













**Week #3 Vegan Winter
Suggested Meal Plan**

BEE *collective* 
WELLNESS

Brandee Hommerding, CNTP
<http://beecollectivewellness.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Lunch	 <p>Pea & Quinoa Salad</p>	 <p>Sauerkraut Chickpea Bowl</p>	 <p>Shaved Brussels Sprouts with Chickpeas & Raisins</p>				
Dinner	 <p>One Pot Cauliflower & Lentil Green Curry</p>	 <p>Roasted Cranberry & Sweet Potato Quinoa Salad</p>	 <p>Eggplant & Crispy Chickpeas with Tahini</p>	 <p>Eggplant & Collard Greens Quinoa Soup</p>	 <p>Middle Eastern Lentils & Rice with Crispy Onions</p>	 <p>Lemon Pesto Penne</p>	 <p>Lentil & Squash Stew</p>

Fruits

- 1 Lemon
- 2 tsps Lemon Juice
- 3 tbsps Lime Juice

Breakfast

- 2 tbsps Maple Syrup

Seeds, Nuts & Spices

- 1/2 tsp Black Pepper
- 2 tsps Cumin
- 2 tsps Dried Thyme
- 1/2 cup Pumpkin Seeds
- 1 2/3 tbsps Sea Salt

Frozen

- 2 cups Frozen Cranberries
- 1 cup Frozen Peas

Vegetables

- 2 cups Broccoli
- 2 cups Brussels Sprouts
- 3 cups Butternut Squash
- 3 Carrot
- 1 head Cauliflower
- 2 cups Cherry Tomatoes
- 1/2 cup Cilantro
- 3 cups Collard Greens
- 5 Eggplant
- 4 Garlic
- 2 stalks Green Onion
- 4 cups Kale Leaves
- 1 1/3 cups Parsley
- 1/2 Red Bell Pepper
- 6 Sweet Potato
- 4 1/3 Yellow Onion
- 1 Yellow Potato

Boxed & Canned

- 1 1/3 cups Brown Basmati Rice
- 2 cups Canned Coconut Milk
- 6 1/2 cups Chickpeas
- 2 cups Diced Tomatoes
- 1 cup Dry Green Lentils
- 2/3 cup Dry Lentils
- 1 cup Dry Red Lentils
- 4 cups Quinoa
- 4 cups Quinoa Penne
- 17 cups Vegetable Broth

Baking

- 1/2 cup Raisins

Condiments & Oils

- 3 tbsps Apple Cider Vinegar
- 1 cup Avocado Oil
- 3 tbsps Coconut Aminos
- 2 tsps Dijon Mustard
- 1/2 cup Green Curry Paste
- 1/3 cup Pesto
- 3/4 cup Sauerkraut
- 2 tsps Sesame Oil
- 1/2 cup Tahini

Other

- 6 2/3 cups Water



Pea & Quinoa Salad

2 servings
30 minutes

Ingredients

- 1/2 cup Quinoa (dry)
- 1 cup Frozen Peas
- 3 tbsps Avocado Oil
- 1 tbsp Lime Juice
- 1 tbsp Coconut Aminos
- 2 tsps Sesame Oil
- 2 tsps Maple Syrup
- 2 stalks Green Onion (sliced)
- 1/2 Red Bell Pepper (chopped)
- 1/2 cup Parsley (chopped)

Directions

- 1 Cook the quinoa according to package directions. Set aside to cool.
- 2 Bring a small pot of water to a boil and add the peas. Cook for 1 to 2 minutes just until the peas are cooked through. Drain and set aside to cool.
- 3 Add the avocado oil, lime juice, coconut aminos, sesame oil, and maple syrup to a jar. Cover and shake well to combine.
- 4 In a large mixing bowl, add the cooked quinoa, peas, green onion, red pepper, parsley, and dressing. Stir well to combine.
- 5 Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1 1/2 cups of salad.

More Flavor: Add garlic, ginger or hot sauce to the dressing.

More Vegetables: Add cucumber, grated carrot, kale or purple cabbage.

No Tamari: Use coconut aminos instead.



Sauerkraut Chickpea Bowl

4 servings
25 minutes

Ingredients

2 Sweet Potato (medium, diced)
1/4 cup Tahini
1 1/2 tbsps Apple Cider Vinegar
2 tbsps Water
1 tsp Maple Syrup
1/8 tsp Sea Salt
4 cups Kale Leaves (tough stems removed, torn)
2 cups Chickpeas (cooked)
3/4 cup Sauerkraut

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 Arrange the diced sweet potato onto the baking sheet in an even layer and bake for 20 to 25 minutes, tossing halfway.
- 3 In a bowl, whisk together the tahini, apple cider vinegar, water, maple syrup, and salt. Set aside.
- 4 Divide the kale, chickpeas, sauerkraut and sweet potato into bowls. Drizzle the tahini dressing otop and enjoy!

Notes

Leftovers: Store dressing separately and refrigerate in an airtight container for up to four to five days.

More Flavor: Add minced garlic and/or grated ginger to the dressing.

Additional Toppings: Microgreens, toasted sesame seeds, hemp seeds, leftover vegetables, brown rice, or quinoa.



Shaved Brussels Sprouts with Chickpeas & Raisins

4 servings
20 minutes

Ingredients

- 1 cup Quinoa (dry, uncooked)
- 1 3/4 cups Water
- 1 tbsp Avocado Oil
- 2 cups Brussels Sprouts (thinly sliced or shredded)
- 1/2 tsp Sea Salt (divided)
- 1/2 cup Raisins
- 1 cup Chickpeas (cooked, rinsed)

Directions

- 1 Combine the quinoa and water together in a pot. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover. Let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid, fluff with a fork and set aside.
- 2 Meanwhile, heat the oil in a skillet over medium heat. Add the brussels sprouts and cook until tender and crispy, about 5 to 7 minutes. Season with half the salt.
- 3 In a large bowl, combine the quinoa, brussels sprouts, raisins, chickpeas and remaining salt. Divide evenly between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container up for up to five days.

Serving Size: One serving is approximately 1 1/2 cups.

More Flavor: Add a splash of olive oil and lemon juice or serve with your favorite salad dressing. Cook the quinoa in broth instead of water.

Additional Toppings: Salad dressing, lemon juice, fresh herbs, feta cheese or goat cheese.



One Pot Cauliflower & Lentil Green Curry

4 servings

30 minutes

Ingredients

- 1/2 cup Water
- 2 Yellow Onion (medium, chopped)
- 1/2 cup Green Curry Paste
- 3 cups Vegetable Broth
- 2 cups Canned Coconut Milk
- 1 cup Dry Red Lentils (rinsed)
- 1 head Cauliflower (small, cut into florets)
- 2 tbsps Coconut Aminos
- 2 tbsps Lime Juice
- 1/2 cup Cilantro (chopped, optional for serving)

Directions

- 1 Heat the water in a pot over medium heat. Add onions and cook for about three to five minutes until the onions begin to soften. Stir in the curry paste and continue to cook for another minute. Stir in the vegetable broth and coconut milk and bring to a simmer.
- 2 Stir in the lentils and cook for about 10 minutes or until the lentils are tender. Stir often to prevent sticking to the bottom of the pan.
- 3 Add the cauliflower to the pot and continue to cook for seven to eight minutes or until the cauliflower florets are tender. Stir in the coconut aminos and lime juice.
- 4 Divide between bowls and garnish with the cilantro (if using). Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is approximately two cups.

More Flavor: Add fresh garlic or ginger.

Make it Vegan: Ensure the curry paste does not contain fish sauce or shrimp paste.

No Cauliflower: Use broccoli instead.

Curry Paste: This recipe was created using Thai Kitchen Green Curry Paste. Brands of curry paste may differ so start with less curry paste and adjust to taste if needed.

Consistency: For a thinner curry add more vegetable broth.

Serve it With: Rice, quinoa or cauliflower rice.



Roasted Cranberry & Sweet Potato Quinoa Salad

6 servings

45 minutes

Ingredients

- 4 Sweet Potato (medium, peeled and cubed)
- 3 tbsps Avocado Oil (divided)
- 1/4 tsp Sea Salt
- 2 cups Frozen Cranberries (or fresh)
- 1 cup Quinoa (dry, uncooked)
- 2 cups Water
- 1 1/2 tbsps Apple Cider Vinegar
- 2 tpsps Dijon Mustard
- 1 tbsp Maple Syrup
- 1/2 cup Pumpkin Seeds

Directions

- 1 Preheat oven to 400°F (204°C).
- 2 In a glass or foil-lined baking dish, toss the sweet potato with 1/3 of the avocado oil, and salt. Roast for 30 minutes, adding the cranberries midway.
- 3 Combine the quinoa and water in a saucepan over high heat. Once boiling, reduce to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid, turn off the heat and fluff with a fork.
- 4 In a large mixing bowl, whisk together the remaining avocado oil, apple cider vinegar, mustard and maple syrup. Add the roasted sweet potato, cranberries, quinoa and pumpkin seeds. Gently toss until well combined. Enjoy!

Notes

No Sweet Potato: Use carrots or butternut squash instead.

Leftovers: Refrigerate in an airtight container up to five days.

No Quinoa: Use rice or cauliflower rice instead.

More Greens: Add spinach or arugula.



Eggplant & Crispy Chickpeas with Tahini

4 servings
40 minutes

Ingredients

- 4 Eggplant (cut in half lengthwise)
- 1/4 cup Avocado Oil (divided)
- 3 1/2 cups Chickpeas (cooked)
- 1 tsp Sea Salt (divided)
- 1 tsp Cumin
- 3 tbsps Tahini
- 2 tsps Lemon Juice
- 1/2 cup Parsley (chopped)

Directions

- 1 Preheat the oven to 425F (218°C) and line a baking sheet with parchment paper. Place the eggplant on the sheet, cut side facing up and brush with half the avocado oil.
- 2 Lightly dry the chickpeas with paper towel and add to a medium-sized bowl. Toss with half the sea salt and cumin. Add the chickpeas to the baking sheet alongside the eggplant. Bake for 15 minutes. Remove, gently shake the baking sheet and flip the eggplant. Bake for 15 minutes more.
- 3 Make the tahini dressing by adding the remaining avocado oil, remaining sea salt, tahini and lemon juice to a mason jar. Shake vigorously until all ingredients are combined. If the dressing is too thick, thin with a splash of water.
- 4 Once the eggplant and chickpeas are finished cooking, add to a plate. Top with tahini dressing and parsley. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. For best results, store the tahini dressing separately. Reheat the eggplant and chickpeas in the oven or microwave.

More Flavor: Add spices to the chickpeas such as paprika, or add garlic to the tahini sauce.



Eggplant & Collard Greens Quinoa Soup

3 servings
45 minutes

Ingredients

8 cups Vegetable Broth
2 cups Diced Tomatoes (from the can, drained)
2 Carrot (trimmed, chopped)
1 Eggplant (chopped)
3 cups Collard Greens (stems removed, chopped)
1 1/2 cups Quinoa (rinsed)
1 tsp Dried Thyme
1 tsp Sea Salt

Directions

- 1 Combine all ingredients in a large pot. Bring to a boil then reduce heat to medium-low and cover with a lid. Let the soup simmer for 35 to 40 minutes or until the quinoa is tender.
- 2 Season with additional salt if needed.
- 3 Divide between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days or freeze for up to two months.

Serving Size: One serving is approximately 1 1/2 cups.

More Flavor: Add sautéed onion and garlic.

Additional Toppings: Top with chopped parsley, sliced green onion or red pepper flakes.



Middle Eastern Lentils & Rice with Crispy Onions

4 servings

35 minutes

Ingredients

2/3 cup Dry Lentils (green, uncooked and rinsed)
2 1/3 cups Water
2/3 tsp Sea Salt
1 1/3 cups Brown Basmati Rice (dry, uncooked)
1 tsp Cumin
2 2/3 tbsps Avocado Oil
1 1/3 Yellow Onion (medium, peeled, thinly sliced)
1/3 cup Parsley (stems removed, finely chopped)

Directions

- 1 Add lentils, water, and salt to a large saucepan or pot. Bring to a boil. Lower the heat to a simmer and cook for 7 minutes.
- 2 Stir in the rice and cumin. Close the lid and cook for 15 to 18 minutes, or until the rice is tender and the water has absorbed.
- 3 Meanwhile, heat the oil over medium-high heat in a large pan. Fry the onions until golden brown, stirring frequently. Transfer to a plate lined with paper towel.
- 4 Divide the lentils and rice into bowls. Top with the crispy onions and parsley. Enjoy!

Notes

More Toppings: Add yogurt, pomegranate seeds, slivered almonds, crushed pistachios or raisins.

No Jasmine Rice: Use any type of long grain rice instead.

No Onions: Use fried garlic or crushed vegetable chips instead.

Serving Size: One serving is equal to approximately one cup.

Storage: Refrigerate in an airtight container up to 5 days or freeze if longer.



Lemon Pesto Penne

4 servings
20 minutes

Ingredients

2 cups Cherry Tomatoes
2 tbsps Avocado Oil
4 cups Quinoa Penne (dry, uncooked)
2 cups Broccoli (chopped into florets)
1/3 cup Pesto
1 Lemon (juiced)
1/4 tsp Sea Salt

Directions

- 1 Adjust oven rack to the top, closest to the broiler. Set oven to high broil. Place tomatoes on a foil-lined baking sheet and toss in oil. Broil for 10 to 15 minutes.
- 2 Meanwhile, bring a large saucepan of water to a boil. Add penne and cook according to instructions. Add broccoli during the last 2 to 3 minutes of cooking. Drain the pasta and broccoli, and return to the pan.
- 3 Add in the pesto, lemon juice, sea salt and broiled tomatoes, gently tossing until combined. Divide into bowls and enjoy!

Notes

Leftovers: Best enjoyed immediately as quinoa pasta will get stiff and dry once refrigerated. Can be stored in the fridge up to 5 days and enjoyed hot or cold.

More Protein: Add cooked chicken breast or any ground meat.

No Quinoa Penne: Use any other type of pasta instead.

No Broccoli: Use broccolini or any other veggies on hand.

No Avocado Oil: Use ghee, coconut oil or olive oil instead.



Lentil & Squash Stew

4 servings

45 minutes

Ingredients

- 6 cups Vegetable Broth (divided)
- 1 Yellow Onion (chopped)
- 4 Garlic (clove, minced)
- 1 tsp Dried Thyme
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 Carrot (medium, peeled & chopped)
- 1 Yellow Potato (large, peeled and cut into small cubes)
- 3 cups Butternut Squash (peeled and cut into small cubes)
- 1 cup Dry Green Lentils

Directions

- 1 Add a splash of the broth to a large pot with the onions and garlic. Cook over medium heat for about five minutes or until the onions have softened. Add the thyme, salt, and pepper. Cook for another minute.
- 2 Add the carrot, potato, squash, and lentils. Stir to combine. Add the remaining broth and bring to a gentle boil. Cover with a lid and continue to cook for 20 minutes stirring occasionally.
- 3 Remove the lid and continue to cook for 10 to 15 minutes, stirring often until the stew has thickened.
- 4 Turn off the heat. Divide the stew between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days or freeze for up to 3 months. Reheat with additional broth if necessary.

Serving Size: One serving is equal to approximately 2 cups of stew.

No Squash: Use sweet potato instead.

More Vegetables: Add celery, mushrooms, kale or peas.