

# PLANT BASED MEAL PREP *for beginners!*







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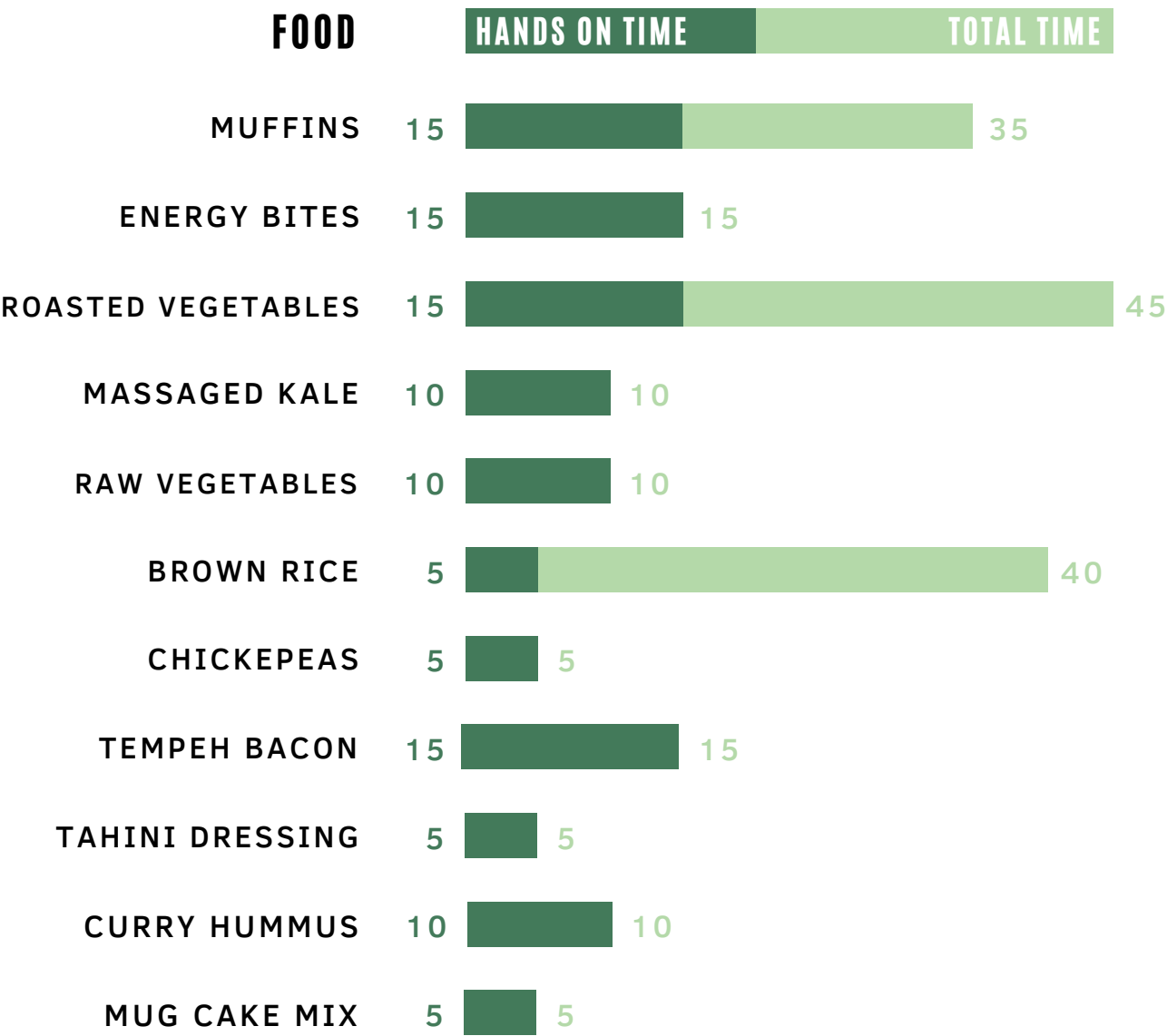
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# MEAL PREP ITEMS:



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

- 30 MINS:

RAW VEGETABLES, CHICKPEAS, CURRY HUMMUS  
MUG CAKE MIX
- 45 MINS:

ROASTED VEGETABLES, TEMPEH BACON, ENERGY BITES
- 1 HOUR:

ROASTED VEGETABLES, BROWN RICE, CHICKPEAS,  
TAHINI DRESSING, CURRY HUMMUS, ENERGY BITES,  
MUG CAKE MIX
- 1.5 HOUR:

MUFFINS, ROASTED VEGETABLES, RAW VEGGIES, BROWN RICE,  
CHICKPEAS, TAHINI DRESSING, CURRY HUMMUS, ENERGY  
BITES, MUG CAKE MIX
- 2 HOURS:

EVERYTHING...IF YOU CAN!

# INSTRUCTIONS:

**Roasted Vegetables:** Preheat your oven to 425F and line 1-2 baking sheets with parchment paper. Chop the sweet potatoes, 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.

**Raw Vegetables:** Wash, peel and cut the bell peppers, carrots and cucumber into sticks.

**Kale:** Pull the kale leaves off of the tough center stem. Rinse and chop the leaves. Place them in a bowl, squeeze lemon juice over the top and massage the leaves with your hands until tender.

**Brown Rice:** Place 2 cups of rinsed brown rice and 4-5 cups of water into your rice cooker and press the button down to cook. If you don't have a rice cooker, you can alternately put the rice and water in a sauce pan and bring the water to a boil. Reduce the heat to a simmer, cover the pot and allow the rice to cook 20-25 minutes or until the water has all been absorbed. Remove the lid and allow the rice to sit off of the heat for 10 minutes before fluffing with a fork.

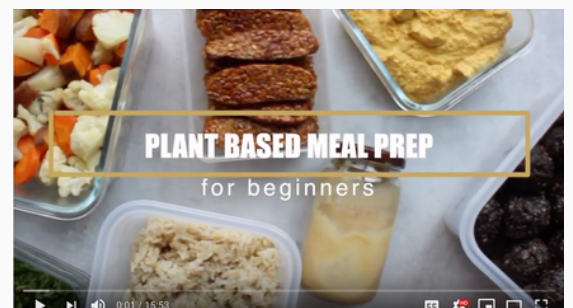
**Chickpeas:** To prepare the chickpeas, simply drain and rinse two cans of chickpeas.

[Curry Hummus](#) (link)

[Tempeh Bacon](#) (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 4-5 days. The energy bites will even store well for up to two weeks--if they last that long! If you want the muffins to last longer, wrap them individually and store them in the freezer. When needed, remove one from the freezer and reheat it unwrapped in the microwave for a couple of minutes.





# TAHINI SOY DRESSING

A.K.A "Crack Sauce." You'll be putting this dressing on EVERYTHING!

SERVES: 4-6

PREP TIME: 5

## INGREDIENTS

- 1/2 Cup Tahini
- 2 Tbls. Soy sauce
- 2 Tbls. Rice vinegar
- 1 Tbls. Maple syrup
- 1 tsp. Sesame Oil
- 1 Clove Garlic, minced
- 1 tsp. Ginger, grated
- Water to thin

## DIRECTIONS:

Add all of the ingredients (except for the water) to a glass jar and stir until combined. Add water to thin until the sauce reaches your desired consistency.

# ENERGY BITES

Our go-to snack that we always have in the fridge! They make for a great grab-n-go breakfast as well.

SERVES: 10-15 balls

PREP TIME: 15 mins

## INGREDIENTS:

- 2 cups Quick oats
- 1/2 cup Ground flaxseed
- 1/2 cup Add-ins\*
- 1/2 cup Nut butter
- 1/2 cup Thick Liquid sweetener

## DIRECTIONS:

In a large mixing bowl, stir together the oats, flaxseed and add-ins. Add in the nut butter and sweetener and stir until a uniform, sticky dough forms. Using damp hands, roll the dough into balls.

\*Add-ins: Dried fruit, chocolate chips, chopped nuts or seeds, etc.







# ONE BOWL PUMPKIN CHOCOLATE BREAKFAST MUFFINS

You can't go wrong with both pumpkin and chocolate in one, fluffy muffin! I love to add in some chocolate chunks for a special morning treat or afternoon pick-me-up!

SERVES: 12 Muffins

PREP TIME: 15 mins

COOK TIME: 20 mins

## INGREDIENTS

2	Flax eggs (2 Tbls. ground flaxseed + 6 Tbls. water)	1 tsp.	Ground cinnamon
		1/2 tsp.	Ground nutmeg, ground ginger and sea salt
1 cup	Pumpkin puree		
1 cup	Non-dairy milk	1/8 tsp.	Ground cloves
1/4 cup	Maple syrup	1 3/4 cups	Whole wheat flour
1/3 cup	Sugar	1/2 cup	Chocolate chips/chunks, divided
1 tsp.	Baking powder	2 Tbls.	Cocoa powder
1 tsp.	Baking soda		

## DIRECTIONS:

Preheat your oven to 375F/190C and grease or line 12 muffin cups.

In a large mixing bowl, make your flax eggs by whisking together the ground flaxseed and water. Allow it to sit for 5 minutes to thicken.

To the thickened flax eggs, add in the wet ingredients and spices, from the pumpkin puree to the ground cloves. Whisk until smooth.

Add in the flour and most of the chocolate chips, reserving some for the tops of the muffins, and stir until just combined.

Using a spoon, divide half of the batter among the 12 muffin cups.

Stir the cocoa powder into the remaining pumpkin batter and then evenly distribute the chocolate batter on top of the pumpkin batter, filling up each muffin cup to the top.

Bake for 20 minutes or until a toothpick inserted into the center comes out clean. Allow the muffins to cool for a couple minutes in the pan before removing them to cool completely on a wire rack.





# CHOCOLATE MUG CAKE MIX

- 3/4 cup    Flour (I used oat flour)
- 3/4 cup    Sugar
- 3/4 cup    Cocoa powder or cacao powder
- 1/2 Tbls.   Baking powder
- 1/4 tsp.    Sea salt

To make the chocolate mug cake mix, simply combine all of the ingredients in a jar and stir to combine. To make oat flour, you can use a blender or food processor to process oats into flour

To make a cake, add 1/4 cup + 1 tablespoon of the mix to a mug. Add in 1 teaspoon oil , 2 tablespoon non-dairy milk (+ more if needed) and a few chocolate chips and stir until a smooth batter forms. Microwave the cake for about 30 seconds. Allow it to sit for a few seconds before microwaving for another 10-30 seconds, depending on your microwave. You'll know the cake is done when there isn't any raw batter still in the center. "Frost" with nut butter and sprinkle on a few more chocolate chips!



# EXAMPLE MEALS:

## BREAKFAST:



"Frost" a Pumpkin Chocolate Muffin with some peanut butter for protein and pair with fruit!



Simmer 1 1/2 cups of brown rice in 1 cup of non-dairy milk until thick and creamy. Sweeten with maple syrup and add toppings!

## LUNCH:



Make a bagel sandwich with the hummus, tempeh bacon, tahini dressing and veggies. Serve with veggie sticks and more hummus!



Top some romaine or your massaged kale with roasted veggies, tempeh bacon and tahini dressing for a quick, hearty salad.

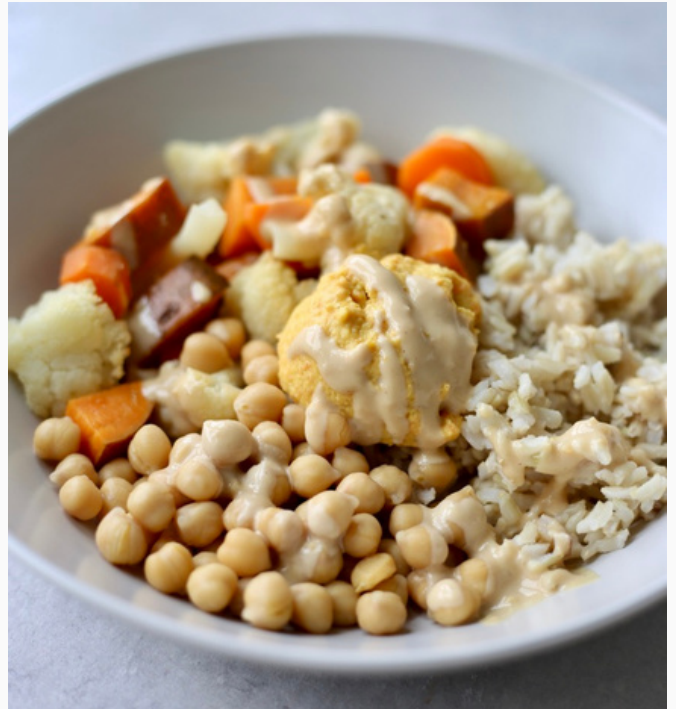


# EXAMPLE MEALS:

## DINNER:

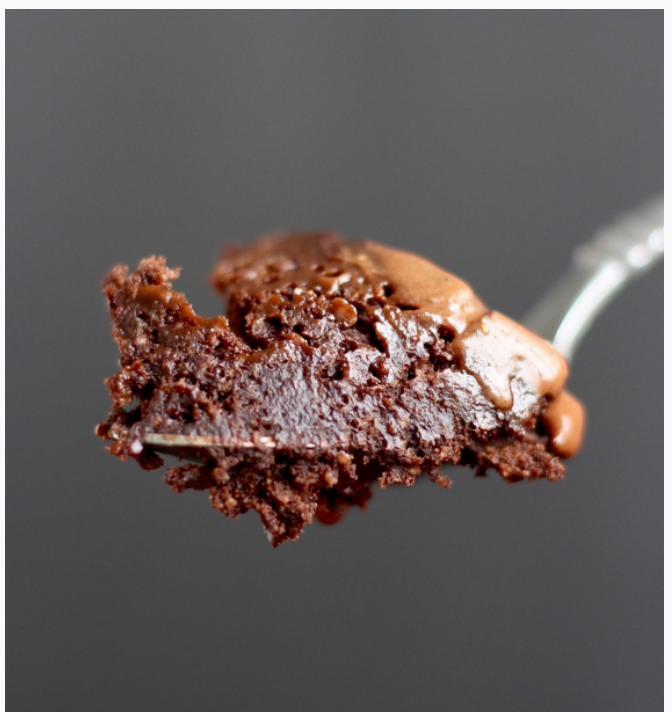


Sauté the kale, roasted veggies and chickpeas in a pan until heated through. Top with tahini dressing and hummus for a warm, hearty salad/hash.



Make a Buddha bowl with brown rice, chickpeas, roasted veggies, hummus and tahini dressing.

## SNACKS/DESSERT:



Veggies dipped in hummus, an energy bite or even a chocolate mug cake all make for wonderful snacks!

# 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
- Curry powder (good quality!)
- Ground cumin
- Ground cinnamon
- Ground nutmeg
- Ground cloves
- Soy sauce/tamari
- Rice vinegar
- Sesame oil
- Olive oil
- Liquid smoke (optional)

## PRODUCE:

- Fruit
- Lemons
- Carrots
- Cucumber
- Bell pepper
- Kale
- Sweet potatoes
- Cauliflower
- Garlic
- Ginger
- Tempeh (or tofu)

## Baking/Pantry Items:

- Ground flaxseed
- Maple syrup
- Cane sugar
- Whole wheat flour (can sub gluten-free all-purpose flour)
- Cocoa powder
- Chocolate chips/bars
- Quick oats
- Baking powder
- Thick liquid sweetener
- Brown rice
- Non-dairy milk
- Bread/tortillas/bagels (optional)

## CANNED/JARRED ITEMS

- Tahini
- Pumpkin Puree
- White Beans (or more chickpeas)
- Chickpeas x2



# 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!*

\$8.99!

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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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