

PLANT BASED MEAL PREP

for beginners #2!





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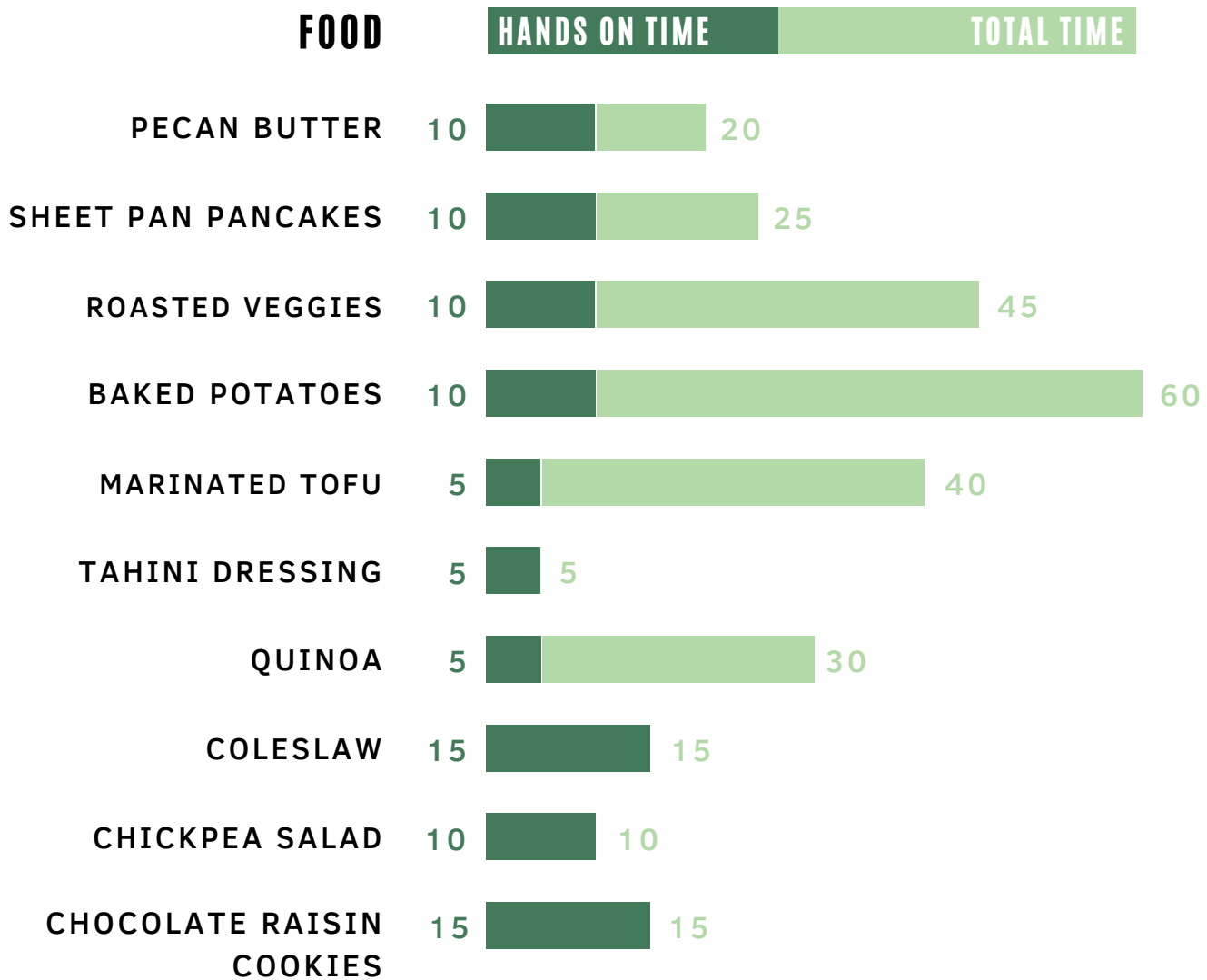
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MEAL PREP ITEMS:



IF YOU HAVE "X" MINUTES, MAKE...

30 MINS: CHICKPEA SALAD, COLESLAW, TAHINI DRESSING

45 MINS: ROASTED VEGETABLES, QUINOA, TAHINI DRESSING, CHICKPEA SALAD

1 HOUR: ROASTED VEGETABLES, BAKED POTATOES, QUINOA, TAHINI DRESSING, CHICKPEA SALAD, CHOCOLATE RAISIN COOKIES

1.5 HOUR: SHEET PAN PANCAKES, ROASTED VEGETABLES, BAKED POTATOES, QUINOA, TAHINI DRESSING, CHICKPEA SALAD, CHOCOLATE RAISIN COOKIES

2 HOURS: EVERYTHING!

INSTRUCTIONS:

Roasted Vegetables: Preheat your oven to 425F and line 1-2 baking sheets with parchment paper. Chop the cauliflower and carrots into similar sizes. Drizzle them with olive oil and season with salt and pepper. Roast the veggies for 25-30 minutes or until fork tender, stirring halfway through.

Baked Sweet Potatoes: Preheat your oven to 425F. Thoroughly wash the outsides of your potatoes. Using a sharp knife, poke holes all over the potatoes. If needed, wrap each potato individually in foil and place on a baking sheet. Bake for about 50 minutes or until a knife can poke through the potato easily.

Quinoa: Rinse 2 cups of quinoa. Place the rinsed quinoa and 4 cups of hot water into a sauce pan and bring the mixture to a boil. Reduce the heat to a simmer and allow the quinoa to cook for about 20 minutes or until the liquid is absorbed. Remove the pot from the heat and cover. Allow the quinoa to sit covered for 5 minutes. Fluff with a fork and add salt to taste.

[Marinated Tofu \(link\)](#)

[Pecan Butter \(link\)](#)

Meal Prep Video:

Click on the video to see visual instructions for all the recipes!



STORAGE:

Allow all of these foods (if hot) to cool completely before storing separately in airtight containers in the fridge for 5-7 days.



LEMON TAHINI DRESSING

Rich and zesty, you'll want to drizzle this dressing on everything!

SERVES: 6

PREP TIME: 5 minutes

INGREDIENTS

1/2 cup tahini
Juice of 1 or 2 lemons
Pinch of salt
Few cracks black pepper
Water to thin

DIRECTIONS:

Add all of the ingredients (except for the water) into a glass jar and stir until combined. Add water to thin until the sauce reaches your desired consistency. Feel free to double this recipe!

RED CABBAGE COLESLAW

Requiring just a few minutes and minimal ingredients to prepare, you'll be making this coleslaw every week!

SERVES: 8

PREP TIME: 15 minutes

INGREDIENTS:

1/2 head red cabbage, sliced
2 carrots, grated
1/4 cup apple cider vinegar
2 tablespoons olive oil
1 tablespoon liquid sweetener
Salt & pepper to taste

DIRECTIONS:

Place the sliced cabbage and grated carrot into a large bowl or Tupperware container. Pour over the remaining liquid ingredients and stir well to combine. Season with salt and pepper to taste.





CHICKPEA SALAD

Hearty, zesty and full of plant-based protein, this chickpea salad makes for a great make-ahead lunch or snack!

SERVES: 6-8

PREP TIME: 10 minutes

INGREDIENTS

2 cans chickpeas, drained and rinsed
6 tablespoons tahini
4 tablespoons white vinegar
Juice of 1 lemon
2 stalks celery, chopped
1/4 of red onion, chopped
2 cloves garlic, minced
Salt & pepper to taste

DIRECTIONS:

Add the chickpeas, tahini, vinegar and lemon juice to a food processor and pulse everything to combine. Pour the mixture into a Tupperware container and stir in the remaining ingredients, adding salt and pepper to taste.

CHOCOLATE RAISIN COOKIES

With just 2 ingredients you can make these melt-in-your-mouth, chewy chocolate covered raisin cookies!

SERVES: 10-15 cookies **PREP TIME: 15 minutes**

INGREDIENTS:

2 cups chopped dark chocolate
2-3 cups raisins

DIRECTIONS:

Place the chopped dark chocolate into a microwave safe bowl and microwave for 30 second intervals, stirring after each interval, until the chocolate has melted. Add in 1 cup of raisins and stir to combine. Continue adding in raisins until most of the melted chocolate is used up. Drop spoonfuls of the chocolate covered raisins onto a parchment paper-lined baking sheet and place the cookies in the fridge to harden.





SHEET PAN PANCAKES

Enjoy fluffy, wholesome pancakes any day of the week with these easy to make sheet pan pancakes!

SERVES: 8

PREP TIME: 25 minutes

INGREDIENTS

- 2 flax eggs
- 2 ripe bananas, mashed
- 1 3/4 cups non-dairy milk
- 2 tablespoons coconut oil, melted
- 1 tablespoon maple syrup
- 2 cups whole wheat flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon sea salt

DIRECTIONS:

Preheat your oven to 425F/218C and grease a quarter sheet pan (or a 9x13 inch pan) with cooking spray. Next line the sheet pan with parchment paper and spray the paper briefly with cooking spray. Set aside.

In a large mixing bowl, whisk together 2 tablespoons of ground flaxseed and 6 tablespoons of warm water. Allow the mixture to thicken for 5 minutes. Next add in the mashed bananas, non-dairy milk, coconut oil and maple syrup and whisk until combined.

Add in the remaining dry ingredients, from the whole wheat flour to the sea salt, and stir until just combined.

Pour the batter into your prepared sheet pan and use a spatula to smooth out the top.

Bake the pancakes for 14-17 minutes or until cooked through and golden.

Remove the pan from the oven and place it on a wire rack to cool for a few minutes. After a while, if you can, carefully remove the sheet of pancakes from the pan (by using the edges of the parchment paper) and place it on a cutting board so you can cut it into squares or rectangles.

EXAMPLE MEALS:

BREAKFAST:



Top a sheet pan pancake with nut butter, fruit and syrup.



Top a baked sweet potato with sliced banana, nut butter and nuts, seeds or granola

LUNCH:



Make a chickpea salad sandwich (or open faced toasts) with the chickpea salad, tomatoes, lettuce and lemon tahini dressing. Serve with coleslaw.



Chop the marinated tofu and roasted veggies into small pieces and use them in a quesadilla. Pair with coleslaw.

EXAMPLE MEALS:

DINNER:



Make buddha bowls with the cooked quinoa, roasted veggies, marinated tofu and lemon tahini dressing.



Chop the marinated tofu and roasted veggies into small pieces and cook them in a wok until warm. Add in the cooked quinoa and some soy sauce for "fried quinoa."

SNACKS/DESSERT:



Fruit with nut butter or chocolate covered raisin drop cookies make for great snacks and dessert!

SHOPPING LIST:

I'm sure you already have a lot of these items in your fridge or pantry, so before you go shopping, cross off any items you don't need to buy.

Spices/Condiments:

Sea salt
Black pepper
Soy sauce/tamari
Olive oil

PRODUCE:

Bananas
Other fruit (optional)
Lemons (3-4)
Carrots (5-6)
Cauliflower
Sweet potatoes
Red cabbage
Celery
Red onion (1)
Garlic
Tofu (2-3 blocks)

Baking/Pantry Items:

Pecans
Ground flaxseed
Whole wheat flour
Dark chocolate bar
Baking powder
Baking soda
Maple syrup (or other liquid sweetener)
Coconut sugar (optional)
Quinoa
Non-dairy milk
Coconut oil
Apple cider vinegar
White vinegar
Raisins
Bread/tortillas/bagels (optional)

CANNED/JARRED ITEMS

Tahini
Chickpeas (2)

PLANT BiASED

In my Plant Biased print book and ebook, I share practical advice and mouth-watering recipes (including 100+ photos so you know what you're making!) for those looking to start a healthier vegan or plant-based diet.

Whether you're an absolute beginner in plant-based healthy eating or you're looking for more inspiration to spice up your vegan meals, Plant Biased will be the one indispensable cookbook you always keep handy in the kitchen.



What This Beginner's Guide Will Teach You

- ✓ **Why Plant Biased?** Understand the "why" behind your choice to go plant-based!
- ✓ **Vegan Cooking Basics:** What you need to know and what to avoid when cooking.
- ✓ **Grocery Shopping:** How to confidently find healthy, unprocessed foods at the store.
- ✓ **Nutritional Guidelines:** Make sure you and your family meet all your nutritional needs!
- ✓ **Kitchen Essentials:** Learn to create a place where you'll LOVE to cook!

90+ Vegan Recipes (and LOTS of Photos!)

- ✓ **Breakfast Recipes:** Pancakes, granola, breads, donuts, oatmeals and more!
- ✓ **Main Meal Recipes:** Creative, hearty and healthy meals that will satisfy even meat-eaters!
- ✓ **Dessert Recipes:** Even vegans need dessert, and these recipes won't disappoint.
- ✓ **Snack & Bread Recipes:** Delicious breads and snacks to keep everybody filled.
- ✓ **Drink Recipes:** Smoothies, juices, milks and teas to compliment any meal.

...and much, much more!

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BUY THE BOOK - \$18.95

on Amazon (Kindle version is \$9.99)



About the The Conscientious Eater

Faith started her plant-based food blog over six years ago as a way to document her (overnight!) transition to a plant-based diet. Her recipes are often inspired from her travels around the world and are both family and friend approved. As a new mom, Faith focuses on quick, wholesome recipes that the entire family can enjoy together. She believes in a balanced diet, so baked goods and dessert are always included! She hopes the recipes she shares on her blog will not only inspire you in the kitchen, but make plant-based eating seem fun and attainable.



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