

Weekly MEAL PLAN

MONDAY VEGAN BLACK BEAN TACOS

TUESDAY TOFU BROCCOLI PASTA

WEDNESDAY HONEY GARLIC CHICKPEAS WITH
VEGEABLES

THURSDAY POLENTA ENCHILADA BAKE

FRIDAY HUMMUS FLATBREAD WITH
BALSAMIC VEGETABLES





Monday

VEGAN BLACK BEAN TACOS

INGREDIENTS

- 2 teaspoons olive oil
- 1/2 white onion, diced
- 2 cloves garlic, minced
- 3 cans black beans, drained with liquid reserved
- 2 teaspoons cumin
- 1 teaspoon paprika
- 1 teaspoon granulated garlic
- 1 teaspoon onion powder
- Salt and pepper, to taste
- 8 Corn tortillas
- Optional toppings: cabbage, onion, avocado, tomato, salsa



INSTRUCTIONS

1. Heat a large pan over medium heat and add olive oil and onions. Cook for a few minutes, add garlic and cook another 30 seconds.
2. Add the black beans and all the spices. Mix well and roughly mash the beans with a potato masher or fork. Slowly add in the reserved bean liquid until desired consistency is reached. I used about 3/4 cup. Mix well and cook until beans are heated through.
3. Warm up corn tortillas on the stove and fill each with a big spoonful of black bean mixture and top with desired toppings.



TOFU BROCCOLI PASTA

INGREDIENTS

- 1 lb pasta
- 3–4 cups small diced broccoli
- 1 (14 oz) package extra firm tofu
- 1 1/2 tbsp + 2 tsp olive oil, divided
- 2 tbsp Tamari or soy sauce
- 2 tbsp nutritional yeast
- 3/4 teaspoon granulated garlic
- 1/2 teaspoon dried herbs, I like herbs de Provence
- 1 tsp salt, or more to taste
- 1/2 tsp black pepper



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!

Wednesday

HONEY GARLIC CHICKPEAS

INGREDIENTS

- 1 teaspoon olive oil
- 1 cup diced snap peas
- 1 cup diced carrot
- 1 cup small broccoli florets
- 1 (15 oz) can chickpeas, drained and rinsed
- Salt and pepper
- Rice to serve over, or your favorite grain or cauliflower rice
- Honey Garlic Sauce
 - 1/2 cup honey
 - 1/2 cup water
 - 1/4 cup soy sauce
 - 2 tablespoons toasted sesame oil
 - 3 cloves garlic, finely grated
 - 2 teaspoons cornstarch



INSTRUCTIONS

1. Heat a large pan over medium heat and add 1 tsp olive oil, snap peas, carrots and broccoli. Season with a pinch of salt and pepper and cook until vegetables are beginning to soften, about 10 minutes.
2. Make the honey garlic sauce while the vegetables are cooking. Add all sauce ingredients to a small bowl or jar and mix until combined.
3. Add the chickpeas to the vegetables and then pour the sauce mixture over. Cook until sauce thickens and coats the back of a spoon. Make sure to stir often because honey can burn easily. Serve over rice, quinoa, cauliflower rice or your favorite grain.

POLENTA ENCHILADA BAKE

INGREDIENTS

- 3 tsp olive oil, divided
- 1 green bell pepper
- 1 red bell pepper
- 1/2 medium sized onion
- 1 (15 oz) can black beans, drained and rinsed
- 1 tsp granulated garlic
- 1 tsp paprika
- 1 tsp cumin
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 (18 oz) tube polenta
- 1 (15 oz) can enchilada sauce, I love Hatch brand
- 3/4 cup shredded cheese



INSTRUCTIONS

1. Pre-heat oven to 425 degrees F. Slice up the polenta into 8 equal sized pieces. Heat a large skillet over medium heat and add 2 teaspoons olive oil and polenta slices. Season the tops with salt and cook until each side is lightly browned, about 2 minutes on each side.
2. While polenta is cooking dice up the bell peppers and onion. Remove polenta from the skillet and add remaining 1 teaspoon olive oil and diced vegetables. Cook for about 5 minutes and then add in the black beans and all the spices. Cook for another 1-2 minutes.
3. Pour half the enchilada sauce on the bottom of a medium sized oven safe baking dish and then top with the veggie and bean mixture. Lay the polenta slices down in a single layer and pour over remaining enchilada sauce. Top with shredded cheese and bake until bubbly and cheese is melted, 7-10 minutes. Serve with your favorite toppings and enjoy!



Friday

HUMMUS FLATBREAD

INGREDIENTS

- 2 teaspoons olive oil
- 1 red bell pepper
- 1 medium sized zucchini
- 1 medium sized yellow summer squash
- 1/2 small onion
- 2 cloves garlic, minced
- 2 1/2 teaspoons balsamic vinegar
- 8-10 tablespoons hummus
- 1/4 cup crumbled feta cheese
- 4 small pre-baked flatbreads or pitas
- Salt and Pepper
- Fresh herbs for topping, if desired



INSTRUCTIONS

1. Dice all the vegetables into small, bite size pieces. Heat a large pan over medium heat and add olive oil, red pepper, zucchini, squash, onion and garlic. Season with salt and pepper and cook for about 5 minutes, stirring occasionally. Add the balsamic vinegar and cook another 5 minutes or so, until vegetables are softened and starting to caramelize.
2. If you like you can heat your flatbread in the oven, stovetop or microwave. Place your flatbread down and spread with about 2 tablespoons hummus. Top with 1/4 of the veggies and then a tablespoon crumbled feta and fresh herbs. Repeat with the other three flatbreads. Slice and enjoy.



Shopping List

- Olive oil
- Fresh garlic
- Salt
- Black pepper
- 1/2 white onion, diced
- 3 cans black beans, drained with liquid reserved
- 2 teaspoons cumin
- 1 teaspoon paprika
- 1 teaspoon granulated garlic
- 1 teaspoon onion powder
- 8 Corn tortillas
- Optional toppings: cabbage, onion, avocado, tomato, salsa
- 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
- 1 cup vegan shredded cheese
- 1 lb pasta
- 3–4 cups small diced broccoli
- 1 (14 oz) package extra firm tofu
- 2 tbsp Tamari or soy sauce
- 2 tbsp nutritional yeast
- 3/4 teaspoon granulated garlic
- 1/2 teaspoon dried herbs
- 1 cup diced snap peas
- 1 cup diced carrot
- 1 cup small broccoli florets
- 1 (15 oz) can chickpeas,
- Rice
- 1/2 cup honey
- 1/2 cup water
- 1/4 cup soy sauce
- 2 tablespoons toasted sesame oil
- 3 cloves garlic, finely grated
- 2 teaspoons cornstarch
- 1 green bell pepper
- 1 red bell pepper
- 1/2 medium sized onion
- 1 (15 oz) can black beans,
- 1 tsp granulated garlic
- 1 tsp paprika
- 1 tsp cumin
- 1 (18 oz) tube polenta
- 1 (15 oz) can enchilada sauce
- 3/4 cup shredded cheese
- 1 red bell pepper
- 1 medium sized zucchini
- 1 medium sized yellow squash
- 1/2 small onion
- 2 1/2 teaspoons balsamic vinegar
- 8–10 tablespoons hummus
- 1/4 cup crumbled feta cheese
- 4 small pre-baked flatbreads or pitas
- Fresh herbs for topping, if desired