

SUMMER

MEAL PREP



Easy Tahini Granola

Sweetened with maple syrup and full of crunchy clusters, this Easy Tahini Granola is the perfect way to start your day!



Prep Time: 10 minutes

Total Time: 30 minutes

Serves: 14 servings

1/4 cup tahini
1/4 cup coconut oil, liquid
1/2 cup maple syrup
1 teaspoon cinnamon
1/2 teaspoon salt
4 cups rolled oats
1 1/2 cups seeds/chopped nuts
Optional: 1/2 cup add-ins
(dried fruit, chocolate chips,
etc.)

- 1.** Preheat your oven to 350 degrees and spray a baking sheet with cooking spray. Set it aside.
- 2.** In a large mixing bowl, whisk together the tahini, coconut oil, maple syrup, cinnamon and salt until smooth.
- 3.** Add in the oats, nuts and seeds and stir well until all of the oat mixture has been well coated in the tahini sauce.
- 4.** Dump the oat mixture onto your prepared baking sheet and use a spatula to spread it out into an even layer. Use the spatula to press down on the oat mixture so that the oats start to stick together.
- 5.** Bake the granola towards the top of the oven for 10 minutes. Then move the baking sheet to the bottom of the oven and allow it to bake for another 8-12 minutes or until golden brown on top.
- 6.** Remove the tray from the oven and allow the granola to cool completely before breaking it into clusters and storing it in an airtight container.

FAITH'S TIP

The key to getting clusters in your granola is patience! Letting the granola cool completely allows the oats to harden together, creating large, crunchy clusters!

Key Lime Pie Overnight Oats

Creamy, tangy and full of whole grains and hearty-healthy chia seeds, these Key Lime Pie Overnight Oats are a refreshing and unique way to start your day!



SOY FREE



NUT-FREE



GLUTEN FREE

Prep Time: 5 minutes

Total Time: 8 hrs, 5 minutes

Serves: 1

1/2 cup rolled or quick oats

1 tablespoon chia seeds

1 teaspoon lime zest

1/3 cup plain non-dairy yogurt

2/3 cup non-dairy milk

1 tablespoon lime juice

2-3 teaspoons maple syrup,
or to taste*

Optional toppings: Granola,
Graham cracker crumbs or
fruit

1. In a mason jar or sealable container, stir together the oats, chia seeds and lime zest.

2. Add in the remaining ingredients and stir everything well to combine.

3. Seal the jar and store the oats in the fridge overnight or for at least 4 hours until thickened.

4. To serve, enjoy the oats straight out of the jar or pour them into a bowl and add whatever toppings you desire.

FAITH'S TIP

*Depending on what non-dairy milk and yogurt you use, you may not need any maple syrup. However, if your milk and yogurts are both unsweetened, I recommend adding a couple teaspoons of liquid sweetener to balance out the tartness from the lime.

Cilantro Lemon Quinoa Salad

Zesty, hearty and incredibly easy to make, this Cilantro Lemon Quinoa Salad is the perfect make-ahead salad for spring and summer!



SOY FREE



NUT-FREE



GLUTEN FREE

Prep Time: 10 minutes

Total Time: 20 mins

Serves: 6

1 cup quinoa, rinsed
2 cups vegetable broth
1 1/2 cup cherry tomatoes, halved
1 can chickpeas,
 drained and rinsed
1 large handful of cilantro, chopped
2 avocados, cubed
LEMON DRESSING:
2 tablespoons olive oil
zest of 1 lemon
juice of 2 small lemons
1 teaspoon maple syrup
1 clove garlic, minced
1/2 teaspoon cumin
salt and pepper to taste

- 1.** Start by rinsing 1 cup of quinoa in a fine mesh strainer. Place the rinsed quinoa and 2 cups of vegetable broth into a sauce pan and bring the mixture to a boil. Once boiling, reduce the heat to a simmer and allow the quinoa to cook for 15-20 minutes or until all of the vegetable broth has been absorbed. Remove the quinoa from the heat, cover the pot and allow it to sit for 5 more minutes. To finish, remove the lid and fluff the quinoa with a fork.
- 2.** While the quinoa is cooking, prepare the lemon dressing by whisking all of the dressing ingredients together in a bowl. Set aside.
- 3.** To assemble the salad, add the cherry tomatoes, chickpeas and cilantro to the quinoa and pour the lemon dressing over top. Stir well to combine. If possible, chill the quinoa salad in the fridge for about 15 minutes to an hour.
- 4.** Right before serving, add in the cubed avocado. Enjoy!

Almond Flour Baked Tofu Nuggets



GLUTEN FREE

Prep Time: 25 minutes

Total Time: 20 minutes

Serves: 16 nuggets

Coated in a creamy mayo and mustard sauce and then dipped in a seasoned almond flour mixture, these Almond Flour Baked Tofu Nuggets will be gobbled up by kids and adults alike!

1 block extra firm tofu, pressed

DREDGING SAUCE

1 tablespoon Mayo

1 tablespoon Dijon mustard

1/4 teaspoon garlic salt

Dash each: Black pepper, Italian seasoning and cayenne

"BREADCRUMBS"

1/2 cup almond flour

1/4 nutritional yeast

Dash each: Salt, pepper and paprika

FAITH'S TIP

Store any leftovers in the fridge for 4-5 days. To reheat them, you can microwave them or simply bake them in the oven until warmed through.

1. Press your block of tofu for 15 minutes to remove some of the excess liquid.

2. Preheat your oven to 450F and line a baking sheet with a silicone baking mat or grease it with cooking spray. Set it aside.

3. In a mixing bowl, stir together the dredging sauce until well combined.

4. In a separate shallow bowl or plate, prepare the almond flour "bread crumbs" by combining the almond flour, nutritional yeast and spices.

5. Once your tofu has been pressing for about 15 minutes, remove it from the press and cut it into 16 nugget-sized rectangles.

6. Place the nuggets into the mixing bowl with the mayo/mustard mixture and carefully stir them to coat. There should just be enough sauce to coat each piece.

7. Once coated in the sauce, "roll" each nugget in the almond flour mixture until each side is coated. Place the nugget on the baking sheet and continue this process until all of the nuggets have been coated dredged.

8. Bake the nuggets for 15 minutes. Then turn the oven to broil on high. Broil the nuggets for two minutes on each side or until golden brown.

Pickled Red Onions

INGREDIENTS:

1 large red onion
3/4 cup apple cider vinegar
1/4 cup water
1 tablespoon sugar or maple syrup
1 teaspoon fine sea salt

INSTRUCTIONS:

Slice the onion as thinly as possible and place the onion slices in a jar.

Combine the remaining ingredients into a small sauce pan and bring the mixture to a boil. Allow the mixture to simmer until the sugar and salt dissolve.

Pour the warm vinegar liquid overtop of the sliced onions. Press the onions down into the liquid and let them sit at room temperature for 30 minutes before sealing the jar and storing the onions in the fridge for up to 2 weeks.

Chocolate Syrup

INGREDIENTS:

1/2 cup sugar (I use coconut sugar)
1/4 cup + 2 tablespoons cocoa powder
1/4 cup + 2 tablespoons hot water

INSTRUCTIONS:

In a jar, mix together the sugar and cocoa powder.

Add in 2 tablespoons of hot water and stir until a uniform paste forms. Slowly stir in the remaining hot water until a smooth syrup forms.

To make chocolate milk, stir 1-3 tablespoons of chocolate syrup into a cup of milk. Add more syrup if you want a richer chocolate milk.

Herby Tahini Dressing

INGREDIENTS:

1/3-1/2 cup water
Handful fresh cilantro
Handful fresh parsley
6 tablespoons tahini
Juice of one lemon
1 clove garlic
2 teaspoon maple syrup
Salt and pepper to taste

INSTRUCTIONS:

Place all of the ingredients, starting with just 1/3 cup of water, into a small blender (or you can use an immersion blender) and blend until smooth. Add more water if you desire a thinner consistency and blend again. Taste and add more tahini for creaminess, lemon juice for zest, maple syrup for sweetness or salt for saltiness.

Fudgesicles

INGREDIENTS:

1 cup full fat coconut milk
2 ripe bananas
2 tablespoons cocoa powder

INSTRUCTIONS:

Place all of the ingredients into a blender and blend until smooth.

Pour the mixture into popsicle molds and freeze overnight or until solid.

MEAL IDEAS



Yogurt, Easy Tahini Granola + fruit



Key Lime Pie Overnight oats layered with
Graham cracker crumbs or
Easy Tahini Granola + fruit



Loaded salad with greens, Cilantro Lemon
Quinoa Salad, Baked Tofu Nuggets, Pickled
Onions + Herby Lemon Tahini Dressing



Whole grain wrap with hummus, Baked Tofu
Nuggets, lettuce, tomato, Herby Lemon Tahini
Dressing + Pickled Onions

SHOPPING LIST

I'm sure you already have most of these ingredients on hand, so before you go shopping, simply cross off the items you don't need to buy. Be sure to think through whether you'll be doubling (or tripling!) any of the recipes depending on the size of your family and then buy enough ingredients accordingly. The ingredients listed are only the ingredients you'll need for the recipes shown in the video. So you'll want to think through what foods you'll need to add to this list to pair with the recipes, such as tortillas for wraps, yogurt for breakfast, more fresh produce, etc.

PRODUCE:

Bananas
Red onion
Limes
Lemons
Cilantro
Parsley
Avocados
Cherry tomatoes
Garlic

PANTRY STAPLES:

Tahini
Coconut oil
Maple syrup
Almond flour
Rolled oats
Nuts and/or seeds
Chia Seeds
Coconut sugar
Cocoa powder
Full-fat coconut milk
Chickpeas
Quinoa
Olive oil
Apple cider vinegar
Vegetable broth

SPICES:

Cumin
Cinnamon
Salt
Nutritional yeast
Paprika
Garlic salt
Black pepper
Italian seasoning
Cayenne pepper

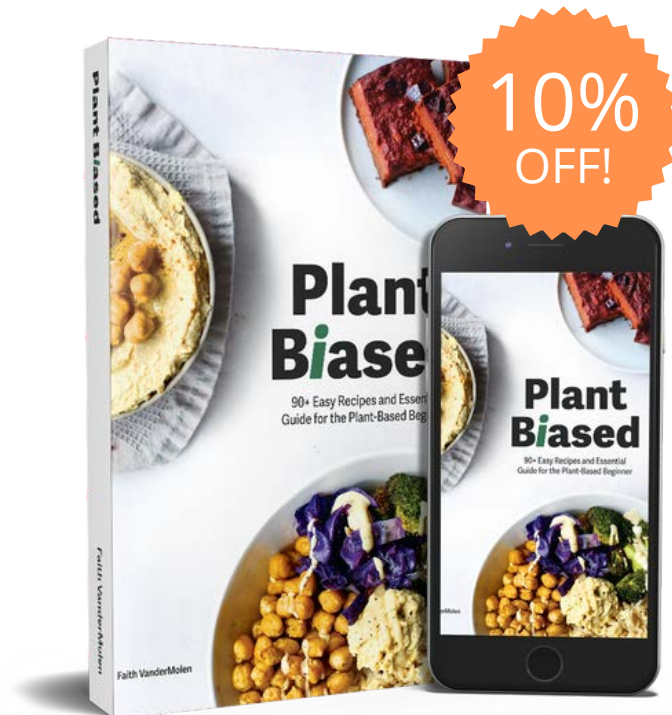
REFRIGERATOR ITEMS:

Extra firm tofu
Non-dairy yogurt
Non-dairy milk
Vegan mayo
Dijon mustard

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!
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90+ Vegan Recipes (and LOTS of Photos!)

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- ✓ **Main Meal Recipes:** Creative, hearty and healthy meals that will satisfy even meat-eaters!
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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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