



Meal Prep Monday

Yogurt Breakfast Popsicles ● Vegan Smoothie Bowl ● Mediterranean Chickpea Wrap
Sweet Potato & Black Bean Enchiladas ●●●●●●● Tofu & Green Peas Paste



Grocery List

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|----------------------------|-----------------------|-------------------------|
| Strawberries | Red Wine Vinegar | Mint Leaves |
| Honey | Olive Oil | Lemon Juice |
| Plain Greek Yogurt | Oregano | Garlic |
| Milk | Garlic Powder | Brown Sugar |
| Granola | Baby Spinach | Cumin |
| Bananas | Chickpeas | Chipotle Chile in Adobo |
| Frozen Mixed Berries | Cucumber | Sauce |
| Unsweetened Non-Dairy Milk | Red Onion | Black Beans |
| Pineapple Chunks | Feta Cheese | Sweet Potatoes |
| Kiwi | Tomato | Enchilada Sauce |
| Sliced Almonds | Pitted Olives | Cheddar Cheese |
| Unsweetened Coconut Flakes | Whole Wheat Tortillas | Avocado |
| Natural Tofu | Frozen Green Peas | Chia Seeds |

Yogurt Breakfast Popsicles

3 cups chopped strawberries
1/4 cup honey, plus
2 to 3 tablespoons honey
1 cup plain Greek yogurt
1/4 to 1/2 cup milk
3/4 cup granola

1. Combine strawberries and 1/4 cup honey in a small saucepan and stir to combine. Let macerate on the counter for 10 minutes, until syrupy.
2. Bring the pan over medium-high heat to a simmer. Cook, stirring often, until the strawberries thicken (8-10 minutes). Remove from heat and let cool to room temperature.
3. When ready to assemble the popsicles, whisk together the yogurt, 1/4 cup of the milk, and 2 tablespoons of honey in a medium bowl. The yogurt mixture should be thick, but pourable. If needed, whisk in a little more milk. Taste and add more honey if desired.
4. Scoop out 1/4 cup of the yogurt mixture and stir into the granola. This will help the granola freeze into the popsicles.
5. Arrange 6 popsicle molds (1/2 cup capacity) on your work surface. Pour a generous spoonful of yogurt into the bottom of each mold. Add a scoop of granola and then a spoonful or two of strawberries. Continue layering yogurt, granola, and strawberries until the molds are filled. Tap the molds lightly against the counter to work out any air bubbles.
6. Insert popsicle sticks into each mold, freeze until solid (6 hours.)
7. To unmold, run the popsicle molds under warm water for a few seconds and gently ease the popsicles out.



Tofu & Green Peas Paste

2/3 cup green peas, frozen
3/8 cup natural tofu
1/4 avocado
1 handful mint leaves
1 tbsp. olive oil
1 tbsp. lemon juice

1. In a large bowl, place the frozen peas in boiling water and wait until defrosted (a few minutes). Then drain and transfer to a blender.
2. Crumble the tofu and add to the peas alongside the avocado, mint, olive oil, and lemon juice. Finally season to taste with salt and pepper. Blitz everything until a paste forms.
3. If necessary, add some more mint and lemon to adjust the taste. Serve with toast.

Sweet Potato & Black Bean Enchiladas

3 tablespoons vegetable oil
1 cup chopped red onion
4 cloves garlic minced
2 tablespoons brown sugar
1 tablespoon ground cumin
1 chipotle chile in adobo sauce
minced (seeds removed for less
heat) plus 1 teaspoon of the adobo
sauce
2 cans 15 oz each black beans,
drained and rinsed
1 lb sweet potatoes peeled and
diced
2 cans 10 oz each enchilada sauce
8 6-inch flour tortillas
2 cups grated Cheddar cheese

1. Preheat the oven to 425F.
2. Heat 2 tablespoons of oil in a large pan over medium heat. Add the onion, garlic, brown sugar, cumin and chipotle pepper plus adobo sauce. Cook, stirring occasionally, until the onion starts to soften, about 5 minutes. Add the beans, sweet potatoes and 2 cups of water; bring to a boil. Cover the pan and reduce the heat to low. Simmer until the potatoes are tender and the liquid is absorbed, about 10 minutes.
3. Pour one can of enchilada sauce in the bottom of a 9x13-inch baking dish. Dredge both sides of the tortillas in the enchilada sauce. Divide the filling between the tortillas, roll up and place in the dish, seam side down. Pour the remaining can of enchilada sauce over the top, then sprinkle on the cheese.
4. Bake the enchiladas until they are heated through, about 10 minutes. Turn the heat to broil and cook until the top is golden brown, 2-3 minutes. Let the enchiladas stand for 10-15 minutes before serving.



Mediterranean Chickpea Wrap

For each sandwich:

- 2 tablespoons Greek yogurt
- 1 teaspoon red wine vinegar
- 1 tablespoon olive oil
- 1/4 teaspoon oregano
- 1 pinch garlic powder
- kosher salt to taste
- black pepper to taste
- 1/2 cup baby spinach or other baby greens
- 1/4 cup cooked chickpeas drained and rinsed
- 1/4 cup chopped cucumber
- 2 slices red onion
- 1/4 cup feta cheese chopped
- 1/4 cup tomato chopped
- 1/4 cup pitted olives chopped
- 1 large whole wheat tortilla wrap

1. Instructions

2. In a medium mixing bowl, whisk together yogurt, vinegar, olive oil, oregano, garlic powder, salt, and pepper. Taste and adjust seasonings if needed.
3. Add remaining ingredients except tortilla; mix to coat evenly in dressing.
4. Add mixture to the tortilla, wrap like a burrito. Eat!

Vegan Smoothie Bowl

- 1 large banana
- 1 cup frozen mixed berries
- 1/2 cup unsweetened soymilk or other unsweetened non-dairy milk
- 1/4 cup pineapple chunks
- 1/2 kiwi, sliced
- 1 tablespoon sliced almonds, toasted if desired
- 1 tablespoon unsweetened coconut flakes, toasted if desired
- 1 teaspoon chia seeds

1. Combine banana, berries and soymilk (or almond milk) in a blender. Blend until smooth.
2. Pour the smoothie into a bowl and top with pineapple, kiwi, almonds, coconut and chia seeds.

