

# Vegetarian Meal Prep Meal Plan

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Healthy Gluten Free Recipes One Bite at a Time!



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# Southwestern Black Beans Polenta Casserole {Vegetarian, Gluten Free}

*Prep Time: 10 minutes   Cook Time: 35 minutes   Total Time: 45 minutes   Yield: 6*

## DESCRIPTION

Southwest black beans polenta casserole is a gluten-free, vegetarian casserole made with black beans, polenta, peppers, cheese, and more. An easy, healthy, freezer friendly dinner recipe!

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## INGREDIENTS

- 3 1/2 cups cooked non-gmo polenta (see notes for cooking instructions if needed) – water to cook polenta
  - 1 tbsp butter or olive oil
  - 6 oz shredded natural cheese (Monterey jack, etc) – Divided. See notes for dairy free.
  - 1 tsp minced garlic (1 clove)
  - 1/4 to 1/3 cup chopped onion
  - 1/2 tsp sea salt – divided
  - 1/2 tsp chili powder
  - 2–3 tbsp coconut flour or other gluten-free flour of choice
  - 2 –3 eggs (Use 3 if you prefer more egg like casserole. 2 eggs if you want the polenta to be denser) \*See notes for EGG FREE VERSION)
  - [10 ounces chili ready diced tomatoes with green chili](#) added. Or you can add 4 ounces canned green chiles to regular diced tomatoes (canned 10 ounces). See notes.
  - 13– 15 oz (around 3 cups) organic cooked black beans, drained and rinsed (canned works if not soaking or making from scratch)
  - 1/2 tsp cumin
  - 1/2 tsp garlic powder
  - 1/4 tsp cayenne
  - 1/2 tsp black pepper
  - Fresh Cilantro to garnish – chopped
  - Optional topping when plating – red pepper flakes, avocado slices, sour cream, jalapeño (if desired)
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## INSTRUCTIONS

1. Preheat oven to 350F. Oil a 9x13 casserole dish and set aside.
2. In another large pot, cook you polenta according to package instructions. See notes.
3. When polenta is almost done cooking, add in butter or oil, and 4 ounces of shredded cheese. Stir until creamy.
4. Next mix in your, garlic, onion, salt, chili powder, 2 eggs, and coconut flour. Mix thoroughly.

5. Pour polenta/cheese/egg mix at the bottom of the casserole dish and pack it evenly into the sides. It should make a nice bottom layer for the casserole. If your polenta is too runny or moist, I suggest baking it first at 350F for 15-20 minutes, then removing and add the rest of your layers to bake again.
  6. After the polenta has been set first into the casserole dish, layer your tomatoes/chiles peppers (drained if using canned) on top of your polenta. Spread it out evenly.
  7. Next, drain and rinse your black beans.
  8. Place in a bowl. Add your cumin, garlic, the other 1/4 tsp salt, pepper, cayenne, and onion. Toss all together.
  9. Layer the black beans on top of the tomatoes/green chiles peppers mix
  10. Finally, add your remaining shredded cheese evenly on top of beans. Feel free to add more than 2 oz if desired.
  11. Place casserole dish in oven middle row for 30 to 35 minutes until edges start to brown.
  12. Remove and Cover with foil then bake an additional 5 -10 minutes or until center of casserole is baked through and edges are golden.
  13. Broil last minute if you want crispy edges and cheese. Remove from oven and let cool 5 minutes before slicing.
  14. Add any additional seasoning if desired. Salt, pepper, red pepper flakes and garnish with cilantro (1/2 cup or more).
  15. Optional topping when plating – avocado slices, sour cream, jalapeño (if desired).
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## NOTES

Notes On polenta – I prefer to cook polenta with less water/broth to make it thicker. This was great for the base of the casserole

- For cooking polenta, bring 3 1/2 c to 4 cups broth to a boil. Slowly add in 1 1/4 cup polenta, whisking while adding it to pot so it doesn't clump. Reduce and cover for 20 minutes until liquid is absorbed. Add salt/pepper to taste. Stir in butter/olive oil if desired.
- notes on texture – When using this in the casserole, you want it more thick, not creamy. Almost like steel cut oats texture.
- Notes for polenta – I prefer to cook polenta with less water/broth to make it thicker. This was great for the base of the casserole.
- Tips for different ways to cook [polenta](#) You can also buy the precooked polenta at stores and slice into circles, then layer in casserole.

DAIRY FREE and/or EGG FREE OPTION – Omit cheese and use nutritional yeast to mix with polenta. Or you can use dairy free meltable cheese like DAIYA. Polenta should thicken by itself without the eggs. You can omit the eggs if needed, but if your polenta seems to be too runny, then I would mix in an egg replacer or flaxseed to help thicken it. I added the eggs to the cooked polenta because it helps to form a thicker base for the casserole.

# Instant Pot Lentil Gumbo {Vegan}

*Prep Time: 5 minutes Cook Time: 12 minutes Total Time: 27 minutes Yield: 6 servings*

## DESCRIPTION

This vegan lentil gumbo recipe is wholesome, savory, and filling. A quick vegetarian gumbo that's budget friendly and full of flavor.

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## INGREDIENTS

- 1 tbsp olive oil
  - 1 tsp minced garlic or 2 cloves
  - 1 red bell Pepper (1 c chopped)
  - 1.5 c chopped onion
  - 2 celery ribs (1 cup chopped)
  - 1 tbsp fresh thyme or 1 tsp dried
  - 1/2 tsp fresh oregano or 1/2 tsp dried
  - 1/2 to 1 tsp Cajun mix spice (the more the spicier)
  - 1/2 tsp cayenne
  - 1 c lentils
  - 3 cups vegetable broth or chicken broth
  - 2 cups fresh or frozen chopped okra
  - 1 can salt free diced tomatoes (13 ounces)- slightly drained
  - 2 tbsp Apple Cider Vinegar
  - 1/2 c tomato sauce- salt free if possible
  - 1 c cauliflower – riced or finely chopped, OPTIONAL
  - Kosher Salt or sea salt and pepper to taste
  - sliced jalapeño and fresh cilantro to garnish
  - For stove top option: 2 to 3 tbsp gluten free flour or starch, OPTIONAL
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## INSTRUCTIONS

- Sauté oil, onion, garlic, bell pepper, celery for 5' minutes on sauté setting, until softened and fragrant.
- Add spices and mix again for 1 minute.
- Add remaining ingredients (minus salt and pepper). Mix together.
- Place lid on pressure cooker then place setting on pressure cook high for 12 minutes. After cooking. Add 1/2 tsp to 1 tsp sea salt or kosher salt to taste. Black Pepper to taste
- Stir and Keep warm.

- Important: Don't add extra salt to lentil gumbo while pressure cooking because it can ruin texture of lentils.
- Once ready to serve into bowls, garnish with red pepper flakes, jalapeños, and fresh cilantro. Since the cauliflower rice is added to the instant pot, you don't need to serve this over rice. See notes for other options.  
For this instant pot lentil gumbo version, I did not add a roux, but feel free to do so. Just make the roux in another pot first before adding it to instant pot.

See notes For Quick Stove Top Directions

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## NOTES

Notes:

### For Stove Top Directions:

1. Heat a dutch pan over medium heat. Add the oil and gluten free starch or flour. Stir or whisk together until a roux is formed. Around 10 minutes to 15 minutes. Be sure not to let it burn. It should turn a light brown caramel color.
2. Next add your onions, celery, bell pepper, and garlic. Sauté until fragrant, about another 5 minutes, whisking frequently. Add the remaining ingredients, minus the tomato sauce and salt/pepper.
3. Bring to a quick boil then reduce to low and simmer for 20 minutes or until lentils are cooked through.
4. Add your tomato sauce the Last 5 minutes of cooking, stir together and keep warm. Season with kosher/salt and pepper to taste. Adding too much salt to lentils while cooking can ruin texture, so adjust salt content after cooked.
5. Serve into bowls and garnish with jalapeño and cilantro. *\*Optional\** Since the cauliflower rice is added to the pot to thicken, you don't need to serve this over rice, but you can and it's just as tasty! Or serve over additional cauliflower rice (cooked) to keep it light.

# Mexican Avocado Egg Salad Collard Green Wraps {Paleo, Whole 30}

*Prep Time: 15 minutes Total Time: 15 minutes Yield: 5 wraps*

## DESCRIPTION

These Mexican avocado egg salad wraps make for a perfect low carb veggie packed lunch! Paleo Avocado Egg Salad seasoned with Mexican spices and jalapeño, all wrapped up in collard greens! Whole 30 friendly, gluten free, and grain free.

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## INGREDIENTS

- 1/2 large avocado
  - 1 small bunch cilantro, chopped
  - 3 oz fire roasted green chilies (canned, drained)
  - 2 garlic cloves
  - 1/4 tsp paprika
  - 1/2 tsp cumin
  - salt/pepper to taste
  - 1 green onion, sliced or 1/4 c chopped white or red onion
  - 5 large collard greens
  - 1 bell pepper, sliced
  - juice of one lime
  - red pepper flakes garnish
  - 1–2 jalapeños
  - additional salt/pepper to season after blending
  - sprouts to garnish
  - 6 hard boiled eggs
  - \*Optional\* [Paleo Mayo](#) or Olive Oil
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## INSTRUCTIONS

1. Slice hard boiled eggs in half. Remove yolk and place in food processor or blender. Keep the egg whites for later.
2. Combine avocado, cilantro, green chilies, spices, garlic, and optional jalapeños slices (just a few) in the [food processor](#) or blender. Blend until an egg salad consistency is formed. Taste to see if it needs more salt/pepper, to your liking. Add additional avocado, [paleo mayo](#), or oil if you want it extra creamy.
3. Chop up a few of the extra whites from the hard boiled eggs and mix into egg salad.

4. Next clean your collard green wraps and place in a towel. Pat dry. Place the leaves/wraps in microwave to steam for 30 -40 seconds. This will make them easier to bend. Remove and place on a plate.
  5. Scoop 1/4 cup of the avocado egg salad into each wrap.
  6. Top with bell pepper slices, optional jalapeños slices, a dash of lime, sprouts, and red pepper flakes.
  7. Salt and Pepper to taste.
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## NOTES

- The avocado egg salad will keep in sealed container in fridge for 5 days or so.
- If you don't have avocado, feel free to use [chipotle paleo mayo](#).
- Lettuce wraps or romaine leafs also work!
- For less spicyness, omit jalapeños. You can also use regular green chilies, canned or fresh.

# Roasted Hatch Green Chile Egg Casserole

*Prep Time:* 10 minutes

*Cook Time:* 30 minutes *Total Time:* 40 minutes *Yield:* 8 servings

## DESCRIPTION

Cheesy Roasted Hatch Green Chile Egg Casserole. Gluten Free, Grain free, high protein, and delicious!

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## INGREDIENTS

- 2 Hatch Green Chile pepper (see notes for substitutes)
  - 1 tsp olive oil or avocado oil
  - 1 cup Spinach
  - 1 c chopped onion
  - 10 –12 eggs (12 eggs is a little denser texture)
  - 1 cup almond milk
  - 1/4 c arrowroot flour (or potato starch). See notes for other options
  - 1 tsp baking powder
  - 1/2 tsp salt
  - 1/4 tsp pepper
  - 1/2 tsp cumin
  - pinch of garlic powder
  - 1 tsp minced garlic
  - 8 ounces (2 cans) chopped green chiles (mild or spicy).
  - 6 ounces sliced artisan white cheese (We use Emmi Kaltbach Le Cremeux)
  - 1 Sliced tomato plum tomato
  - Optional gluten free chicken sausage and extra grated hard cheese for topping
  - Cilantro and a sprinkle of red pepper flakes to garnish
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## INSTRUCTIONS

1. NOTE: If you are roasting the green chile, you will want to follow the instructions below. Or you can use buy pre roasted.
2. Preheat the broiler. Line a baking sheet with foil.
3. Place your your Hatch green chile pepper on the the foil. Once the broiler is ready place peppers in oven and Broil 3-4 min each side. Or until skin in browned. Remove from oven, set aside.
4. Turn the oven down to 350F.
5. In a small pan, add 1 tsp oil and sauté your onion and spinach together on medium to medium until fragrant. About 3 minutes. Remove from heat.



6. Now prepare your eggs. In a large bowl, beat eggs and milk on medium-high speed with an electric mixer until light and frothy. Add the flour (starch), baking powder, salt, garlic powder, pepper, cumin.
  7. Blend until just combined and smooth, around 30 seconds. Stir in the canned green chilies (8 ounces).
  8. Layer the bottom of 8x11 casserole dish with your cooked spinach and onion. See notes for other sizes of dishes.
  9. Then add a few slices of cheese, followed by the egg and green chile batter.
  10. Once cooled, peel the skin off the roasted hatch green chiles and slice length wise, removing the stem. Then layer the top of casserole with tomato, slices, sliced roasted Hatch Green Chiles, and more cheese.
  11. Place in oven and bake for 30-40 minutes. Check casserole at 30 minutes. If the outside is brown but inside is still not set, cover and continue to bake for an additional 5 to 10 minutes. For crispy edges, broil last minute.
  12. Remove from oven. Sprinkle with extra cheese (see notes) , chili pepper flakes, and fresh cilantro. Optional salt/pepper to taste Serve or cover until ready to serve.
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## NOTES

- If you want the casserole to be thicker, use an 8x11 pan; if you want a thinner casserole, use a 9x13.
- This egg casserole keeps well for 3 days covered in fridge. You can prepare the egg batter the night before as well. Then just layer with your vegetables and cheese before cooking.
- If you don't want to roast Hatch Green Chiles, simply omit that ingredients or stir in an extra 1/4 cup of chopped green chiles.
- If you don't have arrowroot starch, feel free to use a gluten free multipurpose flour.

*Nutrition Tip:* To reduce cholesterol, replace half the eggs with the equivalent egg whites. Baking times will vary, usually baking faster.

## Breakfast Muffins with No Added Sugar (Paleo)

*Prep Time:* 10 min.    *Cook Time:* 25 min.    *Total Time:* 35 min.    *Yield:* 7-8 standard-sized muffins or 14 mini muffins

### DESCRIPTION

These naturally sweetened breakfast muffins have NO added sugar because they're sweetened with dates!

Great for back to school and breakfast on the go. Grain free, paleo, and delicious!

If doubling the batter to make a double batch of breakfast muffins, please read my notes first!

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### INGREDIENTS

- 11–12 dates, soaked in purified water (optional 1 tablespoon raw honey )
  - 1/2 cup almond flour
  - 3 tablespoons coconut flour
  - 1 tablespoon tapioca or arrowroot starch
  - 1/4 teaspoon salt
  - 1 teaspoon baking powder – double active
  - 1/2 cup non dairy milk
  - 1 teaspoon vanilla extract
  - 3 tablespoons melted coconut oil, naturally refined
  - 2 large [Eggland's Cage free brown eggs](#)
  - 1/2 cup or handful of chopped nuts or granola
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### INSTRUCTIONS

1. To make the date paste, soak the dates in purified water for 1 to 2 hours. Discard all of the water except 2 tablespoon (15 ml) after soaking.
2. Blend the dates together to create a sticky paste. Feel free to add 1 tbsp honey if you'd like it sweeter. Set aside.
3. Preheat the oven to 350°F (177°C). Line a muffin pan with liners or make sure the muffin pan is well greased.
4. Place the almond flour, coconut flour, baking powder and salt in a large bowl, and stir the ingredients to combine. In a separate, smaller bowl, mix the oil, non dairy milk and vanilla extract.
5. Add the wet ingredients to the dry flour mixture, stirring to combine. Add the sticky date paste and 2 eggs, and mix until thoroughly combined.
6. Scoop muffin batter into muffin liners (in pan) filling 3/4 full. Repeat until 6-7 muffin liners are filled.

7. Sprinkle with topping of choice; gluten free granola, nuts, etc.
  8. Place muffin pan in oven on center rack and bake at 350F for 23-28 minutes or until batter comes out clean on a toothpick.
  9. Remove and allow the muffins to cool completely. Store in airtight container in fridge for up to one week or freeze for up to 3 months.
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## **NOTES**

Notes for doubling batter – You may double the batter, but the texture and baking times will vary. Do not double the date paste, just add an extra 1/3 cup maple syrup or raw honey with the paste.

# Paleo Breakfast Egg Wraps (Vegetarian Meal Prep Recipe)

*Prep Time: 5 minutes   Cook Time: 5 minutes   Total Time: 10 minutes   Yield: 6 wraps*

## DESCRIPTION

These paleo breakfast egg wraps are rich in protein with the power of Eggland's Best organic eggs! It's a customizable, easy meal prep recipe with just 2 ingredients as the base.

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## INGREDIENTS

### Egg Wraps

- 6 organic [Eggland's Best large eggs](#)
- 2–3 tsp coconut oil or butter, divided

### Fillings of Choice

herbs, paleo mayo, salsa, cream cheese (not paleo), pico do gallo, avocado, bacon, breakfast sausage, etc.

Extras – Parchment paper or foil for meal prep/storage

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## INSTRUCTIONS

1. Heat a medium nonstick skillet on medium high with 1 tsp oil.
2. Whisk one egg in a small bowl then gently pour into the pan. Swirl the pan to evenly spread the egg out into a thin layer, like you're cooking an omelet. Thinner works better for eggs wraps.
3. Once the edges start to turn golden brown and the middle is set, carefully flip the egg over. Continue to cook for a few more minutes until the egg is fully cooked in the middle.
4. Remove each egg wrap and set on a plate to cool.
5. Repeat with as many eggs as you want (in this case 6) and additional oil as needed to keep the pan slick.
6. Once you've made all your wraps, fill each with your desired fillings, then roll them up tightly and wrap them in foil or parchment paper. If desired, you can brush a little oil onto the inside of the foil or parchment to keep the egg wraps fresh.

## NOTES

- Store in fridge for up to 5 days.
- You may freeze these without the filling. Just be sure to separate them with a layer of parchment or wax paper.

## Baked Eggs with Roasted Spring Vegetables {Sheet Pan Meal}

*Prep Time:* 10 minutes *Cook Time:* 30 minutes *Total Time:* 40 minutes *Yield:* 4-5

### DESCRIPTION

Baked Eggs with Roasted Spring Vegetables (Sheet Pan Meal)

Baked Eggs with Roasted Spring Vegetables – An easy sheet pan meal for breakfast, brunch, or dinner. Enjoy the harvest of spring veggies with a boost of protein from eggs! This is a gluten-free and vegetarian recipe with paleo and Whole 30 option recipe.

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### INGREDIENTS

(2 small sheet pans or 1 large)

- 1 large Beet (may substitute with other root vegetable)
  - 2 red Potatoes or 1 sweet potato
  - 1 bunch radish – sliced (about 1 cup) – Feel free to sub for a seasonal vegetable if radish is not available.
  - Pinch of sea salt or kosher Salt
  - Black Pepper to taste
  - 2 garlic cloves crushed or minced
  - 1–2 tbsp Olive oil (use more for larger vegetables)
  - Lemon (plus extra slices to garnish)
  - 1 zucchini
  - 1 Small Shallot or 1/3 to 1/2 of red onion – sliced
  - 1–2 cups leafy Greens such as kale or spinach or both
  - [Eggland's Best eggs](#) (5 to 8 depending on size of pan)
  - Optional grated Parmesan cheese to top. Omit for paleo/whole 30 option
  - Fresh chopped herbs and/or sliced green onion (the green portion) to top before plating.
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### INSTRUCTIONS

1. Preheat oven to 400 F.
2. Toss root vegetables (sliced or quartered potato, beet, radish) in 1 tbsp oil, Pinch of sea salt, black pepper, and half of a lemon, juiced. Sliced the other half of the lemon and save lemon slices for topping.
3. Place root vegetables on sheet pan and roast in oven at 400° for 15 to 20 minutes until tender, but not overcooked.
4. Remove from oven and place the sliced zucchini, chopped greens (i.e kale leaves) on top of the roasted vegetables. Season with salt pepper. You may also use spinach.

5. With a spatula, create 5 to 6 small crevices in the pan (evenly spaced) where you can place the eggs so the yolk don't break. Crack the eggs on top of each crevice. If you find you have an egg with a running yolk, just mix it to the pan, but then add another egg that has a set yolk. Or discard the running yolk. Layer sliced lemon around th eggs (optional)
  6. Sprinkle vegetables and eggs with optional grated parmesan. Place pan in oven for 10-14 minutes or until egg whites have set (yolk will be soft). See notes. Baking times vary with oven and type of skillet used.
  7. Remove and garnish with herbs of choice or chopped spring green onion (green portion).
  8. Serve right away or scoop vegetable and eggs in airtight container and store in fridge for later. Keeps well for 2 days in fridge.
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## NOTES

- BAKING TIMES FOR EGGS – Depending on your oven and size of eggs, the egg baking times could vary. Check at 8 minutes, 10 minutes, and so on until egg yolks/whites are set.
- To make paleo and whole 30 friendly omit parmesan
- For lower carb option, swap the potatoes for jicama, cauliflower or broccoli and reduce roasting time 10 minutes.
- This meal works well on 2 small sheet pans or one large.

### 3 Ingredient Paleo Waffles (Pancake Recipe Option)

*Prep Time: 25 minutes   Cook Time: 10-15 minutes   Total Time: 40 minutes   Yield: 4-5 waffles*

#### DESCRIPTION

This Paleo waffles or pancake recipe is made using 3 real food, clean eating ingredients. A quick blender recipe for a delicious healthy breakfast that's SO easy, even kids can make them!

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#### INGREDIENTS

- 2 eggs and 1/4 cup egg white (for extra fluff)
- 2 medium bananas (almost ripe to ripe)
- 2 tbsp coconut flour

Make sure you have a good butter or vegan spread to coat the waffle maker.

See notes for toppings ideas

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#### INSTRUCTIONS

1. Place eggs, egg whites, and banana in blender or use hand blender to blend by hand. Don't have a blender? No problem, mash until thick batter is formed.
  2. Mix in your coconut flour and blend again until smooth.
  3. Place batter in fridge to chill for 20 minutes.
  4. Heat a waffle maker on medium high. Coat with butter or vegan spread.
  5. Ladle the batter into the preheated waffle iron and cook until the waffles are golden brown and crisp. Serve immediately with topping of choice or lay on a cooling rack until cool. Store in zip close bags or freezer friendly container if you want to freeze for later and meal prep\*
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#### NOTES

- Topping ideas – maple syrup, sugar free powdered sugar or regular powdered sugar, fresh berries, butter, etc.
- To reheat waffles, place frozen waffle in toaster and cook until heated through and crisp on the outside.
- This batter can also be used to make pancakes. Be sure to chill batter first.