

MULTI DISH

MEAL PREP

A WEEK'S WORTH OF VEGAN MEALS FOR ACTIVE
PEOPLE – IN 1.5 HOURS OR LESS



THE GAME PLAN

This is a guide to help you get your fridge stocked and ready for a busy week. By prepping a handful of fresh ingredients and storing them separately, you'll be able to quickly throw together a variety of different dishes in under 10 minutes. So rather than prep a week's worth of identical meals, we're going to prep individual components that you can mix and match to make a variety of dishes such as burritos, salads, macro bowls, tacos, etc.

After spending approximately an hour and a half in the kitchen (less time with practice!) you will have vibrant, healthy, nutritionally dense foods that meet all your nutrient needs at your fingertips, making it much easier to fuel your day, and avoid reaching for fast food or junky snacks. You'll also find that this type of prep is very cost effective. Of course grocery prices vary wildly from place to place, but I was able to buy everything used here (aside from the pantry staples) for around \$40. Not bad for 7 hearty meals!

A FEW NOTES ABOUT THIS GUIDE:

1. **Substitutions.** This is just a guide, so feel free to make substitutions based on availability/price/season/location. Just be sure to include the whole rainbow of colour when it comes to your vegetables. Also, be sure to include at least a couple cruciferous vegetables. Cruciferous vegetables include cauliflower, kale, broccoli, brussel sprouts, arugula, bok choy, cabbage, and more. You want at least a serving of these guys every day (they're kind of magical 🐉).
2. **Quantities are for One Person.** If you have more people in the house, consider working together to double the quantities, or see this as meal prep for 4 days.
3. **Use a Food Processor for Faster Prep.** If you don't have a food processor, this will take a bit longer. You could consider buying some of your vegetables already prepped, but I would encourage you to be mindful of finding ways to minimize packaging waste.
4. **Dry Roasting.** I don't use any oil for roasting vegetables or cooking tofu/tempeh, especially when I'm using high heat because good oils go bad at high heat. Try it! You might be surprised by the results.

5. **Different Energy Needs.** If your energy needs are high and you're concerned about eating enough, be liberal with the more calorie-dense items: tahini sauce, avocados, nuts and seeds. If your energy needs are lower, scale back on these items. A starting point would be to shoot for about 2 ounces per meal of avocado, or nuts and seeds, and about 2 tablespoons of tahini sauce.

* If you're maintaining your weight - you're in energy balance. If you're gaining or losing weight *when you don't want to be*, calorie dense foods could be the culprit, or the solution respectively.

6. **Get Ready!** Start with a clean kitchen and have all of your equipment and containers handy. I like to do the shopping the day before I meal prep so that I can soak my beans overnight. I also find I'm more efficient / less likely to be worn out when the shopping is done in advance.

EQUIPMENT

- | | |
|---|--|
| <input type="checkbox"/> 2 Sheet pans | <input type="checkbox"/> Timer |
| <input type="checkbox"/> 2 Reusable baking mats, or parchment paper | <input type="checkbox"/> Colander |
| <input type="checkbox"/> Rice cooker or medium sauce pan with a tight-fitting lid | <input type="checkbox"/> Fine mesh sieve for rinsing grains / beans (handy but optional) |
| <input type="checkbox"/> Food processor fitted with the slicing/grating disc | <input type="checkbox"/> Cutting board / Chef's knife |
| <input type="checkbox"/> Large mixing bowl | <input type="checkbox"/> 1 large container |
| <input type="checkbox"/> Liquid measuring cup | <input type="checkbox"/> 2 medium containers |
| | <input type="checkbox"/> 6 small containers |



SHOPPING LIST

DRY GOODS

- 2 cups uncooked **whole** grain of choice (brown rice, quinoa, barley, millet, etc)
- 1 cup uncooked green lentils
- 1.5 cups dry beans of choice (black beans, chickpeas, navy beans etc) or 1 large can of beans of your choice*

PRODUCE

- 4-5 carrots
- 2-3 beets
- 2 bell peppers (I prefer red, yellow or orange)
- Small head of broccoli or cauliflower (optional)
- Pint of Brussel sprouts
- 1 bunch parsley or cilantro
- Cherry tomatoes
- 1 small red cabbage
- 2 medium sweet potatoes
- 2-3 avocados
- Citrus fruit: enough to have one per day, be it clementines, oranges, grapefruit etc...
- 2 lemons (or bottled lemon juice)

REFRIGERATED SECTION

- 1 package pre-seasoned tempeh strips
- 1 package pre-seasoned tofu or seitan (I used BBQ tofu bites)

PANTRY STAPLES (ADD TO GROCERY LIST IF NECESSARY)

- | | |
|--|---|
| <input type="checkbox"/> Tahini | <input type="checkbox"/> Salsa |
| <input type="checkbox"/> Rice vinegar or apple cider vinegar | <input type="checkbox"/> Hot sauce |
| <input type="checkbox"/> Extra virgin olive oil | <input type="checkbox"/> Tortillas |
| <input type="checkbox"/> Dijon mustard | <input type="checkbox"/> Pumpkin seeds |
| <input type="checkbox"/> Garlic powder | <input type="checkbox"/> Dried cranberries or raisins |
| <input type="checkbox"/> Bragg's amino acids or tamari | <input type="checkbox"/> Lemons / limes |

** Ideally, cook your own beans! It's cheaper, healthier, and from a packaging standpoint, better for the environment. Look for them in the bulk section if your local grocery store has one. If you have an instant pot, throw 1.5 cups of dry beans and ample water into the pot and get those going at the beginning of your cooking session. Or, soak your beans the night before your prep day and cook them on the stove during your cooking session.*

LET'S DO THIS!

THE NIGHT BEFORE...

SOAK YOUR BEANS!

- If you're cooking your beans from scratch - soak your beans the night before your prep day. Place them in a medium bowl, cover generously with water, place in the fridge and allow to soak for 8 - 24 hours. When you're ready to cook them, drain the soaking water and give them a good rinse.
 - If you forgot to do this but still want to cook your own beans, you can do a quick soak: Place the beans in medium stock pot, cover generously with water. Bring to a boil, cover with a tight fitting lid, and turn off the heat. Soak for one hour. When you're ready to cook them, drain the soaking water and give them a good rinse.

THE BIG DAY...

BAKE THE SWEET POTATOES AND TEMPEH/TOFU WHILE COOKING THE GRAINS AND BEANS

- Preheat the oven to 400°
- Pop your 2 cups of whole grain and 1 cup of dried green lentils into the bowl of the rice cooker. Rinse and drain. Add 5 cups of water and set to cook.
 - No rice cooker? Add the ingredients to a medium sauce pan. Bring to a boil, then reduce heat and simmer until water is absorbed and grains/lentils are soft. Approximately 40 minutes.*
- Rinse your soaked beans, add to a medium sauce pot, and cover generously with cold water. Bring to a boil, reduce heat and simmer until beans are tender - approximately 40 minutes. If using canned beans; Empty can of beans into colander, rinse well, then place beans into storage container.
- Wash and cube the sweet potatoes (no need to peel them unless you like to). Spread evenly on one of your sheet pans.
- Spread marinated tempeh strips on the other sheet pan, along with your tofu bites, or cubed pre-seasoned tofu.
- Bake sweet potatoes until tender, approximately 40 minutes, stirring halfway through.
- Bake tempeh / tofu for approximately 20 minutes, flipping halfway through.

PREP THE PRODUCE

- Wash cherry tomatoes and transfer to a bowl, no need to refrigerate.
- Wash carrots and beets, cut off tops, and grate them using the food processor's grating disc, I don't bother peeling these either. Place carrots and beets in one of your small storage containers.
- Wash and chop the broccoli, toss it in a storage container.
- Make the slaw in your large storage container:
 - Using the slicing disc, shred approximately half of the red cabbage (1 pound)
 - Wash brussel sprouts and trim the edges. Shred them using the slicing disc.
 - Wash and chop the parsley or cilantro. Alternatively, chop it in the food processor using the S blade. Add half to the large container, reserve half in a small container.
 - Dress the slaw to your taste! Toss with your favourite vinaigrette, or do as I do: Toss 1/3 cup of your favourite vinegar, 2 tablespoons extra virgin olive oil, a teaspoon of dijon mustard, and a big pinch of salt straight into the container. Put on the lid and shake until everything is incorporated. Adjust seasoning.

ENJOY!

SOME IDEAS FOR HOW TO ENJOY THESE FOODS...

- Classic macro bowl: 1 cup grain, mixed veggies of choice, beans or tofu and tahini sauce on top
- Burrito: 1/2 cup grain, 1/2 cup beans, 1/2 cup sweet potatoes, bell peppers and slaw all rolled up with salsa and avocado on top
- Burrito bowl: Same as above without the wrap! Adjust portions to suit your needs.
- Veggie fried rice: In a large sauté pan, heat up 2 tablespoons of water. Water sauté broccoli until bright green. Add carrots, bell peppers, chopped tofu or tempeh, and a cup of your cooked grain. Cook and stir over medium heat until everything is heated through, adding splashes of water as needed to prevent sticking. Finish with a splash of tamari or soy sauce. Serve garnished with chopped parsley and pumpkin seeds (optional).
- Tacos and a side salad: Fill 2-3 corn tortillas with black beans, sweet potatoes, chopped cherry tomatoes, bell peppers, avocado slices and your hot sauce of choice. Enjoy with a side of slaw and a fresh squeeze of lime juice.
- Use your prepped veggies to make a big side salad to go along with a meal not listed here.
- Add 1/4 of an avocado to any meal, or mash some up with garlic and lemon juice to make a quick guacamole.
- Build a breakfast bowl around your gain by adding your favourite plant-based milk, a big scoop of berries, and few nuts and seeds.
- Sweet citrus salad: Peel and chop an orange or a grapefruit (apple is nice as well) and add it to 2 to 3 cups of the slaw, along with a some of your shredded carrots and beets, a handful of dried cranberries and 1/4 cup chopped walnuts. Toss with a bit of extra apple cider vinegar or tahini sauce. (This is my favourite!)

CITRUS

- Try to eat some citrus with each meal! Vitamin C rich foods help to increase iron absorption, and since iron deficiency is the most common nutritional deficiency in the world, it's safe to assume we could all use a little help absorbing it. Studies show that consuming Vitamin C rich foods along side iron-rich foods can increase iron absorption up to four-fold. The lentils, beans, greens, tofu, pumpkins seeds, broccoli and quinoa that you'll be eating are all great sources of iron. Stack the cards in your favour and eat them with vitamin C! Also try to avoid drinking coffee or tea close to meal time, as it can block absorption.