix together with all other ingredients and enjoy!

DAY 1 SNACK

Fruit (141 cal)

- 1 cup strawberries (36 cal)
- 1 banana (105 cal)

DAY 2 (1978 cal)

DAY 2 BREAKFAST

Pumpkin Oatmeal (626 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 3/4 cup oatmeal (230 cal)
- 1 1/4 cups water
- 3 tbsp pumpkin puree (102 cal)
- 2 tbsp maple syrup (102 cal)
- 1 tsp pumpkin pie spice (you may substitute cinnamon)
- 2 tbsp almond butter (192 cal)

Directions:

1. In a pan, cook the oatmeal with the water at medium heat until the oatmeal starts to thicken.
2. Add the pumpkin puree, maple syrup, and pumpkin pie spice, and continue to cook while stirring constantly.
3. Remove from heat, then add almond butter and enjoy!

DAY 2 LUNCH

Veggie Packed Pasta (726 cal)

Prep time - 2 mins/ Cook time - 7 mins/ Total time - 9 mins

Ingredients:

- 2 oz (dry) gluten-free pasta (200 cal)
- 1/2 serving sautéed veggie mix (267 cal)
- 1 handful baby spinach
- 1 serving marinara sauce (259 cal)

Directions:

1. Cook pasta according to package instructions.
2. In a separate pan, reheat the veggie mix at medium heat for 3 minutes, then add the baby spinach and cook for an additional 3 minutes.

3. After the pasta is done cooking, drain it then mix together with all other ingredients and enjoy!

DAY 2 DINNER

Shepards Pie (521 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 1 serving shepards pie (385 cal)
- 1 serving mushroom gravy (136 cal)

Directions:

1. Reheat if you wish to enjoy warm!

DAY 2 SNACK

Fruit & Nuts (189 cal)

- 2 tbsp almonds (94 cal)
- 1 apple (95 cal)

DAY 3 (1981 cal)

DAY 3 BREAKFAST

Green Smoothie (523 cal)

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

- 3 bananas (315 cal)
- 1 cup almond milk (39 cal)
- 1 tbsp peanut butter (96 cal)
- 1 cup baby spinach (7 cal)
- 2 tbsp coconut flakes (66 cal)

Directions:

1. Blend all ingredients except for the coconut flakes until you reach a desired consistency.
2. Top with coconut flakes and enjoy!

DAY 3 LUNCH

Caesar Salad (571 cal)

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

- 2 cups chopped romaine (16 cal)
- 1 cup halved cherry tomatoes (18 cal)
- 1/2 can of corn or 1 ear of corn (corn removed) (99 cal)
- 1 serving sautéed tempeh (340 cal)
- 1 serving almond caesar dressing (98 cal)

Directions:

1. Combine all ingredients in a bowl and enjoy!

DAY 3 DINNER**Tempeh Stir Fry (792 cal)**

Prep time - 2 mins/ Cook time - 5 mins/ Total time - 7 mins

Ingredients:

- 1 serving sautéed tempeh (340 cal)
- 1 serving sautéed veggies (267 cal)
- 1 tsp olive oil (40 cal)
- 1 cup fresh spinach (7 cal)
- 1/4 cup brown rice (62 cal)

Sauce:

- 2 tbsp soy sauce (18 cal)
- 1 tbsp maple syrup (51 cal)
- 1/2 tsp garlic powder (5 cal)

Directions:

1. In a pan, cook the tempeh, veggies and spinach with the olive oil at medium heat for 5 minutes.
2. In a separate bowl, mix the sauce ingredients together using a fork.
3. Remove pan from heat, then mix in the sauce.
4. Serve over brown rice and enjoy!

DAY 3 SNACK**Veggies (97 cal)**

- 3 carrots (50 cal)
- 1/2 serving tahini dressing (47 cal)

DAY 4 (1984 cal)

DAY 4 BREAKFAST

Fall Fruit Crisp (493 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

1 serving fall crisp (443 cal)

1 cup coconut yogurt (or any plant-based yogurt) (50 cal)

Directions:

1. Blend smoothie ingredients until you reach a desired consistency.
2. Enjoy your smoothie with an assortment of nuts and dried cranberries on the side!

DAY 4 LUNCH

Shepards Pie (522 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

1 serving shepards pie (386 cal)

1 serving mushroom gravy (136 cal)

Directions:

1. Reheat if you wish to enjoy warm!

DAY 4 DINNER

Potato Wedge Bowl (596 cal)

Prep time - 2 mins/ Total time - 2 mins

Bowl Ingredients:

2 servings potato wedges (386 cal)

1 cup spring mix (7 cal)

1/2 cup black beans (120 cal)

1/4 avocado (57 cal)

Maple Mustard:

1 tsp maple syrup (17 cal)

1 tbsp mustard (9 cal)

Directions:

1. Combine all bowl ingredients in a dish.

2. Mix the maple mustard ingredients together thoroughly using a fork or whisk.
3. Add the maple mustard to the other ingredients and enjoy!

DAY 4 SNACK

Fruit (372 cal)

- 3 carrot, (75 cal)
- 1 banana, (105 cal)
- 2 tbsp almond butter, (192 cal)

DAY 5 (1988 cal)

DAY 5 BREAKFAST

Pumpkin Smoothie (507 cal)

Prep time - 3 mins/ Total time - 3 mins

Ingredients:

- 3 frozen bananas (315 cal)
- 1/2 cup pumpkin puree (42 cal)
- 1 tsp pumpkin pie spice (you may substitute cinnamon)
- 3 dates, pitted (60 cal)
- 1 cup almond milk (39 cal)
- 1 tbsp sunflower seeds (51 cal)

Directions:

1. Blend all ingredients until you reach a smooth consistency and enjoy!

DAY 5 LUNCH

Thai Pumpkin Soup (514 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 1 serving Thai pumpkin soup (403 cal)
- 1/2 handful cilantro
- 1/2 chopped green onion (2 cal)
- 1 slice gluten-free bread (109 cal)

Directions:

1. Reheat the soup if you'd like to enjoy warm, then top with cilantro and onions.
2. Dip your gluten-free bread and enjoy!

DAY 5 DINNER

BBQ Cauliflower Salad (743 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 2 cups spring mix (15 cal)
- 1 serving raw slaw (108 cal)
- 1 serving bbq cauliflower wings (324 cal)
- 1/2 avocado (114 cal)
- 1/2 cup black beans (120 cal)
- 1 serving tahini dressing (62 cal)

Directions:

1. Combine all ingredients together in a bowl and enjoy!

DAY 5 SNACK

Veggies & Nut Butter (224 cal)

- 2 carrots (50 cal)
- 1 celery stalk (6 cal)
- 1 3/4 tbsp almond butter (168 cal)

DAY 6 (2000 cal)

DAY 6 BREAKFAST

Tofu Scramble Breakfast Bowl (514 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 1 serving tofu scramble (311 cal)
- 1 serving potato wedges (193 cal)
- 1 cup spring mix (10 cal)

Directions:

1. Place all ingredients in a bowl and enjoy!

DAY 6 LUNCH

Avocado Sushi (563 cal)

Prep time - 2 minutes/ Total time - 2 minutes

Ingredients:

1 avocado, sliced (227 cal)
1 serving sushi rice (278 cal)
4 nori sheets (40 cal)
2 tbsp soy sauce (18 cal)

Side Salad:

1 cup spring mix (10 cal)
1 serving raw slaw (108 cal)
1/2 serving tahini dressing (31 cal)

Directions:

1. Cook sushi rice according to package instructions.
2. Once the rice finishes cooking, you'll want to spread the rice and avocado slices evenly across all 4 nori sheets (be sure to wet your fingers when handling the rice to prevent stickiness)
3. Roll the nori sheets up, then slice to your desired thickness. Enjoy with soy sauce!
4. In a separate bowl, combine all salad ingredients together and enjoy!

DAY 6 DINNER

Thai Pumpkin Soup (513 cal)

Prep time - 2 mins/ Total - 2 mins

Ingredients:

1 serving Thai pumpkin soup (403 cal)
1/2 handful cilantro
1/2 chopped green onion (1 cal)
1 slice gluten-free bread (109 cal)

Directions:

1. Reheat the soup if you'd like to enjoy warm, then top with cilantro and onions.
2. Dip your gluten-free bread and enjoy!

DAY 6 SNACK

Fruit & Nuts (260 cal)

2 apples (189 cal)
1 1/2 tbsp almonds (71 cal)

DAY 7 (2008 cal)

DAY 7 BREAKFAST

Fall Smoothie Bowl (513 cal)

Prep time - 3 mins/ Total time - 3 mins

Smoothie Bowl Ingredients:

- 2 frozen banana (210 cal)
- 1 cup strawberries (49 cal)
- 1 cup baby spinach (7 cal)
- 2 pitted dates (40 cal)
- 1 cup almond milk (39 cal)
- 1 tbsp almond butter (96 cal)

Toppings:

- 1 tbsp chopped almonds (39 cal)
- 1 tbsp coconut flakes (33 cal)

Directions:

1. Blend all smoothie bowl ingredients until you reach a smooth consistency.
2. Pour the blend into a bowl, then add toppings and enjoy!

DAY 7 LUNCH

BBQ Buddha Bowl (761 cal)

Prep time - 2 mins/ Total time - 2 mins

Ingredients:

- 1 cup brown rice (248 cal)
- 1 serving bbq cauliflower wings (324 cal)
- 1 cup spring mix (7 cal)
- 1/4 avocado (57 cal)
- 1 serving raw slaw (108 cal)

Toppings:

- 1 tsp sunflower seeds (17 cal)

Directions:

1. Combine all main ingredients in a bowl, then top with sunflower seeds and enjoy!

DAY 7 DINNER

Tortilla Pizza (535 cal)

Prep time - 3 minutes/ Cook time - 19 mins/ Total time - 22 minutes

Ingredients:

- 3 corn tortillas (157 cal)
- 3 white mushrooms, chopped (12 cal)
- 2 bell pepper, chopped (74 cal)
- 1 small onion, chopped (28 cal)
- 2 cup spinach (14 cal)
- 2 tbsp olive oil (239 cal)
- 3 tbsp tomato sauce (11 cal)

Directions:

1. Preheat the oven at 175C/350F
2. In a pan, cook the mushrooms, pepper, onion, spinach and olive oil at medium heat for 7 minutes.
3. On a baking tray lined with parchment paper, place the 3 corn tortillas spread evenly across, then spread 1 tbsp of tomato sauce on each.
4. Top the corn tortillas with the cooked mushrooms, pepper, and onion.
5. Bake the tortilla pizza for 10-15 minutes.
6. Remove from the oven before it starts to burn and enjoy!

DAY 7 SNACK**Fruit (200 cal)**

- 1 banana (105 cal)
- 1 apple (95 cal)