



Weekly MEAL PLAN

MONDAY KOREAN INSPIRED TOFU BOWLS

TUESDAY LEMON PASTA WITH KALE

WEDNESDAY ONE POT STOVETOP ENCHILADAS

THURSDAY VEGAN SLOPPY JOES

FRIDAY BBQ CHICKPEA PIZZA





KOREAN INSPIRED TOFU BOWLS

INGREDIENTS

- 10 oz extra firm tofu
- 2 teaspoons olive oil, divided
- 1 cup shredded carrot
- 1 small red bell pepper, thinly sliced
- 1 cup chopped mushrooms
- 1/2 small yellow onion, diced
- 1 cup diced green onion
- 3 tablespoons tamari, or soy sauce
- 1 tablespoon pure maple syrup
- 2 cloves garlic, minced
- 1 teaspoon freshly grated ginger
- Sriracha, or other chili sauce, to taste
- Salt and pepper
- Cooked rice or quinoa for serving



INSTRUCTIONS

1. Crumble the tofu with your fingers into small bite size pieces. Heat a large pan over medium heat and add 1 teaspoon olive oil, tofu and a pinch of salt. Cook tofu until browned, 5-7 minutes.
2. Remove tofu from the pan and add the remaining teaspoon of olive oil and all the veggies. Cook veggies until softened and starting to caramelize.
3. Add the tofu back in, along with the garlic, ginger, soy sauce, maple syrup and desired amount of chili sauce. Cook until a sauce has formed that coats all the of the tofu and vegetables.
4. Serve with a side of rice, or other favorite grain, and top with desired toppings.



LEMON PASTA WITH KALE

INGREDIENTS

- 16 ounces pasta, your favorite kind
- 1/4 cup olive oil
- 3 tablespoons nutritional yeast
- 2 cloves garlic minced
- Zest and juice of 1 lemon
- 2-3 cups diced kale leaves
- Salt and pepper, to taste



INSTRUCTIONS

1. Fill a large pot of water and bring to a boil. Add your pasta and cook according to package directions.
2. Make the lemon garlic sauce while pasta is cooking. Add olive oil, nutritional yeast, garlic, lemon zest and juice, salt and pepper. Whisk until combined.
3. When pasta is finished cooking drain and add back to the pot. Immediately add the kale and sauce and stir until completely combined. Serve and enjoy!



STOVE TOP ENCHILADAS

INGREDIENTS

- 3 teaspoons olive oil, divided
- 8 corn tortillas, cut into one inch pieces
- 1/2 yellow onion, small diced
- 1 small zucchini, small diced
- 1 small yellow squash, small diced
- 1 small red bell pepper, small diced
- 3/4 cup fresh corn kernels
- 1 (15 ounce) can black beans, rinsed and drained
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1 teaspoon granulated garlic
- 1/2 teaspoon onion powder
- 1 1/2 cup grated cheese, divided
- 1 1/2 cup enchilada sauce



INSTRUCTIONS

1. Heat a large skillet (10-12 inch) over medium heat and add 2 teaspoons olive oil. Add corn tortilla pieces to the pan and cook for five minutes, until slightly crispy. Remove tortillas and set aside.
2. Add the remaining 1 teaspoon oil to the pan and add the onions and a pinch of salt. Cook onions for 2 minutes and then add the zucchini, squash, pepper, garlic, corn, black beans and all of the spices. Stir until everything is combined and cook for ten minutes, until vegetables are tender.
3. Add the corn tortillas back in along with 1 cup grated cheese and stir. Next add the enchilada sauce and stir again. Top with the remaining 1/2 cup cheese, turn the heat off and cover for 5 minutes, until cheese is melted. Top with cilantro leaves, if desired.



Thursday

VEGAN SLOPPY JOES

INGREDIENTS

- 1 teaspoon olive oil
- 1/4 cup diced onion
- 1 clove garlic, minced
- 1 (8 oz) package tempeh, crumbled
- 1 (15 oz) can chickpeas, drained and rinsed
- 1 cup marinara sauce
- 1 tablespoon maple syrup
- 1 tablespoon ketchup
- 2 teaspoons apple cider vinegar
- 1 teaspoons tamari
- 1 teaspoon chili powder
- 3/4 teaspoons smoked paprika
- 1/2 teaspoon mustard powder
- 1/2 teaspoon ground cumin
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 6 hamburger buns
- Coleslaw for topping, optional



INSTRUCTIONS

1. Heat a large pan over medium heat and add olive oil and onion. Cook onion for 2 minutes and then add garlic and cook for 30 seconds.
2. Add in crumbled tempeh and cook until browned, 3-4 minutes.
3. Next add in all the remaining ingredients, including the chickpeas, stir until combined and cook until everything is heated through, about 10 minutes.
4. Scoop sloppy Joe mixture onto buns and top with coleslaw, if desired.



Friday

BBQ CHICKPEA PIZZAS

INGREDIENTS

- 3 teaspoons olive oil
- 1 (15 oz) can chickpeas, drained and rinsed
- 1/2 teaspoon chili powder
- 1/2 teaspoon paprika
- 1/2 teaspoon cumin
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon sugar
- 1/2 teaspoon salt
- 1 large pizza crust or 4 personal sized crusts
- 3/4 cup BBQ sauce, store-bought or homemade
- 1 cup vegan shredded cheese
- 1/3 cup thinly sliced red onion
- Fresh cilantro for garnish, if desired



INSTRUCTIONS

1. Heat oven to 425 degrees F. Heat a large pan over medium heat and add olive oil and chickpeas. Cook until chickpeas are starting to brown, about 5 minutes. Add all the spices in, stir and cook for another 3-4 minutes.
2. You can either use one large pizza crust or person sized crusts. I like to use store-bought crust to make things really easy. Spread the crust with desired amount of BBQ sauce and top with cheese and then chickpeas and onion. Bake pizzas until heated through and cheese is melted, 10-15 minutes. Let cool a few minutes and garnish with fresh cilantro, if desired.



Shopping List

- Olive oil
- Fresh garlic
- Salt
- Black pepper
- 10 oz extra firm tofu
- 1 cup shredded carrot
- 1 small red bell pepper
- 1 cup chopped mushrooms
- 1/2 small yellow onion
- 1 cup diced green onion
- 3 tablespoons tamari, or soy sauce
- 1 tablespoon pure maple syrup
- 1 teaspoon freshly grated ginger
- Sriracha, or other chili sauce, to taste
- Cooked rice or quinoa for serving
- 1 (15 oz) can chickpeas
- 1/2 teaspoon chili powder
- 1/2 teaspoon paprika
- 1/2 teaspoon cumin
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon sugar
- 1 large pizza crust or 4 personal sized crusts
- 3/4 cup BBQ sauce, store-bought or homemade
- 1 cup vegan shredded cheese
- 1/3 cup thinly sliced red onion
- Fresh cilantro for garnish, if desired
- 16 ounces pasta, your favorite kind
- 3 tablespoons nutritional yeast
- Zest and juice of 1 lemon
- 2–3 cups diced kale leaves
- 8 corn tortillas
- 1/2 yellow onion
- 1 small zucchini
- 1 small yellow squash
- 1 small red bell pepper
- 3/4 cup fresh corn kernels
- 1 (15 ounce) can black beans
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1 teaspoon granulated garlic
- 1/2 teaspoon onion powder
- 1 1/2 cup grated cheese, divided
- 1 1/2 cup enchilada sauce
- 1/4 cup diced onion
- 1 (8 oz) package tempeh
- 1 (15 oz) can chickpeas
- 1 cup marinara sauce
- 1 tablespoon maple syrup
- 1 tablespoon ketchup
- 2 teaspoons apple cider vinegar
- 1 teaspoons tamari
- 1 teaspoon chili powder
- 3/4 teaspoons smoked paprika
- 1/2 teaspoon mustard powder
- 1/2 teaspoon ground cumin
- 6 hamburger buns
- Coleslaw for topping, optional