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**Click on the highlighted links to view video tutorials and see photos for recipes.*

Ready to **meal prep Daily Dozen meals**? In this printable I share a quick and easy meal plan and prep tips for getting your Daily Dozen each week. Click on the highlighted links to view video tutorials and see photos for recipes.

What is the Daily Dozen?

- The **Daily Dozen** is a term coined by Dr. Michael Greger from nutritionfacts.org.
- This is what he calls his recommended diet for optimal health.
- It includes daily serving recommendations for **plant based foods**.

What to eat every day

Here's a quick overview of the Daily Dozen dietary recommendations for what to eat everyday.

- [Daily food checklist: Here's what to eat every day](#)

Weekly Daily Dozen Meal Plan

Here's an easy meal prep plan for getting your weekly Daily Dozen. All ingredients can be purchased at Trader Joe's. Many recipes are simple dump and cook, others require a blender or food processor.

Daily Dozen meal prep tips

Here's my recommendations for making this meal prep easy:

Bentgo meal prep containers

To make this meal prep easy, I recommend using meal prep containers from **Bentgo**.

These 2-compartment containers allow you to be able to place several foods into one container without the ingredients touching.

- Shop [Bentgo 2-compartment meal prep containers](#) on Amazon

1 day meal prep marathon

Spend 2-3 hours in one day making these recipes and have all your meals ready to eat and heat throughout the week!

Prep 2-3x per week

Or, spend about 45 minutes and make 1-2 recipes each day to have a steady supply of meals ready to go.

Buy prepared ingredients

Make this meal prep even easier by purchasing some already prepared foods like hummus and oat bars. This will save time and energy on meal prep.

- [15 cheap easy plant based meals for \\$25 from Trader Joe's](#)
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Freezer meal prep

Make the soups ahead of time and freeze in packets for each reheating anytime. If you make a huge batch of them you can enjoy hearty Daily Dozen dinners throughout the month without having to cook a fresh batch every week.

- [36 vegan freezer meals for \\$50 from Trader Joe's groceries](#)
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Utilize small kitchen appliances

Utilize small kitchen appliances like a slow cooker and air fryer to make meal prep easy. These help you cook food without having to stand over the stove.

- [10 best kitchen tools for weekly meal prep](#)
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Batch blend smoothies

Blend a big batch of the Green Smoothie to serve for several days. I usually blend this smoothie twice per week and simply pour a glass in the morning when I'm ready to enjoy it. This saves me time and energy blending this smoothie and washing the container. It will last about four days in the refrigerator.

Daily Dozen recipes

Here's the meal plan and recipes:

Breakfast

To keep it very simple, I recommend enjoying the same breakfast every morning. This way you can batch prep and know you're getting your Daily Dozen each day.

Breakfast meal prep

Prepare and portion into [Bentgo 2-compartment containers](#) the following:

1. [Easy Oat Bars](#)
2. Berries
3. Fruit

This meal prep will give you Daily Dozen servings of:

- 1 Whole grains
- 1 Seeds
- 1 Nuts (optional)
- 1 Berries
- 1 Fruit
- 1/2 Legumes (if using peanut butter)

Easy Oat Bars

•Makes 12 oatmeal bars

•Prep time: 10 minutes

• Baking time: 50-60 minutes

INGREDIENTS

- 3 cups organic rolled oats
- 6 tablespoons peanut butter, or other nut butter
- 2 tablespoons coconut oil, optional
- 3/4 teaspoon salt (or 1 teaspoon if you prefer more salty flavor)
- 1 teaspoon cinnamon powder
- 12 dates, pitted, soaked in 1 cup hot water for 10 minutes, then pureed with water into a paste
- 1 cup organic raisins
- 1/2 cup applesauce
- 1/2 cup water
- 1/4 cup ground flaxseeds

DIRECTIONS

1. Preheat oven to 300°F and lightly grease a 9"x13" baking dish (for thin bars) or 8"x8" baking dish (for thicker bars).
2. In a large mixing bowl combine all ingredients. Mix well with a spoon. Mixture should be somewhat dry, not super wet.
3. Transfer oatmeal bar mixture to prepared baking dish. Flatted mixture into dish with hands or masher tool.
4. Place baking dish into preheated oven. Bake for 50-60 minutes, or until browned along the edges and center is starting to brown.

5. Let cool completely. Turn oatmeal bars onto a cutting board. Cut into bars.
6. Store in an airtight container in the refrigerator for up to 1 week.

Snack

Along with breakfast I like to meal prep a smoothie snack packed with Daily Dozen servings. I'll enjoy this before or after breakfast.

Snack meal prep

- [Green Smoothie](#)

This meal prep will give you Daily Dozen servings of:

- 1 Leafy greens
- 3 Fruits
- 1 Nuts

Green Smoothie

Makes 8 cups smoothie

EQUIPMENT

- Vitamix blenders
- Wusthof serrated knife
- Cutting board
- 2 32oz glass jars, such as Ball jars

INGREDIENTS

- 8 dates, pitted, soaked in 1 cup hot water for 10 minutes
- 3 apples, green or red
- 1 citrus fruit such as grapefruit, lemon or orange, peeled or 1 cup [Citrus smoothie recipe](#)
- 4 tablespoons almond butter
- 2-4 cups baby spinach
- Water, to cover

DIRECTIONS

1. Soak dates in 1 cup hot water in blender canister for 10 minutes.
2. Cut apples into quarters and cut out core. Place into blender canister.
3. Cut citrus fruit into quarters and place into blender canister.
4. Add almond butter.
5. Add as much baby spinach as you can into the blender canister, about 2-4 cups.
6. Add water to cover all the ingredients.
7. Blend on high about 1 minute, or until dates and apples are thoroughly blended.

8. Pour into two 32oz glass jars and cover with lids. Store in the refrigerator for up to 1 week.

SERVING SUGGESTIONS

- Enjoy 1-2 cups Green Apple Smoothie in the morning for breakfast or as a snack.
- Enjoy 1 cup Green Apple Smoothie and 1 cup [Citrus smoothie recipe](#) for a refreshing drink as a variation.

Lunches

I like to meal prep the same lunch everyday because it's easy and packed with Daily Dozen servings. Simply make a big batch of Hummus and portion it into [Bentgo 2-compartment containers](#) with chopped vegetables like bell peppers, cucumbers and celery. Add some olives for an extra treat.

Serve this **Hummus Platter with homemade yeast-free flatbread**. The flatbread recipe takes less than 30 minutes to prepare a big batch from start to finish. Make it even easier by meal prepping the dry bread ingredients into a mix.

Lunch meal prep

- [Easy everyday lunch meal prep](#)
- [Easy homemade bread without yeast recipe](#)

This meal prep will give you Daily Dozen servings including:

- 1-2 Legumes
- 2 Vegetables
- 1 Seeds
- 1 Herbs & Spices
- 1 Whole Grains

H ummus

•Makes 4 cups

•Prep time: about 10 minutes

EQUIPMENT

- Cuisinart food processor
- Can opener
- Measuring spoons
- Bentgo 2-compartment meal prep containers with lids

INGREDIENTS

- 2 cans garbanzo beans (chickpeas), drained, rinsed
- 4 tbsp lemon juice
- 1 clove garlic, peeled
- 4 tablespoons sesame tahini (Sesame Seed Butter)
- 3 tablespoons extra virgin olive oil
- 1/2 teaspoon ground cumin seed
- 1/2 teaspoon paprika powder
- 1 tsp salt, optional
- 1/4 cup filtered water, more as needed

DIRECTIONS

1. Combine chickpeas, garlic, lemon juice, tahini, olive oil, salt, cumin, paprika, and water in a food processor or blender.
2. Purée until desired consistency. Less time makes a chunky spread, 1-2 minutes makes a creamy spread.
3. Store in an airtight container in the fridge for up to 1 week.

Unleavened Bread

Makes 6-8 large flatbreads

EQUIPMENT

- Food processor
- Baking sheets
- Cutting board
- Knife

INGREDIENTS

- 4 cups [Bob's Red Mill Organic Whole Wheat Flour](#)
- 1 3/4 cup water
- 1 teaspoon salt
- 1/3 cup Organic extra virgin olive oil

DIRECTIONS

1. Simply combine all ingredients in a food processor.
2. Mix into a dough for 1-2 minutes.
3. Transfer dough to cutting board. Cut into 6-8 pieces.
4. Using your hands, form into large thin flatbreads. Place onto greased baking sheets and spread out dough to form flatbreads.
5. Bake on a greased baking sheet at 450°F for 10-12 minutes.

TIPS

Mixing this dough in a food processor is ideal because it takes less time and makes less mess. Also, the blades of the food processor help to shred the whole wheat fiber, making it more tender.

Flavor with garlic, onion, and fresh herbs. Top with sliced onions and garlic salt before baking if desired (see photo below).

Dinner 1

I like to make the same dinner to enjoy 3-4x per week to keep it easy and ensure I'm getting my Daily Dozen.

One of my favorite dishes to prepare is **Beans, Rice and Vegan Queso**. This dish is packed with Daily Dozen ingredients and very versatile.

I like to prepare the beans, queso and rice and portion into 3-4 Pyrex containers to reheat at dinner time.

Dinner 1 meal prep

- [Refried beans from scratch](#)
- Cooked Brown Rice (such as [Lundberg Organic Brown Rice](#))
- [Vegan queso sauce recipe](#)
- [Air fryer cauliflower](#)
- Any toppings like shredded cabbage or other leafy green, guacamole, diced onions, chopped tomatoes, cilantro and salsa

This meal includes Daily Dozen servings of:

- 1-2 Whole grains
- 1-2 Legumes
- 2 Vegetables
- 1 Cruciferous vegetable
- 1 Leafy Green (if using cabbage or other leafy green)

R efried Beans

•Makes 3 servings

•Prep time: 3 minutes

- Cook time: 10-15 minutes

EQUIPMENT

- Strainer
- Can opener
- Measuring spoons
- Measuring cup
- Cooking utensil
- Sauce pot or skillet
- Potato masher

INGREDIENTS

- 1 15.5 ounce can pinto beans
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon ground cumin seed
- 1/4 teaspoon salt
- 1 tablespoon olive oil, optional
- 1 cup water

DIRECTIONS

1. Prepare pinto beans: Open can of pinto beans. Pour through a strainer to drain liquid. Rinse beans with fresh water.

2. Cook refried pinto beans: Heat a sauce pot or skillet on high heat. Add olive oil, if using. Add drained and rinsed pinto beans. Add garlic powder, onion powder, ground cumin seed, salt and water and stir. Simmer on high heat for 10-15 minutes, or until water has almost completely absorbed. Stir occasionally.
3. Mash refried pinto beans: In the sauce pot or skillet, using a potato masher, mash pinto beans until desired consistency. Serve hot or cold.

Vegan Queso Sauce

•Makes about 6 cups sauce

EQUIPMENT

- Vitamix Blender
- Pot for boiling potatoes and carrots

INGREDIENTS

- 3 cups **yellow** potatoes, with skins on, boiled until tender (about 30 minutes)
- 1 1/2 cups carrots, unpeeled, boiled until tender (about 10 minutes)
- 3 teaspoons garlic onion salt
- 1 teaspoon chili powder
- 1/2 cup non-fortified nutritional yeast
- 1/4 cup vegan butter or olive oil
- 1 1/2 teaspoons salt
- 1/4 cup lemon juice
- 2-3 cups water (less water for thicker sauce, more water for drizzling sauce)

DIRECTIONS

Boil potatoes and carrots

1. Place yellow potatoes into a pot of cold water. Bring to a boil and reduce heat to medium and simmer for 30 minutes. After 20 minutes of boiling the potatoes, add

the carrots into the pot and boil for 10 more minutes. Check for doneness by piercing potatoes and carrots with a fork. It should be able to go through the potatoes and carrots easily. It is important the potatoes and carrots are cooked fully (it's ok if they overcook a little).

Blend sauce

1. Drain water and place cooled boiled potatoes and carrots into blender.
2. Add all remaining ingredients into blender. Cover with lid and puree on high speed until creamy, about 1 minute.
3. Transfer queso sauce to storage containers. Let cool to room temperature, then cover with a lid and store in the refrigerator for up to 1 week.

TIPS FOR PREPARING

- This recipe calls specifically for **yellow** potatoes. It is not recommended to use russet (or white) potatoes. White potatoes are used to make mashed potatoes. This sauce is not supposed to taste like mashed potatoes.
- The yellow potatoes are waxy and make a smooth, creamy texture when blended.
- A Vitamix Blender is recommended, but not required. However, a Vitamix will make a very creamy sauce because the high powered blender will fully puree the potatoes and carrots. See photo in this post for what the sauce looks like after about 1 minute in the Vitamix blender.

Dinner 2

Soups are great for this because you can pack a lot of servings into one dish. And, soups are versatile so they can be served as a dish or a topping to baked potatoes or rice.

This **meatless chili** is great because you can make a big batch to freeze into packets. Serve over cooked brown rice for whole grains, or baked potatoes for vegetable servings.

Dinner 2 meal prep

- [Easy Meatless Chili Freezer Packets](#)
- Steamed Broccoli

This meal contains Daily Dozen servings of:

- 1-2 Legumes
- 2 Vegetables
- 1 Cruciferous vegetable

Easy Meatless Chili

•Recipe makes 24 servings

•Total Approximate Cost: \$15.50 / \$.65 per serving

- Prep time: 1 minute
- Cook time: 30-45 minutes

EQUIPMENT

- Large stock pot or Lodge Cast Iron Dutch Oven
- Can opener
- Measuring spoons
- Cup measure
- Cooking spoon
- Freezer bags (gallon or quart)

INGREDIENTS

- 2 packages Trader Joe's Steamed Lentils
- 2 15 oz cans Pinto Beans, drained
- 2 15 oz cans Kidney Beans, drained
- 1 9 oz can Corn, drained
- 1/4 cup Chili Powder
- 2 teaspoon Dried Oregano
- 2 teaspoons Cumin Powder
- 2 teaspoons Salt
- 1 tablespoon Trader Joe's Onion Salt
- 2 15 oz cans Trader Joe's Organic Tomato Sauce

- 4-6 cups Water, to cover

DIRECTIONS

1. Pour all ingredients into a large stock pot. Pour enough water to cover ingredients.
2. Simmer uncovered on medium high heat for 40 minutes, stirring occasionally.
3. Turn off heat and let cool to room temperature.
4. Portion into freezer bags and store for about 3 months in freezer.

SERVING SUGGESTIONS

- Dump contents of freezer bag into a pot and reheat on the stove with about 1/2 cup water on medium heat for 5-10 minutes, or until hot.
- Let freezer bag that overnight in the refrigerator. Or, thaw in the microwave in bag or dumped into a bowl according to microwave directions.
- Serve with toasted bread, cooked rice, tortilla chips, in tacos, over or baked potatoes.