



Sheet Pan Fall 1 Hour Meal Prep

Fruits

- 1 Apple

Seeds, Nuts & Spices

- 1 tsp Chili Powder
- 1 tbsp Dried Basil
- 1 tsp Onion Powder
- 0 Red Pepper Flakes

Frozen

- 1/2 cup Frozen Cranberries
- 3 cups Frozen Edamame
- 8 ozs Frozen Falafel

Vegetables

- 1 unit Butternut Squash
- 6 Carrot
- 3 cups Green Beans
- 1 stalk Green Onion
- 2 Red Bell Peppers
- 3 Tomato
- 2 Yellow Onion

Boxed & Canned

- 1 cup Chickpeas
- 8 ozs Edamame Pasta
- 1 tbsp Tomato Paste
- 3 cups Vegetable Broth

Bread, Fish, Meat & Cheese

- 14 ozs Tofu

Condiments & Oils

- 1/3 cup Avocado Oil
- 2 Garlic Cloves

Cold

- 3 3/4 cups Soy Milk



Roasted Red Bell Pepper Protein Pasta

4 servings
45 minutes

Ingredients

- 2 Red Bell Peppers (seeded, quartered)
- 3 Tomato
- 2 Garlic Cloves (top sliced off)
- 1 Yellow Onion (roughly chopped)
- 1 tbsp Tomato Paste
- 3/4 cup Soy Milk
- Red Pepper Flakes
- 1 cup Chickpeas
- 1 tbsp Avocado Oil
- 8 ozs Edamame Pasta

Nutrition

Amount per serving	
Calories	364
Fat	9g
Carbs	44g
Fiber	18g
Sugar	12g
Protein	31g
Cholesterol	0mg
Sodium	65mg
Vitamin A	3180IU
Vitamin C	91mg
Calcium	198mg
Iron	11mg

Directions

- 1 Preheat the oven to 400F.
- 2 To a sheet pan or large casserole dish, add the bell peppers, tomatoes, garlic, onion and tomato paste. Drizzle with avocado oil and toss.
- 3 Roast for 35 to 40 minutes, until the peppers are browned.
- 4 In the meantime, cook your edamame pasta according to package directions. Place aside.
- 5 Once safe to handle, transfer the pepper mixture to a high speed blender with 1 cup of the reserved pasta water. Blend until smooth. I like to blend this a lot, for at least 3 to 5 minutes, to achieve a really silky sauce.
- 6 Pour the sauce over the spaghetti and toss, adding the additional 1/2 cup of reserved pasta water as needed to thin. Serve with fresh basil, vegan parmesan, more salt and pepper as needed.



Roasted Butternut Squash with Crispy Tofu

4 servings
1 hour 30 minutes

Ingredients

- 1 unit Butternut Squash
- 1 Yellow Onion (rough chopped)
- 3 Carrot (diced)
- 1/4 cup Avocado Oil
- 14 ozs Tofu (cubed)
- 1 tsp Onion Powder
- 1 tsp Chili Powder
- 1 tbsp Dried Basil
- 3 cups Soy Milk
- 3 cups Vegetable Broth
- 1 stalk Green Onion (sliced)

Nutrition

Amount per serving	
Calories	379
Fat	22g
Carbs	25g
Fiber	5g
Sugar	13g
Protein	16g
Cholesterol	0mg
Sodium	634mg
Vitamin A	8362IU
Vitamin C	4mg
Calcium	553mg
Iron	5mg

Directions

- 1 Preheat an oven to 400 degrees. Using a large, sharp knife, split the squash in half. Rub the squash halves in 2 tablespoons of the avocado oil and place them cut side down on a baking sheet. Add the onion and carrot to the baking sheet as well.
- 2 Roast the squash 45 minutes or until the skin is golden. Remove from the oven and set aside until the squash is cool enough to handle.
- 3 When there are 30 minutes left of cooking time on the squash, add the cubed tofu. Sprinkle the tofu with 1 tablespoon of avocado oil, onion powder, chili powder and basil. Bake the tofu for 30 minutes until it is golden and a little crispy on the edges.
- 4 Once the squash pan is done cooking, remove from oven and let cool. Scrape out the flesh from the squash and add to a blender, along with the onion, carrot, soy milk and veggie broth. Blend and divide into bowls. Add tofu on top. Top with green onions as well.



Sheet Pan Thanksgiving Meal

4 servings
30 minutes

Ingredients

- 3 cups Green Beans (ends trimmed)
- 3 Carrot (sliced)
- 8 ozs Frozen Falafel
- 3 cups Frozen Edamame
- 1 Apple (diced)
- 1/2 cup Frozen Cranberries

Directions

- 1 Spread all of the ingredients on a baking sheet with parchment paper. Drizzle avocado oil and toss. Roast for 30 minutes, tossing halfway. Enjoy!

Nutrition

Amount per serving	
Calories	401
Fat	17g
Carbs	46g
Fiber	11g
Sugar	12g
Protein	23g
Cholesterol	0mg
Sodium	210mg
Vitamin A	8547IU
Vitamin C	24mg
Calcium	150mg
Iron	6mg