



WEEKEND
VEGAN
2-DAY JUMPSTART

10 MILLION
BLACK
VEGAN
WOMEN™



Welcome!

I created the **Weekend Vegan 2-Day Jumpstart** to help you get started going vegan right away. Right where you are. Because no matter how you're eating right now, you have what it takes to go vegan for 2 days.

In this guide, I give you everything you need to know to go vegan for the weekend. I've done all the planning for you. All you have to do is shop, cook and eat!

Here, you'll find:

- A 2-Day Meal Plan for 6 Meals (breakfast, lunch and dinner for 2 days)
- 7 Healthy and Delicious Vegan Recipes with Photos, and a Bonus Dessert Recipe
- A Done-For-You Grocery Shopping List
- Meal Prep Tips

The **Weekend Vegan 2-Day Jumpstart** will leave you feeling nourished and energized. And it will give you the boost you need to know you can go vegan and love it.

So go ahead and choose a weekend – hopefully the next one – **and let's get started!**



Tracye McQuirter, MPH
Award-Winning Public Health Nutritionist,
Best-Selling Author, and Vegan Changemaker



© Tracye McQuirter, MPH, Vegan Ingenuity, Inc., 2021. All rights reserved. Recipes from Ageless Vegan (Da Capo 2018). Food photography and styling by Kate Lewis. Author photography by a little bit of whimsy photography. No part of this publication may be reproduced in any form without the prior written permission of the author. All nutrition information presented in this publication is provided for informational purposes only. This information should not be used as a substitute or replacement for advice, diagnosis, or treatment from your healthcare provider.



MEAL PLAN

	SATURDAY	SUNDAY
BREAKFAST	Sunrise Smoothie Bowl	Avocado Toast
LUNCH	Spicy Basil Eggplant	Kale Salad and Roasted Chickpeas
DINNER	Garlic Mushroom Pizza	Roasted Sweet Potato and Black Bean Bowl
BONUS DESSERT	Perfect Pecan Pie	



Meal Prep Tips

The recipes in this guide are simple and easy, with most taking less than 30 minutes to prepare.

The dishes that take the longest are the long-grain brown rice in the Spicy Basil Eggplant recipe (45 minutes) and the chickpeas in the Crunchy Roasted Chickpeas recipe (30-40 minutes). To save time, you can cook the rice and chickpeas a few days in advance and store them in the fridge until you're ready to use them.

The serving sizes are listed for each recipe, and most recipes make about 4 servings. So if you're cooking for one or two, you can store any extra food in the fridge or freezer to eat during the week (which will save you time during busy workdays). Also, if you find that some of the ingredients in the recipes are new to you, that's good! It gives you a chance to try something different and expand your palate. Most of the ingredients should be available at your local grocery store. For a few items, like low-sodium tamari and nutritional yeast (see the Ingredients Glossary below), you may need to go to your local health(ier) food store or order them online.

Here's the basic kitchen equipment you'll need:

- 2-Quart Pot
- Baking Sheet
- Blender (high-powered)
- Sauté Pan or Skillet

Ingredients Glossary

Low-sodium Tamari – A Japanese soy sauce made from fermented soybeans that tends to have a more balanced and less salty taste than more widely used Chinese soy sauce.

Nutritional Yeast – A yeast grown on molasses that is heated to deactivate the yeast, harvested, washed, and packaged as flakes or powder. Also known as nooch. It has a cheesy taste and is often used instead of shredded or powdered cheese. It's a staple vegan ingredient used in a wide variety of dishes.

LET'S GET COOKING!



SUNRISE SMOOTHIE BOWL

FILLING

- 1 medium apple, cored and cut into chunks
- 1 ripe frozen banana, or 1 avocado, pitted
- 1 cup blueberries, fresh or frozen
- 1 tablespoon almond or cashew butter

TOPPINGS

- 1 mango, peeled and cubed
- 8 strawberries, thinly sliced
- 2 tablespoons unsweetened coconut flakes
- 1 teaspoon chia seeds or $\frac{1}{2}$ cup of raw, unsalted chopped nuts of your choice (almonds, cashews, pecans, walnuts, etc.)

Place all filling ingredients in a blender with 3 cups of water and blend until smooth and creamy. Spoon into serving bowls and add toppings in parallel rows. Serve immediately.

TIP: For a sweeter smoothie base, add 1 to 2 pitted Medjool dates.

Makes 3–4 servings

SPICY BASIL EGGPLANT

- 1 cup uncooked long-grain brown rice
- 4 teaspoons sesame oil
- 1 large purple eggplant, cut into bite-size cubes (about 4 to 5 cups)
- Pinch sea salt
- 1 medium red onion, diced
- 6 garlic cloves, diced
- ½-inch piece ginger, peeled and chopped
- 1 orange or red bell pepper, seeds removed, chopped
- 1 tablespoon white vinegar or freshly squeezed lemon juice (about ½ lemon)
- 2 tablespoons low-sodium tamari
- ¼ teaspoon cayenne
- 1 cup loosely packed basil leaves, chopped
- 10 Medjool dates, pitted and chopped
- ½ cup chopped cashews

In a large pot, bring 2 cups of water and rice to a boil. Reduce the heat, cover, and simmer for 45 minutes. Set cooked rice aside. In a large skillet, heat 2 teaspoons of the oil over medium-high heat. Add the eggplant cubes, sprinkle with a pinch of sea salt, and sauté until the cubes are tender, 2 to 3 minutes. Remove the eggplant cubes from the pan and set aside.

In the same skillet, heat the remaining 2 teaspoons of oil over medium-high heat. Stir in the onions, garlic, and ginger and sauté until the onions are translucent, 3 to 5 minutes.

Add the bell pepper and sauté until the peppers are softened, 1 to 2 minutes. Add the eggplant cubes, vinegar, tamari and cayenne. Gently toss for 2 to 3 minutes. Taste and adjust seasonings, as desired. Remove pan from heat and toss in the basil. Serve hot over brown rice and topped with dates and cashews.

TIP: 2-3 teaspoons of water each can be used instead of oil to sauté the eggplant, and to sauté the onions, garlic and ginger.

Makes 4 servings



GARLIC MUSHROOM PIZZA

- 1 prepared whole-grain pizza crust
- 3-4 tablespoons tomato sauce
- 2 tablespoons nutritional yeast
- 2 teaspoons extra-virgin olive oil
- ¼ large red onion, chopped
- 3 garlic cloves, peeled and chopped
- 1 cup white button mushrooms, thinly sliced
- 2 teaspoons low-sodium tamari
- 1 pint cherry tomatoes, halved
- 2 tablespoons Kalamata olives, pitted and halved
- 2 avocados, pitted and chopped into cubes
- ½ cup loosely packed fresh basil, finely chopped
- ½ teaspoon cayenne pepper, or to taste

Preheat oven to 350°F.

If pizza crust dough is frozen, let it thaw. Brush the thawed crust with tomato sauce. Sprinkle on nutritional yeast to cover sauce. Bake pizza crust for 10 to 12 minutes or until edges of crust begin to turn golden brown.

Heat the oil in a large skillet over medium heat.

Add the onions, garlic, mushrooms, and tamari and sauté until the mushrooms are soft, 3 to 5 minutes. Remove the pizza crust from the oven. Using a slotted spoon to drain the liquid, arrange the mushroom mixture on top of the pizza crust. Arrange tomatoes, olives, avocado, and basil on top of mushroom mixture. Sprinkle cayenne pepper on top. Bake 5 more minutes or until toppings are heated enough for your taste. Serve hot.

Makes 3-4 servings

AVOCADO TOAST

- 4 (½-inch-thick) slices whole-grain bread
- 2 medium avocados, pitted and mashed
- 1 tablespoon rice vinegar
- ¼ teaspoon sea salt
- ½ red onion, thinly sliced
- 1 tablespoon sesame seeds (black, brown, or mixed)
- 1 teaspoon finely chopped chives
- 1 teaspoon chili flakes
- 1 lemon wedge (optional)
- 2 edible flowers, such as blue coral flower petals (optional)

Preheat oven to broil.

Line a baking sheet with parchment paper. Place bread on the lined baking sheet and broil until one side is toasted, about 5 minutes, then remove from the oven. In a medium bowl, mash together the avocado, vinegar, and salt. Spread the avocado on the toasted side of the bread slices.

Garnish with onion, sesame seeds, chives, and chili flakes. Optionally, you can also squeeze a lemon wedge over the toast. If using, add edible flowers before serving. Serve warm or at room temperature.

TIP: The optional edible flowers can be found at farmer's markets, grocery stores, and online.

Makes 4 servings



KALE SALAD REMIX

- 2 bunches curly kale, coarsely chopped
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons low-sodium tamari
- 1 tablespoon freshly squeezed lemon juice (about ½ lemon)
- 2 tablespoons nutritional yeast
- ¼ teaspoon cayenne pepper
- 1 medium red onion, chopped
- 5 garlic cloves, peeled and chopped
- ½ cup grated carrot (about 1 medium carrot)
- 1 cup whole pecans
- 1 avocado, pitted and cubed
- 1 cup cherry tomatoes, halved

Place the kale in a large bowl and drizzle on the oil, tamari, and lemon juice. Toss to make sure all the leaves are coated. Sprinkle on nutritional yeast and cayenne pepper and toss again to make sure all the leaves are coated.

Add onion, garlic, carrot, and pecans and toss well. Let marinate at room temperature for about 15 minutes so the kale leaves can wilt a little. Serve topped with avocado and tomatoes.

Makes 5-8 servings



CRUNCHY ROASTED CHICKPEAS

- 1 tablespoon extra-virgin olive oil
- 1 teaspoon all-purpose dried herbs and vegetables seasoning blend
- $\frac{1}{2}$ teaspoon turmeric
- $\frac{1}{4}$ teaspoon cayenne pepper
- $\frac{1}{8}$ teaspoon sea salt, or to taste
- 1 (15-ounce) can chickpeas, drained, rinsed, and thoroughly patted dry

Preheat oven to 400°F.

Line a baking sheet with parchment paper and set aside. In a medium bowl, combine the oil, seasoning blend, turmeric, cayenne pepper, and salt. Add the chickpeas and mix well, until all the chickpeas are coated. Place the chickpeas on the lined baking sheet. Bake until the outside is crispy, 30 to 40 minutes, shaking the tray to toss the chickpeas about halfway through. Then turn off the oven and leave the chickpeas inside until the oven cools. This will dehydrate the chickpeas and make them crunchy.

You can also leave the chickpeas in the oven overnight. If you don't want the chickpeas to be that crunchy, you can take them out of the oven immediately after baking and serve them warm or let them cool. They'll be crispy and chewy, rather than crunchy. Either way, serve the chickpeas at room temperature. Store them in an airtight container outside of the fridge for up to 2 weeks.

TIP: This recipe can also be made the same way without the oil.

Makes 4 servings





ROASTED SWEET POTATO AND BLACK BEAN BOWL

QUINOA

- 1 cup red quinoa
- 2 cups pea shoots or arugula
- 1 teaspoon squeezed lime juice (about ¼ lime)
- ½ teaspoon sea salt

SWEET POTATOES

- 1 large unpeeled sweet potato, diced (about 2 cups)
- 1 teaspoon extra-virgin olive oil
- ¼ teaspoon sea salt

BLACK BEANS AND CORN

- 1½ cups precooked black beans or 1 (15-ounce) can or carton
- 1 cup corn, fresh or cooked from frozen according to package instructions
- 1 tablespoon finely chopped red onion
- ¼ teaspoon cumin
- ¼ teaspoon sea salt

LIME CILANTRO VINAIGRETTE

- ¼ cup extra-virgin olive oil
- ¼ cup cilantro leaves
- 2 tablespoons freshly squeezed lime juice (about 1 lime)
- ¼ teaspoon sea salt
- ¼ teaspoon chipotle powder
- 1 avocado, pitted and thinly sliced, for garnish

Preheat oven to 375°F.

In a large pot, bring 2 cups of water and quinoa to a boil. Reduce the heat, cover, and simmer until all the water evaporates, about 15 minutes. Remove from heat and keep covered for 5 minutes.

In a medium bowl, combine the quinoa, greens, lime juice, and salt. Line a baking sheet with parchment paper. Place sweet potatoes in a bowl and coat with oil and salt. Place on the lined baking sheet and bake until tender and browned, about 20 minutes. In a medium bowl, combine the beans, corn, onion, cumin, and salt. Toss until thoroughly combined.

Combine the oil, cilantro, lime juice, salt, and chipotle powder in a blender and process until smooth. In four individual serving bowls, arrange the sweet potatoes, beans mixture, quinoa mixture, and avocado. Drizzle with the vinaigrette and serve the extra sauce on the side.

Makes 4 servings

PERFECT PECAN PIE

- 1 3/4 cup whole pecans
- 1 cup chopped pecans
- 1/2 cup maple syrup, or to taste
- 1/2 teaspoon cinnamon
- 1 teaspoon vanilla
- 3 tablespoons ground flaxseed meal
- 1/4 cup unsweetened almond milk
- 2 tablespoons extra-virgin coconut oil
- 1/8 teaspoon sea salt
- 2 tablespoons whole wheat flour
- 1 (9-inch) whole grain pie crust

Preheat oven to 350°F.

In a food processor, add one cup of the whole pecans and process until a course meal is formed. Place the meal in a medium bowl and add the chopped pecans. Stir until just combined. In a large bowl, combine the maple syrup, cinnamon, vanilla, flaxseed meal, milk, oil and salt. Add the pecan mixture to the wet mixture and stir until mixed well. Stir in one tablespoon of the whole wheat flour at a time.

You want the batter to be thick, but still loose enough to pour. Pour the batter into the pie crust. Arrange the remaining whole pecans on top. Bake for 45 minutes. Let the pie cool completely for the filling to firmly set. Serve immediately.

Makes 7-9 servings

SHOPPING LIST

FRUIT

- Apple – 1
- Avocados – 6
- Banana – 1
- Blueberries – 1 cup (fresh or frozen)
- Lemons – 3
- Lime – 1
- Mango – 1
- Medjool Dates – 10
- Strawberries – 8

VEGETABLES

- Arugula – 2 cups
- Basil – 1 bunch (for 1½ cups, loosely packed)
- Carrot – 1 medium
- Cherry Tomatoes – 2 pints
- Chives – 1 bunch (for 1 tsp, finely chopped)
- Cilantro – 1 bunch (for ¼ cup)
- Corn – 1 cup (if fresh, 1-2 ears; if frozen, 1 10-ounce package)
- Curly Kale – 2 bunches
- Edible Flowers – optional, 2 flowers
- Garlic Cloves – 2 bulbs
- Ginger – ½-inch piece
- Kalamata Olives – 1 jar
- Orange or Red Bell Pepper – 1
- Purple Eggplant – 1 large
- Red Onions – 3
- Sweet Potato – 1 large
- White Button Mushrooms – 1 cup

HERBS AND SPICES

- Cayenne Pepper – 3 tsp
- Chili Flakes – 1 tsp
- Chipotle Powder – ¼ tsp
- Cinnamon – ½ tsp
- Cumin – ¼ tsp
- Dried Herbs and Vegetable Seasonings Blend – 1 tsp
- Turmeric – ½ tsp

BREAD AND CRUSTS

- Whole Grain Bread – 4 (½-inch thick) slices
- Whole Grain Pizza Crust – 1 (I've used Engine 2 Plant-Strong Stone Baked 100% Whole Wheat Pizza Crust)
- Whole Grain Pie Crust – 1 (9-inch) (I've used Wholly Wholesome Spelt or Whole Wheat Pie Crust)

CONDIMENTS, SAUCES, SPREADS

- Low-sodium Tamari
- Maple Syrup – ¾ cup
- Nutritional Yeast – 4 TB
- Rice Vinegar
- Sea Salt
- Tomato Sauce – sugar-free, if possible
- Unsweetened Dried Coconut Flakes
- Vanilla – 1 tsp
- White Vinegar (or freshly squeezed lemon juice)

NUTS

- Cashews – ½ cup raw, unsalted
- Chia Seeds – 1 tsp or ½ cup raw, unsalted nuts of your choice (almonds, cashews, pecans, walnuts, etc.)
- Ground Flaxseed Meal – 3 TB (I've used Bob's Red Mill Whole Ground Flaxseed Meal)
- Pecans – 2¾ cups whole, raw, unsalted
- Pecans – 1 cup chopped, raw, unsalted
- Sesame Seeds (black, brown, or mixed) – 1 TB

BEANS

- Black Beans – 1 (15-ounce) carton or can
- Chickpeas – 1 (15-ounce) carton or can

WHOLE GRAINS

- Long-grain Brown Rice – 1 cup
- Red Quinoa (or white or black quinoa) – 1 cup
- Whole Wheat Flour – 2 TB

NUT BUTTER

- Raw Almond or Cashew Butter – 1 small packet or jar (for 1 TB)

NUT MILK

- Almond Milk – ¼ cup unsweetened

OILS

- Olive Oil
- Sesame Oil
- Coconut Oil

OTHER

- Parchment Paper



WANT MORE INSPIRATION?

Join the free 21-Day Vegan Fresh Start!

I'm helping 10 million black women go vegan in 10 years so we can live healthier, fuller lives.

Join us at

<http://10millionblackveganwomen.org>.

LET'S DO THIS TOGETHER!

10 MILLION
BLACK
VEGAN
WOMEN™

