

Weekly Meal Plan

WEEK ONE GLUTEN-FREE, VEGAN PLAN

BREAKFAST

LUNCH

DINNER

	BREAKFAST	LUNCH	DINNER
SUN	Chocolate Almond Smoothie	Black Bean Tacos	Saucy Italian veggie-tofu Skillet
MON	Italian Tofu Scramble	Falafel-salad with Lemon Tahini Dressing	Vegan Portobello "Carnitas" Tacos
TUES	Chocolate Almond Smoothie	Saucy Italian veggie-tofu Skillet	Sweet Potato Chickpea Bowl
WED	Italian Tofu Scramble	Falafel-salad with Lemon Tahini Dressing	Vegan Portobello "Carnitas" Tacos
THURS	Sweet Potato Chickpea Bowl	Black Bean Tacos	Saucy Italian veggie-tofu Skillet
FRI	Chocolate Almond Smoothie	Saucy Italian veggie-tofu Skillet	Sweet Potato Chickpea Bowl
SAT	Italian Tofu Scramble	Leftovers	Leftovers



Grocery Store List

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PRODUCE

bananas, 3
lemons, 2
limes, 2
orange, ½
avocados, 3
English cucumber, ½
garlic, 8 cloves
grape tomatoes, 1 ½ pints
red onions, 1 ½ medium
sweet potatoes, 1 ½ lb
tomato, 1
yellow onions, 2 ½
yellow potatoes, 2
broccoli, 2 crowns
carrot, 1 medium
jalapeño pepper, 1
kale, 1 bunch
portobello mushrooms, 2 caps
radish, ½ bunch
red bell peppers, 2
romaine lettuce, 1 head
white mushrooms, 1 lb
zucchini squash, 4
cilantro, 1 ½ small bunches
fresh basil, 1 small pkg
Italian parsley, ½ small bunch

DELI/CHEESE

extra firm tofu, 4 (12 oz) pkg

BAKERY

gluten-free bread, 6slices
small corn tortillas, 12-14

MILK

almond milk,
unsweetened, 24 fl oz

NUT BUTTER + JAMS

natural almond butter

BAKING/SPICES

basil, dried
pepper
cayenne pepper
chili powder
cinnamon, ground
cocoa powder
coriander, ground
cumin, ground
garlic powder
Italian seasoning
oregano, dried
paprika
pure maple syrup
salt
turmeric, ground

CANNED + JARRED GOODS

black beans, 2 (15 oz) cans
garbanzo beans, 5 (15 oz) cans
tomato sauce, 2 (8 oz) cans

OILS, SAUCES + CONDIMENTS

Dijon mustard
extra virgin olive oil
tahini
vegan mayonnaise
white wine vinegar
sesame seeds
tamari soy sauce

CHOCOLATE ALMOND SMOOTHIE WITH PROTEIN POWDER

SERVINGS: 1
TIME: <5 MINS
THIS WEEK: 3X

INGREDIENTS

- 6-8 fl. oz almond milk, unsweetened
- ½ avocado
- 2 tbsp almond butter
- 1 banana (I freeze mine ahead of time)
- 1 scoop protein powder
- Pinch of cinnamon
- ½ tsp maple syrup
- 1/8 tsp sea salt
- 8 ice cubes

INSTRUCTIONS

1. **Add all ingredients to the blender.**
2. **Blend for 2-3 minutes on high speed until smooth.**
3. **Enjoy!**



Make-ahead tip: Store ingredients in a mason jar, in the fridge. Blend in the morning.

ITALIAN TOFU SCRAMBLE WITH POTATOES, ZUCCHINI + CHERRY TOMATOES

SERVINGS: 3
TIME: 30 MINS
THIS WEEK: 3

INGREDIENTS

- 2 (12oz) pkg extra firm tofu
- 2 cloves garlic
- 1 pint grape tomatoes
- 1 medium yellow onion
- 2 medium yellow potatoes
- 2 medium zucchini squash
- Basil, dried
- EVOO
- Oregano, dried
- Sea Salt or pink salt
- Turmeric, ground

INSTRUCTIONS

1. Cut the tofu in half along the long side. Sandwich the tofu between clean towels and place on a baking sheet. Place a cutting board with something heavy on top and set it aside to press out excess water.
2. Small dice the potatoes (cut into ¼-inch cubes). Transfer to a medium saucepan and cover with hot water. Bring to a boil over high heat; reduce heat and simmer, covered, for 9 minutes. Once finished, drain the potatoes and set them aside.
3. Peel and small dice onion. Peel and mince garlic.
4. Preheat a large skillet over medium heat.
5. Once the skillet is hot, add oil and swirl to coat the bottom. Add onion and garlic, and cook, stirring occasionally, 3-4 minutes.
6. Halve zucchinis lengthwise, then slice crosswise into half rounds. Add the zucchinis and spices to the skillet and stir to combine.
7. Crumble the tofu with your fingers into the skillet. Add the cooked potatoes and stir to combine. Sauté until the veggies are softened, 7-8 minutes.
8. Halve the grape tomatoes.
9. Remove from the heat and stir in the grape tomatoes. Divide between plates.
10. Enjoy!



BLACK BEAN TACOS WITH TOMATO + AVOCADO SALSA

SERVINGS: 2
 TIME: 30 MINS
 THIS WEEK: 2

INGREDIENTS

- 1 avocado
- 1 (15 oz) can of black beans
- ½ small bunch of cilantro
- ½ pint grape tomatoes
- ½ lime
- ½ medium red onion
- 6-8 small corn tortillas (GF)
- Chili powder
- Cumin, ground
- Pepper and salt
- Extra virgin olive oil

INSTRUCTIONS

1. Wash and dry the fresh produce
2. Small dice the tomatoes and transfer to a medium bowl.
3. Halve the avocado lengthwise and twist the halves to separate, then remove the pit with a knife or spoon; scoop out and small dice the flesh. Add to the tomatoes.
4. Using a knife, shave the cilantro leaves off the stems at a downward angle, working away from your body; discard the stems and finely chop the leaves. Add ½ of the cilantro to the bowl with the tomatoes and avocado and transfer the other ½ to a small bowl.
5. Preheat a skillet over medium heat.
6. While the skillet heats up, trim off and discard the ends of the onion and remove the outer layer; small dice the onion (cut into ¼-inch pieces). Transfer ½ of the onion to the bowl with the salsa ingredients and leave the rest on the cutting board.
7. Once the skillet is heated, add EVOO and swirl to coat the bottom.
8. Add the remaining onion to the skillet; cook, stirring occasionally, until softened, 3 to 5 minutes.
9. While the onion cooks, drain and rinse the black beans in a colander.
10. Add more EVOO to the skillet, followed by the beans and remaining cilantro.
11. Season the bean mixture with chili powder, cumin, salt, and pepper; stir until fragrant, 15 to 30 seconds. Cook, stirring occasionally, until the beans are warmed through, 2 to 4 minutes. Mash some of the beans with a fork if desired.
12. Wrap the tortillas in a damp towel and microwave until heated through, 15 to 30 seconds. 3-4 for each serving
13. Juice the lime; drizzle ¼ of the lime juice over the beans and add the rest to the bowl with the salsa ingredients.
14. Season the salsa with salt and pepper; mix together.
15. To serve, place the bean mixture into the tortillas and top with the salsa. Enjoy!



FALAFEL- SALAD WITH CRISPY CHICKPEAS + LEMON TAHINI DRESSING

SERVINGS: 2
TIME: 30 MINS
THIS WEEK: 2

INGREDIENTS

- 1 medium carrot
- ½ small bunch of cilantro
- ½ English cucumber
- 1 (15oz) can of chickpeas
- 1 clove garlic
- ½ small bunch of parsley
- 1 lemon
- ½ bunch of radish
- 1 head of romaine
- 1 tomato
- Black pepper
- Maple syrup
- Coriander, ground
- Cumin, ground
- Dijon mustard
- EVOO
- Paprika
- Seas salt
- Sesame seeds
- Tahini

INSTRUCTIONS

1. Preheat oven to 450°F.
2. Drain and rinse chickpeas. Place on a clean towel or paper towels and pat dry, then transfer to a large bowl.
3. Add oil, sesame seeds, and spices to the bowl with the chickpeas; stir to combine.
4. Transfer chickpeas to a baking sheet pan and spread out in an even layer. Place in the oven (it doesn't have to be fully heated) and bake, stirring halfway through, until slightly crispy, about 15 minutes. (Reserve bowl for the salad.)
5. Meanwhile, wash and dry the fresh produce.
6. Peel, trim, and coarsely grate carrot; transfer to the reserved bowl.
7. Trim and medium dice cucumber. Medium dice tomato; add both to the bowl with the carrot.
8. Trim off and discard tops and root ends of radishes; thinly slice and add to the bowl.
9. Cut romaine crosswise into thin (shred-like) strips and add to the bowl.
10. Shave cilantro and parsley leaves off the stems; discard stems and mince the leaves. Add both to the bowl and toss to combine the salad. Set aside.
11. Peel and mince garlic; place in a small bowl.
12. Juice lemon into the bowl with the garlic. Add tahini, water, Dijon, maple syrup, and spices; whisk to combine the dressing. ¼ cup tahini, 3 tbsp water, 1 tsp Dijon mustard, ½ tsp brown sugar, ¼ tsp cumin, ground, ¼ tsp coriander, ground, ¼ tsp salt, ½ tsp black pepper
13. To serve, divide salad between plates. Top with crispy chickpeas and drizzle with dressing.
14. Enjoy!

SAUCY ITALIAN VEGGIE TOFU SKILLET WITH BASIL AND TOAST

SERVINGS: 4
TIME: <20 MINS
THIS WEEK: 4

INGREDIENTS

- 2 pkg extra firm tofu
- 1 small pkg of basil
- 1 (15 oz) can of garbanzo beans/chickpeas
- 4 cloves of garlic
- 6 slices of GF bread
- 2 red bell peppers
- 1 (8z) cans of tomato sauce
- 1 pound white mushrooms
- 1 medium yellow onion
- 2 medium zucchini squash
- Black pepper and salt
- EVOO
- Italian seasonings
- white wine vinegar

INSTRUCTIONS

1. Cut the tofu in half along the long side. Sandwich the tofu between clean towels or paper towels and place on a baking sheet. Place a cutting board with something heavy on top and set it aside to press out excess water.
2. Drain and rinse beans in a colander; set aside to drain further.
3. Trim, seed, and medium dice bell peppers. Peel and medium dice onion; transfer both to a medium bowl.
4. Preheat a large skillet over medium heat.
5. While the skillet heats up, peel and mince garlic.
6. Once the skillet is hot, add oil and swirl to coat the bottom. Add veggies, garlic, and spices to the skillet; cook, stirring occasionally, until starting to soften, about 5 minutes. (Reserve bowl for the next step.)
7. Meanwhile, thinly slice mushrooms and place in the reserved bowl.
8. Trim and halve zucchini lengthwise, then slice crosswise into thin half-moons; add to the bowl with the mushrooms.
9. Cut tofu into 1-inch cubes.
10. Add tofu, mushrooms, zucchini, and chickpeas to the skillet with the other veggies and continue to cook, stirring occasionally, until softened, about 5 minutes.
11. Meanwhile, preheat the oven to broil on high and position the rack under the broiler.
12. Add tomato sauce and vinegar to the skillet. Stir to combine and cook until heated through, 3 minutes more.
13. Meanwhile, spread EVOO on the bread and transfer to a large baking sheet pan. Place in the oven and broil until toasted, 1-2 minutes. Remove from the oven and cut toasts in half.
14. Pick basil leaves off the stems, roll-up crosswise, and thinly slice into ribbons.
15. Divide veggie-chickpea-tofu skillet between plates or bowls and sprinkle with basil. Serve with toast on the side.
16. Enjoy!

VEGAN SPICY PORTOBELLO "CARNITAS" TACOS WITH BEANS AND CHILI MAYO

SERVINGS: 2
TIME: 40 MINS
THIS WEEK: 2

INGREDIENTS

- ½ avocado
- 1 (15oz) can of garbanzo beans/chickpeas
- ½ small bunch cilantro
- 1 clove garlic
- 1 jalapeno pepper
- 1 lime
- ½ orange
- 2 caps portobello mushrooms
- 6 small corn tortillas
- ½ medium yellow onion
- Cayenne pepper
- Chili powder
- Coriander, ground
- Cumin, ground
- EVOO
- Oregano, dried
- Pure maple syrup
- Tamari soy sauce
- 1/3 c Vegan mayonnaise

INSTRUCTIONS

1. Juice orange into a medium bowl. Juice one of the limes into the same bowl; cut remaining lime into wedges and set aside.
2. Peel and mince garlic; add to the bowl with the citrus juice, along with soy sauce, maple syrup, and spices. Whisk to combine the marinade.
3. Remove mushroom stems and discard; cut mushrooms in half and then crosswise into thin strips. Add to the bowl with the marinade.
4. Peel, halve, and thinly slice onion into half moons. Add to the bowl with the mushrooms and toss to combine.
5. Preheat a large skillet over medium-high heat.
6. Once the skillet is hot, add oil and swirl to coat the bottom. Add the mushrooms, onions, and any leftover marinade. Cook, stirring often, until veggies become soft and golden, and the marinade has reduced, about 10 minutes.
7. Meanwhile, whisk together mayo and chili powder in a small bowl and set aside.
8. Thinly slice jalapeños into rounds and set aside.
9. Halve and pit the avocado. Slice thinly while still in the skin, then scoop out with a spoon and set aside.
10. Drain and rinse the beans. Add to the skillet with the mushrooms and continue to cook, stirring often, until beans are warmed through, 2-3 minutes.
11. Meanwhile, shave cilantro leaves off the stems; discard stems and mince the leaves. Stir half the cilantro into the skillet and remove from the heat. (Reserve remaining cilantro for garnish.)
12. Warm tortillas in another skillet, oven, or microwave (optional), 15-30 seconds.
13. To serve, divide tortillas between plates and fill with the portobello "carnitas" mixture. Top with avocado, chili mayo, jalapeños, and reserved cilantro.
14. Enjoy!

SWEET POTATO CHICKPEA BOWLS WITH MAPLE-TAHINI SAUCE

SERVINGS: 2
 TIME: 40 MINS
 THIS WEEK: 2

INGREDIENTS

- 2 crowns broccoli
- 2 (15 oz) cans chickpeas
- 1 bunch kale
- 1 lemon
- 1 medium red onion
- 1 ½ lb sweet potatoes
- Black pepper and sea salt
- Chili powder
- Cumin, ground
- EVOO
- Garlic powder
- Oregano, dried
- Pure maple syrup, 4 tsp
- Tahini, ½ c
- Turmeric, ground

INSTRUCTIONS

1. Preheat oven to 400°F.
2. Peel the sweet potatoes and onions; cut both into 1-inch pieces. Transfer to a large bowl; add oil, salt, and pepper, and toss to coat. Divide veggies between two baking sheets and bake, until softened, about 10 minutes. Reserve bowl for later use. 1 medium red onion, 2 tsp extra virgin olive oil, 1 tsp salt, ½ tsp black pepper
3. Meanwhile, drain and rinse the chickpeas; set aside to drain further.
4. Separate broccoli into bite-sized florets and cut stems into smaller pieces. Place broccoli in the large bowl, add oil, salt, and pepper, and toss to coat. Add to baking sheets with the sweet potatoes, tossing to combine; bake until cooked through, about 10 more minutes. Reserve bowl for later use. 2 tsp extra virgin olive oil, ½ tsp salt, ⅛ tsp black pepper
5. Preheat a large skillet over medium-high heat.
6. Combine spices in a small bowl. 2 tsp cumin, 2 tsp chili powder, 1 tsp garlic powder, 1 tsp oregano, 1 tsp turmeric, ½ tsp salt, ½ tsp black pepper
7. When the skillet is hot, add oil and swirl to coat the bottom.
8. Add chickpeas and spices to the skillet and toss to coat. Cook, stirring occasionally, until chickpeas are golden and fragrant, about 12 minutes. When done, set aside.
9. Meanwhile, fold kale leaves in half lengthwise and slice off the stems. Chop or tear leaves into bite-sized pieces and transfer to the large bowl; add oil, salt, and pepper and toss to combine. Add to the baking sheets and cook until wilted, about 5 more minutes.
10. Juice lemon into a small bowl; add tahini, maple syrup, and water, whisking to combine the dressing. Add additional water as needed to reach a drizzling consistency. ¼ c water, ½ cup tahini, 4 tsp maple
11. To serve, divide roasted vegetables and chickpeas between bowls. Drizzle with tahini-maple dressing.
12. Enjoy!