

# WONDERMAMAS

WHOLE FOOD PLANT BASED MEAL PLANS

## Breakfast

Sweet Potato Avocado Toast  
Bagels & Cream Cheese



## Snack & Smoothie

Pear Cinnamon Smoothie  
Spinach Artichoke Dip



## Lunch

Black Bean Burritos  
Rainbow Quinoa Salad  
Magic Tahini Bowls

## Dinner

Chickpea Tater Soup  
Homemade Pizzas  
Sesame Orange Tofu



## Dessert

GingerBread Balls

October 30th, 2020



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## *Easy to Follow Meal Plan Calendar*

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Weekend</b>
<b>Breakfast</b>	Sweet P Avocado Toast	Bagels & Cream Cheese	Sweet P Avocado Toast	Bagels & Cream Cheese	Sweet P Avocado Toast	Bagels & Cream Cheese
<b>Smoothie of the Week</b>	Pear Cinnamon Smoothie					
<b>Lunch</b>	Rainbow Quinoa Bowls	Chickpea Tater Soup	Black Bean Burritos	Sweet P Salad	Pizza!	Sesame Orange Tofu Bowls
<b>Snack of the Week</b>	Spinach Artichoke Dip & Chips					
<b>Dinner</b>	Chickpea Tater Soup	Black Bean Burritos	Rainbow Quinoa Bowls	Sesame Orange Tofu Bowls	Sweet P Salad	Pizza Night
<b>Dessert of the Week</b>	Gingerbread Bites					



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A few things to note about this meal plan...

- Serving size is generally 2 for breakfast/smoothie/dessert and 4 for meals. Mind you, these are plant-based sized – meaning larger than normal. Feel free to halve or double as needed. If doubling for chili/soups/pastas, be sure to use a very large stock pot!
- These are meant to be used for leftovers so please make enough for the number of people in your household. If batch cooking as a family of 1-2 you can keep the recipes as is, for a family of 4 you would double, and a family of 6 must triple.
- For my folks who want to switch things up daily, feel free to use the following ideas for leftovers. I love to turn the delicious dinner from last night into an exciting lunch using the following ideas:

Buddha Bowls: Turn into lunch wraps (lettuce or traditional)

Chili: Turn into Chili stuffed sweet potatoes

Salads: Turn into an amazing sandwich/wrap

Wraps: Turn into a buddha bowl/taco bowl/salad

- When you see the term “can” for items like beans, corn, diced tomatoes, etc, keep in mind that this is used due to popularity. We do not use canned foods in our home unless there is a shortage of dried food in the pantry. Here is an easy to follow conversion for canned to fresh:

1 15oz can beans = 1.5 cups cooked and drained

1 14 oz can of diced tomatoes – 5-6 whole tomatoes diced

1 15 oz can of corn = 1.5 cups fresh corn

\*\*If using fresh vs canned, be sure to add this to your meal prep. I highly recommend investing in an instant pot if you wish to prep your own beans (great for grains/soups/etc too!). The instant pot is also wonderful for cooking grains and oats.



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### PREP INSIGHT

You will notice that some of the directions call for cooking bits and pieces of the recipe and storing separately. This is for best leftover keep.

If you would like to prep your meals in containers for on the go (work lunches/dinners) then go ahead and do that! Just add the ingredients together after batch cooking has finished.

This meal prep is for those who stay home and who also are on the go!

For my freezer meals: If you need to have these prepped for work, simply reheat in the morning and then place in your work lunch container.

Let's get cooking!

Please set aside 1-2 hours on shopping day to prep the following meals. Batch cooking time will decrease the more you do it! I promise!



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# Batch Cooking Instructions

**\*\*Store all in airtight containers in the refrigerator unless otherwise noted\*\***

**Start with these three steps to really knock off some major time during the week. If anything, you can just do the first 3 steps!**

1. Wash and prep all veggies. Wash/peel/slice and dice. You can store these in individual containers until mealtime OR you can mix them up now for meal prep.
2. Prep the Chickpea & Tater Stew in full **(20 Minutes)**
3. Prep Quinoa and the grains of choice for Monday's salad and black bean burritos. **(20 minutes)**
4. Prep the black bean mixture for burrito Wednesday **(10 minutes)**
5. Prep any breakfast/snacks/dessert as needed:
  - a. Blend the cream cheese and store in the refrigerator for the week!
  - b. Blend and bake the spinach artichoke dip and store for a delicious week-long snack.
  - c. Food process the gingerbread bites and freeze for the week when you are in need of a sweet treat.
  - d. I highly recommend freezing the pears and the bananas for the smoothies.

## **Wednesday Night/Thursday morning**

1. Preheat oven to 400F/200C and prep the sweet potatoes for Thursdays salad and the tofu for the weekend. **(40 minutes/20 minutes)**
2. Once the tofu is ready, finish prepping it in the orange sauce and store. **(15 minutes)**
3. Prep the pizza cheese for Friday's pizza day. **(10 minutes)**
4. Prep tahini dressing for Thursday. **(5 minutes)**
5. Prep any extra breakfast/snack/dessert as needed (see above)

Batch cooking complete! From here you can either keep everything separated in your refrigerator until lunch/dinner time OR you can place everything into individual containers for on the go lunch/dinners. Your choice!



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## Shopping List (4 serving meals)

Produce	Dry Goods
<ul style="list-style-type: none"><li>• 12 oranges or Orange Juice</li><li>• 1 bunch bananas</li><li>• 14 pears</li><li>• 6 yellow onions</li><li>• 1 red onion</li><li>• 1 head garlic</li><li>• 1 large knob ginger</li><li>• 2 green onions</li><li>• 10 lemons</li><li>• 2 limes</li><li>• 6-7 avocados</li><li>• 8 firm tomatoes</li><li>• 4 celery ribs</li><li>• 2 cucumber</li><li>• 2 large zucchinis</li><li>• 2 heads broccoli</li><li>• 2 pints cherry tomatoes</li><li>• 4 red bell peppers</li><li>• 4 large potatoes (white)</li><li>• 6 large sweet potatoes</li><li>• 1 bag baby spinach</li><li>• 1 bag arugula</li></ul>	<ul style="list-style-type: none"><li>• 4 cans garbanzo beans</li><li>• 2 14-oz can/jar artichokes</li><li>• 1 can coconut milk (coconut cream) OR just grab another non-dairy unsweetened yogurt</li><li>• 2-3 packages extra firm tofu</li><li>• 20 medjool dates</li><li>• 1.5 cups dry quinoa</li><li>• 6 cups dried rice or grain of choice</li><li>• 2.5 cups almonds</li><li>• ½ cup walnuts</li><li>• 3 cups cashews (option to sub for sunflower seeds)</li><li>• ½ cup pine nuts</li><li>• 1 cup hemp hearts</li><li>• ¼ cup flaxmeal</li><li>• ¼ cup pumpkin seeds</li><li>• 1 cup nutritional yeast</li><li>• ½ cup cornstarch</li><li>• 1 package pita bread</li><li>• 1 package tortillas</li><li>• 1 loaf sourdough bread</li><li>• Bagels</li><li>• Tortilla chips / baguette</li><li>• Pre-made pizza crusts (or check the end of the pdf for cauliflower crust ingredients)</li></ul>



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Wet Goods	Herbs and Spices
<ul style="list-style-type: none"><li>• Vegetable Broth</li><li>• Non-dairy milk, unsweetened</li><li>• Non-dairy yogurt (you will need unsweetened for the cream cheese and either sweet or not for the smoothie)</li><li>• 1 large jar pizza sauce</li><li>• Blackstrap molasses</li><li>• Tahini</li><li>• Apple cider vinegar and/or white vinegar</li><li>• Dijon Mustard</li><li>• Maple Syrup</li><li>• Soy sauce</li><li>• Rice vinegar</li><li>• Salsa</li><li>• Hummus</li></ul>	<ul style="list-style-type: none"><li>• Sea Salt</li><li>• Pepper</li><li>• Garlic powder</li><li>• Onion powder</li><li>• Ground cumin</li><li>• Ground cinnamon</li><li>• All spice</li><li>• Cloves</li><li>• Ground nutmeg</li><li>• Turmeric powder</li><li>• Everything bagel seasoning</li><li>• Dried thyme</li><li>• Dried oregano</li><li>• Dried dill</li><li>• Fresh basil</li><li>• Fresh parsley</li><li>• Fresh cilantro</li></ul>

Optional:

- Fruit to serve with breakfast: Apples, berries, grapes, bananas, etc.

Note: Having trouble finding ALL the nuts and seeds? You can sub them for ANY nut/seed for the energy bites. The cashews can be subbed for good ol' sunflower seeds as well!!



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## Sweet Potato & Avocado Toast 4 servings, ready in 10 minutes



- 1 large round sweet potato, sliced lengthwise in ¼ inch slices (like toast)
- 1 avocado
- 1 cup cherry tomatoes, diced
- 2 tbsp red onion, diced
- Sea salt and black pepper
- Seasonings of choice: I love the everything bagel seasoning on this

### Instructions/Preparation

Preheat oven to 425F/218C. Slice the sweet potatoes and lay flat on a baking sheet lined with parchment paper.

Bake for 5 minutes, flip, and bake for another 5 minutes. They will need longer if they are cut too thick.

Remove from the oven and let cool slightly. Mash the avocado in a bowl and season with sea salt and black pepper. Lather that onto the sweet potato toast and top with diced tomatoes and onion. Add any extra seasonings you wish.

**\*\*You can also make this a sweet breakfast by using a nut/seed butter as the lathering sauce and adding fruit (blueberries/banana) on top. Sprinkle with seeds as you wish.**





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## Bagels & Cream Cheese with side fruit bowl 4 servings Ready in 5 min.



### Cream Cheese

- 1.5 cups raw cashews, soaked overnight or in boiling water for 20 minutes
- 2 tbsp lemon juice
- ½ cup coconut cream (the cream from a can of coconut milk) OR unsweetened non-dairy yogurt
- 1 tsp white vinegar or apple cider vinegar
- 1 tsp sea salt
- 1 tsp onion powder
- To add after blended: ½ tsp dried dill

### The rest

- Bagels
- Hemp hearts
- Fruit to serve: Apple slices, handful berries, grapes, etc.

### Instructions/Preparation

Toast your bagels. Add the cream cheese ingredients to a high speed blender and blend until smooth. Taste test and adjust as needed. I prefer more onion powder and dill, but it's up to you!

Lather the cream cheese on the bagels and top with hemp hearts to serve. Serve with a gorgeous side of fruit. Enjoy!

\*Store the cream cheese in an airtight container in the refrigerator. It will firm up much more in the refrigerator. I prefer to make this early on in the week and use it on day 2 for best texture.



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## Fall Inspired Pear Smoothie

2-4 servings. Ready in 5 min.



- 1 frozen banana
- 2 pears, chopped (freeze if you can – it's worth the effort!)
- 1 cup non-dairy milk
- ½ cup water
- ½ cup non-dairy yogurt (vanilla or unsweetened)
- ½ tsp ground cinnamon (add more as you wish)
- 1 pinch ground nutmeg
- 1 medjool date, pitted
- If using unsweetened non-dairy yogurt, add ½ tsp vanilla extract

### Instructions/Preparation

Blend and enjoy!



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## Spinach Artichoke Dip Ready in minutes.



- Tortilla chips, veggie sticks, or toasted baguette to serve
- 1.5 cups raw cashews OR 1.5 cups sunflower seeds, soaked
- 4 cloves garlic
- 1 onion, diced
- 1.5 cups unsweetened non-dairy milk
- ¼ cup nutritional yeast
- 2 tbsp lemon juice
- 1 ¼ tsp sea salt
- 4 cups baby spinach
- 2 14-oz cans artichokes

### Instructions/Preparation

Preheat oven to 425F/218C.

Rinse and drain the cashews or sunflower seeds before using. In a saucepan, sauté the garlic and onion for 3 minutes with ¼ cup water, until soft.

Add the cashews or sunflower seeds, unsweetened milk, nutritional yeast, lemon juice, and sea salt to a high-speed blender. Blend until smooth.

Add in the onion and garlic, spinach, and artichokes now. Pulse just a few times (Do NOT blend!). We want it chunky. Taste test and add more salt if you wish.

Transfer to an oven safe dish and bake for 20 minutes. Feel free to top with your favorite vegan cheese on top for that gooey texture. Serve with toasted baguette slices, tortilla chips, veggies, or whatever else you can think of!

**Kids: This depends on if your child likes spinach or not. If not, let them have some of the dessert balls while you have this all to yourself 😊**



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## Fresh & Vibrant Quinoa Salad 4 servings, 25 minutes

**\*\*Highly recommend serving this with hummus, pita bread, or wraps!**



- ¾ cup dry quinoa, rinsed well
- ¾ cup vegetable broth
- 1/3 tsp ground cumin
- 1/3 tsp turmeric powder
- Pinch of black pepper
- Pinch of sea salt
- 3 firm tomatoes, seeded and chopped very small
- 1 cucumber, peeled, seeded and chopped small
- 1 red bell pepper seeded and chopped small.
- 1 green onion, sliced thin (green part only)
- Optional: ¼- ½ cup pine nuts, slightly toasted

### Marinade

- 2 lemons, juiced
- 2 tbsp fresh basil, chopped
- Sea salt and black pepper

### To serve

- Hummus
- Pita Bread

### Instructions/Preparation Instructions

Rinse the quinoa very well. Bring 1 cup water + ¾ cup vegetable broth to a boil and then add in the rinsed quinoa, cumin powder, turmeric powder, and sea salt pepper. Bring to a boil again and then simmer on low for 12-15 minutes. Remove from heat, fluff and let cool.

Prep the veggies. If using the pine nuts, lightly toast them on a small skillet until lightly brown. Add the cooled quinoa to a large bowl and toss in the prepped veggies and nuts. Whisk together the marinade and drizzle all over the mixture. Toss. Season with sea salt and pepper. Serve with hummus and pita bread!

**Kids: Serve the quinoa and hummus on a plate with lots of fresh veggies to serve. I love to add peas or corn as well!**



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## Chickpea & Tater Stew 4 servings, ready in 30 minutes



- 1 large yellow onion, diced small
- 4 cloves garlic, minced
- 1 can garbanzo beans, rinsed and drained
- 4.5 cups vegetable broth
- 1 lemon, 1 tbsp reserved for the soup, the rest reserved for serving (wedges)
- 2 celery ribs, chopped small (1 cup)
- 2 large yellow potatoes, peeled and diced small (2 cups)
- 3-4 medium carrots, peeled and chopped (about 2 cups)
- 1 tsp dried thyme
- 1 tsp dried oregano
- ½ tsp sea salt
- ½ tsp black pepper

To serve

- 1 handful parsley, chopped fine
- Sourdough bread

Heat a large stock pot over medium-high heat. Add ¼ cup of water and the diced onion. Sauté for 4-5 minutes and then add the garlic and celery. Add more water, if needed, and sauté for an additional 4 minutes. Stir in the oregano and thyme.

After about 1 minute (and very fragrant), add in the remaining veggies. Bring to a boil and then simmer for 17-20 minutes until the potatoes are tender (could be less depending on the size of the chopped potatoes and carrots).

Taste test and adjust to your liking. You can stop here OR you can blend half of the soup to create a chowder. It's up to you. Remove from heat and stir in the parsley. Serve each bowl of soup with a lemon wedge.

**Kids: This is a kid favorite! May need to dice the celery up very small if super picky.**



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## **Black Bean Burritos** 4 servings. Ready in 20 min.



- 3 cups cooked grain of choice: rice, quinoa, etc.
- 2 cans black beans, rinsed and drained
- 1 yellow onion, diced small
- 4 cloves garlic, minced
- 1 red bell pepper, diced small
- 1 heaping tsp cumin powder
- 1 heaping tsp dried oregano
- Sea salt and black pepper, as needed
- 1 lime, juiced
- 1 handful cilantro
- 1 small head lettuce
- 1 avocado, sliced
- Optional: 1-3 jalapeno peppers, seeded and diced
- Salsa, to serve
- Greens, to serve

### **Instructions/Preparation**

Cook your grain of choice according to package instructions if not already cooked.

Heat a skillet to medium-high heat and sauté the onion, bell pepper and optional jalapeno peppers in  $\frac{1}{4}$  cup + water. Add in the garlic and spice next and cook for an additional 2-3 minutes. Stir in the black beans, juice of 1 lime and  $\frac{1}{2}$  cup vegetable broth and  $\frac{1}{2}$  cup water. Cook for 10 minutes. Remove from heat and then toss with the cooked grains.

Slightly heat the wraps in a microwave or on the stove top. Lay flat. Spread out the salsa, shredded lettuce, sliced avocado, cilantro, and add a good size amount of the rice and bean mixture. Wrap and serve. I like to wrap tight and slice in half as the photo shows.

**Kids: I serve as is but I do make the wraps very small. My children adore wraps. Adding a vegan cheese is always a great treat as well – chao is our favorite!**



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**Sweet P Arugula Salad** 4 servings. Ready in 40 min if sweet potatoes are not pre-cooked. 5 minutes if pre-cooked.



- 1 large onion, chopped
- 2 large sweet potatoes, peeled and cubed very small
- 1 can garbanzo beans, rinsed and drained
- 4-6 handfuls of arugula, rinsed and roughly chopped
- 1 large handful cherry/grape tomatoes, quartered
- 1 avocado, sliced
- ¼ cup hemp hearts, to top

#### Dressing

- 2 tbsp tahini
- 2 tbsp water
- 2 tbsp apple cider vinegar
- 1.5 tbsp Dijon mustard
- 1 tbsp maple syrup
- ¼ tsp sea salt
- Pinch black pepper

#### Instructions/Preparation

Preheat oven to 400F/200C. Line a baking sheet with parchment paper or a silicone mat. Peel and dice the sweet potatoes and onions and roast for 35-40 minutes, flipping halfway through.

While the potatoes cook, prep the rest of the salad. Rinse and drain the garbanzo beans. If you wish, you can quickly cook the beans in a skillet with very basic spices like garlic powder, sea salt, and black pepper. Do not use too many spices as the dressing is quite tasty. I like to simply rinse and drain and use that way.

Rinse the arugula and chop. Quarter the tomatoes and sliced the avocado. Whisk the dressing together and taste test/adjust to your liking.

Serve: Add arugula to each serving bowl and top with diced sweet potatoes, beans, cherry tomatoes, sliced avocado, and hemp hearts. Drizzle dressing all over.

**Kids: Serve all but the salad unless they enjoy salad. Arugula is a pretty distinct taste so I do not serve this to my children as of yet. For this I will add plenty of sweet potatoes, beans, tomatoes, avocado, and hemp hearts to their bowls. I like to serve the dressing on the side for dipping. If the dressing is too much for them, make a new batch with no ACV.**





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## Mini (or large) Pizzas with Basil Ricotta 4 servings. Ready in 20 min.



- Pre-made pizza crusts (I love cauliflower crust but any vegan crust will work. For a homemade crust recipe, check out the end of this PDF)
- 1 onion, sliced thin
- 1 large zucchini, sliced thin
- 1 large tomato, sliced thin
- 1 jar vegan pizza sauce/tomato sauce

### Basil Ricotta

- 1 cup slivered blanched almonds (blanched just means tossed in boiling water for 1 minute and removed. This helps the almonds to break down for a yummy cheese)
- ½ cup fresh basil
- 1/3-1/2 cup water
- 2 tsp nutritional yeast
- 1 tbsp lemon juice
- ¼ tsp sea salt
- Pinch garlic powder

### Instructions/Preparation

Preheat oven to the pizza crust directions (Usually between 400F/200C – 450F/230C). If using cauliflower crust, you will need to bake on both sides before adding the sauce and toppings. Just be sure to follow the directions you see.

For the ricotta: Simply add all to a high-speed blender and blend until smooth. Taste test and adjust.

For the pizza topping: Spoon a good size amount of pizza sauce to each pizza followed by extra spices (I love basil/oregano), sliced onion, sliced zucchini, sliced tomato, and top with the basil ricotta. Bake and enjoy!

**Kids: serve as is! Let them pick their toppings (my kids just want the tomato sauce and cheese ha-ha) and have some fun😊.**





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## Sesame Orange Tofu Bowls 4 servings, ready in 20 minutes

- 1 12-oz package extra firm tofu (pressed if needed)

### Precook

- 1 tbsp cornstarch
- Pinch sea salt

### Sauce

- 3 cloves garlic
- ½ inch ginger
- 1 cup orange juice
- Zest of 1 orange
- ½ cup maple syrup OR ¾ cups medjool dates, pitted
- ¼ cup soy sauce
- ¼ cup rice vinegar
- 1 tbsp cornstarch

### Bowl

- 1 cup basmati rice/rice of choice
- 2-3 handfuls of baby spinach or favorite greens
- 1 head broccoli, chopped into florets and steamed
- 1 lemon, sliced thin, to serve
- Hemp hearts to serve

### Instructions:

Preheat oven to 400F/200C. Remove tofu from package. If you need to press it, press now. Cut the tofu into cubes and add to a mixing bowl with the cornstarch and sea salt. Bake for 20 minutes.

Cook basmati rice according to package instructions.

Chop the broccoli into florets and steam until tender. The key to steaming is to get the water hot and steamy BEFORE adding the broccoli to the steamer basket. Steam for just about 5-6 minutes. Sprinkle with sea salt and pepper.

Add all of the sauce ingredients (except cornstarch) to a highspeed blender and blend until smooth. Transfer to a saucepan and bring to a low boil. Add in the cornstarch now and reduce the heat to low and simmer for 10-15 minutes until thick. Now go ahead and add in the baked tofu! Cook until well saturated.

Serve: In each bowl add equal parts rice, greens, steamed broccoli, tofu, and sesame seeds. Serve with lemon slice. Use extra sauce from the skillet to drizzle over.

**Kids: Serve the tofu, rice, steamed broccoli, and hemp hearts on a small plate/bowl.**



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## Cauliflower Crust

**\*\*Now, I will be honest. These are good but they do not fill me up like a full flour pizza crust. We prefer a traditional Italian pizza crust BUT this is a fantastic one for a lighter meal. OR you can make a bunch and just go nuts!**

- 4 cups cauliflower florets
- 1.5 tsp baking powder
- ¼ cup water
- 1/3 cup spelt or white flour
- 1 tsp dried oregano
- ½ tsp sea salt
- Pinch black pepper

### Instructions/Preparation

Steam the cauliflower florets until very soft. Drain well.

Mix together the flour, sea salt, and baking powder. Set aside.

Preheat oven to 450F/230C and line a baking sheet with parchment paper or a silicone mat.

The cauliflower should be cool by now. Add to a dish cloth or cheese cloth and squeeze out as much moisture as you can. This is key to the crust. Place the dried out cauliflower in a bowl with ¼ cup water and mash well. Now add in the flour mixture and form into a ball. Place the ball onto the baking sheet and roll out thin (about ¼ inch thick). It is best to add another piece of parchment paper over the dough and roll out to avoid using oil. Bake 25 minutes before adding any toppings. It needs to crisp up first. Once toppings are on, bake an additional 8 minutes.



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## Gingerbread Bites Ready in 10 minutes



- 11 medjool dates, pitted
- ½ cup almonds
- ½ cup walnuts
- ¼ cup flaxmeal or chia seeds
- ¼ cup pumpkin seeds
- 1 tbsp blackstrap molasses
- 1 tsp cinnamon powder
- ¼ tsp allspice
- 1/8 tsp nutmeg
- Pinch of cloves

### Instructions

Remove the pits from the medjool dates and add all of the ingredients to a food processor. Process until the mixture turns into one big ball. Be patient, it may take some time.

Once the ball is formed, take it out of the processor and begin to pinch about 1 – 1.5 tbsp amounts into the palm of your hand and roll into balls. Place the balls into an airtight container and store in the refrigerator. Enjoy!

\*\*This can be frozen for up to 3 months.



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## Pumpkin Spice



- 1 tsp ground cinnamon
- ½ tsp ground ginger
- ¼ tsp ground cloves
- ¼ tsp ground nutmeg

### Instructions/Preparation

Mix well and store! I love to save old spice jars to make new spices like this one 😊 Double, triple, or make as much as you wish!