



Dump and Bake Meal Prep 2

Fruits

- 2 tbsps Lemon Juice

Seeds, Nuts & Spices

- 1/2 cup Cashews
- 1 tbsp Dried Basil
- 1/2 tsp Garlic Powder
- 1 tbsp Taco Seasoning

Frozen

- 2 cups Frozen Peas

Vegetables

- 1 head Cauliflower
- 1 cup Cherry Tomatoes
- 1 1/2 cups Red Onion
- 2 ozs Roasted Red Peppers
- 2 Sweet Potato

Boxed & Canned

- 8 ozs Chickpea Pasta
- 2 1/2 cups Chickpeas
- 2 1/2 cups Lentils
- 1/3 can Refried Beans
- 1 cup Salsa

Baking

- 1/4 cup Nutritional Yeast

Bread, Fish, Meat & Cheese

- 12 Corn Tortilla
- 14 ozs Tofu
- 1/4 cup Vegan Butter

Condiments & Oils

- 2 tbsps Avocado Oil
- 2 tsps Fresh Thyme



Single Serve Baked Feta Pasta

4 servings
40 minutes

Ingredients

14 ozs Tofu
1/2 cup Cashews (soaked in boiling water for 30 minutes)
2 tbsps Lemon Juice
1/4 cup Nutritional Yeast
1/2 tsp Garlic Powder
1 cup Cherry Tomatoes
1 tbsp Dried Basil
1 tbsp Avocado Oil
8 ozs Chickpea Pasta

Nutrition

Amount per serving	
Calories	460
Fat	20g
Carbs	47g
Fiber	13g
Sugar	10g
Protein	33g
Cholesterol	0mg
Sodium	97mg
Vitamin A	1556IU
Vitamin C	51mg
Calcium	354mg
Iron	10mg

Directions

- 1 Preheat the oven to 400 F.
- 2 Divide the cherry tomatoes between the casserole dishes.
- 3 In a food processor, combine the tofu, cashews, nutritional yeast, lemon juice, garlic powder, and 4 tbsp water. Blend until a smooth sauce is formed. Divide between the dishes that the veggies are in. Drizzle with avocado oil and sprinkle with dried basil. Bake in the oven for 25 minutes, until the tomatoes start to burst.
- 4 Meanwhile, cook the pasta according to package directions. Add to the dishes when they are done baking and mix everything together. Enjoy!



Single Serve Sheet Pan Tacos

4 servings
30 minutes

Ingredients

- 2 1/2 cups Chickpeas
- 1 tbsp Taco Seasoning
- 1/3 can Refried Beans
- 12 Corn Tortilla
- 2 ozs Roasted Red Peppers (diced)
- 1/2 cup Red Onion (diced)
- 1 cup Salsa

Nutrition

Amount per serving	
Calories	448
Fat	5g
Carbs	84g
Fiber	14g
Sugar	9g
Protein	16g
Cholesterol	0mg
Sodium	838mg
Vitamin A	517IU
Vitamin C	11mg
Calcium	392mg
Iron	5mg

Directions

- 1 Preheat oven to 400 F.
- 2 Mash the chickpeas slightly with a potato masher and add in taco seasoning.
- 3 Slice each tortilla in half. To start, layer two halves in each glass meal prep container. Next, spread the refried beans on the tortillas. Follow with the roasted red peppers, onions, chickpeas and salsa. End with another two tortilla halves. Spray with avocado oil.
- 4 Bake in the oven for 25 minutes. Broil for 1-2 minutes before pulling out. Top with guacamole - optional.



Single Serve Sweet Potato Lentil Shepherd's Pie

4 servings
50 minutes

Ingredients

- 2 Sweet Potato
- 1 head Cauliflower (chopped)
- 1/4 cup Vegan Butter
- 2 1/2 cups Lentils
- 2 cups Frozen Peas (thawed)
- 1 cup Red Onion (Diced)
- 2 tsps Fresh Thyme
- 1 tbsp Avocado Oil

Nutrition

Amount per serving	
Calories	449
Fat	16g
Carbs	61g
Fiber	19g
Sugar	13g
Protein	20g
Cholesterol	2mg
Sodium	244mg
Vitamin A	11419IU
Vitamin C	85mg
Calcium	105mg
Iron	6mg

Directions

- 1 Preheat oven to 400°F.
- 2 Peel and slice large potatoes in half. Place in a large pot, along with cauliflower and fill with water until they're just covered. Bring to a low boil on medium-high heat. Cover and cook for 20 minutes or until they slide off a knife very easily.
- 3 Once cooked, drain and then return to pot. Mash with a potato masher and add vegan butter. Set aside.
- 4 In glass containers, add in lentils, peas and onions. Sprinkle with thyme. Spread on sweet potato layer.
- 5 Bake in oven for 15 minutes. Broil on high for an additional 5 minutes, or until potatoes are browned. Let cool before serving.