

**MEAL PLAN PREP GUIDE**

MEAL NO.1	MEAL NO.2	MEAL NO.3	MEAL NO.4	MEAL NO.5
Pinto Bean Tikka Masala and Roti	Spiced Cashew Butter Stir Fry	Vegan Chow Mein	Sweet Potato Shepherd's Pie	Vegan Brunswick Stew

MEAL 1: PREP GUIDE	MENU
Chop the vegetables. Cube the tofu. Make the rotis.	Pinto Bean Tikka Masala and Roti

MEAL 2: PREP GUIDE	MENU
Make the broccoli rice. Grate the tofu. Slice the green apple and avocado	Spiced Cashew Butter Stir Fry

MEAL 3: PREP GUIDE	MENU
Slice the vegetables and greens. Clean the mushrooms and slice. Make the sauce.	Vegan Chow Mein

MEAL 4: PREP GUIDE	MENU
Steam and mash sweet potatoes. Chop the other vegetables. Preheat the oven	Sweet Potato Shepherd's Pie

MEAL 5: PREP GUIDE	MENU
Slice and dice vegetables. Slice tofu.	Vegan Brunswick Stew

## (1) MONDAY - PINTO BEAN TIKKA MASALA AND ROTI

SugarPoints (31)



NOTES	INGREDIENTS
<p>Serves: 4 Preparation Time: 10 minutes Cooking Time: 16-18 minutes</p>	<ul style="list-style-type: none"> <li>• 1 tbsp sesame/peanut oil</li> <li>• 2 medium onions, finely chopped</li> <li>• 1 clove garlic, minced</li> <li>• 1-inch ginger, minced</li> <li>• 1 tbsp ground coriander</li> <li>• 1 tsp cayenne</li> <li>• 1 tsp turmeric</li> <li>• 1 tsp garam/chana masala</li> <li>• 2 cups tomatoes, finely chopped</li> <li>• 1-1½ cups water</li> <li>• 1 can pinto beans/any beans</li> <li>• 1 green chili (optional)</li> <li>• 1 cup tofu, cubed</li> <li>• 1 tsp salt</li> <li>• 4 whole wheat roti/tortilla</li> </ul>
MAKE AHEAD	
<p>Make roti/chapati ahead or use store bought.</p>	
INSTRUCTIONS	
<ol style="list-style-type: none"> <li>1. Chop the vegetables and cube the tofu.</li> <li>2. Heat oil in saucepan and sauté onion, ginger and garlic with green chili for 2 to 3 minutes.</li> <li>3. Add pinto beans, spices and salt and sauté for 2 to 3 minutes. Add water and simmer on medium for 10 minutes.</li> <li>4. Add cubed tofu and cook for 5 minutes more.</li> <li>5. Divide the bean tikka equally into 4 bowls and top with mint or cilantro leaves. Serve with roti or cooked grains</li> <li>6. Store leftovers separately in an airtight container in the fridge for 4-5 days.</li> </ol>	

NUTRITIONAL INFORMATION
Calories 295 - Total Fat 10.7 - Carbs 31.1g - Protein 20.1g

## (2) TUESDAY - SPICED CASHEW BUTTER STIR FRY

SugarPoints (27)



NOTES	INGREDIENTS
Serves: 4 Preparation Time: 15 minutes Cooking Time: 10 minutes	<ul style="list-style-type: none"><li>• 1 cup edamame</li><li>• 1/4 cup soy/BBQ sauce</li><li>• 1 tsp vinegar</li><li>• 4 cups broccoli rice</li><li>• 1 block soft tofu, grated</li><li>• 2 tsp sesame oil</li><li>• 1 avocado</li><li>• 1 green apple, peeled and sliced</li><li>• 1 cup green onions, sliced</li><li>• 2 tbsp cashew butter/any nut butter</li><li>• 1/4 cup toasted peanuts</li></ul>
MAKE AHEAD	
Make broccoli rice.	
INSTRUCTIONS	
<ol style="list-style-type: none"><li>1. Grate the tofu and slice the apple and avocado. Combine the edamame, soy sauce, cashew butter and vinegar in a bowl.</li><li>2. Process the broccoli florets to resemble rice. Toast in a saucepan for 5 minutes.</li><li>3. Add half of the sauce to toasted broccoli rice and set aside.</li><li>4. Heat oil in a wok on medium heat and add the white parts of onions. Sauté for 1 to 2 minutes. Add rice mixture and tofu and cook for 4 to 5 minutes on high.</li><li>5. Divide the rice among 4 bowls. Top each with apple and avocado slices. Sprinkle green parts of the onions and peanuts.</li><li>6. Serve with the remaining sauce. Store leftovers separately in in the fridge for 3-4 days.</li></ol>	
NUTRITIONAL INFORMATION	
Calories 356 - Total Fat 21.1 - Carbs 27.4g - Protein 20g	

### (3) WEDNESDAY - VEGAN CHOW MEIN

SugarPoints (12)



NOTES	INGREDIENTS
Serves: 4 Preparation Time: 15 minutes Cooking Time: 10 minutes	<ul style="list-style-type: none"><li>• 2 tsp sesame oil</li><li>• 2 to 3 cloves garlic, minced</li><li>• 1 tsp ginger, minced</li><li>• 1/2 cup green onion, chopped</li><li>• 2 cups mushrooms of choice, sliced</li><li>• 1 cup red bell pepper, thinly sliced</li><li>• 1 cup yellow bell pepper, thinly sliced</li><li>• 1 large carrot, julienned or sliced</li><li>• 1 cup bok choy/lettuce, chopped</li><li>• 2 cups thinly sliced tofu/cabbage</li><li>• 3-4 tbsp soy sauce</li></ul>
MAKE AHEAD	
INSTRUCTIONS	
<ol style="list-style-type: none"><li>1. Toasting the tofu or cabbage slices in a saucepan on medium heat for 5 minutes. Set aside.</li><li>2. Slice the vegetables and clean the mushrooms.</li><li>3. Heat sesame oil in the same saucepan at medium-high heat. Add onions, garlic and ginger, and sauté for 1-2 minutes.</li><li>4. Then add mushrooms, vegetables, edamame, and bok choy and sauté on high for 4-5 minutes, until the veggies are tender but still firm.</li><li>5. Add toasted tofu/cabbage and sauce. Stir fry for 2 to 3 minutes until well combined. Serve topped with sesame seeds and spring onion greens.</li><li>6. Store leftovers in separate containers in the fridge for 4-5 days.</li></ol>	
NUTRITIONAL INFORMATION	
Calories 183 - Total Fat 10.9 - Carbs 11.9g - Protein 12.2g	

## (4) THURSDAY - SWEET POTATO SHEPHERD'S PIE

### SugarPoints (34)



NOTES	INGREDIENTS
<p>Serves: 4 Preparation Time: 15 minutes Cooking Time: 25-30 minutes</p>	<ul style="list-style-type: none"> <li>• 2 medium sweet potatoes, chunks</li> <li>• 1/2 cup vegan buttermilk</li> <li>• 1 tbsp vegan butter/vegetable oil</li> <li>• 1 large onion, finely chopped</li> <li>• 2 medium radishes, finely chopped</li> <li>• 2 cup baby spinach, finely chopped</li> <li>• 2 cups cauliflower</li> <li>• 1 can red lentils, drained</li> <li>• 1 tbsp Italian seasoning</li> <li>• 1/2 tsp salt</li> <li>• 1/2 cup vegan cheese</li> <li>• 1 tsp white pepper</li> <li>• 1½ cups water/vegetable broth</li> <li>• 1 tbsp oats flour/rice flour</li> </ul>
MAKE AHEAD	
INSTRUCTIONS	
<ol style="list-style-type: none"> <li>1. Steam sweet potatoes chunks for 10-12 minutes. Peel, mash and set aside. Chop t other vegetables.</li> <li>2. Preheat the oven to 375°F (190°C). Melt vegan butter in an oven proof skillet and add onion and garlic. Sauté for 2 to 3 minutes.</li> <li>3. Add vegetables except sweet potato and cook for 5 minutes. Add water, oats powder, salt, pepper, lentils, cauliflower, spinach, Italian seasoning and buttermilk. Stir well to combine and cook for 2 to 3 minutes</li> <li>4. Spread the mashed sweet potato and crumbled vegan cheese on top to cover the veggies.</li> <li>5. Place the skillet in the oven and bake for 15-20 minutes until the cheese has browned in spots.</li> <li>6. Store leftovers in an airtight container in the fridge for 4-5 days.</li> </ol>	

NUTRITIONAL INFORMATION
Calories 229 - Total Fat 6.1 - Carbs 34.1g - Protein 11g

## (5) FRIDAY - VEGAN BRUNSWICK STEW

SugarPoints (27)



NOTES	INGREDIENTS
Serves: 4 Preparation Time: 15 minutes Cooking Time: 30 minutes	<ul style="list-style-type: none"><li>• 2 tsp olive oil</li><li>• 1 can black beans, drained</li><li>• 2 cup tofu, slices</li><li>• 2 to 3 cloves garlic, minced</li><li>• 2 cups water/vegetable broth</li><li>• 1 can diced tomatoes</li><li>• 1/2 cup vegan BBQ sauce</li><li>• 2 cup okra, halved</li><li>• 1 cup beet, diced</li><li>• 2 cups mixed sprouts</li><li>• Salt and pepper, to taste</li></ul>
MAKE AHEAD	
INSTRUCTIONS	
<ol style="list-style-type: none"><li>1. Slice and dice the vegetables. Heat oil to a to a saucepan or soup pan.</li><li>2. Add the garlic and sauté for 2 to 3 minutes on low heat.</li><li>3. Add the black bean and tofu slices to the pan and cook for 5 minutes, until tofu begins to brown.</li><li>4. Add, tomatoes, sauce, beet, and okra and cook for 5 minutes.</li><li>5. Add salt and pepper and combine. Let the stew cook for 20 minutes. Add more water if required.</li><li>6. Top with fresh herbs, seeds or coconut flakes, as desired and serve.</li><li>7. Store leftovers in the fridge for 4-5 days.</li></ol>	
NUTRITIONAL INFORMATION	
Calories 236 - Total Fat 8.8 - Carbs 26.7g - Protein 17.5g	



## WHAT TO DO WITH LEFTOVERS

MEALS		LEFTOVER USE
<b>NO.1</b>	Pinto Bean Tikka Masala and Roti	Serve tikka masala as a side or add to a pot pie or lasagne mix.
<b>NO.2</b>	Spiced Cashew Butter Stew	Add rice to a casserole or turn into a soup meal
<b>NO.3</b>	Vegan Chow Mein	Serve extra serving as a lunch or dinner
<b>NO.4</b>	Sweet Potato Shepherd's Pie	Serve portion as a side or add to a bake
<b>NO.5</b>	Vegan Brunswick Stew	Serve as a snack meal or side. Add smaller portion to stew or soup.



## SHOPPING LIST

GRAINS/LEGUMES	QUANTITY	NOTES
Pinto Bean	1 can	
Red Lentil	1 can	
Black Bean	1 can	

VEGETABLES/FRUITS	QUANTITY	NOTES
Red Bell Pepper	1 medium	
Yellow Bell Pepper	1 medium	
Radish	2 medium	
Beet	1 cup	
Carrot	1 large	
Baby Spinach	2 cups	
Edamame	1 cup	
Cauliflower	2 cups	
Bok Choy/Lettuce	1 cup	
Tomato	1 can and 2 cups	
Onion	3 medium	
Broccoli	4 cups	
Okra	2 cups	
Green Chili	1	
Mixed Sprouts	1/2 cup	
Sweet Potato	2 medium	
Green Apple	1	
Avocado	1	
Spring Onion Greens	1½ cup	

MISC	QUANTITY	NOTES
Tofu	5 cups	
Soft Tofu	1 block	
Mushrooms	2 cups	
Oats flour/ Rice Flour	1 tablespoon	
Vinegar	1 teaspoon	
Whole Wheat Roti	4	
Toasted Peanuts	1/4 cup	
Vegan Cheese	1/2 cup	
Cashew Nut Butter	3 tablespoons	
Vegan Buttermilk	1/2 cup	

PANTRY ESSENTIALS	QUANTITY	NOTES
Olive Oil	2 teaspoons	
Sesame Oil	7 teaspoons	
Salt	2 teaspoons	





## VEGAN MEAL PLAN – APRIL 8<sup>th</sup> 2022

Italian seasoning	1 tablespoon	
Soy Sauce	7-8 tablespoons	
Garlic	5-7 cloves	
Ginger	2 teaspoons	
Coriander Powder	1 tablespoon	
Cayenne Powder	1 teaspoon	
Turmeric	1 teaspoon	
Cumin Powder	1 teaspoon	
Chana Masala	2 teaspoons	
BBQ Sauce	1/2 cup	
Hot Sauce	1/4 cup	
White Pepper	1 teaspoon	