

















	Mon	Tue	Wed	Thu
Lunch				
	Mushroom & Lentil Shepherd's Pie	Kale and Brussels Sprouts Winter Salad	Herbed Vegan Vegetable Pot Pie	Broccoli Vegan Mac and Cheese Bake

Mon	Tue	Wed	Thu
Fat  16%	Fat  25%	Fat  40%	Fat  37%
Carbs  60%	Carbs  58%	Carbs  47%	Carbs  44%
Protein  24%	Protein  17%	Protein  13%	Protein  19%
Calories 426	Calories 333	Calories 551	Calories 436
Fat 8g	Fat 10g	Fat 25g	Fat 19g
Carbs 69g	Carbs 53g	Carbs 65g	Carbs 51g
Fiber 19g	Fiber 13g	Fiber 12g	Fiber 11g
Sugar 14g	Sugar 24g	Sugar 5g	Sugar 6g
Protein 27g	Protein 15g	Protein 18g	Protein 22g
Cholesterol 15mg	Cholesterol 0mg	Cholesterol 2mg	Cholesterol 0mg
Sodium 83mg	Sodium 28mg	Sodium 785mg	Sodium 308mg
Vitamin A 5804IU	Vitamin A 1141IU	Vitamin A 11402IU	Vitamin A 142IU
Vitamin C 79mg	Vitamin C 64mg	Vitamin C 29mg	Vitamin C 23mg
Calcium 154mg	Calcium 110mg	Calcium 488mg	Calcium 254mg
Iron 8mg	Iron 4mg	Iron 6mg	Iron 7mg

Fruits

- 1 Apple
- 3 tbsps Lemon Juice
- 1 Pear

Seeds, Nuts & Spices

- 1 1/2 cups Cashews
- 1/2 tsp Garlic Powder
- 1/2 cup Pumpkin Seeds
- 1/4 tsp Turmeric

Frozen

- 2 cups Frozen Broccoli
- 2 cups Frozen Edamame
- 1 cup Frozen Spinach

Vegetables

- 2 cups Brussels Sprouts
- 4 Carrot
- 1/2 head Cauliflower
- 15 Cremini Mushrooms
- 4 Garlic
- 4 cloves Garlic
- 1 stalk Green Onion
- 5 Green Onions
- 3 cups Kale Leaves
- 1/4 cup Parsley
- 4 Yellow Potato

Boxed & Canned

- 12 ozs Chickpea Pasta
- 2 cups Fava Beans
- 2 cups Lentils
- 1 1/2 cups Panko Bread Crumbs
- 1 cup Vegetable Broth

Baking

- 1/3 cup All Purpose Gluten-Free Flour
- 1/2 cup Dried Unsweetened Cranberries
- 1/2 cup Nutritional Yeast
- 8 ozs Phyllo Dough

Bread, Fish, Meat & Cheese

- 1 cup Textured Vegetable Protein
- 1/3 cup Vegan Butter

Condiments & Oils

- 2 tbsps Balsamic Dressing
- 2 tsps Dijon Mustard
- 1 1/2 cups Tomato Sauce

Cold

- 2 tbsps Butter
- 1/3 cup Soy Milk
- 3 cups Unsweetened Almond Milk
- 6 ozs Vegan Cheese Shreds

Other

- 2 cups Water



Mushroom & Lentil Shepherd's Pie

4 servings

1 hour

Ingredients

3 Yellow Potato (medium, peeled and cubed)
 1/2 head Cauliflower (chopped)
 1/3 cup Soy Milk (plus more if needed)
 2 tbsps Butter (vegan, divided)
 15 Cremini Mushrooms (medium, sliced)
 2 Carrot (medium, diced)
 4 Garlic (clove, minced)
 2 cups Lentils (cooked)
 1 cup Textured Vegetable Protein (soaked for 10 minutes in 2 cups water)
 1 1/2 cups Tomato Sauce
 1 stalk Green Onion (sliced)

Nutrition

Amount per serving	
Calories	426
Fat	8g
Carbs	69g
Fiber	19g
Sugar	14g
Protein	27g
Cholesterol	15mg
Sodium	83mg
Vitamin A	5804IU
Vitamin C	79mg
Calcium	154mg
Iron	8mg

Directions

- 1 Preheat the oven to 375°F (190°C). In a large pot of boiling water, cook the potatoes until tender, about 15 minutes. Add cauliflower florets in during the last 5-7 minutes. Drain and bring back to the same pot.
- 2 Add the milk and half of the butter to the potatoes. Use a masher and mash or purée until the potatoes are smooth. Add more milk if needed to reach your desired consistency. Set aside.
- 3 Meanwhile, heat a large skillet over medium-high heat. Add the remaining butter and mushrooms. Sauté until browned. Add the carrot and garlic and sauté for another minute.
- 4 Add the lentils, TVP and tomato sauce and season with salt and pepper. Stir well, cover the pot with a lid, and simmer on low heat for about 10 minutes.
- 5 Pour the lentil mixture into a baking dish. Cover the top with mashed potato and bake in the oven for 30 minutes or until browned on top.
- 6 Let cool for about five minutes before serving. Top with green onion and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: A 9 x 9-inch (23 x 23 cm) square baking dish was used to make four servings. One serving is approximately 1 1/2 cups.

More Flavor: Add onion and bell pepper.

Make it Vegan: Use plant-based butter and milk.



Kale and Brussels Sprouts Winter Salad

4 servings
20 minutes

Ingredients

2 cups Brussels Sprouts (shredded)
3 cups Kale Leaves (thinly sliced)
1 Apple (sliced)
1 Pear (sliced)
1/2 cup Dried Unsweetened Cranberries
1/2 cup Pumpkin Seeds
2 cups Fava Beans (roasted)
2 tbsps Balsamic Dressing

Directions

- 1 To shred the Brussels sprouts, use the slicing attachment of your food processor.
- 2 Place the sprouts and kale on a serving platter. Arrange the apple slices on top, and add the seeds, beans and pomegranate seeds. Pour the dressing on top and mix well.

Nutrition

Amount per serving	
Calories	333
Fat	10g
Carbs	53g
Fiber	13g
Sugar	24g
Protein	15g
Cholesterol	0mg
Sodium	28mg
Vitamin A	1141IU
Vitamin C	64mg
Calcium	110mg
Iron	4mg



Herbed Vegan Vegetable Pot Pie

4 servings

1 hour

Ingredients

1/3 cup Vegan Butter (I used Earth Balance)
 1/3 cup All Purpose Gluten-Free Flour
 1 cup Vegetable Broth
 3 cups Unsweetened Almond Milk
 2 tps Dijon Mustard
 4 cloves Garlic (chopped)
 1 Yellow Potato (chopped)
 2 cups Frozen Edamame
 2 Carrot (chopped)
 1 cup Frozen Spinach (thawed)
 5 Green Onions (rough chopped)
 1/4 cup Parsley (chopped)
 8 ozs Phyllo Dough (thawed)

Nutrition

Amount per serving	
Calories	551
Fat	25g
Carbs	65g
Fiber	12g
Sugar	5g
Protein	18g
Cholesterol	2mg
Sodium	785mg
Vitamin A	11402IU
Vitamin C	29mg
Calcium	488mg
Iron	6mg

Directions

- 1 Preheat the oven to 350 degrees.
- 2 Now, in a large oven safe pot, heat the vegan butter on medium high. Stir to melt. Once the butter has melted, sprinkle the flour into the pot. Whisk to combine with the butter to form a paste(roux). Next, pour the vegetable broth, non-dairy milk and Dijon into the pot. Whisk to combine everything. Making sure the roux is completely incorporated and no lumps are left. Bring to a simmer, then add the chopped potatoes. Reduce heat to medium low and simmer until the potatoes are soft. About 8-10 minutes. The liquid should get nice and thick. Stir occasionally.
- 3 In the meantime, add avocado oil on medium high in a non stick skillet. Then add the garlic and carrots. Saute reducing heat as needed for 1-2 minutes to soften the carrots. Next, add the peas and spinach to the carrots, and continue to saute for another 1-2 minutes.
- 4 Once the potatoes are soft enough that you can smash them with a fork, and the liquid is thick, add the other vegetables from the skillet to the pot. Stir to combine. Turn off the heat.
- 5 Add the green onions and parsley to the pot and stir. Taste and adjust seasoning.
- 6 Then, take a piece of phyllo dough and crumple it up so it looks kind of like a flower, then place it on top of the filling. Repeat until the whole top is covered.
- 7 Now, brush the top of the phyllo with a little bit of avocado oil. Then bake at 350 degrees for 15-20 minutes or until the phyllo dough is baked through and brown. Serve immediately



Broccoli Vegan Mac and Cheese Bake

8 servings
20 minutes

Ingredients

1 1/2 cups Cashews
3 tbsps Lemon Juice
2 cups Water (or less if not using vegan cheese, see Notes)
6 ozs Vegan Cheese Shreds
1/2 cup Nutritional Yeast
1/4 tsp Turmeric
1/2 tsp Garlic Powder
12 ozs Chickpea Pasta
1 1/2 cups Panko Bread Crumbs
2 cups Frozen Broccoli (thawed)

Nutrition

Amount per serving	
Calories	436
Fat	19g
Carbs	51g
Fiber	11g
Sugar	6g
Protein	22g
Cholesterol	0mg
Sodium	308mg
Vitamin A	142IU
Vitamin C	23mg
Calcium	254mg
Iron	7mg

Directions

- 1 Preheat oven to 375 F.
- 2 Preheat oven and prep - If planning on baking it with the breadcrumb topping, preheat the oven to 350 degrees F and lightly grease a casserole dish (I used a 9x13 inch dish). Skip this step for stovetop mac and cheese.
- 3 Soak the cashews - Soften your cashews by covering them in boiling water for 5 minutes. I do this by heating up water in my tea kettle, and then pouring the boiling water over the cashews in a large glass measuring cup.
- 4 Cook pasta - Cook the pasta according to package instructions, but do not overcook. Drain and set aside.
- 5 Blend cheese sauce - Drain the soaked cashews and discard the soaking water. Add the cashews, fresh water, lemon juice, nutritional yeast, turmeric, garlic powder, salt and bag of shredded cheese (if using) to a high powered blender and blend until very smooth.
- 6 Simply return the pasta to the pot and pour in the cheese sauce. Stir until the sauce thickens and serve immediately.
- 7 Add the drained pasta to the prepared casserole dish, and pour in the cheese sauce. Stir to coat the noodles. Add the thawed broccoli. Sprinkle the breadcrumb on the pasta and bake, uncovered for 15 minutes. I also broiled it for a few minutes until golden brown. Serve immediately and enjoy!