

The background is a collage of various plant-based ingredients. In the top left, there's a white bowl filled with cashews. Below it, a blue and white checkered tablecloth is visible. To the right, a woven basket contains almonds. In the bottom left, another white bowl is filled with peanuts. The bottom right features a grey bowl of granola topped with white yogurt, fresh strawberries, and cherries. The central text is overlaid on a dark, semi-transparent rectangle.

# **PREP AHEAD** *plant-based* **MEALS**

**Denise Massie, RHN**



# Contents

Welcome!..... 2

The Prep Ahead Mindset..... 3

All About Jars ..... 4

Tips for Success..... 5

Plant-Based Pantry Basics ..... 6

Breakfast ..... 7

    Overnight Oats ..... 7

        Basic Template..... 7

        Variations..... 8

Lunch or Dinner ..... 11

    Healthy Instant Soup ..... 11

        Basic Template..... 11

        Base Broth Recipes ..... 12

    Salad-in-a-jar ..... 13

        Basic Template..... 13

    Buddha Bowl ..... 15

        Basic Template..... 15

    Sauces and Dressings..... 16

    Toppings..... 17

Dry Mixes ..... 18

    Vegetable Broth Mix..... 19

    Lentil Soup Mix..... 21

    Coconut Flatbread Mix..... 23

    Cornbread Mix ..... 24

Snack or Dessert ..... 26

    Chia Seed Pudding..... 26

        Basic Template..... 26

        Variations..... 27

Next Steps..... 29



# Welcome!

My name is Denise Massie and I'm a Registered Holistic Nutritionist who specializes in plant-based whole foods eating. I help my clients address the nutritional causes of disease. I guide and support them as they make changes and move toward better health. I work both one-on-one with clients in person or by phone or internet and also with groups, through speaking, classes, and lunch-and-learns.

Our family became plant-powered after we opened our eyes to the health, ethical, and environmental impact of animal agriculture. It was a gradual transition as we replaced our meat-, dairy-, and egg-centred meals with new and delicious alternatives. My once very picky children slowly moved away from their small list of favourites to enjoying a wide variety of vibrant and tasty foods. I myself was an extremely picky eater as a child and teen, but was able to change my palate and am now an adventurous eater.

In order to be successful with a plant-based diet, whether you consider yourself flexitarian, vegetarian, or vegan, it is essential to get good at making your own food. Even those who were competent cooks can flounder when they try to move toward plant-based meals. For vegans and especially those who have other food restrictions, this is non-negotiable.

There are some options available for ready-made meals, but many times they include lots of undesirable ingredients. Almost always, they won't include living foods. Eating out can also be challenging and should never comprise the bulk of your diet.

One of my aims with clients and groups is to help them get comfortable in the kitchen. This eBook was created with that in mind and it will evolve over time. Recipes will be tweaked and new ones will be added. I'd love to get your feedback. As I make major revisions, I will let you know if you are on my newsletter list.

Dig into these recipes, be creative, make them your own and most of all... have fun!

*Denise*



Connect with me online for tips, resources, recipes, and more:

[DeniseMassieRHN.ca](http://DeniseMassieRHN.ca)

 [Facebook.com/DeniseMassieRHN](https://www.facebook.com/DeniseMassieRHN)

 [Pinterest.com/Denise\\_M\\_Massie](https://www.pinterest.com/Denise_M_Massie)



# The Prep Ahead Mindset

I've got a tiny kitchen (those 10x10 Ikea layouts were made with our kitchen in mind!), 2 young children, and a busy and erratic schedule. I work several nights a week, so my husband and I alternate kitchen duties. I want to make healthy, delicious meals, but some days the schedule is tight or I'm just too tired. Some days I don't feel like putting in the prep time and washing a ton of dishes to make a meal. I realised that I often have available time outside of mealtime that I can use for prep. This would save us time later and also let us control the ingredients. Genius! But how does that work? What do I make? What can be prepped ahead?

I have a wonderful collection of cookbooks with delicious and inventive recipes, but they often have many ingredients and involve several steps. On busy nights, time is at a premium, so I save these for Fridays and weekends. Searching Pinterest is fun, but it takes time to find recipes that are gluten-free, plant-based, and use whole foods.

I found a lot of pins for "freezer meals" that involved a day of making and freezing meals. I know there are a lot of "cook once" or "big cook" fans out there, but I just can't bring myself to devote a whole day to cooking, to then freeze and later thaw and re-cook the food. The kitchen gets hot (no fun in the warmer months), the dishes are unmanageable (especially for those of us without dishwashers), lots of freezer space is required, and my patience quickly runs thin. Add to that the loss of nutrients when food is cooked, frozen, thawed, and cooked through again.

I finally landed on the idea of preparing and assembling some ingredients ahead of time, to be paired with wet or fresh ingredients at mealtime. Sometimes this resembles a dry mix, almost like you would find in a grocery store. The major difference is that I am in charge of what goes in and what doesn't.

In this guide, I've compiled Denise-approved recipes that are only cooked once – or not at all. They consist of dried or wet ingredients that are assembled and then stored in the pantry or fridge. Each dry mix recipe has a directions label, so you can choose to either print, or copy and paste and print a bunch together. Best of all, I've kept the ingredient lists short, so as not to overwhelm you. Many of these recipes are adapted from someone else's brilliant idea. I certainly don't want to take all the credit, so I've made sure to provide references to my inspiration.

The recipes that follow focus on healthy, whole food ingredients. All are free of animal products and are gluten-free. A key component in healthy eating is to ensure that each meal and snack consist of protein, fat, and fibre. These are abundant in a plant-based diet, but you must be intentional and my recipes can help with this.

My goal is for you to save time and energy, while at the same time discover new plant-based favourites. You may save money too, by not needing to resort to takeout, fast-food, and convenience meals. I challenge you to also look at meals you already enjoy and see if there are ways you can incorporate a prep ahead component. Please share your observations and discoveries, because we're all still learning!



# All About Jars

For these prep ahead meals and snacks I recommend storage in jars.

## Why jars?

- They're cheap, durable, easy to clean, and won't leach harmful chemicals into your food.
- They are beautiful, reusable, and versatile. A quick Pinterest search for "mason jars" will keep you entertained for hours.
- They seal well and it is easy to replace lids if they become damaged or smelly.
- For some recipes they serve double-duty when you eat directly out of the jar. (Who needs extra dishes?)
- Reduce clutter in your cupboards by using empty jars as drinking glasses. You can even add a nifty top that fits a straw for when you're on the go.

## Where do you get them?

- Since these jars will store dry goods, they don't have to meet the same standards as those you would use for canning or freezing, but be careful with the ones used for instant soups, as you'll be adding hot water.
- The easiest way to get your jars is to buy them. This allows you to get exactly the ones you want and you can even buy them by the case.
- To save money, keep jars from sauces, jams, nut butters, etc. If you like the shape and size, and the label comes off easily, save it!
  - Some jars have openings that fit mason jar lids. This is great if the original lid is stinky, or if you lose a lid.
  - Once you've found a jar you like, ask your friends and family to save their jars for you.
  - Scour second-hand stores. You'd be surprised what treasures you'll find in there. Be sure to check them for chips and cracks and follow the tips below.
- Wide-mouthed jars are excellent for Healthy Instant Soup, Salad In A Jar, and Overnight Oats.
- Tips
  - Try to have several in different sizes. If you're re-purposing jars, save a bunch of the exact same type. This makes things look more orderly in your pantry and they're easier to store.
  - Choose different, but standard, sizes:
    - 4 oz (½ cup) / 125 mL
    - 8 oz (1 cup) / 250 mL
    - 16 oz (2 cup) / 500 mL
    - 32 oz (4 cup) / 1 L

## Labels

I like to keep it simple and use masking tape and a Sharpie. You can also find snazzy blackboard labels and blackboard markers at craft stores if you want to dress things up a bit.

## Kids' Lunches

While I prefer glass, I understand that it can be heavy for younger ones to carry in their lunch bags and there may be a worry about breakage. Stainless steel containers are an option, but can be pricey and they may leak. I am fine with good plastic containers for cold food. For something hot, a nice little Thermos-type container is a great thing.



# Tips for Success

**Use the right tools.** A jar funnel will make filling jars infinitely easier and less messy. These are available where canning supplies are sold (e.g., Canadian Tire) and run between \$5-\$10. Be sure to have measuring spoons, and dry and wet measuring cups on hand.

**Customize to your taste.** These recipes have been tested by me in my kitchen with my ingredients and cater to our tastebuds. Feel free to play with seasonings and adjust ingredients. Don't like blueberries? Use raspberries instead. Want it spicy? Add cayenne to the dry ingredients.

**Always make at least 2 batches** of any dry mix you make. Why make 1 when you can make 2?

**Soak a big batch of nuts overnight** then drain, rinse, drain, **and freeze**. Soaking nuts improves digestibility and allows for a creamier final texture. Doing this will save you the hassle of having to remember ahead of time and allow you to always have some ready to go.

**Make dressings or sauces ahead of time.** Preparing Salad-in-a-Jar or a Buddha Bowl will be that much faster with a ready-made sauce.

**Dry mixes make great gifts ideas!** For easy gifts for friends, family, teachers, and baby showers, make up some of your favourite mixes. Be sure to add the directions, include any other necessary ingredients they might need, and to make them pretty.





# Plant-Based Pantry Basics

Here is a brief list of some of the ingredients you'll need to make the recipes in this book.

**Avocado Oil** – Great for high heat cooking. Choose organic cold-pressed.

**Beans** – For canned, choose a high quality brand, such as Eden's Organic. For dry, be sure to soak overnight and cook before using.

**Chia Seeds** – Use whole seeds, either black or white, or a combination of both.

**Coconut Milk** – This thick canned milk is not interchangeable for the coconut beverage found in tetrapaks or cartons. Choose full fat organic.

**Coconut Oil** – Versatile oil that is great for cooking at medium-high heat. It is solid at room temperature up to 24 degrees Celsius, where it begins to soften and turn liquid. Choose organic raw virgin.

**Coconut Seasoning Sauce (aka Coconut Aminos)** – A soy-free alternative to tamari, but a little sweeter in flavour.

**Hemp Hearts** – Slightly nutty and soft seeds that are full of protein, and omega-3 and -6 fatty acids.

**Lentils** – Very inexpensive to buy dried. High in protein, quick to cook, and don't require pre-soaking.

**Maple Syrup** – Pure maple syrup is abundant in Canada and is a source of minerals.

**Nut Butter** – The only ingredient should be nuts. Examples include: almond, cashew, hazelnut, or organic peanut.

**Nutritional Yeast** – This yellow flaky yeast is not the same as you would use for bread-making. It is a good source of vitamin B12 and protein, and adds a cheesy flavour.

**Plant-Based Protein Powder** – Available in blends or as single proteins. Experiment and find your favourite, then rotate. Flavoured varieties are usually sweetened with stevia and the amount varies by brand.

**Plant Milk** – Use your favourite non-dairy milk. I like organic soy milk, cashew milk, or coconut beverage. Always choose unsweetened so that you are in control of the sweetness.

**Quinoa** – A quick-cooking seed (not a true grain) with a good amount of protein. Choose white, red, or multicolour.

**Raw Agave Syrup** – Less processed than its non-raw counterpart, this syrup has a mild flavour.

**Raw Cacao Nibs** – Cacao beans that have been separated from their husks and broken into smaller pieces. They are unsweetened and have a dark and fragrant flavour. High in antioxidants, magnesium, and fibre.

**Rolled oats** – Use gluten-free or wheat-free if you're concerned about cross-contamination. These have more texture and "bite" than instant oats.

**Tamari** – Fermented soy seasoning, similar to soy sauce, but wheat-free. ALWAYS choose organic/non-GMO soy products.

**Tempeh** – Fermented soy beans pressed into a brick. Similar to tofu, but less processed and has firmer texture. Marinating or simmering in vegetable broth can remove any mild bitterness. ALWAYS choose organic/non-GMO soy products.

**Tofu** – This block of soy bean paste takes on the flavour of whatever seasoning you use. High in protein and a good source of calcium if fortified. The recipes in this book call for firm. Drain and gently press to remove extra liquid before using. ALWAYS choose organic/non-GMO soy products.

**Whole mineral salt** – These salts generally have some colour to them and may be grey or pink. They are not iodized, but naturally contain many different minerals. Examples include: Himalayan salt, Andean salt, "Real Salt" from Utah, Celtic sea salt, etc.



# Breakfast

## Overnight Oats

This is an easy breakfast to prep-ahead for the week. Simply fill a bunch of jars with the dry ingredients and store until ready to use. These oats do not require cooking and the soaking process makes the nutrients more available. If you would prefer to warm the oatmeal in the morning, you can set the jar over your heat register or place in warm water while you're showering and getting dressed.

Notes: If you prefer to substitute a wet sweetener for the dry, like pure maple syrup or raw agave syrup, add it with the wet ingredients before bed. To up the protein content, add some protein powder to the dry ingredients. Here is a basic recipe if you want to do-it-yourself. The following pages have some variations.

### Basic Template

Serves 1

#### Dry Ingredients

- ½ cup rolled oats
- 1 Tbsp chia seeds
- 2 tbsp raw, unsalted nuts and/or seeds (e.g, slivered almonds, pumpkin or hemp seeds)
- 1 Tbsp coconut sugar, or other good quality dry sweetener
- 1 tsp cinnamon, optional
- pinch whole mineral salt (optional)

#### Protein Boost (Dry)

- Add 2 Tbsp of your favourite plant-based protein powder. (You may need to stir in a little extra milk in the morning to reach the desired consistency.)

#### Wet Ingredients

- 1 cup unsweetened plant milk (e.g, organic soy, cashew or almond milk)
- (optional) sprinkle frozen berries

#### Mix-ins (optional) - Choose from...

- ½ sliced banana + 2 Tbsp chopped pecans
- ½ apple, chopped + 2 Tbsp walnuts and pumpkin seeds
- ½ cup frozen raspberries + 1 Tbsp slivered almonds
- ½ cup blueberries + 2 Tbsp slivered almonds

### Instructions

1. Add dry ingredients to a 500mL jar with a lid. Cover and store until ready to use.
2. Evening: add wet ingredients. Place lid on jar. Shake to combine. Put in fridge to soak until morning.
3. Morning: if desired put sealed jar in warm water for 15 minutes to heat, open, add any optional morning mix-ins, adjust sweetness, and enjoy right from the jar!



## Variations

### Peanut Butter Banana Overnight Oats

Serves 1

#### Dry Ingredients

½ cup rolled oats  
1 Tbsp chia seeds  
2 Tbsp protein powder (optional)  
Pinch whole mineral salt (optional)

#### Wet Ingredients

1 cup unsweetened plant milk  
1 Tbsp maple syrup  
2 Tbsp peanut butter

#### Morning Mix-In

½ sliced banana

1. Add dry ingredients to a 500mL jar with a lid. Store until ready to use.
2. Evening: add wet ingredients. Place lid on jar. Shake to combine. Put in fridge to soak until morning.
3. Morning: if desired put sealed jar in warm water for 15 minutes to heat, open, add the morning mix-in, and enjoy!

### Coconut Mango Overnight Oats

Serves 1

#### Dry Ingredients

½ cup rolled oats  
1 Tbsp chia seeds  
2 Tbsp protein powder (optional)  
1 Tbsp shredded coconut  
Pinch whole mineral salt (optional)

#### Wet Ingredients

¾ cup unsweetened plant milk  
1½ Tbsp raw agave syrup  
½ cup mango (fresh or frozen), diced

1. Add dry ingredients to a 500mL jar with a lid. Store until ready to use.
2. Evening: add wet ingredients. Place lid on jar. Shake to combine. Put in fridge to soak until morning.
3. Morning: if desired put sealed jar in warm water for 15 minutes to heat, open and enjoy!

### Strawberry Shortcake Overnight Oats

Serves 1

#### Dry Ingredients

½ cup rolled oats  
1 Tbsp chia seeds  
2 Tbsp protein powder (optional)  
Pinch whole mineral salt (optional)

#### Wet Ingredients

1 cup unsweetened plant milk  
1 tsp pure vanilla extract  
1 Tbsp raw agave syrup  
4 large organic strawberries, cored and sliced

1. Add dry ingredients to a 500mL jar with a lid. Store until ready to use.
2. Evening: add wet ingredients. Place lid on jar. Shake to combine. Put in fridge to soak until morning.
3. Morning: if desired put sealed jar in warm water for 15 minutes to heat, open and enjoy!

### Latte Overnight Oats

Serves 1

#### Dry Ingredients

½ cup rolled oats  
1 Tbsp chia seeds  
2 Tbsp protein powder (optional)  
Pinch whole mineral salt (optional)

#### Wet Ingredients

½ cup unsweetened plant milk  
½ cup brewed coffee, hot or cold  
1 teaspoon vanilla extract

1. Add dry ingredients to a 500mL jar with a lid. Store until ready to use.
2. Evening: add wet ingredients. Place lid on jar. Shake to combine. Put in fridge to soak until morning.
3. Morning: if desired put sealed jar in warm water for 15 minutes to heat, open and enjoy!



## Chocolate Brownie Overnight Oats

Serves 1

### Dry Ingredients

½ cup rolled oats  
1 Tbsp chia seed  
2 Tbsp protein powder (optional)  
2 Tbsp chopped walnuts or pecans  
1 Tbsp unsweetened cocoa powder (or more, to taste)  
1 Tbsp coconut sugar or other dry sweetener  
Pinch whole mineral salt (optional)

### Wet Ingredients

1 cup unsweetened plant milk  
¼ cup pumpkin puree or ½ mashed banana

1. Add dry ingredients to a 500mL jar with a lid. Store until ready to use.
2. Evening: add wet ingredients. Place lid on jar. Shake to combine. Put in fridge to soak until morning.
3. Morning: if desired put sealed jar in warm water for 15 minutes to heat, open and enjoy!

## Cherry Almond Overnight Oats

Serves 1

### Dry Ingredients

½ cup rolled oats  
1 Tbsp chia seed  
2 Tbsp almonds, chopped or slivered  
2 Tbsp protein powder (optional)  
Pinch whole mineral salt (optional)

### Wet Ingredients

1 cup unsweetened plant milk  
1 tsp pure vanilla extract  
1 Tbsp maple syrup  
½ cup halved frozen sour or sweet cherries

1. Add dry ingredients to a 500mL jar with a lid. Store until ready to use.
2. Evening: add wet ingredients. Place lid on jar. Shake to combine. Put in fridge to soak until morning.
3. Morning: if desired put sealed jar in warm water for 15 minutes to heat, open and enjoy!







# Lunch or Dinner

## Healthy Instant Soup

Here's an easy hot soup, that only requires the addition of hot water. For a kid-friendly lunch, layer ingredients in a thermos, add hot water and send to school. (Depending on your child's age, you may want to halve the recipe.)

For a do-it-yourself soup, just mix and match from the columns in the Basic Template below. The Base Broth recipes follow. Layer from the bottom working in order from left to right, as the order of ingredients helps keep everything fresh. My favourite combo is in [blue](#).

### Basic Template

Serves 1

<b>BASE BROTH</b> <i>prep-ahead to save time</i>	<b>PROTEIN</b> <i>cooked and chopped if needed</i> <b>1/2 cup</b>	<b>VEGGIES</b> <i>raw/steamed chopped or shredded</i> <b>1/4 cup</b>	<b>NOODLES / GRAINS</b> <i>cooked, gluten-free</i> <b>1/2 cup</b>	<b>GREENS</b> <i>baby or chopped</i> <b>1/4 cup</b>	<b>TOPPING</b> <i>add 1 or more</i> <b>1 Tbsp</b>
<a href="#">Basic Broth</a>  Coconut Curry	Beans  Lentils  Tofu  <a href="#">Tempeh</a>	Carrots  <a href="#">Sw Potato</a> Bell Pepper Zucchini Peas Corn Broccoli Beets	Dry Rice Noodles  <a href="#">Al dente GF Pasta*</a>  Spiralized Vegetable  Cooked Grains**	<a href="#">Spinach</a>  Spring Mix  Chard  Kale	<a href="#">Gr Onion/Chive</a>  Seeds***  <a href="#">Minced Ginger/Garlic</a>  Cilantro

\* Pasta – bean, lentil, brown rice

\*\* Cooked rice, millet, or quinoa

\*\*\* Seeds – sesame, hemp, pumpkin, sunflower

### Instructions

1. In a 500 mL wide-mouth jar, layer from the bottom in order from left to right (i.e., broth then protein, etc.).
2. Close lid and refrigerate (up to 4 days) until ready to use.
3. To hydrate: remove lid, fill jar with boiling or very hot water to within 1/2-inch of rim, close tightly, and carefully shake well. Wait 3-5 minutes.
4. Shake again before opening and enjoy right from the jar!



## Base Broth Recipes

### Basic Broth

Serves 1

1 Tbsp avocado or extra virgin olive oil  
½ Tbsp miso paste  
½ tsp minced fresh ginger (optional)  
1 tsp Better Than Bouillon Vegetable  
[ OR 1 Tbsp *Homemade Vegetable Bouillon p.19* ]  
[ + 1 tsp *organic tamari or coconut aminos* ]

1. Add to bottom of jar, then layer with remaining instant soup ingredients.

### Coconut Curry

Serves 1

½ cup full-fat Coconut Milk  
2 tsp curry powder  
½ tsp turmeric  
1-2 Tbsp tamari  
1 tsp fresh ginger, peeled and minced  
½ clove garlic minced

1. Add to bottom of jar, then layer with remaining instant soup ingredients.





# Salad-in-a-jar

The beauty of salad-in-a-jar is that if stored upright, the pre-made jars can be refrigerated for a few days without the worry that everything will get soggy and gross. When it's time to eat, simply shake and pour out the contents. You can even eat directly from the jar. As with the Healthy Instant Soup, the order of ingredients is important to maintain freshness. Feel free to use your favourite vegetables and greens.

Most store-bought dressings contain ingredients that aren't nourishing for our bodies. The dressing/sauce recipes that follow are fabulously delicious and contain important healthy fats. Don't be tempted to skimp! I haven't given measurements for ingredients other than protein, so you are limited only by the size of your container. Of course, the more veggies, the better. My favourite combo is in [blue](#).

## Basic Template

Serves 1

<b>DRESSING</b> <i>prep-ahead to save time</i>	<b>WET FRUIT OR VEGGIES</b> <i>raw</i>	<b>VEGGIES</b> <i>raw chopped or shredded</i>	<b>PROTEIN</b> <i>cooked and chopped if needed 1/2 cup</i>	<b>GRAINS / SEEDS / PASTA</b> <i>optional</i>	<b>GREENS</b> <i>baby or chopped</i>
Cashew Cheeze	Tomatoes	Bell Pepper	Beans	Hemp Seeds	Spinach
Teriyaki	Cucumbers	Zucchini	Lentils	Quinoa	Spring Mix
Coconut Curry	Fresh Berries	Cabbage	Tofu	Rice*	Chard
Ginger Peanut		Cauliflower	Tempeh	Millet	Kale
Creamy Garlic		Broccoli		GF Pasta**	Lettuce
Sunflower		Carrots			Gr. Onion
		Sw Potato			
		Beets			

\* Rice – brown, basmati, wild, etc.

\*\* Pasta (cooked) – bean, lentil, brown rice

## Instructions

1. In a 500 mL or 1L wide mouth jar, layer from the bottom in order from left to right (i.e., dressing then wet veggies, etc.).
2. Close lid and refrigerate (up to 4 days) until ready to use.
3. Shake to combine and either pour out ingredients into a bowl or eat directly from the jar.







# Buddha Bowl

I'm sure you've seen Buddha bowls and their variations all over the internet. Many restaurants serve them, too. They make a delicious and satisfying meal – lunch or dinner – and are a great alternative to a salad, while still ensuring you get a ton of veggies. You can assemble the bowls before serving, or place all the ingredients on the table and let everyone build their own (kids love to do this).

The prep ahead part of this recipe is up to you. I recommend cooking the grains and/or protein ahead of time as needed. Preparing the dressing at the same time is also a great idea. Once again, I haven't provided measurements for ingredients, so you are limited only by the size of your bowl/stomach. Of course, the more veggies, the better. Dressing and topping recipes are found below. My favourite combo is in [blue](#).

## Basic Template

Serves 1

<b>SALAD BASE</b> <i>baby or chopped greens</i>	<b>GRAINS / NOODLES</b> <i>cooked, gluten-free</i>	<b>VEGGIES</b> <i>raw or steamed chopped or shredded</i> <b>2 or more</b>	<b>PROTEIN</b> <i>cooked and chopped if needed</i>	<b>SAUCE / DRESSING</b> <i>prep-ahead to save time</i>	<b>TOPPINGS</b> <i>sprinkle on top</i>
<a href="#">Spinach</a> Spring Mix Chard Kale	Quinoa <a href="#">Rice*</a> Millet Noodles**	Bell Pepper Zucchini Cabbage Cauliflower Broccoli Carrots Sw Potato <a href="#">Celery</a> <a href="#">Beets</a>	Beans Lentils <a href="#">Tofu</a> Cooked Tempeh	Cashew Cheeze <a href="#">Teriyaki</a> Coconut Curry Ginger Peanut Creamy Garlic Sunflower	Avocado <a href="#">Jalapeño</a> <a href="#">Gr Onion</a> Red Onion Nuts/ <a href="#">Seeds</a> Gomasio Veg. Parm Sprouts Coconut Bacon

\* Rice – brown, black, basmati, jasmine, or wild

\*\* Noodles – bean, lentil, quinoa, or brown rice pasta

## Instructions

1. Spread the greens over the bottom of your bowl to make the bottom layer.
2. Add ingredients from each category (1 grain, 2+ veggies, 1 protein) on top. You can arrange them as sections of a pie, as lines across the bowl, or simple layer one on top of the other.
3. Generously drizzle sauce or dressing over everything.
4. Sprinkle on desired toppings.



# Sauces and Dressings

## Cashew Cheeze Sauce

Makes 1½ cups (enough for 3 Bowls)

- 1 ½ cups raw cashews, soaked in water for 4 hours  
(or in hot water for ½ hour)
- 1 cup water
- ¼ cup nutritional yeast
- 2 Tbsp freshly squeezed lemon juice
- 1 Tbsp chopped onion (or 1 tsp onion powder)
- 1 small clove garlic, peeled and chopped  
(or 1 tsp garlic powder)
- 1½ tsp salt

1. Drain and rinse the cashews.
2. Process all ingredients together in a blender until completely smooth.

From *Enlightened Eating*, by Caroline Dupont

## Coconut Curry Sauce

Makes 1¾ cups (enough for 3 or 4 Bowls)

- 1 can organic full-fat coconut milk
- ½ cup water (depending on desired thickness)
- 1 tsp curry powder
- 1 tsp whole mineral salt
- ½ tsp turmeric
- 1 green onion
- 1 clove garlic

1. Process all ingredients in a blender until smooth.

## Ginger Peanut Sauce

Makes 2 cups (enough for 4 Bowls)

- 1 cup unsalted organic peanut or almond butter
- ¼ cup coconut sugar or raw agave syrup
- 3 Tbsp tamari or coconut aminos
- 1 tsp ginger, peeled and coarsely chopped  
(or 2 tsp ground ginger)
- 1 tsp chili sauce (optional)
- ½ tsp whole mineral salt or to taste
- Juice of 1 lime (about 2 Tbsp)
- Hot water to thin

1. Add all ingredients except water to a small bowl and whisk together.
2. Add hot water 1 Tbsp at a time and whisk until desired consistency is achieved (should be pourable but thick).

## Teriyaki Sauce

Makes 2 cups (enough for 4 Bowls)

- 1 cup water
- 1/3 cup almond butter (or ½ cup raw almonds, soaked 4 hours, rinsed and drained)
- ¼ cup tamari or coconut aminos
- 2 Tbsp fresh lemon juice
- 2 Tbsp maple syrup
- 2 tsp garlic, peeled and smashed
- 2 tsp ginger, peeled and coarsely chopped
- dash chili sauce (optional)

1. Process all ingredients together in a blender until smooth.

Adapted from Caroline Dupont's *"Heaven on Earth Bowls"*

## Creamy Garlic Dressing

Makes 2 cups (enough for 4 bowls)

- 1 cup almonds, soaked overnight and drained
- 1 cup water
- 2 cloves fresh garlic
- Juice of 1 large lemon (about ¼ cup)
- 2 Tbsp miso paste
- 2 Tbsp cold-pressed olive oil
- ½ tsp sea salt

1. Process all ingredients in a blender until smooth.

## Sunflower Sauce

Makes 3 cups (enough for 6 bowls)

- 1 cup sunflower seeds, soaked overnight and drained
- 1 ½ cups water
- 3-4 Tbsp tamari or coconut aminos
- 1 Tbsp paprika powder
- ½ Tbsp raw agave syrup
- 1 tsp curry powder
- 1-2 cloves garlic, peeled and roughly chopped

1. Drain and rinse the sunflower seeds.
2. Process all ingredients in a blender until smooth.

Adapted from *vegansandra.com*



# Toppings

## Coconut Bacon

Makes 3 cups (enough for 6 Bowls)

3 cups unsweetened coconut strips or flakes  
3 Tbsp tamari or coconut aminos  
2 Tbsp liquid smoke  
1 Tbsp pure maple syrup

1. Mix until thoroughly combined and liquid is absorbed.
2. Spread thinly on baking sheet.
3. Bake at 350 degrees Fahrenheit for 12-14 minutes or until dark and crispy. They will crisp up more as they cool.
4. Once cool, remove from sheet and enjoy!

## Vegan Parmesan

Makes ½ cup

½ cup nutritional yeast  
½ cup hemp seeds or pine nuts  
½ tsp whole mineral salt

1. Pulse in a blender or coffee grinder until coarsely combined.
2. Store in a sealed jar in refrigerator.

## Gomasio

Makes ¼ cup

¼ cup raw white or black sesame seeds, or a combination of both  
1 tsp whole mineral salt

1. Pulse in a blender or coffee grinder until coarsely combined.
2. Store in a sealed jar in refrigerator.

From *Enlightened Eating*, by Caroline Dupont



# Dry Mixes

Those mixes in a box at the grocery store are popular for good reason. Sometimes (or maybe often), the idea of putting together 10 different dry ingredients to add to the wet is just too much. It takes time, it requires space, and it makes dishes. I've become a bit of a "dry mix" fiend lately. When I make a great recipe, I often try to figure out how I can turn it into a dry mix so that I can make it more easily the next time.

These recipes have a few things the store-bought ones rarely have:

- Fresher ingredients – you are making this a few batches at a time.
- No nasties – no preservatives or unpronounceable ingredients here.
- Tailored to your preferences – if you prefer this ingredient over that one, make it so!
- Better nutrition – e.g., nutritional yeast adds extra protein, vitamins.





# Vegetable Broth Mix

My favourite store-bought broth maker is Better Than Bouillon Vegetable paste. It's savoury and a great value. If you want complete control over your ingredients, here's a great alternative.

Makes about 24 cups of broth.

## Ingredients

3 Tbsp onion powder  
1 Tbsp garlic powder  
1 Tbsp sea salt  
1 tsp black pepper  
1 tsp thyme  
1 tsp paprika  
½ tsp tumeric  
½ tsp parsley flakes  
1 cup nutritional yeast

## Instructions

1. To a 500mL jar add the dry ingredients and shake well to combine. Cover tightly and store.
2. To use, add 1 Tbsp of dry mix per 1 cup of water. Salt as desired.

From [myplantbasedfamily.com](http://myplantbasedfamily.com)

### Vegetable Broth Mix Instructions

Add 1 Tbsp of dry mix  
per 1 cup of water.  
Salt as desired.







# Lentil Soup Mix

I've opted for lentils rather than beans for these soup mixes, since they don't require soaking overnight and they cook quickly. I like to assemble one jar of each of these soups and keep them in my pantry until needed. They are very simple to make and only require the addition of water and oil. For kids who are ready to help in the kitchen, this is an easy recipe for them to make (on their own if they're old enough!).

Note: For even more flavour and nutrition, add your favourite chopped vegetables to the pot if you like, you just may need to adjust the seasonings.

The bolded text below shows where the ingredients vary between recipes.

Serves 4

<b>Curried Lentil Soup</b>	<b>Italian Lentil Soup</b>	<b>Moroccan Lentil Soup</b>	<b>Southwest Lentil Soup</b>
1 cup green lentils	1 cup green lentils	1 cup green lentils	1 cup green lentils
3 Tbsp dried minced onion (or 1 Tbsp onion powder)	3 Tbsp dried minced onion (or 1 Tbsp onion powder)	3 Tbsp dried minced onion (or 1 Tbsp onion powder)	3 Tbsp dried minced onion (or 1 Tbsp onion powder)
1 tsp garlic powder	1 tsp garlic powder	1 tsp garlic powder	1 tsp garlic powder
1½ tsp coarse sea salt	1½ tsp coarse sea salt	1½ tsp coarse sea salt	1½ tsp coarse sea salt
<b>1 Tbsp curry powder</b> <b>1 tsp turmeric</b>	<b>2 tsp Italian seasoning</b> (or mix of basil, rosemary, and oregano)	½ tsp cinnamon ½ Tbsp cumin	<b>1 Tbsp chili powder</b>
<b>1 Tbsp dried parsley</b>	<b>1 Tbsp dried parsley</b>	<b>1 Tbsp dried cilantro</b>	<b>1 Tbsp dried cilantro</b>
1 cup red lentils	1 cup red lentils	1 cup red lentils	1 cup red lentils
<b>2 Tbsp chopped dried apple</b>	<b>2 Tbsp chopped dry sundried tomatoes</b>	<b>2 Tbsp raisins or chopped unsulfured dried apricot</b>	
<b>Stir in after cooking:</b> 2 Tbsp coconut oil	<b>Stir in after cooking:</b> 2 Tbsp olive oil	<b>Stir in after cooking:</b> 2 Tbsp avocado oil	<b>Stir in after cooking:</b> 2 Tbsp avocado oil

## Instructions

1. To a 500mL jar layer the ingredients in order working down the chart.
2. Cooking instructions - Add three jars (6 cups) of water, bring to a boil over high heat. Reduce heat to medium low, cover and simmer for 30 minutes.
3. After cooking, stir in oil until well combined.

Adapted from: [definitelynotmartha.blogspot.com](http://definitelynotmartha.blogspot.com)



**Lentil Soup Mix**  
**Cooking Instructions**

1. To a large pot, add mix plus three jars of water
2. Bring to a boil on high.
3. Reduce heat to medium-low, cover and simmer 30 minutes.
4. Stir in 2 Tbsp of avocado, olive, or coconut oil

Serves 4

**Lentil Soup Mix**  
**Cooking Instructions**

1. To a large pot, add mix plus three jars of water
2. Bring to a boil on high.
3. Reduce heat to medium-low, cover and simmer 30 minutes.
4. Stir in 2 Tbsp of avocado, olive, or coconut oil

Serves 4

**Lentil Soup Mix**  
**Cooking Instructions**

1. To a large pot, add mix plus three jars of water
2. Bring to a boil on high.
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Serves 4

**Lentil Soup Mix**  
**Cooking Instructions**

1. To a large pot, add mix plus three jars of water
2. Bring to a boil on high.
3. Reduce heat to medium-low, cover and simmer 30 minutes.
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Serves 4

**Lentil Soup Mix**  
**Cooking Instructions**

1. To a large pot, add mix plus three jars of water
2. Bring to a boil on high.
3. Reduce heat to medium-low, cover and simmer 30 minutes.
4. Stir in 2 Tbsp of avocado, olive, or coconut oil

Serves 4

**Lentil Soup Mix**  
**Cooking Instructions**

1. To a large pot, add mix plus three jars of water
2. Bring to a boil on high.
3. Reduce heat to medium-low, cover and simmer 30 minutes.
4. Stir in 2 Tbsp of avocado, olive, or coconut oil

Serves 4



# Coconut Flatbread Mix

This flatbread is a favourite at our house. It's quick to prepare, requires few ingredients and is yummy and versatile. It's high in protein and fibre, too! The bread holds together well and is great for dipping or for wraps. We often top it with scrambled tofu, a bean mixture, or serve it with soup.

If you have a kitchen scale it's easiest to measure by weight. Otherwise, use the volume measurements.

## Ingredients

### Dry Ingredients

- ½ cup (60 g) coconut flour
- 2 Tbsp psyllium seed powder (*or ground psyllium seed husks*)
- 1 Tbsp herbs/garlic powder (optional)
- 1 tsp baking powder
- ½ tsp salt

### Wet Ingredients

- 1 cup (250 g) boiling water
- 3 Tbsp (40 g) coconut oil

## Instructions

1. To a 250mL jar add the dry ingredients. Cover and store until ready to use.
2. To prepare: add contents of jar to mixing bowl.
3. If using a kitchen scale: weigh the boiling water in a bowl or cup on the scale, zero, then add in the coconut oil slowly until it reaches 40g.  
If measuring wet ingredients by volume, measure the boiling water, add the coconut oil to the measuring cup and stir to melt.
4. Add wet ingredients to dry ingredients and stir with a spatula until a dough like mixture forms.
5. Divide the mixture into 4 large balls.
6. Option A: Use your hands (careful, it's hot!) to flatten out the ball into a flat disk about 1/2 thick. Dry fry in a pan for 2- 3 minutes each side, until golden.
7. Option B: Place the balls on a greased cookie sheet or stone and roll or press to flatten out. Bake 4 min at 350 degrees Fahrenheit, flip and bake for another 4 min.
8. The final bread will be soft, not crispy.

Adapted from: [divaliciousrecipes.com](http://divaliciousrecipes.com)

### Coconut Flatbread Mix

#### Wet Ingredients:

- 3 Tbsp (40g) coconut oil
- 1 cup (250g) boiling water

1. In a large bowl, add wet ingredients to mix and combine until a dough-like mixture forms.
2. Divide mixture into 4 balls and flatten (be careful, it's hot).
3. Dry fry for 2-3 each side or bake at 350 degrees Fahrenheit for 4 min each side.
4. Bread will be soft and golden.



# Cornbread Mix

Great served with chili or soup.

## Ingredients

### Dry Ingredients

2 cups cornmeal  
1 cup gluten-free all purpose flour  
2 tsp baking powder  
 $\frac{3}{4}$  tsp xanthum gum  
 $\frac{1}{2}$  tsp salt

### Wet Ingredients

2 cups soy or almond milk  
2 tsp apple cider vinegar  
  
1/3 cup melted coconut oil or camelina oil  
2 Tbsp maple syrup



## Instructions

1. To a 1L jar add the dry ingredients. Close lid tightly and store until ready to use.
2. To prepare, preheat oven to 350 degrees Fahrenheit, line a 9×13 baking pan with parchment paper or oil a cast-iron skillet.
3. In a medium bowl, whisk together the milk and vinegar and set aside.
4. Pour the contents of the jar into a large bowl. Add the oil and maple syrup to the soymilk mixture. Whisk with a wire whisk or a fork until it is foamy and bubbly, about 2 minutes.
5. Pour the wet ingredient into the dry and mix together using a firm spatula. Pour batter into the prepared pan and bake 30-35 minutes, until a toothpick inserted into the center comes out clean.
6. Slice into squares or wedges and serve warm or store in an airtight container.

Adapted from: theppk.com

### Cornbread Mix Wet Ingredients

2 cups soy or almond milk  
2 tsp apple cider vinegar  
1/3 cup melted coconut oil or camelina oil  
2 Tbsp maple syrup

### Cornbread Mix Instructions

1. Preheat oven to 350 degrees Fahrenheit, line a 9×13 baking pan with parchment paper or oil a cast-iron skillet.
2. In a medium bowl, whisk together the milk and vinegar and set aside.
3. Pour contents of the jar into a large bowl. Add the oil and maple syrup to the soymilk mixture. Whisk with a wire whisk or a fork until it is foamy and bubbly, about 2 minutes.
4. Pour the wet ingredient into the dry and mix together using a firm spatula. Pour batter into the prepared pan and bake 30-35 minutes, until a toothpick inserted into the center comes out clean.







# Snack or Dessert

## Chia Seed Pudding

Chia seeds are nutritional powerhouses. They are high in antioxidants, fibre and omega-3 fatty acids, and a good source of minerals like manganese, magnesium, phosphorus, and calcium. A fun quality about these magical seeds is that when placed in a liquid, they swell up and make a gel, which is perfect for... pudding!

This is a favourite snack or dessert at my house. My husband brings a chia seed pudding to work practically every day. My boys love it as an after-school or weekend snack. For a smoother texture, you can puree the dry and wet ingredients in a blender before adding the fruit/toppings.

Mix and match from the template below, or try one of the variations from the pages that follow.

### Basic Template

Serves 1

#### Dry Ingredients

- 1½ Tbsp chia seeds

#### Wet Ingredients

- ½ cup organic unsweetened non-dairy milk, (hemp, cashew, coconut, soy)
- ¼ tsp pure vanilla extract (optional)
- ½-1 Tbsp maple syrup, or raw agave syrup, or to taste

#### Fruit - fresh or frozen (optional), choose from...

- berries
- mangoes

#### Toppings (optional), choose from...

- 1 Tbsp cacao nibs
- 1 Tbsp shredded coconut
- 1 Tbsp hemp seeds
- 1 Tbsp granola

### Instructions

1. To a 250 mL jar, add the dry and wet ingredients. Cover tightly and shake.
2. After about 5 minutes you will need to shake the pudding again to make sure seeds don't clump together in the bottom of your jar.
3. Add any optional fruit or toppings.
4. Cover and refrigerate for at least 2 hours or overnight, to thicken.



## Variations

### Black Forest Chia Seed Pudding

Serves 1

- 1½ Tbsp chia seeds
- ½ cup organic unsweetened non-dairy milk, (hemp, cashew, coconut, soy)
- ¼ tsp pure vanilla extract
- ½ Tbsp maple syrup, or raw agave syrup

#### Mix-ins

- 2 Tbsp frozen cherries (*or enough to bring pudding within 1-inch of jar rim*)
- 1 Tbsp raw cacao nibs

1. To a 250 mL jar, add the chia seeds, non-dairy milk, vanilla, and sweetener. Cover and shake.
2. After about 5 minutes shake again.
3. Add mix-ins.
4. Cover, shake, and refrigerate for at least 2 hours or overnight, to thicken.

### Choco Almond Chia Seed Pudding

Serves 1

- 1 ½ Tbsp chia seeds
- ½ cup organic unsweetened non-dairy milk, (hemp, cashew, coconut, soy)
- 1 Tbsp raw cacao powder (*or cocoa powder*)
- ½ Tbsp maple syrup, or raw agave syrup
- ¼ tsp pure vanilla extract

#### Topping

- 1 Tbsp slivered almonds

1. To a 250 mL jar, add the chia seeds, cacao powder, non-dairy milk, vanilla, and sweetener. Cover and shake.
2. After about 5 minutes shake again.
3. Add topping.
4. Cover and refrigerate for at least 2 hours or overnight, to thicken.

### Mango Coconut Chia Seed Pudding

Serves 1

- 1½ Tbsp chia seeds
- ½ cup organic unsweetened non-dairy milk, (hemp, cashew, coconut, soy)
- ½ Tbsp maple syrup, or raw agave syrup

#### Mix-ins

- 2 Tbsp frozen mangoes (*or enough to bring pudding within 1-inch of jar rim*)
- 1 Tbsp shredded coconut

1. To a 250 mL jar, add the chia seeds, non-dairy milk, and sweetener. Cover and shake.
2. After about 5 minutes shake again.
3. Add mix-ins.
4. Cover, shake, and refrigerate for at least 2 hours or overnight, to thicken.

### Coffee Chia Seed Pudding

Serves 1

- 1 ½ Tbsp chia seeds
- ½ cup organic unsweetened non-dairy milk, (hemp, cashew, coconut, soy)
- ½ cup brewed organic coffee, chilled
- ½ Tbsp maple syrup, or raw agave syrup

#### Topping

- 1 Tbsp pecans

1. To a 250 mL jar, add the chia seeds, non-dairy milk, coffee, and sweetener. Cover and shake.
2. After about 5 minutes shake again.
3. Add topping.
4. Cover and refrigerate for at least 2 hours or overnight, to thicken.



## Raspberry Hemp Chia Seed Pudding

Serves 4

1 can full-fat organic coconut milk  
1 cup raspberries (*fresh or thawed w/juice if frozen*)  
2-3 Tbsp maple syrup, or raw agave syrup  
6 Tbsp chia seeds (*divided*)  
¼ cup hemp seeds (*divided*)

1. Combine milk, fruit, and sweetener in blender and puree until smooth.
2. To each 250 mL jar, add 1 ½ Tbsp chia seeds, 1 Tbsp hemp seeds, and ½ cup raspberry milk.
3. The mixture will be thick, so stir well with a fork or whisk to distribute chia seeds.
4. Cover and shake.
5. After about 5 minutes shake again.
6. Cover and refrigerate for at least 2 hours or overnight, to thicken.

## Matcha Berry Chia Seed Pudding

Serves 2

1 cup organic unsweetened non-dairy milk, (hemp, cashew, coconut, soy)  
½ tsp pure vanilla extract  
1 Tbsp maple syrup, or raw agave syrup  
½ tsp matcha powder  
3 Tbsp chia seeds (*divided*)

### Mix-ins

¼ cup fresh or frozen berries (*or enough to bring pudding within 1-inch of jar rim*)

1. Combine milk, sweetener, vanilla, and matcha and puree until smooth.
2. To each 250 mL jar, add 1 ½ Tbsp chia seeds and ½ cup matcha milk. Cover and shake.
2. After about 5 minutes shake again.
3. Add mix-ins.
4. Cover and refrigerate for at least 2 hours or overnight, to thicken.



## Next Steps

This short book is meant to inspire you and help ease some of the time pressure in your life. Here are a few suggestions for how to get the most benefit from *Prep Ahead Plant-Based Meals*:

- Plan your week's meals and incorporate some of these recipes wherever you see a time crunch.
- Play with the recipes, make them your own. Print them out and write in your changes and tweaks.
- Invite your child to help you with meal preparation.
- Use these ideas to inspire you to find ways to prep ahead meals that you already enjoy.

If you are new to a plant-based lifestyle it's easy to become overwhelmed. A balanced diet takes knowledge and planning. Food sensitivities, individual preferences, and budget restrictions can add further complexity. That's where I can help. Connect with me and let's see how we can work together.

