

# 1/8/24

# MEAL PREP

*breakfast & lunch*



## RECIPES

### BREAKFAST

*Chia Pudding with Fruit*  
*High Protein Breakfast Burritos*

### LUNCH

*Winter Grain Bowls*  
*Butternut Squash Soup*

### SNACKS

*Forager Vanilla Bean Yogurt*  
*Fresh Fruit / Juice*  
*Veggies / Pretzels & Hummus*  
*Mezcla Bars*



# CHIA PUDDING



## *Ingredients:*

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- 1 cup soy milk (I use [THIS BRAND](#))
- 1 container 5.3oz [Forager vanilla yogurt](#)
- 1 scoop [vegan protein powder](#)
- 2 tbsp maple syrup
- 1/4 cup chia seeds
- 3 tbsp frozen blueberries
- 3 tbsp frozen raspberries
- 1 tbsp peanut butter (optional topping)
- 1 tsp hemp seeds (optional topping)

## *Steps:*

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- I. Divide all ingredients between 2 jars. Start with the milk, yogurt, protein, and maple syrup. I recommend using a [FROTHER](#) to ensure there are no clumps.
- II. Stir in the chia seeds, then top one with the blueberries and the other with raspberries. Stir again and keep stored in the fridge to thicken.
- III. Upon serving, enjoy as is or with add additional toppings like peanut butter, almonds, hemp seeds, etc.

## *Notes:*

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- I. I typically use frozen fruits to avoid food waste, plus they have more nutrients!
- II. My favorite meal prep jars are [THESE ONES](#) from W&P.
- III. This recipe makes 2 servings.



# HIGH PROTEIN BREAKFAST BURRITOS

## *Ingredients:*

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- 1 block 16oz silken tofu
- 1/2 cup soy milk
- 1/2 tsp turmeric
- 1/2 tsp garlic powder
- 1 tsp kala namak
- 2 tbsp nutritional yeast
- 1 block 16oz high protein tofu, crumbled
- 2 tbsp avocado oil
- 1/4 cup chopped chives
- 6 Siete burritos
- 1 1/2 cups black beans
- 1/2 cup pico de gallo
- salt & pepper, to taste
- sliced avocado (optional topping)
- shredded veg cheese (optional topping)

## *Steps:*

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- I. Blend the silken tofu, soy milk, and seasonings in a high speed blender for about 1 minute or until smooth.
- II. Warm avocado on a pan on a medium heat. Add the crumbled tofu to the pan. Stir occasionally for about 10-15 minutes or until you notice browning.
- III. Stir in the blended mixture and stir often until the mixture has mostly firmed up. It should be the consistency of soft scrambled eggs.
- IV. Divide scramble between 6 burritos topped with black beans, pico de gallo, and any other toppings you might like. Wrap.
- V. Heat burrito on either side until browned then wrap in foil and store in the freezer.



## *Notes:*

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- I. If you want a more traditional soft scramble, use firm tofu rather than high protein. If your priority is as much protein as possible, use the high protein tofu.
- II. This recipe makes 6 servings. Stored in the freezer they last months.
- III. To reheat, add into your oven, air fryer, toaster, or microwave.
- IV. This recipe was inspired by [@bensvegankitchen](#)



# WINTER GRAIN BOWLS



## *Ingredients:*

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- 8oz purple potato
- 300g high protein tofu
- avocado oil spray
- 2 tbsp tamari
- 1/2 cup cooked quinoa
- 2 tbsp olive oil
- 1/4 cup red wine vinegar
- salt & pepper, to taste
- 1 tbsp hemp seeds
- 2 tbsp pomegranate seeds
- 1/4 cup sliced almonds
- mixed greens, to serve

## *Steps:*

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- I. Prep your ingredients. Add the purple potato unpeeled to a pot of water. Bring to a boil and cook until tender. Rinse, let cool, then remove skin and chop into bite sized pieces.
- II. Dice your tofu and toss in avocado oil spray and, tamari. Air fry or bake at 400 F until crispy, about 15-20 minutes.
- III. Cook quinoa in vegetable broth.
- IV. Build your bowls. At the bottom stir together the olive oil, red wine vinegar, salt & pepper. Top with the remaining ingredients.

## *Notes:*

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- I. This recipe makes 2 servings.
- II. Don't add the lettuce into your bowls or it'll get soggy. Wait until you're ready to eat before you mix it in.



# BUTTERNUT SQUASH SOUP

## *Ingredients:*

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- 1 large butternut squash, peeled and cubed
- 1 yellow onion, peeled and diced
- 2 tbsp avocado oil
- 3 garlic cloves, minced
- 1 tbsp fresh sage, finely chopped
- 1 tbsp fresh rosemary, finely chopped
- salt & pepper, to taste
- 3 cups vegetable broth



## *Steps:*

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- I. Warm avocado oil in a pot then add in the onions. Once they start to become translucent, about 5-7 minutes, stir in the chopped butternut squash and keep covered.
- II. After about 10 minutes of cooking, add in the veggie broth and all seasoning. Stir together then keep covered. Cook for about 30 minutes.
- III. Allow the soup to cool then add to a high speed blender. Blend until fully combined, about 2 minutes.

## *Notes:*

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- I. Wait for the soup to fully cool before closing the jar to avoid sweating. This can cause bacteria.
- II. This soup makes about 4 small portions.
- III. Serve with oyster crackers or a sandwich.

*Thank*

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*You!*

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PLANT • BASED  
NUTRITION