

HEAT 'N EAT MEAL PREP MENU



**FRESH INGREDIENTS | 100% VEGAN MENU
5 MEALS PER PLAN | INDIVIDUALLY PACKAGED**

MON

TUE

WED

THU

FRI

**CHILI & LOADED
SWEET POTATO**

Loaded sweet potato, black bean chili, guac, queso.

TUESDAY TACOS

Mushroom walnut or beyond meat tacos, with corn or flour tortilla.

**VEGETABLE
LASAGNA**

Lasagna with ricotta, kale, eggplant, squash. Side salad, garlic bread.

**VEGAN MEATLOAF
& POTATOES**

Vegan meatloaf and gravy, garlic mashed potatoes, grilled veggies.

**ORANGE SESAME
CAULI & QUINOA**

Orange sesame cauli wangz, stir-fried veggies, quinoa.



PLAN A

**"NO BEEF" RIBS &
BANGIN' MAC**

"No Beef" ribs, Bangin' Mac, roasted brussels sprouts.

TACO SALAD

Mushroom walnut or beyond meat, tortilla chips, salsa, guac.

**EGGPLANT
PARMAGIANA**

Eggplant, basil, vegan, cheese, whole wheat pasta.

TUNAH SALAD

Chickpea, heart of palm, multigrain bread, arugula.

**BEEF & BEAN
EMPANADA**

Pea protein and red bean empanadas with rice or quinoa.



PLAN B

KALE SALAD

Kale, feta, tomatoes, croutons. Topped with cauli wangz and salad dressing.

TABOULEH SALAD

Tabouleh salad, falafel, pita bread, hummus.

**PORTOBELLO
FAJITAS**

Portobello mushrooms, bell peppers, corn or flour tortilla.

**VEGAN-BURGER
HELPER**

Bangin' Mac, peppers, onions, pea protein.

**RAINBOW POWER
BOWL**

Brown rice, purple cabbage, edamame, mushrooms, avocado.



PLAN C

SHEPHERD'S PIE

Pea protein, mixed vegetables, mashed potatoes, grilled veggies.

ISLAND BOWL

Rice and peas, greens, jerked ribs or oyster mushrooms, sweet plantains.

BAKED ZITI

Ziti pasta, tofu ricotta, marina, pea protein, vegan mozzarella.

JACKPOT PIE

Seasoned jackfruit pot pie. Veggies, gravy, southern style biscuit.

JAMBAYLAYA

Brown rice, okra, stewed tomatoes, vegan shrimp, pea protein.



PLAN D

CHEF-INSPIRED RECIPES | ORDER ONLINE | WWW.EATAINTGOTNOBEEF.COM