



## Dump And Bake Meal Prep

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	Mon	Tue	Wed
Lunch			
	Dump n Bake Marry Me Tofu Bake	Dump n Bake Fajita Chickpea Pasta	Dump n Bake Mediterranean Gnocchi Bake

### Seeds, Nuts & Spices

- 1 tbsp Chili Powder
- 2 tsps Greek Seasoning
- 1 tbsp Oregano
- 1 tbsp Paprika

### Frozen

- 3 cups Frozen Edamame

### Vegetables

- 8 cups Baby Spinach
- 6 cups Cherry Tomatoes
- 4 Red Bell Pepper
- 2 1/2 cups Red Onion
- 1 Zucchini

### Boxed & Canned

- 2 cups Black Beans
- 8 ozs Chickpea Pasta
- 1 cup Enchilada Sauce
- 1 cup Salsa
- 4 cups Vegetable Broth
- 1 cup Wild Rice

### Bread, Fish, Meat & Cheese

- 1 1/4 lbs Tofu

### Condiments & Oils

- 2 tsps Avocado Oil
- 1 cup Sun Dried Tomatoes

### Cold

- 1 lb Potato Gnocchi
- 1/4 cup Soy Milk
- 1/4 cup Unsweetened Coconut Yogurt
- 5 ozs Vegan Cheese Shreds



## Dump n Bake Marry Me Tofu Bake

4 servings  
40 minutes

### Ingredients

- 1 cup Wild Rice
- 2 cups Vegetable Broth
- 1/4 cup Soy Milk
- 1/4 cup Unsweetened Coconut Yogurt
- 1 tbsp Paprika
- 1 tbsp Chili Powder
- 1 tbsp Oregano
- 1/2 cup Sun Dried Tomatoes
- 1 cup Red Onion (diced)
- 4 cups Cherry Tomatoes
- 1 1/4 lbs Tofu (cubed)
- 8 cups Baby Spinach (chopped)

### Directions

- 1 Preheat oven to 400 F.
- 2 Combine all of the ingredient into a oven-safe bowl. Mix well. Bake for 40 mins. Enjoy!



## Dump n Bake Fajita Chickpea Pasta

4 servings  
40 minutes

### Ingredients

- 8 ozs Chickpea Pasta
- 1 cup Salsa
- 2 cups Vegetable Broth
- 1 cup Enchilada Sauce
- 2 cups Black Beans
- 1 cup Red Onion (sliced )
- 4 Red Bell Pepper (sliced)
- 4 ozs Vegan Cheese Shreds

### Directions

- 1 Preheat oven to 400 F.
- 2 To your single-serve dish, add the enchilada sauce, veggie broth, salsa, chickpea pasta, black beans, onion and pepper. Stir to combine. Top with sliced vegan cheese.
- 3 Cover with foil, then bake in preheated oven for 50 minutes.
- 4 Remove from oven and let cool before eating- it stays hot for a while! Be careful!



## Dump n Bake Mediterranean Gnocchi Bake

4 servings  
40 minutes

### Ingredients

- 2 cups Cherry Tomatoes
- 1 Zucchini (chopped)
- 1 lb Potato Gnocchi
- 3 cups Frozen Edamame
- 1/2 cup Sun Dried Tomatoes (chopped)
- 1/2 cup Red Onion (chopped)
- 2 tsps Greek Seasoning
- 2 tbsps Avocado Oil
- 1 oz Vegan Cheese Shreds

### Directions

- 1 Preheat the oven to 400F.  
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- 2 Divide all of the ingredients (except for vegan cheese) among the four containers. Drizzle with avocado oil.  
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- 3 Bake for 25 minutes, tossing at the 15 minute mark.  
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- 4 Serve immediately topped with vegan feta if desired.