



# 7 MINUTE MEALS FOR 7 DAYS

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**Fast, Healthy & Vegan**

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# Welcome to 7 MINUTE MEALS

We hope you enjoy making and eating these fast, easy, delicious and healthy meals as much as we did! Let us know what you think and anything you did differently that you would like to share.  
ENJOY!

Love and Peace,

*Brooke & Dr. T*



## Disclaimer

We are not medical professionals, and this information is not intended to replace the advice of your doctor. If you are on medication, consult your doctor and let them know that you are making changes to your diet. It is common to have to readjust or remove medications when adopting a vegan diet even within the first 2-3 weeks.

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# 7 MINUTE VEGAN MEALS

## TOSTADA

### INGREDIENTS

- 1 corn tortilla baked
- 1 cup vegan refried beans
- ¼ cup salsa
- ¼ cup roasted corn
- ¼ cup shredded vegan cheese
- ¼ cup shredded lettuce
- 3 TBS fresh cilantro, chopped
- ¼ tsp smoked paprika
- ¼ tsp lime chili or taco seasoning

Additional toppings: sliced avocado, vegan sour cream, jalapenos, roasted red pepper, green or red onions, cooked rice

### DIRECTIONS

Bake tortilla in toaster oven or regular oven until crispy

Heat refried beans and corn in microwave or stovetop

Layer refried beans, salsa, corn, cheese, cilantro, seasonings and lettuce. Additional toppings can be added as well.



### TIPS & INFO

Purchase vegan refried beans and be sure to check ingredient label to ensure they are vegan. Beans are a legume and contain excellent protein, fiber and nutrients. Substitute black beans if you prefer. You can also use the same ingredients in a soft taco or in a taco salad.

# 7 MINUTE VEGAN MEALS

## ENGLISH MUFFIN PIZZA

### INGREDIENTS

1 English muffin, GF, lightly toasted

1 cup marinara sauce

¼ cup vegan mozzarella cheese

Fresh basil, chopped

¼ tsp Italian seasoning

Additional toppings: olives, roasted peppers, mushrooms, vegan pepperoni

### DIRECTIONS

Lightly toast English muffin before assembly

Top with marinara sauce

Sprinkle cheese, basil and seasoning

Add any additional toppings

Place under broiler for about 5 minutes or until cheese begins to lightly brown

### TIPS & INFO

This versatile meal can be made using a frozen pizza crust, on flatbread or pita bread. The strong antioxidants (carotenoids) found in tomatoes (marinara sauce) fight cancer and inflammation. They are also a great source of Vitamin C. Basil is referred to as the stress-busting spice because of its anti-stress effects on cortisol and blood sugar. Basil is loaded with antioxidants and healing properties.



# 7 MINUTE VEGAN MEALS

## SWEET POTATO & HUMMUS W/BROCCOLI

### INGREDIENTS

1 medium sweet potato, steamed

½ cup hummus

½ - 1 cup broccoli, steamed

¼ tsp smoked paprika

Everything Bagel seasoning, sprinkle

Additional toppings: sliced avocado, green or red onions, sprouts

### DIRECTIONS

Steam sweet potato until tender, with skin on

Place in medium bowl and split down the center

Top with hummus

Place steamed broccoli in bowl with potato

Top with paprika and bagel seasoning

### TIPS & INFO

Sweet potatoes, skins and all, are highly nutritious, sweet and starchy. Loaded with vitamins like Vitamin A (769% DV), Vitamin C (65% DV) and minerals like manganese (50% DV). Low in fat and rich in antioxidants which protect against cancer and heart disease. Plus, they promote healthy gut bacteria.



# 7 MINUTE VEGAN MEALS

## EASY PAD THAI

### INGREDIENTS

- 8 oz Pad Thai rice noodles
- ¼ - ½ cup Just Egg, dash of black salt
- 3 cloves garlic, minced
- 1 red bell pepper, thinly sliced
- 2 green onions, white and green part sliced separately
- ¼ carrot, grated
- 2/3 cup veggie broth
- 2 TBS soy sauce; 1-3 TBS Sriracha
- 1 TBS cornstarch, mix with 3 TBS water
- 1-2 TBS sweetener, date or maple syrup
- Juice of 1 lime and wedge
- Fresh cilantro, chopped for garnish
- 1/3 cup roughly chopped dry roasted peanuts

### DIRECTIONS

Cook noodles according to package, drain and place in bowl

Cook Just Egg until firm, transfer to bowl with noodles

Sauté garlic and white part of green onions. Add carrots and peppers and cook until softened

Add soy sauce, sriracha and veggie broth until bubbly. Add corn starch mixture and cook until thickened. Add noodles and egg. Squeeze lime juice on top. Mix well.

Serve topped with peanuts, cilantro, green parts of onion and black salt with squeeze of lime juice

### TIPS & INFO

Just Egg is an egg substitute made from mung bean protein. It is gluten-free, dairy-free and vegan. You can find it in the egg or dairy case in the grocery store.



# 7 MINUTE VEGAN MEALS

## TUNALESS SALAD

### INGREDIENTS

1 can chickpeas, rinsed and drained

2 stalks of celery, diced small

1 pickle, diced small

1.5 TBS red onion, diced small

1 TBS Kelp flakes (Maine Coast Organic Sea Seasonings)

¼ cup vegan mayo

2 slices of whole grain bread

Sliced tomato, lettuce leaves

Additional toppings: sliced avocado, sprouts, shredded carrots, sliced radishes.

### DIRECTIONS

Mash chickpeas in a medium bowl with potato masher or fork

Add celery, onion, pickle and kelp flakes. Mix well. Add mayo and incorporate thoroughly. Spoon mixture onto bread slice, top with tomatoes and lettuce. Add black pepper. Can also serve as a lettuce wrap.

### TIPS & INFO

Kelp flakes include many seaweed species. Seaweed absorbs minerals from seawater. Kelp is an excellent source of iodine, magnesium, iron and calcium. And can be used as a salt alternative. They also have a host of bioactive compounds. One teaspoon has 970% iodine, 4% calcium, 2% iron and 6% magnesium.



# 7 MINUTE VEGAN MEALS

## SAUSAGE & GNOCCHI

### INGREDIENTS

- 1 package of vegan gnocchi
- 2-3 Beyond Sausage, cubed
- 4 garlic cloves, diced
- 1.5 TBS red onion, diced small
- 1-2 cups mushrooms, sliced
- 2-3 handfuls of fresh spinach
- Vegan parmesan for topping

### DIRECTIONS

Cook gnocchi according to package. Start by cutting sausage into chunks & add to hot frying pan on high heat. While sauteing, add the garlic & mushrooms. Keep covered in between stirring & lower heat to med/high. Add the spinach to wilt for the last minute. Stir in the cooked gnocchi to coat with oil from the sausage. Total sauté time for entire meal should be 6-7 minutes.

### TIPS & INFO

Gnocchi is an easy meal to prepare as it requires a very short cooking time. Gnocchi is made of potato and flour. You can get it gluten free. Check to make sure no eggs have been added. Beyond Sausage is a great meat substitute and adds flavor to this dish.



# 7 MINUTE VEGAN MEALS

## MACRO BOWL

### INGREDIENTS

1 package of EF Tofu, sliced horizontally into 3-4 pieces

1-2 cups mushrooms, sliced

1 package of rice ramen

2-3 carrots, chopped

1 tsp miso

Vegan teriyaki sauce

Tamari/Soy sauce

Eden Shake

Kimchi (e.g. pickled cabbage)

### DIRECTIONS

Boil ramen according to package directions. Sauté carrots until begin to soften. Add tofu & sprinkle on teriyaki & soy sauce. Add sliced mushrooms & cook 3-4 minutes. Add spinach once veggies are cooked to preference. Cover and steam spinach until wilted. Mix miso with 2-3 TBS hot water & whisk well. Add to cooked ramen & toss until mixed. To a wide bowl, grouping by ingredient, add tofu then veggies & ramen. Top with Eden Shake & kimchi.

### TIPS & INFO

Tofu is a perfect protein (containing all 9 essential amino acids) to add to any meal. It absorbs the flavors of the ingredients it is cooked with. Eden Shake is a seasoning containing sesame seeds, pickled red shiso, sea salt, ume plum vinegar and seaweed. Kimchi is a fermented Korean food (e.g. cabbage) that is a wonderful antiviral agent and is filled with nutrients and vitamins.

