



## Lego Meal Prep

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### Seeds, Nuts & Spices

- 2 tbsps Italian Seasoning
- 1 1/2 tsps Taco Seasoning

### Frozen

- 2 cups Frozen Broccoli

### Vegetables

- 2 Carrot
- 2 Garlic
- 1/2 tsp Ginger
- 1 cup Green Beans
- 2 Orange Bell Pepper
- 2 Red Bell Pepper
- 1 Sweet Potato
- 1/2 Yellow Bell Pepper
- 1 1/2 Yellow Onion

### Boxed & Canned

- 1/2 cup Black Beans
- 10 ozs Chickpea Pasta
- 2 cups Crushed Tomatoes
- 1 1/4 cups Jasmine Rice
- 1 cup Lentils
- 1 cup Tomato Purée
- 3 cups Vegetable Broth
- 2 cups Vegetable Broth, Low Sodium

### Baking

- 1 tbsp Arrowroot Powder
- 1 1/2 tbsps Coconut Sugar

### Bread, Fish, Meat & Cheese

- 2/3 cup Textured Vegetable Protein
- 1 lb Tofu

### Condiments & Oils

- 1/4 cup Avocado Oil
- 2 tbsps Rice Vinegar
- 1/3 cup Tamari

### Other

- 1/4 cup Water



## Vegan Chili Bowls

2 servings  
40 minutes

### Ingredients

2/3 cup Textured Vegetable Protein (crumbs)  
3 cups Vegetable Broth (divided)  
1/2 Yellow Onion (medium, chopped)  
1/2 Yellow Bell Pepper (diced)  
1 1/2 tsps Taco Seasoning  
1/2 cup Black Beans (rinsed, drained)  
1 cup Tomato Purée  
1 tbsp Avocado Oil  
1 Sweet Potato (peeled and diced)  
1 cup Green Beans (ends removed)

### Nutrition

Amount per serving	
Calories	360
Fat	8g
Carbs	56g
Fiber	15g
Sugar	19g
Protein	21g
Cholesterol	0mg
Sodium	1253mg
Vitamin A	11089IU
Vitamin C	108mg
Calcium	159mg
Iron	8mg

### Directions

- 1 Place the textured vegetable protein in a bowl. Bring 1/3 of the vegetable broth to boil and pour over the textured vegetable protein. Cover and let it sit for 10 minutes.
- 2 Meanwhile add the onion to a pot with splash of water. Cook and stir over medium heat for about five minutes or until soft.
- 3 Add the rehydrated textured vegetable protein to the pot with bell pepper. Cook and stir occasionally for five minutes. Add the taco seasoning, black beans, tomato purée and the remaining vegetable broth to the pot.
- 4 Meanwhile prep veggies and starch that you are using. Preheat oven to 400 F. Add prepped veggies of choice to a parchment lined baking sheet. I used diced sweet potatoes and green beans. Drizzle with avocado oil. Cook for 30 minutes, tossing halfway.
- 5 Stir and cover the pot with a lid. Let simmer for about 20 minutes. Divide evenly between bowls. Add starch and veggies of choice! I added cooked green beans and sweet potatoes or rice and carrots.

### Notes

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

**Serving Size:** One serving is equal to approximately two cups.

**Additional Toppings:** Top with avocado, plant-based sour cream and cheese.



## Teriyaki Tofu Bowls

4 servings  
40 minutes

### Ingredients

- 1 1/4 cups Jasmine Rice
- 1 lb Tofu (extra-firm, pressed, and cubed)
- 2 tbsps Avocado Oil
- 1/3 cup Tamari (divided)
- 1 tbsp Arrowroot Powder
- 2 tbsps Rice Vinegar
- 1 1/2 tbsps Coconut Sugar
- 1/2 tsp Ginger (minced)
- 1/4 cup Water
- 2 cups Frozen Broccoli (thawed)
- 1 Red Bell Pepper (sliced)
- 1 Orange Bell Pepper (sliced)

### Nutrition

Amount per serving	
Calories	425
Fat	13g
Carbs	63g
Fiber	5g
Sugar	7g
Protein	20g
Cholesterol	0mg
Sodium	1363mg
Vitamin A	1308IU
Vitamin C	164mg
Calcium	355mg
Iron	4mg

### Directions

- 1 Cook the rice according to package directions.
- 2 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 3 Add the tofu cubes to a bowl and gently toss with the half of oil and 1/4 of the tamari. Then add the arrowroot powder and gently toss until the tofu cubes are well coated. Arrange the coated tofu cubes on the prepared baking sheet. Bake for 28 to 30 minutes, flipping halfway through.
- 4 Meanwhile, in a small bowl, add the remaining tamari, rice vinegar, coconut sugar, ginger, and water and whisk well. Pour into a medium-sized pot and bring to a boil over medium heat. Reduce the heat and simmer for about 15 minutes, until thickened, whisking occasionally.
- 5 Meanwhile, heat the other half of oil in a medium frying pan. Once the oil is hot, add the sliced peppers and the broccoli. Cook, stirring occasionally, until the peppers and broccoli are tender and starting to brown, about 10-15 minutes or until your preferred tenderness is achieved.
- 6 Once the sauce has thickened, add the tofu to the saucepan and toss to combine. Divide the rice into bowls and top with tofu and veggies. Serve and enjoy!

### Notes

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

**Serving Size:** One serving is about 3/4 cup rice and about 1/2 to 3/4 cup tofu.

**Coconut Sugar:** Use another type of sugar, such as honey, maple syrup or brown sugar.

**More Flavor:** Add chili flakes or sriracha to the sauce.

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**Additional Toppings:** Top with sesame seeds and/or green onions.



## Lentil Bolognese with Chickpea Pasta

**4 servings**  
**55 minutes**

### Ingredients

- 1 tbsp Avocado Oil
- 1 Yellow Onion (small, finely chopped)
- 2 Garlic (cloves, minced)
- 2 Carrot (peeled, finely chopped)
- 2 cups Crushed Tomatoes (from the can)
- 2 cups Vegetable Broth, Low Sodium
- 1 cup Lentils (rinsed, drained)
- 2 tbsps Italian Seasoning
- 10 ozs Chickpea Pasta
- 1 Red Bell Pepper (sliced)
- 1 Orange Bell Pepper (sliced)

### Nutrition

Amount per serving	
Calories	414
Fat	9g
Carbs	70g
Fiber	19g
Sugar	18g
Protein	25g
Cholesterol	0mg
Sodium	380mg
Vitamin A	6384IU
Vitamin C	139mg
Calcium	130mg
Iron	11mg

### Directions

- 1 Heat half of the oil in a large pot over medium heat. Add the onions and sauté for two to three minutes or until they have softened. Add the garlic and sauté for 30 to 60 seconds.
- 2 Add the carrots. Sauté for five to six minutes or until the carrots have softened.
- 3 Add the crushed tomatoes, vegetable broth, lentils, and Italian seasoning. Bring to a boil then reduce the heat to a simmer. Simmer for 30 to 35 minutes or until the lentils are tender and the sauce has thickened. Stir occasionally.
- 4 Meanwhile, heat the other half of oil in a medium frying pan. Once the oil is hot, add the sliced peppers. Cook, stirring occasionally, until the peppers are tender and starting to brown, about 10-15 minutes or until your preferred tenderness is achieved.
- 5 While the bolognese is cooking, cook the chickpea pasta according to the package directions.
- 6 Divide the pasta, bolognese and peppers evenly between bowls and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Reheat on the stove and add some water.

**Serving Size:** One serving is approximately one cup.

**More Flavor:** Add fresh herbs like parsley or basil. Season with salt and/or use regular broth.

**Additional Toppings:** Top with dairy-free parmesan.