



Sample meal plan

Monday:

Breakfast - Banana and Coconut Pancakes

Lunch – Hot 'Cream Cheese' Spring Sandwich

Dinner – Bean Salad with black beans, tomatoes, peppers and onions

Tuesday:

Breakfast – Overnight oats with blueberries, pumpkin seeds, cinnamon and almond nut butter

Lunch – Black bean veggie burger with sweet potato chips and salad

Dinner – Pasta with lentil meatballs

Wednesday:

Breakfast – Coconut yogurt with blueberries, chia seeds and crushed walnuts

Lunch – Eggless quiche with silken tofu, broccoli, spinach, tomatoes and mushrooms

Dinner – Lentil chilli with a baked potato and steamed broccoli

Thursday:

Breakfast – Wholegrain toast topped with coconut yogurt, almonds and coconut flakes

Lunch – Stir fried garlic and ginger tofu and vegetables and brown rice

Dinner – Vegetable paella with brown rice, tomatoes, onions peppers and chickpeas

Friday:

Breakfast – Wholegrain toast topped with smashed avocado and sliced cherry tomatoes

Lunch – Salad with lettuce, avocado, tomatoes, cucumber, peppers, onion, radish and olives

Dinner – Chickpea and spinach curry with brown rice

Snacks: Smashed avocado dip and peppers, seaweed crisps, walnuts, almonds, pistachios, berries, dried fruit, pears, grapes, bananas, pumpkin seeds, apple and celery slices with nut butter.



Recipe Booklet

Banana and Coconut Pancakes – Makes 4 pancakes

Ingredients:

75g plain flour
1 tsp baking powder
1 tbsp coconut sugar
200ml coconut milk
Splash of vegetable oil
1 banana, sliced
1 passion fruit (flesh scooped out)

Method:

1. Sieve the flour and baking powder into a bowl and add half the sugar.
2. Whisk the coconut milk in a bowl. Stir 140ml of the coconut milk into the flour to make a smooth batter.
3. Put a small amount of vegetable oil into a frying pan and add a small amount of the batter. Pop a few slices of banana onto each pancake. Cook for about a minute and then carefully turn them over.
4. Add the leftover coconut milk and sugar to a small pan and simmer until the mixture thickens. Pour this over the pancakes and add the passion fruit.

Hot 'Cream Cheese' Spring Sandwich – Makes 2 (Recipe from Vegan on the Go)

Ingredients:

For the Hot Cashew 'Cream Cheese'

200g cashew nuts
2 tsp lemon juice
2 tbsp olive oil
2 red chillies
2 tbsp yeast flakes
1 tsp sea salt
Pinch of freshly ground black pepper
½ tsp sweet smoked paprika
5 drops of chilli sauce (optional)



For the Sandwiches

¼ cucumber
½ bunch radishes
½ small punnet of cress
Handful of salad leaves
4 slices wholemeal bread

Method:

1. To make the hot cashew cream cheese, soak the cashews in cold water for 12 hours. Drain in a sieve, then puree thoroughly in a food processor with 100ml water, the lemon juice and oil. Transfer to a bowl. Halve the chillies lengthways, remove the seeds and chop finely. Stir into the cashew mixture with the yeast flakes, salt, pepper, paprika and chilli sauce (if using) until well combined.
2. To make the sandwiches, peel the cucumber and slice it and the radishes thinly. Snip the cress with some scissors and shred the salad leaves into little pieces.
3. Toast the slices of bread and spread with the 'cream' cheese mixture. Distribute the salad leaves between the 2 slices of toast, top with the sliced cucumber and radishes and sprinkle with the cress. Place the remaining slices of toast on top. If you like, split the toasts in half, then pack them in to a well-sealed container.

Bean Salad with Black Beans Avocado, Tomatoes, Peppers, and Onions – Serves – 4

Ingredients:

3 400g tins of black beans, drained and rinsed
Handful of fresh coriander
16 cherry tomatoes, cut in half
1 red pepper, deseeded and sliced into thin strips
1 red onion, chopped
200g fresh watercress, chopped
2 large avocados, skin removed and chopped into cubes
Salt and freshly ground black pepper

Method:

1. Rinse the black beans in cold water and drain, then place in a large bowl. Add the coriander, tomatoes, red pepper, onion and salt and pepper and mix well.
2. Divide the watercress between the plates and place the salad on top, then add the avocado and serve.



Overnight oats with blueberries, pumpkin seeds, cinnamon and almond nut butter – Serves 1

Ingredients

½ cup organic oats
1 tbsp chia seeds
¼ tsp cinnamon
10 – 12 blueberries
½ cup unsweetened almond milk
½ cup coconut yogurt
1 – 2 tbsp almond nut butter

Method:

1. Mix all the ingredients together except the blueberries. Carefully fold in the blueberries. Adjust amounts of milk and yogurt to desired consistency.
2. Spoon into jars with tight fitting lids.
3. Leave in the fridge overnight.

Black Bean Veggie Burger with Sweet Potato Chips and Salad – Serves 2

(Adapted from Jamie Oliver)

Ingredients:

½ red onion
1 tbsp balsamic vinegar
1 red chilli
2 spring onions
1 x 400g tin of black beans
100g fresh breadcrumbs
1 lemon
Extra virgin olive oil
2 tbsp Alpro simply plain soya yogurt
80g baby kale
30g rocket
Olive oil
1 ripe beef tomato
75g Vegan mozzarella style cheese
2 wholemeal buns



Method:

1. Peel the onion, slice into rounds and place in a bowl. Add the balsamic vinegar and a pinch of sea salt.
2. Meanwhile, deseed and finely chop the chilli. Trim and finely chop the spring onions. Place both in a mixing bowl. Rinse and drain the beans. Add to the bowl, along with the breadcrumbs.
3. Add salt and pepper and form the mixture into 3 balls. Press into patties and place 2 in the fridge for 10 minutes. (You can either save the 3rd for another time or have 1 ½ each).
4. Combine half the lemon juice, 1 tablespoon of extra virgin olive oil and the yoghurt in a bowl. Season well. Trim the kale and mix into the dressing with the rocket. Set to one side.
5. Heat 1 tablespoon of olive oil in a pan over a medium heat. When the pan is hot, fry the burgers for 4 minutes on each side, or until golden. If they colour too quickly, reduce the heat.
6. Slice the tomato and mozzarella into rounds and open the buns.
7. When the burgers are almost cooked, top each one with mozzarella. Cover the burgers with a lid for 2 minutes to melt the cheese.
8. Set another pan over a high heat and warm the bun halves, cut side down, for 2 minutes or until toasted.
9. Put a slice of tomato on each bun and add a burger on top. Top with the balsamic onions and the other half of the bun. Serve with the kale salad.

Pasta with Lentil Meatballs – Serves 4 (Adapted from yummysummykitchen.com)

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1/2 onion, chopped
- 1 1/4 cup chopped button mushrooms
- 1/2 red bell pepper, diced
- 2 cloves garlic, minced
- 1 1/2 cups cooked brown or green lentils
- 1/4 cup breadcrumbs (gluten free if needed)
- 1/4 cup old fashioned oats (certified gluten free if needed)
- 1/2 cup chopped walnuts
- 1 tablespoon flax meal
- 1 tablespoon Italian seasoning
- 1/2 teaspoon fennel seed
- 1/2 teaspoon sea salt
- 1/4 teaspoon pepper
- 1 1/2 tablespoons tomato paste
- marinara sauce for serving



Method

1. Preheat the oven to 200°C.
2. Heat the olive oil in a large pan over medium heat. Saute the onion until softened. Add the mushrooms and bell pepper and saute until softened. Add the garlic and saute another minute longer. Remove from heat.
3. Place the lentils, onion-mushroom mixture, breadcrumbs, oats, walnuts, flax meal, seasoning, fennel, salt, pepper, and tomato paste into a food processor. Pulse until the mixture just comes together when pressed but is still a bit chunky. Roll the dough into 1 1/2-inch balls. Coat a muffin tin with cooking spray and place the "meatballs" into the wells. Coat balls with the spray and bake until browned and firm, about 30 minutes, flipping halfway through and coating again with cooking spray. Let cool 10 minutes.
4. Serve with warm marinara sauce and pasta or zucchini noodles.

Coconut yogurt with blueberries, chia seeds and chopped, toasted walnuts – Serves 1

Ingredients

150g – 200g Alpro coconut yogurt
¼ cup blueberries
2 tbsp chia seeds
1 tbsp chopped toasted walnuts
½ tsp chia seeds
½ tsp pure maple syrup

Method:

1. Heat oven to 180°C.
2. Place walnuts on a baking tray and bake for 10 minutes and let them cool. Chop into small pieces.
3. Put the yogurt into a bowl and add the blueberries, chopped walnuts and chia seeds.
4. Drizzle the maple syrup over the top and serve.

Eggless quiche with silken tofu, potatoes, broccoli, leeks, tomatoes and mushrooms – Makes 8 Slices

Ingredients:

Crust:

3 medium large potatoes
30ml melted vegan butter



Salt and pepper

Filling:

350g extra-firm silken tofu (patted dry)

6g nutritional yeast

45g hummus

Olive oil

Salt and pepper

3 garlic cloves (crushed)

2 medium leeks (thinly sliced)

100g tomatoes (quartered)

100g broccoli (chopped)

60g mushrooms (sliced)

Method:

1. Preheat the oven to 220°C and grease a 25cm pie dish.
2. Grate the potatoes and dry on a tea towel. Place in the pie dish and drizzle the melted vegan butter over. Add salt and pepper and mix well. Press well into the pie dish and up the sides. Put to one side.
3. Bake in the oven for 25-30 minutes and then put to one side.
4. Lower the oven to 200°C.
5. Place the garlic, leeks, tomatoes, broccoli and mushrooms onto a baking tray and sprinkle with olive oil. Season with salt and pepper and bake for 20-30 minutes.
6. Lower the heat of the oven to 190°C.
7. Place drained tofu into a food processor with the nutritional yeast, hummus and salt and pepper. Blend and leave to one side.
8. Place the cooked vegetables into a bowl and add the tofu mixture. Mix well.
9. Place on top of the crust in the pie dish and spread evenly.
10. Bake for 30-40 minutes until the top is golden and firm.

Lentil chilli with a baked potato and steamed broccoli - Serves 4 (Adapted from thinlyspread.co.uk)

Ingredients:

4 baking potatoes

1 medium red onion peeled and diced

1 tbsp olive oil

2 medium carrots 100g, diced

1 medium red pepper 100g, deseeded and diced

1 clove of garlic peeled and finely chopped

1 tsp chilli powder or to taste

1 tsp smoked paprika optional

1 tin red kidney beans rinsed and drained

1 tin chopped tomatoes



1 vegetable stock cube
salt and pepper to taste

Method:

1. Preheat your oven to 190°C.
2. Wash and dry your potatoes and stab them several times with a fork, place them straight onto the middle oven shelf and bake for one and a half to two hours until they are soft on the inside when you stick a fork in them.
3. While the potatoes are baking, heat the oil in a large frying pan, add the onions and fry gently until soft.
4. Add the carrots and peppers and continue to fry gently until they are beginning to soften.
5. Add the garlic, chilli powder and paprika and fry for a further minute.
6. Add the kidney beans and the tinned tomatoes.
7. Crumble in your stock cube, bring to a boil and then simmer for about 15 minutes until the tomato juice has thickened.
8. Add salt and pepper to taste.
9. Slice the potatoes in half and spoon the chilli on top.
10. Serve with steamed broccoli.

Wholegrain toast topped with coconut yogurt, almonds and coconut flakes – Serves 1

Ingredients:

2 slices wholegrain bread
Small amount of coconut yogurt (enough to spread on the toast)
Sprinkle of chopped almonds
Sprinkle of coconut flakes

Method:

1. Toast the bread.
2. Spread the coconut yogurt onto the toast and top with the chopped almonds and coconut flakes.



Stir fried garlic and ginger tofu and vegetables and brown rice – Serves 4

Ingredients:

240g brown rice
1tbsp olive oil
1 onion, chopped
1 carrot, chopped
4 cloves of garlic (crushed)
2 X 1in piece of ginger (chopped)
½ red pepper (chopped)
100g mushrooms (sliced)
150g broccoli
Handful of coriander
4 tbsp soy sauce
Salt and pepper
200g firm tofu
2 tbsp rice vinegar
1 tbsp molasses
75ml water
1 tbsp chilli
1 tsp sesame seeds

Method:

1. Dry the tofu with kitchen paper and cut into cubes.
2. Blend 1 inch of the ginger, 1 clove of garlic, 2tbsp soy sauce, 2 tbsp rice vinegar, 1 tbsp molasses, 75ml water, 1 tbsp chilli and 1 tsp sesame seeds in a blender and then pour it over the cubes of tofu (this can be left overnight to marinade if desired).
3. Put the rice in a pan and cook according to packet instructions.
4. Saute the onions and carrots in a frying pan along with the remaining ginger and garlic (add a little water if necessary).
5. Add the rest of the vegetables when the carrots are almost cooked and cook for 5 minutes.
6. Add the rice, soy sauce, season well and cook for a further 5 minutes.
7. Add the coriander and leave to one side.
8. Add the tofu cubes to a non-stick pan and cook for 2 minutes, turning the cubes so that they cook on all sides.
9. Place the rice into dishes and scatter the tofu cubes on top.



Vegetable paella with brown rice, tomatoes, onions peppers and chickpeas – Serves 4

Ingredients:

2 tbsp olive oil
1 large onion, chopped
4 cloves garlic, crushed
1 red pepper, chopped (seeds removed)
1 green pepper, chopped (seeds removed)
150g tinned chickpeas
40g peas (fresh or frozen)
1 400g tin chopped tomatoes
2 tbsp tomato puree
1 tsp paprika
800ml vegetable stock (made with vegan stock cube)
Salt and ground black pepper
250g brown rice
A handful of parsley, chopped

Method:

1. Heat the oil in a pan and fry the onions and garlic for a few minutes. Add the peppers, peas and chickpeas, cover and cook for 5 minutes.
2. Add the tinned tomatoes, tomato puree and paprika. Stir and add the vegetable stock, stir and season well.
3. Stir the rice into the stock and let simmer for 20 minutes (keep an eye on it to make sure it doesn't get too dry – add a little more water if it does)
4. Stir in the chopped parsley and serve.

Wholegrain toast topped with smashed avocado and sliced cherry tomatoes – Serves 1

Ingredients:

2 slices wholegrain bread
½ avocado (mashed with a fork)
Pinch of salt
6 cherry tomatoes, halved

Method:

1. Toast the bread.
2. Mash the avocado and add a pinch of salt.
3. Spread the avocado over the toast and top with the cherry tomatoes.



Salad with lettuce, avocado, tomatoes, cucumber, peppers, onion, radish and olives – Serves 4

Ingredients:

Half an iceberg lettuce, washed and chopped
1 avocado, chopped
330g cherry tomatoes, halved
1 cucumber, chopped
1 red pepper, deseeded and chopped
1 yellow pepper, deseeded and chopped
A bunch of spring onions, chopped
240g radishes, chopped
100g pitted green olives
100g pitted black olives
Salt and pepper

Method:

1. Place all ingredients into a bowl, season and mix well.

Chickpea and spinach curry with brown rice – Serves 4 (bbcgoodfood.com)

Ingredients:

2 tbsp mild curry paste
1 onion, chopped
400g can chopped tomatoes
2 x 400g cans chickpeas, drained and rinsed
250g bag baby leaf spinach
Squeeze lemon juice
Basmati rice, to serve

Method:

1. Heat the curry paste in a large non-stick frying pan. Once it starts to split, add the onion and cook for 2 mins to soften. Tip in the tomatoes and bubble for 5 mins or until the sauce has reduced.
2. Add the chickpeas and some seasoning, then cook for 1 min more. Take off the heat, then tip in the spinach and allow the heat of the pan to wilt the leaves. Season and add the lemon juice.
3. Serve with basmati rice