7 Day Vegan Plan

Nina Lancaster

Nina Lancaster has a Sports Science degree and has been teaching Fitness for over thirty years. Following her hugely successful Body Transformation courses at the award winning Rudding Park Hotel and Spa, she has now taken her courses online and has produced a series of e-books to give both men and women the tools, knowledge and motivation to look and feel their best and achieve their goals.

Medical Disclaimer
Always consult your medical practitioner, registered dietician or nutritionist before making any significant changes to your diet – particularly if you are an adolescent, pregnant, breastfeeding or have / develop a medical condition.

Whilst our meal options can help most people lose weight as part of a calorie controlled diet and active lifestyle, they have not been specifically designed for you and individual results will vary.

Where calorie and macronutrient information is provided, it is calculated using common databases. Exact values will vary, however, and so the values will only be approximations for your finished dish.

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Welcome...

to the 7 Day Vegan Plan.

This book will be your bible over the coming weeks! Nutrition will count for approximately 80% of your results!

In your 20's and 30's you could probably get away with having a poor or satisfactory diet and still keep the weight off. However, in your 40's and 50's this is definitely not the case and the key to a healthy, lean physique lies in what you eat.

Below I have included the key principles that work nutritionally for health and fat loss. This is a way of eating that will enable you to achieve both fast and permanent results in a way that is 100% sustainable. For this change to be permanent it has to be both straightforward and above all enjoyable. My recipe book will show you how to produce quick, easy and tasty meals, suitable for the whole family.

1. Drink at least 3 litres of water daily to naturally detoxify the body and keep it hydrated. **Water is the single biggest component of fat loss**!
2. Avoid processed food that is laden with salt and sugar. Make your meals (including sauces) from scratch and from fresh ingredients.
3. Eat plenty of protein for growth, repair and maintenance of lean muscle tissue. Eating protein will keep you fuller for longer and satisfies the appetite more than any other macronutrient.
4. Include healthy fats from oily fish, nuts, avocados and coconut oil. They are important for fat loss and will help you absorb vitamins A,D,E and K. You will not be able to burn fat without consuming HEALTHY fats!
5. Eat plenty of vegetables and some fruit (3:1 ratio) as they are rich in antioxidants and micro-nutrients (vitamins and minerals).
6. Eat fewer calories than you burn to put yourself in a calorie deficit.
7. Try and limit starchy carbohydrates to days that you exercise. Sweet potato and brown rice are the healthiest starchy carbs as they have a low glycemic index so will not cause a quick spike in blood sugar, making you feel fuller for longer.

How to use this meal plan

This 7 day meal plan is structured in a way that allows you to pick and choose your preferred meals each day from a selection of options.

There are various portion sizes for each meal, in increments of 50 calories. This will enable you to keep track of your calorie intake each day.

e.g. the Chunky Kale and Lentil Soup lunch recipe comes in 250, 300 and 350 calorie portion sizes.

The Lentil & Carrot Fritter breakfast recipe comes in 350, 400 and 450 calorie portion sizes.

For example, if your goal is fat loss and you have a daily target of **1800 calories**, you might choose the following...

1 x 400 calorie breakfast

1 x 500 calorie lunch

1 x 500 calorie dinner

1 x 250 calorie snack

1 x 150 calorie drink

= 1800 calories

Print out the *Daily Calorie Tracker* on the next page, to help you keep track of your calories throughout the day.

The handy *Meal Options* page at the start of each meal section will show you the various portion sizes each meal is available in.

Daily Calorie Tracker

DATE: / /	CALORIES
MEAL 1	
MEAL 2	
MEAL 3	
MEAL 4 (if applicable)	
SNACK 1	
SNACK 2 (if applicable)	
DRINK 1	
DRINK 2 (if applicable)	
TOTAL CALORIES	

DATE: / /	CALORIES
MEAL 1	
MEAL 2	
MEAL 3	
MEAL 4 (if applicable)	
SNACK 1	
SNACK 2 (if applicable)	
DRINK 1	
DRINK 2 (if applicable)	
TOTAL CALORIES	

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Snacks

Meal options - Snacks

There are 7 different snacks in this meal plan.
The table below shows the calorie ranges for each snack.

CALORIE TOTAL (PER SNACK):					
150	200	250	300	350	400
WALNUT & DATE ENERGY BALL			WALNUT & DATE ENERGY BALL		
TAHINI & BUCKWHEAT BAR			TAHINI & BUCKWHEAT BAR		
	LEMON COCONUT MUFFIN				LEMON COCONUT MUFFIN
	COURGETTE CHOC CHIP BAR				COURGETTE CHOC CHIP BAR
		OVEN ROASTED SPICED CHICKPEAS			
			TOFU CHOCOLATE MOUSSE		TOFU CHOCOLATE MOUSSE
	ALMOND & COCONUT SQUARES				

SNACK:

1 x Walnut & date energy ball

60g walnut halves
40g oats (use gluten free if preferred)
120g pitted Medjool dates
1 tbsp coconut oil, melted
40g vanilla flavour plant-based protein powder
¼ tsp sea salt
10g chia seeds
10g shelled hempseed
1 tsp vanilla extract

Place the walnuts and oats in a blender and blend well until crumbly. Transfer to a large bowl.

Place the dates and coconut oil in the blender. Blend into a paste. Transfer to the bowl.

Add the remaining ingredients to the bowl and mix well until thoroughly combined.

Roll into 8 balls. Store in an airtight container and refrigerate for up to 5 days or freeze on same day.

MAKES 8 BALLS

150
calories

151 kcal / **6g** protein
16g carbs / **7g** fat

SNACK:

1 x Tahini & buckwheat bar

- 90g oats (use gluten free if preferred)
- 90g pitted Medjool dates
- 10g cocoa powder
- 15g shelled hempseed
- 10g flaxseed
- 70g tahini
- ½ tsp sea salt
- 35g maple syrup
- 40g buckwheat groats

Preheat oven to 160˚C/325˚F.

Line the base of a 15x15cm baking tin with baking paper.

Place the oats in a blender or food processor and blend until finely ground. Transfer to a large bowl.

Place the dates in the blender and blend into a paste. Transfer to the bowl.

Add the remaining ingredients to the bowl, except the groats and maple syrup. Using your hands, combine the mixture until crumbly.

Add the maple syrup and groats and stir to combine into a thick paste. Add a splash of cold water if the mixture is too dry.

Transfer the mixture to the tin. Press down firmly with your hands, until the mixture is compact.

Bake for 25-30 minutes, or until firm.

Allow to cool in the tin. Cut into 9 squares.

Store in an airtight container and refrigerate for up to 5 days or freeze on same day.

MAKES 9 BARS

150
calories

155 kcal / **5g** protein
18g carbs / **7g** fat

SNACK:

1 x Lemon coconut muffin

wet ingredients:

- 100ml coconut milk
- 100ml unsweetened almond milk
- 2 tbsps coconut oil
- juice of 1 lemon
- 60g maple syrup
- ¼ tsp turmeric
- 1 tsp vanilla extract
- 30g chia seeds

dry ingredients:

- 100g plain flour (use gluten free if preferred)
- 70g buckwheat flour
- 60g vanilla or coconut flavour plant-based protein powder
- 3 tbsps unsweetened coconut flakes
- ¼ tsp baking soda
- ¼ tsp baking powder
- ¼ tsp sea salt

Line 8 compartments of a muffin tin with paper muffin cases or prepare a silicon muffin tray. Preheat oven to 175˚C/350˚F.

Place the wet ingredients in a bowl and mix until well combined. Add the chia seeds, stir well and allow to stand for 10 minutes.

In a separate bowl, stir together the dry ingredients. Add to the wet mixture and stir well to combine. The batter should be quite thick. If it's runny, mix in some more flour.

Taste the mixture and add more sweetener if required.

Spoon the batter into the muffin cases.

Bake for 25 minutes or until a skewer inserted comes out clean.

Store the leftover muffins in an airtight container and refrigerate for up to 4 days or freeze on same day.

MAKES 8 MUFFINS

200 calories

200 kcal / **8g** protein
24g carbs / **8g** fat

SNACK:

Almond & coconut squares

- 170g oats (use gluten free if preferred)
- 2 tbsps plain flour (use gluten free if preferred)
- 30g unsweetened coconut flakes
- 30g almonds, roughly chopped
- 50g vanilla flavour plant-based protein powder
- 2 tbsps coconut oil, melted
- ½ tsp almond or vanilla extract
- 30g maple syrup
- 60ml unsweetened almond milk
- 40g dairy-free dark chocolate (minimum 75% cocoa), cut into chunks
- 15g flaked almonds, roughly chopped

Line the base of a 15x15cm baking tin with baking paper.

Place the oats in a blender or food processor and blend until fine. In a large bowl, combine the ground oats, flour, coconut flakes, chopped almonds and protein powder.

In a separate bowl, combine the coconut oil, almond extract, maple syrup and milk.

Add to the dry mixture and stir well to combine into a sticky paste. Add more milk if the mixture is too dry, or more ground oats if too sticky. Transfer the mixture to the tin and spread out evenly using a spoon. Freeze for 20 minutes then cut into 9 squares.

Place the dark chocolate in a saucepan. Place the saucepan in a shallow basin of boiling water, over a medium/low heat. Stir well until melted. Drizzle the chocolate over the squares. Top with the flaked almonds.

Store in an airtight container and refrigerate for up to 1 week or freeze on same day.

MAKES 9 SQUARES

200 calories

194 kcal / **7g** protein
19g carbs / **10g** fat

SNACK:

1 x Courgette choc chip bar

- 1 tsp coconut oil, to grease tin
- 90g courgette, finely grated
- 160g crunchy peanut butter
- 100g ripe banana, mashed
- 25g maple syrup
- 1 tsp vanilla extract
- 50g plain flour (use gluten free if preferred)
- a pinch of sea salt
- ½ tsp baking soda
- 55g vanilla or chocolate flavour plant-based protein powder
- 40g dairy-free dark chocolate (minimum 75% cocoa), cut into chunks

Preheat oven to 175˚C/350˚F. Lightly grease a 15x15cm square baking tin with coconut oil.

Gently press the courgette to remove excess moisture. Place the banana, peanut butter, courgette, maple syrup and vanilla extract in a large bowl.

In a separate bowl, add the flour, salt, baking soda, protein powder and chocolate chunks. Mix well then add to the wet ingredients. Stir well until thoroughly combined into a thick sticky dough.

Transfer the mixture to the baking tin. Smooth the surface with a spoon.

Bake for 10 minutes. Allow to cool in the tin Cut into 9 bars.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

MAKES 9 BARS

200 calories

196 kcal / **9g** protein
13g carbs / **12g** fat

SNACK:

Oven roasted spiced chickpeas (1 x serving)

- 400g tinned chickpeas, rinsed and drained well
- 1½ tbsps olive oil
- 1 tsp hot paprika
- ½ tsp ground turmeric
- 1 heaped tsp cayenne pepper
- ½ tsp sea salt
- ½ tsp garlic granules
- ½ tsp dried thyme
- 1 tbsp nutritional yeast

Preheat oven to 200°C / 400˚F.

Pat the chickpeas dry using kitchen roll.

Pour the olive oil into a bowl and add the dried spices and nutritional yeast. Stir well.

Add the chickpeas and stir to combine.

Pour onto a baking tray lined with baking paper.

Shake gently to distribute the chickpeas in an even layer.

Bake for 30 minutes or until the chickpeas are golden-brown. Gently shake the tray halfway through baking time.

Allow to cool on the tray.

Once cooled, store in an airtight container for up to 1 week.

SERVES 3

250
calories

251 kcal / **11g** protein
27g carbs / **11g** fat

SNACK:

Tofu chocolate mousse

100g silken tofu
30g dairy-free dark chocolate (minimum 75% cocoa solids)
10g maple syrup
20g plain vegan yoghurt
1 tsp vanilla bean paste or vanilla extract
a small pinch of dried chilli flakes
1 tsp cocoa powder
a small pinch of sea salt

to serve:

50g fresh blueberries or strawberries
a sprinkle of grated dark chocolate

Place the tofu block between 4 sheets of kitchen roll. Add a weight on top of the tofu, such as a book. Leave to stand for 15 minutes. This will help remove excess moisture from the tofu.

Meanwhile, place the dark chocolate in a saucepan. Place the saucepan in a shallow basin of boiling water, over a medium/low heat. Stir well until melted.

Carefully remove the saucepan from the water and set aside to cool for 10 minutes.

Place the tofu in a food processor. Add the remaining ingredients, except for the dark chocolate and blend for 1 minute, or until smooth.

Add the melted chocolate and blend well to combine.

Transfer the mixture to a serving bowl. Refrigerate for 20 minutes.

Top with the berries and grated chocolate.

SERVES 1

300
calories

298 kcal / **10g** protein
33g carbs / **14g** fat

SNACK:

2 x Walnut & date energy ball

- 60g walnut halves
- 40g oats (use gluten free if preferred)
- 120g pitted Medjool dates
- 1 tbsp coconut oil, melted
- 40g vanilla flavour plant-based protein powder
- ¼ tsp sea salt
- 10g chia seeds
- 10g shelled hempseed
- 1 tsp vanilla extract

Place the walnuts and oats in a blender and blend well until crumbly. Transfer to a large bowl.

Place the dates and coconut oil in the blender. Blend into a paste. Transfer to the bowl.

Add the remaining ingredients to the bowl and mix well until thoroughly combined.

Roll into 8 balls.

Store in an airtight container and refrigerate for up to 5 days or freeze on same day.

MAKES 8 BALLS

300
calories

302 kcal / **12g** protein
32g carbs / **14g** fat

SNACK:

2 x Tahini & buckwheat bars

90g oats (use gluten free if preferred)
90g pitted Medjool dates
10g cocoa powder
15g shelled hempseed
10g flaxseed
70g tahini
½ tsp sea salt
35g maple syrup
40g buckwheat groats

Preheat oven to 160˚C/325˚F.

Line the base of a 15x15cm baking tin with baking paper.

Place the oats in a blender or food processor and blend until finely ground. Transfer to a large bowl.

Place the dates in the blender and blend into a paste. Transfer to the bowl.

Add the remaining ingredients to the bowl, except the groats and maple syrup. Using your hands, combine the mixture until crumbly.

Add the maple syrup and groats and stir to combine into a thick paste. Add a splash of cold water if the mixture is too dry.

Transfer the mixture to the tin. Press down firmly with your hands, until the mixture is compact.

Bake for 25-30 minutes, or until firm.

Allow to cool in the tin. Cut into 9 squares.

Store in an airtight container and refrigerate for up to 5 days or freeze on same day.

MAKES 9 BARS

300
calories

306 kcal / **10g** protein
35g carbs / **14g** fat

SNACK:

Tofu chocolate mousse

100g silken tofu
30g dairy-free dark chocolate (minimum 75% cocoa)
10g maple syrup
20g plain vegan yoghurt
20g chocolate flavour plant-based protein powder
1 tsp vanilla bean paste or vanilla extract
1 tsp cocoa powder
a small pinch of dried chilli flakes
a small pinch of sea salt
to serve:
50g fresh blueberries or strawberries
a sprinkle of grated dark chocolate

Place the tofu block between 4 sheets of kitchen roll. Add a weight on top of the tofu, such as a book. Leave to stand for 15 minutes. This will help remove excess moisture from the tofu.

Meanwhile, place the dark chocolate in a saucepan. Place the saucepan in a shallow basin of boiling water, over a medium/low heat. Stir well until melted.

Carefully remove the saucepan from the water and set aside to cool for 10 minutes.

Place the tofu in a food processor. Add the remaining ingredients, except for the dark chocolate and blend for 1 minute, or until smooth.

Add the melted chocolate and blend well to combine.

Transfer the mixture to a serving bowl. Refrigerate for 20 minutes.

Top with the berries and grated chocolate.

SERVES 1

400
calories

400 kcal / **29g** protein
35g carbs / **16g** fat

SNACK:

2 x Lemon coconut protein muffins

wet ingredients:
100ml coconut milk
100ml unsweetened almond milk
2 tbsps coconut oil
juice of 1 lemon
1 tsp vanilla extract
60g maple syrup
¼ tsp turmeric
30g chia seeds
dry ingredients:
100g plain flour (use gluten free if preferred)
70g buckwheat flour
60g vanilla or coconut flavour plant-based protein powder
3 tbsps unsweetened coconut flakes
¼ tsp baking soda
¼ tsp baking powder
¼ tsp sea salt

Line 8 compartments of a muffin tin with paper muffin cases or prepare a silicon muffin tray. Preheat oven to 175˚C/350˚F.

Place the wet ingredients in a bowl and mix until well combined. Add the chia seeds, stir well and allow to stand for 10 minutes.

In a separate bowl, stir together the dry ingredients. Add to the wet mixture and stir well to combine. The batter should be quite thick. If it's too runny, mix in some more flour.

Taste the mixture and add more sweetener if required. Spoon the batter into the muffin cases. Bake for 25 minutes or until a skewer inserted comes out clean.

Store the leftover muffins in an airtight container and refrigerate for up to 4 days or freeze on same day.

MAKES 8 MUFFINS

400 calories

400 kcal / **16g** protein
48g carbs / **16g** fat

SNACK:

2 x Courgette choc chip bars

- 1 tsp coconut oil, to grease tin
- 90g courgette, finely grated
- 160g crunchy peanut butter
- 100g ripe banana, mashed
- 25g maple syrup
- 1 tsp vanilla extract
- 50g plain flour (use gluten free if preferred)
- a pinch of sea salt
- ½ tsp baking soda
- 55g vanilla or chocolate flavour plant-based protein powder
- 40g dairy-free dark chocolate (minimum 75% cocoa), cut into chunks

Preheat oven to 175˚C/350˚F. Lightly grease a 15x15cm square baking tin with coconut oil.

Gently press the courgette to remove excess moisture. Place the banana, peanut butter, courgette, maple syrup and vanilla extract in a large bowl.

In a separate bowl, add the flour, salt, baking soda, protein powder and chocolate chunks. Mix well then add to the wet ingredients. Stir well until thoroughly combined into a thick sticky dough.

Transfer the mixture to the baking tin. Smooth the surface with a spoon.

Bake for 10 minutes. Allow to cool in the tin Cut into 9 bars.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

MAKES 9 BARS

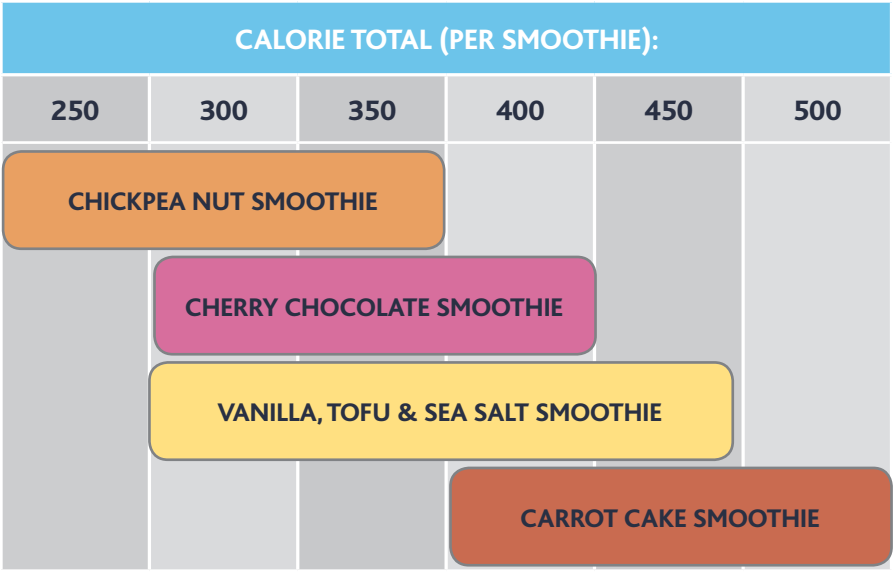
400 calories

392 kcal / **18g** protein
26g carbs / **24g** fat

Drinks

Meal options - Smoothies

There are 4 different smoothies in this meal plan.
The table below shows the calorie ranges for each smoothie.



DRINK:

Chickpea nut smoothie

30g frozen banana
35g tinned chickpeas, rinsed and drained well
180ml unsweetened almond or oat milk
20g vanilla flavour plant-based protein powder
10g tahini
10g peanut or almond butter
1 tsp vanilla extract
20g fresh spinach leaves
3 ice cubes

Place all of the ingredients in a blender.

Blend well until smooth. Serve.

MAKES 1 SERVING

250
calories

255 kcal / **22g** protein
17g carbs / **11g** fat

DRINK:

Chickpea nut smoothie

- 30g frozen banana
- 40g tinned chickpeas, rinsed and drained well
- 180ml unsweetened almond or oat milk
- 25g vanilla flavour plant-based protein powder
- 10g tahini
- 10g peanut or almond butter
- 1 tsp vanilla extract
- 5g shelled hempseed
- 20g fresh spinach leaves
- 3 ice cubes

Place all of the ingredients in a blender.

Blend well until smooth. Serve.

MAKES 1 SERVING

300
calories

305 kcal / **28g** protein
19g carbs / **13g** fat

DRINK:

Cherry chocolate smoothie

- 40g pitted sweet cherries
- 40g frozen banana
- 180ml unsweetened almond milk
- 50g plain vegan yoghurt
- 1 heaped tsp cocoa powder
- 1½ tsps cocoa nibs
- 30g chocolate flavour plant-based protein powder
- 5g flaxseed
- a pinch of ground cinnamon
- 4 ice cubes

Place all of the ingredients in a blender.

Blend well until smooth. Serve.

MAKES 1 SERVING

300
calories

303 kcal / **29g** protein
22g carbs / **11g** fat

DRINK:

Vanilla, tofu & sea salt smoothie

40g silken tofu
40g frozen banana
180ml unsweetened almond or oat milk
a small pinch of sea salt
10g cashews
35g vanilla flavour plant-based protein powder
1 tsp flaxseed
1 tsp vanilla extract
4 ice cubes

Place all of the ingredients in a blender.

Blend well until smooth. Serve.

MAKES 1 SERVING

300
calories

300 kcal / **30g** protein
18g carbs / **12g** fat

DRINK:

Cherry chocolate smoothie

- 40g pitted sweet cherries
- 40g frozen banana
- 180ml unsweetened almond milk
- 60g plain vegan yoghurt
- 1 heaped tsp cocoa powder
- 1½ tsps cocoa nibs
- 35g chocolate flavour plant-based protein powder
- 8g flaxseed
- a pinch of ground cinnamon
- 4 ice cubes

Place all of the ingredients in a blender.

Blend well until smooth. Serve.

MAKES 1 SERVING

350
calories

345 kcal / **34g** protein
23g carbs / **13g** fat

DRINK:

Chickpea nut smoothie

- 35g frozen banana
- 40g tinned chickpeas, rinsed and drained well
- 180ml unsweetened almond or oat milk
- 30g vanilla flavour plant-based protein powder
- 10g tahini
- 10g peanut or almond butter
- 1 tsp vanilla extract
- 10g shelled hempseed
- 20g fresh spinach leaves
- 3 ice cubes

Place all of the ingredients in a blender.

Blend well until smooth. Serve.

MAKES 1 SERVING

350
calories

352 kcal / **33g** protein
19g carbs / **16g** fat

DRINK:

Vanilla, tofu & sea salt smoothie

- 60g silken tofu
- 50g frozen banana
- 180ml unsweetened almond or oat milk
- a small pinch of sea salt
- 12g cashews
- 35g vanilla flavour plant-based protein powder
- 2 tsps flaxseed
- 1 tsp vanilla extract
- 4 ice cubes

Place all of the ingredients in a blender.

Blend well until smooth. Serve.

MAKES 1 SERVING

350
calories

347 kcal / **32g** protein
21g carbs / **15g** fat

DRINK:

Vanilla, tofu & sea salt smoothie

70g silken tofu
60g frozen banana
180ml unsweetened almond or oat milk
a small pinch of sea salt
15g cashews
40g vanilla flavour plant-based protein powder
2 tsps flaxseed
1 tsp vanilla extract
4 ice cubes

Place all of the ingredients in a blender.

Blend well until smooth. Serve.

MAKES 1 SERVING

400
calories

401 kcal / **37g** protein
25g carbs / **17g** fat

DRINK:

Cherry chocolate smoothie

50g pitted sweet cherries
50g frozen banana
180ml unsweetened almond milk
70g plain vegan yoghurt
1 heaped tsp cocoa powder
1½ tsps cocoa nibs
40g chocolate flavour plant-based protein powder
8g flaxseed
a pinch of ground cinnamon
4 ice cubes

Place all of the ingredients in a blender.

Blend well until smooth. Serve.

MAKES 1 SERVING

400
calories

399 kcal / **38g** protein
28g carbs / **15g** fat

DRINK:

Carrot cake smoothie

180ml unsweetened almond milk
30g vanilla flavour plant-based protein powder
70g carrot, peeled
5g walnuts
10g almond butter
8g shelled hempseed
15g oats (use gluten free if preferred)
10g soft pitted dates
1 tsp chia seeds
a pinch of ground cinnamon
1 tsp vanilla extract
4 ice cubes

Place all of the ingredients in a blender.

Blend well until smooth. Serve.

MAKES 1 SERVING

400
calories

402 kcal / **30g** protein
30g carbs / **18g** fat

DRINK:

Vanilla, tofu & sea salt smoothie

- 80g silken tofu
- 70g frozen banana
- 180ml unsweetened almond or oat milk
- a small pinch of sea salt
- 18g cashews
- 40g vanilla flavour plant-based protein powder
- 3 tsps flaxseed
- 1 tsp vanilla extract
- 4 ice cubes

Place all of the ingredients in a blender.

Blend well until smooth. Serve.

MAKES 1 SERVING

450
calories

448 kcal / **39g** protein
28g carbs / **20g** fat

DRINK:

Carrot cake smoothie

180ml unsweetened almond milk
40g vanilla flavour plant-based protein powder
70g carrot, peeled
5g walnuts
10g almond butter
8g shelled hempseed
15g oats (use gluten free if preferred)
10g soft pitted dates
1 tsp chia seeds
a pinch of ground cinnamon
1 tsp vanilla extract
4 ice cubes

Place all of the ingredients in a blender.

Blend well until smooth. Serve.

MAKES 1 SERVING

450
calories

447 kcal / **37g** protein
32g carbs / **19g** fat

DRINK:

Carrot cake smoothie

180ml unsweetened almond milk
40g vanilla flavour plant-based protein powder
70g carrot, peeled
10g walnuts
15g almond butter
10g shelled hempseed
10g oats (use gluten free if preferred)
10g soft pitted dates
1 tsp chia seeds
a pinch of ground cinnamon
1 tsp vanilla extract
4 ice cubes

Place all of the ingredients in a blender.

Blend well until smooth. Serve.

MAKES 1 SERVING

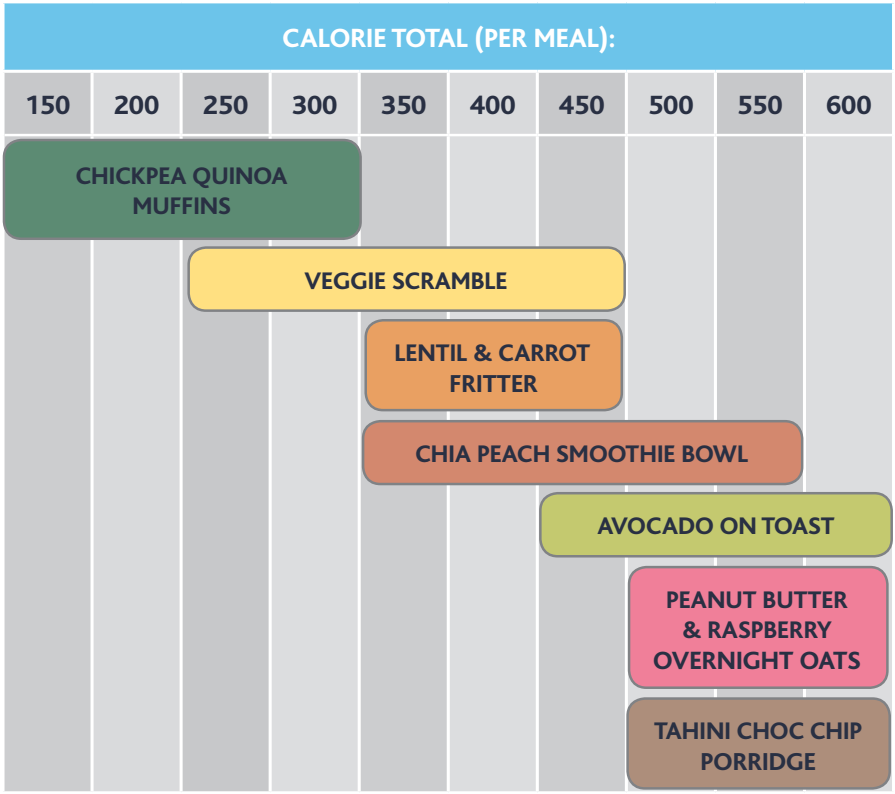
500
calories

506 kcal / **39g** protein
29g carbs / **26g** fat

Breakfast

Meal options - Breakfast

There are 7 different breakfast options in this meal plan.
The table below shows the calorie ranges for each breakfast option.



BREAKFAST:

2 x Chickpea quinoa muffins

- 40g quinoa, rinsed
- 10g cashews
- 220g chickpea flour
- 10g nutritional yeast
- 1 tsp Italian seasoning
- a pinch of baking powder
- ½ tsp ground black pepper
- ½ tsp sea salt
- ½ a red bell-pepper, finely chopped
- 20g spinach, roughly chopped
- 1 small red onion, finely chopped
- 2 tsps coconut oil, to grease tin

150 calories

148 kcal / **8g** protein
20g carbs / **4g** fat

Bring a small saucepan of water to the boil and add the quinoa. Stir and cook according to packet instructions. Rinse and drain well.

Place the cashews in a blender or food processor and blend until finely ground.

Preheat oven to 200˚C/400˚F.

In a large bowl place the chickpea flour, nutritional yeast, Italian seasoning, baking powder, salt and pepper. Add 600ml cold water. Whisk well with a balloon whisk or electric hand blender, until all lumps are removed. Add the cooked quinoa, spinach, bell-pepper, onion and ground cashews to the mixture and stir.

Lightly grease 15 muffin tin compartments with oil and divide the mixture between them. Bake for 20-25 minutes or until the muffins are slightly risen, golden on top and a toothpick inserted into the centre comes out clean. Leave to cool in the muffin tin for 10 minutes then transfer to a wire rack to cool.

Serve 2 muffins.

Store the leftover muffins in an airtight container and refrigerate for up to 3 days or freeze on same day.

MAKES 15 MUFFINS

BREAKFAST:

2 x Chickpea quinoa muffins

- 40g quinoa, rinsed
- 10g cashews
- 220g chickpea flour
- 10g nutritional yeast
- 1 tsp Italian seasoning
- a pinch of baking powder
- ½ tsp ground black pepper
- ½ tsp sea salt
- ½ a red bell-pepper, finely chopped
- 20g spinach, roughly chopped
- 1 small red onion, finely chopped
- 2 tsps coconut oil, to grease tin
- a handful of mixed lettuce leaves
- 3 cherry tomatoes, halved
- 30g cucumber, sliced
- 1 tsp extra virgin olive oil

Bring a small saucepan of water to the boil and add the quinoa. Stir and cook according to packet instructions. Rinse and drain well.

Place the cashews in a blender or food processor and blend until finely ground.

Preheat oven to 200˚C/400˚F.

200 calories

205 kcal / **8g** protein
23g carbs / **9g** fat

In a large bowl place the chickpea flour, nutritional yeast, Italian seasoning, baking powder, salt and pepper. Add 600ml cold water. Whisk well with a balloon whisk or electric hand blender, until all lumps are removed. Add the cooked quinoa, bell-pepper, spinach, onion and ground cashews to the mixture and stir.

Lightly grease 15 muffin compartments with oil and divide the mixture between them. Bake for 20-25 minutes or until the muffins are slightly risen, golden on top and a tooth-pick inserted into the centre comes out clean. Leave to cool in the muffin tin for 10 minutes then transfer to a wire rack to cool.

Serve 2 muffins with salad. Drizzle the olive oil over the salad.

Store the leftover muffins in an airtight container and refrigerate for up to 3 days or freeze on same day.

MAKES 15 MUFFINS

BREAKFAST:

3 x Chickpea quinoa muffins

- 40g quinoa, rinsed
- 10g cashews
- 220g chickpea flour
- 10g nutritional yeast
- 1 tsp Italian seasoning
- a pinch of baking powder
- ½ tsp ground black pepper
- ½ tsp sea salt
- ½ a red bell-pepper, finely chopped
- 20g spinach, roughly chopped
- 1 small red onion, finely chopped
- 2 tsps coconut oil, to grease tin
- a handful of mixed lettuce leaves
- 3 cherry tomatoes, halved
- 30g cucumber, sliced
- ½ tsp extra virgin olive oil

Bring a small saucepan of water to the boil and add the quinoa. Stir and cook according to packet instructions. Rinse and drain well.

Place the cashews in a blender or food processor and blend until finely ground.

Preheat oven to 200˚C/400˚F.

250 calories

252 kcal / **12g** protein
33g carbs / **8g** fat

In a large bowl place the chickpea flour, nutritional yeast, Italian seasoning, baking powder, salt and pepper. Add 600ml cold water. Whisk well with a balloon whisk or electric hand blender, until all lumps are removed. Add the cooked quinoa, bell-pepper, spinach, onion and ground cashews to the mixture and stir.

Lightly grease 15 muffin tin compartments with oil and divide the mixture between them. Bake for 20-25 minutes or until the muffins are slightly risen, golden on top and a toothpick inserted into the centre comes out clean. Leave to cool in the muffin tin for 10 minutes then transfer to a wire rack to cool.

Serve 3 muffins with salad. Drizzle the olive oil over the salad. Store the leftover muffins in an airtight container and refrigerate for up to 3 days or freeze on same day.

MAKES 15 MUFFINS

BREAKFAST:

Veggie scramble

- 5g nutritional yeast
- ½ tsp chilli powder
- 1 tsp mild curry powder
- a small pinch of sea salt
- ¾ tsp ground turmeric
- 1 tsp coconut oil
- ½ a small white onion chopped
- 60g red bell-pepper, chopped
- 25g kale, chopped
- 30g button mushrooms, sliced
- 1 garlic clove, minced
- 100g firm tofu
- 40g tinned black beans or haricot beans, drained and rinsed well

Place the nutritional yeast and dried spices in a bowl and stir well.

Place a skillet or frying pan over a medium heat and melt the oil.

Add the onion and bell-pepper and sauté for 3-4 minutes, until softened.

Add the mushrooms, kale and garlic and fry for 2-3 minutes, or until softened.

Add the tofu and break it up into small pieces with a wooden spoon. Stir in the spice mix and black beans. Heat for 4-5 minutes or until heated thoroughly. Serve.

Consume immediately.

MAKES 1 SERVING

250 calories

253 kcal / **17g** protein
26g carbs / **9g** fat

BREAKFAST:

Veggie scramble

- 5g nutritional yeast
- ½ tsp chilli powder
- 1 tsp mild curry powder
- a small pinch of sea salt
- ¾ tsp ground turmeric
- 1 tsp coconut oil
- ½ a small white onion chopped
- 60g red bell-pepper, chopped
- 25g kale, chopped
- 30g button mushrooms, sliced
- 1 garlic clove, minced
- 120g firm tofu
- 70g tinned black beans or haricot beans, drained and rinsed well

Place the nutritional yeast and dried spices in a bowl and stir well.

Place a skillet or frying pan over a medium heat and melt the oil.

Add the onion and bell-pepper and sauté for 3-4 minutes, until softened.

Add the mushrooms, kale and garlic and fry for 2-3 minutes, or until softened.

Add the tofu and break it up into small pieces with a wooden spoon. Stir in the spice mix and black beans. Heat for 4-5 minutes or until heated thoroughly. Serve.

MAKES 1 SERVING

300
calories

302 kcal / **21g** protein
32g carbs / **10g** fat

BREAKFAST:

4 x Chickpea quinoa muffins

- 40g quinoa, rinsed
- 10g cashews
- 220g chickpea flour
- 10g nutritional yeast
- 1 tsp Italian seasoning
- a pinch of baking powder
- ½ tsp ground black pepper
- ½ tsp sea salt
- ½ a red bell-pepper, finely chopped
- 20g spinach, roughly chopped
- 1 small red onion, finely chopped
- 2 tsps coconut oil, to grease tin

300 calories

296 kcal / **16g** protein
40g carbs / **8g** fat

Bring a small saucepan of water to the boil and add the quinoa. Stir and cook according to packet instructions. Rinse and drain well.

Place the cashews in a blender or food processor and blend until finely ground.

Preheat oven to 200˚C/400˚F.

In a large bowl place the chickpea flour, nutritional yeast, Italian seasoning, baking powder, salt and pepper. Add 600ml cold water. Whisk well with a balloon whisk or electric hand blender, until all lumps are removed. Add the cooked quinoa, spinach, bell-pepper, onion and ground cashews to the mixture and stir.

Lightly grease 15 muffin tin compartments with oil and divide the mixture between them. Bake for 20-25 minutes or until the muffins are slightly risen, golden on top and a toothpick inserted into the centre comes out clean. Leave to cool in the muffin tin for 10 minutes then transfer to a wire rack to cool.

Serve 4 muffins.

Store the leftover muffins in an airtight container and refrigerate for up to 3 days or freeze on same day.

MAKES 15 MUFFINS

BREAKFAST:

Veggie scramble

- 7g nutritional yeast
- ½ tsp chilli powder
- 1 tsp mild curry powder
- a small pinch of sea salt
- ¾ tsp ground turmeric
- 1 tsp coconut oil
- ½ a small white onion chopped
- 60g red bell-pepper, chopped
- 25g kale, chopped
- 30g button mushrooms, sliced
- 1 garlic clove, minced
- 170g firm tofu
- 80g tinned black beans or haricot beans, drained and rinsed well

Place the nutritional yeast and dried spices in a bowl and stir well.

Place a skillet or frying pan over a medium heat and melt the oil.

Add the onion and bell-pepper and sauté for 3-4 minutes, until softened.

Add the mushrooms, kale and garlic and fry for 2-3 minutes, or until softened.

Add the tofu and break it up into small pieces with a wooden spoon. Stir in the spice mix and black beans. Heat for 4-5 minutes or until heated thoroughly. Serve.

MAKES 1 SERVING

350
calories

347 kcal / **26g** protein
36g carbs / **11g** fat

BREAKFAST:

Chia peach smoothie bowl

200g plain vegan yoghurt
35g vanilla flavour plant-based protein powder
80g frozen peach slices (plus a few slices for topping)
40g blueberries (plus a few for topping)
1 tsp maple syrup
2 tsps flaxseed or shelled hemp seed
6 ice cubes
for the topping:
2g chia seeds
3g flaked almonds

Place all ingredients (except topping ingredients) in a blender and blend until smooth.

Add more ice cubes if the mixture is too runny.

Transfer to a serving bowl.

Garnish with the additional blueberries and peach slices. Sprinkle on the almonds and chia seeds.

MAKES 1 SERVING

350 calories

347 kcal / **34g** protein
28g carbs / **11g** fat

BREAKFAST:

Lentil & carrot fritter

- 30g tinned green lentils, rinsed and drained well
- 30g chickpea flour
- 60ml cold water
- 2 tbsps nutritional yeast
- 30g carrot, peeled and grated
- 1 tsp paprika
- a pinch of sea salt and ground black pepper
- 1 tsp coconut oil
- 60g avocado flesh
- 1 lemon wedge
- a small bunch of fresh coriander, finely chopped

350
calories

355 kcal / **14g** protein
32g carbs / **19g** fat

Mash the lentils in a bowl until smooth.

Place the chickpea flour, cold water, nutritional yeast, carrot, paprika, salt and pepper in a bowl. Whisk well until combined.

Add the lentils and stir well to combine.

Heat the coconut oil in a frying pan over a medium heat. Pour the batter into the pan, and shape into a circle using a spoon.

When the underside of the fritter is firm, flip or turn using a fish slice and cook on the other side until firm.

Transfer the fritter to a plate lined with kitchen roll.

Mash the avocado in a bowl. Top the fritter with the mashed avocado.

Serve with a lemon wedge and garnished with chopped coriander.

MAKES 1 SERVING

BREAKFAST:

Veggie scramble

- 7g nutritional yeast
- ½ tsp chilli powder
- 1 tsp mild curry powder
- a small pinch of sea salt
- ¾ tsp ground turmeric
- 2 tsps coconut oil
- 30g button mushrooms, sliced
- 60g red bell-pepper, chopped
- 25g kale, chopped
- ½ a small white onion chopped
- 1 garlic clove, minced
- 190g firm tofu
- 80g tinned black beans or haricot beans, drained and rinsed well

Place the nutritional yeast and dried spices in a bowl and stir well.

Place a skillet or frying pan over a medium heat and melt the oil.

Add the onion and bell-pepper and sauté for 3-4 minutes, until softened.

Add the mushrooms, kale and garlic and fry for 2-3 minutes, or until softened.

Add the tofu and break it up into small pieces with a wooden spoon. Stir in the spice mix and black beans. Heat for 4-5 minutes or until heated thoroughly. Serve.

MAKES 1 SERVING

400
calories

396 kcal / **27g** protein
36g carbs / **16g** fat

BREAKFAST:

Chia peach smoothie bowl

200g plain vegan yoghurt
45g vanilla flavour plant-based protein powder
90g frozen peach slices (plus a few slices for topping)
50g blueberries (plus a few for topping)
1 tsp maple syrup
2 tsps flaxseed or shelled hemp seed
6 ice cubes
for the topping:
4g chia seeds
3g flaked almonds

Place all ingredients (except topping ingredients) in a blender and blend until smooth.

Add more ice cubes if the mixture is too runny.

Transfer to a serving bowl.

Garnish with the additional blueberries and peach slices. Sprinkle on the almonds and chia seeds.

MAKES 1 SERVING

400 calories

396 kcal / **41g** protein
31g carbs / **12g** fat

BREAKFAST:

Lentil & carrot fritter

- 30g tinned green lentils, rinsed and drained well
- 30g chickpea flour
- 60ml cold water
- 2 tbsps nutritional yeast
- 40g carrot, peeled and grated
- 1 tsp paprika
- a pinch of sea salt and ground black pepper
- 2 tsps coconut oil
- 60g avocado flesh
- 1 lemon wedge
- a small bunch of fresh coriander, finely chopped

400
calories

404 kcal / **14g** protein
33g carbs / **24g** fat

Mash the lentils in a bowl until smooth.

Place the chickpea flour, cold water, nutritional yeast, carrot, paprika, salt and pepper in a bowl. Whisk well until combined.

Add the lentils and stir well to combine.

Heat the coconut oil in a frying pan over a medium heat. Pour the batter into the pan, and shape into a circle using a spoon.

When the underside of the fritter is firm, flip or turn using a fish slice and cook on the other side until firm.

Transfer the fritter to a plate lined with kitchen roll.

Mash the avocado in a bowl. Top the fritter with the mashed avocado.

Serve with a lemon wedge and garnished with chopped coriander.

MAKES 1 SERVING

BREAKFAST:

Lentil & carrot fritter

- 30g tinned green lentils, rinsed and drained well
- 30g chickpea flour
- 60ml cold water
- 2 tbsps nutritional yeast
- 40g carrot, peeled and grated
- 1 tsp paprika
- a pinch of sea salt and ground black pepper
- 2 tsps coconut oil
- 90g avocado flesh
- 1 lemon wedge
- a small bunch of fresh coriander, finely chopped

450
calories

449 kcal / **14g** protein
33g carbs / **29g** fat

Mash the lentils in a bowl until smooth.

Place the chickpea flour, cold water, nutritional yeast, carrot, paprika, salt and pepper in a bowl. Whisk well until combined.

Add the lentils and stir well to combine.

Heat the coconut oil in a frying pan over a medium heat. Pour the batter into the pan, and shape into a circle using a spoon.

When the underside of the fritter is firm, flip or turn using a fish slice and cook on the other side until firm.

Transfer the fritter to a plate lined with kitchen roll.

Mash the avocado in a bowl. Top the fritter with the mashed avocado.

Serve with a lemon wedge and garnished with chopped coriander.

MAKES 1 SERVING

BREAKFAST:

Chia peach smoothie bowl

220g plain vegan yoghurt
45g vanilla flavour plant-based protein powder
80g frozen peach slices (plus a few slices for topping)
40g blueberries (plus a few for topping)
1 tsp maple syrup
2 tsps flaxseed or shelled hemp seed
10g almond butter
6 ice cubes
for the topping:
4g chia seeds
2g flaked almonds

Place all ingredients (except topping ingredients) in a blender and blend until smooth.

Add more ice cubes if the mixture is too runny.

Transfer to a serving bowl.

Garnish with the additional blueberries and peach slices. Sprinkle on the almonds and chia seeds.

MAKES 1 SERVING

450
calories

449 kcal / **44g** protein
30g carbs / **17g** fat

BREAKFAST:

Veggie scramble

- 7g nutritional yeast
- ½ tsp chilli powder
- 1 tsp mild curry powder
- a small pinch of sea salt
- ¾ tsp ground turmeric
- 2 tsps coconut oil
- 30g button mushrooms, sliced
- 80g red bell-pepper, chopped
- 25g kale, chopped
- ½ a small white onion chopped
- 1 garlic clove, minced
- 250g firm tofu
- 80g tinned black beans or haricot beans, drained and rinsed well

Place the nutritional yeast and dried spices in a bowl and stir well.

Place a skillet or frying pan over a medium heat and melt the oil.

Add the onion and bell-pepper and sauté for 3-4 minutes, until softened.

Add the mushrooms, kale and garlic and fry for 2-3 minutes, or until softened.

Add the tofu and break it up into small pieces with a wooden spoon. Stir in the spice mix and black beans. Heat for 4-5 minutes or until heated thoroughly. Serve.

MAKES 1 SERVING

450
calories

446 kcal / **32g** protein
39g carbs / **18g** fat

BREAKFAST:

Avocado on toast

2 slices rye bread (or use bread of your choice)
60g ripe avocado flesh
1 tsp lemon juice
1 tsp nutritional yeast
a pinch of ground black pepper
a pinch of sea salt

Toast the slices of bread then place on a plate.

Place the avocado and lemon juice in a bowl and mash well with a fork.

Divide the mashed avocado between the slices of toast.

Top with nutritional yeast, salt and black pepper. Serve.

MAKES 1 SERVING

450
calories

451 kcal / **14g** protein
65g carbs / **15g** fat

BREAKFAST:

Chia peach smoothie bowl

220g plain vegan yoghurt
50g vanilla flavour plant-based protein powder
90g frozen peach slices (plus a few slices for topping)
50g blueberries (plus a few for topping)
2 tsps maple syrup
2 tsps flaxseed or shelled hemp seed
10g almond butter
6 ice cubes
for the topping:
4g chia seeds
2g flaked almonds

Place all ingredients (except topping ingredients) in a blender and blend until smooth.

Add more ice cubes if the mixture is too runny.

Transfer to a serving bowl.

Garnish with the additional blueberries and peach slices. Sprinkle on the almonds and chia seeds.

MAKES 1 SERVING

500 calories

502 kcal / **47g** protein
38g carbs / **18g** fat

BREAKFAST:

Peanut butter & raspberry overnight oats

- 90g fresh raspberries
- 12g crunchy peanut butter
- 50g oats (use gluten free if preferred)
- 150ml unsweetened almond milk (or use vegan milk of your choice)
- 2 tsps chia seeds
- 25g vanilla or raspberry flavour plant-based protein powder
- 7g shelled hempseed
- 1 tsp maple syrup (or use natural sweetener of your choice)

Place all of the ingredients in an airtight container. Stir well with a fork, mashing the raspberries up into the mixture.

Cover and refrigerate for several hours or overnight.

Stir well and add more milk if required, to achieve desired consistency.

Transfer to a serving bowl.

Store any leftovers in an airtight container and refrigerate for up to 2 days.

MAKES 1 SERVING

500 calories

496 kcal / **31g** protein
48g carbs / **20g** fat

BREAKFAST:

Avocado on toast

2 slices rye bread (or use bread of your choice)
80g ripe avocado flesh
1 tsp lemon juice
1 tsp nutritional yeast
a pinch of ground black pepper
a pinch of sea salt

Toast the slices of bread then place on a plate.

Place the avocado and lemon juice in a bowl and mash well with a fork.

Divide the mashed avocado between the slices of toast.

Top with nutritional yeast, salt and black pepper. Serve.

MAKES 1 SERVING

500
calories

500 kcal / **15g** protein
65g carbs / **20g** fat

BREAKFAST:

Tahini choc chip porridge

- 60g oats (use gluten free if preferred)
- 150ml unsweetened almond milk
- 15g tahini
- 10g dairy-free dark chocolate (minimum 75% cocoa solids), cut into chunks
- 5g pecans or walnuts
- 40g banana, sliced
- a sprinkle of chia seeds
- 5g shelled hempseed

Place the oats and milk in a saucepan over a medium heat and stir.

Cook for 4-5 minutes, stirring frequently until thick. Add more milk during cooking time, if required.

Remove the saucepan from the heat and stir in the tahini.

Transfer to a serving bowl.

Top with the dark chocolate, nuts, banana, chia seeds and hempseed. Serve.

MAKES 1 SERVING

500
calories

494 kcal / **15g** protein
50g carbs / **26g** fat

BREAKFAST:

Peanut butter & raspberry overnight oats

- 90g fresh raspberries
- 15g crunchy peanut butter
- 50g oats (use gluten free if preferred)
- 175ml unsweetened almond milk (or use vegan milk of your choice)
- 2 tsps chia seeds
- 35g vanilla or raspberry flavour plant-based protein powder
- 7g shelled hempseed
- 1 tsp maple syrup (or use natural sweetener of your choice)

Place all of the ingredients in an airtight container. Stir well with a fork, mashing the raspberries up into the mixture.

Cover and refrigerate for several hours or overnight.

Stir well and add more milk if required, to achieve desired consistency.

Transfer to a serving bowl.

Store any leftovers in an airtight container and refrigerate for up to 2 days.

MAKES 1 SERVING

550 calories

554 kcal / **39g** protein
50g carbs / **22g** fat

BREAKFAST:

Tahini choc chip porridge

- 60g oats (use gluten free if preferred)
- 150ml unsweetened almond milk
- 15g tahini
- 15g vanilla or raspberry flavour plant-based protein powder
- 10g dairy-free dark chocolate (minimum 75% cocoa solids), cut into chunks
- 5g pecans or walnuts
- 40g banana, sliced
- ½ tsp chia seeds
- 5g shelled hempseed

Place the oats and milk in a saucepan over a medium heat and stir.

Cook for 4-5 minutes, stirring frequently until thick. Add more milk during cooking time, if required.

Remove the saucepan from the heat and stir in the tahini until well combined. Add the protein powder and still well.

Transfer to a serving bowl.

Top with the dark chocolate, nuts, banana, chia seeds and hempseed. Serve.

MAKES 1 SERVING

550 calories

550 kcal / **27g** protein
52g carbs / **26g** fat

BREAKFAST:

Avocado on toast

2 slices rye bread (or use bread of your choice)
100g ripe avocado flesh
1 tsp lemon juice
1 tsp nutritional yeast
a pinch of ground black pepper
a pinch of sea salt

Toast the slices of bread then place on a plate.

Place the avocado and lemon juice in a bowl and mash well with a fork.

Divide the mashed avocado between the slices of toast.

Top with nutritional yeast, salt and black pepper. Serve.

MAKES 1 SERVING

550
calories

544 kcal / **16g** protein
66g carbs / **24g** fat

BREAKFAST:

Chia peach smoothie bowl

220g plain vegan yoghurt
55g vanilla flavour plant-based protein powder
90g frozen peach slices (plus a few slices for topping)
50g blueberries (plus a few for topping)
2 tsps maple syrup
2 tsps flaxseed or shelled hemp seed
15g almond butter
6 ice cubes
for the topping:
4g chia seeds
2g flaked almonds

Place all ingredients (except topping ingredients) in a blender and blend until smooth.

Add more ice cubes if the mixture is too runny.

Transfer to a serving bowl.

Garnish with the additional blueberries and peach slices. Sprinkle on the almonds and chia seeds.

MAKES 1 SERVING

550
calories

553 kcal / **52g** protein
39g carbs / **21g** fat

BREAKFAST:

Tahini choc chip porridge

- 60g oats (use gluten free if preferred)
- 150ml unsweetened almond milk
- 20g tahini
- 20g vanilla or raspberry flavour plant-based protein powder
- 10g dairy-free dark chocolate (minimum 75% cocoa solids), cut into chunks
- 5g pecans or walnuts
- 40g banana, sliced
- a sprinkle of chia seeds
- 5g shelled hempseed

Place the oats and milk in a saucepan over a medium heat and stir.

Cook for 4-5 minutes, stirring frequently until thick. Add more milk during cooking time, if required.

Remove the saucepan from the heat and stir in the tahini until well combined. Add the protein powder and still well.

Transfer to a serving bowl.

Top with the dark chocolate, nuts, banana, chia seeds and hempseed. Serve.

MAKES 1 SERVING

600 calories

593 kcal / **31g** protein
52g carbs / **29g** fat

BREAKFAST:

Peanut butter & raspberry overnight oats

- 100g fresh raspberries
- 15g crunchy peanut butter
- 60g oats (use gluten free if preferred)
- 175ml unsweetened almond milk (or use vegan milk of your choice)
- 2 tsps chia seeds
- 35g vanilla or raspberry flavour plant-based protein powder
- 7g shelled hempseed
- 1 tsp maple syrup (or use natural sweetener of your choice)

Place all of the ingredients in an airtight container. Stir well with a fork, mashing the raspberries up into the mixture.

Cover and refrigerate for several hours or overnight.

Stir well and add more milk if required, to achieve desired consistency.

Transfer to a serving bowl.

Store any leftovers in an airtight container and refrigerate for up to 2 days.

MAKES 1 SERVING

600 calories

595 kcal / **40g** protein
57g carbs / **23g** fat

BREAKFAST:

Avocado on toast

- 2 slices rye bread (or use bread of your choice)
- 150g ripe avocado flesh
- 1 tsp lemon juice
- 1 tsp nutritional yeast
- a pinch of ground black pepper
- a pinch of sea salt

Toast the slices of bread then place on a plate.

Place the avocado and lemon juice in a bowl and mash well with a fork.

Divide the mashed avocado between the slices of toast.

Top with nutritional yeast, salt and black pepper. Serve.

MAKES 1 SERVING

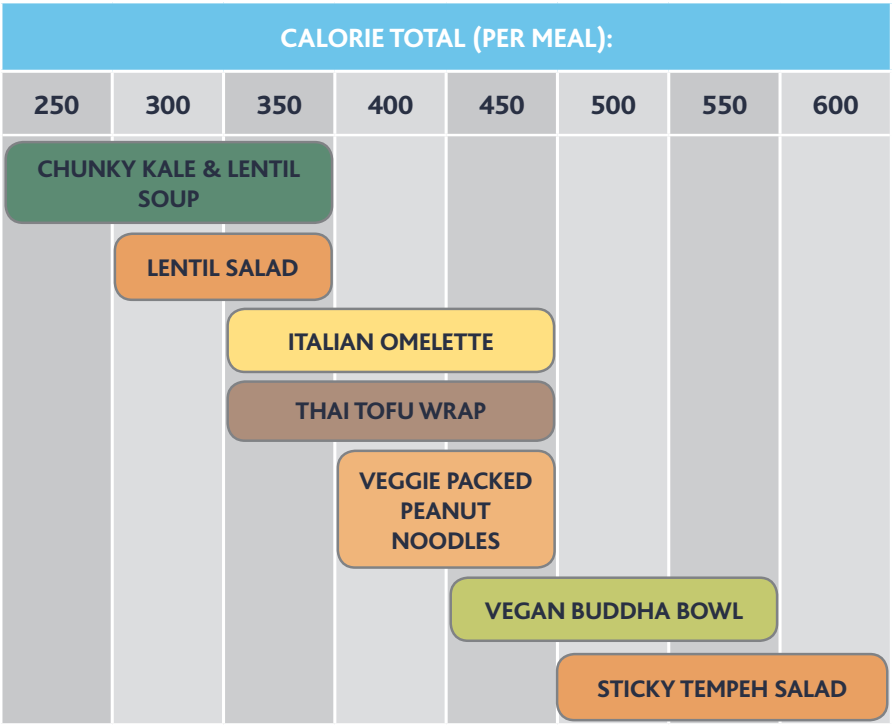
600
calories

607 kcal / **16g** protein
66g carbs / **31g** fat

Lunch

Meal options - Lunch

There are 7 different lunch options in this meal plan.
The table below shows the calorie ranges for each lunch option.



LUNCH:

Chunky kale & lentil soup

- 1 tsp coconut oil
- 1 medium-sized white onion, chopped
- 1 celery stalk, chopped
- 1 medium-sized carrot, peeled and chopped
- 1 garlic clove, finely chopped
- 300g sweet potato, peeled and chopped
- 90g uncooked red split lentils, rinsed
- 600ml vegetable stock (made with one organic stock cube)
- 200g tinned chopped tomatoes
- 1 tsp ground cumin
- 1 tsp medium curry powder
- ½ tsp dried thyme
- 1 tsp sea salt
- ½ tsp ground black pepper
- 40g kale, roughly chopped
- juice of ½ a lemon

Heat the coconut oil in a large saucepan over a medium heat.

Add the onion, carrot and celery and fry for 3-4 minutes, stirring occasionally.

Add the garlic and fry for 1 minute, stirring frequently.

Add the sweet potato and lentils and stir.

Add the vegetable stock and tinned tomatoes. Stir in the dried spices and seasonings. Bring to a gentle simmer. Cover and cook for 15 minutes.

Add the kale and cook for 3-4 minutes or until the kale is soft. Remove saucepan from heat. Stir in the lemon juice. Taste and add more seasoning if required. Serve.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

MAKES 3 SERVINGS

250 calories

255 kcal / **11g** protein
46g carbs / **3g** fat

LUNCH:

Chunky kale & lentil soup

- 2 tsps coconut oil
- 1 medium-sized white onion, chopped
- 1 celery stalk, chopped
- 1 medium-sized carrot, peeled and chopped
- 1 garlic clove, finely chopped
- 300g sweet potato, peeled and chopped
- 90g uncooked red split lentils, rinsed
- 600ml vegetable stock (made with one organic stock cube)
- 200g tinned chopped tomatoes
- 1 tsp ground cumin
- 1 tsp medium curry powder
- ½ tsp dried thyme
- 1 tsp sea salt
- ½ tsp ground black pepper
- 40g kale, roughly chopped
- 150g silken tofu
- juice of ½ a lemon

Heat the coconut oil in a large saucepan over a medium heat. Add the onion, carrot and celery and fry for 3-4 minutes, stirring occasionally.

Add the garlic and fry for 1 minute, stirring frequently. Add the sweet potato and lentils and stir.

Add the vegetable stock and tinned tomatoes. Stir in the dried spices and seasonings. Bring to a gentle simmer. Cover and cook for 15 minutes.

Crumble the tofu into the soup or cut into cubes. Add the kale and cook for 3-4 minutes or until the kale is soft.

Remove saucepan from heat. Stir in the lemon juice. Taste and add more seasoning if required. Serve.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

MAKES 3 SERVINGS

300 calories

298 kcal / **14g** protein
47g carbs / **6g** fat

LUNCH:

Lentil salad

150g cauliflower, cut into small florets
½ a small red onion, sliced
a drizzle of olive oil
a pinch of ground black pepper
¼ tsp sea salt
¼ tsp ground cumin
¼ tsp ground coriander
¼ tsp garam masala
¼ tsp chilli powder
¼ tsp ground turmeric
50g red split lentils
½ a red bell-pepper, chopped
1 tsp sunflower seeds
for the dressing:
1 tbsp white wine vinegar
¼ tsp sea salt
¼ tsp ground cumin
¼ tsp ground coriander
½ tsp garam masala
¼ tsp red chilli powder
¼ tsp turmeric
1 clove garlic, minced
2 tsps olive oil

300
calories

296 kcal / **18g** protein
38g carbs / **8g** fat

Preheat oven to 150˚C/300°F. Place the cauliflower florets and red onion onto a large baking tray lined with foil. Drizzle with olive oil and season with pepper. Roast for 25-30 minutes.

Meanwhile, pour 270ml cold water into a saucepan. Add the cumin, coriander, garam masala, chilli powder and turmeric. Bring to a gentle simmer. Add the lentils and stir. Cover and simmer for 15 minutes or until the lentils are cooked and most of the liquid has evaporated. Remove pan from heat and add the salt. Allow to stand for 1 minute then fluff with a fork.

Mix together the dressing ingredients in a jug. Place the roasted cauliflower and onion in a large bowl. Add the bell-pepper and dressing. Stir and allow to marinate for 10 minutes. Transfer the mixture to a serving bowl. Top with the cooked lentils and sunflower seeds. Serve.

MAKES 1 SERVING

LUNCH:

Lentil salad

170g cauliflower, cut into small florets
½ a small red onion, sliced
a drizzle of olive oil
a pinch of ground black pepper
¼ tsp sea salt
¼ tsp ground cumin
¼ tsp ground coriander
¼ tsp garam masala
¼ tsp chilli powder
¼ tsp ground turmeric
60g red split lentils
½ a red bell-pepper, chopped
1½ tsps sunflower seeds
for the dressing:
1 tbsp white wine vinegar
¼ tsp sea salt
¼ tsp ground cumin
¼ tsp ground coriander
½ tsp garam masala
¼ tsp red chilli powder
¼ tsp turmeric
1 clove garlic, minced
2 tsps olive oil

350
calories

350 kcal / **21g** protein
44g carbs / **10g** fat

Preheat oven to 150˚C/300°F. Place the cauliflower florets and red onion onto a large baking tray lined with foil. Drizzle with olive oil and season with pepper. Roast for 25-30 minutes.

Meanwhile, pour 270ml cold water into a saucepan. Add the cumin, coriander, garam masala, chilli powder and turmeric. Bring to a gentle simmer. Add the lentils and stir. Cover and simmer for 15 minutes or until the lentils are cooked and most of the liquid has evaporated. Remove pan from heat and add the salt. Allow to stand for 1 minute then fluff with a fork.

Mix together the dressing ingredients in a jug. Place the roasted cauliflower and onion in a large bowl. Add the bell-pepper and dressing. Stir and allow to marinate for 10 minutes. Transfer the mixture to a serving bowl. Top with the cooked lentils and sunflower seeds. Serve.

MAKES 1 SERVING

LUNCH:

Chunky kale & lentil soup

- 2 tsps coconut oil
- 1 medium-sized white onion, chopped
- 1 celery stalk, chopped
- 1 medium-sized carrot, peeled and chopped
- 1 garlic clove, finely chopped
- 300g sweet potato, peeled and chopped
- 90g uncooked red split lentils, rinsed
- 600ml vegetable stock (made with one organic stock cube)
- 200g tinned chopped tomatoes
- 1 tsp ground cumin
- 1 tsp medium curry powder
- ½ tsp dried thyme
- 1 tsp sea salt
- ½ tsp ground black pepper
- 40g kale, roughly chopped
- 400g silken tofu
- juice of ½ a lemon

Heat the coconut oil in a large saucepan over a medium heat. Add the onion, carrot and celery and fry for 3-4 minutes, stirring occasionally.

Add the garlic and fry for 1 minute, stirring frequently. Add the sweet potato and lentils and stir.

Add the vegetable stock and tinned tomatoes. Stir in the dried spices and seasonings. Bring to a gentle simmer. Cover and cook for 15 minutes.

Crumble the tofu into the soup or cut into cubes. Add the kale and cook for 3-4 minutes or until the kale is soft.

Remove saucepan from heat. Stir in the lemon juice. Taste and add more seasoning if required. Serve.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

MAKES 3 SERVINGS

350 calories

348 kcal / **21g** protein
48g carbs / **8g** fat

LUNCH:

Italian omelette

1½ tsps coconut oil
for the omelette:
60g chickpea flour
180ml unsweetened almond milk or cold water
2 heaped tsps nutritional yeast
¼ tsp turmeric powder
¼ tsp garlic granules
¼ tsp baking soda
a pinch of sea salt and ground black pepper
for the filling:
¼ a small red onion, finely chopped
a small handful of fresh spinach, finely chopped
60g ripe tomato, chopped
a few fresh basil leaves and stalks, chopped
a small handful of fresh coriander, finely chopped
1 lemon wedge, to serve

Place all of the omelette ingredients in a large bowl and whisk well to remove any lumps.

350
calories

348 kcal / **13g** protein
47g carbs / **12g** fat

Heat half of the oil in a large frying pan over a medium heat. Add the red onion and sauté gently for 3-4 minutes, stirring occasionally. Add the tomato, spinach and fresh basil and fry gently for 1 minute, or until the spinach has wilted. Transfer the contents of the pan to a plate.

Heat the remaining oil in an ovenproof frying pan or skillet over a medium/high heat. Once the pan is hot, reduce the heat to medium.

Pour in the omelette batter and allow to cook for 3-4 minutes, or until the underside is golden and firm and bubbles appear on the surface.

Place the pan under a medium grill and cook until the surface turns golden and firm.

Spoon the cooked tomato mixture over one half of the omelette and add the coriander. Using a fish slice, fold the 'empty' half of the omelette up and over the filling. Transfer to a plate. Serve with a wedge of lemon.

MAKES 1 SERVING

LUNCH:

Thai tofu wrap

- 1 tsp coconut oil
- 100g firm tofu, cut into strips
- 2 tsps tamari
- a pinch of sea salt and ground black pepper
- 1 tsp almond or cashew butter
- 1 tsp fresh lime juice
- ½ tsp maple syrup or stevia
- ½ tsp ground chilli flakes
- a small handful of mixed lettuce leaves, chopped
- 30g celery, chopped
- a small handful of fresh coriander, roughly chopped
- 15g carrot, grated
- 40g red bell-pepper, chopped
- 1 large flour wrap (use gluten free if preferred)

Arrange the tofu strips on a plate. Drizzle 1 tsp of the tamari over the tofu and season with salt and pepper.

Heat the oil in a frying pan over a medium heat. Add the tofu and fry for 2 minutes or until the underside is golden and crispy. Turn using a fish slice and cook on the other side for 2-3 minutes. Transfer to a plate lined with kitchen roll.

Place the nut butter, remaining tamari, lime juice, maple syrup and chilli flakes in a bowl and stir.

In a large bowl, combine the lettuce, celery, coriander, carrot and bell-pepper and mix well.

Spread the almond butter mixture in a line across the centre of the wrap. Arrange the salad over the top. Add the tofu strips.

Roll the wrap tightly and cut in half. Serve.

MAKES 1 SERVING

350 calories

349 kcal / **15g** protein
43g carbs / **13g** fat

LUNCH:

Veggie packed peanut noodles

- 1 tsp coconut oil
- 50g sugar snap peas
- 80g baby sweetcorn
- 80g red bell-pepper, finely sliced
- 40g carrot, cut into thin matchsticks
- 50g tinned water chestnuts, drained
- 1 red chilli pepper, finely chopped
- 1 garlic clove, finely chopped
- 40g vegan noodles of your choice (uncooked weight)
- 10g roasted salted peanuts

for the peanut sauce:

- a small bunch of fresh basil, finely chopped
- a small bunch of fresh coriander, finely chopped
- 20g crunchy peanut butter
- 2 tsps rice vinegar
- 1½ tsps toasted sesame oil
- juice of ½ a lime
- a small pinch of sea salt

Mix the peanut sauce ingredients in a jug and set aside.

Heat the coconut oil in a frying pan or wok over a medium/ high heat. Add the sugar snap peas, baby sweetcorn, red bell-pepper, carrot and water chestnuts and fry for 4-5 minutes, stirring occasionally.

Add the garlic and chilli pepper and fry for 1 minute, stirring occasionally.

Cook the noodles according to packet instructions. Drain well. Add them to the vegetables.

Add the peanut sauce, stir and cook for 3-4 minutes, or until heated through.

Transfer to a serving bowl and top with the peanuts. Serve.

MAKES 1 SERVING

400 calories

403 kcal / **14g** protein
35g carbs / **23g** fat

LUNCH:

Italian omelette

2 tsps coconut oil
for the omelette:
70g chickpea flour
190ml unsweetened almond milk or cold water
2 heaped tsps nutritional yeast
¼ tsp turmeric powder
¼ tsp garlic granules
¼ tsp baking soda
a pinch of sea salt and ground black pepper
for the filling:
¼ of a small red onion, finely chopped
1 ripe tomato, chopped
a small handful of fresh spinach, finely chopped
a few fresh basil leaves, chopped
1 garlic clove, finely chopped
a wedge of lemon, to serve
a small handful of fresh coriander, finely chopped

Place all of the omelette ingredients in a large bowl and whisk well to remove any lumps.

400
calories

399 kcal / **13g** protein
53g carbs / **15g** fat

Heat half of the oil in a large frying pan over a medium heat. Add the red onion and sauté gently for 3-4 minutes, stirring occasionally. Add the tomato, spinach and fresh basil and fry gently for 1 minute, or until the spinach has wilted. Transfer the contents of the pan to a plate.

Heat the remaining oil in an ovenproof frying pan or skillet over a medium/high heat. Once the pan is hot, reduce the heat to medium.

Pour in the omelette batter and allow to cook for 3-4 minutes, or until the underside is golden and firm and bubbles appear on the surface.

Place the pan under a medium grill and cook until the surface turns golden and firm.

Spoon the cooked tomato mixture over one half of the omelette and add the coriander. Using a fish slice, fold the 'empty' half of the omelette up and over the filling. Transfer to a plate. Serve with a wedge of lemon.

MAKES 1 SERVING

LUNCH:

Thai tofu wrap

- 1 tsp coconut oil
- 180g firm tofu, cut into strips
- 2 tsps tamari
- a pinch of sea salt and ground black pepper
- 1 tsp almond or cashew butter
- 1 tsp fresh lime juice
- ½ tsp maple syrup or stevia
- ½ tsp ground chilli flakes
- a small handful of mixed lettuce leaves, chopped
- 30g celery, chopped
- a small handful of fresh coriander, roughly chopped
- 15g carrot, grated
- 40g red bell-pepper, chopped
- 1 large flour wrap (use gluten free if preferred)

Arrange the tofu strips on a plate. Drizzle 1 tsp of the tamari over the tofu and season with salt and pepper.

Heat the oil in a frying pan over a medium heat. Add the tofu and fry for 2 minutes or until the underside is golden and crispy. Turn using a fish slice and cook on the other side for 2-3 minutes. Transfer to a plate lined with kitchen roll.

Place the nut butter, remaining tamari, lime juice, maple syrup and chilli flakes in a bowl and stir.

In a large bowl, combine the lettuce, celery, coriander, carrot and bell-pepper and mix well.

Spread the almond butter mixture in a line across the centre of the wrap. Arrange the salad over the top. Add the tofu strips.

Roll the wrap tightly and cut in half. Serve.

MAKES 1 SERVING

400 calories

395 kcal / **20g** protein
45g carbs / **15g** fat

LUNCH:

Italian omelette

2½ tsps coconut oil
for the omelette:
70g chickpea flour
190ml unsweetened almond milk or cold water
2½ heaped tsps nutritional yeast
¼ tsp turmeric powder
¼ tsp garlic granules
¼ tsp baking soda
a pinch of sea salt and ground black pepper
for the filling:
½ a small red onion, finely chopped
1 ripe tomato, chopped
a small handful of fresh spinach, finely chopped
a few fresh basil leaves, chopped
1 garlic clove, finely chopped
a wedge of lemon, to serve
a small handful of fresh coriander, finely chopped

Place all of the omelette ingredients in a large bowl and whisk well to remove any lumps.

450
calories

450 kcal / **14g** protein
58g carbs / **18g** fat

Heat half of the oil in a large frying pan over a medium heat. Add the red onion and sauté gently for 3-4 minutes, stirring occasionally. Add the tomato, spinach and fresh basil and fry gently for 1 minute, or until the spinach has wilted. Transfer the contents of the pan to a plate.

Heat the remaining oil in an ovenproof frying pan or skillet over a medium/high heat. Once the pan is hot, reduce the heat to medium.

Pour in the omelette batter and allow to cook for 3-4 minutes, or until the underside is golden and firm and bubbles appear on the surface.

Place the pan under a medium grill and cook until the surface turns golden and firm.

Spoon the cooked tomato mixture over one half of the omelette and add the coriander. Using a fish slice, fold the 'empty' half of the omelette up and over the filling. Transfer to a plate. Serve with a wedge of lemon.

MAKES 1 SERVING

LUNCH:

Veggie packed peanut noodles

- 1 tsp coconut oil
- 50g sugar snap peas
- 80g baby sweetcorn
- 80g red bell-pepper, finely sliced
- 50g carrot, cut into thin matchsticks
- 50g tinned water chestnuts, drained
- 1 red chilli pepper, finely chopped
- 1 garlic clove, finely chopped
- 60g vegan noodles of your choice (uncooked weight)
- 10g roasted salted peanuts

for the peanut sauce:

- a small bunch of fresh basil, finely chopped
- a small bunch of fresh coriander, finely chopped
- 20g crunchy peanut butter
- 2 tsps rice vinegar
- 1½ tsps toasted sesame oil
- juice of ½ a lime
- a small pinch of sea salt

Mix the peanut sauce ingredients in a jug and set aside.

Heat the coconut oil in a frying pan or wok over a medium/ high heat. Add the sugar snap peas, baby sweetcorn, red bell-pepper, carrot and water chestnuts and fry for 4-5 minutes, stirring occasionally.

Add the garlic and chilli pepper and fry for 1 minute, stirring occasionally.

Cook the noodles according to packet instructions. Drain well. Add them to the vegetables.

Add the peanut sauce, stir and cook for 3-4 minutes, or until heated through.

Transfer to a serving bowl and top with the peanuts. Serve.

MAKES 1 SERVING

450 calories

444 kcal / **15g** protein
42g carbs / **24g** fat

LUNCH:

Vegan buddha bowl

30g uncooked wholegrain or wild rice
1 tsp coconut oil
½ a small red onion
40g tinned black/mixed or pinto beans, rinsed and drained
½ tsp ground cumin
½ tsp chilli powder
½ tsp garlic granules
a pinch of sea salt and black pepper
for the dressing:
15g tahini
2 tsps lemon juice
1 garlic clove, minced
1 tbsp cold water
1 tsp extra virgin olive oil
a small pinch of sea salt
for the salad:
5g walnuts
a small handful of fresh spinach, roughly chopped
30g carrot, grated
4 small radishes, sliced
40g avocado, sliced

450
calories

452 kcal / **11g** protein
48g carbs / **24g** fat

Bring a small saucepan of water to the boil. Add the rice, stir and cook according to packet instructions. Drain well.

While the rice is cooking, melt the oil in a frying pan over a medium heat. Add the onion and sauté for 3 minutes, stirring occasionally.

Add the beans and spices. Sauté for 3-4 minutes, stirring occasionally. Remove frying pan from heat.

Mix the dressing ingredients in a jug.

Transfer the cooked beans, rice, walnuts, spinach, carrot, radishes and avocado to a serving bowl.

Drizzle around one sixth of the dressing over the top. Serve.

MAKES 1 SERVING

LUNCH:

Thai tofu wrap

- 1 tsp coconut oil
- 200g firm tofu, cut into strips
- 2 tsps tamari
- a pinch of sea salt and ground black pepper
- 2 tsps almond or cashew butter
- 1 tsp fresh lime juice
- ½ tsp maple syrup or stevia
- ½ tsp ground chilli flakes
- a small handful of mixed lettuce leaves, chopped
- 30g celery, chopped
- a small handful of fresh coriander, roughly chopped
- 15g carrot, grated
- 40g red bell-pepper, chopped
- 1 large flour wrap (use gluten free if preferred)

Arrange the tofu strips on a plate. Drizzle 1 tsp of the tamari over the tofu and season with salt and pepper.

Heat the oil in a frying pan over a medium heat. Add the tofu and fry for 2 minutes or until the underside is golden and crispy. Turn using a fish slice and cook on the other side for 2-3 minutes. Transfer to a plate lined with kitchen roll.

Place the nut butter, remaining tamari, lime juice, maple syrup and chilli flakes in a bowl and stir.

In a large bowl, combine the lettuce, celery, coriander, carrot and bell-pepper and mix well.

Spread the almond butter mixture in a line across the centre of the wrap. Arrange the salad over the top. Add the tofu strips.

Roll the wrap tightly and cut in half. Serve.

MAKES 1 SERVING

450 calories

451 kcal / **23g** protein
47g carbs / **19g** fat

LUNCH:

Sticky tempeh salad

80g tempeh
1 tsp coconut oil
25g vermicelli rice noodles

for the salad:

30g carrot, peeled and cut into strips with a spiraliser or potato peeler
4 radishes, sliced
40g cucumber, finely sliced
a few sprigs of fresh coriander, chopped
a few fresh mint leaves, chopped
¼ a red bell-pepper, finely sliced

for the marinade:

2 tsps tamari
½ tsp maple syrup
1 clove garlic, minced
½ tsp fresh ginger, grated
¼ tsp Chinese 5 spice
1 tsp extra virgin olive oil

for the dressing:

10g smooth nut butter
2 tsps maple syrup
a few drops of tabasco sauce
juice of ½ a lime
1 tbsp tamari

500 calories

495 kcal / **21g** protein
51g carbs / **23g** fat

Cut the tempeh lengthways into ¼ inch thick slices. Mix the marinade ingredients in a bowl and add the tempeh slices. Stir gently to coat. Cover and refrigerate for 20 minutes.

Cook the rice noodles according to packet instructions. Rinse to cool and drain well.

Assemble the salad ingredients in a serving bowl and add the cooked noodles.

Mix together the dressing ingredients in a bowl. Add a small amount of warm water, if required, to create a thick but pourable sauce.

Heat the oil in a large frying pan over a medium heat. Add the tempeh slices and cook on one side for 2-3 minutes or until golden. Turn using a fish slice and cook for 2-3 minutes on the other side.

Add the tempeh to the salad. Drizzle the dressing over the top and serve.

MAKES 1 SERVING

LUNCH:

Vegan buddha bowl

30g uncooked wholegrain or wild rice
1 tsp coconut oil
½ a small red onion
50g tinned black/mixed or pinto beans, rinsed and drained
½ tsp ground cumin
½ tsp chilli powder
½ tsp garlic granules
a pinch of sea salt and black pepper
for the dressing:
15g tahini
2 tsps lemon juice
1 garlic clove, minced
1 tbsp cold water
1 tsp extra virgin olive oil
a small pinch of sea salt
for the salad:
5g pumpkin or sunflower seeds
5g walnuts
a small handful of fresh spinach, roughly chopped
40g carrot, grated
4 small radishes, sliced
40g avocado, sliced

500
calories

503 kcal / **13g** protein
52g carbs / **27g** fat

Bring a small saucepan of water to the boil. Add the rice, stir and cook according to packet instructions. Drain well.

While the rice is cooking, melt the oil in a frying pan over a medium heat. Add the onion and sauté for 3 minutes, stirring occasionally.

Add the beans and spices. Sauté for 3-4 minutes, stirring occasionally. Remove frying pan from heat.

Mix the dressing ingredients in a jug.

Transfer the cooked beans, rice, seeds, walnuts, spinach, carrot, radishes and avocado to a serving bowl.

Drizzle around one sixth of the dressing over the top. Serve.

MAKES 1 SERVING

LUNCH:

Vegan buddha bowl

- 40g uncooked wholegrain or wild rice
- 1 tsp coconut oil
- ½ a small red onion
- 60g tinned black/mixed or pinto beans, rinsed and drained
- ½ tsp ground cumin
- ½ tsp chilli powder
- ½ tsp garlic granules
- a pinch of sea salt and black pepper

for the dressing:

- 15g tahini
- 2 tsps lemon juice
- 1 garlic clove, minced
- 1 tbsp cold water
- 1 tsp extra virgin olive oil
- a small pinch of sea salt

for the salad:

- 5g pumpkin or sunflower seeds
- 5g walnuts
- a small handful of fresh spinach, roughly chopped
- 40g carrot, grated
- 4 small radishes, sliced
- 40g avocado, sliced

550 calories

547 kcal / **15g** protein
61g carbs / **27g** fat

Bring a small saucepan of water to the boil. Add the rice, stir and cook according to packet instructions. Drain well.

While the rice is cooking, melt the oil in a frying pan over a medium heat. Add the onion and sauté for 3 minutes, stirring occasionally.

Add the beans and spices. Sauté for 3-4 minutes, stirring occasionally. Remove frying pan from heat.

Mix the dressing ingredients in a jug.

Transfer the cooked beans, rice, seeds, walnuts, spinach, carrot, radishes and avocado to a serving bowl.

Drizzle around one sixth of the dressing over the top. Serve.

MAKES 1 SERVING

LUNCH:

Sticky tempeh salad

80g tempeh

1 tsp coconut oil

30g vermicelli rice noodles

for the salad:

30g carrot, peeled and cut into strips with a spiraliser or potato peeler

4 radishes, sliced

40g cucumber, finely sliced

a few sprigs of fresh coriander, chopped

a few fresh mint leaves, chopped

¼ a red bell-pepper, finely sliced

for the marinade:

2 tsps tamari

½ tsp maple syrup

1 clove garlic, minced

½ tsp fresh ginger, grated

¼ tsp Chinese 5 spice

1 tsp extra virgin olive oil

for the dressing:

15g smooth nut butter

2 tsps maple syrup

a few drops of tabasco sauce

juice of ½ a lime

1 tbsp tamari

550 calories

550 kcal / **23g** protein
56g carbs / **26g** fat

Cut the tempeh lengthways into ¼ inch thick slices. Mix the marinade ingredients in a bowl and add the tempeh slices. Stir gently to coat. Cover and refrigerate for 20 minutes.

Cook the rice noodles according to packet instructions. Rinse to cool and drain well.

Assemble the salad ingredients in a serving bowl and add the cooked noodles.

Mix together the dressing ingredients in a bowl. Add a small amount of warm water, if required, to create a thick but pourable sauce.

Heat the oil in a large frying pan over a medium heat. Add the tempeh slices and cook on one side for 2-3 minutes or until golden. Turn using a fish slice and cook for 2-3 minutes on the other side.

Add the tempeh to the salad. Drizzle the dressing over the top and serve.

MAKES 1 SERVING

LUNCH:

Sticky tempeh salad

110g tempeh

1 tsp coconut oil

30g vermicelli rice noodles

for the salad:

30g carrot, peeled and cut into strips with a spiraliser or potato peeler

4 radishes, sliced

40g cucumber, finely sliced

a few sprigs of fresh coriander, chopped

a few fresh mint leaves, chopped

¼ a red bell-pepper, finely sliced

for the marinade:

2 tsps tamari

½ tsp maple syrup

1 clove garlic, minced

½ tsp fresh ginger, grated

¼ tsp Chinese 5 spice

1 tsp extra virgin olive oil

for the dressing:

15g smooth nut butter

2 tsps maple syrup

a few drops of tabasco sauce

juice of ½ a lime

1 tbsp tamari

600 calories

605 kcal / **28g** protein
58g carbs / **29g** fat

Cut the tempeh lengthways into ¼ inch thick slices. Mix the marinade ingredients in a bowl and add the tempeh slices. Stir gently to coat. Cover and refrigerate for 20 minutes.

Cook the rice noodles according to packet instructions. Rinse to cool and drain well.

Assemble the salad ingredients in a serving bowl and add the cooked noodles.

Mix together the dressing ingredients in a bowl. Add a small amount of warm water, if required, to create a thick but pourable sauce.

Heat the oil in a large frying pan over a medium heat. Add the tempeh slices and cook on one side for 2-3 minutes or until golden. Turn using a fish slice and cook for 2-3 minutes on the other side.

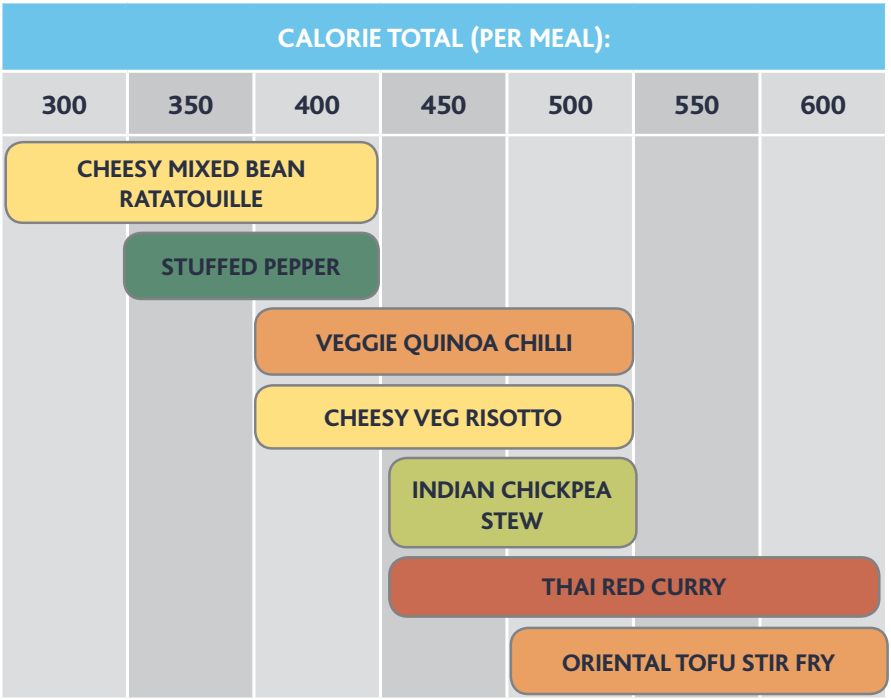
Add the tempeh to the salad. Drizzle the dressing over the top and serve.

MAKES 1 SERVING

Dinner

Meal options - Dinner

There are 7 different dinner options in this meal plan.
The table below shows the calorie ranges for each dinner option.



DINNER:

Cheesy mixed bean ratatouille

- 2 tsps coconut oil
- 1 medium-sized white onion, finely chopped
- 2 garlic cloves, minced
- 1 medium-sized courgette, diced
- 150g cherry tomatoes
- 1 red bell-pepper, diced
- 600g tinned chopped tomatoes
- a pinch of ground black pepper
- a pinch of sea salt
- 1 tsp cayenne pepper
- 2 tsps Italian seasoning
- 1 organic vegetable stock cube
- 250g tinned kidney beans, rinsed and drained well
- 250g tinned black beans, rinsed and drained well
- 25g nutritional yeast

Heat the oil in a large saucepan over a medium heat. Add the onion and sauté for 3-4 minutes or until soft. Add the garlic and fry for 2 minutes, stirring frequently.

Add the courgette, tomatoes and bell pepper and sauté for 4-5 minutes, stirring occasionally.

Add the tinned tomatoes, salt, pepper, Italian seasoning and cayenne pepper. Crumble in the stock cube and stir well. Cover and cook for 15 minutes.

Add the beans, stir well, cover and cook for 5 minutes. Taste and add more seasoning if required.

Remove the saucepan from the heat and stir in the nutritional yeast. Serve.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

MAKES 3 SERVINGS

300 calories

303 kcal / **17g** protein
43g carbs / **7g** fat

DINNER:

1 x Stuffed pepper

- 1 red bell-pepper, diced
- 2 garlic cloves, skin on
- 1 medium-sized red onion, diced
- 1½ tbsps olive oil
- a large pinch of ground black pepper
- a large pinch of sea salt
- 45g sun-dried tomatoes in oil, drained and chopped
- 30g nutritional yeast
- a small bunch of fresh coriander, finely chopped
- 20g black pitted olives, chopped or left whole
- 2 green bell-peppers

350
calories

345 kcal / **13g** protein
35g carbs / **17g** fat

Preheat oven to 200˚C/400˚F.

Place the red bell-pepper, garlic and red onion onto a baking tray lined with tin foil. Spread in an even layer. Drizzle with olive oil and season with salt and pepper.

Roast for 15-20 minutes or until soft. Stir halfway through cooking time.

Peel and discard the skins from the garlic and chop the garlic finely.

Transfer the roasted vegetables to a large bowl. Add the sun-dried tomatoes, nutritional yeast, coriander and olives and stir well.

Slice the tops off the green bell-peppers and discard. Remove the core, pith and seeds and discard. Place the peppers in a baking dish.

Spoon the vegetable mixture into each pepper. Cover loosely with foil and bake for 35-45 minutes. Serve.

Store any leftovers in an airtight container and refrigerate for up to 2 days.

MAKES 2 STUFFED PEPPERS

DINNER:

Cheesy mixed bean ratatouille

- 3 tsps coconut oil
- 1 medium-sized white onion, finely chopped
- 2 garlic cloves, minced
- 1 medium-sized courgette, diced
- 150g cherry tomatoes
- 1 red bell-pepper, diced
- 600g tinned chopped tomatoes
- a pinch of ground black pepper
- a pinch of sea salt
- 1 tsp cayenne pepper
- 2 tsps Italian seasoning
- 1 organic vegetable stock cube
- 350g tinned kidney beans, rinsed and drained well
- 250g tinned black beans, rinsed and drained well
- 40g nutritional yeast

Heat the oil in a large saucepan over a medium heat. Add the onion and sauté for 3-4 minutes or until soft. Add the garlic and fry for 2 minutes, stirring frequently.

Add the courgette, tomatoes and bell pepper and sauté for 4-5 minutes, stirring occasionally.

Add the tinned tomatoes, salt, pepper, Italian seasoning and cayenne pepper. Crumble in the stock cube and stir well. Cover and cook for 15 minutes.

Add the beans, stir well, cover and cook for 5 minutes. Taste and add more seasoning if required.

Remove the saucepan from the heat and stir in the nutritional yeast. Serve.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

MAKES 3 SERVINGS

350 calories

352 kcal / **21g** protein
49g carbs / **8g** fat

DINNER:

Veggie quinoa chilli

2 tsps coconut oil
1 large white onion, chopped
1 green bell-pepper, diced
1 medium-sized carrot, peeled and chopped
90g quinoa, rinsed and drained
600g tinned chopped tomatoes
200g tinned black beans, drained and rinsed
200g kidney beans, drained and rinsed
2 green chilli peppers, finely chopped
500ml vegetable stock (made with one organic stock cube)
2 tsps hot chilli powder (add more if you prefer extra spicy)
¾ tsp ground cumin
1 tsp sea salt
a large pinch of ground black pepper
to serve:
juice of 1 lime
a handful of fresh coriander, finely chopped
60g ripe avocado (per person), sliced

400
calories

397 kcal / **14g** protein
47g carbs / **17g** fat

Heat the oil in a large saucepan over a medium heat. Add the onion and fry gently for 4-5 minutes, stirring occasionally until soft.

Add the bell-pepper and carrot and cook for 3-4 minutes, stirring occasionally.

Add the quinoa, tomatoes, beans, green chillis, stock and dried spices.

Cover and simmer for 20-25 minutes. Stir well and cook uncovered for 10 minutes.

Remove the saucepan from the heat and stir in the lime juice. Taste and add more seasoning if required.

Serve with avocado slices and garnished with coriander.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

MAKES 4 SERVINGS

DINNER:

1 x Stuffed pepper

- 1 red bell-pepper, diced
- 2 garlic cloves, skin on
- 1 medium-sized red onion, diced
- 2 tbsps olive oil
- a large pinch of ground black pepper
- a large pinch of sea salt
- 45g sun-dried tomatoes in oil, drained and chopped
- 40g nutritional yeast
- a small bunch of fresh coriander, finely chopped
- 25g black pitted olives, chopped or left whole
- 2 green bell-peppers

400
calories

406 kcal / **16g** protein
36g carbs / **22g** fat

Preheat oven to 200˚C/400˚F.

Place the red bell-pepper, garlic and red onion onto a baking tray lined with tin foil. Spread in an even layer. Drizzle with olive oil and season with salt and pepper.

Roast for 15-20 minutes or until soft. Stir halfway through cooking time.

Peel and discard the skins from the garlic and chop the garlic finely.

Transfer the roasted vegetables to a large bowl. Add the sun-dried tomatoes, nutritional yeast, coriander and olives and stir well.

Slice the tops off the green bell-peppers and discard. Remove the core, pith and seeds and discard. Place the peppers in a baking dish.

Spoon the vegetable mixture into each pepper. Cover loosely with foil and bake for 35-45 minutes. Serve.

Store any leftovers in an airtight container and refrigerate for up to 2 days.

MAKES 2 STUFFED PEPPERS

DINNER:

Cheesy veg risotto

- 50ml recently boiled water
- 120g broccoli, cut into small florets
- ¼ tsp sea salt
- ¼ tsp ground black pepper
- 1 tsp coconut oil
- 100g white onion, chopped
- 1 stick celery, chopped
- 115g arborio rice
- 300ml vegetable stock (made with 1 organic stock cube)
- 2 tbsps nutritional yeast
- a small bunch of fresh parsley, roughly chopped

400 calories

397 kcal / **22g** protein
66g carbs / **5g** fat

Place a large saucepan over a medium heat. Add the water and broccoli and season with salt and pepper. Cover and cook for 3-4 minutes until the broccoli is just tender. Add more water to the pan during cooking time if required. Remove broccoli from pan and set aside.

Heat the coconut oil in the pan. Add the onion and celery and sauté for 3-4 minutes or until soft.

Add the arborio rice and cook for 1 minute, stirring occasionally. Add the stock and bring to a gentle simmer. Cover and cook for 15 minutes or until the rice is cooked and most of the liquid has absorbed. Add a splash of water during cooking time if the mixture becomes too dry.

Remove the saucepan from the heat. Stir in the nutritional yeast.

Taste and add more seasoning if required. Stir in the cooked broccoli.

Serve garnished with parsley.

Store any leftovers in an airtight container and refrigerate for up to 2 days.

MAKES 2 SERVINGS

DINNER:

Cheesy mixed bean ratatouille

- 3 tsps coconut oil
- 1 medium-sized white onion, finely chopped
- 2 garlic cloves, minced
- 1 medium-sized courgette, diced
- 150g cherry tomatoes
- 1 red bell-pepper, diced
- 600g tinned chopped tomatoes
- a pinch of ground black pepper
- a pinch of sea salt
- 1 tsp cayenne pepper
- 2 tsps Italian seasoning
- 1 organic vegetable stock cube
- 350g tinned kidney beans, rinsed and drained well
- 250g tinned black beans, rinsed and drained well
- 40g nutritional yeast
- 20g sunflower or pumpkin seeds

Heat the oil in a large saucepan over a medium heat. Add the onion and sauté for 3-4 minutes or until soft. Add the garlic and fry for 2 minutes, stirring frequently.

Add the courgette, tomatoes and bell pepper and sauté for 4-5 minutes, stirring occasionally.

Add the tinned tomatoes, salt, pepper, Italian seasoning and cayenne pepper. Crumble in the stock cube and stir well. Cover and cook for 15 minutes.

Add the beans, stir well, cover and cook for 5 minutes. Taste and add more seasoning if required. Remove the saucepan from the heat and stir in the nutritional yeast. Serve topped with seeds.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

MAKES 3 SERVINGS

400 calories

400 kcal / **23g** protein
50g carbs / **12g** fat

DINNER:

Veggie quinoa chilli

2 tsps coconut oil
1 large white onion, chopped
1 green bell-pepper, diced
1 medium-sized carrot, peeled and chopped
90g quinoa, rinsed and drained
600g tinned chopped tomatoes
200g tinned black beans, drained and rinsed
200g kidney beans, drained and rinsed
2 green chilli peppers, finely chopped
500ml vegetable stock (made with one organic stock cube)
2 tsps hot chili powder (add more if you prefer extra spicy)
¾ tsp ground cumin
1 tsp sea salt
a large pinch of ground black pepper
to serve:
juice of 1 lime
a handful of fresh coriander, finely chopped
90g ripe avocado (per person), sliced

Heat the oil in a large saucepan over a medium heat. Add the onion and fry gently for 4-5 minutes, stirring occasionally until soft.

Add the bell-pepper and carrot and cook for 3-4 minutes, stirring occasionally.

Add the quinoa, tomatoes, beans, green chillis, stock and dried spices.

Cover and simmer for 20-25 minutes. Stir well and cook uncovered for 10 minute.

Remove the saucepan from the heat and stir in the lime juice. Taste and add more seasoning if required.

Serve with avocado slices and garnished with coriander.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

MAKES 4 SERVINGS

450
calories

455 kcal / **14g** protein
48g carbs / **23g** fat

DINNER:

Indian chickpea stew

- 2 tsps coconut oil
- 1 medium-sized white onion, finely chopped
- 1½ tsps ground turmeric
- 2 garlic cloves, finely chopped
- 20g fresh ginger, finely chopped
- 400g tinned chopped tomatoes
- 800g tinned chickpeas, rinsed and drained
- 2 tbsps garam masala
- 1 tsp coriander powder
- 2 tsps ground cumin
- 1 tsp sea salt
- ½ tsp ground cinnamon
- 2 tsps shelled hempseed (optional)
- a small bunch of fresh coriander, roughly chopped

Heat the oil in a large saucepan over a medium heat. Add the onion and turmeric and stir well. Cook for 3-4 minutes, stirring occasionally.

Add the ginger and garlic, stir and cook for 2 minutes, stirring frequently.

Add the tinned tomatoes and chickpeas and bring to a simmer. Cook for 5 minutes. Reduce heat to medium/low.

Add the remaining ingredients, except for the shelled hempseed and coriander. Stir well, cover and cook for 10 minutes.

Serve topped with the shelled hempseed (if using) and garnished with coriander.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

MAKES 2 SERVINGS

450
calories

452 kcal / **24g** protein
53g carbs / **15g** fat

DINNER:

Thai red curry

- 3 tsps coconut oil
- 1 medium-sized white onion, chopped
- 1 inch piece of fresh ginger, finely chopped or grated
- 2 garlic cloves, minced
- 1 red or yellow bell-pepper, sliced finely
- 180g carrot, sliced diagonally or cut into matchsticks
- 1-2 red chilli peppers, finely chopped
- 2 tbsps vegan Thai red curry paste
- 300ml coconut milk
- 120ml cold water
- 100g curly kale, chopped
- a pinch of sea salt
- 2 tsps tamari
- 2 tsps rice vinegar or fresh lime juice
- 1 tbsp fresh coriander, to garnish

Heat the oil in a large saucepan over a medium heat. Add the onion and fry gently for 4-5 minutes, stirring occasionally until soft. Add the ginger and garlic and fry for 1 minute, stirring continuously. Add the bell-pepper and carrot. Cook for 3 minutes, stirring frequently.

Add the chilli peppers and fry for 1 minute, stirring occasionally. Add the curry paste and a small amount of coconut milk. Stir well and cook for 1 minute.

Add the remaining coconut milk, water, kale and sea salt. Stir well. Bring to a simmer and cook for 6-8 minutes, or until the carrots and kale are cooked to your liking. Remove the saucepan from the heat and add the tamari and rice vinegar/lime juice. Taste the sauce and add more seasoning if required. Serve garnished with fresh coriander.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

MAKES 2 SERVINGS

450
calories

457 kcal / **8g** protein
32g carbs / **33g** fat

DINNER:

Cheesy veg risotto

- 50ml recently boiled water
- 120g broccoli, cut into small florets
- ¼ tsp sea salt
- ¼ tsp ground black pepper
- 1 tsp coconut oil
- 100g white onion, chopped
- 1 stick celery, chopped
- 150g arborio rice
- 350ml vegetable stock (made with 1 organic stock cube)
- 2 tbsps nutritional yeast
- a small bunch of fresh parsley, roughly chopped

450
calories

445 kcal / **23g** protein
77g carbs / **5g** fat

Place a large saucepan over a medium heat. Add the water and broccoli and season with salt and pepper. Cover and cook for 3-4 minutes until the broccoli is just tender. Add more water to the pan during cooking time if required. Remove broccoli from pan and set aside.

Heat the coconut oil in the pan. Add the onion and celery and sauté for 3-4 minutes or until soft.

Add the arborio rice and cook for 1 minute, stirring occasionally. Add the stock and bring to a gentle simmer. Cover and cook for 15 minutes or until the rice is cooked and most of the liquid has absorbed. Add a splash of water during cooking time if the mixture becomes too dry.

Remove the saucepan from the heat. Stir in the nutritional yeast.

Taste and add more seasoning if required. Stir in the cooked broccoli.

Serve garnished with parsley.

Store any leftovers in an airtight container and refrigerate for up to 2 days.

MAKES 2 SERVINGS

DINNER:

Indian chickpea stew

- 3 tsps coconut oil
- 1 medium-sized white onion, finely chopped
- 1½ tsps ground turmeric
- 2 garlic cloves, finely chopped
- 20g fresh ginger, finely chopped
- 400g tinned chopped tomatoes
- 800g tinned chickpeas, rinsed and drained
- 2 tbsps garam masala
- 1 tsp coriander powder
- 2 tsps ground cumin
- 1 tsp sea salt
- ½ tsp ground cinnamon
- 3 tsps shelled hempseed (optional)
- a small bunch of fresh coriander, roughly chopped

Heat the oil in a large saucepan over a medium heat. Add the onion and turmeric and stir well. Cook for 3-4 minutes, stirring occasionally.

Add the ginger and garlic, stir and cook for 2 minutes, stirring frequently.

Add the tinned tomatoes and chickpeas and bring to a simmer. Cook for 5 minutes. Reduce heat to medium/low.

Add the remaining ingredients, except for the shelled hempseed and coriander. Stir well, cover and cook for 10 minutes.

Serve topped with the shelled hempseed (if using) and garnished with coriander.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

MAKES 2 SERVINGS

500 calories

496 kcal / **25g** protein
54g carbs / **20g** fat

DINNER:

Thai red curry

- 3 tsps coconut oil
- 1 medium-sized white onion, chopped
- 1 inch piece of fresh ginger, finely chopped or grated
- 2 garlic cloves, minced
- 1 red or yellow bell-pepper, sliced finely
- 180g carrot, sliced diagonally or cut into matchsticks
- 1-2 red chilli peppers, finely chopped
- 2½ tbsps vegan Thai red curry paste
- 350ml coconut milk
- 120ml cold water
- 100g curly kale, chopped
- a pinch of sea salt
- 2 tsps tamari
- 2 tsps rice vinegar or fresh lime juice
- 1 tbsp fresh coriander, to garnish

Heat the oil in a large saucepan over a medium heat. Add the onion and fry gently for 4-5 minutes, stirring occasionally until soft. Add the ginger and garlic and fry for 1 minute, stirring continuously. Add the bell-pepper and carrot. Cook for 3 minutes, stirring frequently.

Add the chilli peppers and fry for 1 minute, stirring occasionally. Add the curry paste and a small amount of coconut milk. Stir well and cook for 1 minute.

Add the remaining coconut milk, water, kale and sea salt. Stir well. Bring to a simmer and cook for 6-8 minutes, or until the carrots and kale are cooked to your liking. Remove the saucepan from the heat and add the tamari and rice vinegar/lime juice. Taste the sauce and add more seasoning if required. Serve garnished with fresh coriander.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

MAKES 2 SERVINGS

500
calories

497 kcal / **8g** protein
33g carbs / **37g** fat

DINNER:

Oriental tofu stir fry

30g vermicelli rice noodles
2 tsps coconut oil
150g firm tofu, cut into cubes
150g broccoli, cut into small florets
2 garlic cloves, finely chopped
1 red chilli pepper, finely sliced
3 spring onions, sliced
50g edamame beans
40g mange tout
5g cashews or salted peanuts
for the sauce:
1 tsp tamari
1 tsp mirin
½ tsp maple syrup
½ tsp ground ginger
¼ tsp garlic granules

Mix the sauce ingredients in a jug and set aside.

Cook the rice noodles according to packet instructions. Drain well.

Heat the oil in a wok or frying pan over a medium heat. Add the tofu and fry gently for 2-3 minutes or until golden on the underside. Turn and repeat, until golden on all sides. Transfer to a plate lined with kitchen roll.

Remove wok from the heat for 2 minutes. Add the broccoli and a splash of cold water and place back over a medium/high heat. Cook for 4-5 minutes or until just tender.

Add the garlic and chilli and fry for 1 minute. Add the spring onions, edamame beans and mange tout. Fry for 2-3 minutes.

Add the sauce and cooked noodles. Stir well and cook for 1-2 minutes.

Serve topped with the nuts.

MAKES 1 SERVING

500 calories

504 kcal / **26g** protein
55g carbs / **20g** fat

DINNER:

Veggie quinoa chilli

2 tsps coconut oil
1 large white onion, chopped
1 green bell-pepper, diced
1 medium-sized carrot, peeled and chopped
90g quinoa, rinsed and drained
600g tinned chopped tomatoes
200g tinned black beans, drained and rinsed
200g kidney beans, drained and rinsed
2 green chilli peppers, finely chopped
500ml vegetable stock (made with one organic stock cube)
2 tsps hot chili powder (add more if you prefer extra spicy)
¾ tsp ground cumin
1 tsp sea salt
a large pinch of ground black pepper
to serve:
juice of 1 lime
a handful of fresh coriander, finely chopped
115g ripe avocado (per person), sliced

500 calories

504 kcal / **15g** protein
48g carbs / **28g** fat

Heat the oil in a large saucepan over a medium heat. Add the onion and fry gently for 4-5 minutes, stirring occasionally until soft.

Add the bell-pepper and carrot and cook for 3-4 minutes, stirring occasionally.

Add the quinoa, tomatoes, beans, green chillis, stock and dried spices.

Cover and simmer for 20-25 minutes. Stir well and cook uncovered for 10 minutes.

Remove the saucepan from the heat and stir in the lime juice. Taste and add more seasoning if required.

Serve with avocado slices and garnished with coriander.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

MAKES 4 SERVINGS

DINNER:

Cheesy veg risotto

- 50ml recently boiled water
- 120g broccoli, cut into small florets
- ¼ tsp sea salt
- ¼ tsp ground black pepper
- 1 tsp coconut oil
- 100g white onion, chopped
- 1 stick celery, chopped
- 160g arborio rice
- 350ml vegetable stock (made with 1 organic stock cube)
- 2½ tbsps nutritional yeast
- a small bunch of fresh parsley, roughly chopped

500 calories

502 kcal / **27g** protein
85g carbs / **6g** fat

Place a large saucepan over a medium heat. Add the water and broccoli and season with salt and pepper. Cover and cook for 3-4 minutes until the broccoli is just tender. Add more water to the pan during cooking time if required. Remove broccoli from pan and set aside.

Heat the coconut oil in the pan. Add the onion and celery and sauté for 3-4 minutes or until soft.

Add the arborio rice and cook for 1 minute, stirring occasionally. Add the stock and bring to a gentle simmer. Cover and cook for 15 minutes or until the rice is cooked and most of the liquid has absorbed. Add a splash of water during cooking time if the mixture becomes too dry.

Remove the saucepan from the heat. Stir in the nutritional yeast.

Taste and add more seasoning if required. Stir in the cooked broccoli.

Serve garnished with parsley.

Store any leftovers in an airtight container and refrigerate for up to 2 days.

MAKES 2 SERVINGS

DINNER:

Thai red curry

55g white or wholegrain basmati rice
3 tsps coconut oil
1 medium-sized white onion, chopped
1 inch piece of fresh ginger, finely chopped or grated
2 garlic cloves, minced
1 red or yellow bell-pepper, sliced finely
180g carrot, sliced diagonally or cut into matchsticks
1-2 red chilli peppers, finely chopped
2 tbsps vegan Thai red curry paste
300ml coconut milk
120ml cold water
100g curly kale, chopped
a pinch of sea salt
2 tsps tamari
2 tsps rice vinegar or fresh lime juice
1 tbsp fresh coriander, to garnish

Bring a saucepan of water to the boil. Add the rice, stir and cook according to packet instructions. Drain well.

550
calories

550 kcal / **10g** protein
51g carbs / **34g** fat

Heat the oil in a large saucepan over a medium heat. Add the onion and fry gently for 4-5 minutes, stirring occasionally until soft. Add the ginger and garlic and fry for 1 minute, stirring continuously. Add the bell-pepper and carrot. Cook for 3 minutes, stirring frequently.

Add the chilli peppers and fry for 1 minute, stirring occasionally. Add the curry paste and a small amount of coconut milk. Stir well and cook for 1 minute.

Add the remaining coconut milk, water, kale and sea salt. Stir well. Bring to a simmer and cook for 6-8 minutes, or until the carrots and kale are cooked to your liking. Remove the saucepan from the heat and add the tamari and rice vinegar/lime juice. Taste the sauce and add more seasoning if required. Serve garnished with fresh coriander.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

MAKES 2 SERVINGS

DINNER:

Oriental tofu stir fry

30g vermicelli rice noodles
2 tsps coconut oil
180g firm tofu, cut into cubes
150g broccoli, cut into small florets
2 garlic cloves, finely chopped
1 red chilli pepper, finely sliced
3 spring onions, sliced
50g edamame beans
40g mange tout
10g cashews or salted peanuts
for the sauce:
1 tsp tamari
1 tsp mirin
½ tsp maple syrup
½ tsp ground ginger
¼ tsp garlic granules

Mix the sauce ingredients in a jug and set aside.

Cook the rice noodles according to packet instructions. Drain well.

Heat the oil in a wok or frying pan over a medium heat. Add the tofu and fry gently for 2-3 minutes or until golden on the underside. Turn and repeat, until golden on all sides. Transfer to a plate lined with kitchen roll.

Remove wok from the heat for 2 minutes. Add the broccoli and a splash of cold water and place back over a medium/high heat. Fry for 4-5 minutes or until just tender.

Add the garlic and chilli and fry for 1 minute. Add the spring onions, edamame beans and mange tout. Cook for 2-3 minutes.

Add the sauce and cooked noodles. Stir well and cook for 1-2 minutes.

Serve topped with the nuts.

MAKES 1 SERVING

550
calories

555 kcal / **29g** protein
58g carbs / **23g** fat

DINNER:

Oriental tofu stir fry

30g vermicelli rice noodles
2 tsps coconut oil
250g firm tofu, cut into cubes
150g broccoli, cut into small florets
2 garlic cloves, finely chopped
1 red chilli pepper, finely sliced
3 spring onions, sliced
60g edamame beans
40g mange tout
10g cashews or salted peanuts
for the sauce:
1 tsp tamari
1 tsp mirin
½ tsp maple syrup
½ tsp ground ginger
¼ tsp garlic granules

Mix the sauce ingredients in a jug and set aside.

Cook the rice noodles according to packet instructions. Drain well.

Heat the oil in a wok or frying pan over a medium heat. Add the tofu and fry gently for 2-3 minutes or until golden on the underside. Turn and repeat, until golden on all sides. Transfer to a plate lined with kitchen roll.

Remove wok from the heat for 2 minutes. Add the broccoli and a splash of cold water and place back over a medium/high heat. Fry for 4-5 minutes or until just tender.

Add the garlic and chilli and fry for 1 minute. Add the spring onions, edamame beans and mange tout. Cook for 2-3 minutes.

Add the sauce and cooked noodles. Stir well and cook for 1-2 minutes.

Serve topped with the nuts.

MAKES 1 SERVING

600 calories

605 kcal / **34g** protein
61g carbs / **25g** fat

DINNER:

Thai red curry

80g white or wholegrain basmati rice
3 tsps coconut oil
1 medium-sized white onion, chopped
1 inch piece of fresh ginger, finely chopped or grated
2 garlic cloves, minced
1 red or yellow bell-pepper, sliced finely
180g carrot, sliced diagonally or cut into matchsticks
1-2 red chilli peppers, finely chopped
2 tbsps vegan Thai red curry paste
300ml coconut milk
120ml cold water
100g curly kale, chopped
a pinch of sea salt
2 tsps tamari
2 tsps rice vinegar or fresh lime juice
1 tbsp fresh coriander, to garnish

Bring a saucepan of water to the boil. Add the rice, stir and cook according to packet instructions. Drain well.

600
calories

594 kcal / **12g** protein
60g carbs / **34g** fat

Heat the oil in a large saucepan over a medium heat. Add the onion and fry gently for 4-5 minutes, stirring occasionally until soft. Add the ginger and garlic and fry for 1 minute, stirring continuously. Add the bell-pepper and carrot. Cook for 3 minutes, stirring frequently.

Add the chilli peppers and fry for 1 minute, stirring occasionally. Add the curry paste and a small amount of coconut milk. Stir well and cook for 1 minute.

Add the remaining coconut milk, water, kale and sea salt. Stir well. Bring to a simmer and cook for 6-8 minutes, or until the carrots and kale are cooked to your liking. Remove the saucepan from the heat and add the tamari and rice vinegar/lime juice. Taste the sauce and add more seasoning if required. Serve garnished with fresh coriander.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

MAKES 2 SERVINGS

This recipe book can be purchased alone or as part of the 28 day Body Transformation Course. The course provides invaluable support to both men and women as it addresses the mental, physicaL, emotional, nutritional and lifestyle needs. The ultimate aim is to achieve your goals, feeling fitter, healthier, leaner, toned and ultimately more confident.

Good luck on your journey. ***Nina x***

For more information on this course please visit the website or contacts below.

Other E-books available:

Forever Living Cleanse 9 Recipes

100 Recipes For Fat Loss

Mindset Guide

Nutrition Essentials

Your Guide to Hormones

7 Day Starter Plan

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