



30 MINUTE DINNERS

Vegan Meal Plan 5

OVERVIEW

Here's what's on the dinner menu this week:

Day 1: [Pesto Risotto](#) // [Side Salad + Balsamic Vinaigrette](#) // [Steamed Broccoli](#)

Day 2: [Alfredo Fettuccine](#) // [Peas](#) // [Side Salad + Balsamic Vinaigrette](#)

Day 3: [Saag Paneer](#) // [Quinoa](#)

Day 4: [Veggie Burgers](#) // [Creamed Swiss Chard](#) // [Quinoa](#)

Day 5: [Botanas](#) // [Vegan Nacho Sauce](#) // [Guacamole](#)

(These links should be used for reference only. The step-by-step cooking instructions for each meal are below.)

GET AHEAD ACTION PLAN

*Anytime you're in the kitchen, you should be doing SOMETHING. This **Get Ahead Action Plan (GAAP)** helps you do just that, whether it's dicing one extra onion or freezing an entire meal. Everything listed below is optional, therefore any extra ingredients are not included in the shopping list.*

Be sure to update your shopping list accordingly if you choose to follow any GAAP ideas!

Day 1: Pesto Risotto // Side Salad + Balsamic Vinaigrette // Steamed Broccoli

- 2x **Risotto** for leftovers or to freeze
- 3x **Balsamic Vinaigrette** for leftovers

Tip: Balsamic Vinaigrette, in addition to being a great salad dressing, is also a tasty marinade!

Day 2: Alfredo Fettuccine // Peas // Side Salad + Balsamic Vinaigrette

- 2x **Peas** for leftovers
- 2x **Alfredo** for leftovers or to freeze

Tip: Just refrigerate the pasta with 1 Tbsp olive oil to prevent sticking!

Day 3: Saag Paneer // Quinoa

- 3x or 4x **Quinoa** for leftovers or to freeze
- Cut any extra **vegetables** to freeze

Day 4: Veggie Burgers // Creamed Swiss Chard // Quinoa

- Slice extra **Swiss Chard** to freeze

Day 5: Botanas // Vegan Nacho Sauce // Guacamole

- 2x **Guacamole** for leftovers
- 2x **Vegan Nacho Sauce** for leftovers

Tip: Just cover the guacamole with 1/2 inch of water to prevent brown oxidation and stir it in afterwards.

WEEKLY

Mise En Place

Quinoa

- 4-8 cups water
- 4 cups quinoa

Pesto Risotto

- 2 Tbsp olive oil
- 1 onion

White Rice

- 2 cups Arborio rice
- 6-8 cups water or stock

Homemade Pesto

- 2 cups loosely packed fresh basil leaves
- $\frac{1}{3}$ cup pine nuts
- 2 garlic cloves
- $\frac{1}{2}$ - $\frac{3}{4}$ cup extra virgin olive oil
- Optional: $\frac{1}{2}$ cup grated parmesan cheese

Side Salad

- 5 oz romaine lettuce
- 1 iceberg lettuce head
- 2 cucumbers
- 2 pints tomatoes

Balsamic Vinaigrette

- 8 Tbsp balsamic vinegar
- 4 Tbsp olive oil
- 2-4 Tbsp Dijon mustard
- 2 tsp honey or maple syrup (optional)

Vegan Nacho Sauce

- 1½ cup cashews
- (1) 4 oz can diced green chilies NOT drained
- 4 tsp taco seasoning
- pinch of salt
- 4 Tbsp water
- ¼ tsp cayenne (!)

Vegetables

- 2 lb swiss chard
- 2 broccoli heads
- 1 onion
- 5 garlic cloves

Equipment

- Instant Pot
- Skillet
- Food processor or blender
- Large salad bowl with lid
- Cutting board + sharp knife
- Jar with lid

Step-by-Step

1. Cook the White Rice. Add 2 cups of rice and 3 cups of water or broth to your Instant Pot.

Cook on manual for 4 minutes on high. Quick release the pressure.

Tip: Cook the rice before the quinoa so that the earthy quinoa flavor doesn't cook into the rice.

Alternatively, turn two large burners to high and boil 8 cups of water in a stock pot and 6 cups of water or stock in a medium pot. Cover askew. When the 6 cups of water boils, add 2 cups of Arborio rice. Cover askew. Set a timer for 17 minutes.

When the 8 cups of water boils, add 4 cups of quinoa. Cover askew. Turn down 1-2 notches so it doesn't boil over. Use the same timer as the rice above (about 15 minutes).

2. Start the Pesto Risotto. Turn another burner to medium heat with 2 Tbsp olive oil in a skillet. Thinly slice 1 onion, add, and cover. Set a timer for 10 minutes.

Make the homemade pesto by combining in a food processor, slowly adding the oil last:

2 cups loosely packed fresh basil leaves
1/3 cup pine nuts
2 medium garlic cloves, peeled
1/2-3/4 cup extra virgin olive oil

Let run until you have made a rough paste. Salt and pepper to taste. If the sauce seems dry (it should be a thick paste), add a bit more oil.

Tip: If pine nuts are out of your budget, you can substitute walnuts, almonds, and/or cashews.

Stir the onions. When they look fully translucent, turn off the burner and keep covered.

3. Make your Side Salad. Chop and add to a large bowl:

1 head iceberg lettuce
5 oz romaine lettuce
2 cucumbers sliced
2 pints tomatoes

4. Make the Balsamic Vinaigrette. Combine in a jar with a lid:

8 Tbsp balsamic vinegar
4 Tbsp olive oil
2-4 Tbsp Dijon mustard
2 tsp honey or maple syrup (optional)

Lid and shake well.

5. Combine the Vegan Nacho Sauce. In a blender or food processor pulse:

1 1/2 cup cashews
(1) 4 oz can diced green chilies NOT drained
4 tsp taco seasoning
pinch of salt 4 Tbsp water
1/4 tsp cayenne (!)

You might need to use a spatula to scrape down the sides. If you don't have a high powered blender, you might have to run the blender a few times. You can make it thinner by adding more water, 1 Tbsp at a time.

Tip: If you have any other nut milks in the fridge you need to use up, use them instead of water to thin it.

6. Cook the Quinoa. When the rice is done, give your Instant Pot a quick rinse. Then, add 4 cups quinoa and 4 cups water and cook for 1 minute on manual. Quick release the pressure.

7. Prep the Vegetables:

- Swiss Chard: Stack 2 lb worth with the largest piece on bottom and roll. Then make thin slices all the way through for Creamed Swiss Chard.
- Broccoli: Cut 2 heads into florets for the suggested side of Steamed Broccoli.

What to cut last:

- Onion: Dice 1 for Saag Paneer
- Garlic: Mince 2 for Saag Paneer
- Garlic: Mince 3 for Creamed Swiss Chard

8. Finish the Pesto Risotto. When the rice is done, combine the cooked onion, Arborio rice, and pesto. Stir well.

Step-by-Step Cooking Instructions

Day 1: Pesto Risotto // Side Salad + Balsamic Vinaigrette // Steamed Broccoli

Mise en Place

Homemade Pesto

- 2 cups basil leaves loosely packed
- $\frac{1}{3}$ cup pine nuts
- 2 cloves garlic peeled
- $\frac{1}{2}$ - $\frac{3}{4}$ cup olive oil
- $\frac{1}{2}$ cup parmesan cheese (optional)

Risotto

- 2 Tbsp olive oil
- 1 onion diced
- 2 cups Arborio rice
- 6-8 cups vegetable stock
- 1 Tbsp olive oil
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ tsp pepper
- $\frac{1}{2}$ cup parmesan cheese (optional)

Steamed Broccoli

- 2 heads broccoli
- 1 Tbsp olive oil
- 2 tsp salt

Side Salad (2x for Day 2)

- 5 oz spring mix
- 1 head iceberg lettuce
- 2 cucumbers
- 2 pints cherry tomatoes

Balsamic Vinaigrette (2x for Day 2)

- 8 Tbsp balsamic vinegar
- 8 Tbsp olive oil

- 2 Tbsp Dijon mustard
- 2 tsp honey or maple syrup (optional)

Equipment

- Cutting board + sharp knife
- Food processor
- Large saucepan
- Steamer basket
- Large salad bowl
- 16 oz mason jar with lid

Step-by-Step

1. Make the Risotto. Add 2 cups of rice and 3 cups of water or broth to your Instant Pot. Cook on manual for 4 minutes on high. Quick release the pressure.

Alternatively, turn a burner to high and boil 6 cups of water or stock in a medium pot. Cover askew. When the water boils, add 2 cups of Arborio rice. Cover askew. Set a timer for 10 minutes to add the broccoli. (It will cook for 17 minute total.)

2. Saute the onion. Turn another burner to medium heat and 2 Tbsp olive oil in a pan. Thinly slice 1 onion, add, and cover. Stir occasionally.

3. Steam the Broccoli. Chop 2 heads into bite sized florets and set in a steamer basket. When the 10 minute timer goes off, set the steamer basket on top of the rice and set a timer for 7 minutes. When the rice and broccoli timer goes off, remove broccoli and steamer basket.

Alternatively, when the Instant Pot goes off, empty out the rice and immediately add the broccoli to steam for 1 minute on manual. Quick release the pressure.

Toss broccoli with 1 Tbsp olive oil and 2 tsp salt.

4. Assemble the Side Salad. Cut lettuce into bite sized pieces and add to a large salad bowl. Cut cucumber and slice tomatoes, if desired, and add to salad bowl.

Reserve half for Day 2.

5. Make the Balsamic Vinaigrette. In a mason jar, add all the dressing ingredients. Shake to mix well. Let individuals add to salad. Do NOT dress the entire salad since you are saving half for Day 2 and you don't want it to get soggy.

Reserve half for Day 2.

6. Make the Pesto. Combining the first four pesto ingredients in a food processor until they have made a rough paste. With the machine running, slowly add the oil. Salt and pepper to taste. If the sauce seems dry (it should be a thick paste), add a bit more oil.

7. Combine the Pesto Risotto. Stir the sauteed onion, rice, pesto, and if desired, grated parmesan cheese, together.

Day 2: Alfredo Fettuccine // Peas // Side Salad + Balsamic Vinaigrette

Mise en Place

Pasta

- 16 oz fettuccine pasta
- 4 cups water

Peas

- 16 oz peas
- 1 tsp salt

Alfredo Sauce

- 1 Tbsp olive oil
- 2 tsp garlic minced
- 2 Tbsp flour any kind
- ½ cup almond milk
- ½ cup full-fat canned coconut milk
- 1 tsp nutritional yeast
- ¼ tsp salt
- ¼ tsp pepper

Side Salad

- Reserved Side Salad
- Reserved Balsamic Vinaigrette

Equipment

- Steamer basket
- 2 medium pots
- Strainer

Step-by-Step

1. Start the Pasta and Peas. Turn a burner to high while you fill a pot with 4 cups of water to boil. Cover askew. When the water boils, snap your fettuccine in half and drop into the water. Then, place a steamer basket on top with 16 oz peas. Set a timer for 4 minutes.

2. Cook the Alfredo Sauce. In a medium stockpot, warm the oil and the garlic over low heat JUST until the garlic is fragrant. Increase the heat to medium and add the flour. Cook the flour, stirring often, for one minute. Slowly add the almond milk while whisking well, so that the almond milk and the flour make a thick paste after each addition. (I highly recommend using a flat-bottomed whisk for this step.) Add the remaining ingredients and keep the sauce at medium.

Cook for 5-7 minutes and the sauce will thicken as it cooks.

3. Finish the Pasta and Peas. When the timer goes off, ensure the peas are at desired doneness. Add 1 tsp salt. Continue cooking fettuccine for 2-3 minutes until al dente. Set a timer!

4. Serve with reserved Side Salad and Balsamic Vinaigrette.

Day 3: Saag Paneer // Quinoa

Mise en Place

Quinoa (2x for Day 4)

- 8 cups water
- 4 cups quinoa

Saag Paneer

- 5 oz spinach
- 16 oz firm tofu
- 1 onion
- 1 (15 oz) can diced tomatoes and green chilies
- 2 garlic cloves
- 2-inch ginger
- 1 tsp cumin seeds
- 1 tsp coriander powder
- 1 tsp kasuri methi (dried fenugreek leaves)
- 1 tsp garam masala powder
- 1 Tbsp coconut oil
- 1 tsp salt
- 1 Tbsp cashew cream for garnish
- 2 large tomatoes (optional)
- 1 cilantro bunch (optional)

Equipment

- (Instant) Pot
- Medium pot
- 2 bowls
- Cutting board + sharp knife
- Blender or food processor

Step-by-Step

1. Start the Saag Paneer. Turn a pan to medium heat and add 1 Tbsp coconut oil. Dice 1 onion and mince 2 garlic cloves, add, and cover.

2. Cook the Quinoa. Add 4 cups quinoa and 4 cups water and cook for 1 minute on manual. Quick release the pressure.

Reserve half (about 2 cups) for Day 2.

3. Blanch the spinach. Turn another burner to high and fill a small pot with 2 cups of water. Cover askew. When the 2 cups of water boils, add the spinach leaves and blanch it for 3 minutes. Set a timer.

Remove the leaves from boiling water and immediately transfer them to ice cold water. This step is important; it ensures the vibrant green color of the leaves are retained. Squeeze the leaves to remove excess water and grind it into a puree in either a food processor or a blender. Set aside.

4. Prep the tofu. Fill a bowl with ice water. Cut tofu into cubes and soak them in warm water in a shallow bowl until use.

5. Continue the Saag Paneer. When the onions look translucent, add:

1 (15 oz) can diced tomatoes and green chilies
2-inch ginger grated
1 tsp cumin seeds
1 tsp coriander powder
1 tsp fenugreek
1 tsp garam masala powder

Mix well and turn to low.

If desired, dice more tomato or add 28 oz diced tomatoes with juices. Cook for 3 minutes on low. Add the pureed spinach and tofu cubes. Stir and let cook for 3-5 minutes.

If desired, chop the top of the cilantro bunch where the leaves begin. Discard the bottom stems and throw the top into the same blender without rinsing. Puree and add to the top. If the curry turns too thick adjust by adding little water, don't make it too runny.

Day 4: Veggie Burgers // Creamed Swiss Chard // Quinoa

Mise en Place

Creamed Swiss Chard

- 3-4 pieces bacon (optional)
- 2 lb swiss chard any variety
- 2 Tbsp butter or coconut oil
- 2 Tbsp flour
- 1 Tbsp garlic minced
- ½ tsp salt
- ½ tsp pepper
- ½ tsp sage
- ½ tsp thyme
- ¼ tsp paprika
- 1 cup milk any variety
- 1 (15 oz) can full fat coconut milk

Veggie Burgers

- 4 veggie burger patties
- 1 Tbsp olive oil

Quinoa

- Reserved 2 cups Quinoa

Equipment

- Cutting board + sharp knife
- Skillet (optional)
- Large Pot
- Steaming basket
- Medium pot
- Small saucepan

Step-by-Step

1. Cook the bacon (optional). Cook it in a skillet until crispy. Drain on a paper towel and reserve the bacon grease for future use. Dice the cooked bacon and set aside.

2. Cook the Swiss Chard. Turn a burner to high while you fill a large pot of water with 2" of water to boil.

Wash the swiss chard and place the piece with the largest leaf on a towel. Place the rest of the swiss chard on top, aiming to put the larger pieces on the bottom and smaller pieces on top. Starting with one side of the swiss chard, roll it tightly into itself, like you'd be rolling a towel.

Starting at the top of the swiss chard, cut the chard into slices all the way down through the stem.

Alternatively, you can steam using an Instant Pot for 1 minute on manual. Quick release the pressure.

When the water is boiling, steam the sliced swiss chard until it's wilted, but still bright green – about 2-4 minutes. Drain and set aside.

3. Make the Cream Sauce. In a separate medium pot, melt the butter over medium heat. Add the flour and stir well, cooking the flour for one minute. Add the garlic, salt, pepper, sage, thyme, and paprika and stir until the garlic is fragrant, about one minute. Slowly add the milk, whisking with each addition until you've created a thick sauce. Add the entire can of coconut milk and whisk well.

4. Cook the Veggie Burgers. In a large skillet, heat olive oil. Cook veggie burgers until warmed through.

5. Reheat the Quinoa. Simply rinse the swiss chard pot out and refill with 1/4 cup of water to reheat the Quinoa until warmed through.

Day 5: Botanas // Vegan Nacho Sauce // Guacamole

Mise en Place

Botanas

- 14 oz corn chips
- 2 (15 oz) can refried or pinto beans
- 1 (15 oz) can corn
- 1 onion diced
- 2 bell peppers diced
- 2 tomatoes diced
- 1 head Romaine lettuce shredded
- 1 lime sliced

Vegan Nacho Cheese Dip

- 1½ cup cashews
- 1 4 oz can diced green chilies not drained
- 4 tsp taco seasoning
- pinch salt
- 4 Tbsp water
- ¼ tsp cayenne (optional)

Guacamole

- 4 avocados sliced in half, pit removed
- ¼ tsp pepper
- ¼ tsp granulated garlic
- ½ tsp cumin
- 1 tsp salt
- ¼ lime 1 wedge, juiced
- 2 Roma tomatoes diced

Equipment

- Cutting board + sharp knife

- 2 baking sheets
- Blender or food processor

Step-by-Step

1. Make the Botanas. Preheat the oven to 250F. Spread 14 oz corn chips over 2 baking sheets. Plop 30 oz of pureed refried beans loosely covering the corn chips. Drain and sprinkle 15 oz canned corn over the refried beans. Place in the oven, set a timer for 10 minutes.

2. Make the Nacho Cheese Dip. Combine all ingredients in a blender and process until the mixture is smooth. You might need to use a spatula to scrape down the sides. If you don't have a high powered blender, you might have to run the blender a few times. Drizzle over cooked Botanas.

Tip: I found that 2 Tbsp of water created the perfect consistency for me, BUT you can make it thinner by adding more water, 1 Tbsp at a time. Another idea, is to substitute almond milk or cashew milk for the water to make the cheese sauce creamy, but I didn't think that was necessary.

3. Make the Guacamole. Add avocado to a stand mixer OR mash by hand until it's the consistency you like. Add the spices and lime juice and mix well. Fold in the tomatoes. Taste, and adjust seasonings if desired.

4. Chop the Botana toppings. Dice and/or shred.



JUNE MEAL PLAN 4

Day 1: Pesto Risotto // Side Salad + Balsamic Vinaigrette // Steamed Broccoli

Day 2: Alfredo Fettuccine // Peas // Side Salad

Day 3: Saag Paneer // Quinoa

Day 4: Veggie Burgers // Creamed Swiss Chard // Quinoa

Day 5: Botanas // Vegan Nacho Sauce // Guacamole

Cold Case

- | | | | |
|------------------------------------------------|----------|-----------------------------------------------------|-------|
| <input type="checkbox"/> almond milk | 0.50 cup | <input type="checkbox"/> milk (can sub non-dairy) | 1 cup |
| <input type="checkbox"/> butter or coconut oil | 4 tbsp | <input type="checkbox"/> parmesan cheese (optional) | 1 cup |
| <input type="checkbox"/> firm tofu | 16 oz | | |

Frozen

- | | |
|------------------------------------------------|---|
| <input type="checkbox"/> veggie burger patties | 4 |
|------------------------------------------------|---|

Meat

- | | |
|-------------------------------------------|----------|
| <input type="checkbox"/> bacon (optional) | 3 pieces |
|-------------------------------------------|----------|

Pantry

- | | | | |
|---------------------------------------------------------------|--------|----------------------------------------------------------|--------------------|
| <input type="checkbox"/> Arborio rice | 2 cups | <input type="checkbox"/> Dijon mustard | 2 tbsp |
| <input type="checkbox"/> balsamic vinegar | 8 tbsp | <input type="checkbox"/> fettuccine pasta | 16 oz |
| <input type="checkbox"/> can corn | 115 oz | <input type="checkbox"/> flour | 4 tbsp |
| <input type="checkbox"/> can diced green chilies | 14 oz | <input type="checkbox"/> full-fat canned coconut milk | 0.50 cup |
| <input type="checkbox"/> can diced tomatoes with green chiles | 115 oz | <input type="checkbox"/> honey or maple syrup (optional) | 2 tsp |
| <input type="checkbox"/> can full fat coconut milk | 115 oz | <input type="checkbox"/> nutritional yeast | 1 tsp |
| <input type="checkbox"/> can refried or pinto beans* | 215 oz | <input type="checkbox"/> olive oil | 1.50 cups + 2 Tbsp |
| <input type="checkbox"/> cashew cream | 1 tbsp | <input type="checkbox"/> pine nuts | 0.33 cup |

<input type="checkbox"/> cashews	1.50 cups	<input type="checkbox"/> quinoa	2 cups
<input type="checkbox"/> coconut oil	1 tbsp	<input type="checkbox"/> vegetable stock	6 cups
<input type="checkbox"/> corn chips	14 oz		

Produce

<input type="checkbox"/> avocados	4	<input type="checkbox"/> large tomatoes (optional)	2
<input type="checkbox"/> bell peppers	2	<input type="checkbox"/> lime	1.25
<input type="checkbox"/> broccoli	2 heads	<input type="checkbox"/> onion	3
<input type="checkbox"/> cherry tomatoes	2 pt	<input type="checkbox"/> peas (fresh or frozen)	1 lb
<input type="checkbox"/> cilantro (optional)	1 bunch	<input type="checkbox"/> roma tomato	2
<input type="checkbox"/> cucumber	2	<input type="checkbox"/> Romaine lettuce	1 head
<input type="checkbox"/> garlic	9 cloves	<input type="checkbox"/> spinach	5 oz
<input type="checkbox"/> green leaf lettuce	1 head	<input type="checkbox"/> swiss chard	2 lb
<input type="checkbox"/> iceberg lettuce	1 head	<input type="checkbox"/> tomatoes	2

Spices

<input type="checkbox"/> basil leaves	2 cups	<input type="checkbox"/> kesuri methi (dried fenugreek leaves; optional)	1 tsp
<input type="checkbox"/> cayenne (optional)	0.25 tsp	<input type="checkbox"/> paprika	0.25 tsp
<input type="checkbox"/> coriander powder	1 tsp	<input type="checkbox"/> pepper	1.50 tsp
<input type="checkbox"/> cumin	0.50 tsp	<input type="checkbox"/> sage	0.50 tsp
<input type="checkbox"/> cumin seeds	1 tsp	<input type="checkbox"/> salt	5.75 tsp
<input type="checkbox"/> garam masala powder	1 tsp	<input type="checkbox"/> taco seasoning*	4 tsp
<input type="checkbox"/> ginger	2 inch	<input type="checkbox"/> thyme	0.50 tsp
<input type="checkbox"/> granulated garlic	0.25 tsp		

*Note: Items marked with * can be made from scratch if you have the time. Go to the recipe in 30 Minute Dinners to find the from scratch version.*