



# Week 1 Meal Plan

WINTER 2024





## Meal 1

### Umami Mushroom and Lentil Stew

An umami lover's dream, this stew features nourishing ingredients packaged in a super comforting stew. It's so rich and cozy that you'll forget you're eating lentils, mushrooms, and kale!



## Meal 2

### Creamy Basil Ricotta Pasta

This is a seriously indulgent pasta that feels so much like a "cream-based pasta," thanks to a blend of my signature tofu ricotta and cashews. Capers and lemon brighten it up, basil adds incredible fresh flavor, and a generous amount of broccoli adds a nice balance to the richness.



## Meal 3

### Garlicky Lentils and Quinoa with Ricotta

A hearty and wholesome grain bowl that makes quinoa and lentils exciting. Lots of fun textures and flavors in this one: creamy, crunchy, spicy, tangy, and herby.



## Side

### Arugula-Fennel Salad with Red Wine Vinaigrette

Peppery arugula and slightly sweet fennel meet a zingy red wine vinaigrette in this easy yet slightly fancy side salad that pairs great with this week's dinners.



# Table of Contents

<b>1</b>	<b>Grocery List</b>	<b>4</b>
<b>2</b>	<b>The Meal Prep</b>	<b>8</b>
<b>3</b>	<b>The Recipes</b>	<b>12</b>
<b>4</b>	<b>Appendix</b>	<b>19</b>

## *Phase 1*

# Grocery List

Bring the next few pages with you to the grocery store or have them handy as you do your online grocery shopping. Feel free to print them out or use the digital checkboxes to cross items off your list.

Read the Grocery Notes and Shortcuts page before shopping, as there are important ingredient notes, substitution ideas, and time-saving shortcuts.



# Grocery List - All Recipes



## Produce

- ☐ Lemon - 2 med + 1 small  
*pasta, quinoa, salad*
- ☐ Fennel - 1 large bulb  
*salad*
- ☐ Broccoli crowns\* - 1 lb / 450g  
*pasta*
- ☐ Mixed mushrooms\* - 20 oz / 570g  
*stew*
- ☐ Lacinato/Tuscan kale - 1 head  
*stew*
- ☐ Fresno chiles or jalapeños\* - 1 to 2  
*quinoa*
- ☐ Arugula or soft salad greens of choice - 10 to 12 oz / 300 to 350g  
*salad*
- ☐ Fresh basil\* - 1 ½ cups / 24g  
*pasta*
- ☐ Fresh thyme - 1 bundle  
*stew, quinoa*
- ☐ Fresh rosemary - 2 sprigs (optional)  
*stew, quinoa*
- ☐ Shallot - 1 large  
*quinoa*
- ☐ Yellow onion - 1 large  
*stew*
- ☐ Garlic - 2 heads  
*stew, quinoa, salad*

## Refrigerated / Frozen

- ☐ Extra-firm tofu - 1 (12 to 16 oz / 340 to 450g) block  
*pasta, quinoa*
- ☐ Dry white wine\* - ¼ cup / 60 mL (optional)  
*stew*
- ☐ White miso paste - 2 ½ TBSP  
*stew, pasta*

## Pantry

- ☐ Lite coconut milk or creamy barista plant milk\* - ½ cup / 120 mL  
*stew*
- ☐ Extra virgin olive oil - ~¾ cup / 170g  
*all meals*
- ☐ Distilled white vinegar - ½ cup / 125 mL  
*quinoa*
- ☐ Red wine vinegar - 2 ½ TBSP  
*salad*
- ☐ Aged balsamic vinegar - 2 tsp  
*stew*
- ☐ Dijon mustard - 1 TBSP  
*salad*
- ☐ Capers - 3 TBSP + brine  
*pasta*
- ☐ Maple syrup - ~2 ½ TBSP  
*quinoa, salad*
- ☐ Soy sauce or tamari - 1 TBSP  
*stew*
- ☐ Good-quality tahini - 3 TBSP  
*stew*

## Spices

- ☐ Flaky sea salt - big pinch  
*quinoa*
- ☐ Coriander seeds - 2 tsp  
*quinoa*
- ☐ Red pepper flakes - 1 ¾ tsp (optional)  
*stew, pasta, quinoa, salad*
- ☐ Garlic powder - ½ tsp  
*pasta, quinoa*
- ☐ Onion powder - ½ tsp  
*pasta, quinoa*
- ☐ Oregano - 1 ½ tsp  
*salad*
- ☐ Bay leaves - 2  
*stew, quinoa*

- ☐ Raw cashews\* - ½ cup / 70g  
*pasta*
- ☐ Raw pepitas (shelled pumpkin seeds) - ½ cup / 70g  
*quinoa*
- ☐ Medium-sized ridged pasta\* (cavatappi, penne rigate, gemelli, etc.) - 12 oz / 340g  
*pasta*
- ☐ Quinoa - 1 ½ cups / 260g  
*quinoa*
- ☐ French green lentils (or black beluga lentils)\* - 2 cups / 400g  
*stew, quinoa*
- ☐ Nutritional yeast - 6 TBSP / 30g  
*pasta, quinoa*
- ☐ Panko bread crumbs - ¼ cup / 21g (GF panko if needed)  
*quinoa*
- ☐ Low-sodium vegetable broth - 4 cups / 1L  
*stew, quinoa*

## Bakery

- ☐ Crusty bread to serve 4\*  
*stew*

## Essentials

- ☐ Brown paper bag\*  
*stew*
- ☐ Paper towel  
*stew, salad*
- ☐ Kosher salt\* & freshly ground pepper

**\*Please see the Grocery Notes page for corresponding footnotes.**

## Recipes

### Umami Mushroom and Lentil Stew

- ☐ **Herby Lentils** - half batch (see Shared Components)
- ☐ Mixed mushrooms\* - 20 oz / 570g
- ☐ Yellow onion - 1 large
- ☐ Garlic - 6 cloves
- ☐ Lacinato/Tuscan kale - 1 head
- ☐ Fresh thyme - 1 tablespoon leaves
- ☐ Dry white wine\* - ¼ cup / 60 mL (optional)
- ☐ White miso paste - 1 ½ TBSP
- ☐ Crusty bread to serve 4\*
- ☐ Extra virgin olive oil - 2 TBSP
- ☐ Good-quality tahini - 3 TBSP
- ☐ Soy sauce or tamari - 1 TBSP
- ☐ Low-sodium vegetable broth - 2 cups / 480mL
- ☐ Creamy plant milk of choice\* - ½ cup / 120 mL
- ☐ Aged balsamic vinegar - 2 tsp
- ☐ Red pepper flakes - ½ tsp (optional)
- ☐ Brown paper bag\*
- ☐ Paper towel

### Creamy Basil Ricotta Pasta

- ☐ **Tofu Ricotta** - ~half batch (see Shared Components)
- ☐ Broccoli crowns\* - 1 lb / 450g
- ☐ Fresh basil\* - 1 ½ cups / 24g
- ☐ Lemon - 1 med
- ☐ White miso - 1 TBSP
- ☐ Raw cashews\* - ½ cup / 70g
- ☐ Medium-sized ridged pasta (cavatappi, penne rigate, gemelli, etc.) - 12 oz / 340g
- ☐ Nutritional yeast - 2 TBSP
- ☐ Capers - 3 TBSP + brine
- ☐ Extra virgin olive oil (a drizzle or two)
- ☐ Red pepper flakes - ½ tsp (optional)

### Garlicky Lentils and Quinoa with Ricotta

- ☐ **Herby Lentils** - half batch (see Shared Components)
- ☐ **Tofu Ricotta** - ~half batch (see Shared Components)
- ☐ Fresno chiles or jalapeños\* - 1 to 2
- ☐ Garlic - 4 fat cloves
- ☐ Shallot - 1 large
- ☐ Quinoa - 1 ½ cups / 260g
- ☐ Low-sodium vegetable broth - 2 cups / 480 mL
- ☐ Extra virgin olive oil - 2 TBSP
- ☐ Distilled white vinegar - ½ cup / 125 mL
- ☐ Maple syrup - 1 ½ TBSP
- ☐ Panko bread crumbs - ¼ cup / 21g (GF panko if needed)
- ☐ Raw pepitas (shelled pumpkin seeds) - ½ cup / 70g
- ☐ Coriander seeds - 2 tsp
- ☐ Red pepper flakes - ½ tsp (optional)
- ☐ Flaky sea salt - big pinch

### Arugula-Fennel Salad with Red Wine Vinaigrette

- ☐ Arugula or soft salad greens of choice - 10 to 12 oz / 300 to 350g
- ☐ Fennel - 1 large bulb
- ☐ Lemon - 1 small
- ☐ Garlic - 2 cloves
- ☐ Red wine vinegar - 2 ½ TBSP
- ☐ Dijon mustard - 1 TBSP
- ☐ Maple syrup - 1 TBSP
- ☐ Extra virgin olive oil - ¼ cup + 2 tablespoons / 84g
- ☐ Oregano - 1 ½ tsp
- ☐ Red pepper flakes - ¼ tsp (optional)
- ☐ Paper towel

## Shared Components

### Herby Lentils

- ☐ Bay leaves - 2
- ☐ Fresh thyme - 10 to 12 sprigs
- ☐ Fresh rosemary - 2 sprigs (optional)
- ☐ French green lentils (or black beluga lentils)\* - 2 cups / 400g

### Tofu Ricotta

- ☐ Extra-firm tofu - 1 (12 to 16 oz / 340 to 450g) block
- ☐ Nutritional yeast - ¼ cup / 20g
- ☐ Garlic powder - ½ tsp
- ☐ Onion powder - ½ tsp
- ☐ Extra virgin olive oil - 1 ½ TBSP
- ☐ Lemon - 1 med

## Essentials

- ☐ Kosher salt\* & freshly ground pepper

**\*Please see the Grocery Notes page for corresponding footnotes.**



## Grocery Notes

This section contains helpful notes and substitutions for the grocery list.

- **Broccoli Crowns:** If you buy broccoli heads instead of crowns, buy slightly more than 1 pound. If asparagus is in season, feel free to use that, as it's delicious here; buy 1 pound / 450g asparagus, which is 1 large bunch.
- **Brown Paper Bag:** You'll need this only if you prep the mushrooms ahead of time for the Umami Mushroom and Lentil Stew.
- **Crusty Bread:** If gluten-free or you would prefer grains with the Umami Mushroom and Lentil Stew, add 1 ½ cups uncooked rice or grains to your list. Or serve the stew with GF bread if you have it, or with roasted potatoes (add 1 ½ to 2 pounds baby potatoes to your list; see the Recipe Notes page for instructions).
- **Dry White Wine:** Such as Pinot Grigio or Sauvignon Blanc. Use [barnivore.com](http://barnivore.com) to find vegan-friendly wines.
- **French Green Lentils:** If French green lentils and black beluga lentils are unavailable, use regular green or brown lentils.
- **Fresh Basil:** You can typically find fresh basil plants year-round at most supermarkets, but if you don't have access to good basil, replace it with flat-leaf parsley.
- **Fresno Chiles or Jalapeños:** For less heat, use just one pepper.
- **Kosher Salt:** I use Diamond Crystal Kosher Salt. If using sea salt or table salt, use less salt.
- **Lite Coconut Milk:** The Umami Mushroom and Lentil Stew calls for a creamy plant milk. I suggest using barista-style milks (sold in cartons) or a lite canned coconut milk. If you already have opened plant milk at home, you can use that as long as it's not thin.
- **Medium-Sized Ridged Pasta:** If gluten-free, use your favorite gluten-free pasta.
- **Mixed Mushrooms:** I typically use mostly cremini/baby bella mushrooms (16 oz), which are less expensive, and some shiitake or oyster mushrooms (4 oz). If you're not prepping these ahead of time during the meal prep, you don't need a brown paper bag.
- **Raw Cashews:** Cashew allergy? You can use walnuts or blanched almonds (soak the latter for 24 hours), though they don't have the same creamy texture or neutral taste, so I recommend adding an extra TBSP of extra virgin olive oil when blending with the tofu ricotta. If nut-free, you can try hemp seeds (though we have not tested this).

## Shortcuts

There are several ways you can streamline this week's meal plan by purchasing pre-cooked ingredients, pre-chopped ingredients, or omitting ingredients entirely. These shortcuts do come with trade-offs, though. Typically, they'll result in slightly less flavor or freshness. However, the final meals will taste great.

- Don't buy **fennel** and just omit it in the Arugula-Fennel salad.
- Buy 12 to 16 oz (350-450g) of pre-cut **broccoli florets** for the Creamy Basil Ricotta Pasta.
- Buy pre-sliced **mushrooms** for the Umami Mushroom and Lentil Stew (but use them within a few days, or they'll get soggy).
- Buy pre-peeled **garlic cloves** (you'll need 12 cloves for the Umami Mushroom and Lentil Stew, the Garlicky Lentils with Quinoa, and the Arugula-Fennel Salad) sold in a jar or bag in the produce section.
- Buy pre-cooked **quinoa** for the Garlicky Lentils with Quinoa (about two 8 oz pouches of cooked quinoa or around 4 cups cooked, enough to feed four; for bigger appetites, buy more.)
- Skip the **red wine vinaigrette** for the Arugula-Fennel Salad and drizzle with your best olive oil and vinegar.

## *Phase 2*

# The Meal Prep

I'm a big believer in doing a little meal prep on Sundays.

Taking some time (but not a lot) to prep condiments and to chop up some vegetables is a guaranteed way to make your weeknight cooking process easier, quicker, more streamlined, *and* more fun.

The whole meal prep process outlined below is designed to take 60 to 90 minutes, but even if you only have 30 minutes, the prep you do will make your weeknights smoother and less stressful.



Making a few components ahead of time is the most impactful way to save time during your weeknight cooking. These components were chosen because they won't degrade in taste or quality over the course of a few days. Feel free to make all of them or just one or two.

## Herby Lentils

Used in **Umami Mushroom and Lentil Stew** and **Garlicky Lentils with Quinoa**

### INGREDIENTS

- 1 ½ tablespoons **kosher salt**
- Freshly cracked **black pepper**
- 2 **bay leaves**
- 10 to 12 **thyme sprigs**
- 2 sprigs **rosemary** (optional)
- 2 cups (400g) **French green lentils** or **black beluga lentils** (see Notes)

### INSTRUCTIONS

1. Bring a large saucepan of water to a boil. Once boiling, add the kosher salt.
2. Then crack in a generous amount of pepper and add the bay leaves, thyme sprigs, rosemary (if using), and 2 cups (400g) French green lentils (or black beluga lentils).
3. At a decent simmer, cook for 18 to 20 minutes, or until lentils are *al dente*—tender but with a bite. Drain in a large colander, discarding the bay leaves and herb sprigs, and let rest to dry off.
4. Once cool, store in a large container in the fridge for 5 days.

### Notes

1. If you can't find French green lentils or black beluga lentils, you can substitute green or brown lentils. They will take less time to cook, about 10 to 12 minutes.

## Quick Pickled Shallots and Chiles

Used in **Garlicky Lentils with Quinoa**

### INGREDIENTS

- 1 to 2 **Fresno chile peppers** or **jalapeños**, sliced thinly
- 1 large **shallot**, sliced thinly
- ½ cup (125 mL) **distilled white vinegar**
- 1 ½ tablespoons **maple syrup**
- **Kosher salt**

### INSTRUCTIONS

1. In a small jar for which you have a lid (about 8 ounces or 240 mL), combine the sliced chile peppers, sliced shallot, vinegar, maple syrup, and sprinkle with a couple pinches of salt. Push down the peppers and shallot to submerge.
2. Seal, shake the jar to combine, and set aside to macerate while you prep everything else (or for at least 15 minutes). Be sure to gently shake the jar a few times or stir with a spoon for even distribution.
3. Store in the fridge for 1 to 2 weeks.

## Tofu Ricotta

Used in **Creamy Basil Ricotta Pasta** and **Garlicky Lentils with Quinoa**

### INGREDIENTS

- 1 12 to 16 ounce block (340 to 450g) block of **extra-firm tofu**
- ¼ cup (20g) **nutritional yeast**
- ½ teaspoon **garlic powder**
- ½ teaspoon **onion powder**
- 1 ½ teaspoons **kosher salt**
- Freshly cracked **black pepper**
- 1 ½ tablespoons **extra virgin olive oil**
- 1 medium **lemon**, zested + 1 to 2 tablespoons juice

### INSTRUCTIONS

1. Drain the tofu and dab away some excess water with a clean dish towel.
2. Crumble the tofu into the bowl of a food processor. Add the nutritional yeast, garlic powder, onion powder, salt, pepper to taste, olive oil, lemon zest, and 1 tablespoon lemon juice. Blend until creamy and smooth and it has a whipped texture. Taste for seasonings, adding more of the lemon juice for brightness, salt for saltiness, nutritional yeast for cheesiness, or olive oil for richness.
3. Store in a container in the fridge for one week.

## Soaked Cashews

Used in Creamy Basil Ricotta Pasta

### INGREDIENTS

- ½ cup (70g) **raw cashews**

### INSTRUCTIONS

1. If you have a high-powered blender: Add the cashews to a bowl and pour boiling water on top to cover. Soak for 10 to 15 minutes.
2. If you have a food processor: Add the cashews to a saucepan, cover with water, and boil for 15 minutes. Or, soak in cool water overnight on the counter.
3. Both options: drain and rinse the cashews, then store in a storage container or ziploc bag in the fridge for up to 5 days.

## Red Wine Vinaigrette

Used in Arugula-Fennel Salad

### INGREDIENTS

- 2 ½ tablespoons **red wine vinegar**
- 1 tablespoon freshly squeezed **lemon juice** (from one small lemon), plus more to taste
- 2 to 3 teaspoons **Dijon mustard**
- 2 to 3 teaspoons **maple syrup**
- 2 **garlic** cloves, crushed with a garlic press or grated
- 1 ½ teaspoons **dried oregano**
- ¼ teaspoon **red pepper flakes** (optional)
- ¼ cup + 2 tablespoons (84g) **extra virgin olive oil**
- ½ to 1 teaspoon **kosher salt**, plus more to taste
- Freshly cracked **black pepper** to taste

### INSTRUCTIONS

1. Add the vinegar and lemon to a jar for which you have a lid (about 16 ounces or 480 mL). Add 2 teaspoons mustard, 2 teaspoons maple syrup, garlic, oregano, red pepper flakes (if using), olive oil, 1/2 teaspoon salt, and pepper to taste.
2. Shake vigorously to emulsify the vinaigrette. Taste, adding more mustard for creamy tang and to emulsify, maple syrup for sweetness, and salt and pepper to season. For more acidity, add more lemon juice or vinegar as needed.
3. Store vinaigrette in the lidded jar in the fridge for 1 to 2 weeks.



To get even more ahead on your weeknight cooking, complete the below vegetable prep. These steps are by no means required but they will help cut down on prep time during the week. You will need a variety of storage containers and ziploc bags handy.

## ☐ Arugula (Storage)

**Used in Arugula-Fennel Salad**

If you bought greens in a clamshell package or bag, line the package or bag with a paper towel to absorb moisture and refrigerate in the crisper.

## ☐ Fennel

**Used in Arugula-Fennel Salad**

Slice **1 large fennel bulb** in half lengthwise. Slice the fennel halves crosswise as thinly as you can. (A mandoline works best.) Store in an airtight container in the fridge.

## ☐ Broccoli

**Used in Creamy Basil Ricotta Pasta**

Cut **1 pound (450g) of broccoli crowns** into small-medium sized florets. Store in a ziploc bag or airtight container in the fridge.

If using asparagus, slice it into 1-inch pieces. Store in an airtight container in the fridge.

## ☐ Garlic

**Used in Umami Mushroom and Lentil Stew**

Mince **6 garlic cloves**. Store in a small container in the fridge.

## ☐ Mushrooms

**Used in Umami Mushroom and Lentil Stew**

Wipe off any dirt patches with a few paper towels. Using **20 oz (570g) of mixed mushrooms** (e.g., 16 oz cremini mushrooms + 4 oz shiitakes or oyster mushrooms), slice all the mushrooms (caps only for shiitakes).

**Storage note:** Line a brown paper bag with a paper towel on all sides. Add the mushrooms and lightly close the bag. Store in the fridge for 5 days maximum.

## ☐ Onion

**Used in Umami Mushroom and Lentil Stew**

Dice **1 large yellow onion**.

To avoid onion odor transfer, cut the onion last.

Store in an airtight container or a thick, reusable ziploc bag (like a Stasher bag). If you use a thin ziploc bag, your fridge will smell like onions.

## ☐ Basil (Storage)

**Used in Creamy Basil Ricotta Pasta**

**For basil with roots**, trim the ends (like flowers), store in a jar with just a little bit of water; place where it can get some sunlight if possible and loosely cover with a plastic bag; change the water daily or every other day.

**For pre-clipped basil in a box**, leave as is, but line the bottom and top of the box with a paper towel; if your kitchen is warm, refrigerate it after a few days.

**For potted basil plants**, give them some sunlight and keep the soil moist.

**Note:** Wash only when ready to use.

## *Phase 3*

# The Recipes

Here are the recipes for the week!

I've listed the recipes in the order I think you should cook them in for maximal freshness based on the components and vegetables prepped, though of course you can always switch the order up.

The estimated cook times assume you've completed the component prep and vegetable prep in advance.

With all the prep out of the way, cooking will be fun and relaxing, so turn on your favorite playlist (or podcast) and enjoy yourself!



Read through these recipe-specific notes and tips before making each recipe! If you still have questions, drop them in the Facebook group.

## Umami Mushroom and Lentil Stew

- If you're **gluten-free** or you'd rather serve this stew with grains instead of bread, start off by cooking your **gluten-free grains** of choice: about 1 ½ cups uncooked grains for 4 people. Then, start cooking the stew. Or, if you bought **potatoes**, start by roasting those. For simple roasted potatoes, scrub the potatoes and slice in half; quarter large ones. Toss with 2 TBSP olive oil, 1 heaping tsp kosher salt, and pepper to taste. Bake at 425°F / 220°C on a parchment paper-lined sheet pan for 20-30 minutes, until golden brown on edges and fork-tender. While warm, season with salt and pepper to taste.
- The **red pepper flakes** add a subtle heat. Omit if you want zero spice.
- I prefer **lacinato/Tuscan kale**, but you can also use curly kale. It might take an extra minute or two to soften.

### STORAGE

Store leftovers in an airtight container in the fridge for 3 to 4 days. You may need to add a little broth or water when reheating if it's too thick.

Got more leftovers? This recipe is **freezer-friendly**! Store in single-serve portions and defrost in the fridge.

## Creamy Basil Ricotta Pasta

- If your **basil** doesn't look like it'll last long, make this meal sooner in the week rather than later. For basil storage tips, check out the Vegetable Prep meal prep section.
- If using **asparagus** instead of **broccoli**, use 1 pound / 450g asparagus and add it to the pasta when there's 2 minutes left on the timer.
- The **red pepper flakes** add a subtle heat. Omit if you want zero spice.
- **Nutrition boost ideas:** Opt for whole wheat pasta. Fold in some halved cherry tomatoes (if they're in season) in step 7.

### STORAGE

Store leftovers in the fridge in an airtight container for 3 to 4 days. Reheat in a saucepan with a splash or two of water to thin out the sauce.

## Garlicky Lentils and Quinoa with Ricotta

- Love **garlic**? Use 6 cloves instead of 4 in the garlicky pepitas.
- If you're **gluten-free**, remember to use gluten-free panko.
- Add the **red pepper flakes** if you love spicy food. Otherwise, omit.
- To lightly **crush coriander seeds**, use a mortar and pestle or a few blitzes in a spice grinder. If you don't have either tool, smash down on them with the back of a heavy knife or roughly chop them. Or, crush with the back of a sturdy mug, measuring cup, or cast iron skillet.
- I prefer serving the leftover cooked **lentils at room temp**, but you can reheat them in the microwave or on the stove if you prefer. If you want a warmer vibe, you can lightly warm up the ricotta.
- If you have leftover **Quick Pickled Shallots and Chiles**, use them in other grain bowls, tacos, or sandwiches.
- **Nutrition boost ideas**: Add a layer of salad greens to your bowl before assembling, or grate a few carrots and fold into each bowl. For the crunchy garlicky pepitas, add in a scoop of hemp hearts when you add the panko.

### STORAGE

Store any leftovers in the fridge including the **Crunchy Garlicky Pepitas**. Keep all components in separate containers and assemble before serving. The quinoa and **Herby Lentils** will keep for 4 to 5 days; the pickled shallots and chiles will stay good for 1 to 2 weeks; the ricotta and pepitas will stay good for 5 to 7 days. Reheat the quinoa and/or lentils as desired.

The **Herby Lentils** and **Tofu Ricotta** can be frozen for a few months. Defrost in the fridge. If needed, re-blend the ricotta to return it to a whipped consistency.

## Arugula-Fennel Salad with Red Wine Vinaigrette

- If you have more than ½ cup **pepitas** or have other nuts or seeds in your pantry, feel free to shower some on the salad for a crunch.
- If the **vinaigrette has solidified**, you can set the jar in a bowl of hot water to quickly bring it back to room temperature. Shake well to re-emulsify.
- **Nutrition boost ideas**: Thinly shave or slice an apple and add along with the fennel for added fiber and sweetness.

### STORAGE

Store all components separately in the fridge and assemble the salad fresh right before serving. The sliced fennel will be good for a few days and the vinaigrette will be good for at least 7 days.

# Umami Mushroom and Lentil Stew

Components Used: Herby Lentils

Serves: 4

Active Time: 35 min

Inactive Time: N/A

## INGREDIENTS

- 2 tablespoons **extra virgin olive oil**
- 1 large **yellow onion**, diced (*from meal prep*)
- 20 ounces (570g) **mixed mushrooms**, sliced (*from meal prep*)
- 6 cloves **garlic**, minced (*from meal prep*)
- 1 tablespoon **fresh thyme leaves**
- ½ teaspoon **red pepper flakes**
- **Kosher salt** and **freshly cracked black pepper**
- ¼ cup (60mL) **dry white wine** (optional)
- 1 ½ tablespoons **white miso paste**
- 3 tablespoons good-quality **tahini**
- 1 tablespoon **soy sauce** or **tamari**
- Half batch of cooked **Herby Lentils** (about 2 ⅔ cups or 420g) (*from meal prep*)
- 2 cups (480mL) **low-sodium vegetable broth**
- ½ cup (120 mL) **lite coconut milk** or **creamy barista-style plant milk**
- 1 head of **lacinato/Tuscan kale**
- 1 to 2 teaspoons good-quality **aged balsamic vinegar**
- For serving: **crusty bread** to serve 4 (or cooked grains or roasted potatoes; see Recipe Notes page for roasted potatoes recipe)

## INSTRUCTIONS

1. Heat a Dutch oven or large soup pot over medium heat with the olive oil. Once the oil is shimmering, add the onion and cook until golden, 5 to 7 minutes, stirring occasionally.
  - a. Meanwhile, strip the leaves from the thyme sprigs and measure 1 tablespoon.
2. Add the mushrooms and cook undisturbed for 3 minutes. Stir, then add the garlic, thyme leaves, red pepper flakes (if using), and season generously with salt and pepper. Stir to combine until the mixture is fragrant, about 1 to 2 minutes.
3. Pour in the white wine if using, and deglaze the pan, scraping up any browned bits and cook until the smell of alcohol wears off, about 3 minutes. (If not using wine, just deglaze with a splash of the broth.)
4. Add the miso paste, tahini, and soy sauce and stir into the mushrooms to coat. Add the **Herby Lentils**, broth, and milk. Stir well, and bring the stew to a boil.
  - a. While the stew comes to a boil, rinse the kale and remove the center ribs. Thinly slice the leaves.
5. Once the stew is boiling, carefully ladle **half of the stew** into a stand blender. Blend until completely pureed and smooth. Pour the mixture back into the pot and stir to combine.
  - a. Alternatively, use an immersion blender directly in the pot to partially blend the stew.
6. Once the stew has been blended, add in the sliced kale. If it's very thick at this point, add a splash or two of water to allow the kale to cook. Bring the stew to a boil until it is thick and creamy and the kale has wilted. Stir in 1 teaspoon balsamic vinegar. Taste for seasonings and adjust accordingly.
7. Serve with crusty bread, or with roasted potatoes if you made those.



# Creamy Basil Ricotta Pasta

**Components Used:** Tofu Ricotta, Soaked Cashews

Serves: 4  
Active Time: 35 min  
Inactive Time: N/A

## INGREDIENTS

- 12 ounces (340g) **ridged medium-sized pasta**
- **Kosher salt** and **freshly cracked black pepper**
- 1 pound (450g) **broccoli** crowns, cut into small-medium florets (*from meal prep*)
- 1 ½ cups (24g) **basil leaves**, divided
- 3 tablespoons **capers**, drained + 1 tablespoon **caper brine**
- 1 medium **lemon**
- 1 scant cup (200g) **Tofu Ricotta** (*from meal prep*)
- 1 tablespoon **white miso**
- 2 tablespoons **nutritional yeast**
- ½ cup (70g) **Soaked and Drained Raw Cashews** (*from meal prep*)
- ½ teaspoon **red pepper flakes** (optional)
- **Extra virgin olive oil**, as needed
- For serving: **Arugula-Fennel Salad** (recipe follows)

## INSTRUCTIONS

1. Fill a large saucepan (at least 3.5-quart / 3.3 L in size) with water for the pasta.
2. While you wait for the water to boil, make the **Arugula-Fennel Salad** (see next recipe).
3. Once the pasta water is boiling, generously salt the water and add the pasta. Set a timer **according to the box's minimum time for *al dente* pasta minus 3 minutes**. For instance, if the box says "cook for 9 to 11 minutes for *al dente* pasta," set a timer for 6 minutes.
  - a. **Once the timer goes off, add the broccoli florets** to the water. Cook until the pasta is barely *al dente* (a little undercooked is okay) and florets are crisp-tender and bright green, about 3 minutes.
  - b. **Ladle out about 1 cup (240 mL) pasta water** (2 big ladles), then drain the pasta and broccoli. (Do not rinse them.)
4. While the pasta cooks, chop the capers, measure out the caper brine, and zest the lemon.
5. Make the **Basil Ricotta Sauce**.
  - a. Transfer the scant 1 cup (200g) **Tofu Ricotta** to a high-powered blender (or food processor). Add 1 cup of the basil leaves ( $\frac{2}{3}$  of the amount), miso, nutritional yeast, **Soaked and Drained Raw Cashews**, and red pepper flakes (if using). Don't blend yet.
  - b. When the pasta is done, **pour ½ cup (120 mL) of pasta water** into the blender (reserve the rest of the water).
  - c. Start blending, eventually moving to high speed until you have a thick, creamy sauce and all the cashews have been pulverized. Taste, adding salt and pepper to taste.
6. Pour the **Basil Ricotta Sauce** into the pan used for the pasta, add the hot cooked pasta, and turn to medium heat. Toss to coat with a silicone spatula or tongs until the pasta is well coated. If needed, add a spoon or two of reserved pasta water to bring everything together. Add in capers, caper brine, lemon zest, and squeeze in some lemon juice. Toss to coat. For extra richness, drizzle in a bit of olive oil.
7. Taste, adding more lemon juice or caper brine for tang, and salt to season. Just before serving, tear the remaining basil with your hands or thinly slice it and toss into the pasta.
8. Serve with the **Arugula-Fennel Salad**.

# Arugula-Fennel Salad

**Components Used:** Red Wine Vinaigrette

Serves: 4

Active Time: 3 min

Inactive Time: N/A

This recipe serves four, but you'll have enough groceries to make it twice this week: once with the **Creamy Basil Ricotta Pasta** and once with the **Garlicky Lentils with Quinoa**.

## INGREDIENTS

- **Red Wine Vinaigrette** (*from meal prep*)
- Half amount of **arugula** (5 to 6 oz / 150 to 175g)
- Half of a **fennel** bulb, sliced (*from meal prep*)
- **Pepitas** or **seed/nut of choice** (optional)
- **Sea salt** or **kosher salt** and **freshly cracked black pepper**

## INSTRUCTIONS

1. Take the **Red Wine Vinaigrette** out of the fridge. If it's solidified, set the jar of dressing in a shallow bowl of hot water to come back to room temperature.
2. Add as much arugula as you plan to eat to a salad bowl. Add half of the fennel from meal prep (or a corresponding amount if using less than half of the arugula). Sprinkle lightly with salt and pepper and toss with your hands.
3. Shake the **Red Wine Vinaigrette** to re-emulsify. Drizzle some vinaigrette on the salad and toss to coat with hands or tongs. Scatter on some pepitas, if using. Taste, adding more vinaigrette or salt/pepper as needed.

# Garlicky Lentils with Quinoa

**Components Used:** Herby Lentils, Tofu Ricotta, Quick Pickled Shallots and Chiles

Serves: 4 to 6  
Active Time: 25 min  
Inactive Time: N/A

## INGREDIENTS

- 1 ½ cups (260g) **uncooked quinoa**
- 2 cups (480 mL) **low-sodium vegetable broth** (or water)
- Remaining cooked **Herby Lentils** (about 420g or 2 ⅔ cups) (*from meal prep*)
- Remaining **Tofu Ricotta**, about 1 heaping cup or 300g (*from meal prep*)
- **Quick Pickled Shallots and Chiles** (*from meal prep*)
- **Crunchy Garlicky Pepitas**
  - 2 tablespoons **extra virgin olive oil**
  - 4 fat **garlic** cloves, thinly sliced
  - ¼ cup (21g) **panko bread crumbs**
  - 2 teaspoons **coriander seeds**, lightly crushed (see Recipe Notes)
  - ½ cup (70g) **raw pepitas**
  - ½ teaspoon **red pepper flakes** (optional)
  - **Flaky sea salt**
- For serving: **Arugula-Fennel Salad**

## INSTRUCTIONS

1. Rinse the quinoa in a fine mesh sieve, then drain. Bring the broth to a boil in a medium saucepan, then add the quinoa (if using water, add a pinch of salt). Reduce the heat to low and cook, covered, until the liquid has evaporated and quinoa is tender, 12 minutes. Open the pot and fluff with a fork. Transfer quinoa to a large sheet pan and spread out in an even layer.
2. Meanwhile, take the **Herby Lentils, Quick Pickled Shallots and Chiles**, and **Tofu Ricotta** out of the fridge.
3. Meanwhile, prepare the **Arugula-Fennel Salad**.
4. Make the **Crunchy Garlicky Pepitas**.
  - a. Add the olive oil to a cold medium frying pan (make sure the bottom of the pan is lightly coated with oil). Add the sliced garlic and turn the heat to medium. Gently cook, stirring occasionally and separating the slices with a spatula, until garlic is just starting to get some color, about 2 minutes.
  - b. Add the panko, coriander, and pepitas, and cook for another 2 to 3 minutes, or until the panko starts to turn golden, stirring frequently. If the garlic starts to brown, take the pan off the heat for a bit or lower the heat.
  - c. In the last 30 seconds, add the red pepper flakes (if using) and a big pinch of flaky sea salt.
  - d. Take off the heat immediately and pour into a bowl or plate to stop cooking. Toss to combine.
5. Divide the quinoa and **Herby Lentils** between four bowls. Dollop each bowl with a generous scoop of **Tofu Ricotta**, and divide *most* of the **Crunchy Garlicky Pepitas** among the bowls; save a handful for the salad. Spoon some **Quick Pickled Shallots and Chiles** onto each bowl.
6. Serve with the **Arugula-Fennel Salad**. Sprinkle the remaining **Crunchy Garlicky Pepitas** on the salad.



## *Phase 4*

# Appendix

When life gets in the way of your plans, what you need are some emergency meal ideas. These are super simple meals you can make with what you've meal prepped so you can have dinner on the table in 5 minutes.

There's also nutrition info at the end of this meal plan for those who are interested (though my personal philosophy is to prioritize whole foods as much as I can and to eat a balanced, colorful diet).

Did your meal prep but don't have time to cook one of the meals in this week's plan? Try these ideas for a lightning-quick meal.

## Open-Faced Sandwich

1. Slather the **Tofu Ricotta** on your favorite bakery-style bread.
2. Spoon some **Herby Lentils** on top and smush them into the ricotta so they don't fall off.
3. Top the bread with arugula (chop it first to make it easier to eat) and smush the greens into the bread with the lentils.
4. Top with **Quick Pickled Shallots and Chiles** and/or sauerkraut. You can also drizzle the salad greens with EVOO, vinegar, and a pinch of salt/pepper or the **Red Wine Vinaigrette**.

## Toast and Salad

1. Slather the **Tofu Ricotta** on your favorite bakery-style bread (toast it, if desired).
2. Dress the arugula with **Red Wine Vinaigrette** and toss with tongs. Add in the **Herby Lentils** and a handful of pepitas, and toss together. Supplement with more nuts/seeds in your pantry, diced avocado, and our vegan feta if you have it.

## Wrap

1. Slather the **Tofu Ricotta** onto lavash bread or a large wrap.
2. Spoon on **Herby Lentils**, add some chopped arugula on top, followed by **Quick Pickled Shallots and Chiles**.
3. Supplement with diced avocado and our vegan feta if you have it. Roll up and enjoy.

While I personally believe in counting colors instead of calories, this page provides nutrition information for those who are interested. Please note that these figures are estimates and are not guaranteed to be 100% accurate. Various factors, including the brands of ingredients used, change the nutritional information in any given recipe.

## Umami Mushroom and Lentil Stew

SERVES: 4 | CALORIES PER SERVING: 425

Carbohydrates	53g	Protein	21g
Fat	17g	Sodium	693mg
Cholesterol	0mg	Fiber	22g
Sugar	7g	Calcium	45mg
Potassium	1094mg	Iron	5mg
Vitamin A	540IU	Vitamin C	75mg

## Arugula-Fennel Salad

SERVES: 8 | CALORIES PER SERVING: 126

Carbohydrates	7g	Protein	2g
Fat	11g	Sodium	117mg
Cholesterol	0mg	Fiber	2g
Sugar	4g	Calcium	96mg
Potassium	306mg	Iron	1mg
Vitamin A	1058IU	Vitamin C	14mg

## Creamy Basil Ricotta Pasta

SERVES: 4 | CALORIES PER SERVING: 541

Carbohydrates	83g	Protein	25g
Fat	14g	Sodium	611mg
Cholesterol	0mg	Fiber	9g
Sugar	7g	Calcium	113mg
Potassium	915mg	Iron	5mg
Vitamin A	1033IU	Vitamin C	110mg

## Garlicky Lentils and Quinoa with Ricotta

SERVES: 4 | CALORIES PER SERVING: 651

Carbohydrates	80g	Protein	32g
Fat	23g	Sodium	415mg
Cholesterol	0mg	Fiber	22g
Sugar	8g	Calcium	118mg
Potassium	1122mg	Iron	8mg
Vitamin A	143IU	Vitamin C	10mg