

# Plant-Powered Meal Prep

POKE BOWL BAR! (+ COOKIES!)

## WHAT'S ON THE MENU

1. Seasoned Brown Rice
2. Poke beets
3. Simple, pan-fried tofu
4. Edamame
5. Shredded cabbage and carrots (+ veggies of your choice)
6. 5 ingredient kale salad
7. Chocolate Chip Chickpea cookies (do you want to double the batch? Read below.)



## THE DAY BEFORE THE PREP SESSION

1. **Boil the beets!** Boiling beets can take between 20 to 40 minutes, depending on beet size. You'll need 2-3 large beets or 5-6 medium/small beets.
  - Wash the beets and trim off the beet greens (if present). Don't peel the beets at this stage, and keep those beet greens!\*
  - Bring a large pot of water to a boil - add a tsp of salt and the washed beets (you don't have to wait for the water to boil before adding the beets).
  - Boil 20 to 40 minutes, until easily pierced with a fork or paring knife.
  - When they're done boiling, rinse under cool water and rub off the skins.
  - You're done! Store beets in the fridge in an airtight container.
2. **Soak the rice.** Place 2 cups\*\* of short grain brown rice in a bowl and cover with cold water by 1 inch. Soak for at least 2 hours before your pre session, or overnight. Do you haaaaaaaave to soak rice? No, but it makes it more digestible and it cooks quicker! If you haven't soaked rice, proceed anyway!

\* Beet greens are full of vitamins and very tasty - so don't pitch them! They can be added to smoothies, steamed, sautéed, added to soups, and eaten raw.

\*\* As long as you're making rice, do you want to double it? You could freeze the extra or use it for another dish - like Breakfast Rice Pudding! See the end of this document for recipe.



## EQUIPMENT YOU'LL NEED:

Knife and cutting board

Salad spinner (If you don't have one, a large clean towel can stand in)

1 medium, lidded sauce pan OR a rice cooker (for rice)

1 medium or small sauce pan (for edamame)

1 non-stick pan (for tofu)

Storage containers

Mixing bowls

Sheet pans + oven (for cookies)



## LET'S GO SHOPPING!

GOT IT	PRODUCE
	1/2 of 1 small red cabbage
	1 bunch curly kale
	3 big beets or 5-6 small or medium beets
	2 carrots
	1 container of sprouts or micro-greens (optional)
	1 large cucumber
	2 avocados (optional)
	1 clove garlic
	1 small nub fresh ginger
	1 lemon
GOT IT	REFRIGERATOR / FREEZER SECTION
	1 bag frozen, shelled edamame
	1 block medium firm, firm, or extra firm tofu
GOT IT	BULK / DRIED GOODS / NUTS AND SEEDS
	2 cups short grain brown rice
	1.5 cups cooked chickpeas or 1 can chickpeas (15oz)
	1 cup rolled oats
	1/2 cup walnuts

	1/4 cup chia seeds
	1/4 cup hemp seeds
	1/2 cup nut butter of choice
	1 cup Vegan chocolate chips
	1/2 cup flour (almond, coconut, wheat, buckwheat...any kind of flour)
GOT IT	SPICES / PANTRY STAPLES
	Soy sauce, Tamari, or Braggs Amino Acids
	Toasted sesame oil
	Toasted sesame seeds (optional)
	Rice vinegar
	1/2 cup + 2 Tbsp maple syrup (Sub brown rice syrup, date syrup or agave)
	2 tbsp nutritional yeast
GOT IT	WHAT ELSE DO YOU NEED?
	Extra greens?
	Fruit for the week?
	Soy milk and raisins for making rice pudding?

## TIME TO START COOKING! STEP BY STEP INSTRUCTIONS.

### Cook the rice. Soaked rice to water ratio = 1:1.75

1. Drain the soaked rice and rinse until the water runs clear.
2. Place rice in a rice cooker, or lidded sauce pot and add water. If you're cooking 2 cups of rice, add 3.5 cups of water. If using a different amount, adjust using the above ratio.
3. **If using a rice cooker**, press start and move on to the next thing! After the rice is done cooking, fluff with a fork and set aside to cool. Once the rice has cooled to warm, we'll season it.

4. **If using a sauce pan**, bring the water to a boil, then lid and reduce heat to achieve a light simmer.
5. Set a timer for 35 minutes.
6. When timer goes off, remove the pot from heat and set aside with the lid on. Set the timer for 5 minutes.
7. When the 5 minute timer goes off, fluff the rice with a fork and set aside to cool. Once the rice has cooled to warm, we'll season it.

## **Make the tofu**

1. Heat a nonstick pan over medium-high heat
2. Remove tofu from package, rinse, and cut into 1/4 inch thick slabs
3. Brown tofu lightly on each side - about 3 minutes each side.
4. While the tofu is browning, mix together the marinade in a medium mixing bowl (you're going to use this mixing bowl for the beets to save on dishes):
  - 2 Tbsp soy sauce or Tamari or Braggs amino acids
  - 2 Tbsp rice vinegar
  - 2 Tbsp maple syrup (or agave or brown rice syrup)
5. Pour marinade into pan and shuffle tofu around to make sure it gets evenly coated.
6. Continue cooking, turning occasionally, until the marinade has cooked down completely and the tofu is nicely browned and caramelized.
7. Remove from pan, cool, and store.

## **Season the beets**

1. In the mixing bowl you just used for the tofu marinade, grate or mince one garlic clove, and a small nub of ginger.
2. Now add:
  - 3 tablespoons soy sauce
  - 1 tablespoon toasted sesame oil
3. Cube the peeled, cooked beets and combine them with the marinade. Stir to coat. Return to container to store.

## **Prepare the 5 ingredient kale salad**

1. Wanna use the bowl you just used for the beets? You can! Just use a spatula to get as much marinade out as possible. Cross contamination is not an issue with the ingredients we're using.
2. De-stem, wash and spin the kale. Chop coarsely and place in the mixing bowl. If your bunch of kale is big, you might opt not to use all of your kale here. You choose. Store unused kale in a separate container.
3. Now add
  - A big pinch of salt
  - 2 tsp olive oil

- The juice from half a lemon, or more to taste
4. Using clean hands, get in there and massage the kale. Massage massage massage until the kale is wilted.
  5. Sprinkle with 2 tbsp nutritional yeast. Taste and adjust seasoning. Transfer to storage container and wash this bowl.

## Cook the edamame

1. Bring about 3 inches of water to a boil in a small sauce pot. Add frozen, shelled edamame and cook according to package instructions (usually 4-5 minutes). Cook as much as you want! 1 cup? 2 cups? You make the call.
2. Drain and transfer to storage container.

## Prepare the veggies

1. Julienne the carrots.
2. Shred the purple cabbage.
3. Chop the cucumbers.
4. Prepare any additional veggies you'd like for your poke bowls.
5. Either store the veggies separately, or nestle them into a large container. Ideally, keep them somewhat separate for presentation :)

## Finally, season the rice

1. Did you make extra rice? If so, remove it before seasoning the rice for the poke bowls.
2. In a small bowl, whisk together 1/4 cup rice vinegar, 1 Tbsp sugar and 1 tsp salt. After your rice has cooled slightly, pour this mixture into the rice and stir to incorporate.

## That's it! Your poke bowl bar is now ready.

- ☆ Make bowls by mixing and matching from the ingredients you prepped. Top with sliced avocado, micro greens, and sesame seeds if you like. You could also drizzle with a sauce of your choice, like sriracha, tahini sauce, or a sesame dressing.
- ☆ For best presentation, arrange different elements separately as pictured above.
- ☆ If you don't like cold rice, warm rice separately before adding the other ingredients!

## Ready to make some Chocolate Chip Chickpea Cookies? Yield 20-24 cookies

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Before you start, always ask yourself: Do I want to double this and make extra for the freezer? Here are the ingredients:

- 1.5 cups of cooked chickpeas (OR 1, 15 oz can of chickpeas - drained and rinsed)
- 1/2 cup maple syrup (substitute agave, date syrup, or brown rice syrup)
- 1/2 cup nut butter of choice

1 tsp vanilla extract  
1 cup rolled oats  
1/2 cup walnuts  
1/2 cup flour of choice (almond, coconut, wheat, buckwheat...)  
1/4 cup chia seeds  
1/4 cup hemp seeds  
1/2 to 1 cup vegan chocolate chips (or raisins!)

1. Preheat the oven to 375 F
2. In a food processor, puree the chickpeas with the maple syrup, nut butter and vanilla until smooth.
3. Empty the puree into a medium mixing bowl. Pulse the oats in the food processor (no need to clean first!) until they are coarse. Add walnuts and pulse a few more times.
4. Add oats and remaining ingredients to mixing bowl and stir until combined.
5. Roll the dough into balls and place on a lined baking sheet. Press down gently to flatten. Sprinkle each cookie with a tiny bit of salt, optional.
6. Bake for 10 to 15 minutes until cooked through and slightly golden.

## Idea for using extra rice: **Breakfast Rice Pudding**

- 1 1/2 cups cooked brown rice (cold)
- 1 cup plant milk (any kind)
- 1 tablespoon flax oil (optional)
- 1/2 teaspoon ground cinnamon
- 2 tablespoons maple syrup
- 1 banana (half mashed, half sliced)
- garnishes: raisins, ground flax, nuts, seeds, extra maple syrup....

### Instructions

1. In a small saucepan, combine the brown rice, milk, and cinnamon. Bring to a gentle simmer, stirring occasionally.
2. Stir in the flax oil, mashed banana, and the maple syrup. Cook about 1 minute to thicken.
3. Divide between bowls, and top with your choice of garnishes and the remaining banana slices. Enjoy!

 YOU DID IT! 

NICE WORK. NOW GO DO SOMETHING RELAXING AND ENJOY THE  
FRUITS OF YOUR LABOR THROUGHOUT THE WEEK.