

# Weekly MEAL PLAN

- MONDAY VEGETARIAN FAJITAS WITH  
HALLOUMI CHEESE
- TUESDAY SUN-DRIED TOMATO PESTO  
PASTA
- WEDNESDAY VEGETARIAN CAULIFLOWER FRIED  
RICE
- THURSDAY CURRIED CHICKPEA TOFU  
LETTUCE WRAPS
- FRIDAY NO COOK MEDITERRANEAN  
HUMMUS PIZZA





# Monday

## HALLOUMI CHEESE FAJITAS

### INGREDIENTS

- 2 teaspoons olive oil, divided
- 1 large green bell pepper, thinly sliced
- 1 large red bell pepper, thinly sliced
- 1 small yellow onion, thinly sliced
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1/2 teaspoon granulated garlic
- 1/2 teaspoon onion powder
- 1/2 teaspoon chili powder
- 1/2 teaspoon salt
- 1 package halloumi cheese, mine was 8.8 oz
- Corn or flour tortillas
- Optional toppings: guacamole, tomato, onion, cilantro, salsa



### INSTRUCTIONS

1. Heat a large pan over medium heat and add 1 teaspoon olive oil, bell peppers, onion and spices. Mix until everything is coated and let cook until vegetables have softened and are starting to brown, about 10 minutes. Remove from the skillet and wipe skillet down or wash.
2. Cut the cheese into thin strips, you should get 9-12 pieces. Heat pan and add the remaining 1 teaspoon olive oil. Add the cheese and let cook until each side is browned, 3-5 minutes each side.
3. Assemble your fajitas: heat your tortillas and then spread with a spoonful of guacamole (optional) and top with a large spoonful of the fajita veggies and 2-3 pieces of cheese. Enjoy!





# SUN-DRIED TOMATO PASTA

## INGREDIENTS

- 1 lb pasta, rigatoni or your favorite kind
- 2 cups packed baby spinach leaves
- 1 cup packed fresh basil leaves
- 1 (8 oz) jar sun-dried tomatoes (You will use the entire jar, tomatoes and oil)
- 1/4 cup pinenuts
- 3 tablespoons nutritional yeast
- 2 cloves garlic, roughly chopped
- Juice of 1/2 small lemon
- 1 teaspoon light yellow miso paste (optional)
- 3/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- Optional toppings: cherry tomatoes, fresh basil, pine nuts



## INSTRUCTIONS

1. Bring a large pot of water to a boil and cook pasta according to package directions. Reserve about a cup of the pasta liquid and then drain pasta and add back into the pot.
2. While pasta is cooking, add all remaining ingredients (use the entire jar of sun-dried tomatoes, including the oil) to a food processor and blend until a thick sauce is formed.
3. Add the pesto to the pasta, mix together and slowly add the hot pasta water to thin it out a little bit. I prefer to thin the sauce with pasta water rather than adding extra olive oil in.
4. Top with fresh basil, tomatoes, pine nuts and serve immediately. Salt and pepper to taste.



# CAULIFLOWER FRIED RICE

## INGREDIENTS

- 1 medium sized head of cauliflower
- 2 teaspoons sesame oil, or olive oil
- 1 cup small diced carrots
- 3/4 cup green peas, fresh or frozen
- 1 large clove garlic, minced or grated
- 1 teaspoon freshly grated ginger
- 4 large eggs
- 2 tablespoons soy sauce, or tamari (I like to use low sodium)
- Optional garnish: sliced green onion, cilantro, peanuts, cashews



## INSTRUCTIONS

1. Cut cauliflower into similar sized pieces. Place in a food processor and blitz 3-4 times, until cauliflower is rice sized. You don't want to over pack the food processor so you can do it in two batches if you need to.
2. Heat a large pan over medium heat and add oil, carrots and peas. Cook until carrots are tender, 5 minutes. Next, add in the garlic and ginger and stir for about 30 seconds before adding in the cauliflower rice and soy sauce. Cook everything together until cauliflower is tender, about 10 minutes.
3. Crack the eggs, add them to a bowl and whisk. You can either add the eggs into the pan and stir until scrambled or you can scramble them in a separate pan and add them into the fried rice.
4. Salt, to taste if desired and garnish with green onions.





# CURRIED CHICKPEA LETTUCE WRAPS

## INGREDIENTS

- 1 (15 oz) can chickpeas, drained and rinsed
- 1 (6 oz) package baked tofu
- 1/2 cup chopped celery
- 1/2 cup red grapes, cut in half
- 1/4 cup + 1 tablespoon mayo, I used vegan mayo
- 1/4 cup chopped onion
- 1/4 cup chopped cashews
- 1 teaspoon curry powder
- Butter lettuce or romaine lettuce, anything that will give you a good cup
- Salt and pepper, to taste



## INSTRUCTIONS

1. Add the chickpeas to a large bowl and mash them roughly with a potato masher. Use your hands to crumble the tofu into the bowl and then add all the other ingredients. Stir until combined.
2. Separate the lettuce cups and fill each one with the desired amount of filling. Enjoy!



# Friday

## HUMMUS PIZZAS

### INGREDIENTS

- Naan bread or pita, or your favorite pre-cooked pizza crust
- Hummus, homemade or store-bought
- Cherry tomatoes, sliced in half
- Cucumber, diced
- Red pepper, diced
- Red onion, diced
- Kalamata olives, sliced
- Feta cheese, regular or vegan
- Fresh herbs for topping, I used mint
- 2 tablespoons olive oil
- 1 teaspoon red wine vinegar
- 1/2 teaspoon dijon mustard
- 1/4 teaspoon dried oregano, or Italian seasoning
- Salt, to taste



### INSTRUCTIONS

1. Spread your bread or crust with a big spoonful of hummus and then top with chopped vegetables.
2. Add the olive oil, vinegar, mustard, oregano and salt to a small bowl and whisk until combined. Drizzle the top of each pizza with a small spoonful of vinegar and sprinkle with fresh herbs.
3. Cut pizzas into slices and enjoy!





# Shopping List

- Olive oil
- Fresh garlic
- Salt
- Black pepper
- 1 large green bell pepper, thinly sliced
- 1 large red bell pepper, thinly sliced
- 1 small yellow onion, thinly sliced
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1/2 teaspoon granulated garlic
- 1/2 teaspoon onion powder
- 1/2 teaspoon chili powder
- 1 package halloumi cheese
- Corn or flour tortillas
- Optional toppings: guacamole, tomato, onion, cilantro, salsa
- 1 lb pasta
- 2 cups packed baby spinach leaves
- 1 cup packed fresh basil leaves
- 1 (8 oz) jar sun-dried tomatoes
- 1/4 cup pinenuts
- 3 tablespoons nutritional yeast
- 2 cloves garlic, roughly chopped
- Juice of 1/2 small lemon
- 1 teaspoon light yellow miso paste
- 1 medium sized head of cauliflower
- 2 teaspoons sesame oil, or olive oil
- 1 cup small diced carrots
- 3/4 cup green peas, fresh or frozen
- 1 large clove garlic, minced or grated
- 1 teaspoon freshly grated ginger
- 4 large eggs
- 2 tablespoons soy sauce, or tamari (I like to use low sodium)
- Optional garnish: sliced green onion, cilantro, peanuts, cashews
- 1 (15 oz) can chickpeas
- 1 (6 oz) package baked tofu
- 1/2 cup chopped celery
- 1/2 cup red grapes, cut in half
- 1/4 cup + 1 tablespoon mayo
- 1/4 cup chopped onion
- 1/4 cup chopped cashews
- 1 teaspoon curry powder
- Butter lettuce or romaine lettuce
- Naan bread or pita
- Hummus
- Cherry tomatoes, sliced in half
- Cucumber, diced
- Red pepper, diced
- Red onion, diced
- Kalamata olives, sliced
- Feta cheese, regular or vegan
- Fresh herbs for topping, I used mint
- 1 teaspoon red wine vinegar
- 1/2 teaspoon dijon mustard
- 1/4 teaspoon dried oregano, or Italian seasoning