

MEAL PREP

healthy vegan staples



RECIPES

DRINKS

Orange Ginger Shots
Melon Juice

INGREDIENTS

Strawberries
Purple Potato
Tempeh
Kale

BREAKFAST

High Protein Yogurt

MEALS

Spring Kelp Noodle Alfredo

SNACKS

Caprese Salad
Salty & Sweet

ORANGE GINGER SHOTS



Ingredients:

- 3 oranges, peeled
- 30g fresh ginger
- 2 cups coconut water

Steps:

- I. Wash and chop all your produce. Add ginger and oranges to your juicer.
- II. Combine juiced mixture with the coconut water. Divide between shot glasses and enjoy within the week.

Notes:

- I. I use a [HUROM H400 JUICER](#) use code ANNIE10 for a discount.
- II. I use [THESE JUICE BOTTLES](#).

TROPICAL MELON JUICE

Ingredients:

- 1 pineapple, peeled and cored
- 1/2 cantaloupe, peeled and deseeded
- 2 mangos, peeled and depitted



Steps:

- I. Add all your ingredients to a juicer.
- II. Enjoy within 3-5 days.

Notes:

- I. I use a [HUROM H400 JUICER](#) use code ANNIE10 for a discount.
- II. I use [THESE JUICE BOTTLES](#).

STRAWBERRIES



Ingredients:

- 1 lb strawberries
- 1/4 cup white vinegar
- 1 tbsp baking soda

Steps:

- I. Add strawberries to a large bowl and submerge in water. Add in the vinegar first followed by the baking soda.
- II. Use your hands to lightly mix the strawberries. The baking soda/vinegar solution should bubble and fizz. Let sit for 15-20 minutes.
- III. Strain the berries and run under water to wash. Lie out on paper towels and allow to dry completely before storing in airtight containers

Notes:

- I. I use THESE airtight containers.

PURPLE POTATOES

Ingredients:

—2 purple potatoes



Steps:

- I. Give your potatoes a good rinse then submerge in a pot of water.
- II. Bring the pot of water to a boil then reduce to a medium heat. Cook until the potatoes are fork tender. Remove from heat and run under a gentle stream of water to begin cooling down.
- III. Once cool, use your hands to gently remove the peel. It should come off easily. Chop the potato into bite sized rounds and store in an airtight container.

Notes:

- I. Purple potatoes are an amazing source of antioxidants and help to reduce inflammation and boost the immune system. I love adding a squeeze of lemon on top and a sprinkle of flaky salt.
- II. You can have them alone as a snack, or as a side with your favorite veggies and plant based meat.

TEMPEH



Steps:

I. Chop your tempeh into strips and add to an airtight container. Gently toss with the tamari and avocado oil.

II. When ready to enjoy, add your tempeh slices into the air fryer or oven. Bake or fry at 375 until crispy - about 10-12 minutes in my air fryer.

Ingredients:

- 1 block of tempeh, thinly chopped
- 1 tbsp tamari
- 1 tbsp avocado oil

Notes:

I. Tempeh is amazing for your gut and is a great source of plant based protein. Many vegans use it as a replacement for bacon!

KALE

Ingredients:

— 1 bunch curly kale



Steps:

- I. Tear all the leaves from the stem with your hands. Submerge in a bowl of water and use your hands to move it around. Let soak for about 10 minutes to loosen up any dirt.
- II. Drain the water and rinse the kale again. Dry in a salad spinner or pat dry with paper towels. Store in an airtight container.

Notes:

- I. This kale can be used in salads, or can be sautéed. I love tossing it in avocado oil and garlic powder and lightly sautéing for a few minutes. It's so delicious!

HIGH PROTEIN YOGURT



Ingredients:

- 1 cup vanilla bean yogurt, divided
- 2 scoops protein powder, divided
- 2 tbsp maple syrup, divided
- 1 passionfruit
- 1 handful blueberries
- 2 tsp hemp seeds

Steps:

- I. Add all of your divided ingredients between two airtight jars. Start with the yogurt, protein powder, and maple syrup and stir well so no protein powder clumps are left behind.
- II. Top one jar with the passionfruit and the other with blueberries. Feel free to add hemp seeds to both.

Notes:

- I. This is genuinely one of my favorite breakfasts. The combo of the yogurt and protein powder I use (linked above!) taste like cookie dough! Passionfruit may be tricky to find for some of you, but don't worry, ANY fruit works as a topping.

SPRING KELP NOODLE ALFREDO

Ingredients:

- 1 bag kelp noodles
- 1 lemon, juice and zest from
- 2 tbsp baking soda
- 1/2 cup peas, steamed
- 6-8 large green beans, steamed

Alfredo Sauce:

- 1 block silken tofu
- 2 cloves garlic
- 1 tbsp lemon juice
- 1 tbsp nutritional yeast
- 1 tsp sea salt
- 1/2 tsp pepper

Steps:

I. Start with your kelp noodles. Rinse them and use your hands to make sure they're separated. They tend to stick together in the bag.

II. Submerge in a bowl of warm water. First add the lemon juice - make sure to reserve 1 tbsp for the sauce and the peels for the zest. Squeeze the lemon juice all over the kelp noodles. Working quickly, add the 2 tbsp of baking soda. Use your hands to massage the noodles while the lemon juice/baking soda mixture fizzes. After about 30 seconds, drain the water the rinse the noodles.

III. Blend all sauce ingredients until smooth. Stir about 1/2 in the pasta along with the steamed vegetables. Top with lemon zest and keep store in an airtight container.

IV. When ready to enjoy, heat stovetop or in the microwave with extra sauce.



Notes:

I. If you're unable to find kelp noodles, any pasta works!

II. I highly recommend trying kelp noodles - they take on whatever taste the sauce is and are very calorie friendly. 1 entire bag has about 18 calories. They're also extremely nutrient dense.

III. The sauce will make a good amount extra, make sure to keep it stored in a separate jar. When you're ready to eat the pasta, the kelp noodles will have soaked up a lot of the sauce so you'll want those extra few dollops.

CAPRESE SALAD



Ingredients:

- 1 heirloom tomato, chopped
- 1/2 persian cucumber, sliced
- 6 balls vegan mozzarella

Steps:

1. Add all of your ingredients to a small airtight container. Enjoy as a snack, or toss with olive oil and flaky sea salt and enjoy as a side salad with dinner.

Notes:

1. Feel free to mix things up and customize to your liking. I love having this around as a healthy snack - the vegan mozzarella is to die for!

SALTY & SWEET

Ingredients:

- 2 ribs celery, chopped
- 3-4 figs
- 1/4 cup crunchy corn



Steps:

1. Add all of your ingredients to a small airtight container. Enjoy as a snack throughout the week.

Notes:

1. This is the perfect healthy snack to have for yourself, kids, or when traveling. The crunchy corn is addictive and tastes pretty identical to Frito's.

Thank

You!



PLANT • BASED
NUTRITION