



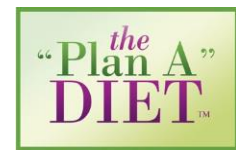
Easy Meal Recipes

Recipes from the “Easy Meals” videos:

- Chickpea Salad Sandwiches — <https://shaneandsimple.com/chickpea-salad-sandwich/>
- Black Bean Lentil Taco Soup — <https://www.thegardengrazer.com/2017/09/lentil-taco-soup.html>
- Lasagna Rollups — <https://www.brandnewvegan.com/recipes/vegan-lasagna-rollups>
 - Note: I use this ricotta cheese instead: <https://thevegan8.com/vegan-ricotta-cheese/>
 - Plus I add a 5-oz container of fresh spinach
- Cheesy Broccoli Potatoes: Cooked potatoes, Cheese Sauce, Steamer Broccoli
 - Cheese Sauce: <https://thevegan8.com/fat-free-vegan-cheese-sauce/>
- Roasted Veggie Pasta — Cut the following veggies into bite sized pieces: 1 red onion, a large red pepper, 1 pound of fresh asparagus, 2 cups button mushrooms, and 2 tomatoes. Mix the following spices to toss in with the veggies: 1 tsp each of garlic powder, Italian spice, and chili powder; ¼ tsp. of salt and pepper. Arrange the veggies on a baking tray lined with parchment paper or a silpat, and roast at 425 for 12-15 minutes until just tender. Serve over whole-grain pasta and jarred, oil-free pasta sauce. Top with Faux Parmesan.

Other Easy Meal Ideas

- 1) Microwave or roast sweet potatoes. Top them with salsa, greens, or white beans.
- 2) Prepare frozen Sunshine burgers or Engine 2 burgers. Serve on whole grain buns with a side of canned vegetarian baked beans.



- 3) Fast pizza: Purchase healthy pizza crusts (such as Engine2 brand), top with oil-free pizza sauce, fresh or frozen peppers, onions, mushrooms, or whatever veggies you like. If time permits, make a batch of Moxarella Cheese (recipe in the Dairy Free video)
- 4) Top pre-cooked gold potatoes with gravy, a healthy soup, or pre-made chili.
- 5) Hummus Roll-ups: Purchase fat-free hummus (or make the Fat-free Hummus recipe) and spread onto a tortilla shell. Add cut-up veggies (peppers, cucumber, carrots, tomato, sprouts—whatever you like). Roll up, slice, and enjoy.
- 6) Make a quick burrito or Mexican bowl by combining frozen brown rice, frozen Southwestern veggie mix sautéed with taco or fajita seasoning, and canned black or pinto beans. Wrap in a tortilla shell with lettuce, tomato, salsa, or taco sauce.
- 7) Create a quick salad made of frozen brown rice or other grain, steamer vegetables, frozen corn and/or peas, any canned beans, sliced cherry tomatoes, olives, and your favorite seasonings, salsa, or fat-free dressing.
- 8) Create a quick stir fry or Asian bowl using frozen brown rice, frozen Asian stir-fry vegetables, and a can of water chestnuts. Season with Braggs liquid aminos, tamari, or hoisin sauce, and sprinkle with unsalted peanuts.
- 9) Roast or grill portabella mushrooms, zucchini, or artichokes. Serve on whole grain rolls with your favorite mustard.
- 10) Purchase pre-cooked lentils, combine with scallions, celery, parsley, sunflower seeds, and a bit of lemon juice. Add miso for extra flavor, if desired. Serve with crackers.
- 11) Healthy pre-packaged soups served with whole grain bread and a side salad.
- 12) Pre-made chili served with cornbread.
- 13) A super large green salad with plenty of veggies, beans, and sliced grapes.
- 14) Quick Pasta salad (leftover pasta, corn, broccoli, white beans, and a fat-free dressing or vegan sour cream recipe)
- 15) Microwave a frozen entrée from PlantPure Nation.



Snacks and/or Cooler Food

*Items with an *asterisk indicate a recipe has been included in the 21-Day Meal Plan.*

- Any fruit or melon salad (try something different from your usual picks)
- Whole grain, oil-free crackers served with Colby Cheese*
- Vanilla plant-based yogurt with fresh or frozen fruit added
- Bean dip or Fat-free Hummus* with Raw veggies (peppers, cucumber, sliced zucchini)
- Hummus* roll-ups (tortillas, hummus, veggies; wrap and slice)
- Cherry tomatoes
- Oat bran muffins
- Pumpkin raisin muffins*
- Rice cakes topped with all-fruit jelly
- Unsweetened applesauce
- Roasted Sweet Potato Wedges*
- Approved cereal with plant milk and berries (see “Foods for the Plan” lesson)
- Air-popped popcorn (see “Foods for the Plan” lesson)
- Barbecue Lentil Loaf* sandwich, served on whole grain bread with ketchup or BBQ sauce
- Mock tuna on whole grain crackers or a whole grain bun with lettuce
- Vegan egg salad on whole grain crackers or a whole grain bun
- Mango salsa served with baked tortilla chips* (see “Foods for the Plan” lesson)
- Ants on a log (celery stuffed with peanut butter and topped with currants or raisins)
- Stuffed dates (dates, sliced open on one side; fill with peanut butter and one almond)
- Oatmeal & Chocolate Chip cookie recipe*
- Smoothies*