

MEAL PLAN 1

Meal prep instructions and tips

MONDAY

BLACK BEAN CASSEROLE

Cook two pounds of dried beans on Sunday to prep for the casserole and the black bean burgers (Thursday)



TUESDAY

LENTIL TACOS (OIL-FREE)

This is a really easy recipe for a weeknight, especially if you use store-bought flour tortillas, guacamole and salsa. The lentils take minutes to cook.



WEDNESDAY

BUTTERNUT SQUASH RISOTTO

Buy pre-cut butternut squash for very easy prep.





THURSDAY

BLACK BEAN BURGERS

These are easy to make ahead and store in the freezer. Double or even triple the batch so you can munch on one of these healthy burgers every time you crave one!



FRIDAY

PASTA WITH ROASTED CHICKPEAS AND SPINACH

Roast the chickpeas and prep the veggies ahead of time to cut down on the one-hour total preparation time. You can use whole-wheat pasta or gluten-free pasta in this recipe.



WEEKEND

VEGAN INSTANT POT BUTTER CHICKEN

Use canned tomatoes for even quicker prep. You can make the recipe oil-free and, if you don't have an Instant Pot, you can easily make it on the stove top.

Shopping List

Vegetables

- Baby spinach (1 cup)
- Bell pepper (1)
- Butternut squash (1)
- Carrots (1 cup)
- Cauliflower (1 small head)
- Celery (1 stalk)
- Tomatoes (2 medium)
- Pureed tomatoes (14.5 oz)
- Onions (2 medium)

Beans and Grains

- Arborio rice (1 cup)
- Black beans (Two 30-oz cans)
- Chickpeas (30 oz)
- Brown rice (1/4 cup dried for burgers/more for serving vegan butter chicken)
- Flour tortillas (8)
- Dried brown lentils (1 cup)
- Rolled or Instant Oats (1 cup)
- Spaghetti (16 oz)
- Super firm or extra firm tofu (16 oz block)

Herbs

- Chives (1/4 cup)
- Cilantro (4 tbsp)
- Garlic (16 cloves)
- Ginger (1-inch knob)
- Jalapeno pepper (1)
- Kasoori methi (2 tbsp)
- Lemon (1)
- Dried Mexican oregano or marjoram (1 tsp)
- Dried oregano (2 tsp)
- Parsley (1/2 cup)
- Sage (1 tbsp)
- Thyme (2 tsp)

Spices

- Cayenne (1 tsp)
- Chipotle chili in adobo sauce (1)
- Ground coriander (2 tsp)
- Garam masala (2 tsp)
- Garlic powder (3 tsp)
- Ground cumin (5 tsp)
- Paprika (2 tsp)
- Red pepper flakes (1/2 tsp)
- Sesame seeds (1 tbsp)
- Smoked paprika (1/2 tsp)
- Onion powder (1 tsp)
- Garlic powder (3 tsp)

Oils

- Extra virgin olive oil (2 1/2 tbsp)
- Vegetable oil (2 tbsp)

Other ingredients

- White wine (1/2 cup)
- Vegan cheddar cheese shreds (1/2 cup)
- Vegan parmesan cheese (1/4 cup)
- Vegetable stock (6 cups)
- Raw cashews (1/4 cup)
- Walnuts (1/2 cup)
- Nutritional yeast (1 tbsp)
- Maple syrup or sugar (1 tsp)
- Guacamole
- Tomato salsa
- Ketchup (1/4 cup)
- Burger buns (10)