

Vegetarian Meal Prep Options

LUNCH:

AMERICAN:

1. **Bean & Avocado Sandwich:** Whole-grain seeded bread, almond pesto, spinach, creamy navy beans, cherry tomatoes, cucumber and basil.
2. **Black Bean Burger:** Caramelized onion, arugula, garlic aioli and pickled jalapeños on brioche.
3. **Creamy Chickpea Sandwich:** Tomato, cucumber, spinach, aioli, caramelized onions and microgreens.
4. **Creamy White Bean Salad Sandwich:** Fresh dill and green goddess dressing.
5. **Crispy Oyster Mushroom Po' Boy:** Whipped tofu spread, shredded lettuce, tomato and pickles on a toasted hoagie roll.
6. **Curried Chickpea Salad Sandwich:** Apple, celery, golden raisins, herbs, Dijon, almonds and whole-grain bread.
7. **Green Goddess Sando:** Creamy chickpeas, avocado, cucumber, sprouts and seeded whole-grain bread.
8. **Vegetarian Muffuletta:** Mozzarella, marinated artichokes, olive relish, greens and roasted peppers on focaccia.
9. **Grilled Broccolini Bowl:** Crispy tofu, forbidden rice, avocado, green goddess dressing and spicy tahini.
10. **Summer Veggie Bowl:** Asparagus, crispy tofu, spinach, pistachios, citrus basmati rice and herb yogurt.
11. **Crispy Potato & White Beans:** Herb-roasted potatoes, organic firm tofu, cucumber, tomato, feta, dill and lemon yogurt.
12. **Grilled Broccolini Bowl:** Crispy tofu, forbidden rice, avocado, green goddess dressing and spicy tahini.
13. **Summer Veggie Bowl:** Asparagus, crispy tofu, spinach, pistachios, citrus basmati rice and herb yogurt.

INDIAN:

1. **Aloo Paratha:** Potato, spiced cauliflower, turmeric yogurt and mint chutney.
2. **Chaat Masala Potato Bowl:** Cauliflower, Yukon potatoes, red onion, cilantro and sweet tamarind dressing.
3. **Paneer Butter Masala:** Garlic naan, basmati lemon rice, golden raisins and toasted pine nuts.
4. **Braised Squash & Red Kidney Beans:** Shallots; remaining details were not listed in the source.
5. **Coconut Rice & Roasted Acorn Squash:** Cashews, ginger, garlic, golden raisins and grilled pineapple.
6. **Veggie Wrap:** Spiced chickpeas, zucchini, carrot, eggplant, tomato-tamarind chutney, roasted garlic hummus, pickled peppers and side salad.
7. **Curried Tofu Wrap:** Organic tofu, tempeh, cashews, celery, apple, golden raisins and fresh herbs.
8. **Savory Lentil Pancake:** Spicy tomato chutney, crispy tofu, curried chickpeas, mung bean salad, scallions and cilantro.
9. **Tandoori Tofu:** Cabbage, grilled pineapple, cilantro, roasted peanuts and mint-cilantro chutney.

SOUTH ASIAN: TOFU BASED

1. **Crispy Lemongrass Tofu:** Shaved rainbow carrot salad with citrus miso-ginger poppy seed dressing.
2. **Glass Noodles with Lemongrass Tofu:** Cucumber, spinach, bok choy, herbs and pickled vegetables.
3. **Gochujang Butter Beans:** Sunomono salad, yakitori eggplant and whipped tofu-cashew purée.
4. **Green Curry Vegetable Bowl:** Organic tofu, Japanese eggplant, summer zucchini, coconut rice, golden raisins and cashews.
5. **Lemongrass Tofu with Green Papaya Salad:** Fresh herbs and toasted peanuts.

SOUTH ASIAN:

6. **Miso-Glazed Turnips:** Organic tofu, forbidden rice, edamame, roasted rainbow carrots and crispy shallots.

7. **Napa Cabbage & Tofu Noodles:** Vermicelli noodles, mung beans and peanut sauce.
8. **Roasted Sweet Potato with Rice-Paper Spring Rolls:** Tofu, avocado, cucumber and edamame filling with ginger-peanut dipping sauce.
9. **Thai Peanut Noodles:** Rice noodles, cabbage, carrots, cucumber, crispy tofu and peanut ginger garlic dressing.
10. **Fried Rice:** Lemongrass tofu, edamame, zucchini, peas and carrots
11. **Vietnamese Tofu Lettuce Cups:** Lemongrass tofu, rice noodles, fresh herbs, pickled vegetables and sweet chile-lime sauce.
12. **Broccoli Sushi Rice Bowl:** Steamed broccoli, avocado, roasted eggplant and gochujang mayo.
13. **Korean BBQ Lettuce Wraps:** King oyster mushrooms, sticky rice, kimchi-radish slaw, shredded cabbage and lime on romaine hearts.
14. **Kung Pao Mushroom:** Eggplant and steamed sushi rice.
15. **Miso-Glazed Kabocha:** Sushi rice, pickled daikon, mirin, sesame seeds and shiso.
16. **Mushroom Bao Bun:** Eggplant, mixed mushrooms, soy, ginger and garlic with side salad.
17. **Mushroom Bulgogi Bowl:** Persian cucumber, kimchi, sticky rice, spiced maitake mushrooms and scallions.
18. **Pineapple Fried Rice:** Mango, avocado, edamame, cucumber, sesame seeds, mint and cilantro.

MEDITERRANEAN:

1. **Artichoke Heart Sando:** Roasted garlic hummus, marinated artichokes, tomato, mozzarella and spinach on sourdough.
2. **Chickpea-Zucchini Fritters:** Spiced yogurt, cherry tomatoes, dill and whole-wheat flatbread.
3. **Falafel Burger:** Tzatziki, cucumber, tomato, red onion and za'atar fries on brioche.
4. **Falafel Plate:** Chickpeas, navy beans, hummus and cucumber-tomato salad with za'atar.
5. **Freekeh Pilaf:** Roasted carrots, yogurt, pistachios, dill and pickles.
6. **Greek Grain Bowl:** Chickpeas, barley, cucumber, tomato, olives, dill and feta.
7. **Grilled Halloumi Skewers:** Lemon thyme, hot honey, red onion, roasted tomato and turmeric dal.

8. **Halloumi Wrap:** Spinach, hummus, red onion, pickles, cherry tomatoes and cucumber tzatziki.
9. **Lemon Couscous:** Chickpeas, cucumber, zucchini, cherry tomatoes and feta.
10. **Saffron Chickpea Rice:** Roasted cauliflower, golden raisins, pistachios and preserved-lemon yogurt.
11. **Spicy Sweet Chile Halloumi Gyro:** Spinach, hummus, red onion, pickles, cherry tomatoes and tzatziki.

MEXICAN:

1. **Black Bean Torta:** Oaxaca cheese, shredded lettuce, avocado, pickled red onions, pepper-garlic mayo and vegetable chips.
2. **Black Beans & Rice:** Plantain chips, shredded cabbage-citrus slaw and cilantro.
3. **Chile-Lime Chickpea Cauliflower Wrap:** Chile-lime chickpeas and cauliflower in a wrap.
4. **Paneer Fajita Plate:** Seared paneer, onions, peppers and black beans with tortillas, lime crema and pico de gallo.
5. **Pinto Beans & Cumin Rice:** Cabbage-citrus slaw, roasted corn, sweet peppers, tomato salsa and plantain chips.
6. **Sweet Potato & Black Bean Bowl:** Brown rice, cabbage, dill, toasted pepitas and chipotle ranch.
7. **Sweet Potato & Black Bean Bowl - Citrus Slaw:** Roasted sweet potato, black beans, avocado, pickled jalapeño and cabbage-citrus slaw.
8. **Veggie Breakfast Burrito:** Spiced lentils, caramelized onion, spinach, shredded potato, garlic aioli and harissa ketchup.
9. **Tofu Tacos:** Smashed black beans and tofu, pickled red onion, avocado, jalapeño, Mexican crema, salsa verde and lime.
10. **Black Bean Stuffed Bell Peppers:** Cilantro-cumin rice, Oaxaca cheese, fresh tomato, cilantro, pickled jalapeño and charred corn.
11. **Stuffed Poblanos:** Couscous, black beans, corn, peppers, queso fresco, cilantro and pico de gallo.

ITALIAN:

1. **Focaccia Sandwich:** Zucchini, fennel, cucumber, goat cheese and spiced tomato chutney.
2. **Italian Chopped Sandwich:** Cannellini spread, provolone, artichoke hearts, pepperoncini, lettuce, organic tomato and red-wine vinaigrette.
3. **Roasted Maitake Mushroom Steak:** Parmesan risotto, charred broccolini, shallot confit and lemon gremolata.
4. **Roasted Vegetable Panini:** Marinated artichokes, zucchini, peppers, grilled onions, arugula, basil pesto and veggie chips.
5. **Sweet Corn Risotto:** Arborio rice, cherry tomatoes, grilled asparagus, Parmesan and creamy almond pesto.
6. **Caprese Tofu Sandwich:** Marinated tofu, mozzarella, tomato, basil pesto, arugula and balsamic.
7. **Lentil & Quinoa Stuffed Bell Peppers:** Spinach, mushrooms, roasted carrots, onions, feta, basil and roasted tomato sauce.

SALAD OPTIONS:

1. **Barley Salad:** green apple, celery, basil and Champagne-Dijon vinaigrette.
2. **Charred Broccolini & Farro Salad:** Chickpeas, cucumber, dill, pickled red onion and lemon-herb caper vinaigrette.
3. **Citrus Barley Salad:** Chickpeas, cucumber, cabbage, sliced almonds and creamy avocado dressing.
4. **Green Goddess Couscous:** Feta, avocado, snap peas, pistachios, parsley, dill, mint, lemon and olive oil.
5. **Ranch Salad:** Baby gem lettuce, white beans, crispy tofu, cucumber, organic tomatoes, avocado, fried shallots, dill and yogurt dressing.
6. **Roasted Beet Salad:** Sweet potato, farro, orange, goat cheese and arugula.
7. **Roasted Brassicas Salad:** Parsley, apple, farro, kohlrabi, hazelnuts and apple-cider vinaigrette.
8. **Strawberry Spinach Salad:** Farro, local berries, candied pecans, chèvre, basil and poppy seed Champagne vinaigrette.
9. **Summer Succotash Salad:** Edamame, corn, cherry tomatoes, basil, toasted sunflower seeds and Champagne vinaigrette.

10. **Summer Tomato Salad:** Tri-color quinoa, chile oil, strawberries, basil, mixed tomatoes and cherries.
11. **Wedge Salad with Tofu:** Organic tofu, pickled red onion, feta and tahini green goddess dressing.
12. **Paneer Tikka Salad:** Roasted cauliflower, cabbage, cucumber, tomatoes, chickpeas and mint yogurt.
13. **Celery & Citrus Salad with Lemongrass Tofu:** Dates, red onion, pistachios, chili oil.
14. **Crispy Sweet Potato & Shaved Carrot Salad:** Grapefruit, avocado and citrus miso-ginger dressing.
15. **Green Papaya Salad:** Grilled pineapple, crispy tofu, lime, Thai chile, toasted peanuts and dried shiitake vinaigrette.