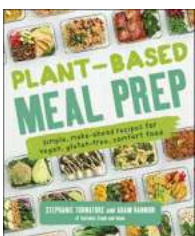


The Ultimate Collection of Simple Make Ahead Recipes For Vegan Gluten Free Comfort Food

Are you a vegan who craves comfort food but struggle to find delicious options that are gluten-free as well? Look no further! We've got you covered with this collection of simple make ahead recipes that are not only vegan and gluten-free but also incredibly satisfying and mouthwatering.

Going vegan and gluten-free doesn't mean you have to sacrifice flavor or your favorite comforting dishes. With a little preparation and these easy recipes, you can indulge in all the comfort food goodness while still following your dietary preferences.

1. Creamy Lentil Stew



Plant-Based Meal Prep: Simple, Make-ahead Recipes for Vegan, Gluten-free, Comfort Food

by Stephanie Tornatore(Kindle Edition)

★★★★★ 4.5 out of 5

Language : English

File size : 69385 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 160 pages



This hearty and creamy lentil stew will warm your soul on a chilly day. Packed with protein and fiber, it is not only good for you but also incredibly delicious. The combination of carrots, celery, and spinach adds a burst of color and nutrients to this comforting dish. Make a big batch and freeze individual portions for a quick and easy meal whenever you crave some warming comfort.

2. Baked Sweet Potato Mac and Cheese



Indulge in some ultimate comfort food with this vegan and gluten-free baked sweet potato mac and cheese. The creaminess of the sweet potato sauce combined with the rich flavors of nutritional yeast and spices will leave you craving for more. Prepare this dish in advance, refrigerate, and simply bake it when you're ready to enjoy. It's perfect for a cozy night in or as a crowd-pleasing dish for potlucks.

3. Quinoa Stuffed Bell Peppers



These colorful quinoa stuffed bell peppers are not only visually appealing but also incredibly tasty. The combination of fluffy quinoa, black beans, corn, and spices creates a flavorful filling that complements the sweetness of the bell peppers. Prepare the stuffing mixture in advance, stuff the peppers, and refrigerate until you're ready to bake. This dish is not only comforting but also packed with nutritious ingredients.

4. Vegan Lentil Shepherd's Pie



Shepherd's pie is the epitome of comfort food, and this vegan lentil version is no exception. The lentils provide a meaty texture and a good dose of protein, while the mashed potatoes on top create a creamy and satisfying layer. Prepare the lentil filling and mashed potatoes ahead of time, assemble the pie, and refrigerate until ready to bake. This dish is perfect for family dinners, potlucks, or for meal prepping for the week ahead.

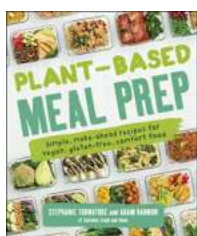
5. Chocolate Avocado Mousse



Ending on a sweet note, indulge in this decadent chocolate avocado mousse that is not only vegan and gluten-free but also incredibly rich and creamy. Avocado provides a velvety texture while cocoa powder and maple syrup add the perfect amount of sweetness. You can make a big batch of this mousse and refrigerate it for a quick and indulgent dessert whenever

the craving strikes. Top it with some fresh berries or chopped nuts for added flavor and texture.

These make ahead recipes for vegan gluten-free comfort food prove that indulgence and healthiness can go hand in hand. Prepare these dishes in advance, store them in the refrigerator or freezer, and you'll have a comforting meal ready whenever you desire. So go ahead and satisfy your cravings guilt-free with these delicious recipes!



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Go plant-based with Steph and Adam, YouTube's most popular meal preppers.

Eating a plant-based diet--one that embraces veggies and ditches the meat, eggs, and dairy--is one of the easiest ways to improve your health. Whether you're ready to go entirely vegan or just want to incorporate more plant-based meals into your diet, Steph and Adam will show you how to

plan and prep ahead, so your meals are ready to go when you're ready to eat. Flexible meal plans include all your favorite foods and flavors, from mac and cheese to mashed potatoes, all made with plant-based, whole-food ingredients.

- * Over 60 plant-based recipes for breakfasts, mains, snacks, and desserts
- * Get-started guide walks you through the basics of plant-based eating
- * Soy-free, grain-free, and paleo-friendly tags make it easy to find recipes that fit your diet
- * Flexible build-a-meal strategies let you choose your favorite flavors
- * Easy-to-follow meal plans take the guesswork out of what to make
- * Nutritional information for every recipe to help manage macros and achieve diet goals.



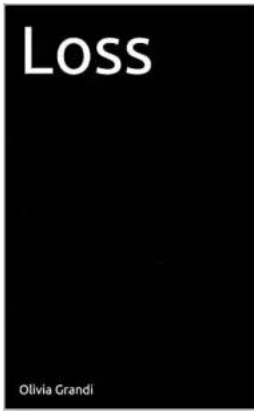
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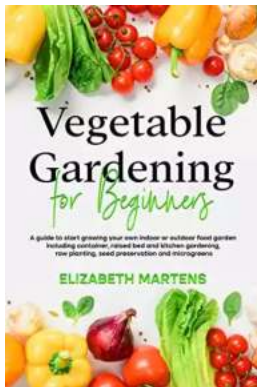
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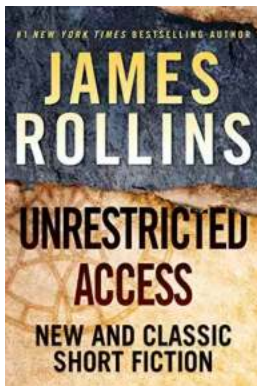
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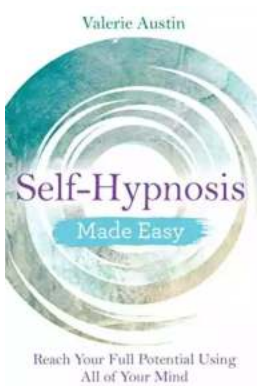
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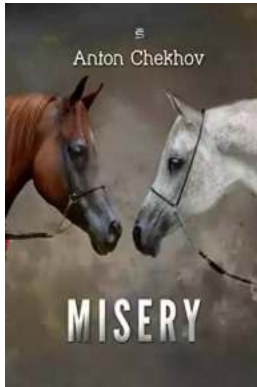
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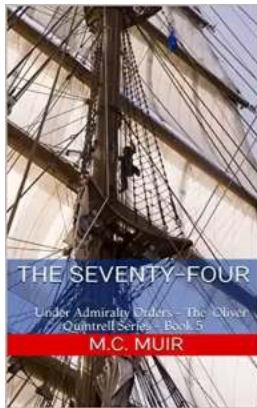
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