



WORKSHOP DETAILS

Live Batch Cooking with Brigitte

based on Planned & Plant-Based

Tuesday September 19th, 2023

12 p.m. Vancouver/San Francisco

3 p.m. New York City/Montreal

8 p.m. London UK

Zoom link

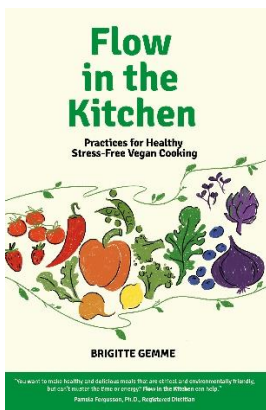
<https://tinyurl.com/live-batch-cooking/>

Meeting ID: 817 8488 4087

Passcode: 027554

This info will be sent to you by email in a moment as well as reminders ahead of the live event.

If you have any questions you would like to submit in advance,
please send them at your earliest convenience to
hello@veganfamilykitchen.com



To learn more about the practices that make it easier to enjoy
flow in the kitchen, check out my new book:

Flow in the Kitchen: Practices for Healthy Stress-Free Vegan Cooking
by Brigitte Gemme

Available from Amazon and all bookstores

Links here: <https://veganfamilykitchen.com/books>



PLANNED & PLANT-BASED

One week of
stress-free
healthy vegan dinners



Menn

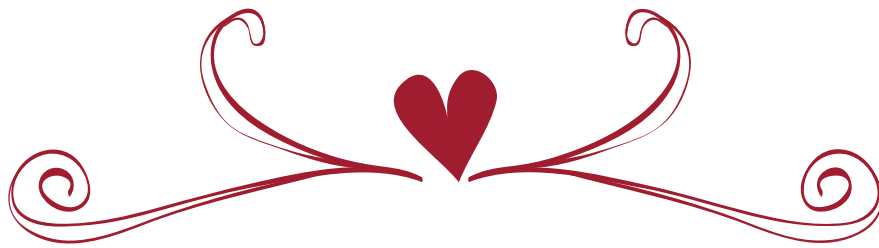
Lazy pea risotto with mushrooms

Coco-peanut noodles

Warming couscous with roasted veggies

Rustic bean soup and croutons

Moroccan pizza



Do you dread the 5 o'clock question:

What's for dinner?

In fact, you might already be thinking about it at 7:30 a.m. You open the fridge and wonder what you'll be able to whip up tonight based on what you have already.

Perhaps you'll spend a few minutes over lunch browsing Pinterest for recipes using those mushrooms you saw in the produce drawer. Oh! You found a delish-sounding recipe. The pictures look amazing. But you don't have half of the ingredients required.

Plus, your 10-year-old says he hates mushrooms.

5:15 p.m. Everyone is back home from work and school. And hungry. What's the plan?

You end up cooking a package of pasta with sauce from a jar. Maybe adding frozen veggie balls from the store. Not terrible. But it just doesn't feel great. And the mushrooms are still in the produce drawer. Chances are, they'll go to waste.

*There IS a better way.
YOU can make it happen.*

Time to get
PLANNED

& PLANT-BASED

Next week's dinners, planned for you



Home-cooked meals

Seasonal veggies and fruits

Tasty beans and whole grains

All plant-based, all vegan!



No processed or packaged food

No wasteful meal kits

No food waste

NO STRESS!

#BETTERDINNERGOALS

Hi, I'm Brigitte.

I'm not a chef, or even a professional cook. I'm a mom trying to change the world with vegan home economics. My world. Your world. Our world.

When we are better nourished, everything improves.

In 2013, I changed my family's way of eating to reduce our environmental impact. I cut out meat, dairy, and eggs. Let's just say that not everyone was as excited about the change as I was...

Meal planning took me *hours* every week. I searched for recipes that would taste good enough to win my family over, bring all the nutrients we needed, *and* make us feel full. Then, I tried to fit the cooking into our busy lives. It was tiring and overwhelming. But, after a while, I developed kitchen strategies that made it all way easier! Today, I share these with you.

In 2015, I chose to be vegan; my husband is happy with "plant-based." Our children are on their own journey, and happily eat only vegan food at home.



Things I care about:

Nutrition: Iron, calcium, vitamins, protein... are we getting enough?

Picky eaters: Nearly every meal I propose can be deconstructed.

Whole foods: I avoid prepared and processed foods as much as possible.

Diversity: We enjoy a variety of meals and world cuisines.

Food waste: Rotting produce and leftovers are a waste of money and effort.

Time: Cooking is not the only thing I have or want to do in life!

So you want better dinners next week? Here's what we'll do. Starting NOW.

1

Check your **calendar**:
How much time do you
have each night for last-
minute prep?

2

Check your **produce
drawer**: We'll try our best
to use what you have.

3

Print and read the **meal
plan**: it's the last 6 pages
of this PDF and your
anchor for next week!

4

Fit the meals into your
schedule: The day-by-day
page tells you how much
work you'll have to do at
the last minute. Change
the days of the meals if
you need to.

5

Adjust the **shopping list**:
Tick off what you already
have or those ingredients
that can be substituted.

6

Get your **groceries**: Follow
the shopping list but
remember it's OK to
make substitutions!

7


Prep: Follow the prep
session instructions in the
suggested order. Two
hours should do.

8

Enjoy your better dinners!
Just follow the last-minute
prep instructions on the
day-to-day page, sit
down, and savour!

DON'T LET YOUR GOOD INTENTIONS SLIP AWAY!

Take steps 1 to 5 **now** then schedule your shopping and prep session.



*It's been life changing for me!
It's such a wonderful feeling
of satisfaction to finish batch
cooking. The weeks seem to
go much smoother when I'm
prepared and follow the meal
plans.*

Jocelyn, prep challenge taker
and meal plan subscriber

Together, we can do this.

Have you taken steps 1 to 5? If better dinners are a priority for you, do it NOW! This is the time to take action. So do this:

1. Check your calendar
- 2.... and your produce drawer
3. Print and read the meal plan
4. Fit the suggested meals into your schedule
5. and prepared your shopping list?

Good! Now, schedule your shopping trip and your prep session.

Have you done it? Yes? For real? Fantastic! You rock.

I promise you that next week will be a week of better dinners.



- ✓ Click here to join the Vegan Family Kitchen Facebook group, join live cooking sessions, and share your successes... and struggles.
- ✓ Invite your friends by sharing this link:
veganfamilykitchen.com/planned-plant-based
- ✓ Ping me anytime with questions about substitutions or plant-based cooking:
helpme@veganfamilykitchen.com



I look forward to seeing you in the kitchen.

Planned & Plant-Based

ONE WEEK OF STRESS-FREE HEALTHY VEGAN DINNERS *from the Vegan Family Kitchen*



THIS WEEK'S DINNERS

Dinner	Advance prep	Dinner time tasks
Lazy pea risotto with mushrooms	Bake risotto	Add freshly sautéed mushrooms
Coco-peanut noodles	Mix sauce	Cook noodles and stir-fry everything
Warming couscous with roasted veggies	Roast veggies Mix dressing	Cook couscous Assemble
Rustic bean soup with croutons	Cook soup	Toast croutons
Moroccan pizza	Mix dough and let rise in fridge Roast veggies and mix dressing	Assemble and bake pizza

NOTES

- This plan creates 3-4 dinner portions, plus likely leftovers for your lunches. If you end up with lots of extra food, most of the building blocks can be frozen for later (except roasted veggies).
- Most ingredients can be substituted. Of course, your results will be different from what I envisioned, but if your ingredients are good, the results will be delicious!
 - Vegetable broth can be home-made, store-bought, from powder... use what works for you.
 - Various types of mushrooms can easily substitute for each other. Be adventurous!
 - No arborio or carnaroli rice? Other short-grain rice types may work but result will be much less creamy. I suggest using pearl barley instead. It will combine very well with the earthy mushrooms. Expect the result to be more robust.
 - Cauliflower at times gets wildly expensive. For the couscous, roasted chunks of green cabbage would bring similar sweetness and nutritional value.
 - Onion, celery, and carrot make a flavorful soup starter called “mirepoix.” Beyond that, use any seasonal vegetables. Making soup is also a great way to clear your produce drawer!
 - No vegan kimchi? Just omit and don't worry about it! Or mix sauerkraut with a bit of Sriracha and grated ginger. (Just don't tell your Korean friends about the sacrilege.)
 - Pizza is a great way to use leftover produce. You can change the toppings to your liking!
 - Spice mixes (curry powder, Italian seasoning...) you already have can be used instead of a combination of spices. Taste first to check for hotness and adjust quantities accordingly. (Remember it is easier to add seasonings than to remove them...)
 - Other subs? [Email me](#).
- In a time crunch? Here are some shortcuts:
 - Pre-cut fresh veggies are fine to use. (If your budget only allows for frozen veggies, make sure to pat dry before cooking.)
 - Buy prepared pizza dough. (Also useful if you don't have space in your fridge.)
- Cooking without oil? That's perfectly fine. Use well-seasoned cast-iron cookware and/or a little water or broth to prevent sticking.
- Gluten free?
 - Make sure the soba noodles are 100% buckwheat, or choose rice noodles.
 - Use quinoa instead of couscous (cook according to package directions).
 - Opt for gluten-free croutons or make your own using GF bread.
 - Buy ready-made GF pizza dough or try your hand at cauliflower crust.
- Hungry T-rex at your table? Add these items to your shopping list:
 - Commercial seitan sausages to round up the risotto and bean soup (or make your own).
 - More veggies for every dish. Also use extra couscous and chickpeas.
 - Hummus to serve as a side with extra bread.



SHOPPING LIST

✓	Produce	Recipes	Quantity
	Baby spinach	Risotto; Couscous	5 cups
	Carrots	Multiple	10
	Cauliflower	Couscous; Pizza	1 head
	Celery	Soup	2 branches
	Cilantro	Noodles; Couscous	1 bunch
	Cremini mushrooms (or other)	Risotto	1/2 lbs
	Garlic	Multiple	1 head
	Ginger	Multiple	3-inch piece
	Green onions	Couscous	2
	Green peas (frozen OK)	Risotto	1 1/2 cups
	Kale	Noodles; Soup	1 bunch
	Lemon (for juice)	Couscous; Pizza	1
	Lime (for juice)	Noodles	2
	Red bell pepper	Soup; Noodles	2
	Red onion	Multiple	3 large
	Zucchini	Soup	1 medium
✓	General groceries	Recipes	Quantity
	Active yeast	Pizza	1 pkg or 2 1/4 tsp
	All-purpose flour (or combination)	Pizza	3 cups
	Almonds	Couscous	1/2 cup
	Arborio rice (see notes)	Risotto	1 1/2 cups
	Cannellini (or Great Northern) beans	Soup	1 can
	Chickpeas	Couscous; Pizza	2 cans
	Coconut milk (regular or light)	Noodles	1 can
	Currants (or raisins)	Couscous; Pizza	1 cup
	Olive oil (optional)	Multiple	X
	Peanut butter	Noodles	3 Tbsp
	Pizza sauce	Pizza	2 cups
	Sesame seeds	Noodles	1/4 cup
	Soba noodles	Noodles	1 pkg
	Sugar	Pizza	1 tsp
	Whole wheat couscous (regular OK)	Couscous	1 cup
✓	Spices and seasonings	Recipes	Quantity
	Apple cider vinegar	Risotto; Soup	4 Tbsp
	Cayenne or hot sauce (optional)	Multiple	1/4 tsp
	Cinnamon	Couscous; Pizza	1/2 tsp
	Coconut oil (optional)	Noodles	X
	Coriander	Couscous; Pizza	1 tsp
	Cumin	Couscous; Pizza	1 Tbsp
	Maple syrup	Noodles	1 Tbsp
	Nutritional yeast	Risotto	2 to 4 Tbsp
	Oregano	Soup	1 tsp
	Pepper (fresh ground)	Multiple	X
	Salt (medium sea salt preferred)	Multiple	X
	Soy sauce	Noodles	1/4 cup
	Thyme	Risotto; Soup	2 tsp
	Truffle oil (totally optional!!)	Risotto	drops
	Turmeric	Couscous; Pizza	2 tsp
	Vegetable broth (cubes/powder OK)	Risotto; Soup	11 cups
✓	Bakery	Recipes	Quantity
	Whole wheat bread	Croutons	2 slices (total)
✓	Refrigerated or frozen products	Recipes	Quantity
	Tofu (firm or extra-firm)	Noodles	1 block
	Vegan cheese shreds (optional)	Pizza	X
	Vegan kimchi (optional)	Noodles	X

PREP SESSION

1. Lazy pea risotto

Dinner: Lazy pea risotto with mushrooms

Think risotto means watchfully standing and stirring for an hour? Think again! This is a lazy bum's risotto... and I challenge you to find a difference in taste.

OPTION: Depending on your schedule, you could also prepare the risotto today from steps 1 to 5 only and refrigerate, then continue with steps 6 to 10 on the night when you're ready to eat it. If you choose that option, add 10 minutes to the oven timer because you'll be starting with a cold pot and ingredients.

Olive oil, 2 tsp
Red onion, 1 large (diced)
Salt, ¾ tsp (divided)
Garlic, 3 cloves (minced)
Thyme, 1 tsp (crushed between your fingers)
Pepper (fresh ground), to taste
Apple cider vinegar (or white balsamic), 2 Tbsp (or ¼ cup white wine)
Arborio rice, 1 ½ cups
Vegetable broth, 5 cups (boiling hot)
Nutritional yeast, 2 to 4 Tbsp
Baby spinach, 3 cups (roughly chopped)
Green peas, 1 ½ cups (frozen is OK, just pat dry before using)

1. Preheat oven to 375° F.
2. Preheat an oven-friendly heavy pot (Dutch oven or similar) on medium-low heat. Add a little oil (if using) and the diced red onion with a big pinch of salt. Cook 10 min, stirring occasionally.
3. Add the minced garlic, thyme and fresh ground pepper. Stir until fragrant, 30 sec.
4. Add the vinegar (or wine), stir 1 min, scraping the bottom of the pot to detach caramelized bits.
5. Add the rice and stir well to coat. Turn off the heat. Pour in the vegetable broth and stir.
6. Cover the pot with oven-friendly lid (or wrap tightly with aluminum foil). Place in oven and set a timer for 30 min.
7. When done, carefully remove the risotto from the oven to avoid spilling. Uncover and use a wooden spoon to stir energetically for 3-5 minutes. As you stir, the risotto will become more and more creamy. If too thick, add a little hot broth or even plant milk.
8. Stir in the nutritional yeast (starting with the smaller amount). Taste and adjust seasoning.
9. Stir in the baby spinach and green peas.
10. Let the risotto cool down and transfer to a labelled container. Refrigerate for tomorrow's dinner.

2. Roasted vegetables

Dinners: Curried couscous and roasted vegetables; Moroccan pizza

Carrots, 6 (¼-inch thick halfmoons)
Cauliflower, 1 head (small florets)
Olive oil, 1 Tbsp (divided)
Turmeric, 1 tsp
Salt, ½ tsp
Pepper (fresh ground), to taste

1. Preheat oven to 375° F.
2. Toss veggies in olive oil, turmeric, salt and pepper, then spread on lined baking sheet. Roast for 40 min, flipping once partway through.
3. Transfer vegetables to a labelled airtight container and refrigerate.



3. Rustic bean soup

Dinners: Rustic bean soup and croutons

Olive oil, 2 tsp
Sea salt, 1 tsp (divided)
Red onion, 1 large (diced)
Kale, ½ bunch (stems sliced finely, leaves chopped into ribbons)
Celery, 2 branches (diced)
Carrots, 3 (diced)
Zucchini, 1 medium (diced)
Red pepper, 1 (diced)
Garlic, 3 cloves (minced)
Thyme, 1 tsp (crushed between your fingers)
Oregano, 1 tsp
Apple cider vinegar, 2 Tbsp
Vegetable broth, 6 cups
Cannellini (or Great Northern) beans, 1 can (drained and rinsed)
Pepper (fresh ground), to taste

1. In a large saucepan on medium heat, cook the onion and kale stem slices in 1 tsp olive oil with a generous pinch of salt for about 5 min, stirring occasionally.
2. Add celery and carrots, cook 3 more min.
3. Add zucchini and red pepper, cook 2 min.
4. Add garlic, thyme, and oregano. Stir and cook 30 sec.
5. Add apple cider vinegar, scrape the bottom of the pan.
6. Add vegetable broth and cannellini beans, bring to a boil then reduce to an active simmer. Cook 15 min or until all the vegetables are tender.
7. Taste and adjust seasoning, adding plenty of fresh pepper.
8. Add the kale leaves and stir.
9. Let cool and transfer to a labelled container. Refrigerate.

4. Curried dressing

Dinners: Curried couscous and roasted veggies; Moroccan pizza

Lemon juice, from 1 lemon
Olive oil, ¼ cup (you may use water for all or part)
Garlic, 3 cloves
Ginger, 1-inch piece
Cumin, 1 Tbsp
Coriander, 1 tsp
Turmeric, 1 tsp
Cinnamon, ½ tsp
Cayenne, ¼ tsp or to less (or omit entirely)

1. If you have a small container for your blender or food processor, place all ingredients in it and process until smooth.
2. Otherwise, make sure to mince the garlic and ginger finely, then mix together.
3. Refrigerate in a labelled jar.



5. Coco-peanut sauce

Dinner: Coco-peanut noodles

Garlic, 3 cloves (chopped)
Ginger, 2-inch piece (chopped)
Soy sauce, ¼ cup
Lime juice, from 1 lime
Peanut butter, 3 Tbsp
Maple syrup, 1 Tbsp (or smaller amount of molasses or brown sugar)
Coconut milk (regular or light), 1 can
Salt, ½ teaspoon
Hot sauce or cayenne pepper, to taste (optional – hold off completely if your children are averse)

1. Place all ingredients in a blender or food processor, blend until completely smooth.
2. If you don't have a blender or food processor, mince the garlic and ginger as finely as you can, then blend everything together.
3. Transfer to a labelled container and refrigerate.

6. Pizza dough (later in the week)

Ideally, prepare the pizza dough on Tuesday or Wednesday night for Friday's dinner. You can also make the dough ahead and freeze – see instructions below. I have a 6-to-24-hour almost-no-knead method as well, [email me](#) if you need that.

Active yeast, 1 pkg (2 ¼ tsp)
Sugar, 1 tsp
All-purpose flour, 3 cups + more for the counter (or 2 cups all-purpose and 1 cup whole wheat flour)
Olive oil, 4 Tbsp (divided)

1. Always proof the yeast first to make sure it's alive and avoid disappointment: mix 1 pkg active yeast (or 2 ¼ tsp), 1 tsp sugar and ½ cup warm water (the temperature of a baby bottle – a few degrees warmer than your body's temperature, nowhere near boiling but certainly not cold). Wait 10 minutes. If it froths, you are good to go. No bubbles? Get fresh yeast and start over.
2. Mix 3 cup all-purpose flour (or 2 cups APF with 1 cup whole wheat) and 1 tsp salt. Pour in the proofed yeast and water mixture, another ¾ cup warm water and 3 Tbsp olive oil (optional). Stir until well integrated. **If it's Tuesday or Wednesday night, stop here. Cover your bowl with plastic wrap and refrigerate. (Yes, it looks ugly. That's OK.) If you are making the dough with the intention of freezing it, keep going.**
3. On a floured countertop, kneed the dough 3-5 min, using your body weight to avoid hurting your wrists. (You can also use the food processor with a dough blade.) It should now be a nice ball of stretchy dough. Put 1 Tbsp olive oil in a big bowl and put the dough in, twirling it around a bit to cover with oil.
4. Let rise in a warm place (for example, your oven off with the light on) for an hour or two.
5. Punch the dough to deflate and kneed again for 2 minutes. Divide into two balls, kneed for a few seconds, then wrap each one tightly with plastic wrap. Transfer to an airtight container or zip-top bag. Freeze and remember to transfer to refrigerator 24-48 hours ahead.

**YOU ARE READY FOR A FABULOUS WEEK OF
STRESS-FREE HEALTHY VEGAN DINNERS!**

Congratulations!



DAY-TO-DAY INSTRUCTIONS

Monday: Lazy pea risotto with mushrooms

1. Reheat (or finish cooking) the refrigerated **Lazy pea risotto** (see p. 3).
2. Meanwhile, in a medium pan, sauté **½ lbs cremini mushrooms** (sliced) with a pinch of salt.
3. Serve the risotto topped with the mushrooms and more **fresh black pepper**. If available, add a few drops of **truffle oil** for a deeper flavor, and/or a dash of **Tabasco sauce**.

Tuesday: Coco-peanut noodles

1. Cook **soba noodles** (1 roll per person) in a medium pot of boiling water, following package directions. Once cooked, rinse well so they don't clump.
2. Slice **1 block extra-firm tofu** into slabs, press with clean towel then cube.
3. In large skillet, sauté **tofu cubes** with **2 tsp coconut oil** 5 min, until golden brown. Reserve.
4. Sauté **1 red onion** (diced) 3 min, add **1 carrot** (sliced thinly), **1 red bell pepper** (diced) and **sliced stems of ½ bunch kale** and sauté 5 more min.
5. Splash skillet with **juice from 1 lime** and scrape bottom. Add reserved **tofu, chopped kale leaves** and **Coco-peanut sauce** (fridge – recipe p. 5). Reheat for 2-3 min. Toss with cooked soba noodles and add a generous sprinkle of **sesame seeds**. Add a few springs of **cilantro**. Top with a forkful of **kimchi** if desired (for adults at least).

Wednesday: Warming couscous and roasted vegetables

1. Bring the **roasted vegetables** (fridge – see p. 3) to room temperature.
2. Bring **1 cup water** with **1 tsp salt** to a boil. Stir in **1 cup whole wheat couscous**, cover, turn off heat. After 5 min, fluff.
3. In a salad bowl, mix **half of the roasted veggies** with **1 can chickpeas** (drained, rinsed and patted dry), **½ cup almonds** (chopped), **2 green onions** (sliced), **¾ cup currants (or raisins)**, **2 cups baby spinach** (chopped), and **½ cup cilantro** (chopped). Add **½ of the Curried dressing** (fridge – recipe p. 4) and toss. Enjoy!
4. IMPORTANT: Refrigerate rest of vegetables, chickpeas and curried dressing for Friday's pizza.
5. Remember to make the pizza dough tonight if you haven't bought it ready made. See p. 5.

Thursday: Rustic bean soup and croutons

1. Make croutons: toast **two slices of whole wheat bread** until brown but not burnt. Cut into cubes.
2. Reheat **Rustic bean soup** (fridge – recipe p. 4); enjoy topped with **croutons**.

Friday: Moroccan pizza

1. If possible 1 or 2 hours before dinner, knead **pizza dough** (fridge – recipe p. 5) 3 to 5 min to integrate. Cover and let rest in a warm place (oven with the light on but element off) if there is time, otherwise proceed.
2. Preheat oven to 450° F. Lightly oil a baking sheet. Stretch each ball into a pizza crust that fits your sheet with yours hands and/or a rolling pin. Transfer the crust to the sheet.
3. Brush crusts with **pizza sauce**. Spread **roasted vegetables** and **1 can chickpeas** (patted dry) on top.
4. Sprinkle pizza with **currants** (or raisins). Mix the remaining half of the **Curried dressing** (fridge – recipe p. 4). If desired, sprinkle with **vegan cheese shreds**. Bake in oven for 12-18 min, until crust has golden bits. Let rest 5 min then sprinkle with chopped **cilantro**. Enjoy!

