

WONDERMAMAS

WHOLE FOOD PLANT BASED MEAL PLANS

Breakfast

Sweet Potato Pie Breakfast
Cinnamon Raisin Oats



Snack & Smoothie

Peach Mango Smoothie
Red Pepper Hummus & Veggies



Lunch

Fruity Spinach Salad
Vegan BLT
Grilled Cheese



Dinner

Roasted Beet and Carrot Salad
Sweet P. Tacos with Lime Cream
Curry Noodle Soup



Dessert

Rice Krispie Treats



September 11, 2020



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Easy to Follow Meal Plan Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Breakfast	Sweet Potato Pie Breakfast	Cinnamon Raisin Oats	Sweet Potato Pie Breakfast	Cinnamon Raisin Oats	Sweet Potato Pie Breakfast	Cinnamon Raisin Oats
Smoothie of the Week	Peach Mango Smoothie					
Lunch	Fruity Spinach Salad	Vegan BLT	Fruity Spinach Salad	Vegan BLT	Grilled Cheese	Curry Noodle Soup
Snack of the Week	Red Pepper Hummus & Veggies					
Dinner	Roasted Beet and Carrot Salad	Sweet Potato Tacos with Lime Cream	Roasted Beet and Carrot Salad	Sweet Potato Tacos with Lime Cream	Curry Noodle Soup	Grilled Cheese
Dessert of the Week	Rice Krispie Treats					



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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 potatoes or peppers

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 the veggies for the first 3 days. You can store these in individual containers until mealtime OR you can mix them up now for meal prep.
2. Preheat oven to 400F/200C and bake the sweet potatoes for breakfast. You can always opt to microwave as well on the spot. **(45 minutes)**
 - a. Include the cubed sweet potatoes for the tacos, beets and carrots in this baking batch as well – Check in on them at the 25-minute mark to avoid over cooking.
3. Prep the tempeh BLT strips while those bake. **(15 minutes)**
4. Prep the dressings/grains **(20 minutes)**
 - a. Spinach fruit salad & beet/carrot dressing
 - b. Taco Cream sauce (or just soak the seeds today and whip it up on the spot)
 - c. Prep quinoa needed for the Beet & Carrot Dish.
5. Breakfast and Snack Prep
 - a. Prep the roasted hummus and store.
 - b. Prep the rice krispies and store.
 - c. If need be, freeze the mango and peaches.

Wednesday Night/Thursday morning

1. Prep the curry noodle soup in full EXCEPT for the noodles. Add those in when ready to eat. **(15 minutes)**
2. Prep the vegetable cheese for the grilled cheese. **(15 minutes)**
3. Breakfast and Snack Prep
 - a. Prep any extra breakfast/snacks/dessert as needed!

****I recommend cooking the Veggie Fried Rice the day you are going to eat it and have the leftovers the following day for best taste!**



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Shopping List (4 serving meals)

Produce	Dry Goods
<ul style="list-style-type: none">• 1 bunch bananas• 2 large bags/boxes frozen mango• 12 peaches or 2 bags frozen peaches• 2 cups strawberries• 2 red onions• 4 yellow onions• 8 green onions• 1 garlic head• 1 large chunk of ginger• 12 limes• 6 lemons• 1 XL bag baby spinach• 1 large bag arugula• 2 red bell peppers• 2 large beets• 2 small heads cauliflower• 12 large carrots• 6 avocados• 1 head lettuce• 4 large tomatoes• 8 large sweet potato• 2-pounds potatoes• Smoothie: A bunch of kale or spinach or a mixture of both	<ul style="list-style-type: none">• 1 cup dried quinoa• 3 cups walnuts• 2 cups pecans• 1 cup raisins• 2 cups dried cranberries• 6 cans garbanzo beans• 2 cans black beans• 1 can cannellini beans or great northern white beans• 1 bag/box rolled oats• 1 box brown rice crisp cereal• 4 cans coconut milk• 1 jar roasted red peppers• 12 large medjool dates• Nutritional yeast• 2-3 blocks tempeh• 2 packages extra firm tofu• 1/2 cup hemp seeds• 2 cups sunflower seeds (or cashews)• 250-350 g (9-12 oz) Instant Noodles• Tortillas• Sourdough Bread• Sandwich bread

Wet Goods

Herbs and Spices



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-
- Vegetable broth
 - Balsamic V.
 - Vanilla extract
 - Soy sauce
 - Dijon Mustard
 - Tahini
 - Almond butter
 - Vegan BBQ sauce
 - Salsa/Hot sauce
 - Maple syrup
 - Curry paste (Curry powder can be substituted)
 - Onion Powder
 - Garlic powder
 - Chili powder
 - Ground cumin
 - Cinnamon powder or sticks
 - Pumpkin Pie Spice (optional)
 - Paprika
 - Sea salt
 - Fresh cilantro
-

Options

- Vegan Mayo
- Extra veggies to dip for hummus: Celery, carrots, zucchini, cucumber, etc.
- Cocoa powder, cacao nibs, vegan chocolate chips for the rice krispies if you wish



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Sweet Potato Pie Breakfast 2-4 servings



- 1-2 sweet potatoes
- 1.5 tbsp maple syrup
- ½ tsp cinnamon
- Dash of pumpkin pie spice
- Crushed walnuts/pecans

Instructions/Preparation

You can bake or microwave the sweet potatoes here.

If baking, heat oven to 400F/200C and pierce the potatoes 5-6 times. Place potatoes on baking sheet and bake 45 minutes until tender. If you are short on time, dice up the sweet potatoes into bite size pieces and bake until tender (20 minutes on average).

If using the microwave, pierce potato 5-6 times and place in microwave safe dish. Microwave for 6-8 minutes and rotate halfway through.

Once sweet potatoes are cooked, slice in half lengthwise and scrape a little bit out of the center. Drizzle maple syrup, dash cinnamon on top and cover with crushed nuts. Enjoy!



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Cinnamon Raisin Oats 4 servings Ready in 10 min.



- 2 cups rolled oats
- 2 tsp cinnamon
- 2 tsp maple syrup (or to taste)
- 1 tsp vanilla extract
- 2 tbsp + raisins
- 2 tbsp + walnuts
- 1 banana, sliced

Instructions/Preparation

Bring one cup of water (or sub for plant milk of choice) to a boil and add in rolled oats, cinnamon, maple syrup and vanilla extract.

Cook on medium-low heat until the oats become thick to your liking.

Remove from heat and pour into serving bowls. Slice the banana thin and top the oats with banana slices, walnuts and raisins. Sprinkle more cinnamon on if you wish.



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Peach Mango Smoothie

2 -3 servings. Ready in 5 min.



- 3 cups kale or spinach
- 1.5 cups frozen mango (can sub for pineapple)
- 1.5 cup cups frozen peaches
- 1 1-inch knob of ginger
- 2-3 medjool dates, pitted
- 1 lemon juiced
- 1 lime juiced
- 2.5 cups water

Instructions/Preparation

Blend and enjoy!

****Start with the mango, peach, greens, ginger and dates. Add the citrus in slowly to your desired taste.**



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Red Pepper Hummus Ready in 5 minutes.



- 1 small jar of roasted red peppers (about $\frac{3}{4}$ cups)
- 1 can chickpeas
- Juice of 1 large lemon
- $\frac{1}{4}$ cup tahini, well stirred
- 1 clove of garlic
- $\frac{1}{2}$ tsp cumin
- Pinch of sea salt
- 1-2 tbsp water, as needed

To serve (options!)

- Fresh carrots, cucumbers, zucchini, or even sweet peppers to dip
- Rice cakes
- Flax crackers

Instructions/Preparation

Add the tahini and lemon juice to the food processor and process until a cream is formed. Scrape down the sides if needed.

From here, add in the garlic (peeled and crushed), cumin, and sea salt. Process again.

Rinse and drain the chickpeas and add to the food processor. Process until very smooth and creamy. Add water as needed.

Lastly, add the bell peppers and process for 2 minutes until smooth. Add extra water here if needed as well. Taste test and adjust with sea salt/pepper or even extra lemon.

Add all of the filling ingredients to the processor and blend until smooth. Take the dish out of the freezer and pour this over the crust. Smooth out and freeze overnight to set. Keep in the freezer until ready to eat. Enjoy!



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Spinach Fruit Salad 4 servings. Ready in 15-20 min

- 4 cups (120 g) spinach
- 2 cups (60 g) arugula
- 1 large handful walnuts, crushed
- 1 large handful dried cranberries
- 1 avocado, diced small
- 1 cup (60 g) strawberries, sliced thin
- ½ red onion, sliced thin
- 1 can chickpeas/garbanzo beans, rinsed and drained

Dressing (You will be using this for today and Wednesday – this is a big batch)

- 1 cup (240 ml) balsamic vinegar
- 3 large medjool dates, pitted and covered in 2 cups boiling water to soften up.
- 3 tbsp (45 ml) Soy sauce
- 2 tbsp (30 ml) Dijon mustard
- 3 tbsp (45 ml) nutritional yeast
- 1 tbsp (15 ml) onion powder
- 1 clove garlic, minced

Croutons

- 1 loaf sourdough bread – left out to harden

Instructions/Preparation

Start with the dressing: Cover the pitted dates with 2 cups of boiling water for 15 minutes if they are not already soft. Prep the salad while those soften up.

Chop the sourdough bread into small cubes and toss into a skillet with a tsp of butter. Toss until crispy!

Simply rinse and drain the chickpeas and prep the fruit and veggies.

Add all of the salad ingredients to a large bowl and lightly toss.

The dates should be ready! Scoop out ¼ cup (60 ml) of the boiling water and drain the rest. Add the ¼ cup water, dates and all dressing ingredients to a blender or food processor and blend until smooth. This will last for a week in the fridge. Taste test and adjust as needed.

Drizzle a good amount all over the salad. Enjoy!

Kids: Serve all but the salad (unless you want to try – one of my sons actually likes dipping spinach in the dressing!). For their bowl, add equal amounts beans, strawberries, walnuts and avocado. You can use the dressing for dipping or drizzle all over. Serve with a slice of sourdough bread or croutons (depending on their age).



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Vegan BLT 4 servings. Ready in 10 min.



- 1 yellow onion, sliced thin
- 2 blocks tempeh (about 500 g) – you will have leftovers!
- 1 cup vegan BBQ sauce
- 1 small head of lettuce
- 1 avocado, sliced
- 2 large tomatoes, sliced thin
- Toasted sandwich bread
- Optional: 1 tbsp vegan mayo

Instructions/Preparation

If tempeh is new to you, get ready to fall in love. Slice the tempeh into thin strips (they will have to lie flat on the sandwich bread so keep that in mind).

Heat a skillet to medium high heat and add in the sliced tempeh and 1 cup veggie broth. If your skillet is too small, just work in batches. Bring to a boil and then simmer on medium. Once the broth has nearly evaporated, add in the BBQ sauce and coat all of the tempeh fully. Bring the heat down to low and let the tempeh cook slowly in the BBQ sauce. I like to cook it thoroughly and then let it sit to the side in the sauce for a solid 10 minutes before serving for best taste.

Toast the bread now. Prep the veggies: slice the tomatoes, avocado, and lettuce.

You are all set! Layer up and serve! I love to serve this with whatever I have on hand: some nuts, chips, fruit, or side salad.



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Roasted Beet and Carrot Salad 4 servings, 40 minutes



- 1 large beet, diced into small cubes
- 1 small head cauliflower, cut into small florets
- 4 large carrots, diced into small cubes
- 1 can chickpeas/garbanzo beans, rinsed and drained
- 1 cup (30g) cooked quinoa (1/2 cup dry cooked in 1 cup vegetable broth)
- 4 cups (120 g) spinach
- 2 cups (60 g) arugula
- ¼ cup (60 ml) hemp seeds

Dressing (You will be using this for today and Wednesday – this is a big batch)

- 1 cup (240 ml) balsamic vinegar
- 3 tbsp (45 ml) medjool dates, pitted and covered in 2 cups boiling water to soften up.
- 3 tbsp (45 ml) Soy sauce
- 2 tbsp (30 ml) Dijon mustard
- 3 tbsp (45 ml) nutritional yeast
- 1 tbsp (15 ml) onion powder
- 1 clove garlic, minced

Instructions/Preparation Instructions

Preheat the oven to 400F/200C and prep the beets, carrots and cauliflower. Tip: The smaller, the quicker they bake! Bake for 25-35 minutes, depending on the size. You could also steam if you wish! Once cooked, let cool slightly before adding to the salad.

If quinoa is not cooked, rinse the dry quinoa and then mix with 1 cup vegetable broth and cook. Bring to a boil and simmer on low for 15-20 minutes. Fluff with a fork.

Add the greens to a large bowl and coat with the dressing. Once the salad is coated, add in all of the remaining ingredients and toss lightly. Add more dressing as you please.



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Sweet Potato Tacos 4 servings, ready in 20 minutes



- 1 large or 2 small sweet potatoes, sliced into small cubes
- 2 cloves garlic, minced
- ½ tbsp chili powder
- ½ tbsp ground cumin
- 1/8 tsp paprika
- ½ tsp sea salt
- 1 can black beans, drained and rinsed
- Tortillas of choice
- 1 large avocado
- Fresh cilantro
- Lime wedges to serve
- Salsa/hot sauce

Dressing

- 1 cup raw sunflower seeds, soaked overnight in water (rinsed and drained after)
- 1 tbsp maple syrup
- 2 limes, juiced

Instructions:

If you accidentally forgot to soak the sunflower seeds, don't worry. Just boil some water really quick and let it sit until the sweet potatoes are done baking 😊

Preheat oven to 400F/200C. Line baking sheet with parchment paper or a silicone mat. Prep the sweet potatoes into small cubes and rinse/drain beans. Toss the potatoes and beans in the seasonings (Be sure to keep them separate): chili powder, cumin, paprika and sea salt.

Bake for 10-15 minutes. Flip halfway through.

Add all dressings ingredients to blender and blend until smooth. Adjust as needed; feel free to add any seasonings you wish.



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Prep toppings. Once the sweet potatoes and beans are ready, begin layering the tacos and enjoy!

Kids: Serve as is. You can also serve all of the ingredients separate (the boys like it this way). So equal amounts of potatoes, beans, tortillas and avocado. Place the cream on the side for dipping.



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Curry Noodle Soup 4 servings. Ready in 20 min.



- 4 cloves garlic, minced
- 1-inch piece of ginger, peeled and grated
- 1 red bell pepper, sliced thin
- 1 cup mushrooms, sliced thin
- 1 can coconut milk, full fat
- 4 tbsp soy sauce
- 1 package extra firm tofu, cubed
- 4 tbsp curry paste (I have tried with several and they were all amazing)
- 4.5 cups vegetable broth
- 250 grams (9 oz) instant rice noodles (or instant noodles of choice)
- 1 large head of bok choy (You can substitute with any greens you wish)
- 4 green onions, sliced thin
- 2 lime wedges, halved to serve

Heat skillet to medium high heat and toss in the cubed tofu and a splash of water. Heat until brown and then flip. Cook for 2-3 more minutes and then set to the side.

In a large stock pot, add $\frac{1}{4}$ cup water, garlic and ginger. Bring the heat to high and cook for a few minutes before adding in the curry paste and stirring for 60 seconds.

Once nice and fragrant, add in the veggie broth, soy sauce, coconut milk and bell peppers. Let simmer for 5 minutes and then add in the noodles and bok choy.

Add the tofu at the very end and a squeeze of lime and sliced green onions!

Feel free to add hot sauce as you wish



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Blend together the dressing in a blender until smooth. Taste test and adjust. Prep the remaining veggies: If using frozen peas, thaw them out and steam if you wish. Slice the cucumber, tomatoes, and avocado.

Once ready, add equal amounts of everything to each bowl. Drizzle the dressing all over and enjoy!



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Grilled Cheese 4 servings. Ready in 15 min.



- 1 $\frac{2}{3}$ cups peeled and finely diced potatoes
- $\frac{1}{4}$ cup carrot, diced
- $\frac{1}{3}$ cup onion, diced
- $\frac{1}{2}$ cup cannellini beans, drained and rinsed
- $\frac{1}{4}$ cup coconut milk
- 2 tbsp nutritional yeast flakes
- 1 tbsp lemon juice
- 1 tsp sea salt
- $\frac{1}{4}$ tsp garlic powder
- Bread of choice (I love my sourdough loaves sliced for this but any bread will do! Just be sure its toasted or rustic)
- Optional: Vegan Butter for grilling

Instructions

Fill a pot up with water and a dash of sea salt, bring to a boil.

Once the water has started to boil, toss in the peeled/diced potatoes, carrots and onion and cook for 10 minutes.

While those are boiling, steal $\frac{2}{3}$ cup water from the boiling pot and pour into the blender with cannellini beans, coconut milk, nutritional yeast, lemon juice, sea salt and garlic powder. Blend until smooth.

Once the potatoes are fork tender, toss the drained (very well drained) veggies into the blender as well. Blend well again. This is your cheese.



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Place cheese in the refrigerator to firm up just a bit. Get some sides ready like sliced apples, peeled oranges, or whatever else you like.

Toast your bread and then lather with the cheese. I like to add some sliced tomatoes, but this is not everyone's cup of tea!



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Rice Krispies



- 1/3 cup almond butter (well stirred)
- 1/3 cup maple syrup
- 3 cups brown rice crisp cereal
- Optional: Cocoa powder, cacao powder, cacao nibs or even vegan chocolate chips can all be used

Instructions

Grab an 8 inch square baking pan and line with parchment paper. You can also use a silicone baking pan for zero waste.

In a small saucepan, add in maple syrup and almond butter and heat until you see small bubbles. Whisk up well and remove from heat. Add cereal to the mixture and stir very well.

Pour into baking pan and smooth out evenly with spatula. Be sure it is packed in tight!

Chill in the freezer for an hour or so and cut into small treats. Store in the refrigerator for up to a week.

For serving: You can absolutely serve these cold but I prefer to pull them out of the fridge 20 minutes before eating them 😊