

monday

ravioli in toasted almond broth

gather your ingredients

- 1 cup toasted sliced almonds + more for serving
- 2½ cups hot vegetable broth or water
- 2 tbsp lemon juice
- ½ tsp kosher salt
- ¼ tsp freshly ground black pepper
- 1 lb of your fave ravioli
- 1 bunch broccoli or broccolini
- minced green onions, olive oil, lemon wedges, and grated parmesan for serving)

let's get cooking

1. bring a large pot of salted water to a boil.
2. in the meantime, place the almonds and broth/water in a high-speed blender and blend until smooth. add lemon juice, salt, and pepper and set aside.
3. add ravioli to the boiling water and cook according to package instructions. add broccolini to the ravioli in the final min of cooking.
4. drain pasta and broccolini and divide it among bowls. pour broth over the pasta and top with green onions, almonds, olive oil, a dusting of cheese, and a lemon wedge if desired.
5. serve immediately.

tuesday

roasted butternut squash w/ lentils & feta

gather your ingredients

for the salad:

- ½ cup black or green lentils
- 1 3" cinnamon stick
- 4 garlic cloves (peeled & smashed)
- kosher salt
- 1 bag cubed butternut squash
- 1 tbsp olive oil
- ½ tsp black pepper
- ¼ cup crumbled feta
- 4 green onions, trimmed and thinly sliced
- 2 tbsp roasted, salted pumpkin seeds
- ½ cup pomegranate seeds

for the dressing:

- ¼ cup olive oil
- 1 tbsp honey
- ½ tsp ground cumin, toasted
- ¼ tsp ground cayenne
- ½ tsp black pepper
- kosher salt

let's get cooking

- heat oven to 400° F.
- **start the lentils:** pick debris from the lentils, then rinse them under running water and transfer to a medium saucepan. add the cinnamon stick, 4 smashed garlic cloves, and 1 tsp salt.
- add enough water to cover everything by 1 inch. bring the water to a rolling boil over medium-high heat, then reduce to low and let simmer until the lentils are tender but not mushy (~20 mins). drain the lentils, discard the cinnamon and garlic, then transfer to a large bowl.
- **while the lentils cook, prep the squash:** place butternut squash on a baking sheet. drizzle with 1 tbsp olive oil and season with salt and pepper.
- roast the squash until completely tender, slightly caramelized, and golden brown (~30 mins). remove from the oven, and let cool for 10 mins. once cool, add to the lentils.

- **while the squash cooks, prepare the dressing:** in a small bowl, whisk the olive oil,, honey, cumin, cayenne, and black pepper. taste and season to taste with salt.
- **assemble:** sprinkle the feta, green onions, pomegranate seeds, and pumpkin seeds over the lentils and squash. pour 2 to 3 tbsp of the dressing over the lentils and squash. serve warm or at room temp with the remaining dressing on the side.

wednesday

spicy coconut lime curry w/ crispy tofu

gather your ingredients

for the crispy marinated tofu:

- 1 14-oz block extra firm tofu (drained)
- 3 tbsp oil
- 2 tbsp lime juice
- 1 tbsp miso (at room temp)
- cornstarch as needed

for the curry:

- 1 13.5-oz can full-fat coconut milk
- 3 jalapeños, stems removed (seeds removed for less spicy)
- 1 small bunch cilantro
- 2 garlic cloves
- 2 tsp sugar
- 3 tbsp oil
- 2 shallots (thinly sliced)
- 2 large zucchinis (sliced)
- 1 ½ tsp cumin
- 1 tsp coriander
- 1 15-oz can chickpeas (drained & rinsed)
- 1 tsp kosher salt
- juice from 1 lime
- cooked basmati rice (for serving)

let's get cooking

1. **first prep tofu:** slice the tofu into ½ inch slabs crosswise. place the pieces on a clean kitchen towel or several sheets of paper towel and gently press and flip to remove excess moisture.
2. whisk together the oil, lime juice, and miso then pour into a resealable container. place the dry tofu slices into the container so they are fully covered by the marinade. let sit at room temperature for at least 30 mins or overnight in the fridge.
3. **to bake:** preheat the oven to 425° F and line a rimmed baking sheet with parchment paper. apply a thin coating of cornstarch to the marinated tofu and place in a single layer on the baking sheet.

4. bake for 15-20 mins, then flip each piece and return to the oven for another 15 mins or so until golden brown and crispy
1. **meanwhile, make the curry:** add the can of coconut milk, 3 jalapeños, bunch of cilantro, 2 garlic cloves and 2 tsp sugar to the container of a high-speed blender. blend until smooth. set aside until ready to use.
2. heat 3 tbsp oil in a large skillet over medium heat. when shimmering, add the shallot and zucchini. cook for 6-8 mins or until just beginning to soften.
3. stir in the cumin and coriander, cook for another 2-3 mins before adding in the blended curry sauce, chickpeas, and salt.
4. bring to a boil and reduce until the sauce has thickened and the vegetables are tender (~ 5-10 mins). squeeze in the lime juice and add salt to taste if needed.
5. serve with basmati rice, crispy tofu, and another squeeze of lime juice.

thursday

crunchy teriyaki cauliflower wings

gather your ingredients

- 1 large head cauliflower chopped into even-size florets
- 2 cups crushed tortilla chips any kind will work i like siete foods brand
- ¾ cup gluten-free or regular all-purpose flour
- 3 tbsp tapioca flour or arrowroot or corn starch
- ¾ cup non-dairy milk of choice
- ½ tsp ground black pepper
- ½ tsp sea salt
- ½ tsp garlic powder
- 1⅔ cups [store-bought teriyaki sauce](#)*
- 1 bunch green onions finely chopped, mostly greens
- sesame seeds
- 1 bottle of ranch dressing (optional)

**important: get the thick kind that's like bbq sauce viscosity not the liquid soy sauce-adjacent kind*

let's get cooking

1. preheat the oven to 450° F and line a large baking sheet with a silicone sheet, parchment paper, or greased foil.
2. chop the cauliflower into small florets, making sure they are relatively the same size.
3. crush the tortilla chips, making sure to leave some textured crumbs, then transfer the crushed chips to a shallow bowl.
4. **next, prepare the batter:** in a medium/large bowl, whisk together the flour, tapioca flour, milk, pepper, salt and garlic powder, making sure there are no clumps. if the batter is too thick, feel free to thin it out with some more milk and vice versa.
5. toss the cauliflower in the batter mixture (you can add them all at once), using a spatula or spoon to coat them all.
6. transfer them to the crushed tortilla chips to coat completely, then place them onto the baking sheet one at a time, giving each wing enough space to bake for 20-22 mins.
7. **while the cauliflower is baking:** pour the teriyaki sauce into a large shallow bowl. if the sauce is very thick, add a few tbsp water.
8. remove the baking sheet from the oven and dip each cauliflower into the teriyaki and return to the baking sheet. you can also use a brush to paint the teriyaki sauce on; just make sure the cauliflower is coated very well in the sauce.
9. bake for another 5-10 mins, until crispy.

10. remove from oven, sprinkle with the chopped green onions and sesame seeds. serve with the ranch dressing, and enjoy immediately.

friday

vegetable glow soup

gather your ingredients

- 1 tbsp of olive oil
- 8 carrots (chopped)
- 2 leeks (cleaned + chopped)
- 1-2 orange bell peppers (chopped)
- 1 tsp of turmeric
- 1 tbsp of coriander
- ½ tsp of cayenne pepper
- 5 cups vegetable broth
- 1 can of full-fat coconut milk
- kosher salt + freshly ground black pepper to taste

let's get cooking

1. heat 1 tbsp of olive oil over medium-high in a large soup pot. add chopped carrots, leeks, and bell peppers and sauté until slightly softened. add salt + pepper.
2. then add in 1 tsp of turmeric, 1 tbsp of coriander, and ½ tsp of cayenne pepper. cook for another min or two.
3. add in 5 cups of vegetable broth and bring to a boil. bring back down to a simmer and cook until flavors have melded and vegetables have softened considerably (~15 to 20 mins).
4. blend using an immersion blender in the pot or transfer to a high-speed blender. transfer back to pot and add 1 cup of coconut milk + salt to taste.
5. serve with leftover rice, buttered crusty bread, and a lemon wedge if desired.

groceries

pantry staples

hopefully, you have some of these already so do a quick check before you shop. here's what you'll need this week:

- olive oil
- kosher salt + black pepper
- turmeric
- ground coriander
- cayenne pepper
- garlic powder
- cinnamon sticks
- ground cumin
- sesame seeds
- vegetable broth
- 2 cans full-fat coconut milk
- gluten-free or regular all-purpose flour
- cornstarch
- sugar
- honey
- miso paste
- 1 15-oz can chickpeas
- basmati rice
- black or green lentils
- pumpkin seeds
- sliced almonds

from the store (organized by section)

- carrots (8)
- pomegranate (1)
- leeks (2)
- limes (2)
- lemons (3)
- orange bell peppers (1-2)
- cauliflower (1 large head)
- jalapeños (3)
- shallots (2)
- zucchini (2)
- broccoli or broccolini (1 bunch)

- green onions (1 bunch)
- cilantro (1 small bunch)
- garlic (1 head)
- cubed butternut squash (1 bag)
- tortilla chips any kind
- grated parmesan
- feta (block or crumbled)
- non-dairy milk of choice
- 1 lb of your fave ravioli
- 1 14-oz block extra firm tofu (drained)
- [store-bought teriyaki sauce](#) (the thick kind!)
- 1 bottle of ranch dressing (optional)