

WALNUT TACO SALAD

Meal A

Serves 1

Ingredients:

Walnut Meat

1 cup walnuts

1 Tbsp low sodium soy sauce (or liquid aminos, GF tamari, SF coconut aminos)

½ tsp cumin

½ tsp chili powder

¼ tsp garlic powder

Dash paprika

Salad

2 cups Romaine lettuce, chopped (or your favorite greens)

1 small bell pepper, diced, any variety

1 small red onion, diced

1 tomato, diced

Optional: other chopped vegetables like cucumber, broccoli, cauliflower, avocado, radish, etc.

Directions:

1. Add walnut meat ingredients to a food processor or blender. Pulse until everything starts to stick together, about 1 minute.
2. Prepare ingredients by chopping and tossing in a bowl.
3. Add walnut meat to salad and toss together
4. Optional: Add extra soy sauce to taste.

Per Serving: 322 Calories, 21.2g Fat, 27.3g Carbs, 8.4g Fiber, 12.3g Sugar, 9.5g Protein

Prep Notes: Make Walnut Meat and Salad ahead, storing separately until ready to use. Dice tomato to order.

Kid-Friendly: Use desired veggies in salad and vegan ranch. Alternatively, serve “taco” style.

Lower Calories/Fat: Substitute 1 cup lentils (not red) for walnuts. Heat mixture as desired.

BROCCOLI AND CHEEZ SOUP

Meal B

Serves 2

Ingredients:

Cheez Sauce

3/4 cup peeled yellow or red potatoes, chopped

1/3 cup diced peeled carrots, chopped

1 Tbsp nutritional yeast

1 Tbsp water

1 tsp fresh lemon juice

1/2 tsp salt

1 garlic clove

1/4 teaspoon vinegar

Soup

1 small onion, diced

2 garlic cloves, minced

2 stalks celery, diced

3 cups broccoli florets, chopped

1 large Yukon Gold potato, chopped

1 ½ cups vegetable broth

1 Tbsp nutritional yeast

1/4 tsp cayenne pepper, or to taste

1 tsp lemon juice, or to taste

Salt, to taste

Ground black pepper, to taste

1 1/2 tsp white or yellow miso, to taste (or soy-free chickpea miso)

Smoked or sweet paprika

Fresh minced parsley, optional

Directions:

1. For the Cheez Sauce: Place the potatoes and carrots in a medium pot and add water to cover. Bring to a boil over high heat, reduce the heat to medium, and simmer uncovered for 10 to 15 minutes, until fork-tender. Drain.
2. While the potatoes and carrots are simmering, add the nutritional yeast, water, lemon juice, salt, garlic, and vinegar into a high-speed blender and set aside.
3. Chop the onions, garlic, celery, broccoli, and potatoes for the soup and set aside.

4. When the simmering potatoes and carrots (For Cheez Sauce) are fork-tender, drain them and add to the blender. Blend the Cheez Sauce until smooth, then transfer to a bowl. Wash out blender and set aside.
5. For the Soup: In a large pot, sauté a little water, onion, and garlic over medium heat, stirring frequently. Cook for about 3 to 5 minutes.
6. To the pot, add the celery, broccoli, and potatoes and sauté for a few minutes more. Now, add the broth, nutritional yeast, cayenne pepper, lemon juice, salt, and pepper. Cover and simmer over medium heat for about 13 to 15 minutes, until the potatoes are fork-tender. Turn off the heat and let the soup sit for a few minutes. Add the miso.
7. Carefully transfer the soup into blender (you might have to do this in two batches). Blend until smooth and place back into the pot.
8. Set aside 1/4 cup of Cheez Sauce for garnish. Add the rest to the soup and stir to combine. Adjust seasonings to taste if desired.
9. Ladle the soup into bowls and swirl in a tablespoon of the reserved cheese sauce into each bowl. Garnish with paprika and parsley, if using.

Per Serving: 249 Calories, 1.8g Fat, 51.1g Carbs, 7.4g Fiber, 5.5g Sugar, 12.1g Protein

Prep Notes: Make Soup and Cheez Sauce ahead, storing separately in fridge until ready to reheat and serve, resuming directions at step 8.

Kid-Friendly: Serve with crusty bread or crackers.

Add Calories: Serve over rice or with baked sweet potato on the side.

Up Your Greens: Add chopped kale or spinach at the end of step 6. Alternatively, serve with green salad.

ROASTED MUSHROOM PHILLY WITH GREENS

Meal C

Serves 2

Ingredients:

Mushrooms

1 ½ tsp Dijon mustard

1 tsp nutritional yeast

3 medium portobello mushrooms (or 2 portobellos and 4 ounces creminis)

Spice Mixture

1 Tbsp peppercorns

1 tsp paprika

2 tsp garlic powder

2 tsp onion powder

1 tsp red chili flakes

1 tsp sea salt

1 Tbsp thyme, dried

1 red bell pepper, sliced

1 small onion, sliced

2 garlic cloves, chopped

1 cup spinach and 1 cup arugula (or 2 cups of spinach)

Salt

Black pepper

2 kaiser or hoagie rolls or gluten-free tortillas

Cheese Sauce

½ cup soymilk or almond milk (unsweetened and plain)

1 tsp white or chickpea miso

2 tsp lemon juice

1 garlic clove

¼ cup raw cashews

3 Tbsp tapioca starch or flour/cornstarch

1 tsp sea salt

To make the Cheese Sauce: Add all ingredients to a blender and blend until smooth. Place on low-medium heat, cook while stirring continuously until cheese sauce reaches desired consistency, thick and creamy.

Directions:

1. Preheat oven to 375F. Combine the mustard and nutritional yeast in a small bowl. Mix well and set aside. Remove the stems and scrape the gills from the mushrooms. Place the mushrooms on a baking sheet, gill-side down, and spread all over with the mustard mixture. If using creminis, spread the mixture on the caps. Sprinkle the mushrooms with the spice mixture. Cover the pan with parchment paper and then tightly cover with aluminum foil. Bake for 45 minutes.
2. Chop the peppers into 1/2-inch thick slices. Slice onions. Heat a small amount of water in a large non-stick skillet over medium-high heat and add the peppers and onions. After vegetables soften add the garlic. Cook until onions are translucent. Add the greens and stir well using tongs. Season with salt and pepper.
3. When the mushrooms are ready, remove them from the pan and cut into thin slices. Stir mushrooms and peppers/onions into cheese sauce. Split and toast the rolls. Divide the mushrooms and peppers among the rolls and top with the greens to serve.

Per Serving: 452 Calories, 12.8g Fat, 72.4g Carbs, 7.6g Fiber, 12.4g Sugar, 17.3g Protein

SMASHED CANNELLINI & CRANBERRY WRAP

Meal D

Serves 2

Ingredients:

15-oz can cannellini beans or other white bean
2 stalks celery, diced
2 Tbsp dried cranberries
1 Tbsp nutritional yeast
3 Tbsp vegan mayo (or plain vegan yogurt)
Dash onion powder
Dash garlic powder
Dash curry powder
2 flour tortillas (burrito size) or gluten-free tortillas

Directions:

1. Mash beans with fork or pulse in food processor until no whole parts are left.
2. Stir in celery, dried cranberries, nutritional yeast, mayo or plain yogurt and dashes of onion, garlic and curry powders.
3. Taste and adjust seasonings.
4. Spread mixture on tortilla. Roll up and eat.

Per serving: 372 calories, 8.5g fat, 59.5g carbs, 19.2g fiber, 4.9g sugars, 22.7g protein

Prep Notes: Make bean filling ahead and store in fridge until ready to use.

Kid-Friendly: Omit celery and serve on side with hummus or peanut butter.

Add Calories: Serve with side of baked sweet potato or green salad.

Lower Calories/Fat: Use plain vegan yogurt in lieu of vegan mayo. Omit tortillas and serve mixture over bed of spring mix or lettuce.

Up Your Greens: Add spring mix or baby spinach to wrap.

CRISTY'S PASTA FAGIOLI

Meal E

Serves 2

Ingredients:

1 stalk celery, chopped
1/2 onion, diced
1-2 cloves garlic, minced
1 tsp dried parsley
1 ½ cups of your favorite marinara sauce
2 cups vegetable broth
¾ cup diced tomatoes
¼ cup uncooked small-shaped pasta or gluten-free pasta or rice
¾ cup red kidney beans, drained and rinsed
¾ cup chickpeas or other white bean, drained and rinsed
Optional: 2 Tbsp hot sauce (more or less to taste)

Directions:

1. Heat ¼ cup water in a large saucepan over medium heat. Cook celery, onion, garlic, parsley until onion is translucent, about 5 minutes, adding water or broth to prevent sticking.
2. Meanwhile, boil water and cook pasta 10 minutes or until tender, Drain.
3. Add vegetable broth, tomatoes and marinara sauce to pot with sauteed vegetables, and simmer on low for 15 to 20 minutes.
4. Add pasta and beans and mix well. Heat through and serve.

Per Serving: 328 calories, 5.3g fat, 50.5g carbs, 10.6g fiber, 12g sugars, 20.1g protein

Prep Notes: Make ahead, storing in fridge for later use.

Kid-Friendly: Puree soup after step 3 if desired. Serve with crusty bread or crackers for dipping and garnish soup with vegan parmesan.

Add Calories: Serve over baked potato.

Lower Calories/Fat: Omit pasta; add more veggies.

Up Your Greens: Stir in chopped kale or spinach at the end until greens turn bright and are slightly wilted.

CHIMICHANGAS

Meal F

Serves 2

Ingredients:

¾ cup chickpeas or other bean
1 ½ Tbsp taco seasoning
¾ cup refried beans
2 flour tortillas (burrito size) or gluten-free tortillas
4 oz guacamole or ½ avocado, mashed
½ cup salsa

Directions:

1. Preheat oven 400F. Line baking sheet with parchment paper. Set aside.
2. In medium bowl, toss slightly wet chickpeas with taco seasoning until they are lightly coated, adding a little water or lime juice if needed to the seasoning stick to the beans.
3. Spread seasoned chickpeas on parchment lined baking sheet and roast for 20-25 minutes until crispy, but not hard.
4. Mash chickpeas with fork or pulse in food processor until no whole beans are left, being careful to not puree.
5. Increase oven temp to 425F.
6. Spread refried beans over the middle of both tortillas. Top with guacamole and mashed chickpeas.
7. Roll into a burrito and place seam side down on parchment lined baking sheet. Bake 15-20 minutes until top of rolled tortilla is brown and crispy.
8. Top with jarred or fresh salsa and serve.

Per serving: 403 calories, 12.6g fat, 55.6g carbs, 23.2g fiber, 6.7g sugars, 16.7g protein

Prep Notes: Make ahead. Alternatively, roast and mash chickpeas or beans ahead and store in fridge until ready to use.

Kid-Friendly: Omit guacamole or present as a dip along with salsa.

Lower Calories: Omit or reduce guacamole. Add corn.

Up Your Greens: Add spinach or chopped kale.

JUMBO STUFFED SHELLS

Meal G

Serves 2

Tofu Ricotta:

½ package extra firm tofu, organic (if you do not plan to use ½ block of tofu soon, freeze or buy the twin pack of tofu that is separated into 2 halves)

2 Tbsp nutritional yeast

Pinch Italian seasoning

1-2 tsp lemon juice

Dash garlic powder

Dash onion powder

Dried parsley

Salt & pepper to taste

To make Tofu Ricotta: Drain tofu, wrap block in clean kitchen towel and place between 2 cutting boards or baking sheets. Place heavy weight on top (heavy cans or cookbooks) to press for 20 minutes. Crumble tofu with hands in mixing bowl until ricotta consistency is reached. Add remaining ingredients, stirring to incorporate. Taste, adding more lemon juice, Italian seasoning and garlic powder if desired. Set aside.

Stuffed Shells:

10 Jumbo Pasta Shells

2 cups of marinara sauce (I love Bertolli Organic Olive oil, Basil, & Garlic-this is the only vegan option in Bertolli Organic)

Tofu Ricotta, 1 recipe

Directions:

1. Bring large pot of water to boil on stove.
2. Cook shells in a pot of boiling water until al dente, about 8-11 minutes. Add a few extra shells when cooking because some will break during the process. Be careful not to overcook. Drain shells and set aside to cool.
3. Preheat oven to 400F. Assemble the Tofu Ricotta (See above.)
4. Spoon about 3 tablespoons of marinara sauce into a 8x8 baking dish or small casserole dish and spread around. Add about 2 tbs of Tofu Ricotta into each stuffed shell and place shells on top of marinara sauce. Cover shells with the remaining marinara sauce and any leftover tofu ricotta. You can add vegan cheese on top if you like. Cover dish with tin foil and poke several air holes. Bake at 400F for about 20 minutes or until heated throughout.

Per Serving: 333 Calories, 4.5g Fat, 56.4g Carbs, 6.8g Fiber, 8.3g Sugar, 15.3g Protein

Prep Notes: Make entire dish ahead, storing for later use.

Kid-Friendly: Add meat crumble and top with vegan cheese.

Add Calories: Serve with side green salad and crusty bread.

Up Your Greens: Add finely chopped kale or spinach to Tofu Ricotta or serve with steamed broccoli.

PUMPKIN SPICE MUFFIN FOR 1

Inspired by Happy Herbivore Light & Lean

Meal H

Serves 1

Ingredients:

3 Tbsp white whole wheat flour (regular or gluten-free will do)

¼ tsp baking powder

1/4 tsp pumpkin pie spice

½ tsp cinnamon

1 Tbsp brown sugar

2 Tbsp pure pumpkin (canned)

1 Tbsp agave nectar or pure maple syrup

1 Tbsp nondairy milk

Directions:

1. Preheat oven to 350F. Line a single muffin cup or lightly grease metal 1 cup measuring cup or use a liner or use a foil baking cup (i.e. Reynolds) that will stand on it's own or silicone cup. Set aside.
2. In a small bowl, whisk dry ingredients together; then add wet ingredients. Stir until combined, adding a little nondairy milk if necessary.
3. Spoon batter into muffin cup and bake 20 minutes or until toothpick inserted into the center comes out clean. If using silicone baking cups, baking time may require an additional 5 minutes

Per serving: 215 calories, .6g fat, 49.6g carbs, 7.1g fiber, 26.4g sugars, 3.6g protein

NOT-TWIX BARS

Meal 1

Serves 12-14

Crust

- 1 ¼ cup crispy rice cereal (I use Nature's Path)
- ¼ cup maple syrup or honey (not agave nectar)
- 2 Tbsp peanut butter (or sunflower butter if you have a nut allergy)
- 1 tsp pure vanilla extract
- Pinch of fine grain sea salt

Date Caramel

- 1 ¼ cup pitted soft Medjool dates (about 10-12 dates)
- 1 Tbsp peanut butter (or sunflower butter if you have a nut allergy)
- 1 Tbsp non-dairy milk, or more if needed
- Pinch of fine grain sea salt

Chocolate Coating

- 1/2 cup dark chocolate non-dairy chips (i.e. Enjoy Life)

Directions:

1. Line an 8-inch pan with two pieces of parchment paper. In a small pot, add the maple syrup or honey, peanut butter, and vanilla. Increase heat to medium and bring to a simmer, stirring frequently until combined. Add pinch of salt. Pour into a large bowl with crispy rice cereal and stir well.
2. Scoop the rice crisp mixture into pan. Wet hands slightly and then spread the mixture evenly and press down firmly until smooth. Place in freezer while you make the date caramel.
3. Soak dates in water until soft (only if necessary) and drain. Place pitted dates, peanut butter, milk, and salt in the food processor and process until almost smooth and a big ball forms.
4. Spread caramel layer over top of the crust until it's as smooth and even as you can get it. Place back in the freezer for 10-15 minutes to set.
5. Melt the chocolate in a small pot over low heat. When 2/3 of the chips are melted, remove from heat and stir until smooth. Spread chocolate on top of the caramel and place in the freezer for about 3 minutes only.
6. Remove from freezer (chocolate should be slightly firm, but not completely set) and slice into rows and then in half. Freeze again until set for about 10 minutes. Store in fridge or freezer.

Per Serving: 130 Calories, 3.8g Fat, 23.5g Carbs, 1.4g Fiber, 8.8g Sugar, 1.7g Protein

