

MEAL PREP TIPS

5 hacks to make this week even easier!

1. **Hit the #easybutton while grocery shopping!** Buy baby carrots vs whole, trimmed green beans vs bulk, crumbled cheese vs a block. These little changes make a big impact during busy weeks!
2. **Make egg cups!** Prepare at the beginning of the week and store in the fridge for easy grab and go breakfasts throughout the week.
3. **Roast carrots & prepare salads!** Prepare at the beginning of the week and store in the fridge for grab & go lunches throughout the week.
4. **Cook quinoa!** Prepare quinoa for tabbouleh & store in the fridge. Do this up to 5 days ahead of time.
5. **Cook rice!** Prepare rice for curry & store in the fridge. Do this up to 5 days ahead of time.



ARUGULA & SHROOM EGG CUPS

gluten free, vegetarian



What You'll Need:

½ pound-ish baby arugula
½ pint mushrooms, sliced
1 Tbsp coconut oil

10 eggs
4 ounce log goat cheese, crumbled
olive oil for greasing
Salt & pepper to taste

5 c fruit, any variety

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Preheat oven to 375*

While oven heats, sauté mushrooms in coconut oil, stirring often for about 5 minutes, or until most of the water has cooked out. Add arugula to pan, stirring until wilted.

Grease muffin tins lightly with additional coconut oil.

If you like scrambled eggs: Crack one egg in each cup. Wisk gently to scramble. Top each with salt, pepper, cooked veggies & goat cheese.

If you like over-hard eggs: Add a layer of cooked veggies; a layer of crumbled goat cheese to each muffin. Crack one egg in each, top with salt and pepper.

Bake for 15 minutes, or until a toothpick comes out clean. Enjoy with a serving of fruit for quick breakfasts!

Serves 5.

ROASTED CARROT SALAD

gluten free, vegetarian



What You'll Need:

For the salad:

2 pounds carrots, peeled & thinly sliced in diagonals
½ c almond slivers
2 cloves garlic, sliced thin
2 Tbsp olive oil
Sea salt & black pepper to taste

½ pound baby arugula
1 c dried cranberries
5-oz block bleu cheese, crumbled

For the dressing:

¼ c apple cider vinegar
1 Tbsp honey

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Preheat oven to 400*

Combine prepared carrots, almonds & garlic. Toss evenly with olive oil, salt & pepper. Spread evenly on a baking dish lined with parchment paper & pop into the oven for 25 minutes.

While they roast, prepare & arrange salad ingredients in 4 separate containers for easy grab & go throughout the week OR combine all ingredients in one large bowl to share.

Top each salad with roasted goodness. Toss lightly with dressing just before serving.

Serves 4.

VEGAN PHO

gluten free, vegetarian, vegan, dairy free



What You'll Need:

For the broth:

2 inch piece fresh ginger root, sliced thin
3-4 green onions, whites only, chopped (save the greens!)
2 Tbsp sesame oil

2 Tbsp rice wine vinegar
2 Tbsp Tamari
6 Tbsp white miso paste
6 c filtered water
1 tsp sea salt

For the bowls:

4-ish ounces brown rice noodles

½ pint mushrooms, sliced thin
½ block organic, firm tofu, pressed & cut into small cubes
½ pound fresh green beans, trimmed and sliced
½ bunch fresh cilantro, chopped
2 heads baby bok choy, sliced thin
Green tops of green onions, chopped thin
OPTIONAL: 1 jalapeno pepper, sliced thin

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In a medium size soup pot, sauté ginger & onions in oil over medium high heat until aromatic.

Add remaining broth ingredients. Bring a boil & reduce to a simmer.

VEGAN PHO, cont.

gluten free, vegetarian, vegan, dairy free

Then, bring a pot of lightly salted water to a boil for the rice noodles. Cook according to package instructions.

While pasta cooks and broth flavors simmer, chop bowl ingredients, dividing them evenly into 2 large soup bowls as you go.

Drain cooked noodles & divide evenly between 2 soup bowls.

Generously spoon prepared broth over ingredients in each bowl. Ingredients will flash steam as broth is added!

Dive in and be so, so happy.

Serves 2.

FALAFEL CAKES WITH TABBOULEAH

gluten free, vegetarian, dairy free



What You'll Need:

For the tabbouleh:

½ c dry quinoa, cooked
1/3 c olive oil
juice of 1 lemon
1 bunch curly parsley, chopped
1 bunch chopped mint
3-4 green onion, chopped
1 pint cherry tomatoes, halved
Sea salt and cracked pepper to taste

For the falafel:

1 can chickpeas, drained and rinsed
1 large shallot
2 eggs
1 tsp sea salt
¼ tsp black pepper
½ Tbsp cumin
½ Tbsp coriander
1 ¼ tsp chili powder
¼ tsp turmeric
½ tsp baking powder
OPTIONAL: 1/8 tsp cayenne pepper

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Prepare the tabbouleh:

Cook quinoa in 1 c salted water for 15 minutes, or until all liquid is absorbed.

FALAFEL CAKES WITH TABBOULEAH, cont.

gluten free, vegetarian, dairy free

While quinoa cooks, prepare & combine remaining tabbouleh ingredients & set aside.

Prepare falafel:

Heat a griddle or large frying pan to medium high heat.

Meanwhile, combine all ingredients in a food processor or blender. Puree until smooth.

Using a ¼ size measuring up, spoon batter onto hot skillet. Cook each cake until bubbles begin to form, then flip, cooking an additional 2-3 minutes on the opposite side.

Put it all together:

Toss cooked quinoa with tabbouleh goodness. Serve with cooked cakes!

Serves 2.

SUMMER COCONUT CURRY

gluten free, vegetarian, vegan, dairy free



What You'll Need:

¼ c uncooked brown rice
1 Tbsp coconut oil

½ block organic, firm tofu, pressed & cubed

1 small eggplant, partially peeled & cubed
½ pound green beans, trimmed and sliced
1 zucchini, quartered & sliced
¾ c filtered water

For the curry sauce:

Juice of 1 lime
3 Tbsp Tamari
2 Tbsp red curry paste
1 tsp raw sugar
¼ tsp coriander
1 can full fat coconut milk

½ bunch fresh cilantro

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Combine rice with 1 ½ c lightly salted water & coconut oil. Cook according to package instructions, on the stovetop, or in a rice cooker.

Next, press tofu by layering on a large plate: tea towel, sliced tofu, tea towel, another plate. Press the top plate down gently with your hand & set aside.

Combine prepared veggies with ¾ c water in a large frying pan or wok. Bring to a boil and reduce to a simmer. Cook for about 5 minutes, stirring often. Drain cooked veggies in a colander & leave in the sink for now.

SUMMER COCONUT CURRY, cont.

gluten free, vegetarian, vegan, dairy free

In the same pan/wok, combine all ingredients for the curry sauce. Cube pressed tofu & add to pan. Stir to combine, bring to a boil & then reduce heat.

Add cooked veggies to the pot of goodness. Serve over cooked rice & top with fresh cilantro!

Serves 2.

GROCERY HAUL!

BOLDFACED items denote **PANTRY STAPLES**. These are great, not-so-perishable things to have on hand, and items you will use time and time again.

#easybutton hacks noted where appropriate. These are great options for people who are busy, want to cut down on prep time, or who value convenience. Use these as you see fit.

PRO TIP: Always check your fridge/freezer/pantry inventory before heading to the store. You likely have more on hand than you realize!

Fresh Produce

1 large shallot

1 hunk fresh ginger root

1 bulb garlic

2 pounds carrots #easybutton 2 bags baby carrots

1 pint mushrooms, any variety

1 pound green beans #easybutton 1 bag trimmed green beans

2 heads baby bok choy (if your grocer doesn't carry this, grab a bag of baby spinach!)

1 pound (about 16 oz) arugula

1 small eggplant

1 zucchini

1 pint cherry tomato

1 bunch green onion

1 bunch fresh cilantro

1 bunch fresh curly parsley

1 bunch fresh mint

OPTIONAL: 1 jalapeno pepper

1 lime

1 lemon

5 cups/pieces fruit (any variety) to serve with egg cups: -----

Animal Products/Dairy & Meat Substitute

5-ish ounce block bleu cheese #easybutton crumbled bleu cheese

4 ounce log soft goat cheese

1 block firm, organic tofu

1 container white miso paste

1 dozen eggs

Dry Goods

Rice/Legumes:

1 bag/box brown rice noodles
1 bag/box brown rice
1 bag/box quinoa
1 can chickpea

Baking:

Parchment paper
1 bag/box sugar in the raw
1 bag almond slivers
Baking powder

Dried Fruits:

1 bag dried cranberries

Ethnic:

1 bottle Tamari (wheat free soy sauce)
1 jar red curry paste
1 can full fat coconut milk
OPTIONAL: 1 bottle Sriracha hot sauce (for Pho & curry)

Breakfast:

1 jar honey, local to your area

Spices

Black pepper
Sea salt or pink Himalayan salt
coriander
cumin
chili powder
turmeric
OPTIONAL: cayenne pepper

Oils & Vinegars

olive oil, cold pressed
coconut oil, unrefined & cold pressed
sesame oil
rice wine vinegar
apple cider vinegar, raw & unfiltered (look for Bragg's!)

Notes:



Share photos of your meals and grocery hauls!
@vegoutproject

or with the hashtag #fueledmostlybyplants



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