



BDVGN

HUMAN NUTRITION

MEAL PLAN #1

MEAL PLAN SUMMARY

WEEK #1



QUESADILLAS



ULTIMATE BOLOGNESE



THAI GREEN CURRY



JACKFRUIT TACOS



CHANA MASALA

SHOPPING LIST

PRODUCE

onions
carrots
celery
mushrooms
asparagus
garlic cloves
fresh ginger
baby spinach
sweet potato, 1 large
jalapeño pepper, 1
green chilies
fresh cilantro
lemon
lime
walnuts

SPICES

ground turmeric
chili powder
pepper flakes
nutritional yeast
black pepper
cumin
coriander
garam masala

GROCERY

re-fried beans (vegan)
black beans, 1 can
canned tomatoes, 1 can
crushed tomatoes, 1 can
chickpeas, 1 can
jackfruit, 2 20 oz cans
vegetable stock (2 L)
soy sauce
soy milk
coconut milk
balsamic vinegar
liquid smoke
salsa
BBQ sauce (vegan)
maple syrup
whole wheat tortillas
TVP mince (textured vegetable protein)
miso
brown basmati rice
thai curry paste (vegan)

bay leaves
oregano
thyme
sage
rosemary
onion powder
paprika
smoked paprika



QUESADILLAS

4 servings. Ready in 25 min.

Ingredients

1 large sweet potato (340 g)
8 ounces vegan, no added oil, re-fried beans (227 g)
8 ounces black beans, drained and rinsed (227 g)
1 cup brown rice, cooked (190 g)
6-8 whole-wheat tortillas (180 g)
1 jalapeño pepper, diced (optional) (14 g)
spinach, 1 cup (30 g)
1 cup of salsa (260 g)
¼ teaspoon onion powder, 0.13 (0 g)
¼ teaspoon chili powder
¼ teaspoon cumin (1 g)

Instructions/Preparation

Microwave pierced sweet potatoes until soft.

In the meantime, prepare rice in a rice cooker or on stove top as directed.

In a mixing bowl mash the sweet potatoes with the salsa, rice and fresh spinach.

Place sweet potato mash in a sauce pan and mix in black beans and re-fried beans, heating mixture thoroughly over medium heat.

Add onion powder, chili powder and cumin to taste and stir.

Place a tortilla in a frying pan on medium heat, and slather the side facing up with sweet potato and bean mixture. Add jalapeños if desired.

Place another whole wheat tortilla on top. Press down on top tortilla with spatula with pan on medium heat for about 3 minutes.

Flip with spatula and cook for another three minutes.

Cut into desired number of sections. Serve topped with salsa.

Extra comments/notes

You can also try this with black-eyed peas/ your preferred bean.

Serve with your favourite veggies/salad and wholegrain.



ULTIMATE BOLOGNESE

Ingredients

4 servings. Ready in 125 min.

onion, finely diced, 1 medium (110 g)	plant milk, 0.25 cup (61 g)
carrot, finely diced, 1 medium (61 g)	maple syrup, 1 tablespoon (20 g)
celery stalks, 3 (12 g)	pepper flakes, 0.25 teaspoon (1 g)
mushrooms, halved (10-12 cremini), 3 cups (288 g)	nutritional yeast, 2 tablespoons (15 g)
4 cloves garlic, pressed	smoked paprika, 0.5 teaspoon (1 g)
1 can crushed tomatoes, 14 ounces (397 g)	paprika, 1 teaspoon (2 g)
raw walnuts, 2 ounces (57 g)	bay leaves, 1 (2 g)
balsamic vinegar, 1 tbsp	oregano, dried, 1 teaspoon (3 g)
regular soy sauce, 1 tbsp	thyme, dried, 0.5 teaspoon (1 g)
tvp mince, 0.75 cup	sage, ground, 0.25 tsp (0 g)
miso, 1 tablespoon	rosemary, dried, 1 rosemary (1 g)
vegetable stock (broth), 1.5 cup	

Instructions/Preparation

Preheat your oven to 300 degrees Fahrenheit.

Heat half a cup of water over a medium heat in a large Dutch oven. Once hot, add the carrots, onions, and celery. Saute for 10 minutes, until softened.

Meanwhile, place the walnuts in the bowl of a food processor and pulse into coarse pieces.

Add the mushrooms and continue to pulse until combined.

Once the vegetables on the stove are soft, add the dry TVP and mix well.

Cook for 3 minutes to allow the TVP to toast.

Add the walnut/mushroom mix. Turn the heat up to medium-high and brown for 5 minutes, add more water to prevent sticking as required.

Add the herbs (oregano, thyme, sage, rosemary, red pepper flakes) and garlic to the pan. Cook for a few minutes until the spice are fragrant, then add the vegetable broth (or red wine if using).

Reduce for 5 minutes.

Stir in the miso, soy, paprika, and maple syrup. Add the canned tomatoes along with 1/2 a can of water, the balsamic vinegar, and bay leaves. Once the mixture boils, transfer it to the preheated oven.

Cook, uncovered, for 60 minutes. Stir well and return to the oven for a further 30 minutes.

Add the nutritional yeast followed by the plant milk.

Season generously with black pepper.



THAI GREEN CURRY

4 servings. Ready in 45 min.

Ingredients

carrots, 3 (sliced diagonally)
asparagus (tough ends removed and sliced into 2-inch long pieces) (2 cups), 0.5 bunch (217 g)
fresh ginger (peeled and chopped), 1 tablespoon (7 g)
garlic (finely chopped), 2 cloves (8 g)
baby spinach (roughly chopped), 2 cup (60 g)
coconut milk (1 can 14 oz) (406 g)
½ cup water, 0.5 cup (114 g)

brown basmati rice, 1 cup (185 g)
onion, 1 small (70 g)
thai curry paste, 2 tablespoons (30 g)
lime juice, 1.5 teaspoons (8 g)
maple syrup, 1 teaspoons (8 g)
soy sauce, 1 tbsp (18 g)
vegetable stock (broth), 4 tablespoons (60 g)
garnishes: cilantro, 1 handful and/or red
pepper flakes, 1 pinch

Instructions/Preparation

To cook the rice, bring a large pot of water to boil. Add the rinsed rice and continue boiling for 30 minutes, reducing heat as necessary to prevent overflow. Remove from heat, drain the rice and return the rice to pot. Cover and let the rice rest for 10 minutes or longer, until you're ready to serve.

Warm a large skillet with deep sides over medium heat. Once it's hot, add a couple teaspoons of vegetable broth. Cook the onion, ginger and garlic for about 5 minutes, stirring often.

Add the asparagus and carrots and cook for 3 more minutes, stirring occasionally. Then add the curry paste and cook, stirring often, for 2 minutes.

Pour the coconut milk into the pan, along with ½ cup water and 1 tsp maple syrup. Bring the mixture to a simmer. Reduce heat as necessary to maintain a gentle simmer and cook until the carrots and asparagus are tender and cooked through, about 5 to 10 minutes.

Once the vegetables are done cooking, stir the spinach into the mixture and cook until the spinach has wilted, about 30 seconds. Remove the curry from heat and season with lime or vinegar and soy sauce. Add red pepper flakes to taste.

Divide rice and curry into bowls and garnish with chopped cilantro and a sprinkle of red pepper flakes.

Extra comments/notes

Use vegetable broth to saute onion ginger and garlic, add more as necessary.

Lime juice can be substituted with rice or apple cider vinegar.

Asparagus can be substituted with green beans or snow peas.



JACKFRUIT TACOS

4 servings. Ready in 45 min.

Ingredients

young jackfruit, 2 20 oz cans (in brine or water) 40 oz (1134 g)
1 cup vegetable stock (235 g)
onion, 1 (110 g)
garlic cloves, 3 minced,
 $\frac{3}{4}$ cup vegan BBQ sauce (215 g)
paprika, 1 teaspoon (2 g)
chili powder, 1 teaspoon (2 g)
cumin, 1 teaspoon (2 g)
liquid smoke, 1 teaspoon (5 g)
pepper, 1 teaspoon (2 g)
tortillas, to serve, 8 medium (240 g)

Instructions/Preparation

Preheat oven to 400°F (200°C).

Drain and rinse jackfruit, then cut into smaller pieces, removing the core.

Add the onion, garlic, and pepper to a large frying pan or skillet over medium-high heat. Sauté until onions are tender and become translucent. Add water as required to prevent sticking.

Add jackfruit and spices (chili powder, paprika, cumin, liquid smoke, pepper and liquid smoke), stir to combine. Add vegetable stock, cover, and cook another 10 minutes, until jackfruit is soft enough that it can be mashed.

Mash jackfruit with potato masher or a couple of forks, until it looks pulled or shredded. Spread an even layer of pulled jackfruit across a parchment paper-lined baking sheet. Bake for 20 minutes.

Remove from oven and pour on vegan BBQ sauce. Stir to combine. Place back in oven for 10 more minutes.

Serve on warm tortillas with desired taco toppings.



CHANA MASALA

6 servings. Ready in 30 min.

Ingredients

chickpeas, drained, 2 14-ounce cans (794 g)	garlic, 6 cloves (18 g)
canned tomatoes, 28 ounce (794 g)	ginger, 2 tbsp (14 g)
onion, finely diced, 1 medium (110 g)	ground coriander, 1 tbsp (5 g)
fresh green chilies, sliced with seeds, 2 (12 g)	garam masala, 1 tsp (3 g)
fresh cilantro, chopped, 0.5 bunch 1/2 cup (4 g)	chili powder, 1 tsp (3 g)
ground turmeric, 1 tsp (2 g)	maple syrup, 1 tablespoons (20 g)
ground cumin, 1 tbsp (15 g)	
lemon juice (plus more to taste), 2 tablespoons (30 g)	

Instructions/Preparation

Heat a large pot over medium heat. Once hot, add water, onion and cumin.

Add garlic, ginger, cilantro, and green chilies to a mortar and pestle and grind into a rough paste (or use a small food processor to pulse into a paste. Alternatively, just finely mince.) Then, add to the pan with the onions.

Add ground coriander, chili powder, and turmeric and stir to coat. Add a little more water at this point if the pan is looking dry.

Next add pureed tomatoes and chickpeas. If the mixture looks a little too thick, add up to 1 cup (240 ml) water (I added ~1/2 cup (120 ml) . You're looking for a semi-thick soup consistency at this point, as it will cook down into more of a stew. Increase heat to medium high until it reaches a rolling simmer, then reduce heat to low or medium-low and maintain a simmer (uncovered) for 15-20 minutes, or until thick and stew-like. Stir occasionally.

When the chana masala is thickened and bubbly, taste and adjust seasonings as needed, adding more, chili powder for heat, or a bit of maple or date syrup for sweetness and to offset the heat of the chilies.

Remove from heat and add lemon juice and garam masala. Stir to mix, then let cool slightly before serving. Fresh cilantro and lemon juice make an excellent garnish. Chana masala can be enjoyed as a stew on its own, or it can be delicious with brown rice or over roasted sweet potatoes and veggies.

Extra comments/notes

Leftovers will keep covered in the refrigerator up to 4 days, or in the freezer up to 1 month.