

**MEAL PLAN PREP GUIDE**

MEAL NO.1	MEAL NO.2	MEAL NO.3	MEAL NO.4	MEAL NO.5
Navy Bean Minestrone Soup	Creamy Cauliflower Carbonara	Quinoa and Green Salad	Peas Beet Pot Pie	Tomato Pumpkin Chowder

MEAL 1: PREP GUIDE	MENU
Chop the vegetables. Mince the garlic and grate the ginger. Peel and grate parsnip. Grate the cashew cheese.	Navy Bean Minestrone Soup

MEAL 2: PREP GUIDE	MENU
Dice and slice the vegetables. Blend the tofu in a puree, Halve the edamame and asparagus. Cut cauliflower into big florets. Make carrot noodles.	Creamy Cauliflower Carbonara

MEAL 3: PREP GUIDE	MENU
Shred the cabbage. Slice the zucchini. Tear greens. Marinate veggies with sriracha or hot sauce.	Quinoa and Green Salad

MEAL 4: PREP GUIDE	MENU
Peel and dice the beets and turnip. Chop the tomatoes. Cut the tortillas into 1/2-inch strips.	Peas Beet Pot Pie

MEAL 5: PREP GUIDE	MENU
Peel sweet potato and pumpkin and cut into cubes. Cut the vegetables. Drain mung beans.	Tomato Pumpkin Chowder

(1) MONDAY - NAVY BEAN MINESTRONE SOUP

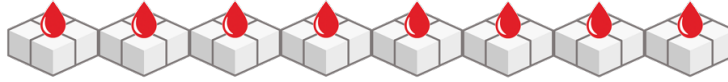
SugarPoints (33)



NOTES	INGREDIENTS
<p>Serves: 4 Preparation Time: 15 minutes Cooking Time: 32-43 minutes</p>	<ul style="list-style-type: none"> • 1 tbsp olive oil • 1 onion, chopped • 1 medium carrot, chopped • 1 celery stalk, chopped • 2 zucchini, chopped • 1 clove garlic, minced • 1 parsnip, grated • 1 cup Brussels sprouts, chopped • 1/2 cup dry navy beans/any beans • 2 tomatoes, chopped • 5-6 cups water • 1 tsp chili powder • 1/2 tsp dried rosemary • 1/2 tsp dried oregano • 1 tsp salt • 4 tbsp vegan cheese • 4 large bread sticks
<p>MAKE AHEAD</p>	
<p>Cook the beans ahead to reduce cooking time to 20 minutes</p>	
INSTRUCTIONS	
<ol style="list-style-type: none"> 1. Chop the vegetables, rinse the beans, mince the garlic, and grate the ginger. Peel the parsnip and grate it. Grate the cheese. 2. Heat oil on medium in a pan and sauté the onion, celery and garlic for 2 to 3 minutes. 3. Add salt, garlic, beans, chili powder, vegetables, oregano, and rosemary and cook for 5 minutes. 4. Add water and stir to combine. Cook on medium heat for 25-30 minutes. 5. Add cheese in the last 5 minutes of cooking. 6. Divide soup equally into 4 bowls. Top with herbs or seeds and serve with bread sticks. 7. Store leftovers in an airtight container in the fridge for 3-4 days. 	
NUTRITIONAL INFORMATION	
<p>Calories 192 - Total Fat 7.7 - Carbs 33.2g - Protein 8.7g</p>	

(2) TUESDAY - CREAMY CAULIFLOWER CARBONARA

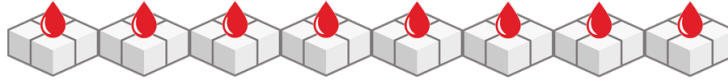
SugarPoints (28)



NOTES	INGREDIENTS
Serves: 4 Preparation Time: 15 minutes Cooking Time: 15-20 minutes	<ul style="list-style-type: none">• 4 large carrots, julienned• 1 medium onion, diced• 3 cloves garlic, minced• 1 cup leek, chopped• 2 tsp olive oil• 1 medium head of cauliflower, florets• 8 medium asparagus, halved• 1 cup mushrooms, sliced• 1 cup edamame, halved• 1 cup milk of choice• 1 cup water• 1/2 cup soft tofu, pureed• 1 tsp salt• 1 tsp ground pepper• 2 cups arugula/rocket
MAKE AHEAD	
Make the sauce or carrot zoodles the previous day for a quick meal.	
INSTRUCTIONS	
<ol style="list-style-type: none">1. Dice and slice the vegetables and halve the edamame and asparagus.2. Cut cauliflower into big florets, make carrot noodles and keep aside.3. Heat oil in a saucepan on medium and sauté the onion, leek and garlic for 2 to 3 minutes.4. Add vegetables except the carrot, salt and pepper and cook for 5 minutes, stirring regularly.5. Add water, pureed tofu and milk. Keep stirring and cook on low for 8-10 minutes, or until the sauce thickens.6. Serve hot with chopped arugula over carrot zoodles .7. Store leftovers separately in an airtight container in the fridge for 2 to 3 days.	
NUTRITIONAL INFORMATION	
Calories 199 - Total Fat 6.1 - Carbs 27.6g - Protein 12.7g	

(3) WEDNESDAY - QUINOA AND GREEN SALAD

SugarPoints (28)



NOTES	INGREDIENTS
Serves: 4 Preparation Time: 15 minutes Cooking Time: 0 minutes	<ul style="list-style-type: none">• 1 tbsp olive oil• 1 tbsp parsley, finely chopped• 1 tsp lemon juice• 1 tbsp chili/hot sauce• 2 cups Chinese cabbage, shredded• 2 cups arugula, torn• 1 cup Swiss chard/kale, torn• 1 yellow zucchini/courgette, sliced• 1 cup vegan cheese, grated• 2 cups cooked quinoa• 1 tsp salt
MAKE AHEAD	
Cook the quinoa.	
INSTRUCTIONS	
<ol style="list-style-type: none">1. Shred the cabbage and slice the courgette/zucchini. Rinse and pat dry the greens.2. Roughly tear greens and add to a large bowl with vegetables. Add chili or hot sauce and toss gently to combine.3. Add quinoa, olive oil, lemon juice and parsley to another bowl and combine.4. Arrange the greens and vegetables equally in 4 bowls or plates. Add the parsley-quinoa to the bowls. Top each bowl with 1/4 cup grated cheese and serve.5. Prepare the marinated green salad just before serving.6. Store leftover quinoa in an airtight container for 3-4 days.	
NUTRITIONAL INFORMATION	
Calories 310 - Total Fat 16.4 - Carbs 27.9g - Protein 7g	

(4) THURSDAY - PEAS BEET POT PIE

SugarPoints (31)



NOTES	INGREDIENTS
Serves: 4 Preparation Time: 15 minutes Cooking Time: 35-40 minutes	<ul style="list-style-type: none">• 2 tsp olive oil• 1 large onion, thinly sliced• 3 cloves garlic, minced• 2 tbsp taco seasoning• 1 cup fresh /frozen peas• 1 cup turnip, diced• 2 medium beets, diced• 2 cups tomato, chopped• 1 cup water/vegetable broth• 1 can mixed green beans, drained• Salt & pepper to taste• 3-4 corn tortillas/thin rotis
MAKE AHEAD	
Cut the tortillas into 1/2-inch strips	
INSTRUCTIONS	
<ol style="list-style-type: none">1. Peel and dice the beets and turnip and chop the tomatoes.2. For filling: Preheat oven to 400°F (200°C). Peel and chop the vegetables and set aside.3. Heat oil in ovenproof skillet or Dutch oven on medium heat. Sauté onion and garlic for 2 to 3 minutes. Stir in taco seasoning and cook for a minute.4. Add beets, turnip, tomatoes, water and salt. Simmer covered, until vegetables are tender, for about 8-10 minutes. Add green beans and stir to combine.5. For topping: brush tortillas/rotis with oil and cut into 1/2-inch strips. Cut each strip into half. Top the pot pie with tortilla strips.6. Bake for 25-30 minutes, until the filling bubbles up and the top is golden brown. Sprinkle vegan cheese and broil for 1 to 2 minutes until cheese has melted.7. Store leftovers in an airtight container in the fridge for 3-4 days.	

NUTRITIONAL INFORMATION
<p>Calories 295 - Total Fat 10.7 - Carbs 31.1g - Protein 20.1g</p>

(5) FRIDAY - TOMATO PUMPKIN CHOWDER

SugarPoints (35)



NOTES	INGREDIENTS
<p>Serves: 4 Preparation Time: 15 minutes Cooking Time: 30-35 minutes</p>	<ul style="list-style-type: none"> • 1 tbsp coconut oil • 1 celery halved and thinly sliced • 1 medium sweet potato, cubed • 2 cups pumpkin, cubed • 2 to 3 cloves garlic, minced • 2 cups Brussel sprouts, halved • 1-2 tbsp Italian seasoning • 1 tsp salt • 1 tsp cayenne/chili powder • 1 cup unsweetened coconut milk • 2 to 3 cups water/vegetable broth • 1 cup tomatoes • 1 can mung beans/green beans • 1/2 cup parsley leaves, coarsely chopped • 1½ cups cooked buckwheat/other grain
MAKE AHEAD	
<p>Cook 1/3 cup buckwheat groats in ¾ cup water for 15-18 minutes.</p>	
INSTRUCTIONS	
<ol style="list-style-type: none"> 1. Peel sweet potato and pumpkin and cut into cubes. Cut the vegetables and rinse the beans. 2. Heat a large saucepan and add coconut oil. Add celery, ginger and garlic, and sauté for 2 to 3 minutes. 3. Add the vegetables and sauté for 5 minutes. Add water and bring a boil. 4. Add Italian seasoning, cayenne and salt to the chowder and stir to combine. Reduce heat and simmer for 15-20 minutes, until vegetables are cooked. 5. Add coconut milk and mung beans and cook for 5 minutes. Stir in parsley leaves and serve with cooked buckwheat. 6. Store leftovers in the fridge for 3-4days. 	
NUTRITIONAL INFORMATION	
<p>Calories 319 - Total Fat 18.8 - Carbs 35.4g - Protein 8.5g</p>	



WHAT TO DO WITH LEFTOVERS

MEALS		LEFTOVER USE
NO.1	Navy Bean Minestrone Soup	Serve as a snack meal or side for lunch or dinner.
NO.2	Creamy Cauliflower Carbonara	Use single portion for next day's lunch or dinner.
NO.3	Quinoa and Green Salad	Use quinoa in stews, soups or another salad
NO.4	Peas Beet Pot Pie	Serve a single portion for lunch or dinner. Serve small portions as side or add to casseroles and stews.
NO.5	Tomato Pumpkin Chowder	Serve chowder as a side for lunch or dinner.



SHOPPING LIST

GRAINS/LEGUMES	QUANTITY	NOTES
Navy Bean	1/2 cup	dry
Mung Bean/Green Bean	1 can	
Quinoa	2 cups	cooked
Buckwheat/Other Grain	1½ cup	cooked

VEGETABLES/FRUITS	QUANTITY	NOTES
Zucchini/Courgette	2 medium	
Celery	2 stalks	
Leek	1 cup	
Beet	2 cups	
Carrot	4 large 1 medium	
Cauliflower	1 Medium Head	
Yellow Zucchini/Courgette	1 medium	
Pumpkin	2 cups	
Chinese Cabbage	2 cups	
Tomato	2 medium and 3 cups	
Onion	3 medium	
Asparagus	8 medium	
Swiss Chard	1 cup	
Brussel Sprouts	3 cups	
Mushrooms	1 cup	
Edamame	1 cup	
Arugula/Rocket	4 cups	
Peas	1 cup	fresh or frozen
Turnip	1 cup	
Mixed Green Beans	1 can	
Parsnip	1 medium	

MISC	QUANTITY	NOTES
Bread Sticks	4 large	
Vegan Cheese	1 cup and 2 tablespoons	
Soft Tofu	1/2 cup	
Plant Milk	1 cup	
Coconut Milk	1 cup	unsweetened
Fresh Parsley Leaves	9 tablespoons	
Corn Tortillas/ Thin Rotis	3-4	

PANTRY ESSENTIALS	QUANTITY	NOTES
Olive Oil	10 teaspoons	
Coconut Oil	1 tablespoon	
Salt	5 teaspoons	
Italian seasoning	1-2 tablespoons	
Taco Seasoning	2 tablespoons	



VEGAN MEAL PLAN – APRIL 15th 2022

Lemon Juice	1 teaspoon	
Garlic	9-10 cloves	
Chili/Hot Sauce	1 tablespoon	
Ginger	1 teaspoon	
Cayenne Powder	1 teaspoon	
White Pepper Powder	1/2 teaspoon	
Chili Powder	1 teaspoon	
Dried Oregano	1/2 teaspoon	
Dried Rosemary	1/2teaspoon	