



Gwillimdale Farms Root Vegetable Lego Meal Prep

Fruits

- ☐ 1 Lemon

Breakfast

- ☐ 1/4 cup Maple Syrup

Seeds, Nuts & Spices

- ☐ 3/4 cup Cashews
☐ 2 tsps Dried Basil
☐ 1 tbsp Garlic Powder
☐ 1 tsp Italian Seasoning
☐ 1/4 cup Pistachios
☐ 1 tsp Sea Salt

Vegetables

- ☐ 1 Beet
☐ 4 Carrot
☐ 4 Garlic
☐ 1 cup Matchstick Carrots
☐ 2 Parsnip
☐ 1 1/2 cups Red Onion
☐ 4 Red Potato

Boxed & Canned

- ☐ 227 grams Chickpea Pasta
☐ 2 cups Crushed Tomatoes
☐ 4 cups Lentils
☐ 3/4 cup Vegetable Broth

Bread, Fish, Meat & Cheese

- ☐ 255 grams Tempeh

Condiments & Oils

- ☐ 1/4 cup Balsamic Vinegar
☐ 1 tbsp Coconut Aminos
☐ 3 tsps Yellow Mustard



Lentil Sloppy Joe Bowl

4 servings

4 hours

Ingredients

4 cups Lentils (cooked, drained and rinsed)
1/2 cup Red Onion (finely diced - from Gwillimdale Farms)
1 cup Matchstick Carrots (Gwillimdale Farms)
1 tsp Garlic Powder
3 tbsps Yellow Mustard
1/4 cup Maple Syrup
2 cups Crushed Tomatoes

Nutrition

Amount per serving	
Calories	343
Fat	1g
Carbs	67g
Fiber	19g
Sugar	24g
Protein	21g
Cholesterol	0mg
Sodium	369mg
Vitamin A	2515IU
Vitamin C	18mg
Calcium	112mg
Iron	8mg

Directions

- 1 Combine the lentils, onion, carrots, garlic powder, yellow mustard, maple syrup and crushed tomatoes in the slow cooker. Use a spatula to mix well. Cover and cook on high for 4 hours or on low for 6 hours.
- 2 Add into in Meal Prep Cubes to freeze. When ready to eat, simply defrost with your favourite vegetables in the microwave in a microwave safe bowl.

Notes

Next Level Sloppy Joes: Add plant-based cheese, avocado, pickles, onions and/or cashew sour cream.

Repurpose Leftovers: Leftovers can be served on brown rice tortilla as a pizza, or with brown rice tortilla chips for dipping, with sweet potato toast or as a bowl with some quinoa and greens.



Roasted Root Vegetables

2 servings

35 minutes

Ingredients

4 Red Potato (small, cubed and peeled from Gwillimdale Farms)
5 Beet (peeled and diced - From Gwillimdale Farms)
4 Carrot (peeled and sliced - from Gwillimdale Farms)
2 Parsnip (Peeled and sliced - from Gwillimdale Farms)
1 cup Red Onion (sliced - From Gwillimdale Farms)
1 tbsp Coconut Aminos
2 tsps Garlic Powder
2 tsps Dried Basil

Nutrition

Amount per serving	
Calories	601
Fat	2g
Carbs	138g
Fiber	24g
Sugar	38g
Protein	16g
Cholesterol	0mg
Sodium	477mg
Vitamin A	20486IU
Vitamin C	81mg
Calcium	211mg
Iron	7mg

Directions

- 1 Preheat the oven to 350°F and line a baking sheet with parchment paper.
- 2 Add all the vegetables to the bowl. Add the coconut aminos and toss to coat the vegetables, along with the spices. Transfer to the baking sheet and bake for about 30 minutes, stirring halfway through.
- 3 Let cool and then freeze in Meal Prep Cubes. When ready to eat, simply defrost in the microwave in a microwave safe bowl.

Notes

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

More Flavor: Add chili powder, chipotle chili powder, red pepper flakes, or cayenne pepper for spicier lentils.

Additional Toppings: Fresh herbs like cilantro.

More Veggies: Serve with fresh or wilted greens like spinach.

No Cauliflower: Use broccoli instead.

No Sweet Potato: Use squash instead.



Herb & Garlic Tempeh

3 servings

55 minutes

Ingredients

1/4 cup Vegetable Broth
1/4 cup Balsamic Vinegar
1 tsp Italian Seasoning
1/2 tsp Sea Salt
2 Garlic (clove, minced)
255 grams Tempeh (cut into thin pieces)

Nutrition

Amount per serving	
Calories	186
Fat	9g
Carbs	11g
Fiber	0g
Sugar	3g
Protein	18g
Cholesterol	0mg
Sodium	461mg
Vitamin A	44IU
Vitamin C	1mg
Calcium	104mg
Iron	2mg

Directions

- 1 In a shallow bowl or zipper-lock bag combine the vegetable broth, balsamic vinegar, Italian seasoning, salt and garlic. Add the tempeh and gently toss to coat it in the marinade. Let the tempeh marinate for at least 20 minutes.
- 2 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 3 Arrange the marinated tempeh evenly on the baking sheet. Ensure the tempeh pieces are not overlapping or touching. Bake for 24 to 26 minutes, flipping halfway through. Season with additional salt if needed before serving. Enjoy!
- 4 Once cooled, freeze the tempeh separately in Meal Prep Cubes. When ready to eat, simply defrost in the microwave in a microwave safe bowl.

Notes

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

No Italian Seasoning: Use any combination of dried herbs.

Serve it With: Rice, quinoa and roasted or steamed vegetables.



Beet Pasta

4 servings

15 minutes

Ingredients

6 Beet (Peeled and sliced - from Gwillimdale Farms)
3/4 cup Cashews (soaked overnight)
2 Garlic
1/2 cup Vegetable Broth (or water)
1/2 tsp Sea Salt
1 Lemon (juiced)
1/4 cup Pistachios (or walnuts)
227 grams Chickpea Pasta

Nutrition

Amount per serving	
Calories	439
Fat	19g
Carbs	56g
Fiber	13g
Sugar	16g
Protein	22g
Cholesterol	0mg
Sodium	537mg
Vitamin A	147IU
Vitamin C	12mg
Calcium	83mg
Iron	8mg

Directions

- 1 Preheat oven to 400 F.
- 2 Add sliced beets to a parchment paper lined baking sheet. Drizzle with avocado oil. Roast for 30-40 minutes. Let cool.
- 3 Boil pasta according to package directions, reserving a 1/3 a cup of pasta water. Place aside.
- 4 In a blender, combine the cashews, beets, coconut milk, garlic and lemon juice until smooth.
- 5 Add the pink sauce to a pan, with the cooked pasta and pasta water, and combine until coated. Serve immediately with crushed pistachios.
- 6 If freezing, freeze the pasta and beet pasta sauce separately in Meal Prep Cubes. When ready to eat, simply defrost in the microwave in a microwave safe bowl.