



THE SCULPTED VEGAN

# 7 DAY VEGAN CHALLENGE

MEAL PLAN & RECIPES



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# MEAL PLAN

DAY	BREAKFAST	MID-MORNING SNACK	LUNCH	AFTERNOON SNACK	DINNER
1	Smashed Avocado on Sourdough	Vegan Protein Bar	TLT Tofu, Lettuce, Tomato sandwich	Protein Shake	Shepherd's Pie
2	Oatmeal with blueberries	Vegan Protein Bar	TLT or Leftover Shepherd's Pie	Hummus with Rice crackers	Mexican Vegan Chili
3	Overnight Oats	Rye crackers with white bean hummus	Mexican Chili from previous night	Protein Shake	Tofu Fried Rice
4	Smashed Avocado on Sourdough	Sliced apples with almond butter	Tofu Fried Rice from previous night	Cut up veggies with hummus	Baked tofu with mixed veggies and quinoa or rice
5	Oatmeal with sliced strawberries	Vegan protein bar	Tofu scramble skillet potatoes burrito	Protein Shake	Vegan Burger with all your favorite toppings
6	Huevos Rancheros	Sweet Potato Muffins	Vegan Fishless tacos	Chips, salsa guacamole	Veggie bowl with rice or quinoa
7	Vegan sausage scrambled tofu "eggs"	Sweet potato muffins from day before	Smashed chickpea avocado sandwich	Chai smoothie	Chick'n stir fry with rice or quinoa

# BREAKFAST RECIPES



## Smashed Avocado on Sourdough Toast

Serves 1

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### Ingredients:

- ½ avocado
- 2 slices sourdough toast

### Optional Toppings:

- Sliced tomatoes
- Salt/Pepper

### Directions:

Smash the avocado in a bowl, toast sourdough bread. Spread smashed avocado and serve or top with additional optional toppings





## Oatmeal

Serves 1

### Ingredients:

- 420ml plant milk
- 60g rolled oats
- 1 scoop vanilla plant protein powder
- Handful blueberries
- Cinnamon

### Directions:

Cook oats in plant milk, medium heat until the liquid is mostly absorbed. Remove from heat, stir in protein powder (add some water if needed) top with cinnamon and a handful of blueberries





## Overnight Oats

Serves 1

### Ingredients:

- 50g oats
- 1 tbsp chia seeds
- ½ tbsp pumpkin seeds
- 175 ml plant milk
- ½ tbsp maple syrup (omit if cutting calories)
- Squeeze of lemon juice
- Dash of vanilla extract
- Handful blueberries

### Directions:

The night before, put oats, chia, and pumpkin seeds into a bowl, pour over the milk and whisk well. Add the maple syrup, vanilla and lemon juice. Mix well and place in the fridge overnight. To Serve, top with blueberries and a sprinkle of cinnamon





## Huevos Rancheros

Serves 2

### Ingredients:

#### Tofu Rancheros:

- 1 batch easy vegan scrambled eggs
- 1 tbsp oil
- 4 small corn tortillas
- 8 ounces salsa rancheros, or salsa of choice
- 1/2 15-ounce can refried black beans

#### Toppings:

- 1/2 cup pico de gallo, homemade or storebought
- 1/2 small avocado
- 1/2 fresh lime
- a few sprigs of cilantro
- hot sauce

#### Scrambled Tofu “Eggs”:

- 280g extra firm tofu
- 6 spring onions finely sliced
- 2 chillies sliced with seeds intact
- 1 garlic clove chopped
- 30g cilantro stalks and leaves finely chopped
- 1 tbsp oil (or garlic oil)
- 2 tbsp light soy sauce or liquid aminos
- 2 tbsp nutritional yeast

### Directions:

Make the scrambled “eggs” and set aside.

In a small saucepan, heat the salsa on medium heat, simmer for 15 minutes until the salsa has reduced and thickened.

Heat black beans over medium-low heat in a small pan until they are warmed all the way through.

While salsa is simmering and black beans are warming, heat the oil in a large skillet. Add corn tortillas, pan fry on each side for about 2 minutes until golden brown and crispy.

To assemble place 2 tortillas on each plate. Top with refried beans, scrambled “eggs”, salsa, and pico de gallo. Add remaining toppings of choice and serve immediately.

\*Huevos Rancheros recipe taken by Sara McMinn ([www.mydarlingvegan.com](http://www.mydarlingvegan.com))





## Tofu “Egg” Scramble with vegan sausage

Serves 2

### Ingredients:

- Vegan Sausage (store bought)  
U.S. Gardein/Lightlife
- 1 tbsp oil
- ½ onion chopped
- 1 garlic clove chopped
- 2 potatoes chopped
- 280g extra firm tofu
- 2 tbsp nutritional yeast
- 1 cup mushrooms
- ½ cup black beans
- 30g cilantro stalks and leaves  
finely chopped
- Spinach (desired amount)
- Sourdough bread

### Directions:

Cook sausages as per package instructions.

Heat oil in a pan, add garlic and onion saute until translucent, add potatoes and cook until almost tender (they will finish off with the rest). Pull tofu from the package and crumble into the pan, add salt, pepper, and nutritional yeast.

Add in mushrooms, and black beans saute for about 2 minutes or until the potatoes are tender. Once tender, adjust seasonings here. Add spinach until wilted, then add chopped cilantro.

Serve with Vegan sausage, and sourdough toast.



# LUNCH RECIPES



## TLT Tofu, Lettuce, Tomato Sandwich

Serves 1

### Ingredients:

- Bread of Choice (sourdough is a great option)
- Vegan Mayo (can also sub avocado)
- Mustard
- Smoked tofu (store bought or marinade and bake your own)  
Can also buy a vegan bacon)
- Lettuce
- Tomatoes

### Directions:

Spread the mayo/mustard on the bread, cook tofu or bacon (if you're taking that route), add to the bread and top with lettuce and tomatoes.

Serve



## Mexican Chili Burrito

Serves 1

### Ingredients:

- Mexican Chili (previous night's dinner, find the recipe in the dinner section)
- Rice
- Large tortilla (unless you're eating it as a bowl)
- ½ avocado
- Vegan sour cream
- Vegan cheese

### Directions:

Cook rice according to package instructions.

Warm tortilla on the stove, add in warmed mexican chili from previous night and rice, top with avocado, sour cream and cheese.

Roll up and Enjoy!





## Tofu scramble skillet potatoes burrito

Serves 2

### Ingredients:

- 1 tbsp oil
- ½ onion chopped
- 1 garlic clove chopped
- 2 potatoes chopped
- 280g extra firm tofu
- 2 tbsp nutritional yeast
- 1 cup mushrooms
- ½ cup black beans
- 30g cilantro stalks and leaves finely chopped
- Spinach (desired amount)
- Tortilla
- Avocado
- Salsa

### Directions:

Heat oil in a pan, add garlic and onion saute until translucent, add potatoes and cook until almost tender (they will finish off with the rest).

Pull tofu from the package and crumble into the pan, add salt, pepper, and nutritional yeast. Add in mushrooms, and black beans saute for about 2 minutes or until the potatoes are tender. Once tender, adjust seasonings here.

Add spinach until wilted, then add chopped cilantro. Warm tortilla, add tofu/potato/veggie scramble, top with avocado and salsa roll up and Enjoy!





## Vegan “Fishless” Tacos

Serves 2

### Ingredients:

- Package of Fishless fillets (Gardein in the U.S)
- Cilantro
- Guacamole (store bought or freshly made)
- Salsa
- Jalapeno (optional)
- Squeeze of lime juice
- Corn Tortillas

### Directions:

Cook fillets per package instructions, prep cilantro, guacamole, salsa, and jalapenos. When the fillets are done, slice them into long strips, warm up the corn tortillas.

Put the “fishless” strips in the tortilla and top with the guacamole, salsa, sliced jalapeno, cilantro finish off with a squeeze of lime.

Serve and Enjoy!





## Smashed Chickpea Avocado Sandwich

Serves 1

### Ingredients:

- Bread of Choice - Sourdough is a good
- 1 medium sized avocado
- 1 15oz can chickpeas
- 2 tbsp chopped parsley
- Salt and pepper to taste
- Juice of 2 limes
- 1 tsp garlic powder

### Optional:

- Red pepper flakes
- Tomatoes
- Lettuce
- Sprouts

### Directions:

Add all of the ingredients except the sandwich bread, lettuce, and tomatoes in a bowl.

Using a potato masher or fork, mash them all together until combined. Taste, and adjust seasonings to taste here.

Scoop some into a sandwich with your favorite toppings and ENJOY!

\*Smashed Chickpea Avocado Sandwich from: Jessica in the Kitchen ([www.jessicainthekitchen.com](http://www.jessicainthekitchen.com))



# DINNER RECIPES



## Shepherds Pie

Serves 6

### Ingredients:

- 200g soya or sunflower mince (or equivalent)
- 1 medium brown onion, diced
- 2 cloves garlic, crushed
- 1 large carrot, grated
- 2 celery stalks, grated
- 2 tbsp soy sauce or liquid aminos
- 1 tbsp balsamic vinegar
- 2 tbsp tomato paste
- 150 ml red wine
- 1 tsp dried mixed herbs
- 1 salt free vegetable stock cube
- 400ml boiling water
- 80g frozen peas
- 2 tbsp light olive oil
- 2 tsp salt
- Grind of black pepper
- 2kg Maris Piper potatoes (or fluffy white potatoes, peeled)
- 200ml oat milk or oat cream
- 50g vegan butter
- Salt and pepper to taste
- 50g vegan cheese, grated

### Directions:

Quarter the potatoes and place in a large saucepan, cover with cold water, add 2 teaspoons of salt and bring to a boil, then cook on a rolling boil for about 20-25 minutes or until fork tender. Drain well and allow to dry in the pot with the lid off for about 5 minutes. Add the butter and milk, whisk using an electric handheld whisk until fluffy and lump free. Set aside.

While the potatoes are cooking, heat the oil over a medium heat in a large skillet and add the onion. Cook for a few minutes then add the garlic carrot, and celery. Stir well and continue to cook until soft and translucent. Pour the boiling water over the stock cube and stir until dissolved. Add the tomato puree and red wine to the stock. Stir until well combined.

Add the plant mince to the pan with the soy sauce, balsamic, mixed herbs, and stir well. Sprinkle over the salt and add the pepper. Add the flour, stir again and pour over the tomato and stock. Stir well, cover and cook on a simmer for a minimum of 30 minutes, but preferably for no less than 60 minutes. Stir in the frozen peas around 5 minutes prior to the end of cooking.

Heat the oven to 180C or 350F Pour the mince mixture into a deep serving dish, and top with dollops of mashed potatoes. Spread the mixture with a fork and pull the fork along the top of the potato to create an uneven surface. Sprinkle with grated vegan cheese and bake in the oven for around 45 minutes or until the top is brown and bubbling. Allow to rest for 10 minutes before serving.





## Mexican Vegan Chili

Serves 4

### Ingredients:

- 2 medium-sized sweet potatoes, approximately 500g
- 1 level tsp cayenne pepper, plus extra for sprinkling
- 1 heaped tsp ground cumin, plus extra for sprinkling
- 1 level tsp ground cinnamon, plus extra for sprinkling
- 1 heaped tsp smoked paprika, plus extra for sprinkling
- sea salt
- freshly ground black pepper
- coconut oil
- 1 onion
- 1 red pepper
- 1 yellow pepper
- 2 cloves garlic
- a bunch of fresh coriander (cilantro)
- 1 fresh red chilli
- 1 fresh green chilli
- 2 x 400 g tinned beans, such as kidney
- 2 x 400 g tinned chopped tomatoes

### Directions:

Preheat the oven to 200°C/400°F/gas 6

Peel the sweet potatoes and cut into bite-sized chunks. Sprinkle with a pinch each of cayenne, cumin, cinnamon, salt and pepper. Drizzle with olive oil and toss to coat, then spread out on a baking tray and set aside.

Place in the hot oven for 40 minutes, or until soft and golden. Peel and roughly chop the onion.

Halve, deseed and roughly chop the peppers. Peel and finely chop the garlic. Pick the coriander leaves and put aside, then finely chop the stalks. Deseed and finely chop the chillies.

Meanwhile, put a large pan over a medium-high heat and add the coconut oil. Add the onion, peppers and garlic and cook for 5 minutes. Add the coriander stalks, chilli and spices and cook for another 5 to 10 minutes, or until softened, stirring every couple of minutes. Drain the beans, then tip them into the pan with the tinned tomatoes.

Stir well and bring to the boil, then reduce to medium-low heat and leave to tick away for 25 to 30 minutes, or until thickened and reduced. Keep an eye on it, and add a splash of water if it gets a bit thick.

From [www.jamieoliver.com](http://www.jamieoliver.com)





## Tofu Fried Rice

Serves 2

### Ingredients:

- 1 tbsp refined coconut oil
- 1 280g block extra firm tofu
- 2 tbsp tamari or light soy sauce
- 2 tbsp nutritional yeast
- 200g spinach
- 250g basmati rice (cooked and cooled optional)

### Optional:

- Chili seeds

### Directions:

Heat a non-stick casserole or frying pan over a very high heat, and add the coconut oil. Snip a corner off the tofu packet and squeeze it firmly between both hands to drain off all the liquid. Open the packet, and crumble the tofu into the pan, by squeezing it between your hands. Sprinkle tamari or soy sauce (add more to taste if desired) and cook the tofu, stirring frequently for about 5 minutes. Add the rice and cook for another 3 minutes until warmed through. Add the nutritional yeast, and cook for another minute before adding the spinach. Stir until wilted. Serve immediately with a sprinkle of chili seeds if you like it spicy. This also keeps very well in the fridge for lunch or dinner later.





## Baked tofu with mixed veggies and Quinoa or rice

Serves 2

### Ingredients:

- 1 package tofu (liquid pressed out, using paper towels or tofu press)
- Salt
- Pepper
- Chili powder
- Nutritional yeast
- Quinoa or Rice
- 1 red bell pepper (chopped)
- 1 yellow bell pepper (chopped)
- 2 carrots (chopped)
- 2 cups frozen broccoli

### Directions:

Cook Quinoa or rice per package and set aside to stay warm. Boil water to steam vegetables. Cube tofu, sprinkle with salt, pepper, chili powder, and nutritional yeast (desired amount).

Bake in 350 degree oven for 30 minutes, pull out stir and continue to cook in 10 minute increments until it's crispy on the outside soft on the inside (taste test along the way) While tofu is cooking steam vegetables.

Serve tofu and vegetables over your rice and quinoa.

Enjoy!





## Vegan Burger with green side salad

Serves 1

### Ingredients:

- Vegan burger (store bought)  
Gardein or Dr. Praeger in U.S
- Vegan hamburger bun
- Lettuce
- Tomato
- Avocado
- Vegan Mayo
- Mustard
- Mixed Greens
- Vegan salad dressing

### Directions:

Cook vegan burger according to package instructions (great on the grill), assemble your burger, and side salad with your favorite toppings, and dressings

Enjoy!





## Sauteed Veggies with Rice or Quinoa served over Mixed Greens

Serves 1

### Ingredients:

- 1 zucchini
- 1 red bell pepper
- 1 yellow bell pepper
- 1 package shiitake mushrooms
- Rice or Quinoa
- Mixed greens
- Salsa
- Guacamole
- Vegan sour cream

### Directions:

Make Rice or quinoa according to package directions.

Saute zucchini, bell peppers, and shiitake mushrooms in medium hot pan for about 5 minutes until it reaches desired tenderness. Layer into your bowl, mixed greens, rice or quinoa, veggies, then top with salsa, guacamole, and vegan sour cream.

Enjoy!





## Chick'n Stir Fry over rice or quinoa

Serves 1

### Ingredients:

- Vegan Chick'n (often found in the frozen section)
- 1 tbsp oil
- 2 cloves garlic
- 1 inch slice fresh ginger grated (can use powder as well)
- 2 cups frozen Broccoli
- 2 Carrots
- 1 cup Sugar Snap Peas
- Vegan Teriyaki Sauce (if you want to make your own, I'll include a simple recipe)
- Optional Teriyaki Sauce
- ¼ cup soy sauce, or liquid aminos
- 1 tsp sesame oil
- 1 tbsp brown sugar

### Directions:

Cook rice or quinoa and Vegan Chick'n according to package instructions.

Heat 1 tbsp oil in a wok or large pan medium low heat, add in garlic and ginger heat until fragrant approximately 1 minute. Turn heat to medium, add in carrots, broccoli, and sugar snap peas, cook for about 5 minutes or until vegetables are tender.

Mix together teriyaki sauce ingredients or use ¼-½ cup store bought sauce add into your pan let simmer for 1 minute, remove from heat and serve over rice or quinoa.

Enjoy!



# SNACKS

Protein Bars U.S Vega Sport is a great option and in the U.K The Protein Works. Just make sure to read the label to ensure it's vegan



## Pecan Protein Shake

Serves 1

### Ingredients:

- 1 cup plant milk
- 2 scoops vanilla plant protein powder
- ½ banana
- Handful of blueberries
- 10 pecan nuts

### Directions:

Throw all the ingredients into the blender, blend and Serve!





## Hummus with rice crackers (store bought) or crudites

Serves 1





## Rye Crackers (store bought) topped with white bean hummus

Serves 1

### Ingredients:

- ½ can chickpeas
- ½ can cannellini beans
- 1 clove garlic, roughly chopped
- 1 tbsp tahini
- Juice of ½ lemon
- 2 tbsp extra virgin olive oil
- ½ tsp paprika with extra to serve

### Directions:

In a food processor add all the ingredients with some seasoning and blitz until smooth, adding a splash of water if it's too thick.

Serve in a bowl with a pinch of paprika and your rye crackers





## Strawberry Protein Shake

Serves 1

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### Ingredients:

- 1 cup plant milk
- 2 scoops vanilla plant protein powder
- Handful of strawberries
- Handful of nuts (your choice)

### Directions:

Throw all the ingredients into the blender, blend and Serve!





## Sliced apples with almond butter

Yields 24 Slices

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### Ingredients:

- 2 apples
- Almond butter (desired amount)

### Directions:

Peel and slice apples, spread with almond butter and enjoy!





## Veggies with hummus

Serves 1

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### Ingredients:

- 1 carrot
- ½ cup broccoli
- ½ cup cauliflower
- ½ red bell pepper
- ½ yellow bell pepper
- Hummus (white bean hummus previously made)

### Directions:

Prepare your veggies, unless you're buying pre cut veggies, dip in hummus and enjoy!





## Apple Pie Protein Shake

Serves 1

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### Ingredients:

- 1 cup plant milk
- 2 scoops vanilla protein powder
- 1 apple cored and sliced
- ½ frozen banana
- Apple pie spices
- 2 dates (optional)

### Directions:

Add ingredients to blender, blend and serve!





## Chips, salsa, guacamole

Serves 1

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### Ingredients:

- Chips (your choice)
- Salsa (check label to ensure vegan)
- Guacamole (check label to ensure vegan)

### Directions:

Simply enjoy!





## Sweet Potato Muffins

Makes 12 Muffins

### Ingredients:

- 1 small organic sweet potato, roasted (should be about 1 cup, packed)
- 3 tbsp ground flaxseed in  $\frac{1}{2}$  cup water (let the flaxseed sit in water for 10 minutes, this will be your egg)
- $\frac{3}{4}$  cup organic coconut milk
- 2 tbsp organic olive oil
- $\frac{1}{2}$  cup pure maple syrup
- 1 cup brown rice flour
- $\frac{1}{4}$  cup organic coconut flour
- 1 tbsp baking powder
- $\frac{1}{2}$  tsp himalayan salt
- 1 tbsp ground cinnamon
- 1 tsp ground ginger
- 1 tsp ground turmeric
- $\frac{1}{8}$  tsp ground cloves
- $\frac{1}{8}$  tsp ground nutmeg

### Directions:

Preheat oven to 400F, use a skewer to make a dozen or more holes in your sweet potato skin, then cook it on a baking tray for an hour or until soft. Allow potato to cool, then cut it in half and scoop out the insides into a large bowl.

Add the flaxseed, coconut milk, olive oil, and maple syrup. Combine until smooth. In a separate bowl, mix all of the dry ingredients, then add these to the potato mixture and stir until properly combined.

Oil your muffin tray thoroughly with coconut oil, then pour the batter evenly into the muffin tray so that each one is approximately  $\frac{2}{3}$  full. Cook for 30-35 minutes.

\*Recipe from ([www.healthy-holistic-living.com](http://www.healthy-holistic-living.com))





## Chai Smoothie

Serves 1

### Ingredients:

- 1 cup plant milk
- 1 banana
- 2 dates
- 2 scoops vanilla plant protein powder
- 1 tsp cinnamon
- ¼ tsp nutmeg
- ¼ tsp cardamom
- ¼ tsp all spice
- ⅛ tsp cloves
- Ice

### Directions:

Combine in a blender, blend till smooth!

Enjoy

(You can also add a splash of coffee for an iced delight!)



# SHOPPING LIST

Fruits	<input type="checkbox"/> 1 package shiitake mushrooms	<input type="checkbox"/> Mustard	<input type="checkbox"/> Vegan sausage
<input type="checkbox"/> 5 avocados	<input type="checkbox"/> 1 cup sugar snap peas	<input type="checkbox"/> Fresh parsley	<input type="checkbox"/> Fishless fillets
<input type="checkbox"/> 1 pk fresh blueberries	<input type="checkbox"/> ½ cup cauliflower	<input type="checkbox"/> Garlic powder	<input type="checkbox"/> Vegan burgers
<input type="checkbox"/> 1 pk fresh strawberries	Cereals/Grains	<input type="checkbox"/> Red pepper flakes	<input type="checkbox"/> Vegan Chick'n
<input type="checkbox"/> 3 fresh limes	<input type="checkbox"/> 170g rolled oats	<input type="checkbox"/> 1 tbsp balsamic	Oils/Fat
<input type="checkbox"/> 2 bananas	<input type="checkbox"/> Rice or Quinoa (or both to mix up the meals)	<input type="checkbox"/> 2 tbsp tomato paste	<input type="checkbox"/> 7 tbsp Oil
<input type="checkbox"/> 3 apples	<input type="checkbox"/> 250g basmati rice	<input type="checkbox"/> 150 ml red wine	<input type="checkbox"/> 4 tbsp Light olive oil
<input type="checkbox"/> 4 dates	Canned Goods	<input type="checkbox"/> 1 tsp dried herbs	<input type="checkbox"/> Coconut Oil
<input type="checkbox"/> 2 tomatoes	<input type="checkbox"/> ½ 15 oz refried beans	<input type="checkbox"/> Cayenne	<input type="checkbox"/> Almond Butter
<input type="checkbox"/> Lemon Juice (3 lemons)	<input type="checkbox"/> 1 cup black beans	<input type="checkbox"/> Cumin	Sweeteners
Vegetables	<input type="checkbox"/> 2 x 15oz canned chickpeas	<input type="checkbox"/> Smoked paprika	<input type="checkbox"/> ½ c maple syrup
<input type="checkbox"/> 6 spring onions	<input type="checkbox"/> 2 x 400g kidney beans	<input type="checkbox"/> Chili powder	<input type="checkbox"/> 1 tbsp brown sugar
<input type="checkbox"/> 2 chillies	<input type="checkbox"/> 2x 400g can tomatoes	<input type="checkbox"/> Fresh ginger	Baked Goods
<input type="checkbox"/> 10 cloves garlic	<input type="checkbox"/> 1 cannellini beans	<input type="checkbox"/> Sesame oil	<input type="checkbox"/> 1 package sourdough bread slices
<input type="checkbox"/> 2 onions	<input type="checkbox"/> ¾ cup coconut milk	<input type="checkbox"/> 1 tbsp tahini	<input type="checkbox"/> 8 small corn tortillas
<input type="checkbox"/> 4 potatoes	Protein Powder	<input type="checkbox"/> Paprika	<input type="checkbox"/> Large burrito tortillas
<input type="checkbox"/> 2 cups mushrooms	<input type="checkbox"/> 1 container Vanilla Plant Protein Powder	Apple pie spices	<input type="checkbox"/> Vegan hamburger bun
<input type="checkbox"/> Large package spinach	<input type="checkbox"/> Seeds/Nuts	<input type="checkbox"/> Ground ginger	Additional
<input type="checkbox"/> Lettuce	<input type="checkbox"/> 1 tbsp chia seeds	<input type="checkbox"/> Ground turmeric	<input type="checkbox"/> Rice crackers
<input type="checkbox"/> Jalapeno (optional)	<input type="checkbox"/> ½ tbsp pumpkin seeds	<input type="checkbox"/> Ground cloves	<input type="checkbox"/> Rye crackers
<input type="checkbox"/> 1 medium brown onion	<input type="checkbox"/> 10 pecan nuts	<input type="checkbox"/> Ground nutmeg	<input type="checkbox"/> Chips
<input type="checkbox"/> 6 carrots	<input type="checkbox"/> Handful of nuts (your choice)	<input type="checkbox"/> Cardamom	<input type="checkbox"/> ½ cup pico de gallo
<input type="checkbox"/> 2 celery sticks	<input type="checkbox"/> 3 tbsp flax seeds	<input type="checkbox"/> Allspice	<input type="checkbox"/> Salsa
<input type="checkbox"/> 80g frozen peas	Spices/Condiments/Herbs	Non-Dairy	<input type="checkbox"/> Guacamole
<input type="checkbox"/> 3 medium sweet potatoes	<input type="checkbox"/> Himalayan salt	<input type="checkbox"/> 2 Quarts plant milk	<input type="checkbox"/> 1 salt free veggie stock cube
<input type="checkbox"/> 2kg maris piper potatoes	<input type="checkbox"/> Pepper	<input type="checkbox"/> Vegan sour cream	<input type="checkbox"/> Vegan salad dressing
<input type="checkbox"/> 3 ½ red bell peppers	<input type="checkbox"/> Cinnamon	<input type="checkbox"/> Vegan shredded cheese	<input type="checkbox"/> Vegan teriyaki sauce (optional)
<input type="checkbox"/> 3 ½ yellow bell peppers	<input type="checkbox"/> Vanilla	<input type="checkbox"/> 200ml oat milk or oat cream	<input type="checkbox"/> 1 pack vegan protein bars (U.S vega sport are good) (U.K The Protein Works)
<input type="checkbox"/> 1 fresh red chili	<input type="checkbox"/> Fresh Cilantro	Soy Products	<input type="checkbox"/> 1 package hummus
<input type="checkbox"/> 1 fresh green chili	<input type="checkbox"/> Hot sauce (optional)	<input type="checkbox"/> 5 packs Tofu (1400g)	<input type="checkbox"/> 1 cup brown rice flour
<input type="checkbox"/> 4 ½ c frozen broccoli	<input type="checkbox"/> Soy sauce or Liquid Aminos	<input type="checkbox"/> 1 pk smoked tofu (or vegan bacon)	<input type="checkbox"/> ¼ cup organic coconut flour
Mixed greens	<input type="checkbox"/> 8 tbsp nutritional yeast	<input type="checkbox"/> 200g soya or sunflower mince	<input type="checkbox"/> 1 tbsp baking powder
<input type="checkbox"/> 1 zucchini	<input type="checkbox"/> Vegan Mayo	Plant Meat	





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