



SAMPLE MEAL PLAN

ENJOY!

Meal Plan at a Glance

MONDAY:

Scalloped Potatoes with Walnut Parmesan and Side Salad

TUESDAY:

Marinated Portobello Burgers with Smoky Paprika Burger
Sauce

WEDNESDAY:

Chana Masala (Chickpea Curry) with Minty Quinoa

THURSDAY:

Mac and Cheese with Broccoli and Greens and Walnut
Parmesan

FRIDAY:

Big Ass Salad

Grocery List

Go through your kitchen and see what ingredients you already have **before** you go shopping. Fill in the info below (you need Adobe Reader to do this) and then print this out, or print this out and then fill in the info with a pen/pencil.

Quantities below are for one to two people. If cooking for three to four people, double the quantities.

Quantity needed for meal plan	Quantity I have in my kitchen	Quantity I need to buy (add extra if needed)	PRODUCE	This ingredient is needed for
1 small head			Broccoli	Mac and Cheese with Broccoli and Greens
2 large			Carrots	Big Ass Salad / Cheesy Sauce
1 bunch			Collard greens	Scalloped Potatoes / Mac and Cheese with Broccoli and Greens / Big Ass Salad
7 cloves			Garlic	Cheesy Sauce / Smoky Paprika Burger Sauce / Chana Masala / Portobello Burger marinade
1 thumb-sized chunk			Ginger	Chana Masala
1 head			Green leaf lettuce	Side Green Salad / Portobello Burger / Big Ass Salad
2 large			Onion, red	Cheesy Sauce / Chana Masala / Portobello Burger / Big Ass Salad
1 small bunch			Mint	Minty Quinoa / Chana Masala / Big Ass Salad

2 (at least one per person)			Portobello mushrooms	Portobello Burger
1 large or two smaller			Russet potato	Cheesy Sauce
3 large			Tomatoes	Chana Masala / Portobello Burger / Big Ass Salad
1 small chunk, about the size of your thumb (buy a couple teaspoons of turmeric powder if you can't find the root)			Turmeric root	Cheesy Sauce
4			Yukon gold potatoes	Scalloped Potatoes

Quantity needed for meal plan	Quantity I have in my kitchen	Quantity I need to buy (add extra if needed)	BULK	This ingredient is needed for
3/4 cup (105g)			Cashews, raw	Cheesy Sauce / Smoky Paprika Burger Sauce
1 cup / 370g			Garbanzo beans, dried (AKA Chickpeas)	Cooked beans for the Chana Masala and the Big Ass Salad
1/2 cup + 1 1/2 tablespoons (about 50g)			Nutritional yeast	Cheesy Sauce / Walnut Parmesan
1/2 cup / 95g			Quinoa (any variety)	Minty Quinoa
1/2 cup / 55g			Walnuts, raw	Walnut Parmesan

Quantity needed for meal plan	Quantity I have in my kitchen	Quantity I need to buy (add extra if needed)	HERBS + SPICES	This ingredient is needed for
About 10 turns or so			Black peppercorns	Cheesy Sauce / Scalloped Potatoes
1/2 teaspoon			Coriander powder	Chana Masala
1 teaspoon			Cumin seeds	Chana Masala
1 teaspoon			Garam Masala	Chana Masala
1/2 teaspoon			Onion granules	Walnut Parmesan
1 teaspoon			Red chili powder	Chana Masala
2 1/2 teaspoons			Salt	Lots of things
1 teaspoon			Smoked paprika	Smoky Paprika Burger Sauce / Scalloped Potatoes
1 teaspoon			Turmeric powder	Chana Masala

Quantity needed for meal plan	Quantity I have in my kitchen	Quantity I need to buy (add extra if needed)	PACKAGED	This ingredient is needed for
1 tablespoon			Balsamic vinegar	Portobello Burger marinade
1 teaspoon			Brown rice vinegar	Smoky Paprika Burger Sauce
2 teaspoons			Coconut Aminos	Portobello Burger marinade
1 teaspoon			Maple syrup (100% pure)	Smoky Paprika Burger Sauce
2 teaspoons			Soy Sauce, low sodium	Portobello Burger marinade

at least one bun per person			Sprouted grain burger buns	Portobello Burger
1/4 cup (55g)			Tahini	Smoky Paprika Burger Sauce
1 box			Whole wheat, whole grain, gluten free or sprouted pasta shells	Mac and Cheese with Broccoli and Greens

ADDITIONAL & MISCELLANEOUS ITEMS I NEED TO BUY (not for meal plan)

Batch Cooking Recipes

Make these items on your batch cooking day in this order:

1. Cheesy Sauce
2. Smoky Paprika Burger Sauce
3. Garbanzo Beans
4. Scalloped Potatoes
5. Minty Quinoa
6. Chana Masala (Chickpea Curry)
7. Walnut Parmesan
8. Green Leaf Lettuce and Collard Greens **(DO THIS WHEN YOU GET HOME FROM THE GROCERY STORE)**

ONE

Cheesy Sauce

You will use this for

- Scalloped Potatoes
- Mac and Cheese with Broccoli and Greens

If cooking for one or two people, make this recipe as is. If cooking for three or four people, double it.

Instant Pot Directions

2 cups peeled and chopped russet potatoes (280g)

1 cup chopped carrot (130g)

1/2 cup chopped red onion (65g)

2 garlic cloves, peeled and left whole

1 tablespoon chopped turmeric (10g / or 1 teaspoon turmeric powder)

1/2 cup raw cashews (75g)

1/2 cup nutritional yeast (40g)

1 teaspoon salt

Few turns black peppers

2 cups water (475ml)

- Place all of the ingredients into your Instant Pot and lock the lid into place. Make sure the nozzle is in the sealing position.
- Use the manual setting and set the timer for 3 minutes. Use the natural release method when the timer is up.
- Allow to cool for about 15 minutes and then transfer the mixture to your blender and blend until super creamy and smooth, about two full minutes.
- Transfer to a bowl, add some black pepper and allow to cool.

Stove Top Directions

2 cups peeled and chopped russet potatoes (280g)

1 cup chopped carrot (130g)

1/2 cup chopped red onion (65g)

2 garlic cloves, peeled and left whole

1 tablespoon chopped turmeric (10g / or 1 teaspoon turmeric powder)

2 cups water plus another 1/2 cup, divided (595ml)

1/2 cup raw cashews, soaked in water for at least 10 minutes (75g)

1/2 cup nutritional yeast (40g)

1 teaspoon salt

Few turns black pepper

- Place the potato, carrot, onion, garlic and turmeric into a pot, cover with 2 cups of water and simmer for 20 minutes with the lid on.
- After 20 minutes, transfer the veggies (and the remaining liquid in the pot) to your blender.
- Drain and discard the water from the cashews and add the cashews to the blender, along with the nutritional yeast, salt and the additional 1/2 cup of water.
- Blend until the sauce is super creamy and smooth, about 2 full minutes.
- Transfer to a bowl, add the black pepper and allow to cool.

TWO

Smoky Paprika Burger Sauce

You will use this for

- Marinated Portobello Burgers
- Big Ass Salad

If cooking for one or two people, make this recipe as is. If cooking for three or four people, double it.

1/4 cup raw cashews, soaked in water for at least 10 minutes (30g)

1/4 cup tahini (55g)
1 garlic clove
1 teaspoon pure maple syrup
1 teaspoon brown rice vinegar
1/2 teaspoon smoked paprika
1/2 teaspoon salt
1/2 cup water (120ml)

- Drain the cashews and discard the soaking water. Place the cashews into a blender, along with the tahini, garlic, maple syrup, brown rice vinegar, paprika, salt and water.
- Blend until completely smooth, about 2 minutes.
- Store in a container in the fridge.

THREE

Garbanzo Beans

You will use this for:

- Chana Masala
- Big Ass Salad

If cooking for one or two people, make this recipe as is. If cooking for three or four people, double it.

Instant Pot Directions

1 cup dried garbanzo beans, soaked in water overnight (370g)
3 cups water (710ml)

- After your beans have soaked overnight, pour them into a strainer and rinse them thoroughly. Tap the strainer against the sink to remove excess water.
- Place the beans and the (new) water into your Instant Pot and stir once. Lock the lid into place and make sure the nozzle is in the sealing position.
- Use the manual setting and set the timer for 20 minutes. Use the natural release method when the timer is up. Pour the beans through a strainer when they're done cooking and set aside for now. You will be using them shortly.

Stove Top Directions

1 cup dried garbanzo beans, soaked in water overnight (370g)
5 cups water (1.2 liter)

- After your beans have soaked overnight, pour them into a strainer and rinse them thoroughly. Tap the strainer against the sink to remove excess water.
- Add the beans and the (new) water to a large pot, give a quick stir, and bring to a boil. When they reach a boil, turn down the heat, place a lid on the pot at an angle, and simmer for about 90 minutes, until the beans are totally soft. They might take a little more time or a little less time. They are ready when they're nice and soft.
- Keep an eye on the water level and add more if the water level gets too low.
- Pour the beans through a strainer when they're done cooking and set aside for now. You will be using them shortly.

FOUR

Scalloped Potatoes

You will use this for:

- Your Scalloped Potato Night

If cooking for one or two people, make this recipe as is. If cooking for three or four people, double it.

2 1/4 cups Cheesy Sauce (500g / already made)

4 yukon gold potatoes, very thinly sliced (peel or leave them unpeeled, it's up to you - but slice them as thin as you possibly can)

3 cups collard greens, chopped (120g)

Sprinkle of paprika and a few turn cracked black pepper

- Preheat the oven to 400°F (205°C).
- Evenly spread 1/4 cup of cheesy sauce (60g) on the bottom of a 2 quart baking dish and cover with a layer of potatoes, followed by a layer of collard greens.
- Evenly pour on another 1/4 cup or so of cheesy sauce, followed by another layer of potatoes and collard greens.
- Layer another round of potatoes and add the remaining collards. Add another 1/4 cup or so of cheesy sauce and top with the rest of the potatoes.
- Evenly spread the rest of your cheesy sauce on top of the potatoes, making sure no potatoes are showing.
- Sprinkle with smoked paprika and a few turns of cracked black pepper and bake covered for about an hour and fifteen minutes. Take the dish out of the oven, take off the cover and bake for an additional 5 minutes.

FIVE

Minty Quinoa

You will use this for

- Chana Masala (Chickpea Curry) with Minty Quinoa
- Big Ass Salad

If cooking for one or two people, make this recipe as is. If cooking for three or four people, double it.

Instant Pot Directions

1/2 cup uncooked quinoa (95g)

1/2 cup fresh mint leaves, coarsely chopped

3/4 cup water (175ml)

- Place the quinoa into a fine mesh strainer and rinse with water. Tap the strainer against the sink to remove as much excess water as possible.
- Place the rinsed quinoa, the mint and the water into the Instant Pot and stir. Lock the lid into place and make sure the nozzle is in the sealing position.
- Use the manual setting and set the timer for 6 minutes. Use the natural release method when the timer goes off.
- Allow to cool before you store in the fridge.

Stove Top Directions

1/2 cup uncooked quinoa (95g)

1/2 cup fresh mint

3/4 cup water (175ml)

- Place the quinoa into a fine mesh strainer and rinse with water. Tap the strainer against the sink to remove as much excess water as possible.
- Place the rinsed quinoa, the mint and the water into a small pot and bring to a boil.
- Immediately turn the heat down to super low and cover the pot with a lid.
- Simmer for 15 - 20 minutes, until all the water is absorbed and the quinoa is fluffy and soft.
- Allow to cool before you store in the fridge.

SIX

Chana Masala (Chickpea Curry)

You will use this for:

- Your Chana Masala night.

If cooking for one or two people, make this recipe as is. If cooking for three or four people, double it.

1 teaspoon cumin seeds, toasted
1/2 cup red onion, finely diced (65g)
2 overflowing teaspoons peeled and chopped ginger
3 garlic cloves, minced
2 large tomatoes, chopped (about 2 full cups / 350g)
2 1/2 cups cooked garbanzo beans (380g / already made)
1/2 teaspoon coriander powder
1 teaspoon turmeric powder
1 teaspoon red chili powder
1 teaspoon garam masala
3/4 teaspoons salt
1/2 cup water (120ml)

- Heat a large skillet over low heat for about a minute. Add the cumin seeds and toast just until fragrant, about a minute. Transfer to a small dish and set aside for now.
- Place that same skillet over medium heat and add the onions. Cook the onions for about 5 minutes, stirring frequently and adding a splash of water when they start to stick to the pan.
- Add the ginger, garlic, tomatoes, cooked garbanzo beans, cumin seeds, coriander powder, turmeric powder, red chili powder, garam masala and salt. Cook for about two minutes, gently stirring so the spices are thoroughly incorporated.
- Add the water and bring to a low simmer. Gently simmer for about 15 minutes, without a lid, until hardly any liquid is left and the mixture is nice and thick. Allow to cool before you store in the fridge.

Save the remaining garbanzo beans for your Big Ass Salad night. Place them in a container, along with some fresh water so they won't dry out.

SEVEN

Walnut Parmesan

You will use this for:

- Scalloped Potatoes
- Mac and Cheese
- Big Ass Salad

If cooking for one or two people, make this recipe as is. If cooking for three or four people, double it.

1/2 cup raw walnuts (55g)

1 1/2 tablespoons nutritional yeast

1/2 teaspoon garlic granules

1/4 teaspoon salt

- Place all of the ingredients into your food processor and pulse until everything is combined and there are no chunks of walnuts.
- Store in a container in the fridge.

Do not over process or it will turn to walnut butter.

Make sure your food processor and all of its parts are dry before you make this. If your food processor is wet or damp, your walnut parm will come out weird.

EIGHT

Green Leaf Lettuce and Collard Greens (DO THIS WHEN YOU GET HOME FROM THE GROCERY STORE)

You will use this for:

- Scalloped Potatoes
- Mac and Cheese with Broccoli and Greens
- Marinated Portobello Burgers with Smoky Paprika Burger Sauce
- Big Ass Salad

Wash, dry and store. Easy Spankin' Peasy.

Nightly Meal Instructions

MONDAY: Scalloped Potatoes with Walnut Parmesan and Side Salad

Your Scalloped Potatoes are a done deal, all you have to do is heat them up, sprinkle on some Walnut Parmesan and make a quickie Side Salad.

Scalloped Potatoes, heated up (already made)

Walnut Parmesan (already made)

Side Salad (directions below)

For the Side Salad:

Place some Green Leaf lettuce in a bowl, along with whatever veggies you have in the fridge that need to be used up. Drizzle with some Smoky Paprika Sauce.

Serve your Scalloped Potatoes on a plate and sprinkle with Walnut Parmesan.

Heating Tip:

To heat up the Scalloped Potatoes, preheat the oven to 375°F (190°C) and place the baking dish in the oven, covered, for about 15-20 minutes, until the potatoes are heated all the way through. If you're the only person eating, I recommend heating up however much you want in a skillet on the stove on low heat with a lid on the skillet. You can add a bit of water to get some steaming action - this will help it heat up evenly.

TUESDAY: Marinated Portobello Burgers with Smoky Paprika Burger Sauce

Make one Portobello Burger per person. Double the recipe if needed.

Marinated Portobello Burger (directions below)

Sprouted grain bun, toasted

Smoky Paprika Burger Sauce (already made)

Sliced tomatoes

Thinly sliced red onions

Green leaf lettuce, chopped (already prepped)

Make the mushroom/s and assemble the burger.

For the mushrooms:

2 portobello mushrooms (one per person)

Marinade

2 teaspoons soy sauce

2 teaspoons Coconut Aminos

1 large garlic clove, grated

1 tablespoon balsamic vinegar

1 tablespoon water

- Remove the stem and wipe the mushrooms with a paper towel to remove any dirt. Place the mushrooms into a large Ziplock bag.
- Place the marinade ingredients into a bowl and stir. Pour the marinade into the bag with the mushrooms and seal the bag shut. Move the mushrooms around from the outside of the bag so both sides of each mushroom soak up some marinade.
- Allow the mushrooms to marinate for about 10 - 15 minutes.
- Heat a skillet over medium heat for two minutes. Place the mushrooms in the skillet, along with the remaining marinade. Cook on medium heat (without a lid) for two minutes and then flip them over and cook on the other side for an additional two minutes. Press the mushrooms down with a spatula to help release their liquid. The mushrooms will shrink in size - this is normal.

You can save the port stems for a “clean out the fridge soup” if you like. This is the perfect thing to do before you go grocery shopping or do your next batching. If you don’t have a Ziplock bag, you can use a container to marinate the mushrooms.

Assemble the burgers

- Toast the buns and add some Smoky Paprika Burger Sauce to each side.
- Pile high with tomatoes, onions and lettuce and top with a mushroom. Put both sides of the bun together and devour.

Note: Eat this over a plate because it is JUICY!

WEDNESDAY: Chana Masala (Chickpea Curry) with Minty Quinoa

Heat up and have as much Chana Masala and Quinoa as you're hungry for. Garnish the Chana with fresh mint. Easy peasy.

Chana Masala, heated (already made)
Minty Quinoa, heated (already made)

Heat up the Chana in a pot and heat up the quinoa in a skillet (preferably cast iron).

THURSDAY: Mac and Cheese with Broccoli and Greens and Walnut Parmesan

Make as much as you're hungry for.

Broccoli, cut into bite-sized pieces, steamed
Pasta shells or spirals, cooked
Cheesy sauce (already made)
Collard greens, chopped (already prepped)
Walnut Parmesan (already made)

- Steam your broccoli in a steamer basket in a pot on the stove or in your Instant Pot, just until it's bright green. This will take a few minutes on the stove and 1 minute in your IP. If using the IP, use the manual setting and the quick release method when the timer goes off.
- Cook and drain the pasta according to the directions on the package. Feel free to cook the whole package of pasta and store what you don't use in the fridge for later in the week.
- Place some steamed broccoli, cooked pasta, Cheesy Sauce and collard greens into a pot and stir. Heat up until everything is nice and warm.
- Transfer to a bowl and sprinkle with Walnut Parmesan.

FRIDAY: Big Ass Salad

Make one Big Ass Salad per person and add as much of each ingredient as you like. If you don't have a particular ingredient, swap it out with other veggies / items in your fridge that need to be used up.

Green leaf lettuce, torn into bite-sized pieces (already prepped)
Collard greens, finely chopped (already prepped)
Mint leaves
Smoky Paprika Burger Sauce (already made)
Carrot, chopped into small pieces
Tomatoes, diced

Red onion, thinly sliced

Garbanzo Beans (already made / no need to heat up)

Minty Quinoa (already made / no need to heat up)

Walnut Parmesan (already made)

- In a huge bowl (the bowl you'll be eating from), add some green leaf lettuce, some collard greens and some mint and drizzle with Paprika Sauce. Mix until the greens are well coated with the dressing.
- Add some carrot, tomatoes, red onion, Garbanzo Beans and Minty Quinoa.
- Drizzle with a bit more Paprika Sauce, sprinkle with Walnut Parm and dig in.