

CASS CLAY COOKING



5-Day Meal Plan

Skip the take out and make delicious food quick

**RECIPES INCLUDE BREAKFAST, LUNCH, AND
DINNER**

Our simple guide includes 8 main course recipes and
2 breakfast recipes for easy planning.

Breakfast

The most important meal of the day!



Prep Time: 10 minutes
Cook Time: 40 minutes
Servings: Six Large Pieces
Calories: 374 per serving
Sugar: 15 grams per serving
Fiber: 7 grams per serving
Protein: 7 grams per serving
*Notes – you can use frozen fruit for this, use vegan chocolate and chia for vegan

Baked Chocolate Chip Banana Blueberry Oatmeal

Ingredients

- 1 cup milk
- 3 cups oatmeal
- 1 tsp baking soda
- 1/3 cup coconut oil, melted
- 1/2 tsp cinnamon
- 1/8 tsp salt
- 1 tsp vanilla extract
- 2 tbsp maple syrup
- 1 tbsp chia (or 3 eggs)
- 1/2 cup blueberries
- 2 ripe bananas, one mashed, one sliced
- 3 tbsp chocolate chips

Directions

1. Preheat oven to 350F. Grease a 9"x9" baking dish.
2. Mix chia seeds and 1 tbsp warm water in a small dish and let sit.
3. Mix all dry ingredients together in a large bowl. Stir in the melted coconut oil and milk. Mix in the vanilla extract and maple syrup.
4. Add mashed banana, 1/2 of the sliced banana, 1/2 of the blueberries, and 2 tablespoons of chocolate chips to the bowl. Mix well to ensure fruit is well incorporated to the mixture. Pour into the baking dish.
5. Spread the remaining banana slices, chocolate chips, and blueberries over the top. Bake for 35–40 minutes (the top should just start to turn golden brown). Dish up and top with milk, or store in the fridge.

Breakfast

The most important meal of the day!



Prep Time: 10 minutes
Cook Time: 20 minutes
Servings: Six Pancakes
Calories: 150 per pancake
Sugar: 8 grams per pancake
Fiber: 3 grams per pancake
Protein: 3 grams per pancake
*Notes – top this with fruit
and drizzled peanut butter
for healthier option!

Best Fluffy Vegan Pancakes

Ingredients

- 1 cup whole wheat flour
- 1.5 tbsp maple syrup
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1 tsp distilled white vinegar
- 2 tbsp applesauce
- 1 tsp vanilla extract
- 1/2 tbsp flaxseed ground
- 4 tsp water
- 1 tbsp oil
- pinch of salt
- 3/4 cup plant based milk
- 1 tsp cinnamon

Directions

1. Mix together the flaxseed and water. Let it sit aside for 5 minutes.
2. Mix remaining wet ingredients together in a mixing bowl and then add the flax egg mixture.
3. Stir in baking soda and baking powder. Then add flour and salt. Finally the cinnamon.
4. Heat a small skillet or griddle over medium heat.
5. Scoop about 1/4 cup of batter in the pan and form it into a circle. Cook until you start to see small bubbles form. Then flip with a spatula and repeat (about 2 minutes per side).
6. Repeat until all batter is used.
7. Store leftovers in the fridge and reheat in microwave for 30 seconds.

Lunches and Dinner

Ain't Nobody Got Time For That



Cook Time: 10 minutes

Servings: 4 Bowls

Calories: 196 per bowl

Sugar: 5 grams per bowl

Fiber: 8 grams per bowl

Protein: 23 grams per bowl

*Notes - you can easily double this, use any vegan meat you like or even regular ground meat.

Vegan Egg Roll In a Bowl

Ingredients

- 16 oz meatless crumbles
- 5-6 cups shredded cabbage
- 2 tbsp soy sauce or tamari for gluten-free
- 1 tbsp ground ginger
- 1.5 tsp ground garlic
- 3/4 cup chopped green onions
- 1/2 cup shredded carrots (optional)
- sesame seeds (optional)
- 2 tbsp sesame oil (optional)

Directions

1. Cook the meatless crumbles according to the package directions in a skillet.
2. Once the vegan meat is cooked, add the shredded cabbage to the pan and shredded carrots if you are using them. Allow it to start to wilt.
3. Once the cabbage has started wilting, stir in the spices, soy sauce, and green onions.
4. Continue to cook until cabbage is nice and soft. If the mixture begins to stick to the pan, stir in 1/4 cup of water.
5. Top with sesame seeds (optional) or the optional sesame oil. You can omit both of these as well. Serve over a bed of rice, cauliflower rice, or in lettuce wraps.

Lunches and Dinner

Ain't Nobody Got Time For That



Prep Time: 20 Minutes

Cook Time: 10 minutes

Servings: 6 Servings

Calories: 115 per bowl

Sugar: 2 grams per bowl

Fiber: 3 grams per bowl

Protein: 4 grams per bowl

*Notes - This is to make the filling, you can make nachos, tacos, burritos, or taco salads with the filling easily.

Quinoa Black Bean Taco Filling

Ingredients

- 2 cups cooked quinoa
- 1/2 onion chopped
- 1 bell pepper, chopped
- 1/2 tbsp minced garlic
- 1 jalapeno, diced
- 1 can black beans, drained and mashed
- 1 tbsp chili powder
- 1/2 tsp paprika
- 1/2 tsp coriander cumin powder
- 1 tbsp lime jice
- 2 tbsp soy sauce
- 1/4 tsp cayenne pepper (optional)

Directions

1. Cook quinoa. It's made in a 2:1 ratio of water to dry grain. Bring to a boil on the stove and then reduce heat to a simmer and cook until there is no water left (give it a tilt, should hold position and no visible liquid, about 15 minutes).
2. In a large skillet, heat olive oil. Brown the onion, jalapeno, and bell pepper for 5 minutes. Add garlic and quinoa and mix well. Stir in spices and allow to become fragrant.
3. Mash black beans with a potato masher or food processor (a fork will work too). Fold black beans into quinoa mixture.
4. Drop heat to low and mix in soy sauce and lime juice.
5. Serve in taco shells, as burrito filling, over nachos, or as a taco salad.

Lunches and Dinner

Ain't Nobody Got Time For That



Prep Time: 5 Minutes
Cook Time: 5 hours
Servings: 10 Servings
Calories: 170 per bowl
Sugar: 7 grams per bowl
Fiber: 11 grams per bowl
Protein: 10 grams per bowl
*Notes - This recipe works well served on buns but can also be served with rice or eaten plain.

Lentil Quinoa Sloppy Joes

Ingredients

- 1.5 cups brown lentils
- 32 oz vegetable broth
- 15 oz tomato sauce
- 1 cup baby carrots, chopped
- 1/2 cup quinoa
- 1/2 yellow onion, chopped
- 2 tbsp tabasco sauce
- 1 tbsp chili powder
- 2 tbsp maple syrup
- 1 tsp paprika
- 1.5 tbsp dijon mustard
- salt and pepper to taste
- 1 tsp cumin (optional)
- 1/2 tbsp minced garlic

Directions

1. Chop onions and carrots up into small pieces
2. Dump everything into slow cooker (or instant pot - use slow cooker setting)
3. Cook for 5-6 hours (you'll need to test the lentils to ensure they're not too tender)
4. Once they're soft, serve hot on your favorite buns!
5. These reheat super well so a great option for vegan meal prep!

These are super messy so plan to have some napkins!

Lunches and Dinner

Ain't Nobody Got Time For That



Prep Time: 5 Minutes
Cook Time: 25 minutes
Servings: 4 Servings
Calories: 367 per bowl
Sugar: 9 grams per bowl
Fiber: 5 grams per bowl
Protein: 12 grams per bowl
*Notes - This makes great leftovers, so double up for easy lunches!

Vegan Teriyaki Chickpea Bowl

Ingredients

- 2 tbsp corn starch
- 1 tbsp sesame seeds
- 1/2 cup soy sauce or tamari
- 2 tbsp vinegar
- 2 tbsp pure maple syrup
- 1 tsp minced garlic
- 1 tsp ginger paste
- 1/4 cup water

Chickpea Bowl

- 2 cans chickpeas
- 1/2 cup green onion chopped
- 16 oz bag broccoli florets
- 1.5 cups rice

Directions

1. Make the teriyaki sauce. In a small saucepan, heat the soy sauce, garlic, ginger, vinegar, maple syrup, and water. Once it comes to a boil, take a small amount of the liquid out and whisk it together with 1.5 tbsp corn starch. Add it back to the saucepan after it's whisked together preventing any lumps. Continue to heat until it thickens to your liking, but if stays too thin, repeat the step with an additional .5 tbsp of corn starch. Then remove from heat. Stir in sesame seeds, and the sauce is complete.
2. Preheat oven to 450°F. If using fresh broccoli, use 425°F. Line a baking sheet and spread broccoli florets (fresh or frozen on the sheet). Bake for 20 minutes.
3. While it's baking, mix together the canned chickpeas, green onion, and teriyaki sauce in a skillet. Heat on medium heat for about 5 minutes. Cook the rice in a rice cooker, or boil in a small saucepan for about 18 minutes. Remove from heat and leave sitting for an additional 10 minutes. Assemble the bowl. Use about 1/4 cup rice, 1/4 of the chickpeas, and 1/4 of the broccoli in a bowl. Optional: sprinkle sesame seeds over the chickpeas. Enjoy. Store any leftovers in the fridge for up to 3 days in air tight containers.

Lunches and Dinner

Ain't Nobody Got Time For That



Prep Time: 5 Minutes
Cook Time: 15 minutes
Servings: 4 Servings
Calories: 232 per bowl
Sugar: 3 grams per bowl
Fiber: 16 grams per bowl
Protein: 14 grams per bowl
*Notes - Feel free to omit spinach to make regular dal; double the recipe with the same cook time for extra leftovers

Vegan Instant Pot Dal Palak

Ingredients

- 1 cup lentils
- 1 tsp cumin seeds
- 1 tbsp olive oil
- 1 serrano pepper, diced
- 1 tbsp minced garlic
- 1 onion, chopped
- 1 tomato, chopped
- 2 tsp garam masala (or curry powder)
- 1 tsp coriander cumin
- 1/2 tsp turmeric
- 3 cups water
- 2 cups spinach, chopped roughly
- salt and pepper to taste

Directions

1. Rinse lentils with water until the water runs clear. This will remove any extra dust or starch left.
2. Turn on Instant Pot to saute mode and add olive oil. Add cumin seeds, garlic, and serrano pepper to pan and allow seeds to simmer (once oil is hot this should only take about 10 seconds). Add chopped onion and allow to brown. After about 3 minutes, mix in the dry spices along with salt.
3. Then add the tomato. Allow this mixture to cook for another minute
4. Mix in the water and lentils. Turn on the manual pressure on high and cook for 6 minutes. (7 minutes will make for a bit mushier lentils). Once it's complete, allow it to sit for 5 minutes before manually releasing the pressure.
5. Stir in the chopped spinach and allow it to wilt. Top with cilantro or lime juice. Serve with roti or rice.

Dessert (Bonus Recipe)

Everyone has time for this!



Prep Time: 5 Minutes
Cook Time: 14 minutes
Servings: 15 Cookies
Calories: 151 per cookie
Sugar: 5 grams per cookie
Fiber: 1 grams per cookie
Protein: 5 grams per cookie
*Notes - These are just good cookies. :)

4-Ingredient Vegan Peanut Butter Cookies

Ingredients

- 1 cup peanut butter, creamy
- 1/4 cup maple syrup
- 3/8 cup oat flour
- 3/4 cup wheat flour
- 1/4 tsp vanilla (optional)
- pinch sea salt, optional

Directions

1. Preheat oven to 350°F. If making oat flour, add oats to a food processor or coffee grinder. Blend until smooth.
2. In a mixing bowl, combine all ingredients (start with ½ cup of all-purpose flour) except sea salt. Mix together until dough ball forms. If it is really sticky, slowly add the remaining ¼ cup of flour. This can also be done in a stand mixer with a paddle attachment.
3. Once it's well mixed and formed a uniform dough, using a cookie scoop or 1 tablespoon sized spoon, scoop dough onto a lined baking sheet.
4. Bake the cookies for 12-15 minutes. You want to remove them just as they start to turn golden brown on the top, if you leave them too long, they will start to get dry.
5. Allow to cool and then enjoy!