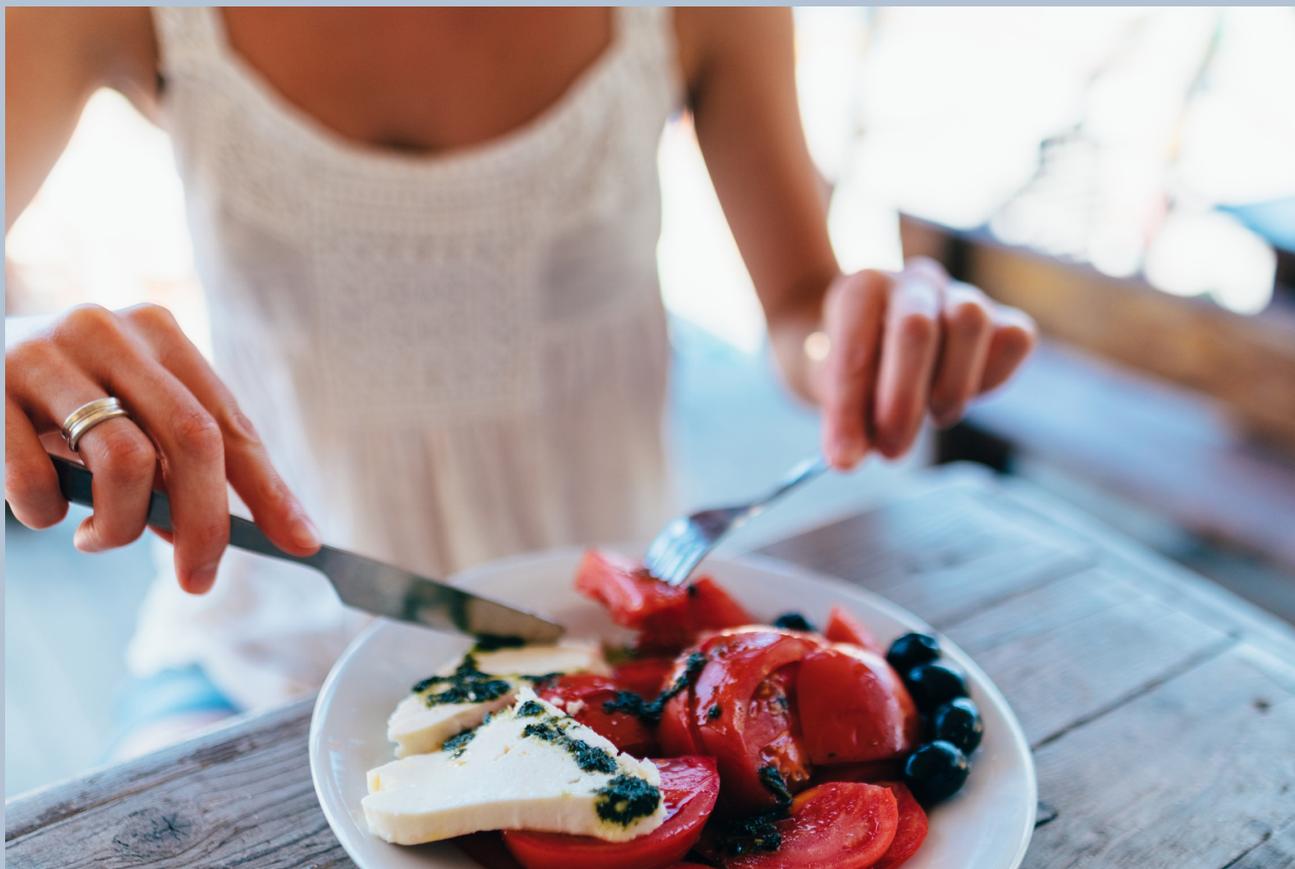


# 5 Quick Dinner Meals- Vegetarian Edition



THE MOMENTUM MAKER

# Hi, I'm Julie!

I spent the last 10 years of my life dedicated to the science of mind, science of movement and the science of menu to develop the Momentum Maker's Method, of which a huge part is our Nutrition. So I have created this guide for you to not only have an easy and affordable shopping list, but quick dinner meals so you don't end up late night bingeing or opting for take out because you didn't plan or prep properly.

Simply shop for the ingredients listed on the next page, follow the recipe and scan the barcode at the bottom to add into MyFitnessPal app to accurately track your nutrition.

I hope this helps you and I can't wait to share more tips with you!

Julie



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# 5 Quick Dinner Meals

## *Grocery Shopping List*

### **Sheet Pan Peanut Sauce Tofu & Veggies**

Extra Firm tofu  
Broccoli head  
Bell-Peppers (2)  
Lime and cilantro (for garnish-optional)  
Creamy Peanut Butter  
Orange juice  
Unseasoned rice veingar  
Coconut aminos  
Garlic cloves  
Sriracha

### **Buffalo Chickpea Salad with Yogurt Ranch Dressing**

Olive oil or coconut oil  
1 can chickpeas (rinsed, drained, and thoroughly dried)  
Sea salt and pepper  
Garlic powder  
Buffalo sauce (ex-Noble Made)  
Romaine Lettuce  
Red Onion  
Carrot  
Feta cheese or blue cheese  
Avocado (ripe)  
Non-dairy plain yogurt  
Lemon juice  
Fresh chives and dill  
Onion powder

### **One-Pot Zoodle and Meatball**

Olive oil  
Yellow onion  
Garlic clove  
Kosher salt  
Jar of marinara sauce  
Frozen vegetable meatballs (1lb)  
Zucchini (6)  
Parmesean cheese (optional)

### **Vegan Fajita Bowl**

Soy chorizo  
Olive oil  
Bell-peppers (2)  
Red onion  
Baby bella mushrooms  
Garlic cloves  
Lime  
Frozen cauliflower rice (1-2 packs)  
Salsa

### **Sweet and Spice Tempeh**

Coconut aminos  
Maples syrup  
Rice vinegar  
Chipotle peppers in adobo sauce  
Garlic cloves  
Tempeh  
Cornstarch  
Garlic powder  
Dry thyme  
Avocado oil  
Red onion  
Green or red bell-pepper  
Salt



# Recipes

## Sheet Pan Peanut Sauce Tofu & Veggies

This quick dish is nutty, slightly sweet and spicy. Packed with a both flavor and a rainbow of veggies.

Prep Time: 5 minutes, Cook Time: 25 minutes, Total Time: 30 minutes

Total Servings: 4

### Ingredients

- 1 block extra firm tofu, (cut into cubes)
- 1 head broccoli, (cut into florets)
- 2 bell-peppers, (chopped)
- Lime and cilantro (for garnish – optional)

### For Sauce

- ½ cup creamy peanut butter
- ¼ cup orange juice
- ¼ cup unseasoned rice vinegar
- 2 tbsp coconut aminos
- 2 clove garlic, (minced)
- 1-2 tbsp sriracha (to taste)

### Directions

1. Preheat oven to 425 degrees F.
2. Whisk together all the sauce ingredients in a small bowl.
3. Add the vegetables and tofu to a sheet pan. Drizzle on half of the sauce and toss to coat.
4. Bake for 20-25 minutes or until the veggies and tofu are beginning to brown.
5. Remove from oven and drizzle the remaining amount of sauce. Add optional squeeze of lime and/or cilantro. Serve and enjoy!



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## Buffalo Chickpea Salad with Yogurt Ranch Dressing

This 30-minute recipe is gluten-free and great for meal prep lunch or easy weeknight dinner.

Prep Time: 15 minutes, Cook Time: 10 minutes, Total Time: 30 minutes

Total Servings: 4

### Ingredients

Olive oil or coconut oil  
1 can chickpeas (rinsed, drained, and thoroughly dried)  
Sea salt and pepper  
Garlic powder  
Buffalo sauce (ex-Noble Made)  
Romaine Lettuce  
Red Onion  
Carrot  
Feta cheese or blue cheese  
Avocado (ripe)  
Non-dairy plain yogurt  
Lemon juice  
Fresh chives and dill  
Onion powder

### Directions

1. Heat oil in a large skillet over medium-high heat. Once hot, add chickpeas, and cook for 6 to 7 minutes, until chickpeas start to crisp. Season with salt and garlic powder; stir to coat.
2. Add buffalo sauce to chickpeas and cook 2 more minutes. Remove from heat and let cool while you prepare the remainder of salad.
3. Prepare yogurt ranch dressing by combining all dressing ingredients in a medium bowl; whisk to combine. Gradually stream in 1 to 2 tbsp. water to thin out to desire consistency.
4. In a large bowl, combine lettuce, red onion, carrots, cheese, and half of the dressing; toss to combine. If desired, toss buffalo chickpea or scatter evenly over salad. Drizzle remaining dressing overtop, and garnish with avocado slices and additional cheese, if desired.



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## Sweet and Spice Tempeh

A bowl of sweet and spicy tempeh that will get you excited about tempeh. Pan fried simmered in a sweet adobo soy sauce. An easy vegan weeknight dinner.

Prep Time: 10 minutes, Cook Time: 20 minutes, Total Time: 30 minutes  
Total Serving: 3

### Ingredients

¼ cup coconut aminos  
3 tbsp maple syrup  
1 tbsp rice vinegar  
1 tbsp adobo sauce, (from a can of chipotle peppers in adobo sauce)  
3 cloves garlic, (finely minced)  
1 block of tempeh  
1 tsp cornstarch  
½ tsp garlic powder  
¼ tsp dry thyme  
1-2 tbsp avocado oil  
½ medium red onion, (sliced thin)  
1 green or red bell-pepper, (sliced thin)  
Salt as needed

### Directions

1. Prepare your sauce by adding aminos, maple syrup, rice vinegar, adobo sauce and garlic in a bowl and whisk together with a fork until well combined.
2. Slice your tempeh into desired pieces (long slices or cubes). Add tempeh to a large skillet with enough water to cover the tempeh, salt it (about ¼ tsp salt to the water) and then bring to a simmer for 8 minutes. Drain the water and then place tempeh into a bowl with cornstarch, garlic powder and thyme and toss to coat.
3. Dry your pan, then return to a medium heat with a little oil and sauté your onions and peppers with a pinch of salt until soften.
4. Push your peppers and onions to the side of the pan, add a little more oil to the empty side and add your tempeh and cook on both sides until golden, about 2-3 minutes per side.
5. Once the tempeh is golden on both sides, pour in your sauce and mix everything back together and allow the sauce to simmer and thicken, about 2-3 minutes. Transfer to plate and enjoy!



## Vegan Fajita Bowl

Quick and easy veggie fajitas served with veggies and plant-based protein, making it a delicious all in one, balanced meal.

Prep Time: 25 minutes, Cook Time: 5 minutes, Total Time: 30 minutes  
Total Servings: 4

### Ingredients

- 1 pack of soy chorizo
- 1 tbsp olive oil
- 2 cups bell-pepper, (sliced)
- 1 cup red onion, (sliced)
- 1 cup baby bella mushrooms, (sliced)
- 2 cloves garlic, (minced)
- 1 tbsp lime juice, (fresh squeezed)
- 2 cups frozen cauliflower rice
- 1 cup salsa

### Directions

1. In a saucepan, cook soy chorizo over medium heat until brown or stated in package direction.
2. Place frozen cauliflower rice and microwave as directed in package.
3. Prepare the veggies by adding olive oil to large skillet over medium heat. Add the peppers, and red onions, sauté 4-5 minutes. Add the mushrooms, garlic and lime juice. Sauté for an additional 4-5 minutes. Remove from heat and add the soy chorizo.
4. Pour cauliflower rice into bowl and top with the sautéed veggies and add salsa on top.



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## One-Pot Zoodle and Meatballs

This easy pot dish makes Italian food delicious and nutritious.

Prep Time: 5 minutes, Cook Time: 15 minutes, Total Time: 20 minutes

Total Servings: 4 to 6

### Ingredients

2 tbsp olive oil

½ medium yellow onion, (finely chopped)

1 clove garlic, (minced)

Kosher salt

1 jar marinara sauce (about 3 cups, low sugar)

1 lb precooked vegan meatballs, (thawed if frozen)

6 medium zucchinis, (trimmed)

Grated parmesan cheese, (for serving if desired)

### Directions

1. Heat the oil in a large pot over medium heat. Add the onion and garlic, season with salt and pepper, and cook, stirring occasionally, until softened, about 5 minutes.
2. Add the marinara sauce and meatballs and stir to combine. Simmer, stirring occasionally, until the meatballs are heated through and the sauce is slightly thicker, 12 to 15 minutes. While the meatballs are simmering, spiralize the zucchini.
3. Add the spiralized zucchini and cook, tossing the noodles often in the sauce, until the zucchini just starts to soften, about 5 minutes. (If you want harder noodles, take pan off the heat and add the zucchini then). Serve immediately, topped with parmesan cheese.



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