



ROBIN ASBELL



SKIP THE TAKEOUT, SAVE MONEY, EAT BETTER AND MEAL PREP LIKE A PRO WITH 125 TASTY RECIPES

It's a fast-paced world out there, making it easy to fall into the habit of eating fast food. If you're vegan (or trying to eat a more plant-based diet), then you've got even more of a challenge, since finding vegan options on the go is no small feat. The answer is meal prepping. In *Vegan Meal Prep*, Robin Asbell shares this solution in the form of 125 inventive and inspired recipes for breakfast, lunch, mains, snacks and desserts using vegan ingredients. Armed with five 5-day meals plans, you'll save time and money while ending up with delicious meals that make you both happy and healthy.

- **Meal prepping — preparing whole meals and meal components for an entire week ahead** — is a great way to ensure that nutritious meals are ready for you in minutes, all week long
- **Includes an introduction to meal prepping and vegan nutrition basics**, along with info on vegan staples, five weeks of vegan meal plans and shopping lists
- **The five-week meal plan features tasty recipes** for breakfasts, lunches, dinners, salads, sides, desserts and snacks

125 RECIPES, INCLUDING
 Quinoa and Mango Breakfast Bowls,
 Green Smoothies with Turmeric,
 Sweet Potato Hummus with Pitas
 and Cucumbers, Korean Mock Duck
 Lettuce Wraps with Black Rice,
 Tempeh Tacos with Mango Sriracha
 Sauce, Roasted Vegetable Chickpea
 Penne with Sun-Dried Tomato Pesto,
 Black Bean and Sweet Potato Curry,
 Asian Cucumber Salad, Walnut
 Brownies with Ganache and
 Peanut Butter Raisin Cookies

ROBIN ASBELL is a chef, food writer, recipe developer, culinary instructor and speaker. She is the author of 11 books, including *300 Best Blender Recipes*, *Great Bowls of Food*, *Big Vegan* and *Juice It!* Her writing has appeared in *Experience Life*, *Yoga Journal*, *Better Homes & Gardens*, *Real Food* magazine, *Mother Earth News* and *Vegetarian Times*. She lives in Minnesota.

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