

LOADED ITALIAN VEGGIE BAGEL

Meal A

Serves 2

Ingredients:

2 whole grain bagels (or your favorite) or gluten free tortillas

4 oz button or cremini mushrooms, sliced (or the rest of the package after saving 4 for Hearty Meatball Subs)

1 small onion, sliced

½ bell pepper, sliced

Toppings (choose your favorites)

Tomato slices, optional

Handful spinach or romaine lettuce, optional

Banana peppers, optional

Jalapenos, optional

Black olives, optional

Creamy Italian Dressing

1 Tbsp Italian seasoning blend

1 clove garlic

2 Tbsp cashews (soaked if not using a high speed blender)

2 Tbsp nondairy milk

3 Tbsp apple cider vinegar

½ tsp sea salt

Dash black pepper

Directions:

1. In a small non-stick skillet on medium heat, add a few tablespoons of water with onions and peppers; saute until vegetables start to soften, about 5 minutes. Add in mushrooms and cook for another 5 minutes or until vegetables are soft and onions are translucent.
2. Toast bagels if desired.
3. Make Italian Dressing: Blend all ingredients in blender until smooth and creamy.
4. Assemble bagel: Place cooked vegetables onto bagel first, pour italian dressing over veggies. Then, top with your favorite toppings.

Per Serving: 380 Calories, 6.4g Fat, 69.5g Carbs, 8.6g Fiber, 10g Sugar, 15g Protein

Prep Notes: Cook onion and peppers ahead, blend dressing, storing in fridge separately for later use.

Kid-Friendly: Add melted vegan cheese with only desired toppings.

Add Calories: Serve with fresh fruit or baked potato wedges.

Up Your Greens: Serve with baked kale chips.

SESAME ORANGE SWEET POTATO

Meal B

Serves 2

Ingredients:

2 large sweet potatoes
Salt, to taste
15-oz frozen or fresh broccoli

Orange Sauce

½ cup dried apricots
1 cup orange juice
2 Tbsp low-sodium soy sauce or gluten-free tamari or soy-free coconut aminos
1 garlic clove
⅓ -inch piece fresh ginger
Juice of ½ lemon

4 green onions, sliced
½ Tbsp sesame seeds
1 cup cooked brown rice

To make Orange Sauce: Blend ingredients in high speed blender or food processor until smooth. Taste and adjust seasonings.

Directions:

1. Heat oven to 400F. Line baking sheet with parchment paper.
2. Chop sweet potatoes into cubes; mix in a dash of salt. Place on parchment lined baking sheet and bake for 38 minutes.
3. During the last 15 minutes of baking steam or boil broccoli. (Add the frozen broccoli in a skillet with 1/3 cup of water. Cover with the lid when it boils and lower the temperature, allowing it to steam. After 10-15 minutes turn heat off, but leave the lid on.)
4. Removed sweet potatoes from oven after 38 minutes and let cool for a couple minutes. Put sweet potato in a mixing bowl with Orange Sauce and mix well.
5. Place ½ serving of brown rice in a bowl, add broccoli, put orange sweet potatoes on top and garnish with a sprinkle of sesame seeds and green onions.

Per Serving: 368 Calories, 4.6g Fat, 78.4g Carbs, 9.5g Fiber, 23.7g Sugar, 10.2g Protein

Prep Notes: Make entire dish ahead, storing in fridge to reheat later. Alternatively, make Orange sauce and cook rice ahead, storing separately in fridge until ready to use.

Kid-Friendly: Add soy curls or vegan chik'n to dish.

Add Calories: Serve with additional veg and rice.

Lower Calories: Serve over riced cauliflower.

HEARTY MEATBALL SUB

Meal C

Serves 2

Ingredients:

1/2 cup cooked lentils

1 Tbsp water

1 small onion, diced

1 clove of garlic, minced

4 button or cremini mushrooms, diced

½ bell pepper, diced

1/2 tablespoon red wine, optional

1/4 cup breadcrumbs

1/4 cup crushed walnuts

1 tsp oregano

¼ tsp red pepper flakes or chili powder

½ tsp salt

1/4 tsp paprika

1/4 tsp fennel seeds

Dash nutmeg

Dash black pepper

1 tsp balsamic vinegar

1 cup of your favorite marinara sauce

2 sub rolls or gluten-free tortillas

Directions:

1. Preheat the oven to 350°F and line a baking sheet with with parchment paper.
2. Heat a large pan over medium heat. Add a splash of water and saute the onion, pepper, and garlic until soft and translucent, adding water as needed to prevent sticking. Add the mushrooms and saute until soft and brown. Add in the red wine, if

using and simmer for a minute to evaporate the alcohol. While the vegetables are sauteing, puree the lentils in a food processor and transfer to a large bowl.

3. When the vegetables are soft, transfer to the food processor and pulse a couple of times. Don't puree them completely; you want to keep a bit of texture. Add the veggies to bowl with the lentils along with the remaining meatball ingredients and mix well.
4. Roll your meatballs using about a tablespoon to a tablespoon and a half of the mixture for each ball. Place them on the lined baking sheet and bake until browned and firm to the touch – about 30 minutes.
5. Finally, once the meatballs are baked, pour the marinara sauce into a pan and use medium-low heat. Add the meatballs to the sauce and gently stir to coat them well.
6. Once sauce is heated through, add meatballs to sub roll and top with a little extra sauce.

Per Serving: 503 Calories, 16.6g Fat, 87.4g Carbs, 15.37g Fiber, 19g Sugar, 21.3g Protein
(These nutrition facts are based on a higher calorie marinara sauce. You can lower your calories by choosing a low-calorie sauce.)

Prep Notes: Can make dish ahead storing meatballs and sauce separately to reheat for later use. Alternatively, roll meatballs ahead, cover with plastic wrap or sealed container until ready to bake in the oven.

Lower Calories: Omit sub rolls and serve over baked spaghetti squash.

Up Your Greens: Serve with side salad or baked kale chips.

BLACK BEAN & CORN CAKES

Meal D

Serves 2

Ingredients:

¾ cup flour or gluten-free flour blend

¼ cup cornmeal

1 ½ tsp baking powder

¾ cup nondairy milk, unsweetened

2 Tbsp applesauce

1/2 cup corn, thawed

½ cup black beans, drained & rinsed

½ bell pepper, seeded & diced

½ cup salsa

3 green onions, sliced

Hot sauce, optional

Directions:

1. In a mixing bowl, whisk together flour, cornmeal and baking powder until combined. Create a well in the middle of the dry ingredients and add nondairy milk, applesauce, corn, black beans, bell pepper and half the green onions and stir just until incorporated. Do not overmix.
2. Heat nonstick skillet on medium-high. It is ready when drop of water sizzles or cut parchment paper to fit and place in skillet.
3. Place ½ cup batter for each cake into hot pan cooking until undersides are crisp, about 3-5 minutes. If doing more than one at a time, make sure cakes aren't touching each other. Gently slide spatula underneath cake, flipping to cook an additional 4 minutes.
4. Repeat until remaining batter is used.
5. Garnish with salsa, remaining green onions and hot sauce, if using.

Per serving: 279 calories, 2.4g fat, 52.8g carbs, 9.4g fiber, 7.4g sugars, 9.7g protein

Prep Notes: Best made to order. Alternatively, make ahead, storing in fridge to reheat for later.

Kid-Friendly: Top with vegan sour cream.

Add Calories: Serve with side of grains and top with diced avocado or guacamole.

Up Your Greens: Add chopped kale or spinach to batter.

HARVEST BOWL

Meal E

Serves 2

Ingredients:

2 cups kale
2 cups cooked brown rice
1 cooked sweet potato, diced
¼ cup dried cranberries
2 Tbsp pecans, crushed

Dijon Maple Dressing

1 Tbsp maple syrup
1 Tbsp balsamic vinegar
1-2 tsp Dijon mustard
Ground ginger
Garlic powder

Directions:

1. Steam kale (or leave raw, mixing in with hot rice to soften and turn bright green).
2. In serving bowls, layer rice, kale, diced sweet potato, cranberries and crushed pecans “cobb salad” style or toss together until incorporated.
3. Whisk together Dijon Maple Dressing ingredients and drizzle over everything to serve warm or cold.

Per serving: 436 calories, 6.8g fat, 86.3g carbs, 7.9g fiber, 26g sugars, 10.7g protein

Prep Notes: Prepare ahead, storing dressing separately until ready to serve.

Lower Calories: Omit pecans and add diced apple or pear.

DELI-STYLE CHICKPEA SAMMIE

Meal F

Serves 2

Ingredients:

¾ cup chickpeas

1 Tbsp vegan mayo (sub tahini for a more earthy, nutty flavor)

1/2 tsp dijon or spicy mustard (if using tahini instead of mayo, use 1/4 tsp)

2 Tbsp hummus

1 tsp lemon juice

1 tsp dried dill

1 clove garlic, minced

2 tsp maple syrup (or sub agave or honey if not ethical vegan)

1/4 cup chopped red onion

Pinch each salt and pepper (to taste)

Nondairy milk, unsweetened, or water to thin

4 pieces rustic bread, lightly toasted or 2 gluten-free tortillas

Sliced avocado, onion, tomato, pickles and/or lettuce for serving, optional

Directions:

1. Add chickpeas to a mixing bowl and lightly mash with a fork for texture. Add mayo, mustard, hummus, lemon juice, dill, garlic, maple syrup, red onion, salt, and pepper and mix with a spoon. Add water/milk to reach a creamy consistency. Taste and adjust seasonings as needed.
2. Toast bread, if desired, and prepare any other sandwich toppings (tomato, onion, lettuce).
3. Scoop a healthy amount of filling onto two of the pieces of bread, add desired toppings and sauce, and top with other two slices of bread.
4. Chickpea mixture will keep covered in the fridge for up to a few days, making it great for quick weekday lunches!

Per Serving: 475 Calories, 9.3g Fat, 79.9g Carbs, 15.5g Fiber, 14.8g Sugars, 19.8g Protein

Prep Notes: Make ahead.

Lower Calories: Omit bread or tortillas and serve over bed of greens.

Up Your Greens: Add layer of fresh spinach to sandwich or wrap.

CHICKPEA NOODLE SOUP

Meal G

Inspired by Forks Over Knives

Serves 2

Ingredients:

1 small onion, diced
1 carrot, diced
1 celery stalk, diced
1 garlic clove, minced
¾ tsp thyme
Pinch red pepper flakes
1 Tbsp flour (any flour, corn starch)
3 cups vegetable broth
4 ounces of spaghetti or gluten-free pasta
¾ cup chickpeas, drained and rinsed
1 cup spinach, loosely chopped
1 tsp lemon juice
½ tsp sea salt
Freshly ground black pepper

Directions:

1. Combine the onion, carrots, celery, garlic, thyme and red pepper flakes in a large soup pot; add ⅓ cup of water and saute over medium heat. Cook until vegetables have softened about 7 minutes. Add more water as needed to prevent sticking.
2. Stir in flour. Continue to cook on medium heat stirring constantly for 2 minutes.
3. Add the vegetable broth, cover the pot, and bring to a boil. Once boiling, break the spaghetti noodles in half and add them to the pot.
4. Reduce heat to simmer and continue cooking for another 12 minutes.
5. Add the chickpeas and simmer for 3 more minutes.
6. Add the spinach and cook for 1 more minute or until spinach is wilted.
7. Turn off the heat. Add the lemon juice, salt and pepper. Adjust to taste.

Per Serving: 381 Calories, 4.7g Fat, 64.4g Carbs, 6.4g Fiber, 4.3g Sugar, 19.8g Protein

Prep Notes: Make ahead. Alternatively, make soup ahead, cooking and storing pasta separately so spaghetti noodles don't soak up all the broth.

Add Calories: Serve with warm baguette, crackers or baked potato on the side.

RIDIN' SOLO CUPCAKE

Meal H

Serves 1

Ingredients:

Cupcake

3 Tbsp flour

Heaping 1/16th tsp salt

1 Tbsp unsweetened applesauce

1 Tbsp plus 1 tsp nondairy milk or water

1/4 tsp vanilla extract

1/4 tsp baking powder

1 ½ tsp raw sugar

Frosting

2 Tbsp peanut butter or allergy-friendly alternative (i.e. Sun Butter)

2-4 tsp pure maple syrup

1 Tbsp cocoa powder

2 tsp nondairy milk of choice, for thinner frosting

1/2 tsp pure vanilla extract

Optional: spoonful of chocolate chips

Directions:

Cupcake: Preheat the oven to 330F. Mix the ingredients and pour into a silicone muffin liner or lightly sprayed muffin pan. Smooth top of batter. Cook for 12-15-ish minutes. Alternatively, you can cook in the microwave, in a mug or ramekin. (Microwave times will vary, depending on the flour you use and the strength of your microwave.)

Frosting: Blend everything in a small food processor or Magic Bullet or whisk by hand which will yield a less creamy consistency. Best to store uneaten frosting covered in the fridge.

Per Serving: 378 Calories, 18g Fat, 47g Carbs, 4.7g Fiber, 20.8g Sugar, 13.2g Protein

MINT CHOCOLATE CHIP SMOOTHIE

Meal 1

Serves 1

Ingredients:

2 frozen bananas

1 cup fresh spinach, lightly packed

1/8 - 1/4 cup fresh mint leaves, lightly packed or 1/4-1/2 tsp peppermint extract

1 Tbsp vegan chocolate chips (i.e. Enjoy Life)

1 1/2 cups nondairy milk of choice

1/2 tsp vanilla extract

Directions:

1. If you love a lot of mint go for 1/4 cup of mint leaves, for a less intense mint flavor go for 1/8 cup.
2. Add all the ingredients to a blender and blend, blend, blend.

Per Serving: 253 Calories, 2.1g Fat, 59.7g Carbs, 8.6g Fiber, 31.5g Sugar, 4.5g Protein