



One Pan Comfort Food Meal Prep

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Seeds, Nuts & Spices

- 1 tbsp Garlic Powder
- 1 tbsp Smoked Paprika
- 2 tsbps Taco Seasoning

Frozen

- 2 cups Frozen Edamame

Vegetables

- 1 cup Baby Spinach
- 2 cups Broccoli
- 4 Garlic
- 1 stalk Green Onion
- 1/2 cup Mushrooms
- 3 Red Bell Pepper
- 1/2 cup Red Onion
- 1/2 Yellow Onion

Boxed & Canned

- 1 1/2 cups Black Beans
- 8 ozs Chickpea Rice
- 1 cup Enchilada Sauce
- 8 ozs Gluten-Free Ramen Noodles
- 1 cup Marinara Sauce
- 1/4 cup Tomato Paste
- 8 cups Vegetable Broth
- 3/4 cup Vital Wheat Gluten

Bread, Fish, Meat & Cheese

- 6 Protein Tortilla
- 14 ozs Tofu

Condiments & Oils

- 1 tbsp Avocado Oil
- 1 oz Avocado Oil Spray
- 1/4 cup Coconut Oil
- 1/3 cup Soy Sauce

Cold

- 4 ozs Vegan Cheese Shreds

Other

- 1/4 cup Water



Vegan Ramen

4 servings
30 minutes

Ingredients

4 Garlic (roughly chopped)
1/2 Yellow Onion (diced)
1/2 cup Mushrooms (dehydrated)
6 cups Vegetable Broth
2 tbsps Soy Sauce
2 cups Broccoli (heads only, chopped)
8 ozs Gluten-Free Ramen Noodles
14 ozs Tofu (pressed, cubed and pan-fried with soy sauce.)
2 cups Frozen Edamame (thawed)
1 stalk Green Onion (chopped)

Nutrition

Amount per serving	
Calories	436
Fat	12g
Carbs	61g
Fiber	9g
Sugar	7g
Protein	27g
Cholesterol	0mg
Sodium	1445mg
Vitamin A	1424IU
Vitamin C	48mg
Calcium	375mg
Iron	6mg

Directions

- 1 Cook the ramen noodles according to package directions. Place aside.
- 2 Heat a large pot over medium-high heat.
- 3 Once hot, add oil, garlic and onion. Sauté, stirring occasionally for 5-8 minutes or until the onion has developed a slight sear (browned edges).
- 4 Add the 6 cups of vegetable broth, soy sauce and dehydrated mushrooms. Stir.
- 5 Bring to a simmer over medium heat, then reduce heat to low and cover.
- 6 Steam the broccoli and edamame for 5-10 minutes, until softened.
- 7 To serve, divide ramen noodles between four containers. Top with broth, edamame, green onion, broccoli and seared tofu.



Pizza 'Sausage' Wraps

4 servings
45 minutes

Ingredients

3/4 cup Vital Wheat Gluten
1/4 cup Tomato Paste
1/4 cup Soy Sauce
1/4 cup Water
1 tbsp Garlic Powder
1 tbsp Smoked Paprika
1/4 cup Coconut Oil
4 Protein Tortilla
2 ozs Vegan Cheese Shreds
1 cup Marinara Sauce
1 cup Baby Spinach
1 Red Bell Pepper (diced)
1 oz Avocado Oil Spray

Nutrition

Amount per serving	
Calories	446
Fat	21g
Carbs	40g
Fiber	11g
Sugar	5g
Protein	32g
Cholesterol	0mg
Sodium	1172mg
Vitamin A	2924IU
Vitamin C	50mg
Calcium	265mg
Iron	4mg

Directions

- 1 Preheat oven to 400 F.
- 2 Add several inches of water to a large pot with a steamer basket and bring to a boil.
- 3 To make the sausage: mix together the vital wheat gluten, tomato paste, soy sauce, 1/4 cup water, coconut oil, garlic and paprika. Once the mixture starts to come together, finish mixing by hand, kneading the dough for 2 - 3 minutes. Divide the dough into two pieces then roll the dough pieces into two logs about 6 inches long each. Roll each log up in a piece of aluminum foil then twist the ends closed. Steam for 30 minutes. Once cooled, remove the foil and they are ready to slice.
- 4 Assemble the wraps by spreading the marinara sauce on the tortilla and topping it with the cheese shreds, veggies and sliced sausage. Fold the two corners in and place face-down on a baking sheet lined with parchment paper. Repeat x 4. Spray with avocado oil. Bake for 15-20 minutes, flipping halfway. Enjoy!



Skillet Enchiladas

4 servings
25 minutes

Ingredients

- 1 tbsp Avocado Oil
- 1/2 cup Red Onion (diced)
- 2 Red Bell Pepper (diced)
- 8 ozs Chickpea Rice
- 2 cups Vegetable Broth
- 1 cup Enchilada Sauce
- 2 tbsps Taco Seasoning
- 1 1/2 cups Black Beans
- 2 ozs Vegan Cheese Shreds
- 2 Protein Tortilla (cut into 2 inch strips)

Nutrition

Amount per serving	
Calories	466
Fat	12g
Carbs	73g
Fiber	21g
Sugar	11g
Protein	27g
Cholesterol	0mg
Sodium	1221mg
Vitamin A	2532IU
Vitamin C	78mg
Calcium	265mg
Iron	9mg

Directions

- 1 Heat a cast iron skillet over medium high heat. Add the oil, and when the oil is hot, add in the onion and bell pepper, mix well. Cook until translucent.
- 2 Add the chickpea rice and veggie broth to the skillet next. Place lid on and turn the temperature up to high. Bring to a boil and stir often. When the rice is looking cooked, add the taco seasoning, enchilada sauce and black beans. Mix well.
- 3 Take off heat, then layer with the vegan cheese and tortilla strips. Divide mixture into meal prep containers.