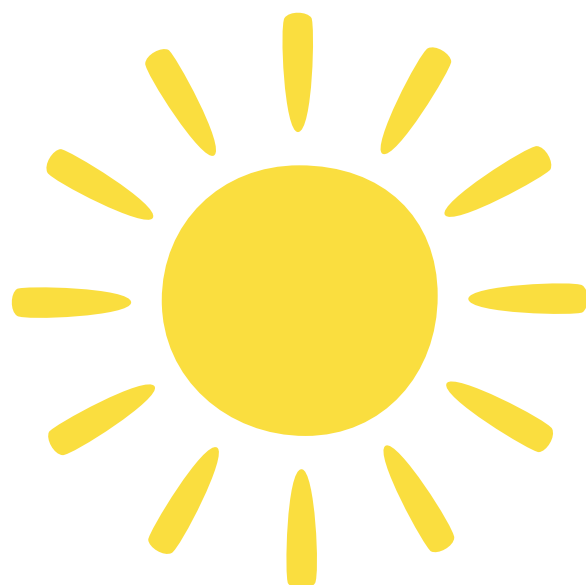




SUMMER VEGAN MEAL PLAN

TO MAKE HOSTING A BREEZE

Tested and Tasted by Edie and her Guests!



SUGGESTED MENU PLAN

Day One

BREAKFAST

Blueberry Pie Overnight Oats

- Serve with nuts, seeds, maple syrup and plant-based milk.

LUNCH

Edamame Mango Salad

- Serve with a baguette or crusty rolls
- For dessert offer cherries and dark chocolate.

DINNER

Black Bean Burgers

- Serve on hamburger buns with a variety of toppings such as tomato slices, vegan cheese slices, lettuce and condiments such as ketchup, mustard, relish.
- Serve with a big green salad.
- For dessert, offer a scoop of vegan ice cream with a crispy vegan store-bought cookie, such as Biskoff

SNACKS

Have items handy that guests can serve to themselves:

- Make up individual bags of nuts, seeds, raisins, dark chocolate chips :)
- A bowl on the counter of bananas, apples, oranges
- Cans of carbonated unsweetened beverages in the fridge.

SUGGESTED MENU PLAN

Day Two

BREAKFAST

Best Tofu Scramble

- Serve with toast, jams.
- A platter of fruit such as: sliced kiwi, strawberries, orange wedges, slices of melon.

LUNCH

Lemony Farro Chickpea Platter

- Serve with a baguette or crusty rolls.
- For dessert offer cherries and dark chocolate.

DINNER

Black Bean Burgers

- Serve on hamburger buns with a variety of toppings such as tomato slices, vegan cheese slices, lettuce and condiments such as ketchup, mustard, relish.
- Serve with a big green salad.
- For dessert offer the Chocolate Almond Tart.

SNACKS

Have items handy that guests can serve to themselves:

- Make up individual bags of nuts, seeds, raisins, dark chocolate chips. :)
- A bowl on the counter of bananas, apples, oranges.
- Cans of carbonated unsweetened beverages in the fridge.

BLUEBERRY PIE OVERNIGHT OATS

3 cups fresh or thawed blueberries, divided
2 1/4 cups unsweetened plant milk (can be vanilla flavoured)
1 1/2 cups old fashioned rolled oats
4 tbsp chia seeds
2 tsp pure vanilla extract
1 tbsp cinnamon
1 tbsp maple syrup
Zest from 1 lemon
pinch salt

- In a medium bowl, mash 1 1/2 cups of the blueberries.
- Stir in milk, oats, chia seeds, vanilla, cinnamon, maple syrup, lemon zest and salt.
- Store the bowl, covered, in fridge overnight. Alternatively, divide amongst 4 jars with lids.
- In the morning, check texture and taste. Add more milk, cinnamon, if desired.
- Top with the rest of the blueberries.
- Can be served cold or heated up in microwave.

TIP: Make a batch of these overnight oats up to 3 days ahead.
Serve with toppings such as extra maple syrup, sliced banana, chopped walnuts or pecans, sunflower seeds or pumpkin seeds.

Best Tofu Scramble

2 tsp olive oil
1 (454g) block of firm or extra firm tofu

SAUCE:

1/2 tsp ground turmeric
1/2 tsp garlic powder
1/2 tsp onion powder
1/4 tsp paprika
1tsp red pepper flakes
1/2 tsp kala namak (a black salt, optional)
Freshly cracked black pepper
1 tbsp tahini
2 tbsp nutritional yeast
1/2 cup unsweetened, unflavoured oat milk (or other plant-based milk)
Iodized salt, to taste

- Drain the tofu and pat dry with a clean dish towel.
- Add oil to a large nonstick fry pan over medium-high heat.
- Crumble the pressed tofu with your hands into bite-sized chunks into the pan.
- Lightly brown the tofu chunks, stirring occasionally, about 5 to 7 minutes.
- While tofu is cooking, whisk together the sauce ingredients.
- Add the sauce to the tofu scramble, gently stir to combine and cook for 1-2 minutes.

Tip: Add sliced mushrooms - saute before adding the crumbled tofu.
Add leafy greens at end after adding the sauce - cook just until wilted.

Lemony Farro Chickpea Platter

Serves 4-6

1 cup uncooked farro, or a gluten free grain such as quinoa or rice

1 English cucumber

4 cups leafy greens, such as romaine or a salad blend, washed and spun dry

2 cans chickpeas, rinsed and drained

1/2 cup raw sunflower seeds

Vinaigrette:

1/4 cup extra virgin olive oil

1 large lemon, juiced

2 tablespoons Dijon mustard

2 tsp sugar

pinch of iodized salt

freshly cracked pepper

- Cook farro: use package instructions, or simply add farro to a medium pot of boiling water. Reduce the heat to a simmer and cook for about 15-20 minutes. Test the farro - it should be chewy but tender. Drain and set aside.
- Meanwhile, prepare the vinaigrette. Add all vinaigrette ingredients to a small bowl and whisk until combined. Season to taste.
- Slice the cucumber into half moons.
- Put the leafy greens on a medium sized platter, add 1-2 tbsp of the vinaigrette and using your hands, coat all of the leaves with the vinaigrette. Spread the greens over the bottom of the platter.
- Create the salad by layering the ingredients onto the greens in this order: cooked farro, chickpeas, cucumber and sunflower seeds.
- Drizzle the rest of the vinaigrette over the top.

Tip: Other veggies such as cauliflower, sugar snap peas, broccoli would also work in this salad. Top it with chopped, fresh parsley if you have some.

Cook the farro and make the vinaigrette 1-2 days ahead, store covered in fridge.

Edamame Mango Salad

Quinoa Salad:

- 1 cup quinoa, uncooked
- 2 ripe mangoes, chopped
- 1 small red onion, finely diced
- 1 red bell pepper, diced
- 4-6 cups crispy leafy greens, such as romaine, washed and spun dry
- 1/2 cup almonds, chopped
- 1 cup shelled edamame, thaw by covering with boiling water

Dressing:

- 1 lime, juiced
- 1 Tbsp white wine vinegar or another lightly coloured vinegar
- 1 tsp maple syrup
- 2 Tbsp olive oil
- Salt and pepper to taste

- Cook the quinoa according to package instructions. Set aside to cool.
- Meanwhile, add all dressing ingredients to a small bowl and whisk to combine. Season to taste. Set aside.
- Prepare all of the vegetables and mangoes for the salad.
- Put the leafy greens in a large bowl and, with your hands, coat the leaves with **1-2 tbsp of the dressing**.
- Portion out the dressed leafy greens on the center of each plate and make a well in the middle. Or add all greens to a medium platter.
- Use the same large bowl to combine the quinoa, mangoes, red onion, red pepper, almonds and edamame. Stir gently to combine.
- Add the rest of the dressing and gently stir to combine.
- Put 1-2 large scoops of the quinoa mixture in the middle of each plate.

Tip: Top with some chopped, fresh parsley.

BLACK BEAN BURGERS

Makes Approximately 8 burgers

1 cup cooked brown rice

1 cup raw walnuts

1/2 Tbsp avocado oil

3/4 cup finely diced onion

1 Tbsp each chili powder, cumin powder, and smoked paprika

1/2 tsp each sea salt and black pepper

1 Tbsp brown sugar

1 1/2 cups cooked black beans, or canned, drained, rinsed

1/3 cup panko bread crumbs

3 Tbsp BBQ sauce or ketchup or tomato paste

- Add raw walnuts to a hot skillet and toast for 5-7 minutes, stirring frequently. Set aside in bowl.
- Use the same skillet over medium heat, add oil and onion and sauté for 3-4 minutes.
- Once walnuts are cooled, add to food processor with spices, salt, pepper and sugar. Blend until fine. Set aside.
- Add black beans to a medium bowl and mash well with a fork or potato masher.
- Add rice, walnut mixture, sautéed onion, bread crumbs and BBQ sauce to the beans. Mix well.
- Shape 1/2 cup portions into patties. If it is too dry add a little more bbq sauce, if too wet, add more bread crumbs.
- Lightly oil the skillet or grill.
- Cook burgers for 3-4 minutes on each side.

Tip: Make ahead and freeze uncooked burgers on a baking sheet. When fully frozen, store in a freezer bag for up to 3 weeks. Let thaw slightly before cooking.

VEGGIE PACKED LENTIL BOLOGNESE

4 -6 Servings

1 tbsp olive oil

1 onion, finely chopped

1 tsp salt

2 cloves garlic, minced

2 medium carrots, grated

1 tbsp dried oregano, or more

Freshly ground black pepper

1 tsp red chili flakes, or more

1 zucchini, grated (optional)

2 cups mushrooms, sliced

2 Tbsp tomato paste

2 cups crushed tomatoes or tomato sauce (passata)

1 cup red lentils, rinsed well

2 cups water or broth, plus more if needed

1-2 tbsp Balsamic vinegar

Cooked pasta to serve

- Using a large pot over medium heat, add oil, onions and salt, saute for 2-3 minutes.
- Add garlic, carrots, oregano, pepper and red chili flakes. Reduce the heat to medium and cook for 3 minutes. Stir regularly. (Add water or broth if it starts to stick).
- Add mushrooms and zucchini and cook for 3 minutes, stir often.
- Add tomato paste and crushed tomatoes, cook for 2-3 minutes.
- Add the lentils and broth and simmer for 10-15 minutes, stir occasionally.
- Stir in balsamic vinegar, taste and adjust seasonings.
- Stir well and serve over cooked pasta.

Tip: This is a great recipe to serve to non-vegans as it has familiar tastes and textures for most people. You can make this 2-3 days ahead and store in the fridge. Heat in pot on stove, add a little boiling water if necessary.

Chocolate Almond Tart

CRUST:

1 cup oats

1 cup almond flour

½ cup cocoa powder

½ tsp sea salt

½ cup dates (soak in warm water a few minutes to soften, then drain)

⅓ cup applesauce

⅓ cup almond butter or another nut butter

½ tsp pure vanilla extract

2 tbsp water

½ cup almonds or pecans, toasted in 350 F oven for 7-9 min, let cool

FILLING:

1 cup full fat coconut milk (you can freeze extra coconut milk)

1 ¼ cup chopped dark chocolate or dark chocolate chips

½ tsp pure vanilla extract

- Add oats, almond flour, cocoa powder and salt to a food processor and pulse to a fine crumble.
- Add dates (without water) to the food processor. Pulse until dates are broken down into mixture.
- Add applesauce, almond butter, vanilla extract and water; pulse until the mixture starts to come together in a clump.
- Add the almonds and pulse until they are in little pieces.
- Press into the bottom and sides of a 9 inch tart pan (with a removable bottom) or a pie plate. Put in refrigerator.
- Filling: Put the coconut milk and chocolate into a heavy bottom pot over **low** heat. Stir while chocolate melts.
- When chocolate has melted; take off of the heat and stir in vanilla extract.
- Pour into tart shell and return the tart to the fridge to set for 1-2 hours.
- Top with a berry sauce or chopped nuts.

Tip: This tart can be made a day or two ahead. Keep in refrigerator.

GROCERY LIST

FRUITS

VEGETABLES

GRAINS

PROTEIN

STAPLES

CANNED GOODS

FROZEN FOODS

MISCELLANEOUS