


MEAL PREP


for IVF



Thank you so much for watching my content and downloading this meal prep guide! Taking the time to plan ahead and prepare staples has been key in my health journey. Setting aside a few hours one day per week has saved me time, energy, and money on takeout.

I hope you enjoy these recipes! If you have any questions, feel free to reach out. I'm here to help.

 [theplantcollective_](https://www.instagram.com/theplantcollective_)

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The Menu:

Breakfast



Breakfast
Sandwiches



Egg Bites



Sheet Pan Hash



High Protein
Chia Pudding

Soups



Lemon Orzo



Broccoli Leek

Dinner



Orange Tofu



Mac and Cheese

Juice



Beet Watermelon

Dessert



Chai Sugar
Cookies

BREAKFAST SAMMIES & EGG BITES

Ingredients:

- 5 english muffins
- 1/2 block tempeh (4oz)
- 1/2 tbsp avocado oil
- 1 tbsp tamari
- 5 slices Violife gouda cheese
- 1/4 cup frozen kale (or fresh, finely chopped)

Chickpea Eggs:

- 1 1/2 cup chickpea flour
- 1 1/2 cup soy milk
- 1/2 tsp baking powder
- 1/2 tsp garlic powder
- 1/2 tsp turmeric
- 1/2 teaspoon kala namak
- 1/4 tsp black pepper

Steps:

1. Preheat the oven to 375 degrees. Whisk the chickpea egg ingredients together. First start with the muffins - I used a 6 tin muffin dish and poured 1/4 cup of the mixture in each topped with frozen kale. Then I greased an 8x8 square pan and poured the rest of the mixture directly in. Bake both for 12-14 minutes.
2. Let both cool then put the muffins in an airtight container and keep in the fridge, or put in a ziploc and keep stored in the freezer. For the sandwiches, use a glass to form circles the size of the english muffin. Carefully remove with a spatula.
3. Next make the tempeh bacon. Slice 1 block of tempeh in half horizontally. Put one half away in the fridge, you'll only need the other half for this recipe. Thinly slice into "bacon" strips then toss in avocado oil and tamari. Bake at 400 degrees F until crispy, about 5-10 minutes either side. I baked mine in the air fryer as it's much faster, but they can also be made in the oven. It just takes a bit longer.
4. Assemble your breakfast sandwiches! To the breakfast sandwiches add a slice of cheese and the rounded chickpea omelette topped with the bacon. Cover in foil and keep stored in the freezer.
5. When ready to enjoy, wrap in a damp paper towel and microwave for a minute on either side.



SHEET PAN HASH



Ingredients:

- 1 tbsp avocado oil, divided
- 1 russet potato, peeled and chopped into chunks
- 1/2 tsp paprika
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp rosemary seasoning
- 1/4 tsp sea salt
- 2 vegan sausages from Beyond, sliced into rounds
- 1 green bell pepper, sliced
- 1 cup cooked black beans

Steps:

1. Preheat oven to 350 degrees. Line a baking sheet with parchment paper and spray with avocado oil spray.
2. Prep your veggies - peel and chop the potato, slice the green bell pepper, and slice the sausage into rounds. Toss the potatoes with 1/2 tbsp avocado oil along with the paprika, garlic, and onion. Arrange on a baking tray with the sliced bell peppers and sausage. Drizzle the rest of the oil on the bell peppers, then add salt and pepper all over. Bake for 30 minutes, remove and give them a quick stir, then put back in the oven for another 30 minutes.
3. Remove the veggies from the tray and let cool before adding to your meal prep containers along with the black beans.
4. When ready to enjoy, serve with sliced avocado and green salsa.

HIGH PROTEIN CHIA PUDDING

Ingredients:

- 1 container Forager vanilla yogurt
- 1 cup soy milk
- 1 serving Form protein powder
- 1/4 cup chia seeds
- 1/4 cup frozen fruit, topping
- 2 tbsp peanut butter, topping
- 1 tsp hemp seeds, topping
- 2 tbsp sliced almonds, topping



Steps:

1. Add the soy milk and protein in an airtight container and use a frother to whisk until no clumps remain. Stir in the yogurt, then the chia seeds. Let sit in the fridge to solidify.
2. Once the chia pudding has solidified, either overnight or as soon as a few hours, divide between 2 containers and add toppings.

LEMON ORZO

Ingredients:



- 1 tbsp avocado oil
- 3 stalks celery, diced
- 2 medium carrots, diced
- 1 big shallot, peeled and diced
- 3 cloves garlic, sliced
- 1 tsp italian seasoning
- 1 cube chick'n bouillon (whisk in 1-2
tbsp water first)
- 1 bag Daring plain chick'n (optional,
adds protein)
- 1/2 tsp paprika
- 1/2 tsp sea salt
- 1/4 tsp pepper
- 1 tbsp fresh lemon juice
- 4 cups veggie broth
- 1 cup full fat coconut milk
- 2 cup filtered water
- 1 cup uncooked orzo

Steps:

1. If you're using the Daring vegan chick'n, start by adding the frozen pieces to a microwave safe bowl. Place in the microwave and select "defrost" the process should take about 5 minutes. When done, chop into bite sized pieces then set aside.
2. Heat oil on your pan then add in the sliced garlic and shallots. Once aromatic, about 5-8 minutes, add in the celery and carrots. Cook for a few minutes stirring occasionally.
3. Next, add in the italian seasoning, paprika, bouillon, salt, pepper, and veggie broth. Stir well before bringing up the heat to medium and adding in the orzo. Stir every couple of minutes so that the orzo doesn't stick, it should cook in about 15 minutes.
4. Once the orzo is softened, add in the coconut milk, water, fresh lemon juice, and the optional vegan chick'n. Stir for another 5 minutes or so then serve!
5. When you reheat leftovers, the soup will be pretty thick as the orzo continues to expand. You can enjoy it as is, or add a splash of hot water to loosen it up.

BROCCOLI LEEK

Ingredients:

- 1 tbsp avocado oil
- 1/2 yellow onion, diced
- 2 cloves garlic, sliced
- 2 tbsp yellow curry paste
- 1 tsp sea salt
- 1/2 tsp black pepper
- 2 cups red lentils, washed
- 4 cups veggie broth



Steps:

1. Add the leeks and garlic in oil in a large pot and cook for 4-5 min. Stir in the broccoli florets, carrot, celery, and zucchini.
2. Add the broth, cashews, and seasoning. Bring to a boil then reduce to low for 10-15 min.
3. Let cool then blend in a blender. Serve as is, or with protein if your choice. I love mixing in Abbot's beef.

ORANGE TOFU

Ingredients:

Tofu

- 1 block High Protein Tofu
- 1 tbsp Avocado Oil
- 2 tbsp Tamari
- 2 tbsp Corn Starch

Sauce

- ½ inch Ginger Root, peeled and minced
 - 2 cloves Garlic, minced
 - ¼ cup Vegetable Broth
 - ¼ cup Freshly Squeezed Orange Juice
 - 1 tsp Orange Zest, From about 1 large orange (optional)
 - 2 tbsp Rice Vinegar
 - 1 tsp Sherry Vinegar
 - 4 tbsp Coconut Sugar
 - 1 tbsp Corn Starch
 - ½ tsp Sea Salt
- ### For Serving
- 1 1/2 cups cooked jasmine rice
 - 1 1/2 cups frozen broccoli
 - 2 stalks Green Onion, chopped
 - 1 tbsp sesame seeds



Steps:

1. Preheat oven to 425 degrees F and line a baking tray with parchment paper.
2. Break apart tofu into bite sized pieces and toss in a bowl with the avocado oil, tamari, and corn starch. Arrange on the baking tray and bake for 30 minutes stirring once halfway through. Alternatively, you may bake in an air fryer, though keep an eye on it as the air fryer cooks faster.
3. Meanwhile, combine the sauce ingredients (except for the ginger and garlic) in a bowl and stir together. When the tofu is done, remove from oven and let cool.
4. Heat a pan on medium heat and once hot sautee the garlic and ginger. After a few minutes, pour in the sauce. Whisk often until thickened. Add in the baked tofu and stir so all the pieces are evenly coated.
5. Remove from heat and divide between 3 containers with the rice, broccoli, green onions, and sesame seeds.

BUTTERNUT SQUASH MAC AND CHEESE

Ingredients:

- 1/2 large butternut squash, peeled and cubed (900g)
- 3 garlic cloves
- 1 tbsp avocado oil
- 1/4 cup nutritional yeast
- 2 cups soy milk
- 1 1/2 tsp sea salt
- fresh thyme, topping
- 2 boxes banza rotini



Steps:

1. Chop the top and bottom off the butternut squash and peel entire squash. Roughly chop into cubes. I only needed half of one butternut squash, once peeled and chopped equaled 900g.
2. Heat a large pan with avocado oil on a low-medium heat. Once hot, add your butternut squash and keep pan covered stirring every few minutes. Repeat until squash is tender, then remove from heat.
3. Once the squash is completely cool, add to a blender along with nutritional yeast, garlic, sea salt, and soy milk. Blend until creamy. If mixture is too thick, gradually add more plant-based milk 1/4 cup at a time.
4. Cook pasta according to instructions. Drain then return to pot and pour butternut squash cheese into pot. Mix to combine.
5. Serve immediately or keep stored in an airtight container in the fridge for up a week.
6. Serve as is or top with protein of choice and vegan cheese.
7. This sauce holds up well in the fridge, so if you just want to make the sauce and wait to make the pasta until you're ready to eat, that works! The sauce is also amazing drizzled over roasted veggies.

BEET WATERMELON



Ingredients:

- 6 beets, ends removed, washed well and roughly chopped
- 2 heaping cups watermelon chunks
- 2 green apples, cored and chopped

Steps:

1. Prep all of your produce then add into your juicer. I am using my [Hurom H70 Juicer](#) which I LOVE. Use code ANNIE10 for a discount!
2. Divide between 4 bottles and enjoy within 4 days.

TAYLOR SWIFT'S CHAI SUGAR COOKIES

Ingredients:

- 1/2 cup unsalted vegan butter (room temperature)
- 1/2 cup avocado oil
- 1/2 cup cane sugar
- 1/2 cup powdered sugar
- 1 flax egg (1 tbsp flax meal mixed with 2 tbsp water)
- 2 tsp vanilla extract
- 2 cups all purpose flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 chai tea bag

Glaze:

- 1/2 cup powdered sugar
- 1/4 teaspoon ground nutmeg
- 1 tsp soy milk



Steps:

1. Preheat oven at 350 F and grease a parchment lined cookie sheet. Whisk flax meal ingredients in a dish and set side to thicken.
2. Pour avocado oil into a mixing bowl with the butter. Beat until combined.
3. Add the cane sugar, powdered sugar, flax egg and vanilla.
4. Stir in flour, baking soda, salt and the contents of the chai tea bag.
5. Chill the soft dough for 30 min.
6. Line cookie sheet with 13 tablespoons dough balls. I used a 1-1/3 oz cookie dough scooper
7. Press evenly and cover with sugar.
8. 9-11 minutes in the oven - 9 minutes are very soft, 11 minutes are slightly harder. As soon as the cookies come out, use a cup to help shape the cookies. Place the opening over the cookie and gently spin the cookie around.
9. Mix icing ingredients together and set aside.
10. Cover with icing when the cookies have completely cooled, about 15-20 minutes later.

Thank

You!



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