



THE SCULPTED  
**VEGAN**

# MEAL PLANS

**40 WEEKS OF MACRO & CALORIE COUNTED**  
**— MEAL PLANS 1600 - 2500CAL —**

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# Week 1 - 1600 Cal

## MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFASTS	Protein Chia	Vanilla Protein Oats	Goji Breakfast Bowl	Blueberry Coconut Drink	Protein Pancakes	Fast Vanilla Strawberry Shake	Breakfast Peanut Shake
LUNCH	Quinoa Patties with Citrus Sauce	Spinach Chickpeas Stew	Tofu Chili	White bean salad	Squash Bean Stew	Soba noodles with peanut sauce	Lentil, Kale, Quinoa Stew
SNACKS	Raspberry Hemp Smoothie	Blueberry Recovery Smoothie	Black Forest	Spinach smoothie	Orange Kale Smoothie	Blueberry Recovery Smoothie	Banana Oat Smoothie
DINNER	Spinach Chickpeas Stew	Tofu Chili	White bean salad	Squash Bean Stew	Soba noodles with peanut sauce	Lentil, Kale, Quinoa Stew	Mongolian Seitan

## MONDAY PROTEIN CHIA

Preparation time: 5 minutes + inactive time

Servings: 1

### Ingredients:

- 170ml unsweetened almond milk
- 25g chia seeds
- 30g vegan chocolate-flavored protein powder (soy)
- 15g raw cocoa powder
- 4g powdered Stevia

### Instructions:

1. Place almond milk in a food blender.
2. Add chia seeds and blend 30 seconds.
3. Add protein powder, raw cocoa powder, and Stevia.
4. Blend until creamy.
5. Refrigerate 30 minutes. You can make this a night ahead and eat in the morning.

Calories	301
Total Fat	13.4g
Total Carbohydrate	20.2g
Dietary Fibre	13.8g
Total Sugars	0.3g
Protein	34g

## QUINOA PATTIES WITH CITRUS SAUCE

Preparation time: 15 minutes + inactive time

Cooking time: 5 minutes

Servings: 1

### Ingredients:

- 5ml olive oil
- 1 tablespoon diced onion
- ½ small celery stalk, diced
- 80g cooked quinoa
- 20g almond flour
- 50g slivered almonds
- ½ tablespoon parsley
- 10g applesauce
- 1 teaspoon flax seeds
- 10ml water
- Salt and pepper, to taste

### Citrus Protein sauce:

- 15ml lemon juice
- 10g vegan blend protein powder
- 5g red or black currants, mashed
- 5g parsley, chopped

### Instructions:

1. Combine flax seeds and water in a small bowl. Place aside for 10 minutes.
2. Heat olive oil in a skillet.
3. Add onion and celery. Cook for 5-6 minutes.
4. In a large bowl, combine quinoa, almonds, almond flour, parsley, applesauce, and flax seeds mixture. Season to taste.
5. Stir well until combined.
6. Shape the mixture into 1cm thick patties.
7. Make the sauce; combine all sauce ingredients, except the protein powder, in a saucepan.
8. Bring to a boil and reduce heat. Simmer for 1 minute. Remove from the heat and stir in the protein powder.
9. Fry the chilled patties in heated olive oil, until golden.
10. Serve warm with citrus sauce.

Calories	586
Total Fat	39.2g
Total Carbohydrate	35.2g
Dietary Fibre	10.9g
Total Sugars	3.8g
Protein	29g

## RASPBERRY HEMP SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 170ml coconut water
- 40ml water
- 1 extra small banana, sliced
- 14g hemp seeds
- 10g cooked quinoa
- 60g fresh raspberries
- 30g spinach

### Instructions:

1. Toss all ingredients in a food blender.
2. Blend until smooth.
3. Serve.

Calories	380
Total Fat	6.5g
Total Carbohydrate	43.7g
Dietary Fibre	10.6g
Total Sugars	17.5g
Protein	33.9g

## SPINACH CHICKPEAS STEW

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 1 splash olive oil
- 1 small onion, chopped
- 1 clove garlic
- ¼ teaspoon cumin powder
- ¼ teaspoon smoked paprika
- ¼ teaspoon chili powder
- 120ml water
- 300g can diced tomatoes
- 80g cooked chickpeas (or can chickpeas)
- 30g baby spinach
- Salt, to taste
- A handful of chopped coriander, to garnish
- 10g slivered almonds, to garnish
- 2 slices whole grain bread

### Instructions:

1. Heat olive oil in a saucepan over medium-high heat.
2. Add onion and cook for 6 minutes.
3. Add garlic, cumin, paprika, and chili powder.
4. Cook 1 minute.
5. Add water and scrape any browned bits.
6. Add the tomatoes and chickpeas. Season to taste and reduce heat.
7. Simmer the soup for 10 minutes.
8. Stir in spinach and cook 2 minutes.
9. Ladle soup in a bowl. Sprinkle with cilantro and almonds.
10. Serve with toasted bread slices.

Calories	339
Total Fat	8.8g
Total Carbohydrate	52.8g
Dietary Fibre	14.1g
Total Sugars	13.4g
Protein	15.8g

## TUESDAY

### VANILLA PROTEIN OATS

Preparation time: 5 minutes

Cooking time: 15 minutes

Servings: 1

#### Ingredients:

- 30g rolled oats
- 10g coconut flour
- 20g sliced almonds
- 230ml unsweetened almond milk
- 50ml water
- 14g chia seeds
- 10g peanut butter
- 30g vegan blend protein powder
- ¼ small banana, sliced

Calories	564
Total Fat	26.5g
Total Carbohydrate	49.5g
Dietary Fibre	16.6g
Total Sugars	5g
Protein	37.9g

#### Instructions:

1. Combine oats, almond milk, and water in a saucepan.
2. Cook over medium-high heat until most the liquid is absorbed. Reduce heat and stir in chia. Cook for 2 minutes or until gently thickened.
3. Remove from the heat and stir in peanut butter, sliced almonds, coconut flour, protein powder, and maple syrup.
4. Serve warm or refrigerate 30 minutes before serving.
5. Top with sliced banana just before serving.

## SPINACH CHICKPEAS STEW - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 2

#### Ingredients:

- 1 splash olive oil
- 1 small onion, chopped
- 1 clove garlic
- ¼ teaspoon cumin powder
- ¼ teaspoon smoked paprika
- ¼ teaspoon chili powder
- 120ml water
- 300g can diced tomatoes
- 80g cooked chickpeas (or can chickpeas)
- 30g baby spinach
- Salt, to taste
- A handful of chopped coriander, to garnish
- 10g slivered almonds, to garnish
- 2 slices whole grain bread

Calories	339
Total Fat	8.8g
Total Carbohydrate	52.8g
Dietary Fibre	14.1g
Total Sugars	13.4g
Protein	15.8g

#### Instructions:

1. Heat olive oil in a saucepan over medium-high heat.
2. Add onion and cook for 6 minutes.
3. Add garlic, cumin, paprika, and chili powder.
4. Cook 1 minute.
5. Add water and scrape any browned bits.
6. Add the tomatoes and chickpeas. Season to taste and reduce heat.
7. Simmer the soup for 10 minutes.
8. Stir in spinach and cook 2 minutes.
9. Ladle soup in a bowl. Sprinkle with cilantro and almonds.
10. Serve with toasted bread slices

## BLUEBERRY RECOVERY SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 150ml coconut water
- 20ml unsweetened coconut milk
- 30g raw pineapple
- 1 small frozen banana
- 40g frozen blueberries
- 15g spinach
- 35g vegan blend protein powder
- ½ teaspoon cinnamon

Calories	270
Total Fat	3.3g
Total Carbohydrate	33.2
Dietary Fibre	5.3g
Total Sugars	24.3g
Protein	28.8

### Instructions:

1. Toss all ingredients into food blender.
2. Blend until smooth.
3. Serve.

## TOFU CHILI

Preparation time: 5 minutes

Cooking time: 25 minutes

Servings: 2

### Ingredients:

- 5ml olive oil
- 150g firm tofu, drained
- 1 tablespoon diced onion
- ¼ green bell pepper, seeded, diced
- 30g mushrooms, sliced
- 120ml tomato sauce
- 200g can chopped tomatoes
- 200g kidney beans, cooked
- ½ tablespoon chili powder
- ¼ teaspoon cumin powder
- ¼ teaspoon dried basil
- Salt to taste

Calories	378
Total Fat	6.9g
Total Carbohydrate	56.8g
Dietary Fibre	14.1g
Total Sugars	6g
Protein	25.8g

### Instructions:

1. Heat olive oil in a saucepan over medium-high heat.
2. Add onion and cook 4 minutes.
3. Add garlic, chili, cumin, and basil. Cook 1 minute.
4. Stir in the tofu and toss gently to coat with the spices.
5. Add the remaining ingredients and bring to a boil. Reduce heat and simmer 20 minutes.
6. Serve.



## WEDNESDAY GOJI BREAKFAST BOWL

Preparation time: 10 minutes

Servings: 1

### Ingredients:

- 15g chia seeds
- 10g buckwheat
- 15g hemp seeds
- 20g Goji berries
- 250ml unsweetened almond milk
- 30g vegan vanilla-flavored protein powder

### Instructions:

1. Combine chia, buckwheat, hemp seeds, and Goji berries in a bowl.
2. Heat soy milk in a saucepan until start to simmer.
3. Pour the milk over "cereals".
4. Stir in the protein powder.
5. Allow the cereals to stand for 5 minutes.
6. Serve.

Calories	408
Total Fat	16.3g
Total Carbohydrate	33.4g
Dietary Fibre	10.3g
Total Sugars	17.5g
Protein	36g

## TOFU CHILI - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 25 minutes

Servings: 2

### Ingredients:

- 5ml olive oil
- 150g firm tofu, drained
- 1 tablespoon diced onion
- ¼ green bell pepper, seeded, diced
- 30g mushrooms, sliced
- 120ml tomato sauce
- 200g can chopped tomatoes
- 200g kidney beans, cooked
- ½ tablespoon chili powder
- ¼ teaspoon cumin powder
- ¼ teaspoon dried basil
- Salt to taste

### Instructions:

1. Heat olive oil in a saucepan over medium-high heat.
2. Add onion and cook 4 minutes.
3. Add garlic, chili, cumin, and basil. Cook 1 minute.
4. Stir in the tofu and toss gently to coat with the spices.
5. Add the remaining ingredients and bring to a boil. Reduce heat and simmer 20 minutes.
6. Serve.

Calories	378
Total Fat	6.9g
Total Carbohydrate	56.8g
Dietary Fibre	14.1g
Total Sugars	6g
Protein	25.8g

## BLACK FOREST

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 40g vegan blend protein powder
- 250ml unsweetened soy milk
- ½ small banana, sliced
- 5 ice cubes
- 60g pitted cherries

### Instructions:

1. Toss all ingredients in a food blender.
2. Blend until smooth.
3. Serve.

Calories	320
Total Fat	6.1g
Total Carbohydrate	27.8g
Dietary Fibre	4.4g
Total Sugars	15.2g
Protein	41g

## WHITE BEAN SALAD

Preparation time: 15 minutes

Servings: 2

### Ingredients:

- 220g can white beans, rinsed, drained or cooked beans
- ½ avocado, peeled, chopped
- 2 large tomatoes, sliced
- 1 onion, thinly sliced

### Sauce:

- 40g cashews, soaked in water 4 hours
- 10ml extra-virgin olive oil
- 15ml lemon juice
- 35ml water
- 5g Dijon mustard
- ½ teaspoon pure maple syrup
- 1 small clove garlic
- ¼ teaspoon cayenne pepper
- ¼ teaspoon paprika powder
- 1 pinch salt

### Instructions:

1. Make the sauce; rinse and drain cashews and place in a food processor.
2. Add the remaining ingredients, olive oil, lemon juice, water, mustard, garlic, cayenne, paprika, and salt.
3. Process until smooth and creamy. Place aside.
4. Make the salad; prepared vegetables as described.
5. Toss the beans with avocado, cherry tomatoes, and red onion.
6. Drizzle with prepared dressing and toss once again.
7. Serve or refrigerate before serving.

Calories	480
Total Fat	25.6g
Total Carbohydrate	51.5g
Dietary Fibre	17.9g
Total Sugars	9.6g
Protein	14.3g



## THURSDAY BLUEBERRY COCONUT DRINK

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 70g frozen blueberries
- 50g vegan blend protein powder
- 10ml maple syrup
- 5g flax seeds
- 250ml full-fat coconut milk

### Instructions:

1. Toss all ingredients into food blender.
2. Blend on high until smooth.
3. Serve.

Calories	335
Total Fat	7.3g
Total Carbohydrate	28.8g
Dietary Fibre	4.1g
Total Sugars	15.1g
Protein	39.1g

## WHITE BEAN SALAD - PREVIOUS NIGHT DINNER

Preparation time: 15 minutes

Servings: 2

### Ingredients:

- 220g can white beans, rinsed, drained or cooked beans
- ½ avocado, peeled, chopped
- 2 large tomatoes, sliced
- 1 onion, thinly sliced

### Sauce:

- 40g cashews, soaked in water 4 hours
- 10ml extra-virgin olive oil
- 15ml lemon juice
- 35ml water
- 5g Dijon mustard
- ½ teaspoon pure maple syrup
- 1 small clove garlic
- ¼ teaspoon cayenne pepper
- ¼ teaspoon paprika powder
- 1 pinch salt

### Instructions:

1. Make the sauce; rinse and drain cashews and place in a food processor.
2. Add the remaining ingredients, olive oil, lemon juice, water, mustard, garlic, cayenne, paprika, and salt.
3. Process until smooth and creamy. Place aside.
4. Make the salad; prepared vegetables as described.
5. Toss the beans with avocado, cherry tomatoes, and red onion.
6. Drizzle with prepared dressing and toss once again.
7. Serve or refrigerate before serving.

Calories	480
Total Fat	25.6g
Total Carbohydrate	51.5g
Dietary Fibre	17.9g
Total Sugars	9.6g
Protein	14.3g

## SPINACH SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 30g spinach
- 250ml unsweetened almond milk
- 35g vegan blend protein powder
- 1 apple, cored and peeled
- 1 teaspoon coconut oil
- 15g chia seeds

### Instructions:

1. Toss all ingredients into food blender.
2. Blend until smooth.
3. Serve.

Calories	390
Total Fat	14.3g
Total Carbohydrate	44g
Dietary Fibre	12.3g
Total Sugars	23.3g
Protein	32.4g

## SQUASH BEAN STEW

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 200g cooked black beans
- 5ml peanut oil
- 70g brown rice, cooked
- 1 garlic clove, chopped
- 150ml tomato sauce
- ¼ teaspoon ground cumin
- 30g peanut butter, smooth
- ¼ large onion, onion
- ½ teaspoon fresh ginger, minced
- 300ml vegetable stock
- ½ chili pepper, finely chopped
- 80g acorn squash, peeled, seeded and cubed
- ½ tablespoon chopped roasted peanuts
- Salt and pepper, to taste

### Instructions:

1. Heat the olive oil in saucepot.
2. Add the onions and cook for 5 minutes. Add the ginger and chili; season to taste and cook for 5 minutes stirring.
3. Add the broth, squash, peanut butter, tomato puree, and cover.
4. Cook for 25 minutes over medium heat, or until the squash is tender.
5. Add the beans and cook until heated through.
6. Serve with brown rice and sprinkle with chopped peanuts.

Calories	405
Total Fat	13.9g
Total Carbohydrate	48.5g
Dietary Fibre	12.9g
Total Sugars	7.5g
Protein	18.5g

## FRIDAY PROTEIN PANCAKES

Preparation time: 5 minutes

Cooking time: 10 minutes

Servings: 1

### Ingredients:

- 30g rolled oats
- 100ml unsweetened almond milk
- 40g vegan vanilla-flavored protein powder
- 30g unsweetened applesauce
- 10g flax meal
- 40g blueberries
- ½ teaspoon baking soda
- ½ teaspoon baking powder
- 1 pinch cinnamon

Calories	365
Total Fat	8.4g
Total Carbohydrate	41.1g
Dietary Fibre	7.9g
Total Sugars	7.3g
Protein	34.2g

### Instructions:

1. Heat large non-stick skillet over medium-high heat.
2. In the meantime, combine oats, almond milk, protein powder, applesauce, flax meal, baking soda, baking powder, and cinnamon in a food blender.
3. Blend on high until smooth. Let the batter rest for 5 minutes.
4. Pour 4 mounds of the batter into greased skillet.
5. Cook the pancakes for 3 minutes per side.
6. Serve warm, drizzled with maple syrup.

## SQUASH BEAN STEW - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 200g cooked black beans
- 5ml peanut oil
- 70g brown rice, cooked
- 1 garlic clove, chopped
- 150ml tomato sauce
- ¼ teaspoon ground cumin
- 30g peanut butter, smooth
- ¼ large onion, onion
- ½ teaspoon fresh ginger, minced
- 300ml vegetable stock
- ½ chili pepper, finely chopped
- 80g acorn squash, peeled, seeded and cubed
- ½ tablespoon chopped roasted peanuts
- Salt and pepper, to taste

Calories	405
Total Fat	13.9g
Total Carbohydrate	48.5g
Dietary Fibre	12.9g
Total Sugars	7.5g
Protein	18.5g

### Instructions:

1. Heat the olive oil in saucepot.
2. Add the onions and cook for 5 minutes. Add the ginger and chili; season to taste and cook for 5 minutes stirring.
3. Add the broth, squash, peanut butter, tomato puree, and cover.
4. Cook for 25 minutes over medium heat, or until the squash is tender.
5. Add the beans and cook until heated through.
6. Serve with brown rice and sprinkle with chopped peanuts.

## ORANGE KALE SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 40g vegan blend protein powder
- 250ml water
- 30g kale, chopped
- ½ orange, peeled, seeded
- 1 pinch ginger powder

### Instructions:

1. Combine all ingredients in a blender.
2. Blend until smooth.
3. Serve.

Calories	209
Total Fat	1.4g
Total Carbohydrate	29.8g
Dietary Fibre	4.9g
Total Sugars	17.2g
Protein	32.8g

## SOBA NOODLES WITH PEANUT SAUCE

Preparation time: 10 minutes

Cooking time: 4 minutes

Servings: 2

### Ingredients:

- 120g soba noodles
- 80g red cabbage, thinly sliced
- 1 small carrot, grated
- 1 small cucumber, thinly sliced
- 2 tablespoons cilantro, chopped

### Sauce:

- 80g smooth peanut butter
- 50ml lime juice
- 10ml light soy sauce
- 40ml water
- ½ teaspoon grated ginger
- ½ teaspoon maple syrup

### Instructions:

1. Cook soba noodles according to package instructions. Usually cook for 4 minutes.
2. In the meantime, prepare veggies.
3. Make the sauce; combine all sauce ingredients in a bowl. Stir until smooth.
4. Drain the soba noodles and transfer into a bowl. Add veggies and toss gently to combine.
5. Drizzle the noodles and vegetables with prepared sauce.
6. Serve.

Calories	691
Total Fat	28.5g
Total Carbohydrate	48.2g
Dietary Fibre	5.9g
Total Sugars	11.1g
Protein	29.2g

## SATURDAY

### FAST VANILLA STRAWBERRY SHAKE

Preparation time: 5 minutes

Servings: 1

#### Ingredients:

- 50g vegan vanilla-flavored protein blend powder
- 4 strawberries, sliced
- 250ml unsweetened almond milk
- 10g chia seeds

#### Instructions:

1. Toss all ingredients into a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	303
Total Fat	8.6g
Total Carbohydrate	15.8g
Dietary Fibre	9.4g
Total Sugars	2.4g
Protein	36.9g

## SOBA NOODLES WITH PEANUT SAUCE

Preparation time: 10 minutes

Cooking time: 4 minutes

Servings: 1

#### Ingredients:

- 60g soba noodles
- 40g red cabbage, thinly sliced
- 1 small carrot, grated
- 1 small cucumber, thinly sliced
- 2 tablespoons cilantro, chopped

#### Sauce:

- 40g smooth peanut butter
- 30ml lime juice
- 5ml light soy sauce
- 20ml water
- ¼ teaspoon grated ginger
- ¼ teaspoon maple syrup

#### Instructions:

1. Cook soba noodles according to package instructions. Usually cook for 4 minutes.
2. In the meantime, prepare veggies.
3. Make the sauce; combine all sauce ingredients in a bowl. Stir until smooth.
4. Drain the soba noodles and transfer into a bowl. Add veggies and toss gently to combine.
5. Drizzle the noodles and vegetables with prepared sauce.
6. Serve.

Calories	691
Total Fat	28.5g
Total Carbohydrate	48.2g
Dietary Fibre	5.9g
Total Sugars	11.1g
Protein	29.2g

## BLUEBERRY RECOVERY SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 150ml coconut water
- 20ml unsweetened coconut milk
- 30g raw pineapple
- 1 small frozen banana
- 40g frozen blueberries
- 15g spinach
- 35g vegan blend protein powder
- ½ teaspoon cinnamon

### Instructions:

1. Toss all ingredients into food blender.
2. Blend until smooth.
3. Serve.

Calories	270
Total Fat	3.3g
Total Carbohydrate	33.2
Dietary Fibre	5.3g
Total Sugars	24.3g
Protein	28.8

## LENTIL, KALE, QUINOA STEW

Preparation time: 5 minutes

Cooking time: 26 minutes

Servings: 2

### Ingredients:

- ½ tablespoon coconut oil
- ½ onion, diced
- 1 carrot, grated
- 1 celery stalk, chopped
- 2 cloves garlic, minced
- ½ teaspoon cumin powder
- ¼ teaspoon minced ginger
- ¼ teaspoon turmeric
- 200g can chopped tomatoes
- 90g dry red lentils, soaked overnight, drained
- 40g quinoa
- 40g kale
- 600ml water
- Salt, to taste

### Instructions:

1. Heat olive oil in a saucepot.
2. Add onion, carrot, and celery. Cook over medium-high heat for 5 minutes.
3. Add the garlic and spices. Cook 1 minute.
4. Add the remaining ingredients and bring to a boil. Reduce heat and simmer for 20 minutes.
5. Stir in the kale and cook until wilted.
6. Season to taste and serve.

Calories	323
Total Fat	5.3g
Total Carbohydrate	51.8g
Dietary Fibre	17g
Total Sugars	3.8g
Protein	17g



## SUNDAY BREAKFAST PEANUT SHAKE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 375ml unsweetened almond milk
- 15g flax seeds
- 40g peanut butter
- 30g vegan protein powder
- 5 ice cubes
- 1 good pinch cinnamon

### Instructions:

1. Pour almond milk in a food blender.
2. Add remaining ingredients.
3. Blend until smooth.

Calories	483
Total Fat	30.7g
Total Carbohydrate	24.2g
Dietary Fibre	13.1g
Total Sugars	4g
Protein	32.7g

## LENTIL, KALE, QUINOA STEW - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 26 minutes

Servings: 2

### Ingredients:

- ½ tablespoon coconut oil
- ½ onion, diced
- 1 carrot, grated
- 1 celery stalk, chopped
- 2 cloves garlic, minced
- ½ teaspoon cumin powder
- ¼ teaspoon minced ginger
- ¼ teaspoon turmeric
- 200g can chopped tomatoes
- 90g dry red lentils, soaked overnight, drained
- 40g quinoa
- 40g kale
- 600ml water
- Salt, to taste

### Instructions:

1. Heat olive oil in a saucepot.
2. Add onion, carrot, and celery. Cook over medium-high heat for 5 minutes.
3. Add the garlic and spices. Cook 1 minute.
4. Add the remaining ingredients and bring to a boil. Reduce heat and simmer for 20 minutes.
5. Stir in the kale and cook until wilted.
6. Season to taste and serve.

Calories	323
Total Fat	5.3g
Total Carbohydrate	51.8g
Dietary Fibre	17g
Total Sugars	3.8g
Protein	17g

## BANANA OAT SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 60g vegan vanilla-flavored protein powder
- 15g rolled oats
- 1 small banana, sliced
- 250ml unsweetened almond milk
- 120ml water
- 4 ice cubes
- 15ml maple syrup

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend until smooth.
3. Serve.

Calories	424
Total Fat	5g
Total Carbohydrate	52.4g
Dietary Fibre	6.7g
Total Sugars	26.1g
Protein	47.9g

## MONGOLIAN SEITAN

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 2

### Ingredients:

- 10ml coconut oil
- 2 cloves garlic, minced
- ¼ teaspoon fresh ginger, minced
- ¼ teaspoon five spice
- 1 pinch red pepper flakes
- 10ml low-sodium soy sauce
- 25g coconut sugar
- 1 ½ teaspoons cornstarch
- 20ml water
- 5ml grapeseed oil
- 250g seitan
- 1 ½ teaspoons sesame seeds
- 1 spring onion, chopped

### Instructions:

1. Heat coconut oil in a skillet.
2. Add garlic and ginger. Cook for 1 minute.
3. Add five spice, red pepper flakes and cook 30 seconds.
4. Add soy sauce and coconut sugar. Bring to a boil.
5. Reduce heat and simmer 5 minutes or until the sugar is dissolved.
6. Whisk cornstarch and water in a small bowl. Pour the starch slurry into the skillet.
7. Cook until sauce is gently thickened.
8. In the meantime, heat grapeseed oil in a skillet.
9. Cut seitan in 2cm pieces. Cook the seitan for 5 minutes or until lightly crisp on the edges.
10. Place the seitan in the skillet with prepared sauce. Cook 30 seconds.
11. Remove from heat and divide among four serving bowls.
12. Top with sesame seeds and spring onions.

Calories	303
Total Fat	12.3g
Total Carbohydrate	11.2g
Dietary Fibre	2.1g
Total Sugars	0.2g
Protein	28.4g

# Week 1 - 1600cal

## GROCERY LIST

### Fruits:

- Apple
- Avocado
- Banana
- Blue berries(fresh and frozen)
- Goji berries
- Cherries
- Currants
- Lemon
- Lime
- Orange
- Pineapple
- Raspberries
- Strawberries

### Vegetables:

- Bell pepper (red, green, yellow)
- Onion
- Spring Onion
- Garlic
- Spinach
- Mushrooms
- Acorn Squash
- Kale
- Carrot
- Cucumber
- Red Cabbage
- Celery

### Legumes:

- Black Beans
- Chickpeas
- White Beans
- Red Lentils

### Cereals and Grains:

- Buckwheat
- Quinoa
- Oats
- Brown Rice

### Canned:

- Can Diced Tomatoes
- Applesauce
- Can Chickpeas
- Can White Beans
- Tomato Sauce

### Pasta:

- Soba Noodles

### Protein Powder:

- Vegan Blend Protein Powder
- Chocolate-flavored vegan protein powder

### Seeds and Nuts:

- Chia
- Hemp
- Flax
- Sesame seeds
- Cashews
- Slivered Almonds
- Peanuts

### Spices, Condiments, and Herbs:

- Parsley
- Cinnamon
- Dried Basil
- Dijon mustard
- Cayenne pepper
- Cumin
- Smoked Paprika
- Chili powder
- Ginger
- Low-Sodium Soy Sauce
- Red pepper flakes
- Five Spice

### Non-Dairy and Soy Products:

- Almond milk
- Coconut Milk
- Seitan
- Firm Tofu

### Oils and Fat:

- Olive oil
- Coconut oil
- Peanut oil
- Peanut butter
- Grapeseed Oil

### Sweeteners:

- Stevia
- Maple Syrup

### Baked Goods:

- Whole-Grain Bread

### Additional:

- Baking Powder
- Baking Soda
- Cornstarch
- Cocoa powder
- Almond flour
- Coconut Water
- Vegetable Stock

Week 2 - 1600 Cal  
MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFASTS	Hummus and Avocado on toast	Millet Chocolate Porridge	Peanut Butter Banana Quinoa Bowl	Oat Coconut Shake	Protein Spread	Blueberry Coconut Drink	Amaranth Quinoa porridge
LUNCH	Mongolian Seitan	Chickpea Pasta with Avocado Sauce	Protein Broccoli Balls with Chutney	Curry Lentils Soup	Spicy Lentils Dhal	Potato Bean Quesadillas	Lentils salad with Lemon Tahini Dressing
SNACKS	Papaya Smoothie	Black Forest	Tea Smoothie	Black Forest	Blueberry Recovery Smoothie	Spinach smoothie	Blackberry Smoothie
DINNER	Chickpea Pasta with Avocado Sauce	Protein Broccoli Balls with Chutney	Curry Lentils Soup	Spicy Lentils Dhal	Potato Bean Quesadillas	Lentils salad with Lemon Tahini Dressing	Spinach Tofu Scramble with Sour Cream

## MONDAY

### HUMMUS AND AVOCADO ON TOAST

Preparation time: 5 minutes

Servings: 1

#### Ingredients:

- 70g cooked chickpeas
- 15g tahini
- ¼ teaspoon paprika
- ½ small clove garlic, minced
- 20ml lemon juice
- 15ml water
- 30g vegan protein powder
- ¼ avocado, sliced
- 2 slices whole-grain bread
- Salt to taste

Calories	534
Total Fat	19.6g
Total Carbohydrate	53.1g
Dietary Fibre	13.8g
Total Sugars	7.4g
Protein	39.4g

#### Instructions:

1. Combine chickpeas, tahini, paprika, garlic, lemon juice, water, and protein powder in a food blender.
2. Blend until smooth. If needed add more water to thin.
3. Spread the hummus over bread slices.
4. Top with avocado.
5. Serve.

## MONGOLIAN SEITAN

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 2

#### Ingredients:

- 10ml coconut oil
- 2 cloves garlic, minced
- ¼ teaspoon fresh ginger, minced
- ¼ teaspoon five spice
- 1 pinch red pepper flakes
- 10ml low-sodium soy sauce
- 25g coconut sugar
- 1 ½ teaspoons cornstarch
- 20ml water
- 5ml grapeseed oil
- 250g seitan
- 1 ½ teaspoons sesame seeds
- 1 spring onion, chopped

Calories	303
Total Fat	12.3g
Total Carbohydrate	11.2g
Dietary Fibre	2.1g
Total Sugars	0.2g
Protein	28.4g

#### Instructions:

1. Heat coconut oil in a skillet.
2. Add garlic and ginger. Cook for 1 minute.
3. Add five spice, red pepper flakes and cook 30 seconds.
4. Add soy sauce and coconut sugar. Bring to a boil.
5. Reduce heat and simmer 5 minutes or until the sugar is dissolved.
6. Whisk cornstarch and water in a small bowl. Pour the starch slurry into the skillet.
7. Cook until sauce is gently thickened.
8. In the meantime, heat grapeseed oil in a skillet.
9. Cut seitan in 2cm pieces. Cook the seitan for 5 minutes or until lightly crisp on the edges.
10. Place the seitan in the skillet with prepared sauce. Cook 30 seconds.
11. Remove from heat and divide among four serving bowls.
12. Top with sesame seeds and spring onions.

## PAPAYA SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 90g papaya, cubed, chilled
- 1 cup ice
- 180g soy yogurt
- 15ml lemon juice
- 1 teaspoon agave nectar
- 2 teaspoons ginger, minced

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend until smooth.
3. Serve.

Calories	208
Total Fat	5.4g
Total Carbohydrate	33g
Dietary Fibre	3.7g
Total Sugars	21.3g
Protein	8.9g

## CHICKPEA PASTA WITH AVOCADO SAUCE

Preparation time: 5 minutes

Cooking time: 10 minutes

Servings: 2

### Ingredients:

- 225g chickpea pasta
- ½ avocado, peeled, pitted
- 1 teaspoon dried basil
- Salt and pepper, to taste
- 30ml unsweetened almond milk
- 5g unsweetened coconut cream
- 5ml lemon juice

### Instructions:

1. Cook the pasta according to package directions.
2. In the meantime, combine avocado, basil, almond milk, coconut cream, and lemon juice into a food blender. Season with salt and pepper.
3. Blend until smooth.
4. Pour over pasta and toss to combine.
5. Serve immediately.

Calories	588
Total Fat	18.6g
Total Carbohydrate	67.4g
Dietary Fibre	18.4g
Total Sugars	12.6g
Protein	26.5g



## TUESDAY

### MILLET CHOCOLATE PORRIDGE

Preparation time: 5 minutes

Cooking time: 12 minutes

Servings: 1

#### Ingredients:

- 5ml coconut oil
- ½ teaspoon cinnamon
- 1 pinch nutmeg
- 50g millet
- 30g soy chocolate-flavored protein powder
- 200ml unsweetened almond milk
- 60ml water
- 20g toasted walnuts, chopped

#### Instructions:

1. Place millet into a food processor.
2. Process until coarse.
3. Heat olive oil in a saucepan.
4. Add cinnamon and nutmeg. Cook until fragrant.
5. Toss in the millet and stir to coat with spices.
6. Stir in coconut milk and water. Bring to a boil.
7. Reduce heat and simmer 10 minutes.
8. Remove from the heat and stir in protein powder.
9. Allow the millet to stand for 5 minutes.
10. Serve topped with chopped walnuts.

Calories	482
Total Fat	19.6g
Total Carbohydrate	40.4g
Dietary Fibre	6.6g
Total Sugars	0.2g
Protein	34g

## CHICKPEA PASTA WITH AVOCADO SAUCE

Preparation time: 5 minutes

Cooking time: 10 minutes

Servings: 2

#### Ingredients:

- 225g chickpea pasta
- ½ avocado, peeled, pitted
- 1 teaspoon dried basil
- Salt and pepper, to taste
- 30ml unsweetened almond milk
- 5g unsweetened coconut cream
- 5ml lemon juice

#### Instructions:

1. Cook the pasta according to package directions.
2. In the meantime, combine avocado, basil, almond milk, coconut cream, and lemon juice into a food blender. Season with salt and pepper.
3. Blend until smooth.
4. Pour over pasta and toss to combine.
5. Serve immediately.

Calories	588
Total Fat	18.6g
Total Carbohydrate	67.4g
Dietary Fibre	18.4g
Total Sugars	12.6g
Protein	26.5g

## BLACK FOREST

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 40g vegan blend protein powder
- 250ml unsweetened soy milk
- ½ small banana, sliced
- 5 ice cubes
- 60g pitted cherries

### Instructions:

1. Toss all ingredients in a food blender.
2. Blend until smooth.
3. Serve.

Calories	320
Total Fat	6.1g
Total Carbohydrate	27.8g
Dietary Fibre	4.4g
Total Sugars	15.2g
Protein	41g

## PROTEIN BROCCOLI BALLS WITH CHUTNEY

Preparation time: 20 minutes

Cooking time: 20 minutes

Serves: 2

### Ingredients:

- ½ small head broccoli
- ½ tablespoons olive oil
- 1 teaspoon chopped basil
- 1 small clove garlic, minced
- 1 pinch chili powder
- 10g almond meal
- 30g vegan blend protein powder
- 10g Chia seeds
- 30ml water
- 20g shredded vegan cheddar

### Chutney:

- ½ small avocado, pitted, peeled
- 1 clove garlic
- 1 teaspoon mint leaves
- 1 teaspoon coriander leaves
- ½ green chili pepper, seeded, chopped
- 5ml olive oil
- Salt and pepper, to taste

### Instructions:

1. Process broccoli in a food processor to resemble rice.
2. Heat oil in a skillet. Add broccoli and cook 3-4 minutes.
3. Remove from the heat and stir in slices, nutritional yeas, almond flour, chia seeds, water, and Vegan cheddar cheese. Heat oven to 200C. Line a baking sheet with baking paper.
4. Shape the mixture into balls and arrange onto baking sheet. Bake 20 minutes.
5. In the meantime, make the chutney. Chop the avocado finely. Mince the garlic, and combine with avocado. Finely chop the mint and coriander. Add chili pepper into the mixture and drizzle all with olive oil. Season to taste and toss to combine. Place aside to infuse.
6. Serve broccoli balls with chutney.

Calories	279
Total Fat	17.5g
Total Carbohydrate	18.6g
Dietary Fibre	8.3g
Total Sugars	1.9g
Protein	17.4g

## WEDNESDAY

### PEANUT BUTTER BANANA QUINOA BOWL

Preparation time: 15 minutes

Cooking time: 15 minutes

Serve: 1

#### Ingredients:

- 150ml unsweetened soy milk
- 70g uncooked quinoa
- ½ teaspoon Ceylon cinnamon
- 10g chia seeds
- 20g organic peanut butter
- 30ml unsweetened almond milk
- 30g vegan chocolate flavored protein powder
- 5 drops liquid stevia
- ½ small banana, peeled, sliced

Calories	726
Total Fat	20g
Total Carbohydrate	79.8g
Dietary Fibre	17.4g
Total Sugars	17.3g
Protein	40g

#### Instructions:

1. In a saucepan, bring soy milk, quinoa, and Ceylon cinnamon to a boil.
2. Reduce heat and simmer 15 minutes.
3. Remove from the heat and stir in Chia seeds. Cover the saucepan with lid and place aside for 15 minutes.
4. In the meantime, microwave peanut butter and almond milk for 30 seconds on high. Remove and stir until runny. Repeat the process if needed.
5. Stir in protein powder and Stevia.
6. To serve; fluff the quinoa with fork and transfer in a bowl.
7. Top with sliced banana.
8. Drizzle the quinoa with peanut butter.
9. Serve.

## PROTEIN BROCCOLI BALLS WITH CHUTNEY - PREVIOUS NIGHT DINNER

Preparation time: 20 minutes

Cooking time: 20 minutes

Serves: 2

### Ingredients:

- ½ small head broccoli
- ½ tablespoons olive oil
- 1 teaspoon chopped basil
- 1 small clove garlic, minced
- 1 pinch chili powder
- 10g almond meal
- 30g vegan blend protein powder
- 10g Chia seeds
- 30ml water
- 20g shredded vegan cheddar

Calories	279
Total Fat	17.5g
Total Carbohydrate	18.6g
Dietary Fibre	8.3g
Total Sugars	1.9g
Protein	17.4g

### Chutney:

- ½ small avocado, pitted, peeled
- 1 clove garlic
- 1 teaspoon mint leaves
- 1 teaspoon coriander leaves
- ½ green chili pepper, seeded, chopped
- 5ml olive oil
- Salt and pepper, to taste

### Instructions:

1. Process broccoli in a food processor to resemble rice.
2. Heat oil in a skillet. Add broccoli and cook 3-4 minutes.
3. Remove from the heat and stir in slices, nutritional yeas, almond flour, chia seeds, water, and Vegan cheddar cheese. Heat oven to 200C. Line a baking sheet with baking paper.
4. Shape the mixture into balls and arrange onto baking sheet. Bake 20 minutes.
5. In the meantime, make the chutney. Chop the avocado finely. Mince the garlic, and combine with avocado. Finely chop the mint and coriander. Add chili pepper into the mixture and drizzle all with olive oil. Season to taste and toss to combine. Place aside to infuse.
6. Serve broccoli balls with chutney.

## TEA SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 300ml rooibos tea, freshly brewed, cold
- 40g fresh blueberries
- 15g flaxseeds
- 15g hemp seeds
- ¼ small banana, sliced
- 10 almonds
- 35g vegan blend protein powder

### Instructions:

1. Combine all ingredients in a food blender.
2. Blender until smooth.
3. Serve.

Calories	311
Total Fat	16.9g
Total Carbohydrate	24.2g
Dietary Fibre	8.3g
Total Sugars	10.9g
Protein	33.8g

## CURRY LENTILS SOUP

Preparation time: 5 minutes

Cooking time: 40 minutes

Servings: 2

### Ingredients:

- 10ml coconut oil
- ½ onion, diced
- 1 clove garlic, minced
- 1 teaspoon fresh ginger, minced
- 15g tomato paste, no sugar added
- ½ tablespoon curry powder
- 475ml vegetable stock
- 200ml full-fat coconut milk
- 150g can diced tomatoes
- 150g cooked red lentils
- 30g spinach
- Salt and pepper, to taste

### Instructions:

1. Heat coconut oil in a saucepot over medium-high heat.
2. Add onion and cook 5 minutes.
3. Add garlic, ginger, and tomato paste.
4. Cook 2 minutes.
5. Add curry powder and cook 30 seconds.
6. Pour in stock and scrape to remove any browned bits.
7. Stir in coconut milk, diced tomatoes, and red lentils.
8. Bring to a boil.
9. Reduce heat and simmer 5 minutes or until lentils are heated through.
10. In the last minutes of cooking, stir in spinach.
11. Cook until spinach is wilted.
12. Serve soup warm, with whole-grain bread.

Calories	330
Total Fat	9.5g
Total Carbohydrate	40.5g
Dietary Fibre	9.6g
Total Sugars	7.8g
Protein	16.5g

## THURSDAY OAT COCONUT SHAKE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 60g oats
- 40g vegan chocolate-flavored protein powder
- 250ml unsweetened coconut milk
- 10g almond butter

### Instructions:

1. Toss all ingredients into a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	415
Total Fat	16.8g
Total Carbohydrate	50.7g
Dietary Fibre	9.2g
Total Sugars	0.7g
Protein	37.9g

## CURRY LENTILS SOUP - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 40 minutes

Servings: 2

### Ingredients:

- 10ml coconut oil
- ½ onion, diced
- 1 clove garlic, minced
- 1 teaspoon fresh ginger, minced
- 15g tomato paste, no sugar added
- ½ tablespoon curry powder
- 475ml vegetable stock
- 200ml full-fat coconut milk
- 150g can diced tomatoes
- 150g cooked red lentils
- 30g spinach
- Salt and pepper, to taste

### Instructions:

1. Heat coconut oil in a saucepot over medium-high heat.
2. Add onion and cook 5 minutes.
3. Add garlic, ginger, and tomato paste.
4. Cook 2 minutes.
5. Add curry powder and cook 30 seconds.
6. Pour in stock and scrape to remove any browned bits.
7. Stir in coconut milk, diced tomatoes, and red lentils.
8. Bring to a boil.
9. Reduce heat and simmer 5 minutes or until lentils are heated through
10. In the last minutes of cooking, stir in spinach.
11. Cook until spinach is wilted.
12. Serve soup warm, with whole-grain bread.

Calories	330
Total Fat	9.5g
Total Carbohydrate	40.5g
Dietary Fibre	9.6g
Total Sugars	7.8g
Protein	16.5g



## BLACK FOREST

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 40g vegan blend protein powder
- 250ml unsweetened soy milk
- ½ small banana, sliced
- 5 ice cubes
- 60g pitted cherries

### Instructions:

1. Toss all ingredients in a food blender.
2. Blend until smooth.
3. Serve.

Calories	320
Total Fat	6.1g
Total Carbohydrate	27.8g
Dietary Fibre	4.4g
Total Sugars	15.2g
Protein	41g

## SPICY LENTILS DHAL

Preparation time: 5 minutes

Cooking time: 15 minutes

Servings: 2

### Ingredients:

- ½ teaspoon coconut oil
- ½ onion, diced
- 1 clove garlic, minced
- ½ tablespoon medium-spicy curry powder
- ¼ teaspoon cumin powder
- ¼ teaspoon turmeric
- 200g cooked lentils (if using raw lentils, simmer 30 minutes)
- 150g can chickpeas
- 350ml vegetable stock
- ½ head broccoli, cut into florets
- 120g cooked brown rice, to serve with
- 1 tablespoon chopped coriander
- Salt, to taste

### Instructions:

1. Heat olive oil in a saucepan.
2. Add onion and cook 4 minutes.
3. Add garlic and spices. Cook for 1 minute, stirring.
4. Pour in vegetable stock and scrape any browned bits.
5. Add the remaining ingredients, except the rice. Stir gently and bring to a boil.
6. Reduce heat and simmer 10 minutes.
7. Serve with cooked rice and garnished with coriander.

Calories	380
Total Fat	5.5g
Total Carbohydrate	62.8g
Dietary Fibre	18.1g
Total Sugars	5.7g
Protein	20g

## FRIDAY PROTEIN SPREAD

Preparation time: 5 minutes

Serves: 2

### Ingredients:

- 50g hazelnut butter
- 25g cocoa powder
- 15ml coconut oil
- 50g vegan blend protein powder
- 5g granulated stevia
- 4 slices whole-meal bread

### Instructions:

1. Toss all into food blender.
2. Blend on high until smooth.
3. Serve with whole-meal bread.

Calories	472
Total Fat	25.5g
Total Carbohydrate	37.3g
Dietary Fibre	10.1g
Total Sugars	4.2g
Protein	32.6g

## SPICY LENTILS DHAL - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 15 minutes

Servings: 2

### Ingredients:

- ½ teaspoon coconut oil
- ½ onion, diced
- 1 clove garlic, minced
- ½ tablespoon medium-spicy curry powder
- ¼ teaspoon cumin powder
- ¼ teaspoon turmeric
- 200g cooked lentils (if using raw lentils, simmer 30 minutes)
- 150g can chickpeas
- 350ml vegetable stock
- ½ head broccoli, cut into florets
- 120g cooked brown rice, to serve with
- 1 tablespoon chopped coriander
- Salt, to taste

### Instructions:

1. Heat olive oil in a saucepan.
2. Add onion and cook 4 minutes.
3. Add garlic and spices. Cook for 1 minute, stirring.
4. Pour in vegetable stock and scrape any browned bits.
5. Add the remaining ingredients, except the rice. Stir gently and bring to a boil.
6. Reduce heat and simmer 10 minutes.
7. Serve with cooked rice and garnished with coriander.

Calories	380
Total Fat	5.5g
Total Carbohydrate	62.8g
Dietary Fibre	18.1g
Total Sugars	5.7g
Protein	20g

## BLUEBERRY RECOVERY SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 150ml coconut water
- 20ml unsweetened coconut milk
- 30g raw pineapple
- 1 small frozen banana
- 40g frozen blueberries
- 15g spinach
- 35g vegan blend protein powder
- ½ teaspoon cinnamon

Calories	270
Total Fat	3.3g
Total Carbohydrate	33.2
Dietary Fibre	5.3g
Total Sugars	24.3g
Protein	28.8

### Instructions:

1. Toss all ingredients into food blender.
2. Blend until smooth.
3. Serve.

## POTATO BEAN QUESADILLAS

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 2

### Ingredients:

- 2 small whole-wheat tortilla
- 5ml olive oil
- 2 small sweet potato, boiled, cubed or use leftovers
- 100 g black beans
- ½ teaspoon chili powder
- ¼ teaspoon dried oregano
- 1 pinch garlic powder
- 50g spinach
- ¼ onion, thinly sliced
- ½ small clove garlic, minced
- 15ml tamari sauce
- 40g vegan protein powder blend
- 7g nutritional yeast
- Salt and pepper, to taste

Calories	468
Total Fat	7.5g
Total Carbohydrate	56.6g
Dietary Fibre	15.4g
Total Sugars	6.9g
Protein	34.5g

### Instructions:

1. Heat olive oil in a skillet.
2. Add onion and cook over medium heat for 10 minutes, or until the onion is caramelized.
3. Add the garlic and cook 1 minute.
4. Add spinach and toss gently.
5. Add tamari sauce and cook 1 minutes.
6. Reheat the refried beans with nutritional yeast, chili, oregano, and garlic powder, in a microwave, on high for 1 minute.
7. Mash the potatoes and spread over tortilla.
8. Top the mashed potatoes with spinach mixture and refried beans.
9. Season to taste and place another tortilla on top.
10. Heat large skillet over medium-high heat.
11. Heat the tortilla until crispy. Flip and heat the other side.
12. Cut the tortilla in half and serve.

## SATURDAY BLUEBERRY COCONUT DRINK

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 70g frozen blueberries
- 50g vegan blend protein powder
- 10ml maple syrup
- 5g flax seeds
- 250ml full-fat coconut milk

### Instructions:

1. Toss all ingredients into food blender.
2. Blend on high until smooth.
3. Serve.

Calories	335
Total Fat	7.3g
Total Carbohydrate	28.8g
Dietary Fibre	4.1g
Total Sugars	15.1g
Protein	39.1g

## POTATO BEAN QUESADILLAS - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 2

### Ingredients:

- 2 small whole-wheat tortilla
- 5ml olive oil
- 2 small sweet potato, boiled, cubed or use leftovers
- 100 g black beans
- ½ teaspoon chili powder
- ¼ teaspoon dried oregano
- 1 pinch garlic powder
- 50g spinach
- ¼ onion, thinly sliced
- ½ small clove garlic, minced
- 15ml tamari sauce
- 40g vegan protein powder blend
- 7g nutritional yeast
- Salt and pepper, to taste

### Instructions:

1. Heat olive oil in a skillet.
2. Add onion and cook over medium heat for 10 minutes, or until the onion is caramelized.
3. Add the garlic and cook 1 minute.
4. Add spinach and toss gently.
5. Add tamari sauce and cook 1 minutes.
6. Reheat the refried beans with nutritional yeast, chili, oregano, and garlic powder, in a microwave, on high for 1 minute.
7. Mash the potatoes and spread over tortilla.
8. Top the mashed potatoes with spinach mixture and refried beans.
9. Season to taste and place another tortilla on top.
10. Heat large skillet over medium-high heat.
11. Heat the tortilla until crispy. Flip and heat the other side.
12. Cut the tortilla in half and serve.

Calories	468
Total Fat	7.5g
Total Carbohydrate	56.6g
Dietary Fibre	15.4g
Total Sugars	6.9g
Protein	34.5g

## SPINACH SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 30g spinach
- 250ml unsweetened almond milk
- 35g vegan blend protein powder
- 1 apple, cored and peeled
- 1 teaspoon coconut oil
- 15g chia seeds

### Instructions:

1. Toss all ingredients into food blender.
2. Blend until smooth.
3. Serve.

Calories	390
Total Fat	14.3g
Total Carbohydrate	44g
Dietary Fibre	12.3g
Total Sugars	23.3g
Protein	32.4g

## LENTILS SALAD WITH LEMON TAHINI DRESSING

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 150g green lentils, cooked
- 1 clove garlic, minced
- ½ teaspoon ground cumin
- 4ml olive oil
- ¼ red onion, finely diced
- 30g dried apricots, chopped
- ½ small green bell pepper, seeded, chopped
- ¼ small yellow bell pepper, seeded, chopped
- ¼ small cucumber, diced
- 5g sunflower seeds
- Salt and pepper, to taste

### Lemon dressing:

- 1 lemon, juiced
- 25g tahini
- 30g vegan blend protein powder
- 1 tablespoon chopped coriander
- Salt, to taste

### Instructions:

1. Make the dressing by combining all the ingredients together.
2. Heat olive oil in a skillet. Add onion and bell peppers. Cook stirring over medium-high heat for 5 minutes.
3. Remove from the heat.
4. Drain the lentils and toss in a large bowl with the cooked vegetables, apricots, cucumber, and sunflower seeds. Season to taste.
5. Drizzle with dressing and serve.

Calories	419
Total Fat	16.9g
Total Carbohydrate	45g
Dietary Fibre	14.1g
Total Sugars	8.8g
Protein	26g

## SUNDAY

### AMARANTH QUINOA PORRIDGE

Preparation time: 5 minutes

Cooking time: 35 minutes

Serve: 1

#### Ingredients:

- 30g quinoa
- 30g amaranth
- 230ml water
- 50ml unsweetened soy milk
- ½ teaspoon vanilla paste
- 30g vegan vanilla-flavored protein powder
- 15g almond butter
- 15ml pure maple syrup
- 10g raw pumpkin seeds

Calories	498
Total Fat	11.3g
Total Carbohydrate	59.8g
Dietary Fibre	7.5g
Total Sugars	16.8g
Protein	35.5g

#### Instructions:

1. Combine quinoa, amaranth, and water.
2. Bring to a boil over medium-high heat.
3. Reduce heat and simmer the grains, stirring occasionally, for 20 minutes.
4. Stir in milk and maple syrup.
5. Simmer for 6-7 minutes. Remove from the heat and stir in vanilla, and almond butter.
6. Allow the mixture to stand for 5 minutes.
7. Divide the porridge between two bowls.
8. Top with pumpkin seeds.
9. Serve.



## LENTILS SALAD WITH LEMON TAHINI DRESSING - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 150g green lentils, cooked
- 1 clove garlic, minced
- ½ teaspoon ground cumin
- 4ml olive oil
- ¼ red onion, finely diced
- 30g dried apricots, chopped
- ½ small green bell pepper, seeded, chopped
- ¼ small yellow bell pepper, seeded, chopped
- ¼ small cucumber, diced
- 5g sunflower seeds
- Salt and pepper, to taste

Calories	419
Total Fat	16.9g
Total Carbohydrate	45g
Dietary Fibre	14.1g
Total Sugars	8.8g
Protein	26g

### Lemon dressing:

- 1 lemon, juiced
- 25g tahini
- 30g vegan blend protein powder
- 1 tablespoon chopped coriander
- Salt, to taste

### Instructions:

1. Make the dressing by combining all the ingredients together.
2. Heat olive oil in a skillet. Add onion and bell peppers. Cook stirring over medium-high heat for 5 minutes.
3. Remove from the heat.
4. Drain the lentils and toss in a large bowl with the cooked vegetables, apricots, cucumber, and sunflower seeds. Season to taste.
5. Drizzle with dressing and serve.

## BLACKBERRY SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml unsweetened soy milk
- 100g tofu
- 30g spinach
- 2 strawberries
- 10 almonds
- 20g blackberries
- 20g raspberries

Calories	272
Total Fat	15.6g
Total Carbohydrate	15.9g
Dietary Fibre	8.1g
Total Sugars	6.5g
Protein	22.2g

### Instructions:

1. Toss all ingredients in a food blender.
2. Blend until smooth.
3. Serve.

# SPINACH TOFU SCRAMBLE WITH SOUR CREAM

Preparation time: 10 minutes  
Cooking time: 15 minutes  
Servings: 2

Ingredients:

Sour cream:

- 70g raw cashews, soaked overnight
- 30ml lemon juice
- 5g nutritional yeast
- 60ml water
- 1 good pinch salt

Tofu scramble:

- 5ml olive oil
- 1 small onion, diced
- 1 clove garlic, minced
- 400 firm tofu, pressed, crumbled
- ½ teaspoon ground cumin
- ½ teaspoon curry powder
- ½ teaspoon turmeric
- 2 tomatoes, diced
- 30g baby spinach
- Salt, to taste

Instructions:

1. Make the cashew sour cream; rinse and drain soaked cashews.
2. Place the cashews, lemon juice, nutritional yeast, water, and salt in a food processor.
3. Blend on high until smooth, for 5-6 minutes.
4. Transfer to a bowl and place aside.
5. Make the tofu scramble; heat olive oil in a skillet.
6. Add onion and cook 5 minutes over medium-high.
7. Add garlic, and cook stirring, for 1 minute.
8. Add crumbled tofu, and stir to coat with oil.
9. Add the cumin, curry, and turmeric. Cook the tofu for 2 minutes.
10. Add the tomatoes and cook for 2 minutes.
11. Add spinach and cook, tossing until completely wilted, about 1 minute.
12. Transfer tofu scramble on the plate.
13. Top with sour cream and serve.

Calories	411
Total Fat	17.5g
Total Carbohydrate	23.1g
Dietary Fibre	5.9g
Total Sugars	6.3g
Protein	25g

# Week 2 - 1600cal

## GROCERY LIST

### Fruits:

- Apple
- Avocado
- Blackberries
- Blueberries
- Banana
- Lemon
- Papaya
- Cherries
- Pineapple
- Dried Apricots

### Vegetables:

- Broccoli
- Garlic
- Spring Onion
- Bell Pepper (green yellow)
- Spinach
- Sweet Potato
- Tomato

### Legumes:

- Red Lentils
- Black Beans
- Green Lentils
- Chickpeas

### Cereals and Grains:

- Millet
- Quinoa
- Oats
- Brown Rice
- Amaranth

### Canned:

- Can Chickpeas
- Can Tomatoes
- Tomato past

### Pasta:

- Chickpea Pasta

### Protein Powder:

- Vegan blend protein powder (vanilla)
- Soy Chocolate-flavored protein powder

### Seeds and Nuts:

- Chia
- Sesame seeds
- Walnuts
- Flax
- Almonds
- Pumpkin seeds
- Sunflower Seeds
- Cashews
- Almond flour

### Spices, Condiments, and Herbs:

- Paprika
- Five Spice
- Red pepper flakes
- Coriander
- Cumin
- Curry powder
- Chili Powder
- Dried Basil
- Vanilla Paste
- Cinnamon
- Nutmeg
- Turmeric
- Tamari sauce
- Garlic powder

### Non-Dairy and Soy Products:

- Seitan
- Soy yogurt
- Almond milk
- Coconut cream
- Vegan Soy Cheese
- Soy milk
- Coconut milk
- Tofu

### Oils and Fat:

- Olive oil
- Tahini
- Hazelnut butter
- Almond butter
- Peanut butter
- Coconut oil
- Grapeseed oil

### Sweeteners:

- Coconut Sugar
- Agave
- Maple syrup

### Baked Goods:

- Whole-grain bread
- Whole-meal tortilla

### Additional:

- Nutritional yeast
- Coconut water

Week 3 - 1600 Cal  
MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFASTS	Chai Smoothie	Fast Vanilla Strawberry Shake	Protein Chia	Breakfast Peanut Shake	Goji Breakfast Bowl	Vanilla Protein Oats	Hummus and Avocado on toast
LUNCH	Spinach Tofu Scramble with Sour Cream	Green Amaranth Salad	Chickpea Pasta with Avocado Sauce	Tofu Chili	Squash Bean Stew	Mexican Bean Wraps	Protein Broccoli Balls with Chutney
SNACKS	Banana Oat Smoothie	Tea Smoothie	Currants Hemp Smoothie	Black Forest	Avocado Smoothie	Spinach smoothie	Banana Oat Smoothie
DINNER	Green Amaranth Salad	Chickpea Pasta with Avocado Sauce	Tofu Chili	Squash Bean Stew	Mexican Bean Wraps	Protein Broccoli Balls with Chutney	Edamame Pea Jar

## MONDAY CHAI SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 200ml water
- 50ml coconut milk
- 30g vegan blend vanilla protein powder
- 1 pinch cinnamon
- 1 pinch cardamom
- 1 pinch cloves

### Instructions:

1. Toss all ingredients into a food blender.
2. Blend until smooth.
3. Serve.

Calories	207
Total Fat	2.4g
Total Carbohydrate	6.9g
Dietary Fibre	0.2g
Total Sugars	0g
Protein	39.6g

## SPINACH TOFU SCRAMBLE WITH SOUR CREAM

Preparation time: 10 minutes

Cooking time: 15 minutes

Serve: 2

### Ingredients:

#### Sour cream:

- 70g raw cashews, soaked overnight
- 30ml lemon juice
- 5g nutritional yeast
- 60ml water
- 1 good pinch salt

#### Tofu scramble:

- 5ml olive oil
- 1 small onion, diced
- 1 clove garlic, minced
- 400 firm tofu, pressed, crumbled
- ½ teaspoon ground cumin
- ½ teaspoon curry powder
- ½ teaspoon turmeric
- 2 tomatoes, diced
- 30g baby spinach
- Salt, to taste

### Instructions:

1. Make the cashew sour cream; rinse and drain soaked cashews.
2. Place the cashews, lemon juice, nutritional yeast, water, and salt in a food processor.
3. Blend on high until smooth, for 5-6 minutes.
4. Transfer to a bowl and place aside.
5. Make the tofu scramble; heat olive oil in a skillet.
6. Add onion and cook 5 minutes over medium-high.
7. Add garlic, and cook stirring, for 1 minute.
8. Add crumbled tofu, and stir to coat with oil.
9. Add the cumin, curry, and turmeric. Cook the tofu for 2 minutes.
10. Add the tomatoes and cook for 2 minutes.
11. Add spinach and cook, tossing until completely wilted, about 1 minute.
12. Transfer tofu scramble on the plate.
13. Top with sour cream and serve.

Calories	411
Total Fat	17.5g
Total Carbohydrate	23.1g
Dietary Fibre	5.9g
Total Sugars	6.3g
Protein	25g

## BANANA OAT SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 60g vegan vanilla-flavored protein powder
- 15g rolled oats
- 1 small banana, sliced
- 250ml unsweetened almond milk
- 120ml water
- 4 ice cubes
- 15ml maple syrup

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend until smooth.
3. Serve.

Calories	424
Total Fat	5g
Total Carbohydrate	52.4g
Dietary Fibre	6.7g
Total Sugars	26.1g
Protein	47.9g

## GREEN AMARANTH SALAD

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 2

### Ingredients:

- 140g dry amaranth
- 45ml lime juice
- 15ml olive oil
- 30g baby spinach
- 15g chopped cilantro
- ½ avocado, peeled, stoned, sliced
- 1 red onion, thinly sliced
- Salt and pepper, to taste

### Instructions:

1. Cook the amaranth according to package directions.
2. Toss the warm amaranth with olive oil and lime juice.
3. Allow cooling for 10 minutes.
4. Add spinach, cilantro, avocado, and onion.
5. Season to taste with salt and pepper.
6. Stir gently before serving.

Calories	561
Total Fat	19.1g
Total Carbohydrate	61.6g
Dietary Fibre	14.2g
Total Sugars	4.3g
Protein	13.1g

## TUESDAY

### FAST VANILLA STRAWBERRY SHAKE

Preparation time: 5 minutes

Servings: 1

#### Ingredients:

- 50g vegan vanilla-flavored protein blend powder
- 4 strawberries, sliced
- 250ml unsweetened almond milk
- 10g chia seeds

#### Instructions:

1. Toss all ingredients into a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	303
Total Fat	8.6g
Total Carbohydrate	15.8g
Dietary Fibre	9.4g
Total Sugars	2.4g
Protein	36.9g

## GREEN AMARANTH SALAD - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 2

#### Ingredients:

- 140g dry amaranth
- 45ml lime juice
- 15ml olive oil
- 30g baby spinach
- 15g chopped cilantro
- ½ avocado, peeled, stoned, sliced
- 1 red onion, thinly sliced
- Salt and pepper, to taste

#### Instructions:

1. Cook the amaranth according to package directions.
2. Toss the warm amaranth with olive oil and lime juice.
3. Allow cooling for 10 minutes.
4. Add spinach, cilantro, avocado, and onion.
5. Season to taste with salt and pepper.
6. Stir gently before serving.

Calories	561
Total Fat	19.1g
Total Carbohydrate	61.6g
Dietary Fibre	14.2g
Total Sugars	4.3g
Protein	13.1g

## TEA SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 300ml rooibos tea, freshly brewed, cold
- 40g fresh blueberries
- 15g flaxseeds
- 15g hemp seeds
- ¼ small banana, sliced
- 10 almonds
- 35g vegan blend protein powder

### Instructions:

1. Combine all ingredients in a food blender.
2. Blender until smooth.
3. Serve.

Calories	311
Total Fat	16.9g
Total Carbohydrate	24.2g
Dietary Fibre	8.3g
Total Sugars	10.9g
Protein	33.8g

## CHICKPEA PASTA WITH AVOCADO SAUCE

Preparation time: 5 minutes

Cooking time: 10 minutes

Servings: 2

### Ingredients:

- 210g chickpea pasta
- ½ avocado, peeled, pitted
- 1 teaspoon dried basil
- Salt and pepper, to taste
- 30ml unsweetened almond milk
- 5g unsweetened coconut cream
- 5ml lemon juice

### Instructions:

1. Cook the pasta according to package directions.
2. In the meantime, combine avocado, basil, almond milk, coconut cream, and lemon juice into a food blender. Season with salt and pepper.
3. Blend until smooth.
4. Pour over pasta and toss to combine.
5. Serve immediately.

Calories	443
Total Fat	15g
Total Carbohydrate	63.5g
Dietary Fibre	17.8g
Total Sugars	9.4g
Protein	28.7g



## WEDNESDAY PROTEIN CHIA

Preparation time: 5 minutes + inactive time

Servings: 1

### Ingredients:

- 170ml unsweetened almond milk
- 25g chia seeds
- 30g vegan chocolate-flavored protein powder (soy)
- 15g raw cocoa powder
- 4g powdered Stevia

### Instructions:

1. Place almond milk in a food blender.
2. Add chia seeds and blend 30 seconds.
3. Add protein powder, raw cocoa powder, and Stevia.
4. Blend until creamy.
5. Refrigerate 30 minutes. You can make this a night ahead and eat in the morning.

Calories	301
Total Fat	13.4g
Total Carbohydrate	20.2g
Dietary Fibre	13.8g
Total Sugars	0.3g
Protein	34g

## CHICKPEA PASTA WITH AVOCADO SAUCE - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 10 minutes

Servings: 2

### Ingredients:

- 210g chickpea pasta
- ½ avocado, peeled, pitted
- 1 teaspoon dried basil
- Salt and pepper, to taste
- 30ml unsweetened almond milk
- 5g unsweetened coconut cream
- 5ml lemon juice

### Instructions:

1. Cook the pasta according to package directions.
2. In the meantime, combine avocado, basil, almond milk, coconut cream, and lemon juice into a food blender. Season with salt and pepper.
3. Blend until smooth.
4. Pour over pasta and toss to combine.
5. Serve immediately.

Calories	443
Total Fat	15g
Total Carbohydrate	63.5g
Dietary Fibre	17.8g
Total Sugars	9.4g
Protein	28.7g

## CURRENTS HEMP SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 45g vegan blend protein powder
- 300ml vanilla hemp milk
- 50g black currants
- ½ teaspoon lemon zest
- 1 date, pitted

### Instructions:

1. Toss all ingredients into a food blender.
2. Blend until smooth.
3. Serve

Calories	301
Total Fat	11.6g
Total Carbohydrate	14.5g
Dietary Fibre	0g
Total Sugars	0g
Protein	37.1g

## TOFU CHILI

Preparation time: 5 minutes

Cooking time: 25 minutes

Servings: 2

### Ingredients:

- 5ml olive oil
- 150g firm tofu, drained
- 1 tablespoon diced onion
- ¼ green bell pepper, seeded, diced
- 30g mushrooms, sliced
- 120ml tomato sauce
- 200g can chopped tomatoes
- 200g kidney beans, cooked
- ½ tablespoon chili powder
- ¼ teaspoon cumin powder
- ¼ teaspoon dried basil
- Salt to taste

### Instructions:

1. Heat olive oil in a saucepan over medium-high heat.
2. Add onion and cook 4 minutes.
3. Add garlic, chili, cumin, and basil. Cook 1 minute.
4. Stir in the tofu and toss gently to coat with the spices.
5. Add the remaining ingredients and bring to a boil. Reduce heat and simmer 20 minutes.
6. Serve.

Calories	378
Total Fat	6.9g
Total Carbohydrate	56.8g
Dietary Fibre	14.1g
Total Sugars	6g
Protein	25.8g

## THURSDAY BREAKFAST PEANUT SHAKE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 375ml unsweetened almond milk
- 15g flax seeds
- 40g peanut butter
- 30g vegan protein powder
- 5 ice cubes
- 1 good pinch cinnamon

### Instructions:

1. Pour almond milk in a food blender.
2. Add remaining ingredients.
3. Blend until smooth.

Calories	483
Total Fat	30.7g
Total Carbohydrate	24.2g
Dietary Fibre	13.1g
Total Sugars	4g
Protein	32.7g

## TOFU CHILI - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 25 minutes

Servings: 2

### Ingredients:

- 5ml olive oil
- 150g firm tofu, drained
- 1 tablespoon diced onion
- ¼ green bell pepper, seeded, diced
- 30g mushrooms, sliced
- 120ml tomato sauce
- 200g can chopped tomatoes
- 200g kidney beans, cooked
- ½ tablespoon chili powder
- ¼ teaspoon cumin powder
- ¼ teaspoon dried basil
- Salt to taste

### Instructions:

1. Heat olive oil in a saucepan over medium-high heat.
2. Add onion and cook 4 minutes.
3. Add garlic, chili, cumin, and basil. Cook 1 minute.
4. Stir in the tofu and toss gently to coat with the spices.
5. Add the remaining ingredients and bring to a boil. Reduce heat and simmer 20 minutes.
6. Serve.

Calories	378
Total Fat	6.9g
Total Carbohydrate	56.8g
Dietary Fibre	14.1g
Total Sugars	6g
Protein	25.8g

## BLACK FOREST

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 40g vegan blend protein powder
- 250ml unsweetened soy milk
- ½ small banana, sliced
- 5 ice cubes
- 60g pitted cherries

### Instructions:

1. Toss all ingredients in a food blender.
2. Blend until smooth.
3. Serve

Calories	320
Total Fat	6.1g
Total Carbohydrate	27.8g
Dietary Fibre	4.4g
Total Sugars	15.2g
Protein	41g

## SQUASH BEAN STEW

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 200g cooked black beans
- 5ml peanut oil
- 70g brown rice, cooked
- 1 garlic clove, chopped
- 150ml tomato sauce
- ¼ teaspoon ground cumin
- 30g peanut butter, smooth
- ¼ large onion, onion
- ½ teaspoon fresh ginger, minced
- 300ml vegetable stock
- ½ chili pepper, finely chopped
- 80g acorn squash, peeled, seeded and cubed
- ½ tablespoon chopped roasted peanuts
- Salt and pepper, to taste

### Instructions:

1. Heat the olive oil in saucepot.
2. Add the onions and cook for 5 minutes. Add the ginger and chili; season to taste and cook for 5 minutes stirring.
3. Add the broth, squash, peanut butter, tomato puree, and cover.
4. Cook for 25 minutes over medium heat, or until the squash is tender.
5. Add the beans and cook until heated through.
6. Serve with brown rice and sprinkle with chopped peanuts.

Calories	405
Total Fat	13.9g
Total Carbohydrate	48.5g
Dietary Fibre	12.9g
Total Sugars	7.5g
Protein	18.5g

## FRIDAY GOJI BREAKFAST BOWL

Preparation time: 10 minutes

Serve: 1

### Ingredients:

- 15g chia seeds
- 10g buckwheat
- 15g hemp seeds
- 20g Goji berries
- 250ml unsweetened almond milk
- 30g vegan vanilla-flavored protein powder

### Instructions:

1. Combine chia, buckwheat, hemp seeds, and Goji berries in a bowl.
2. Heat soy milk in a saucepan until start to simmer.
3. Pour the milk over "cereals".
4. Stir in the protein powder.
5. Allow the cereals to stand for 5 minutes.
6. Serve.

Calories	408
Total Fat	16.3g
Total Carbohydrate	33.4g
Dietary Fibre	10.3g
Total Sugars	17.5g
Protein	36g

## SQUASH BEAN STEW

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 200g cooked black beans
- 5ml peanut oil
- 70g brown rice, cooked
- 1 garlic clove, chopped
- 150ml tomato sauce
- ¼ teaspoon ground cumin
- 30g peanut butter, smooth
- ¼ large onion, onion
- ½ teaspoon fresh ginger, minced
- 300ml vegetable stock
- ½ chili pepper, finely chopped
- 80g acorn squash, peeled, seeded and cubed
- ½ tablespoon chopped roasted peanuts
- Salt and pepper, to taste

### Instructions:

1. Heat the olive oil in saucepot.
2. Add the onions and cook for 5 minutes. Add the ginger and chili; season to taste and cook for 5 minutes stirring.
3. Add the broth, squash, peanut butter, tomato puree, and cover.
4. Cook for 25 minutes over medium heat, or until the squash is tender.
5. Add the beans and cook until heated through.
6. Serve with brown rice and sprinkle with chopped peanuts.

Calories	405
Total Fat	13.9g
Total Carbohydrate	48.5g
Dietary Fibre	12.9g
Total Sugars	7.5g
Protein	18.5g

## AVOCADO SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- ½ extra small frozen banana (slice before freezing)
- ¼ avocado, peeled, pitted, sliced
- ¼ green apple, cored
- 30g spinach
- 250ml coconut water
- 15g chia seeds
- 2 pitted dates
- 30g vegan blend protein powder

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend until smooth.
3. Serve.

Calories	409
Total Fat	13g
Total Carbohydrate	49.7g
Dietary Fibre	14.2g
Total Sugars	25.3g
Protein	29.5g

## MEXICAN BEAN WRAPS

Preparation time: 5 minutes

Cooking time: 15 minutes

Servings: 2

### Ingredients:

- 1 teaspoon olive oil
- ½ red onion, diced
- ½ red bell pepper, sliced
- 1 clove garlic, minced
- ½ teaspoon chili powder
- 1 teaspoon tomato paste
- 150g tomatoes, chopped
- 150g red kidney beans, crushed
- 15g vegan blend protein powder
- 2 small whole-wheat tortillas
- 1 tablespoon chopped coriander
- Salt, to taste

### Instructions:

1. Heat some olive oil in a skillet.
2. Add onion and bell pepper in a skillet. Cook for 10 minutes.
3. Add garlic and cook for 1 minute.
4. Add chili powder and tomato paste. Cook stirring 30 seconds.
5. Stir in the tomatoes and beans.
6. Cook 5 minutes. Remove half the mixture, stir in protein powder, and puree with an immersion blender.
7. Combine puree mixture with the whole beans and cook 2 minutes. Season to taste.
8. Preheat oven to 180C. Line baking sheet with parchment paper.
9. Spread the beans over tortillas, and sprinkle with coriander. Wrap the tortillas and place onto baking sheet, seam side down.
10. Bake the tortillas for 5 minutes.
11. Serve warm.

Calories	384
Total Fat	4.4g
Total Carbohydrate	55.7g
Dietary Fibre	15.2g
Total Sugars	6.8g
Protein	25.5g

## SATURDAY VANILLA PROTEIN OATS

Preparation time: 5 minutes

Cooking time: 15 minutes

Servings: 1

### Ingredients:

- 30g rolled oats
- 10g coconut flour
- 20g sliced almonds
- 230ml unsweetened almond milk
- 50ml water
- 14g chia seeds
- 10g peanut butter
- 30g vegan blend protein powder
- ¼ small banana, sliced
- 1 teaspoon Maple syrup

### Instructions:

1. Combine oats, almond milk, and water in a saucepan.
2. Cook over medium-high heat until most the liquid is absorbed. Reduce heat and stir in chia. Cook for 2 minutes or until gently thickened.
3. Remove from the heat and stir in peanut butter, sliced almonds, coconut flour, protein powder, and maple syrup.
4. Serve warm or refrigerate 30 minutes before serving.
5. Top with sliced banana just before serving.

Calories	564
Total Fat	26.5g
Total Carbohydrate	49.5g
Dietary Fibre	16.6g
Total Sugars	5g
Protein	37.9g

## MEXICAN BEAN WRAPS

Preparation time: 5 minutes

Cooking time: 15 minutes

Servings: 2

### Ingredients:

- 1 teaspoon olive oil
- ½ red onion, diced
- ½ red bell pepper, sliced
- 1 clove garlic, minced
- ½ teaspoon chili powder
- 1 teaspoon tomato paste
- 150g tomatoes, chopped
- 150g red kidney beans, crushed
- 15g vegan blend protein powder
- 2 small whole-wheat tortillas
- 1 tablespoon chopped coriander
- Salt, to taste

### Instructions:

1. Heat some olive oil in a skillet.
2. Add onion and bell pepper in a skillet. Cook for 10 minutes.
3. Add garlic and cook for 1 minute.
4. Add chili powder and tomato paste. Cook stirring 30 seconds.
5. Stir in the tomatoes and beans.
6. Cook 5 minutes. Remove half the mixture, stir in protein powder, and puree with an immersion blender.
7. Combine puree mixture with the whole beans and cook 2 minutes. Season to taste.
8. Preheat oven to 180C. Line baking sheet with parchment paper.
9. Spread the beans over tortillas, and sprinkle with coriander. Wrap the tortillas and place onto baking sheet, seam side down.
10. Bake the tortillas for 5 minutes.
11. Serve warm.

Calories	384
Total Fat	4.4g
Total Carbohydrate	55.7g
Dietary Fibre	15.2g
Total Sugars	6.8g
Protein	25.5g

## SPINACH SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 30g spinach
- 250ml unsweetened almond milk
- 35g vegan blend protein powder
- 1 apple, cored and peeled
- 1 teaspoon coconut oil
- 15g chia seeds

### Instructions:

1. Toss all ingredients into food blender.
2. Blend until smooth.
3. Serve.

Calories	390
Total Fat	14.3g
Total Carbohydrate	44g
Dietary Fibre	12.3g
Total Sugars	23.3g
Protein	32.4g

## PROTEIN BROCCOLI BALLS WITH CHUTNEY

Preparation time: 20 minutes

Cooking time: 20 minutes

Serves: 2

### Ingredients:

- ½ small head broccoli
- ½ tablespoons olive oil
- 1 teaspoon chopped basil
- 1 small clove garlic, minced
- 1 pinch chili powder
- 10g almond meal
- 30g vegan blend protein powder
- 10g Chia seeds
- 30ml water
- 20g shredded vegan cheddar

### Chutney:

- ½ small avocado, pitted, peeled
- 1 clove garlic
- 1 teaspoon mint leaves
- 1 teaspoon coriander leaves
- ½ green chili pepper, seeded, chopped
- 5ml olive oil
- Salt and pepper, to taste

### Instructions:

1. Process broccoli in a food processor to resemble rice.
2. Heat oil in a skillet. Add broccoli and cook 3-4 minutes.
3. Remove from the heat and stir in slices, nutritional yeas, almond flour, chia seeds, water, and Vegan cheddar cheese. Heat oven to 200C. Line a baking sheet with baking paper.
4. Shape the mixture into balls and arrange onto baking sheet. Bake 20 minutes.
5. In the meantime, make the chutney. Chop the avocado finely. Mince the garlic, and combine with avocado. Finely chop the mint and coriander. Add chili pepper into the mixture and drizzle all with olive oil. Season to taste and toss to combine. Place aside to infuse.
6. Serve broccoli balls with chutney.

Calories	279
Total Fat	17.5g
Total Carbohydrate	18.6g
Dietary Fibre	8.3g
Total Sugars	1.9g
Protein	17.4g



## SUNDAY

### HUMMUS AND AVOCADO ON TOAST

Preparation time: 5 minutes

Servings: 1

#### Ingredients:

- 70g cooked chickpeas
- 15g tahini
- ¼ teaspoon paprika
- ½ small clove garlic, minced
- 20ml lemon juice
- 15ml water
- 30g vegan protein powder
- ¼ avocado, sliced
- 2 slices whole-grain bread
- Salt to taste

Calories	534
Total Fat	19.6g
Total Carbohydrate	53.1g
Dietary Fibre	13.8g
Total Sugars	7.4g
Protein	39.4g

#### Instructions:

1. Combine chickpeas, tahini, paprika, garlic, lemon juice, water, and protein powder in a food blender.
2. Blend until smooth. If needed add more water to thin.
3. Spread the hummus over bread slices.
4. Top with avocado.
5. Serve.

## PROTEIN BROCCOLI BALLS WITH CHUTNEY - PREVIOUS NIGHT DINNER

Preparation time: 20 minutes

Cooking time: 20 minutes

Serves: 2

### Ingredients:

- ½ small head broccoli
- ½ tablespoons olive oil
- 1 teaspoon chopped basil
- 1 small clove garlic, minced
- 1 pinch chili powder
- 10g almond meal
- 30g vegan blend protein powder
- 10g Chia seeds
- 30ml water
- 20g shredded vegan cheddar

### Chutney:

- ½ small avocado, pitted, peeled
- 1 clove garlic
- 1 teaspoon mint leaves
- 1 teaspoon coriander leaves
- ½ green chili pepper, seeded, chopped
- 5ml olive oil
- Salt and pepper, to taste

### Instructions:

1. Process broccoli in a food processor to resemble rice.
2. Heat oil in a skillet. Add broccoli and cook 3-4 minutes.
3. Remove from the heat and stir in slices, nutritional yeast, almond flour, chia seeds, water, and Vegan cheddar cheese. Heat oven to 200C. Line a baking sheet with baking paper.
4. Shape the mixture into balls and arrange onto baking sheet. Bake 20 minutes.
5. In the meantime, make the chutney. Chop the avocado finely. Mince the garlic, and combine with avocado. Finely chop the mint and coriander. Add chili pepper into the mixture and drizzle all with olive oil. Season to taste and toss to combine. Place aside to infuse.
6. Serve broccoli balls with chutney.

Calories	279
Total Fat	17.5g
Total Carbohydrate	18.6g
Dietary Fibre	8.3g
Total Sugars	1.9g
Protein	17.4g

## BANANA OAT SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 60g vegan vanilla-flavored protein powder
- 15g rolled oats
- 1 small banana, sliced
- 250ml unsweetened almond milk
- 120ml water
- 4 ice cubes
- 15ml maple syrup

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend until smooth.
3. Serve.

Calories	424
Total Fat	5g
Total Carbohydrate	52.4g
Dietary Fibre	6.7g
Total Sugars	26.1g
Protein	47.9g

## EDAMAME PEA JAR

Preparation time: 10 minutes

Servings: 2

### Ingredients:

- 120g edamame
- 120g peas
- 2 tablespoons sesame seeds
- 30ml low-sodium soy sauce
- 10ml Sriracha sauce
- 10g tahini
- 2 slices whole-meal bread, cubed, toasted

### Instructions:

1. Place edamame and peas in a microwave safe bowl.
2. Add a splash of water. Microwave on high for 30 seconds.
3. Divide the mixture among two jars.
4. In a small bowl, combine sesame seeds, soy sauce, tahini and sriracha.
5. Drizzle the peas with prepared mixture.
6. Top with cubed toasted bread.
7. Toast the bread in the oven; preheat oven to 180C. cut the bread in cubes and arrange onto parchment-lined baking sheet.
8. Toast/bake for 10 minutes, stirring halfway through.

Calories	294
Total Fat	12.1g
Total Carbohydrate	32g
Dietary Fibre	9g
Total Sugars	6.7g
Protein	18.2g

# Week 3 - 1600cal

## GROCERY LIST

### Fruits and Dried Fruits:

- Apple (plain and green)
- Banana
- Lemon
- Lime
- Goji Berries
- Avocado
- Strawberries
- Blackberries
- Dates
- Black Currants
- Cherries

### Vegetables:

- Broccoli
- Onion (red)
- Garlic
- Spinach
- Green Bell Pepper
- Mushrooms
- Red Chili Pepper
- Acorn Squash
- Peas
- Tomatoes
- red Bell Pepper

### Legumes:

- Kidney Beans
- Black beans
- Edamame

### Cereals and Grains:

- Buckwheat
- Oats
- Amaranth
- Brown rice

### Canned:

- Can Chopped Tomatoes
- Tomato Sauce

### Pasta:

- Chickpea Pasta

### Protein Powder:

- Vegan Blend Protein Powder (Vanilla)

### Seeds and Nuts:

- Almonds
- Flax
- Hemp
- Chia
- Peanuts

### Spices, Condiments, and Herbs:

- Dried Basil
- Sriracha
- Low-Sodium Soy Sauce
- Coriander
- Cilantro
- Cinnamon
- Cardamom
- Cloves
- Cumin
- Chili Powder
- Ginger

### Non-Dairy and Soy Products:

- Coconut Milk
- Almond Milk
- Hemp Milk
- Soy Milk
- Tofu
- Vegan Cheese

### Oils and Fat:

- Tahini
- Olive oil
- Peanut oil
- Peanut Butter

### Sweeteners:

- Maple Syrup
- Stevia

### Baked Goods:

- Whole-Meal Bread
- Whole-Meal Tortilla
- Whole-Grain Bread

### Additional:

- Rooibos tea
- coconut water
- Raw Cocoa Powder

Week 4 - 1600 Cal  
MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFASTS	Amaranth Quinoa porridge	Protein Spread	Oat Coconut Shake	Chai Smoothie	Fast Vanilla Strawberry Shake	Chai Smoothie	Peach Smoothie
LUNCH	Edamame Pea Jar	Spinach Chickpeas Stew	Mongolian Seitan	Five Bean Chili	Potato Bean Quesadillas	Sweet Potato Chickpea Stew	Soba noodles with peanut sauce
SNACKS	Lemon Blackberry smoothie	Tropical Smoothie	Raspberry Smoothie	Banana Oat Smoothie	Lemon Blackberry smoothie	Raspberry Smoothie	Avocado Smoothie
DINNER	Spinach Chickpeas Stew	Mongolian Seitan	Five Bean Chili	Potato Bean Quesadillas	Sweet Potato Chickpea Stew	Soba noodles with peanut sauce	Curry Lentils Soup

## MONDAY

### AMARANTH QUINOA PORRIDGE

Preparation time: 5 minutes

Cooking time: 35 minutes

Serve: 1

#### Ingredients:

- 30g quinoa
- 30g amaranth
- 230ml water
- 50ml unsweetened soy milk
- ½ teaspoon vanilla paste
- 30g vegan vanilla-flavored protein powder
- 15g almond butter
- 15ml pure maple syrup
- 10g raw pumpkin seeds

Calories	498
Total Fat	11.3g
Total Carbohydrate	59.8g
Dietary Fibre	7.5g
Total Sugars	16.8g
Protein	35.5g

#### Instructions:

1. Combine quinoa, amaranth, and water.
2. Bring to a boil over medium-high heat.
3. Reduce heat and simmer the grains, stirring occasionally, for 20 minutes.
4. Stir in milk and maple syrup.
5. Simmer for 6-7 minutes. Remove from the heat and stir in vanilla, and almond butter.
6. Allow the mixture to stand for 5 minutes.
7. Divide the porridge between two bowls.
8. Top with pumpkin seeds.
9. Serve.

## EDAMAME PEA JAR

Preparation time:

Servings: 2

#### Ingredients:

- 120g edamame
- 120g peas
- 2 tablespoons sesame seeds
- 30ml low-sodium soy sauce
- 10ml Sriracha sauce
- 10g tahini
- 2 slices whole-meal bread, cubed, toasted

Calories	294
Total Fat	12.1g
Total Carbohydrate	32g
Dietary Fibre	9g
Total Sugars	6.7g
Protein	18.2g

#### Instructions:

1. Place edamame and peas in a microwave safe bowl.
2. Add a splash of water. Microwave on high for 30 seconds.
3. Divide the mixture among two jars.
4. In a small bowl, combine sesame seeds, soy sauce, tahini and sriracha.
5. Drizzle the peas with prepared mixture.
6. Top with cubed toasted bread.
7. Toast the bread in the oven; preheat oven to 180C. cut the bread in cubes and arrange onto parchment-lined baking sheet.
8. Toast/bake for 10 minutes, stirring halfway through.

## LEMON BLACKBERRY SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 50g vegan blend protein powder
- 375ml hemp milk
- 1 tablespoon melted coconut oil
- 50g blackberries
- 30ml lemon juice
- ¼ teaspoon ginger

### Instructions:

1. Toss all ingredients into food blender.
2. Blend on high until smooth.
3. Serve.

Calories	471
Total Fat	28.6g
Total Carbohydrate	13.9g
Dietary Fibre	3g
Total Sugars	3.1g
Protein	41.8g

## SPINACH CHICKPEAS STEW

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 1 splash olive oil
- 1 small onion, chopped
- 1 clove garlic
- ¼ teaspoon cumin powder
- ¼ teaspoon smoked paprika
- ¼ teaspoon chili powder
- 120ml water
- 300g can diced tomatoes
- 80g cooked chickpeas (or can chickpeas)
- 30g baby spinach
- Salt, to taste
- A handful of chopped coriander, to garnish
- 10g slivered almonds, to garnish
- 2 slices whole grain bread

### Instructions:

1. Heat olive oil in a saucepan over medium-high heat.
2. Add onion and cook for 6 minutes.
3. Add garlic, cumin, paprika, and chili powder.
4. Cook 1 minute.
5. Add water and scrape any browned bits.
6. Add the tomatoes and chickpeas. Season to taste and reduce heat.
7. Simmer the soup for 10 minutes.
8. Stir in spinach and cook 2 minutes.
9. Ladle soup in a bowl. Sprinkle with cilantro and almonds.
10. Serve with toasted bread slices.

Calories	339
Total Fat	8.8g
Total Carbohydrate	52.8g
Dietary Fibre	14.1g
Total Sugars	13.4g
Protein	15.8g

## TUESDAY PROTEIN SPREAD

Preparation time: 5 minutes

Serves: 2

### Ingredients:

- 50g hazelnut butter
- 25g cocoa powder
- 15ml coconut oil
- 50g vegan blend protein powder
- 5g granulated stevia
- 4 slices whole-meal bread

### Instructions:

1. Toss all into food blender.
2. Blend on high until smooth.
3. Serve with whole-meal bread.

Calories	472
Total Fat	25.5g
Total Carbohydrate	37.3g
Dietary Fibre	10.1g
Total Sugars	4.2g
Protein	32.6g

## SPINACH CHICKPEAS STEW - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 1 splash olive oil
- 1 small onion, chopped
- 1 clove garlic
- ¼ teaspoon cumin powder
- ¼ teaspoon smoked paprika
- ¼ teaspoon chili powder
- 120ml water
- 300g can diced tomatoes
- 80g cooked chickpeas (or can chickpeas)
- 30g baby spinach
- Salt, to taste
- A handful of chopped coriander, to garnish
- 10g slivered almonds, to garnish
- 2 slices whole grain bread

### Instructions:

1. Heat olive oil in a saucepan over medium-high heat.
2. Add onion and cook for 6 minutes.
3. Add garlic, cumin, paprika, and chili powder.
4. Cook 1 minute.
5. Add water and scrape any browned bits.
6. Add the tomatoes and chickpeas. Season to taste and reduce heat.
7. Simmer the soup for 10 minutes.
8. Stir in spinach and cook 2 minutes.
9. Ladle soup in a bowl. Sprinkle with cilantro and almonds.
10. Serve with toasted bread slices.

Calories	339
Total Fat	8.8g
Total Carbohydrate	52.8g
Dietary Fibre	14.1g
Total Sugars	13.4g
Protein	15.8g



## TROPICAL SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 320ml unsweetened coconut milk
- 3 dates, pitted
- 40g mango
- 40g pineapple
- 45g vegan blend protein powder
- 30ml water
- 1 small banana

### Instructions:

1. Toss all ingredients in a food blender.
2. Blend until smooth.
3. Serve.

Calories	470
Total Fat	7g
Total Carbohydrate	61g
Dietary Fibre	7.1g
Total Sugars	37.5g
Protein	36.2g

## MONGOLIAN SEITAN

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 2

### Ingredients:

- 10ml coconut oil
- 2 cloves garlic, minced
- ¼ teaspoon fresh ginger, minced
- ¼ teaspoon five spice
- 1 pinch red pepper flakes
- 10ml low-sodium soy sauce
- 25g coconut sugar
- 1 ½ teaspoons cornstarch
- 20ml water
- 5ml grapeseed oil
- 250g seitan
- 1 ½ teaspoons sesame seeds
- 1 spring onion, chopped

### Instructions:

1. Heat coconut oil in a skillet.
2. Add garlic and ginger. Cook for 1 minute.
3. Add five spice, red pepper flakes and cook 30 seconds.
4. Add soy sauce and coconut sugar. Bring to a boil.
5. Reduce heat and simmer 5 minutes or until the sugar is dissolved.
6. Whisk cornstarch and water in a small bowl. Pour the starch slurry into the skillet.
7. Cook until sauce is gently thickened.
8. In the meantime, heat grapeseed oil in a skillet.
9. Cut seitan in 2cm pieces. Cook the seitan for 5 minutes or until lightly crisp on the edges.
10. Place the seitan in the skillet with prepared sauce. Cook 30 seconds.
11. Remove from heat and divide among four serving bowls.
12. Top with sesame seeds and spring onions.

Calories	303
Total Fat	12.3g
Total Carbohydrate	11.2g
Dietary Fibre	2.1g
Total Sugars	0.2g
Protein	28.4g

## WEDNESDAY OAT COCONUT SHAKE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 60g oats
- 40g vegan chocolate-flavored protein powder
- 250ml unsweetened coconut milk
- 10g almond butter

### Instructions:

1. Toss all ingredients into a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	415
Total Fat	16.8g
Total Carbohydrate	50.7g
Dietary Fibre	9.2g
Total Sugars	0.7g
Protein	37.9g

## MONGOLIAN SEITAN - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 2

### Ingredients:

- 10ml coconut oil
- 2 cloves garlic, minced
- ¼ teaspoon fresh ginger, minced
- ¼ teaspoon five spice
- 1 pinch red pepper flakes
- 10ml low-sodium soy sauce
- 25g coconut sugar
- 1 ½ teaspoons cornstarch
- 20ml water
- 5ml grapeseed oil
- 250g seitan
- 1 ½ teaspoons sesame seeds
- 1 spring onion, chopped

### Instructions:

1. Heat coconut oil in a skillet.
2. Add garlic and ginger. Cook for 1 minute.
3. Add five spice, red pepper flakes and cook 30 seconds.
4. Add soy sauce and coconut sugar. Bring to a boil.
5. Reduce heat and simmer 5 minutes or until the sugar is dissolved.
6. Whisk cornstarch and water in a small bowl. Pour the starch slurry into the skillet.
7. Cook until sauce is gently thickened.
8. In the meantime, heat grapeseed oil in a skillet.
9. Cut seitan in 2cm pieces. Cook the seitan for 5 minutes or until lightly crisp on the edges.
10. Place the seitan in the skillet with prepared sauce. Cook 30 seconds.
11. Remove from heat and divide among four serving bowls.
12. Top with sesame seeds and spring onions.

Calories	303
Total Fat	12.3g
Total Carbohydrate	11.2g
Dietary Fibre	2.1g
Total Sugars	0.2g
Protein	28.4g

## RASPBERRY SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- ½ frozen banana, sliced
- 30g vegan blend protein powder
- 10 walnuts
- 250ml unsweetened almond milk
- 30g raspberries
- 10g cacao nibs
- 5ml vanilla extract

### Instructions:

1. Toss all ingredients into a food blender.
2. Blend until smooth.
3. Serve.

Calories	362
Total Fat	15.5g
Total Carbohydrate	28.9g
Dietary Fibre	9.2g
Total Sugars	8.2g
Protein	29.4g

## FIVE BEAN CHILI

Preparation time: 5 minutes

Cooking time: 16 minutes

Servings: 2

### Ingredients:

- 2 teaspoons coconut oil
- ½ onion, diced
- 1 clove garlic, minced
- 1 teaspoon chili powder
- 5g cumin powder
- 200g can mixed beans
- 200g can chopped tomatoes
- 100ml vegetable stock
- 1 tablespoon tomato puree
- 150g cooked brown rice
- ½ lime
- Salt, to taste

### Instructions:

1. Heat coconut oil in a saucepan.
2. Add onion and cook 4 minutes.
3. Add garlic and spices; cook 1 minute over medium-high heat.
4. Stir in vegetable stock and scrape any browned bits.
5. Add the remaining ingredients, except the rice and bring to a boil.
6. Reduce heat and simmer 10 minutes.
7. Serve with cooked brown rice and a squeeze of lime juice.

Calories	517
Total Fat	9.5g
Total Carbohydrate	87.2g
Dietary Fibre	10.3g
Total Sugars	2.6g
Protein	15.9g

## THURSDAY CHAI SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 200ml water
- 50ml coconut milk
- 30g vegan blend vanilla protein powder
- 1 pinch cinnamon
- 1 pinch cardamom
- 1 pinch cloves

### Instructions:

1. Toss all ingredients into a food blender.
2. Blend until smooth.
3. Serve.

Calories	207
Total Fat	2.4g
Total Carbohydrate	6.9g
Dietary Fibre	0.2g
Total Sugars	0g
Protein	39.6g

## FIVE BEAN CHILI - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 16 minutes

Servings: 2

### Ingredients:

- 2 teaspoons coconut oil
- ½ onion, diced
- 1 clove garlic, minced
- 1 teaspoon chili powder
- 5g cumin powder
- 200g can mixed beans
- 200g can chopped tomatoes
- 100ml vegetable stock
- 1 tablespoon tomato puree
- 150g cooked brown rice
- ½ lime
- Salt, to taste

### Instructions:

1. Heat coconut oil in a saucepan.
2. Add onion and cook 4 minutes.
3. Add garlic and spices; cook 1 minute over medium-high heat.
4. Stir in vegetable stock and scrape any browned bits.
5. Add the remaining ingredients, except the rice and bring to a boil.
6. Reduce heat and simmer 10 minutes.
7. Serve with cooked brown rice and a squeeze of lime juice.

Calories	517
Total Fat	9.5g
Total Carbohydrate	87.2g
Dietary Fibre	10.3g
Total Sugars	2.6g
Protein	15.9g

## BANANA OAT SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 60g vegan vanilla-flavored protein powder
- 15g rolled oats
- 1 small banana, sliced
- 250ml unsweetened almond milk
- 120ml water
- 4 ice cubes
- 15ml maple syrup

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend until smooth.
3. Serve.

Calories	424
Total Fat	5g
Total Carbohydrate	52.4g
Dietary Fibre	6.7g
Total Sugars	26.1g
Protein	47.9g

## POTATO BEAN QUESADILLAS

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 2

### Ingredients:

- 2 small whole-wheat tortilla
- 5ml olive oil
- 2 small sweet potato, boiled, cubed or use leftovers
- 100 g black beans
- ½ teaspoon chili powder
- ¼ teaspoon dried oregano
- 1 pinch garlic powder
- 50g spinach
- ¼ onion, thinly sliced
- ½ small clove garlic, minced
- 15ml tamari sauce
- 40g vegan protein powder blend
- 7g nutritional yeast
- Salt and pepper, to taste

### Instructions:

1. Heat olive oil in a skillet.
2. Add onion and cook over medium heat for 10 minutes, or until the onion is caramelized.
3. Add the garlic and cook 1 minute.
4. Add spinach and toss gently.
5. Add tamari sauce and cook 1 minutes.
6. Reheat the refried beans with nutritional yeast, chili, oregano, and garlic powder, in a microwave, on high for 1 minute.
7. Mash the potatoes and spread over tortilla.
8. Top the mashed potatoes with spinach mixture and refried beans.
9. Season to taste and place another tortilla on top.
10. Heat large skillet over medium-high heat.
11. Heat the tortilla until crispy. Flip and heat the other side.
12. Cut the tortilla in half and serve.

Calories	468
Total Fat	7.5g
Total Carbohydrate	56.6g
Dietary Fibre	15.4g
Total Sugars	6.9g
Protein	34.5g

## FRIDAY

### FAST VANILLA STRAWBERRY SHAKE

Preparation time: 5 minutes

Servings: 1

#### Ingredients:

- 50g vegan vanilla-flavored protein blend powder
- 4 strawberries, sliced
- 250ml unsweetened almond milk
- 10g chia seeds

#### Instructions:

1. Toss all ingredients into a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	303
Total Fat	8.6g
Total Carbohydrate	15.8g
Dietary Fibre	9.4g
Total Sugars	2.4g
Protein	36.9g

## POTATO BEAN QUESADILLAS - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 2

#### Ingredients:

- 2 small whole-wheat tortilla
- 5ml olive oil
- 2 small sweet potato, boiled, cubed or use leftovers
- 100 g black beans
- ½ teaspoon chili powder
- ¼ teaspoon dried oregano
- 1 pinch garlic powder
- 50g spinach
- ¼ onion, thinly sliced
- ½ small clove garlic, minced
- 15ml tamari sauce
- 40g vegan protein powder blend
- 7g nutritional yeast
- Salt and pepper, to taste

#### Instructions:

1. Heat olive oil in a skillet.
2. Add onion and cook over medium heat for 10 minutes, or until the onion is caramelized.
3. Add the garlic and cook 1 minute.
4. Add spinach and toss gently.
5. Add tamari sauce and cook 1 minutes.
6. Reheat the refried beans with nutritional yeast, chili, oregano, and garlic powder, in a microwave, on high for 1 minute.
7. Mash the potatoes and spread over tortilla.
8. Top the mashed potatoes with spinach mixture and refried beans.
9. Season to taste and place another tortilla on top.
10. Heat large skillet over medium-high heat.
11. Heat the tortilla until crispy. Flip and heat the other side.
12. Cut the tortilla in half and serve.

Calories	468
Total Fat	7.5g
Total Carbohydrate	56.6g
Dietary Fibre	15.4g
Total Sugars	6.9g
Protein	34.5g

## LEMON BLACKBERRY SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 50g vegan blend protein powder
- 375ml hemp milk
- 1 tablespoon melted coconut oil
- 50g blackberries
- 30ml lemon juice
- ¼ teaspoon ginger

### Instructions:

1. Toss all ingredients into food blender.
2. Blend on high until smooth.
3. Serve.

Calories	471
Total Fat	28.6g
Total Carbohydrate	13.9g
Dietary Fibre	3g
Total Sugars	3.1g
Protein	41.8g

## SWEET POTATO CHICKPEA STEW

Preparation time: 5 minutes

Cooking time: 35 minutes

Servings: 2

### Ingredients:

- ½ teaspoon coconut oil
- ¼ onion, diced
- 1 clove garlic, minced
- 1 teaspoon curry powder
- ¼ teaspoon chili powder
- 200g can diced tomatoes
- 120ml unsweetened coconut milk
- 250g can chickpeas, rinsed, drained
- 100g sweet potato, peeled, cubed
- 30g spinach
- 70g quinoa, cooked
- Salt and pepper, to taste

### Instructions:

1. Heat coconut oil in a saucepan.
2. Add onion and cook 4 minutes.
3. Add garlic and spices; cook for 1 minutes.
4. Add the tomatoes and coconut milk. Stir gently.
5. Stir in the remaining ingredients, except the cooked quinoa and spinach.
6. Bring the mixture to a boil. Reduce heat and simmer 25-30 minutes or until sweet potato is tender.
7. In the last minutes of cooking add spinach and season to taste.
8. Serve with cooked quinoa.

Calories	343
Total Fat	4.8g
Total Carbohydrate	66.3g
Dietary Fibre	12.7g
Total Sugars	4.5g
Protein	10.8g

## SATURDAY CHAI SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 200ml water
- 50ml coconut milk
- 30g vegan blend vanilla protein powder
- 1 pinch cinnamon
- 1 pinch cardamom
- 1 pinch cloves

### Instructions:

1. Toss all ingredients into a food blender.
2. Blend until smooth.
3. Serve.

Calories	207
Total Fat	2.4g
Total Carbohydrate	6.9g
Dietary Fibre	0.2g
Total Sugars	0g
Protein	39.6g

## SWEET POTATO CHICKPEA STEW - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 35 minutes

Servings: 2

### Ingredients:

- ½ teaspoon coconut oil
- ¼ onion, diced
- 1 clove garlic, minced
- 1 teaspoon curry powder
- ¼ teaspoon chili powder
- 200g can diced tomatoes
- 120ml unsweetened coconut milk
- 250g can chickpeas, rinsed, drained
- 100g sweet potato, peeled, cubed
- 30g spinach
- 70g quinoa, cooked
- Salt and pepper, to taste

### Instructions:

1. Heat coconut oil in a saucepan.
2. Add onion and cook 4 minutes.
3. Add garlic and spices; cook for 1 minutes.
4. Add the tomatoes and coconut milk. Stir gently.
5. Stir in the remaining ingredients, except the cooked quinoa and spinach.
6. Bring the mixture to a boil. Reduce heat and simmer 25-30 minutes or until sweet potato is tender.
7. In the last minutes of cooking add spinach and season to taste.
8. Serve with cooked quinoa.

Calories	343
Total Fat	4.8g
Total Carbohydrate	66.3g
Dietary Fibre	12.7g
Total Sugars	4.5g
Protein	10.8g



## RASPBERRY SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- ½ frozen banana, sliced
- 30g vegan blend protein powder
- 10 walnuts
- 250ml unsweetened almond milk
- 30g raspberries
- 10g cacao nibs
- 5ml vanilla extract

### Instructions:

1. Toss all ingredients into a food blender.
2. Blend until smooth.
3. Serve.

Calories	362
Total Fat	15.5g
Total Carbohydrate	28.9g
Dietary Fibre	9.2g
Total Sugars	8.2g
Protein	29.4g

## SOBA NOODLES WITH PEANUT SAUCE

Preparation time: 10 minutes

Cooking time: 4 minutes

Servings: 2

### Ingredients:

- 120g soba noodles
- 80g red cabbage, thinly sliced
- 1 small carrot, grated
- 1 small cucumber, thinly sliced
- 2 tablespoons cilantro, chopped

### Sauce:

- 80g smooth peanut butter
- 50ml lime juice
- 10ml light soy sauce
- 40ml water
- ½ teaspoon grated ginger
- ½ teaspoon maple syrup

### Instructions:

1. Cook soba noodles according to package instructions. Usually cook for 4 minutes.
2. In the meantime, prepare veggies.
3. Make the sauce; combine all sauce ingredients in a bowl. Stir until smooth.
4. Drain the soba noodles and transfer into a bowl. Add veggies and toss gently to combine.
5. Drizzle the noodles and vegetables with prepared sauce.
6. Serve.

Calories	691
Total Fat	28.5g
Total Carbohydrate	48.2g
Dietary Fibre	5.9g
Total Sugars	11.1g
Protein	29.2g

## SUNDAY PEACH SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 50g peach
- 40g vegan blend protein powder
- 20ml lemon juice
- 240ml water

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	175
Total Fat	1.4g
Total Carbohydrate	11.9g
Dietary Fibre	1.2g
Total Sugars	7g
Protein	30.8g

## SOBA NOODLES WITH PEANUT SAUCE - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 4 minutes

Servings: 2

### Ingredients:

- 120g soba noodles
- 80g red cabbage, thinly sliced
- 1 small carrot, grated
- 1 small cucumber, thinly sliced
- 2 tablespoons cilantro, chopped

### Sauce:

- 80g smooth peanut butter
- 50ml lime juice
- 10ml light soy sauce
- 40ml water
- ½ teaspoon grated ginger
- ½ teaspoon maple syrup

### Instructions:

1. Cook soba noodles according to package instructions. Usually cook for 4 minutes.
2. In the meantime, prepare veggies.
3. Make the sauce; combine all sauce ingredients in a bowl. Stir until smooth.
4. Drain the soba noodles and transfer into a bowl. Add veggies and toss gently to combine.
5. Drizzle the noodles and vegetables with prepared sauce.
6. Serve.

Calories	691
Total Fat	28.5g
Total Carbohydrate	48.2g
Dietary Fibre	5.9g
Total Sugars	11.1g
Protein	29.2g

## AVOCADO SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- ½ extra small frozen banana (slice before freezing)
- ¼ avocado, peeled, pitted, sliced
- ¼ green apple, cored
- 30g spinach
- 250ml coconut water
- 15g chia seeds
- 2 pitted dates
- 30g vegan blend protein powder

Calories	409
Total Fat	13g
Total Carbohydrate	49.7g
Dietary Fibre	14.2g
Total Sugars	25.3g
Protein	29.5g

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend until smooth.
3. Serve.

## CURRY LENTILS SOUP

Preparation time: 5 minutes

Cooking time: 40 minutes

Servings: 2

### Ingredients:

- 10ml coconut oil
- ½ onion, diced
- 1 clove garlic, minced
- 1 teaspoon fresh ginger, minced
- 15g tomato paste, no sugar added
- ½ tablespoon curry powder
- 475ml vegetable stock
- 200ml full-fat coconut milk
- 150g can diced tomatoes
- 150g cooked red lentils
- 30g spinach
- Salt and pepper, to taste

Calories	330
Total Fat	9.5g
Total Carbohydrate	40.5g
Dietary Fibre	9.6g
Total Sugars	7.8g
Protein	16.5g

### Instructions:

1. Heat coconut oil in a saucepot over medium-high heat.
2. Add onion and cook 5 minutes.
3. Add garlic, ginger, and tomato paste.
4. Cook 2 minutes.
5. Add curry powder and cook 30 seconds.
6. Pour in stock and scrape to remove any browned bits.
7. Stir in coconut milk, diced tomatoes, and red lentils.
8. Bring to a boil.
9. Reduce heat and simmer 5 minutes or until lentils are heated through
10. In the last minutes of cooking, stir in spinach.
11. Cook until spinach is wilted.
12. Serve soup warm, with whole-grain bread.

# Week 4 - 1600cal

## GROCERY LIST

### Fruits and Dried Fruits:

- Apple
- Avocado
- Peach
- Strawberries
- Blackberries
- Dates
- Mango
- Pineapple
- Banana
- Lemon
- Lime
- Raspberries

### Vegetables:

- Garlic
- Onion
- Red Cabbage
- Spring Onion
- Sweet Potato
- Cucumber
- Carrot

### Legumes:

- Red Lentils
- Black Beans
- Green Lentils
- Chickpeas
- Red Lentils

### Cereals and Grains:

- Amaranth
- Quinoa
- Oat
- Brown rice

### Canned:

- Can Chickpeas
- Can Diced Tomatoes
- Tomato paste
- Van Mixed Beans

### Pasta:

- Soba Noodles

### Protein Powder:

- Vegan blend protein powder (vanilla)
- Soy Chocolate-flavored protein powder

### Seeds and Nuts:

- Pumpkin Seeds
- Chia
- Sesame Seeds
- Pumpkin Seeds
- Walnuts

### Spices, Condiments, and Herbs:

- Paprika
- Five Spice
- Red pepper flakes
- Coriander
- Cumin
- Curry powder
- Chili Powder
- Dried Basil
- Vanilla Paste
- Cinnamon
- Nutmeg
- Turmeric
- Tamari sauce
- Vanilla Paste/extract
- Ginger Soy Sauce
- Oregano
- Smoked Paprika

### Non-Dairy and Soy Products:

- Soy Milk (vanilla)
- Coconut Milk
- Seitan
- Almond Milk
- Hemp Milk

### Oils and Fat:

- Olive oil
- Almond butter
- Hazelnut Butter
- Coconut oil
- Grapeseed oil

### Sweeteners:

- Coconut Sugar
- Stevia
- Maple syrup

### Baked Goods:

- Whole-grain bread
- Whole-Meal Bread
- Whole-Wheat tortilla

### Additional:

- Nutritional yeast
- Coconut water
- Raw Cacao nibs
- Cornstarch

# Week 1 - 1700 Cal

## MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFASTS	Toasted Oats with Protein Yogurt	Protein Pudding	Raspberry Quinoa Porridge	Mixed Smoothie	Berry Custard	Coconut Vanilla Smoothie	Toasted Oats with Protein Yogurt
LUNCH	Curried Brussels Sprouts and Chickpeas	Mushroom Thick Soup – previous night dinner	Frittata with Asparagus – previous night dinner	Spinach with Shiitake – previous night dinner	Red Quinoa with apple celery salad – previous night dinner	Pumpkin Chickpea Curry – previous night dinner	Quinoa with Tofu Nuggets – previous night dinner
SNACKS	Acai Berry Smoothie	Cinnamon Pear Smoothie	Blackberry Cocoa Smoothie	Kale Berry Smoothie	Coconut Cream Pie Smoothie	Banana Quinoa Smoothie	Blackberry Watermelon Smoothie
DINNER	Mushroom Thick Soup	Frittata with Asparagus	Spinach with Shiitake mushrooms	Red Quinoa with apple celery salad	Pumpkin Chickpea Curry	Quinoa with Tofu Nuggets	Cannellini Bean Goulash

## MONDAY

### TOASTED OATS WITH PROTEIN YOGURT

Preparation time: 5 minutes

Cooking time: 4 minutes

Servings: 1

#### Ingredients:

- 150g soy yogurt
- 170ml vanilla soy milk
- 20g strawberries
- 35g vegan blend protein powder, vanilla bean flavor
- 5ml maple syrup, optional
- 10g dry quinoa
- 15g oats

#### Instructions:

1. Heat large skillet over medium-high heat.
2. Add oats and cook/toast stirring for 3 minutes. Once the oats begin to turn golden in color, stir in quinoa. Cook for 1 minute or until the quinoa starts to make a popping sound.
3. Remove from the heat and place aside to cool down.
4. Combine soy yogurt, vanilla soy milk, strawberries, protein powder, and maple syrup in a food blender.
5. Blend until smooth.
6. Transfer into a bowl and stir in cooled oats and quinoa.
7. Allow to sit for 5 minutes.
8. Serve.

Calories	490
Total Fat	9.9g
Saturated Fat	1.3g
Cholesterol	0mg
Sodium	105mg
Total Carbohydrate	54.3g
Dietary Fibre	5g
Total Sugars	22.3g
Protein	46.1g

## CURRIED BRUSSELS SPROUTS AND CHICKPEAS

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 1

#### Ingredients:

- 10ml coconut oil
- ¼ teaspoon mustard seeds
- ¼ teaspoon cumin seeds
- 1 small onion, diced
- 1 clove garlic, minced
- ½ teaspoon turmeric
- ¼ teaspoon minced ginger
- ¼ teaspoon Garam Masala
- 80g Brussels sprouts, halved
- 80g sweet potatoes, peeled, chopped
- 80g cooked chickpeas
- 55ml unsweetened coconut milk
- 40ml water
- 15g vegan sour cream
- Salt, to taste
- Coriander, to garnish

#### Instructions:

1. Heat coconut oil in a saucepan over medium-high heat.
2. Add mustard and cumin seeds. Cook for 1 minute or until seeds start to pop.
3. Add onion and cook 3 minutes.
4. Add garlic, turmeric, ginger, and Garam Masala.
5. Add halved Brussels sprouts, potatoes, and chickpeas. Stir gently to coat with spices.
6. Pour in coconut milk and water. Season to taste with salt.
7. Bring to a boil. Reduce heat and simmer for 15 minutes or until sweet potato is tender.
8. Serve warm, topped with sour cream, and garnished with cilantro.

Calories	463
Total Fat	16.1g
Saturated Fat	10.9g
Cholesterol	0mg
Sodium	57mg
Total Carbohydrate	60g
Dietary Fibre	16.3g
Total Sugars	10.9g
Protein	12.8g

## ACAI BERRY SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml soy milk
- ¼ teaspoon vanilla paste
- 40g raspberries
- 5g acai berry powder
- 35g vegan protein blend
- 4 almonds

### Instructions:

1. Toss all ingredients into a food blender.
2. Blend until smooth.
3. Serve.

Calories	280
Total Fat	8.7g
Saturated Fat	0.7g
Cholesterol	0mg
Sodium	17mg
Total Carbohydrate	14.5g
Dietary Fibre	5.4g
Total Sugars	4.2g
Protein	37.8g

## MUSHROOM THICK SOUP

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 15ml olive oil
- 450g mushrooms (use mixed like shitake, brown e.g.)
- 1 small potato, diced
- 1 small onion, diced
- 2 cloves garlic, minced
- 20g brown rice protein powder
- 750ml unsweetened almond milk
- 200ml vegetable stock
- Salt and pepper, to taste
- 4 slices whole-wheat bread
- Chopped cilantro, to garnish

### Instructions:

1. Heat olive oil in a saucepan.
2. Add mushrooms, potato, and onion.
3. Cook 7 minutes over medium-high heat. Add garlic and cook 1 minute.
4. Pour in stock and add protein powder.
5. Stir gently to remove any browned bits. Stir in almond milk and bring to a boil.
6. Reduce heat and simmer 10 minutes or until potatoes are tender.
7. Remove from the heat and puree soup using an immersion blender.
8. Reheat the sou. Sprinkle with chopped cilantro, and serve with a toasted whole-wheat bread.

Calories	442
Total Fat	16g
Saturated Fat	3.1g
Cholesterol	0mg
Sodium	889mg
Total Carbohydrate	47g
Dietary Fibre	11.8g
Total Sugars	10.8g
Protein	25.9g

## TUESDAY PROTEIN PUDDING

Preparation time: 5 minutes + inactive time

Servings: 1

### Ingredients:

- 70g soft tofu
- 30g vegan blend protein powder, vanilla flavor
- 5g peanut butter
- ¼ teaspoon coconut sugar
- 1 extra small banana

### To garnish:

- 1 tablespoon chopped walnuts
- ¼ teaspoon coconut sugar

### Instructions:

1. In a food blender, combine soft tofu, vegan blend protein powder, peanut butter, coconut sugar, and banana.
2. Blend until smooth.
3. Transfer into a bowl and refrigerate for 20 minutes or place in a freezer for 5 minutes.
4. Top with chopped walnuts and coconut sugar before serving.

Calories	372
Total Fat	12g
Saturated Fat	1.5g
Cholesterol	0mg
Sodium	24mg
Total Carbohydrate	27.3g
Dietary Fibre	4.1g
Total Sugars	11.5g
Protein	41g

## MUSHROOM THICK SOUP - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 15ml olive oil
- 450g mushrooms (use mixed like shitake, brown e.g.)
- 1 small potato, diced
- 1 small onion, diced
- 2 cloves garlic, minced
- 20g brown rice protein powder
- 750ml unsweetened almond milk
- 200ml vegetable stock
- Salt and pepper, to taste
- 4 slices whole-wheat bread
- Chopped cilantro, to garnish

### Instructions:

1. Heat olive oil in a saucepan.
2. Add mushrooms, potato, and onion.
3. Cook 7 minutes over medium-high heat. Add garlic and cook 1 minute.
4. Pour in stock and add protein powder.
5. Stir gently to remove any browned bits. Stir in almond milk and bring to a boil.
6. Reduce heat and simmer 10 minutes or until potatoes are tender.
7. Remove from the heat and puree soup using an immersion blender.
8. Reheat the sou. Sprinkle with chopped cilantro, and serve with a toasted whole-wheat bread.

Calories	442
Total Fat	16g
Saturated Fat	3.1g
Cholesterol	0mg
Sodium	889mg
Total Carbohydrate	47g
Dietary Fibre	11.8g
Total Sugars	10.8g
Protein	25.9g



## CINNAMON PEAR SMOOTHIE

Preparation time: 5 minutes  
Servings: 1

### Ingredients:

- 1 ripe pear, peeled, cored, sliced
- 250ml vanilla soy milk
- 30g vegan blend protein powder, cinnamon flavor
- 1 pinch ground cinnamon
- 4 ice cubes

### Instructions:

1. Toss all ingredients into food blender.
2. Blend until smooth.
3. Serve immediately.

Calories	361
Total Fat	8.3g
Saturated Fat	1.2g
Cholesterol	0mg
Sodium	266mg
Total Carbohydrate	34.5g
Dietary Fibre	6.7g
Total Sugars	13.6g
Protein	37.5g

## FRITTATA WITH ASPARAGUS

Preparation time: 5 minutes  
Cooking time: 30 minutes  
Servings: 2

### Ingredients:

- 200g chickpea flour
- 200ml cold water
- 200ml unsweetened soy milk
- 15ml coconut oil
- 1 carrot, peeled, grated
- 150g green asparagus, trimmed, chopped
- 80g fresh peas
- 1 pinch nutmeg
- Salt and pepper, to taste
- 4 sprigs coriander, chopped

### Instructions:

1. Preheat oven to 200C.
2. In a large bowl, whisk chickpea flour, cold water, and soy milk.
3. Season with nutmeg, salt, and pepper. Place aside for 15 minutes. Stir in chopped coriander.
4. Brush the tart mold with half coconut oil.
5. Heat the remaining coconut oil in a skillet. Add asparagus, carrot, and peas and season to taste.
6. Cook the vegetables for 5 minutes. Remove from the heat and place aside to cool.
7. Spread the half the vegetables over the greased bottom tart. Pour over the chickpea flour mixture.
8. Top the chickpea mixture with remaining veggies and cover with an aluminum foil.
9. Bake the frittata for 15 minutes. Remove the foil and bake for 10-15 minutes additional.
10. Slice and serve.

Calories	545
Total Fat	15.7g
Saturated Fat	6.9g
Cholesterol	0mg
Sodium	95mg
Total Carbohydrate	71.3g
Dietary Fibre	16.1g
Total Sugars	16.9g
Protein	30.4g

## WEDNESDAY

### RASPBERRY QUINOA PORRIDGE

Preparation time: 5 minutes

Cooking time:

Servings: 1

#### Ingredients:

- 70g dry quinoa
- 200ml unsweetened soy milk
- 30g vegan blend protein powder, vanilla flavor
- 50g raspberries
- 5ml maple syrup

#### Instructions:

1. Combine quinoa and soy milk in a saucepan.
2. Bring to a boil. Reduce heat and cook over low-heat for 10 minutes.
3. Add maple syrup and cook for 5 minutes additional.
4. In the meantime, combine vegan protein powder and raspberries in a bowl.
5. Mash with a fork.
6. Stir the raspberries mixture into quinoa and cook 1 minute.
7. Serve warm.

Calories	494
Total Fat	9.4g
Saturated Fat	0.9g
Cholesterol	0mg
Sodium	18mg
Total Carbohydrate	62.7g
Dietary Fibre	9.9g
Total Sugars	8g
Protein	41g

## FRITTATA WITH ASPARAGUS - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 2

#### Ingredients:

- 200g chickpea flour
- 200ml cold water
- 200ml unsweetened soy milk
- 15ml coconut oil
- 1 carrot, peeled, grated
- 150g green asparagus, trimmed, chopped
- 80g fresh peas
- 1 pinch nutmeg
- Salt and pepper, to taste
- 4 sprigs coriander, chopped

#### Instructions:

1. Preheat oven to 200C.
2. In a large bowl, whisk chickpea flour, cold water, and soy milk.
3. Season with nutmeg, salt, and pepper. Place aside for 15 minutes. Stir in chopped coriander.
4. Brush the tart mold with half coconut oil.
5. Heat the remaining coconut oil in a skillet. Add asparagus, carrot, and peas and season to taste.
6. Cook the vegetables for 5 minutes. Remove from the heat and place aside to cool.
7. Spread the half the vegetables over the greased bottom tart. Pour over the chickpea flour mixture.
8. Top the chickpea mixture with remaining veggies and cover with an aluminum foil.
9. Bake the frittata for 15 minutes. Remove the foil and bake for 10-15 minutes additional.
10. Slice and serve.

Calories	545
Total Fat	15.7g
Saturated Fat	6.9g
Cholesterol	0mg
Sodium	95mg
Total Carbohydrate	71.3g
Dietary Fibre	16.1g
Total Sugars	16.9g
Protein	30.4g

## BLACKBERRY COCOA SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml unsweetened almond milk
- 50g blackberries
- 30g baby spinach
- 35g vegan blend protein powder, chocolate flavor
- 1 ½ teaspoons cocoa powder
- 10g chia seeds

### Instructions:

1. Toss all ingredients into food blender.
2. Blend until smooth.
3. Serve.

Calories	273
Total Fat	9.5g
Saturated Fat	1.5g
Cholesterol	0mg
Sodium	218mg
Total Carbohydrate	22g
Dietary Fibre	10.8g
Total Sugars	2.8g
Protein	32.5g

## SPINACH WITH SHIITAKE MUSHROOMS

Preparation time: 5 minutes

Cooking time: 25 minutes

Servings: 2

### Ingredients:

- 5ml olive oil
- 1 red onion, thinly sliced
- 10ml low-sodium soy sauce
- 600g shiitake mushrooms, sliced
- 300g spinach
- 200ml coconut milk
- 4g nutritional yeast
- Salt and pepper, to taste

### Instructions:

1. Heat olive oil in a skillet over medium-high heat.
2. Add soy sauce and cook 10 seconds.
3. Add red onion and cook 8 minutes.
4. Add shiitake mushrooms and cook 5 minutes.
5. Add spinach and cook until just wilted, for 2 minutes.
6. Add coconut milk and nutritional yeast. Cook 5 minutes.
7. Season to taste with salt and pepper.
8. Serve warm.

Calories	384
Total Fat	28.2g
Saturated Fat	21.9g
Cholesterol	0mg
Sodium	451mg
Total Carbohydrate	27.3g
Dietary Fibre	10.2g
Total Sugars	11.8g
Protein	18g

## THURSDAY MIXED SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml unsweetened almond milk
- 1 extra small banana, sliced
- 40g vegan blend protein powder, vanilla flavor
- 30g baby spinach
- 4 strawberries, sliced
- 5ml cinnamon
- 5ml maple syrup

### Instructions:

1. Toss all ingredients into food blender.
2. Blend until smooth.
3. Serve.

Calories	345
Total Fat	5.5g
Saturated Fat	0.4g
Cholesterol	0mg
Sodium	206mg
Total Carbohydrate	41.8g
Dietary Fibre	6.5g
Total Sugars	18.9g
Protein	37.3g

## SPINACH WITH SHIITAKE MUSHROOMS - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 25 minutes

Servings: 2

### Ingredients:

- 5ml olive oil
- 1 red onion, thinly sliced
- 10ml low-sodium soy sauce
- 600g shiitake mushrooms, sliced
- 300g spinach
- 200ml coconut milk
- 4g nutritional yeast
- Salt and pepper, to taste

### Instructions:

1. Heat olive oil in a skillet over medium-high heat.
2. Add soy sauce and cook 10 seconds.
3. Add red onion and cook 8 minutes.
4. Add shiitake mushrooms and cook 5 minutes.
5. Add spinach and cook until just wilted, for 2 minutes.
6. Add coconut milk and nutritional yeast. Cook 5 minutes.
7. Season to taste with salt and pepper.
8. Serve warm.

Calories	384
Total Fat	28.2g
Saturated Fat	21.9g
Cholesterol	0mg
Sodium	451mg
Total Carbohydrate	27.3g
Dietary Fibre	10.2g
Total Sugars	11.8g
Protein	18g

## KALE BERRY SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 200ml soy milk
- 50ml water
- 60g blueberries
- 40g raspberries
- 40g strawberries
- 50g kale, stems removed, torn into pieces
- 15g acai berries
- ½ teaspoon cinnamon
- 1 medium banana, sliced
- 2 ice cubes
- 35g vegan blend protein powder, vanilla flavor

### Instructions:

1. Toss all ingredients into food blender.
2. Blend until smooth.
3. Serve.

Calories	359
Total Fat	5.4g
Saturated Fat	0.4g
Cholesterol	0mg
Sodium	125mg
Total Carbohydrate	41.4g
Dietary Fibre	8.1g
Total Sugars	18.1g
Protein	39.5g

## RED QUINOA WITH APPLE CELERY SALAD

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 130g red quinoa
- 250ml water
- 6 celery stalks, trimmed, sliced
- 1 green apple
- Salt, to taste

### Tahini dressing:

- 55g tahini
- 25ml lemon juice
- 50ml water
- 15ml low-sodium soy sauce
- 15ml sesame oil
- 15ml agave
- 30g vegan blend protein powder

### Instructions:

1. Combine quinoa and water in a saucepan.
2. Season to taste with salt and cook the quinoa for 20 minutes. Remove from the heat and place aside.
3. In the meantime, make the dressing; whisk together tahini, lemon juice, water, soy sauce, sesame oil, protein powder and agave. Thin with more water if necessary.
4. Fluff the quinoa with a fork and place in a bowl.
5. Add celery and apple.
6. Drizzle with prepared dressing.
7. Serve.

Calories	615
Total Fat	26.4g
Saturated Fat	3.2g
Cholesterol	0mg
Sodium	526mg
Total Carbohydrate	75.6g
Dietary Fibre	11g
Total Sugars	21.4g
Protein	26.5g

## FRIDAY BERRY CUSTARD

Preparation time:

Cooking time:

Servings: 1

### Ingredients:

- 120ml vanilla-flavored soy milk
- 30g vegan blend protein powder, vanilla flavor
- 1 teaspoon raw cocoa powder
- 1 small banana, frozen (slice before freezing)
- 10g psyllium husk powder
- 40g raspberries

### Instructions:

1. Combine soy milk, vegan blend protein powder, cocoa powder, banana, and psyllium husk.
2. Blend until smooth and creamy.
3. Transfer into a bowl and top with raspberries.
4. Serve.

Calories	370
Total Fat	6.7g
Saturated Fat	1.9g
Cholesterol	0mg
Sodium	68mg
Total Carbohydrate	47g
Dietary Fibre	11.4g
Total Sugars	17g
Protein	39.7g

## RED QUINOA WITH APPLE CELERY SALAD - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 130g red quinoa
- 250ml water
- 6 celery stalks, trimmed, sliced
- 1 green apple
- Salt, to taste

### Tahini dressing:

- 55g tahini
- 25ml lemon juice
- 50ml water
- 15ml low-sodium soy sauce
- 15ml sesame oil
- 15ml agave
- 30g vegan blend protein powder

### Instructions:

1. Combine quinoa and water in a saucepan.
2. Season to taste with salt and cook the quinoa for 20 minutes. Remove from the heat and place aside.
3. In the meantime, make the dressing; whisk together tahini, lemon juice, water, soy sauce, sesame oil, protein powder and agave. Thin with more water if necessary.
4. Fluff the quinoa with a fork and place in a bowl.
5. Add celery and apple.
6. Drizzle with prepared dressing.
7. Serve.

Calories	615
Total Fat	26.4g
Saturated Fat	3.2g
Cholesterol	0mg
Sodium	526mg
Total Carbohydrate	75.6g
Dietary Fibre	11g
Total Sugars	21.4g
Protein	26.5g

## COCONUT CREAM PIE SMOOTHIE

Preparation time:

Servings: 1

### Ingredients:

- 200ml unsweetened coconut milk
- 1 Medjool date, pitted
- 45g vegan blend protein powder, vanilla flavor
- 15ml coconut oil, melted
- 15g coconut cream

### Instructions:

1. Combine coconut milk, date, vegan protein powder, and coconut oil.
2. Blend until smooth.
3. Serve into a tall glass and top with coconut cream.

Calories	453
Total Fat	28.6g
Saturated Fat	23.4g
Cholesterol	0mg
Sodium	0mg
Total Carbohydrate	16.8g
Dietary Fibre	1.6g
Total Sugars	5.3g
Protein	35.2g

## PUMPKIN CHICKPEA CURRY

Preparation time: 5 minutes

Cooking time: 25 minutes

Servings: 2

### Ingredients:

- 10ml coconut oil
- 1 small onion, diced
- 1 clove garlic, minced
- 1 small carrot, grated
- 1 tomato, chopped
- 200g can pumpkin puree, no sugar added
- 200g cooked chickpeas
- 2 teaspoons curry powder
- 1 pinch turmeric
- 1 pinch ginger powder
- 180ml coconut milk
- 60ml water
- Salt and pepper, to taste
- 100g cooked quinoa

### Instructions:

1. Heat coconut oil in a saucepan over medium-high heat.
2. Add onion and cook 4 minutes.
3. Add garlic, and carrot. Cook 2 minutes.
4. Add tomato and cover. Cook 5 minutes.
5. Add pumpkin puree, chickpeas, curry powder, turmeric, and ginger. Stir gently.
6. Stir in coconut milk and water. Season to taste. Bring to a boil and reduce heat.
7. Simmer 15 minutes.
8. Remove from the heat. Serve warm with cooked quinoa.

Calories	352
Total Fat	9.8g
Saturated Fat	5.9g
Cholesterol	0mg
Sodium	43mg
Total Carbohydrate	55.2g
Dietary Fibre	15.4g
Total Sugars	14.1g
Protein	14.2g

## SATURDAY COCONUT VANILLA SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml unsweetened coconut milk
- 50g vegan blend vanilla protein powder
- 15g chia
- 15g flax seeds
- 10g raw cocoa nibs

### Instructions:

1. Toss all ingredients into a food blender.
2. Blend until smooth.
3. Serve.

Calories	440
Total Fat	20.3g
Saturated Fat	8.5g
Cholesterol	0mg
Sodium	7mg
Total Carbohydrate	21.7g
Dietary Fibre	11.7g
Total Sugars	0.2g
Protein	44g

## PUMPKIN CHICKPEA CURRY - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 25 minutes

Servings: 2

### Ingredients:

- 10ml coconut oil
- 1 small onion, diced
- 1 clove garlic, minced
- 1 small carrot, grated
- 1 tomato, chopped
- 200g can pumpkin puree, no sugar added
- 200g cooked chickpeas
- 2 teaspoons curry powder
- 1 pinch turmeric
- 1 pinch ginger powder
- 180ml coconut milk
- 60ml water
- Salt and pepper, to taste
- 100g cooked quinoa

### Instructions:

1. Heat coconut oil in a saucepan over medium-high heat.
2. Add onion and cook 4 minutes.
3. Add garlic, and carrot. Cook 2 minutes.
4. Add tomato and cover. Cook 5 minutes.
5. Add pumpkin puree, chickpeas, curry powder, turmeric, and ginger. Stir gently.
6. Stir in coconut milk and water. Season to taste. Bring to a boil and reduce heat.
7. Simmer 15 minutes.
8. Remove from the heat. Serve warm with cooked quinoa.

Calories	352
Total Fat	9.8g
Saturated Fat	5.9g
Cholesterol	0mg
Sodium	43mg
Total Carbohydrate	55.2g
Dietary Fibre	15.4g
Total Sugars	14.1g
Protein	14.2g



## BANANA QUINOA SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 60g vegan vanilla-flavored protein powder
- 20g cooked quinoa
- 1 extra-small banana, sliced
- 250ml unsweetened almond milk
- 120ml water
- 4 ice cubes
- 15ml maple syrup

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend until smooth.
3. Serve.

Calories	417
Total Fat	6.2g
Saturated Fat	0.4g
Cholesterol	0mg
Sodium	198mg
Total Carbohydrate	45.8g
Dietary Fibre	3.7g
Total Sugars	22g
Protein	48g

## QUINOA WITH TOFU NUGGETS

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 100g dry quinoa
- 200ml water
- Salt to taste
- 20g baby spinach

### Nuggets:

- 200g firm tofu, drained
- 20g whole-meal flour
- 20ml soy milk
- 10ml chili sauce or chili powder
- ½ teaspoon paprika powder
- 50g almond meal
- Salt and pepper, to taste

### Instructions:

1. Preheat oven to 180C.
2. Cut tofu into 1.5cm pieces.
3. Combine flour with paprika powder and place in a shallow dish.
4. In a separate dish, combine soy milk and chili sauce.
5. Place almond meal into the third dish.
6. Coat tofu with flour, dip into soy milk mixture, and dredge through almond meal. Arrange tofu onto baking sheet. Bake 20 minutes flipping halfway through.
7. In the meantime, cook quinoa with water in saucepan for 20 minutes.
8. Remove from the heat and stir in spinach. Cover and allow to stand for 5 minutes.
9. Season the quinoa with salt and fluff with a fork.
10. Serve quinoa and spinach with the tofu nuggets.

Calories	483
Total Fat	21.3g
Saturated Fat	2.4g
Cholesterol	0mg
Sodium	18mg
Total Carbohydrate	53.8g
Dietary Fibre	10g
Total Sugars	2g
Protein	24.7g

## SUNDAY

### TOASTED OATS WITH PROTEIN YOGURT

Preparation time: 5 minutes

Cooking time: 4 minutes

Servings: 1

#### Ingredients:

- 150g soy yogurt
- 170ml vanilla soy milk
- 20g strawberries
- 35g vegan protein powder, vanilla bean flavor
- 5ml maple syrup, optional
- 10g dry quinoa
- 15g oats

#### Instructions:

1. Heat large skillet over medium-high heat.
2. Add oats and cook/toast stirring for 3 minutes. Once the oats begin to turn golden in color, stir in quinoa.  
Cook for 1 minute or until the quinoa starts to make a popping sound.
3. Remove from the heat and place aside to cool down.
4. Combine soy yogurt, vanilla soy milk, strawberries, protein powder, and maple syrup in a food blender.
5. Blend until smooth.
6. Transfer into a bowl and stir in cooled oats and quinoa.
7. Allow to sit for 5 minutes.
8. Serve.

Calories	490
Total Fat	9.9g
Saturated Fat	1.3g
Cholesterol	0mg
Sodium	105mg
Total Carbohydrate	54.3g
Dietary Fibre	5g
Total Sugars	22.3g
Protein	46.1g

## QUINOA WITH TOFU NUGGETS - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 100g dry quinoa
- 200ml water
- Salt to taste
- 20g baby spinach

### Nuggets:

- 200g firm tofu, drained
- 20g whole-meal flour
- 20ml soy milk
- 10ml chili sauce or chili powder
- ½ teaspoon paprika powder
- 50g almond meal
- Salt and pepper, to taste

### Instructions:

1. Preheat oven to 180C.
2. Cut tofu into 1.5cm pieces.
3. Combine flour with paprika powder and place in a shallow dish.
4. In a separate dish, combine soy milk and chili sauce.
5. Place almond meal into the third dish.
6. Coat tofu with flour, dip into soy milk mixture, and dredge through almond meal. Arrange tofu onto baking sheet. Bake 20 minutes flipping halfway through.
7. In the meantime, cook quinoa with water in saucepan for 20 minutes.
8. Remove from the heat and stir in spinach. Cover and allow to stand for 5 minutes.
9. Season the quinoa with salt and fluff with a fork.
10. Serve quinoa and spinach with the tofu nuggets.

Calories	483
Total Fat	21.3g
Saturated Fat	2.4g
Cholesterol	0mg
Sodium	18mg
Total Carbohydrate	53.8g
Dietary Fibre	10g
Total Sugars	2g
Protein	24.7g

## BLACKBERRY WATERMELON SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 45g vegan blend protein powder
- 50g watermelon, seeded
- 40g blackberries
- 250ml vanilla soy milk
- 10g coconut cream

### Instructions:

1. Toss all ingredients into food blender.
2. Blend on high until smooth.
3. Serve.

Calories	351
Total Fat	13.1g
Saturated Fat	6g
Cholesterol	0mg
Sodium	18mg
Total Carbohydrate	19.2g
Dietary Fibre	4.6g
Total Sugars	7.2g
Protein	41.6g

# CANNELLINI BEAN GOULASH

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

## Ingredients:

- 20ml olive oil
- 2 shallots, diced
- 1 clove garlic, minced
- ¼ teaspoon marjoram
- 20g tomato paste
- 200g can cannellini beans
- 50g mushrooms, sliced
- 2 medium potatoes, boiled, peeled, cubed
- ½ teaspoon paprika
- 150ml can tomato sauce
- 60ml water
- Salt, to taste

Calories	365
Total Fat	10.3g
Saturated Fat	1.5g
Cholesterol	0mg
Sodium	1470mg
Total Carbohydrate	57.4g
Dietary Fibre	5.1g
Total Sugars	6.8g
Protein	11.5g

## Instructions:

1. Heat olive oil in a saucepot over medium-high heat.
2. Add shallots and mushrooms. Cook 5 minutes.
3. Add garlic, tomato paste, and marjoram. Cook 1 minute.
4. Toss in cannellini beans and stir to combine.
5. Add cubed potatoes, and stir gently to coat with spices.
6. Pour in tomato sauce and water. Add paprika, and season to taste.
7. Bring to a boil.
8. Reduce heat and simmer 10 minutes.
9. Serve warm.

# Week 1 - 1700cal

## GROCERY LIST

### Fruits and Dried Fruits:

- Strawberries; 50g
- Raspberries; 170g
- Banana; 5 pieces
- Acai berries; 15g
- Blackberries; 130g
- Blueberries; 60g
- Date; 1 piece
- Watermelon; 50g
- Pear; 1 piece
- Apple; 1 piece

### Vegetables:

- Onion; 4 pieces
- Garlic (clove); 5 cloves
- Brussels sprouts; 80g
- Sweet potatoes; 80g
- Mushrooms; 650g
- Potatoes, raw; 1 small
- Potatoes, boiled; 2 small
- Shallots; 2 pieces
- Kale; 50g
- Shiitake mushrooms; 600g
- Spinach; 380g
- Peas; 80g
- Carrots; 2 pieces
- Asparagus, green; 150g
- Celery; 6 medium stalks
- Tomato, ripe; 1 piece

### Grains and Cereals:

- Quinoa, dry; 190g
- Quinoa, cooked; 120g
- Red quinoa; 130g
- Oats; 30g

### Can Products:

- Can tomato sauce; 150ml
- Can Cannellini beans; 200g
- Tomato paste; 20g
- Pumpkin puree; 200g

### Beans and Legumes:

- Chickpeas, cooked; 80g

### Spices and Herbs:

- Turmeric
- Ginger
- Garam Masala
- Salt
- Black pepper
- Mustard seeds
- Cumin seeds
- Coriander
- Vanilla extract/paste
- Soy Sauce
- Curry powder

### Butter, and Oil:

- Coconut oil; 50ml
- Peanut butter; 5g
- Tahini; 55g
- Olive oil; 40ml
- Sesame oil; 15ml

### Nuts and Seeds:

- Almond; 4 pieces
- Walnuts, chopped; 1 tablespoon
- Chia seeds; 25g
- Flax seeds; 15g
- Psyllium husk; 15g
- Raw cocoa nibs; 10g

### Soy Products:

- Tofu, firm; 200g
- Tofu, soft; 70g
- Soy milk (unsweetened); 420ml
- Soy milk (vanilla); 940ml
- Soy milk (sweetened); 450ml
- Soy yogurt; 300g

### Non-Dairy:

- Coconut milk (unsweetened); 685ml
- Almond milk; 1500ml
- Vegan sour cream; 15g
- Coconut cream; 25g

### Protein Powder:

- Vegan Blend (vanilla); 355g
- Vegan protein blend; 110g
- Brown rice protein powder; 20g
- Vegan blend (chocolate); 35g
- Vegan blend (cinnamon); 30g

### Baked Goods:

- Whole-Wheat bread; 2 slices

### Flours:

- Chickpea flour; 200g
- Whole-meal flour; 20g
- Almond flour/meal; 50g

### Sweeteners:

- Agave; 15ml
- Maple syrup; 35ml
- Coconut sugar; ½ teaspoon

### Additional:

- Acai berry powder; 5g
- Vegetable stock; 200ml
- Cocoa powder; 2 ½ teaspoons
- Nutritional yeast; 4g

## Week 2 - 1700 Cal

### MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFASTS	Breakfast Protein Parfait	Melon Vanilla Smoothie	Toasted Oats with Protein Yogurt	Fruity Chia Pudding	Creamy Amaranth Porridge	Protein Pudding	Matcha Smoothie Bowl
LUNCH	Cannellini Bean Goulash - previous night dinner	Vegan Feta Quinoa Salad – previous night dinner	Squash Potato and Kale Bake – previous night dinner	Tofu Goulash – previous night dinner	Spinach with Shiitake – previous night dinner	Thick Lentil Soup – previous night dinner	Red Quinoa with apple celery salad – previous night dinner
SNACKS	Thin Mint Smoothie	Black Pineapple Smoothie	Almond Currant Smoothie	Kiwi Kale Smoothie	Thick Mint Smoothie	Tropical Tofu Smoothie	Almond Vanilla Smoothie
DINNER	Vegan Feta Quinoa Salad	Squash Potato and Kale Bake	Tofu Goulash	Spinach with Shiitake	Thick Lentil Soup	Red Quinoa with apple celery salad	Red Lentil Kitchari

**MONDAY**  
**BREAKFAST PROTEIN PARFAIT**

Preparation time: 5 minutes

Servings: 1

**Ingredients:**

- 250g Vegan Greek cultured almond yogurt
- 45g vegan blend protein powder, vanilla flavor
- 15g cacao powder
- 5g instant coffee granules
- 5ml maple syrup
- 30g blueberries
- 5 almonds, sliced

**Instructions:**

1. Combine half the yogurt with protein powder, cacao powder, coffee, and maple syrup in a bowl.
2. Mix until you have a smooth consistency.
3. Place the cacao-yogurt mixture into a parfait glass or jar.
4. Top with remaining yogurt, sliced almonds, and blueberries.
5. Serve.

Calories	678
Total Fat	29.9g
Saturated Fat	2.1g
Cholesterol	0mg
Sodium	25mg
Total Carbohydrate	64.7g
Dietary Fibre	5.7g
Total Sugars	27.2g
Protein	48.3g

**CANNELLINI BEAN GOULASH - PREVIOUS NIGHT DINNER**

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

**Ingredients:**

- 20ml olive oil
- 2 shallots, diced
- 1 clove garlic, minced
- ¼ teaspoon marjoram
- 20g tomato paste
- 200g can cannellini beans
- 50g mushrooms, sliced
- 2 medium potatoes, boiled, peeled, cubed
- ½ teaspoon paprika
- 150ml can tomato sauce
- 60ml water
- Salt, to taste

**Instructions:**

1. Heat olive oil in a saucepot over medium-high heat.
2. Add shallots and mushrooms. Cook 5 minutes.
3. Add garlic, tomato paste, and marjoram. Cook 1 minute.
4. Toss in cannellini beans and stir to combine.
5. Add cubed potatoes, and stir gently to coat with spices.
6. Pour in tomato sauce and water. Add paprika, and season to taste.
7. Bring to a boil.
8. Reduce heat and simmer 10 minutes.
9. Serve warm.

Calories	365
Total Fat	10.3g
Saturated Fat	1.5g
Cholesterol	0mg
Sodium	1470mg
Total Carbohydrate	57.4g
Dietary Fibre	5.1g
Total Sugars	6.8g
Protein	11.5g

## THIN MINT SMOOTHIE

Preparation time:

Servings: 1

### Ingredients:

- 250ml unsweetened almond milk
- 7 fresh mint leaves
- 40g vegan blend protein powder, chocolate flavor
- 4 ice cubes

### Instructions:

1. Toss all ingredients into food blender.
2. Blend on high until smooth.
3. Serve.

Calories	217
Total Fat	5.1g
Saturated Fat	0.3g
Cholesterol	0mg
Sodium	194mg
Total Carbohydrate	8.6g
Dietary Fibre	1.8g
Total Sugars	0g
Protein	35.3g

## VEGAN FETA QUINOA SALAD

Preparation time: 5 minutes + inactive time

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 100g dry quinoa
- 200ml water
- Salt, to taste

### Tofu:

- 250g firm tofu, drained
- 1 small lemon, juiced
- 30ml olive oil
- 50ml balsamic vinegar
- 1 teaspoon thyme, chopped
- 1 teaspoon oregano, chopped

### Salad:

- 25g arugula
- 100g cooked green beans
- 4 cherry tomatoes, quartered
- Salt, and pepper, to taste

### Instructions:

1. Combine quinoa and water in a saucepot.
2. Bring to a boil.
3. Reduce heat and simmer 20 minutes. Remove from the heat, season to taste with salt, and fluff with a fork. Place aside to rest for 10 minutes.
4. In the meantime, whisk olive oil, balsamic vinegar, thyme and oregano in a large bowl. Add cubed tofu and cover, Marinate 30 minutes.
5. In a large bowl, combine arugula, cooked green beans, and cherry tomatoes.
6. Add quinoa and tofu. Drizzle the salad with any marinade left from the tofu.
7. Season to taste with salt and pepper, and toss gently to combine.
8. Serve.

Calories	470
Total Fat	23.3g
Saturated Fat	3.6g
Cholesterol	0mg
Sodium	34mg
Total Carbohydrate	49.8g
Dietary Fibre	10.1g
Total Sugars	8.4g
Protein	20.9g



## TUESDAY

### MELON VANILLA SMOOTHIE

Preparation time: 5 minutes

Servings: 1

#### Ingredients:

- 250ml soy milk
- ½ teaspoon vanilla paste or extract
- 40g melon, cubed
- 45g vegan blend protein powder

#### Instructions:

1. Toss all ingredients into food blender.
2. Blend until smooth.
3. Serve.

Calories	323
Total Fat	6g
Saturated Fat	0.6g
Cholesterol	0mg
Sodium	138mg
Total Carbohydrate	25.1g
Dietary Fibre	1.9g
Total Sugars	13.5g
Protein	42.7g

## VEGAN FETA QUINOA SALAD - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes + inactive time

Cooking time: 20 minutes

Servings: 2

#### Ingredients:

- 100g dry quinoa
- 200ml water
- Salt, to taste

#### Tofu:

- 250g firm tofu, drained
- 1 small lemon, juiced
- 30ml olive oil
- 50ml balsamic vinegar
- 1 teaspoon thyme, chopped
- 1 teaspoon oregano, chopped

#### Salad:

- 25g arugula
- 100g cooked green beans
- 4 cherry tomatoes, quartered
- Salt, and pepper, to taste

#### Instructions:

1. Combine quinoa and water in a saucepot.
2. Bring to a boil.
3. Reduce heat and simmer 20 minutes. Remove from the heat, season to taste with salt, and fluff with a fork. Place aside to rest for 10 minutes.
4. In the meantime, whisk olive oil, balsamic vinegar, thyme and oregano in a large bowl. Add cubed tofu and cover, Marinate 30 minutes.
5. In a large bowl, combine arugula, cooked green beans, and cherry tomatoes.
6. Add quinoa and tofu. Drizzle the salad with any marinade left from the tofu.
7. Season to taste with salt and pepper, and toss gently to combine.
8. Serve.

Calories	470
Total Fat	23.3g
Saturated Fat	3.6g
Cholesterol	0mg
Sodium	34mg
Total Carbohydrate	49.8g
Dietary Fibre	10.1g
Total Sugars	8.4g
Protein	20.9g

## BLACK PINEAPPLE SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml coconut water
- 60g fresh pineapple
- 50g blackberries
- 30g raw spinach
- 35g vegan blend protein powder
- 5g maca powder
- ½ small avocado, peeled, pitted, and sliced

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	402
Total Fat	15.3g
Saturated Fat	2.3g
Cholesterol	0mg
Sodium	294mg
Total Carbohydrate	38.8g
Dietary Fibre	13.8g
Total Sugars	16.3g
Protein	32.8g

## SQUASH POTATO AND KALE BAKE

Preparation time: 5 minutes

Cooking time: 25 minutes

Servings: 2

### Ingredients:

- 400g butternut squash, peeled, cubed
- 70g kale, stems removed, torn into pieces
- 200g sweet potato, peeled, cubed
- 200ml unsweetened coconut milk
- 60g oat cream
- 15g nutritional yeast
- 25g vegan blend protein powder
- 10g cornstarch
- 30g shredded Vegan cheddar cheese
- Salt and pepper, to taste

### Instructions:

1. Preheat oven to 200C.
2. Cut squash and sweet potatoes to 1cm cubes.
3. Gently grease baking dish with some oil.
4. Toss in cubed squash, kale, and potatoes.
5. In a large bowl, beat coconut milk, oat cream, nutritional yeast, and cornstarch. Season to taste with salt and pepper.
6. Pour the mixture over the veggies.
7. Bake the veggies for 20 minutes. Remove from the oven, add the Vegan cheddar cheese and bake for an additional 5-8 minutes.
8. Serve warm.

Calories	520
Total Fat	21.5g
Saturated Fat	16.9g
Cholesterol	0mg
Sodium	262mg
Total Carbohydrate	68.6g
Dietary Fibre	10.2g
Total Sugars	14.9g
Protein	19.8g

## WEDNESDAY

### TOASTED OATS WITH PROTEIN YOGURT

Preparation time: 5 minutes

Cooking time: 4 minutes

Servings: 1

#### Ingredients:

- 150g soy yogurt
- 170ml vanilla soy milk
- 20g strawberries
- 35g vegan protein powder, vanilla bean flavor
- 5ml maple syrup, optional
- 10g dry quinoa
- 15g oats

#### Instructions:

1. Heat large skillet over medium-high heat.
2. Add oats and cook/toast stirring for 3 minutes. Once the oats begin to turn golden in color, stir in quinoa. Cook for 1 minute or until the quinoa starts to make a popping sound.
3. Remove from the heat and place aside to cool down.
4. Combine soy yogurt, vanilla soy milk, strawberries, protein powder, and maple syrup in a food blender.
5. Blend until smooth.
6. Transfer into a bowl and stir in cooled oats and quinoa.
7. Allow to sit for 5 minutes.
8. Serve.

Calories	490
Total Fat	9.9g
Saturated Fat	1.3g
Cholesterol	0mg
Sodium	105mg
Total Carbohydrate	54.3g
Dietary Fibre	5g
Total Sugars	22.3g
Protein	46.1g

## SQUASH POTATO AND KALE BAKE - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 25 minutes

Servings: 2

#### Ingredients:

- 400g butternut squash, peeled, cubed
- 70g kale, stems removed, torn into pieces
- 200g sweet potato, peeled, cubed
- 200ml unsweetened coconut milk
- 60g oat cream
- 15g nutritional yeast
- 25g vegan blend protein powder
- 10g cornstarch
- 30g shredded Vegan cheddar cheese
- Salt and pepper, to taste

#### Instructions:

1. Preheat oven to 200C.
2. Cut squash and sweet potatoes to 1cm cubes.
3. Gently grease baking dish with some oil.
4. Toss in cubed squash, kale, and potatoes.
5. In a large bowl, beat coconut milk, oat cream, nutritional yeast, and cornstarch. Season to taste with salt and pepper.
6. Pour the mixture over the veggies.
7. Bake the veggies for 20 minutes. Remove from the oven, add the Vegan cheddar cheese and bake for an additional 5-8 minutes.
8. Serve warm.

Calories	520
Total Fat	21.5g
Saturated Fat	16.9g
Cholesterol	0mg
Sodium	262mg
Total Carbohydrate	68.6g
Dietary Fibre	10.2g
Total Sugars	14.9g
Protein	19.8g

## ALMOND CURRANT SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250m unsweetened almond milk
- 40g black currants
- 45g vegan blend protein powder
- 25g cooked quinoa

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend until smooth.
3. Serve.

Calories	264
Total Fat	5.7g
Saturated Fat	0.3g
Cholesterol	0mg
Sodium	192mg
Total Carbohydrate	18.5g
Dietary Fibre	3.5g
Total Sugars	3g
Protein	36.6g

## TOFU GOULASH

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 25ml olive oil
- 1 small onion
- 1 clove garlic, minced
- 5g cumin seeds
- 250g smoked tofu, cubed
- 150g sweet potatoes, peeled, cubed
- 200ml can tomato sauce
- 250ml water
- 100ml vegetable stock, low-sodium
- 10g paprika powder
- 1 tablespoon fresh parsley, chopped
- 1 tablespoon dried parsley
- Salt and pepper, to taste

### Instructions:

1. Cut tofu and sweet potato to 1cm cubes.
2. Heat olive oil in a saucepot over medium-high heat.
3. Add onion and cook for 5 minutes. Add garlic, and cumin. Cook 1 minute.
4. Add tofu and cook 2 minutes.
5. Add potatoes and cook gently stirring for 5 minutes.
6. Pour in water and vegetable stock. Scrape any browned bits. Bring to a boil. Reduce heat and simmer 10 minutes.
7. Stir in tomato sauce, paprika, and dried parsley.
8. Bring to a boil for the second time. Reduce heat and simmer 10 minutes.
9. Serve warm, garnished with chopped parsley.

Calories	422
Total Fat	20.2g
Saturated Fat	3.3g
Cholesterol	0mg
Sodium	766mg
Total Carbohydrate	36.7g
Dietary Fibre	5.9g
Total Sugars	7g
Protein	30.2g

## THURSDAY FRUITY CHIA PUDDING

Preparation time: 10 minutes + inactive time

Servings: 1

### Ingredients:

- 45g vegan blend protein powder, vanilla flavor
- 280ml unsweetened almond milk
- 20g chia seeds
- 50g raspberries
- 40g peaches, chopped
- 7 almonds, sliced

### Instructions:

1. Combine vegan protein powder, almond milk, and chia seeds in a bowl.
2. You can refrigerate overnight or for 30 minutes.
3. To assemble; place half the raspberries into a serving glass.
4. Top with half chia pudding, and half the peaches.
5. Alternate layers until you use all the ingredients.
6. Sprinkle with sliced almonds.
7. Serve.

Calories	422
Total Fat	17.1g
Saturated Fat	1.4g
Cholesterol	0mg
Sodium	217mg
Total Carbohydrate	30.1g
Dietary Fibre	13.5g
Total Sugars	8.2g
Protein	41.7g

## TOFU GOULASH - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 25ml olive oil
- 1 small onion
- 1 clove garlic, minced
- 5g cumin seeds
- 250g smoked tofu, cubed
- 150g sweet potatoes, peeled, cubed
- 200ml can tomato sauce
- 250ml water
- 100ml vegetable stock, low-sodium
- 10g paprika powder
- 1 tablespoon fresh parsley, chopped
- 1 tablespoon dried parsley
- Salt and pepper, to taste

### Instructions:

1. Cut tofu and sweet potato to 1cm cubes.
2. Heat olive oil in a saucepot over medium-high heat.
3. Add onion and cook for 5 minutes. Add garlic, and cumin. Cook 1 minute.
4. Add tofu and cook 2 minutes.
5. Add potatoes and cook gently stirring for 5 minutes.
6. Pour in water and vegetable stock. Scrape any browned bits. Bring to a boil. Reduce heat and simmer 10 minutes.
7. Stir in tomato sauce, paprika, and dried parsley.
8. Bring to a boil for the second time. Reduce heat and simmer 10 minutes.
9. Serve warm, garnished with chopped parsley.

Calories	422
Total Fat	20.2g
Saturated Fat	3.3g
Cholesterol	0mg
Sodium	766mg
Total Carbohydrate	36.7g
Dietary Fibre	5.9g
Total Sugars	7g
Protein	30.2g

## KIWI KALE SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 1 small banana, frozen (slice before freezing)
- 1 small kiwi, peeled, diced
- 40g kale, stems removed, torn into pieces
- 250ml unsweetened almond milk
- 20g flax meal
- 45g vegan blend protein powder
- 3 ice cubes

### Instructions:

1. Toss all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	460
Total Fat	13.5g
Saturated Fat	0.5g
Cholesterol	0mg
Sodium	211mg
Total Carbohydrate	52.2g
Dietary Fibre	12.7g
Total Sugars	19.2g
Protein	42.7g

## SPINACH WITH SHIITAKE

Preparation time: 5 minutes

Cooking time: 25 minutes

Servings: 2

### Ingredients:

- 5ml olive oil
- 1 red onion, thinly sliced
- 10ml low-sodium soy sauce
- 600g shiitake mushrooms, sliced
- 300g spinach
- 200ml coconut milk
- 4g nutritional yeast
- Salt and pepper, to taste

### Instructions:

1. Heat olive oil in a skillet over medium-high heat.
2. Add soy sauce and cook 10 seconds.
3. Add red onion and cook 8 minutes.
4. Add shiitake mushrooms and cook 5 minutes.
5. Add spinach and cook until just wilted, for 2 minutes.
6. Add coconut milk and nutritional yeast. Cook 5 minutes.
7. Season to taste with salt and pepper.
8. Serve warm.

Calories	384
Total Fat	28.2g
Saturated Fat	21.9g
Cholesterol	0mg
Sodium	451mg
Total Carbohydrate	27.3g
Dietary Fibre	10.2g
Total Sugars	11.8g
Protein	18g

## FRIDAY

### CREAMY AMARANTH PORRIDGE

Preparation time: 5 minutes + inactive time

Cooking time: 20 minutes

Servings: 1

#### Ingredients:

- 90g dry amaranth
- 170ml soy milk
- 170ml water
- 15ml maple syrup
- 1 pinch salt
- 40g vegan blend protein powder, chocolate flavor
- 5 almonds, sliced

#### Instructions:

1. Soak amaranth day earlier.
2. In the morning, drain and rinse the amaranth.
3. In a saucepan combine soy milk, water, salt, and amaranth.
4. Bring to a boil and reduce heat. Simmer 20-25 minutes.
5. Remove from the heat and cool for 5 minutes.
6. Stir in vegan protein powder and maple syrup.
7. Top with sliced almonds and serve.

Calories	642
Total Fat	13.5g
Saturated Fat	2.1g
Cholesterol	0mg
Sodium	37mg
Total Carbohydrate	82.4g
Dietary Fibre	10.6g
Total Sugars	15.4g
Protein	51.2g

## SPINACH WITH SHIITAKE - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 25 minutes

Servings: 2

#### Ingredients:

- 5ml olive oil
- 1 red onion, thinly sliced
- 10ml low-sodium soy sauce
- 600g shiitake mushrooms, sliced
- 300g spinach
- 200ml coconut milk
- 4g nutritional yeast
- Salt and pepper, to taste

#### Instructions:

1. Heat olive oil in a skillet over medium-high heat.
2. Add soy sauce and cook 10 seconds.
3. Add red onion and cook 8 minutes.
4. Add shiitake mushrooms and cook 5 minutes.
5. Add spinach and cook until just wilted, for 2 minutes.
6. Add coconut milk and nutritional yeast. Cook 5 minutes.
7. Season to taste with salt and pepper.
8. Serve warm.

Calories	384
Total Fat	28.2g
Saturated Fat	21.9g
Cholesterol	0mg
Sodium	451mg
Total Carbohydrate	27.3g
Dietary Fibre	10.2g
Total Sugars	11.8g
Protein	18g

## THICK MINT SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml unsweetened hemp milk
- 1 small banana, sliced
- 7 fresh mint leaves
- 40g vegan blend protein powder, chocolate flavor
- 15g raw cacao nibs
- 4 ice cubes

### Instructions:

1. Toss all ingredients into food blender.
2. Blend on high until smooth.
3. Serve.

Calories	380
Total Fat	11.7g
Saturated Fat	1.9g
Cholesterol	0mg
Sodium	126mg
Total Carbohydrate	38.4g
Dietary Fibre	6.6g
Total Sugars	15.3g
Protein	34.7g

## THICK LENTIL SOUP

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 10ml coconut oil
- 1 small onion, diced
- 1 clove garlic, minced
- ½ teaspoon turmeric
- ½ teaspoon cumin powder
- 1 medium stalk celery, chopped
- 1 carrot, thinly sliced
- 475ml vegetable stock
- 60ml tomato sauce
- ½ tablespoon dried oregano
- 300g cooked green lentils
- Salt, to taste

### Instructions:

1. Heat coconut oil in a saucepan.
2. Add onion, celery, and carrot. Cook 4 minutes.
3. Add garlic and cook 1 minute.
4. Add turmeric and cumin. Cook 30 seconds.
5. Pour in vegetable stock. Stir to scrape any browned bits.
6. Stir in tomato sauce and oregano.
7. Bring to a boil. Reduce heat and stir in lentils.
8. Cook the lentils for 10 minutes.
9. Season to taste and serve warm.

Calories	278
Total Fat	7.6g
Saturated Fat	6.1g
Cholesterol	0mg
Sodium	928mg
Total Carbohydrate	44.4g
Dietary Fibre	15.3g
Total Sugars	10.2g
Protein	15.3g



## SATURDAY PROTEIN PUDDING

Preparation time: 5 minutes + inactive time

Servings: 1

### Ingredients:

- 70g soft tofu
- 30g vegan blend protein powder, vanilla flavor
- 5g peanut butter
- ¼ teaspoon coconut sugar
- 1 extra small banana

### To garnish:

- 1 tablespoon chopped walnuts
- ¼ teaspoon coconut sugar

### Instructions:

1. In a food blender, combine soft tofu, vegan blend protein powder, peanut butter, coconut sugar, and banana.
2. Blend until smooth.
3. Transfer into a bowl and refrigerate for 20 minutes or place in a freezer for 5 minutes.
4. Top with chopped walnuts and coconut sugar before serving.

Calories	372
Total Fat	12g
Saturated Fat	1.5g
Cholesterol	0mg
Sodium	24mg
Total Carbohydrate	27.3g
Dietary Fibre	4.1g
Total Sugars	11.5g
Protein	41g

## THICK LENTIL SOUP - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 10ml coconut oil
- 1 small onion, diced
- 1 clove garlic, minced
- ½ teaspoon turmeric
- ½ teaspoon cumin powder
- 1 medium stalk celery, chopped
- 1 carrot, thinly sliced
- 475ml vegetable stock
- 60ml tomato sauce
- ½ tablespoon dried oregano
- 300g cooked green lentils
- Salt, to taste

### Instructions:

1. Heat coconut oil in a saucepan.
2. Add onion, celery, and carrot. Cook 4 minutes.
3. Add garlic and cook 1 minute.
4. Add turmeric and cumin. Cook 30 seconds.
5. Pour in vegetable stock. Stir to scrape any browned bits.
6. Stir in tomato sauce and oregano.
7. Bring to a boil. Reduce heat and stir in lentils.
8. Cook the lentils for 10 minutes.
9. Season to taste and serve warm.

Calories	278
Total Fat	7.6g
Saturated Fat	6.1g
Cholesterol	0mg
Sodium	928mg
Total Carbohydrate	44.4g
Dietary Fibre	15.3g
Total Sugars	10.2g
Protein	15.3g

## TROPICAL TOFU SMOOTHIE

Preparation time:

Servings: 1

### Ingredients:

- 100g silken firm tofu
- 30ml lime juice
- 240ml vanilla soy milk
- 30ml water
- 45g vegan blend protein powder, vanilla flavor
- 50g mango, chopped
- 80g pineapple, chopped

### Instructions:

1. Toss all ingredients into a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	403
Total Fat	9.3g
Saturated Fat	1g
Cholesterol	0mg
Sodium	29mg
Total Carbohydrate	33.7g
Dietary Fibre	4.3g
Total Sugars	18.4g
Protein	50.1g

## RED QUINOA WITH APPLE CELERY SALAD

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 130g red quinoa
- 250ml water
- 6 celery stalks, trimmed, sliced
- 1 green apple
- Salt, to taste

### Tahini dressing:

- 55g tahini
- 25ml lemon juice
- 50ml water
- 15ml low-sodium soy sauce
- 15ml sesame oil
- 15ml agave
- 30g vegan blend protein powder

### Instructions:

1. Combine quinoa and water in a saucepan.
2. Season to taste with salt and cook the quinoa for 20 minutes. Remove from the heat and place aside.
3. In the meantime, make the dressing; whisk together tahini, lemon juice, water, soy sauce, sesame oil, protein powder and agave. Thin if necessary with water.
4. Fluff the quinoa with a fork and place in a bowl.
5. Add celery and apple.
6. Drizzle with prepared dressing.
7. Serve.

Calories	615
Total Fat	26.4g
Saturated Fat	3.2g
Cholesterol	0mg
Sodium	526mg
Total Carbohydrate	75.6g
Dietary Fibre	11g
Total Sugars	21.4g
Protein	26.5g

## SUNDAY MATCHA SMOOTHIE BOWL

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 10g Matcha powder
- 1 small banana, sliced
- 150ml vanilla soy milk
- 20ml water
- 35g vegan blend protein powder, vanilla
- ¼ avocado, sliced

### Topping:

- 5g chia seeds
- 10 almonds, sliced
- 20g raspberries

### Instructions:

1. Combine Matcha, banana, and soy milk in a food blender.
2. Add vegan protein powder and avocado.
3. Blend until smooth.
4. Transfer into a bowl. Top with chia seeds, almonds, and raspberries.

Calories	439
Total Fat	11.8g
Saturated Fat	1.1g
Cholesterol	0mg
Sodium	80mg
Total Carbohydrate	44g
Dietary Fibre	18.1g
Total Sugars	19.7g
Protein	46g

## RED QUINOA WITH APPLE CELERY SALAD - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 130g red quinoa
- 250ml water
- 6 celery stalks, trimmed, sliced
- 1 green apple
- Salt, to taste

### Tahini dressing:

- 55g tahini
- 25ml lemon juice
- 50ml water
- 15ml low-sodium soy sauce
- 15ml sesame oil
- 15ml agave
- 30g vegan blend protein powder

### Instructions:

1. Combine quinoa and water in a saucepan.
2. Season to taste with salt and cook the quinoa for 20 minutes. Remove from the heat and place aside.
3. In the meantime, make the dressing; whisk together tahini, lemon juice, water, soy sauce, sesame oil, protein powder and agave. Thin if necessary with water.
4. Fluff the quinoa with a fork and place in a bowl.
5. Add celery and apple.
6. Drizzle with prepared dressing.
7. Serve.

Calories	615
Total Fat	26.4g
Saturated Fat	3.2g
Cholesterol	0mg
Sodium	526mg
Total Carbohydrate	75.6g
Dietary Fibre	11g
Total Sugars	21.4g
Protein	26.5g

## ALMOND VANILLA SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 240ml unsweetened almond milk
- 40g vegan blend protein powder, vanilla flavor
- 15g almond butter
- 2 ice cubes

### Instructions:

1. Toss all ingredients into food blender.
2. Blend on high until smooth.
3. Serve.

Calories	285
Total Fat	13.1g
Saturated Fat	1g
Cholesterol	0mg
Sodium	213mg
Total Carbohydrate	7.9g
Dietary Fibre	2.8g
Total Sugars	0.6g
Protein	34.9g

## RED LENTIL KITCHARI

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 500ml vegetable stock
- 100ml unsweetened coconut milk
- 150g red lentils
- 10ml coconut oil
- 1 small onion, diced
- 3 cloves garlic, minced
- ½ teaspoon paprika powder
- ¼ teaspoon turmeric powder
- ¼ teaspoon chili powder
- 30g spinach
- 150g cooked millet, to serve with
- Chopped cilantro, to garnish
- Salt to taste

### Instructions:

1. Heat coconut oil in a saucepot.
2. Cook the onions in heated oil over medium-high heat for 5 minutes.
3. Add garlic and cook 1 minute.
4. Add paprika, turmeric, and chili powder. Cook 30 seconds.
5. Add lentils, vegetable stock and coconut milk.
6. Bring to a boil.
7. Reduce heat, and season to taste with salt. Simmer 15 minutes or until the lentils are tender. Mash the lentils or puree with an immersion blender. Stir in spinach and cook for 1 minute.
8. Serve Kitchari with cooked millet.
9. Garnish with cilantro before serving.

Calories	406
Total Fat	10.3g
Saturated Fat	7.3g
Cholesterol	0mg
Sodium	743mg
Total Carbohydrate	67g
Dietary Fibre	9.7g
Total Sugars	4.5g
Protein	17.3g

# Week 2 - 1700cal

## GROCERY LIST

### Fruits and Dried Fruits:

- Strawberries; 20g
- Raspberries; 90g
- Banana; 3 pieces
- Blackberries; 90g
- Blueberries; 30g
- Green Apple; 1 piece
- Kiwi; 1 piece
- Avocado; 2 small
- Melon; 40g
- Mango; 50g
- Pineapple; 140g
- Lemon; 1 piece
- Lime; 1 piece
- Black currants; 40g
- Peaches; 40g

### Vegetables:

- Arugula; 25g
- Onion; 3 pieces
- Red onion; 1 piece
- Garlic (clove); 5 cloves
- Celery; 7 stalks
- Carrot; 1 piece
- Sweet potatoes; 350g
- Butternut squash; 400g
- Kale; 110g
- Shiitake mushrooms; 600g
- Spinach; 360g
- Celery; 6 medium stalks
- Cherry tomato; 4 pieces

### Grains and Cereals:

- Amaranth, dry; 90g
- Quinoa, dry; 110g
- Quinoa, cooked; 25g
- Red quinoa; 130g
- Millet, cooked; 150g
- Oats; 15g

### Can Products:

- Oat cream; 60g
- Can tomato sauce; 260ml

### Beans and Legumes:

- Lentils, red, dry; 150g
- Lentils, green, cooked; 300g
- Green beans, cooked; 100g

### Spices and Herbs:

- Mint
- Marjoram
- Thyme
- Oregano
- Cumin
- Parsley
- Paprika powder

### Butter, and Oil:

- Coconut oil; 20ml
- Olive oil; 60ml
- Peanut butter; 5g
- Tahini; 55g
- Sesame oil; 15ml
- Almond butter; 15g

### Nuts and Seeds:

- Almonds; 17 pieces
- Chia seeds; 20g
- Flax meal; 20g
- Raw cocoa nibs; 15g

### Soy Products:

- Tofu, firm; 350g
- Tofu, soft; 70g
- Tofu, smoked; 250g
- Soy milk (unsweetened); 170ml
- Soy milk (vanilla); 460ml
- Soy milk (sweetened); 250ml
- Soy yogurt; 150g

### Non-Dairy:

- Greek cultured almond yogurt; 250g
- Coconut milk (unsweetened); 200ml
- Coconut milk; 200ml
- Hemp milk; 250ml
- Almond milk (unsweetened); 1270ml
- Vegan cheddar; 75g

### Protein Powder:

- Vegan Blend (vanilla); 230g
- Vegan protein blend; 220g
- Vegan blend (chocolate); 120g

### Sweeteners:

- Agave; 15ml
- Maple syrup; 25ml

### Additional:

- Vegetable stock; 1070ml
- Cocoa powder; 15g
- Nutritional yeast; 19g
- Cornstarch; 10g
- Instant coffee granules; 5g
- Matcha; 10g

## Week 3 - 1700 Cal

### MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFASTS	Quinoa Bowl with Cherries	Pumpkin Spice Latte	Magic Berry Bowl	Vanilla Millet Porridge with Fig	Raspberry Quinoa Porridge	Overnight Strawberry Oats	Hummus and Tomato on toast
LUNCH	Red Lentil Kitchari – previous night dinner	Tofu Goulash – previous night dinner	Green Pea Soup with Tempeh Croutons – previous night dinner	Spinach Frittata with Creamy sauce – previous night dinner	Quinoa Stew – previous night dinner	Vegan Feta Quinoa Salad – previous night dinner	White Bean Salad with Citrus Dressing – previous night dinner
SNACKS	Chili Chocolate Shake	Pink Chocolate Smoothie	Simple Protein Shake	Sesame Banana Drink	Acai Avocado Smoothie	Lemon Blackberry smoothie	Banana Oat Smoothie
DINNER	Tofu Goulash	Green Pea Soup with Tempeh Croutons	Spinach Frittata with Creamy sauce	Quinoa Stew	Vegan Feta Quinoa Salad	White Bean Salad with Citrus Dressing	Creamy Cauliflower Tofu Soup

## MONDAY

### QUINOA BOWL WITH CHERRIES

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 1

#### Ingredients:

- 120ml unsweetened almond milk
- 60g dry quinoa
- 5g coconut sugar
- 100g almond yogurt
- 35g vegan protein blend, vanilla flavor
- 30g pitted cherries
- 5 almonds, sliced

#### Instructions:

1. Combine almond milk, coconut sugar, and quinoa in a saucepan.
2. Bring to a boil and reduce heat.
3. Simmer 20 minutes. remove the quinoa from the heat and allow to cool down.
4. Place almond yogurt in a bowl. Stir in vanilla-flavored protein powder.
5. Once the quinoa is cooled, stir it into the yogurt.
6. Top with pitted cherries and sliced almonds.

Calories	603
Total Fat	20.2g
Saturated Fat	1g
Cholesterol	0mg
Sodium	97mg
Total Carbohydrate	67.2g
Dietary Fibre	6.3g
Total Sugars	15g
Protein	41g

## RED LENTIL KITCHARI - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

#### Ingredients:

- 500ml vegetable stock
- 100ml unsweetened coconut milk
- 150g red lentils
- 10ml coconut oil
- 1 small onion, diced
- 3 cloves garlic, minced
- ½ teaspoon paprika powder
- ¼ teaspoon turmeric powder
- ¼ teaspoon chili powder
- 30g spinach
- 150g cooked millet, to serve with
- Chopped cilantro, to garnish
- Salt to taste

Calories	406
Total Fat	10.3g
Saturated Fat	7.3g
Cholesterol	0mg
Sodium	743mg
Total Carbohydrate	67g
Dietary Fibre	9.7g
Total Sugars	4.5g
Protein	17.3g

#### Instructions:

1. Heat coconut oil in a saucepot.
2. Cook the onions in heated oil over medium-high heat for 5 minutes.
3. Add garlic and cook 1 minute.
4. Add paprika, turmeric, and chili powder. Cook 30 seconds.
5. Add lentils, vegetable stock and coconut milk.
6. Bring to a boil.
7. Reduce heat, and season to taste with salt. Simmer 15 minutes or until the lentils are tender. Mash the lentils or puree with an immersion blender. Stir in spinach and cook for 1 minute.
8. Serve Kitchari with cooked millet.
9. Garnish with cilantro before serving.

## CHILI CHOCOLATE SHAKE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml unsweetened coconut milk
- 5g instant coffee granules
- 40g vegan protein blend powder, chocolate flavor
- 15g cacao powder
- 1 good pinch chili powder
- 5ml maple syrup

### Instructions:

1. Toss all ingredients into food blender.
2. Blend on high until smooth.
3. Serve.

Calories	227
Total Fat	6.1g
Saturated Fat	4.6g
Cholesterol	0mg
Sodium	2mg
Total Carbohydrate	14.3g
Dietary Fibre	2.7g
Total Sugars	4.1g
Protein	31.1g

## TOFU GOULASH

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 25ml olive oil
- 1 small onion
- 1 clove garlic, minced
- 5g cumin seeds
- 250g smoked tofu, cubed
- 150g sweet potatoes, peeled, cubed
- 200ml can tomato sauce
- 250ml water
- 100ml vegetable stock, low-sodium
- 10g paprika powder
- 1 tablespoon fresh parsley, chopped
- 1 tablespoon dried parsley
- Salt and pepper, to taste

### Instructions:

1. Cut tofu and sweet potato to 1cm cubes.
2. Heat olive oil in a saucepot over medium-high heat.
3. Add onion and cook for 5 minutes. Add garlic, and cumin. Cook 1 minute.
4. Add tofu and cook 2 minutes.
5. Add potatoes and cook gently stirring for 5 minutes.
6. Pour in water and vegetable stock. Scrape any browned bits. Bring to a boil. Reduce heat and simmer 10 minutes.
7. Stir in tomato sauce, paprika, and dried parsley.
8. Bring to a boil for the second time. Reduce heat and simmer 10 minutes.
9. Serve warm, garnished with chopped parsley.

Calories	422
Total Fat	20.2g
Saturated Fat	3.3g
Cholesterol	0mg
Sodium	766mg
Total Carbohydrate	36.7g
Dietary Fibre	5.9g
Total Sugars	7g
Protein	30.2g



## TUESDAY PUMPKIN SPICE LATTE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 40g pumpkin puree, no sugar added
- ½ teaspoon cinnamon
- ¼ teaspoon cloves
- 1 pinch nutmeg
- 300ml unsweetened soy milk
- ½ teaspoon vanilla-bourbon extract
- 40g vegan blend protein powder, vanilla flavor
- 5ml maple syrup
- 10ml shot espresso coffee or 5g instant coffee granules

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend until smooth.
3. Serve.

Calories	372
Total Fat	7g
Saturated Fat	0.7g
Cholesterol	0mg
Sodium	162mg
Total Carbohydrate	32.5g
Dietary Fibre	3.8g
Total Sugars	16.4g
Protein	44.6g

## TOFU GOULASH - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 25ml olive oil
- 1 small onion
- 1 clove garlic, minced
- 5g cumin seeds
- 250g smoked tofu, cubed
- 150g sweet potatoes, peeled, cubed
- 200ml can tomato sauce
- 250ml water
- 100ml vegetable stock, low-sodium
- 10g paprika powder
- 1 tablespoon fresh parsley, chopped
- 1 tablespoon dried parsley
- Salt and pepper, to taste

### Instructions:

1. Cut tofu and sweet potato to 1cm cubes.
2. Heat olive oil in a saucepot over medium-high heat.
3. Add onion and cook for 5 minutes. Add garlic, and cumin. Cook 1 minute.
4. Add tofu and cook 2 minutes.
5. Add potatoes and cook gently stirring for 5 minutes.
6. Pour in water and vegetable stock. Scrape any browned bits. Bring to a boil. Reduce heat and simmer 10 minutes.
7. Stir in tomato sauce, paprika, and dried parsley.
8. Bring to a boil for the second time. Reduce heat and simmer 10 minutes.
9. Serve warm, garnished with chopped parsley.

Calories	422
Total Fat	20.2g
Saturated Fat	3.3g
Cholesterol	0mg
Sodium	766mg
Total Carbohydrate	36.7g
Dietary Fibre	5.9g
Total Sugars	7g
Protein	30.2g

## PINK CHOCOLATE SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 80g beet, baked
- 280ml soy milk
- 1 small banana, sliced
- 40g vegan blend protein powder, chocolate flavor
- 1 pitted date, chopped
- 2 ice cubes

### Instructions:

1. You can use raw or baked beet. If using raw, make sure you slice it thinly before use.
2. Combine all ingredients in a food blender.
3. Blend on high until smooth.
4. Serve.

Calories	436
Total Fat	6.1g
Saturated Fat	0.6g
Cholesterol	0mg
Sodium	195mg
Total Carbohydrate	58.1g
Dietary Fibre	7.2g
Total Sugars	33.3g
Protein	41g

## GREEN PEA SOUP WITH TEMPEH CROUTONS

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

#### Croutons:

- 70g tempeh
- 10ml lemon juice
- 10ml tamari sauce
- 10ml maple syrup
- 1 good pinch smoked paprika
- 5ml olive oil

#### Soup:

- 350g frozen green peas
- 10ml olive oil
- 200g potato, peeled, diced
- ½ onion, diced
- 1 small clove garlic, minced
- 450ml vegetable stock
- 10ml lemon juice
- 60ml unsweetened coconut milk
- Salt, to taste

### Instructions:

1. Preheat oven to 180C.
2. Combine lemon juice, tamari sauce, maple syrup, olive oil, and smoked paprika in a bowl.
3. Add tempeh and toss to combine.
4. Spread the tempeh onto baking sheet. Bake the tempeh 15 minutes.
5. In the meantime, heat olive oil in a saucepot.
6. Add onion and cook 5 minutes.
7. Add garlic and potato, and cook 3 minutes.
8. Add vegetable stock and bring to a boil. Reduce heat and simmer 15 minutes.
9. Stir in peas and cook 5 minutes. remove from the heat and allow to cool or 5 minutes.
10. Transfer the soup into food blender. Blend until smooth or simply puree using an immersion blender.
11. Place the soup back in the pot and add coconut milk. Reheat the soup.
12. Serve soup warm topped with tempeh croutons.

Calories	475
Total Fat	22.9g
Saturated Fat	10.6g
Cholesterol	0mg
Sodium	1050mg
Total Carbohydrate	57.2g
Dietary Fibre	13.3g
Total Sugars	16.2g
Protein	19.2g

## WEDNESDAY MAGIC BERRY BOWL

Preparation time: 15 minutes

Servings: 1

### Ingredients:

- 40g amaranth
- 250ml soy milk
- 20g strawberries
- 30g blueberries
- 35g vegan blend protein powder, vanilla flavor
- 10g hemp seeds

### Instructions:

1. Heat large skillet over medium-high heat.
2. Spread 1 tablespoon amaranth over heated skillet. Cover with lid.
3. Wait for the seeds to pop.
4. Once the seeds start to pop, shake the skillet. Remove the puffed amaranth into a bowl.
5. Repeat the process with remaining. It usually takes 8-10 minutes for the entire process. Place the seeds to cool.
6. In the meantime, combine soy milk, strawberries, blueberries, and hemp seeds in a food blender.
7. Blend until smooth.
8. Stir in amaranth. Allow to soak for 2 minutes.
9. Serve.

Calories	504
Total Fat	13.2g
Saturated Fat	1.5g
Cholesterol	0mg
Sodium	141mg
Total Carbohydrate	53.6g
Dietary Fibre	6.7g
Total Sugars	15g
Protein	44.5g

## GREEN PEA SOUP WITH TEMPEH CROUTONS - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

#### Croutons:

- 70g tempeh
- 10ml lemon juice
- 10ml tamari sauce
- 10ml maple syrup
- 1 good pinch smoked paprika
- 5ml olive oil

#### Soup:

- 350g frozen green peas
- 10ml olive oil
- 200g potato, peeled, diced
- ½ onion, diced
- 1 small clove garlic, minced
- 450ml vegetable stock
- 10ml lemon juice
- 60ml unsweetened coconut milk
- Salt, to taste

### Instructions:

1. Preheat oven to 180C.
2. Combine lemon juice, tamari sauce, maple syrup, olive oil, and smoked paprika in a bowl.
3. Add tempeh and toss to combine.
4. Spread the tempeh onto baking sheet. Bake the tempeh 15 minutes.
5. In the meantime, heat olive oil in a saucepot.
6. Add onion and cook 5 minutes.
7. Add garlic and potato, and cook 3 minutes.
8. Add vegetable stock and bring to a boil. Reduce heat and simmer 15 minutes.
9. Stir in peas and cook 5 minutes. remove from the heat and allow to cool or 5 minutes.
10. Transfer the soup into food blender. Blend until smooth or simply puree using an immersion blender.
11. Place the soup back in the pot and add coconut milk. Reheat the soup.
12. Serve soup warm topped with tempeh croutons.

Calories	475
Total Fat	22.9g
Saturated Fat	10.6g
Cholesterol	0mg
Sodium	1050mg
Total Carbohydrate	57.2g
Dietary Fibre	13.3g
Total Sugars	16.2g
Protein	19.2g

## SIMPLE PROTEIN SHAKE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml soy yogurt
- 100g frozen raspberries
- 30g vegan blend protein powder, vanilla flavor
- 100ml chilled vanilla soy milk
- 8 almonds

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	348
Total Fat	9.1g
Saturated Fat	1.1g
Cholesterol	0mg
Sodium	23mg
Total Carbohydrate	35g
Dietary Fibre	4.8g
Total Sugars	19.2g
Protein	33.8g

## SPINACH FRITTATA WITH CREAMY SAUCE

Preparation time: 10 minutes + inactive time

Cooking time: 10 minutes

Servings: 2

### Ingredients:

#### Frittata:

- 75g chickpea flour
- 120ml cold water
- 20ml olive oil
- 1 clove garlic, minced
- 200g baby spinach
- Salt, to taste
- 1 pinch nutmeg

#### Sauce:

- 35g sunflower seeds
- 30g vegan blend protein powder
- 80ml water
- 10ml lemon juice
- 1 small clove garlic
- 10g nutritional yeast
- Salt, to taste

### Instructions:

1. In a medium bowl, combine together chickpea flour, nutmeg, water, and 15ml olive oil. Refrigerate 20 minutes.
2. In the meantime, make the sauce; place sunflower seeds in a food processor. Process until you have a fine flour. Add in water, vegan protein powder, lemon juice, garlic, and nutritional yeast. Season to taste.
3. Process until smooth. Place aside.
4. Heat remaining olive oil in a skillet. Add garlic and cook 1 minute. Stir in spinach and cook 1 minute or until just wilted.
5. Drain any liquid and fold the spinach into chickpea flour mixture. Season to taste with salt.
6. Coat the skillet with some cooking oil and heat over medium-high heat.
7. Pour in the spinach mixture and cook for 4 minutes or until the edges are brownish. Flip the frittata on the other side and cook for 4 minutes. Alternately, you can bake the frittata for 15 minutes at 180C.
8. Serve frittata with prepared sauce.

Calories	417
Total Fat	21.8g
Saturated Fat	2.5g
Cholesterol	0mg
Sodium	95mg
Total Carbohydrate	34.2g
Dietary Fibre	11.3g
Total Sugars	5g
Protein	27.1g

## THURSDAY

### VANILLA MILLET PORRIDGE WITH FIG

Preparation time: 5 minutes

Cooking time: 10 minutes

Servings: 1

#### Ingredients:

- 50g small millet
- 130ml soy milk
- 120ml water
- 40g vegan blend protein powder, vanilla flavor
- ¼ teaspoon vanilla extract
- ¼ teaspoon cinnamon
- 10ml maple syrup

#### Topping:

- 1 small fig, sliced
- 5g chia seeds
- 10g shelled pistachios, crushed
- 5ml maple syrup

#### Instructions:

1. Place millet into a food processor. Process the millet to semi-ground form.
2. Combine soy milk, water, maple syrup, and cinnamon in a saucepan. Bring to a boil over medium-high heat.
3. Reduce heat to medium and stir in the millet.
4. Cook the millet, stirring for 10 minutes or until desired consistency is reached.
5. Remove the millet porridge from heat. Allow to cool 2-3 minutes.
6. Stir in vanilla and protein powder.
7. Transfer into a serving bowl.
8. Top the millet porridge with sliced fig, chia seeds, and crushed pistachios. Finish with maple syrup. Serve.

Calories	575
Total Fat	12g
Saturated Fat	1.3g
Cholesterol	0mg
Sodium	129mg
Total Carbohydrate	76.2g
Dietary Fibre	9.2g
Total Sugars	24.6g
Protein	43g

## SPINACH FRITTATA WITH CREAMY SAUCE - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes + inactive time

Cooking time: 10 minutes

Servings: 2

### Ingredients:

#### Frittata:

- 75g chickpea flour
- 120ml cold water
- 20ml olive oil
- 1 clove garlic, minced
- 200g baby spinach
- Salt, to taste
- 1 pinch nutmeg

#### Sauce:

- 35g sunflower seeds
- 30g vegan blend protein powder
- 80ml water
- 10ml lemon juice
- 1 small clove garlic
- 10g nutritional yeast
- Salt, to taste

### Instructions:

1. In a medium bowl, combine together chickpea flour, nutmeg, water, and 15ml olive oil. Refrigerate 20 minutes.
2. In the meantime, make the sauce; place sunflower seeds in a food processor. Process until you have a fine flour. Add in water, vegan protein powder, lemon juice, garlic, and nutritional yeast. Season to taste.
3. Process until smooth. Place aside.
4. Heat remaining olive oil in a skillet. Add garlic and cook 1 minute. Stir in spinach and cook 1 minute or until just wilted.
5. Drain any liquid and fold the spinach into chickpea flour mixture. Season to taste with salt.
6. Coat the skillet with some cooking oil and heat over medium-high heat.
7. Pour in the spinach mixture and cook for 4 minutes or until the edges are brownish. Flip the frittata on the other side and cook for 4 minutes. Alternately, you can bake the frittata for 15 minutes at 180C.
8. Serve frittata with prepared sauce.

Calories	417
Total Fat	21.8g
Saturated Fat	2.5g
Cholesterol	0mg
Sodium	95mg
Total Carbohydrate	34.2g
Dietary Fibre	11.3g
Total Sugars	5g
Protein	27.1g

## SESAME BANANA DRINK

Preparation time: 5 minutes + inactive time

Servings: 1

### Ingredients:

- 250ml unsweetened almond milk
- 1 extra-small banana
- 3 tablespoons sesame seeds (soaked overnight, or for 8 hours)
- ¼ teaspoon turmeric
- 10ml lemon juice
- 2 teaspoons cinnamon
- 40g vegan blend protein powder, vanilla flavor
- 2 ice cubes

### Instructions:

1. Toss all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	384
Total Fat	14.3g
Saturated Fat	1.8g
Cholesterol	0mg
Sodium	196mg
Total Carbohydrate	34.1g
Dietary Fibre	7.9g
Total Sugars	10.3g
Protein	35.6g

## QUINOA STEW

Preparation time: 5 minutes

Cooking time: 25 minutes

Servings: 2

### Ingredients:

- 5ml coconut oil
- ½ small onion, diced
- 1 small celery stalk, chopped
- 1 small carrot, chopped
- 1 clove garlic, minced
- ½ jalapeno pepper, seeded, chopped
- 270ml water
- 150g can diced tomatoes
- 250g cooked black beans
- ½ teaspoon ground cumin
- 45g dry quinoa
- Salt and pepper, to taste
- 2 tablespoons cilantro, chopped

Calories	314
Total Fat	4.7g
Saturated Fat	2.4g
Cholesterol	0mg
Sodium	109mg
Total Carbohydrate	53.2g
Dietary Fibre	14.7g
Total Sugars	3.6g
Protein	15.9g

### Instructions:

1. Heat coconut oil in a saucepot over medium-high heat.
2. Add onion, celery, carrot, garlic, and jalapeno.
3. Cook for 7 minutes.
4. Add water, diced tomatoes, beans, and cumin.
5. Bring to a boil and reduce heat.
6. Stir in quinoa, season to taste with salt and pepper, and simmer 15 minutes.
7. Remove from the heat and puree the soup with an immersion blender. Try to leave some whole beans.
8. Reheat the soup and serve warm, garnished with chopped cilantro.



## FRIDAY RASPBERRY QUINOA PORRIDGE

Preparation time: 5 minutes

Cooking time:

Servings: 1

### Ingredients:

- 70g dry quinoa
- 200ml unsweetened soy milk
- 30g vegan blend protein powder, vanilla flavor
- 50g raspberries
- 5ml maple syrup

### Instructions:

1. Combine quinoa and soy milk in a saucepan.
2. Bring to a boil. Reduce heat and cook over low-heat for 10 minutes.
3. Add maple syrup and cook for 5 minutes additional.
4. In the meantime, combine vegan protein powder and raspberries in a bowl.
5. Mash with a fork.
6. Stir the raspberries mixture into quinoa and cook 1 minute.
7. Serve warm.

Calories	494
Total Fat	9.4g
Saturated Fat	0.9g
Cholesterol	0mg
Sodium	18mg
Total Carbohydrate	62.7g
Dietary Fibre	9.9g
Total Sugars	8g
Protein	41g

## QUINOA STEW - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 25 minutes

Servings: 2

### Ingredients:

- 5ml coconut oil
- ½ small onion, diced
- 1 small celery stalk, chopped
- 1 small carrot, chopped
- 1 clove garlic, minced
- ½ jalapeno pepper, seeded, chopped
- 270ml water
- 150g can diced tomatoes
- 250g cooked black beans
- ½ teaspoon ground cumin
- 45g dry quinoa
- Salt and pepper, to taste
- 2 tablespoons cilantro, chopped

### Instructions:

1. Heat coconut oil in a saucepot over medium-high heat.
2. Add onion, celery, carrot, garlic, and jalapeno.
3. Cook for 7 minutes.
4. Add water, diced tomatoes, beans, and cumin.
5. Bring to a boil and reduce heat.
6. Stir in quinoa, season to taste with salt and pepper, and simmer 15 minutes.
7. Remove from the heat and puree the soup with an immersion blender. Try to leave some whole beans.
8. Reheat the soup and serve warm, garnished with chopped cilantro.

Calories	314
Total Fat	4.7g
Saturated Fat	2.4g
Cholesterol	0mg
Sodium	109mg
Total Carbohydrate	53.2g
Dietary Fibre	14.7g
Total Sugars	3.6g
Protein	15.9g

## ACAI AVOCADO SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- ¼ avocado, peeled, sliced
- 8 almonds
- ½ teaspoon acai powder
- 250ml soy milk
- 40g vegan blend protein powder, chocolate flavor
- 1 pinch cinnamon
- 2 ice cubes

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	449
Total Fat	18.5g
Saturated Fat	2.8g
Cholesterol	0mg
Sodium	134mg
Total Carbohydrate	27.7g
Dietary Fibre	5.6g
Total Sugars	10.3g
Protein	44.9g

## VEGAN FETA QUINOA SALAD

Preparation time: 5 minutes + inactive time

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 100g dry quinoa
- 200ml water
- Salt, to taste

### Tofu:

- 250g firm tofu, drained
- 1 small lemon, juiced
- 30ml olive oil
- 50ml balsamic vinegar
- 1 teaspoon thyme, chopped
- 1 teaspoon oregano, chopped

### Salad:

- 25g arugula
- 100g cooked green beans
- 4 cherry tomatoes, quartered
- Salt, and pepper, to taste

### Instructions:

1. Combine quinoa and water in a saucepot.
2. Bring to a boil.
3. Reduce heat and simmer 20 minutes. remove from the heat, season to taste with salt, and fluff with a fork. Place aside to rest for 10 minutes.
4. In the meantime, whisk olive oil, balsamic vinegar, thyme and oregano in a large bowl. Add cubed tofu and cover, Marinate 30 minutes.
5. In a large bowl, combine arugula, cooked green beans, and cherry tomatoes.
6. Add quinoa and tofu. Drizzle the salad with any marinade left from the tofu.
7. Season to taste with salt and pepper, and toss gently to combine.
8. Serve.

Calories	470
Total Fat	23.3g
Saturated Fat	3.6g
Cholesterol	0mg
Sodium	34mg
Total Carbohydrate	49.8g
Dietary Fibre	10.1g
Total Sugars	8.4g
Protein	20.9g

## SATURDAY OVERNIGHT STRAWBERRY OATS

Preparation time: 5 minutes + inactive time

Servings: 1

### Ingredients:

- 200g soy yogurt
- 30ml water
- 30g oats
- 10ml maple syrup
- 50g vegan blend protein powder, vanilla flavor
- 100g strawberries, chopped

### Instructions:

1. Combine soy yogurt, oats, maple syrup, and protein powder in a jar.
2. Refrigerate overnight.
3. Place heart-shaped mold on a plate. Fill the plate with overnight oats. (this is an optional step, but looks very cute – you can serve in a jar)
4. Top with fresh strawberries.

Calories	513
Total Fat	8.9g
Saturated Fat	1.2g
Cholesterol	0mg
Sodium	22mg
Total Carbohydrate	63.3g
Dietary Fibre	6.4g
Total Sugars	27.4g
Protein	47.3g

## VEGAN FETA QUINOA SALAD - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes + inactive time

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 100g dry quinoa
- 200ml water
- Salt, to taste

### Tofu:

- 250g firm tofu, drained
- 1 small lemon, juiced
- 30ml olive oil
- 50ml balsamic vinegar
- 1 teaspoon thyme, chopped
- 1 teaspoon oregano, chopped

### Salad:

- 25g arugula
- 100g cooked green beans
- 4 cherry tomatoes, quartered
- Salt, and pepper, to taste

### Instructions:

1. Combine quinoa and water in a saucepot.
2. Bring to a boil.
3. Reduce heat and simmer 20 minutes. remove from the heat, season to taste with salt, and fluff with a fork. Place aside to rest for 10 minutes.
4. In the meantime, whisk olive oil, balsamic vinegar, thyme and oregano in a large bowl. Add cubed tofu and cover, Marinate 30 minutes.
5. In a large bowl, combine arugula, cooked green beans, and cherry tomatoes.
6. Add quinoa and tofu. Drizzle the salad with any marinade left from the tofu.
7. Season to taste with salt and pepper, and toss gently to combine.
8. Serve.

Calories	470
Total Fat	23.3g
Saturated Fat	3.6g
Cholesterol	0mg
Sodium	34mg
Total Carbohydrate	49.8g
Dietary Fibre	10.1g
Total Sugars	8.4g
Protein	20.9g

## LEMON BLACKBERRY SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 35g vegan blend protein powder
- 250ml vanilla hemp milk
- 50g blackberries
- 5ml coconut oil
- 30ml lemon juice
- ¼ teaspoon ginger

### Instructions:

1. Toss all ingredients into food blender.
2. Blend on high until smooth.
3. Serve.

Calories	284
Total Fat	14.4g
Saturated Fat	4.2g
Cholesterol	0mg
Sodium	147mg
Total Carbohydrate	11.8g
Dietary Fibre	2.8g
Total Sugars	3.1g
Protein	29g

## WHITE BEAN SALAD WITH CITRUS DRESSING

Preparation time: 5 minutes

Servings: 2

### Ingredients:

- 400g cooked white beans
- 30g pitted olives, chopped
- 20g pumpkin seeds

### Dressing:

- 40ml fresh orange juice
- 10ml lemon juice
- ½ teaspoon lemon zest, finely grated
- 1 clove garlic, minced
- ½ small onion, diced
- 15ml olive oil
- 1 tablespoon parsley, chopped
- Salt and pepper, to taste

### Instructions:

1. Make the dressing; whisk dressing ingredients in a small bowl.
2. Combine white beans, olives, and pumpkin seeds in a bowl.
3. Drizzle the beans with citrus sauce.
4. Toss to coat with the dressing.
5. Serve.

Calories	431
Total Fat	14.1g
Saturated Fat	2.3g
Cholesterol	0mg
Sodium	147mg
Total Carbohydrate	57.4g
Dietary Fibre	14g
Total Sugars	3.4g
Protein	22.5g

## SUNDAY

### HUMMUS AND TOMATO ON TOAST

Preparation time: 5 minutes

Servings: 1

#### Ingredients:

- 70g cooked chickpeas
- 15g tahini
- ¼ teaspoon paprika
- ½ small clove garlic, minced
- 20ml lemon juice
- 15ml water
- 30g vegan blend protein powder
- ¼ avocado, sliced
- 2 slices whole-grain bread
- 30g cherry tomato, sliced
- Salt to taste

#### Instructions:

1. Combine chickpeas, tahini, paprika, garlic, lemon juice, water, and protein powder in a food blender.
2. Blend until smooth. If needed add more water to thin.
3. Spread the hummus over bread slices.
4. Top with sliced tomato.
5. Serve.

Calories	470
Total Fat	12.9g
Saturated Fat	1.9g
Cholesterol	0mg
Sodium	292mg
Total Carbohydrate	51.3g
Dietary Fibre	11.1g
Total Sugars	7.8g
Protein	39g

## WHITE BEAN SALAD WITH CITRUS DRESSING - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Servings: 2

#### Ingredients:

- 400g cooked white beans
- 30g pitted olives, chopped
- 20g pumpkin seeds

#### Dressing:

- 40ml fresh orange juice
- 10ml lemon juice
- ½ teaspoon lemon zest, finely grated
- 1 clove garlic, minced
- ½ small onion, diced
- 15ml olive oil
- 1 tablespoon parsley, chopped
- Salt and pepper, to taste

#### Instructions:

1. Make the dressing; whisk dressing ingredients in a small bowl.
2. Combine white beans, olives, and pumpkin seeds in a bowl.
3. Drizzle the beans with citrus sauce.
4. Toss to coat with the dressing.
5. Serve.

Calories	431
Total Fat	14.1g
Saturated Fat	2.3g
Cholesterol	0mg
Sodium	147mg
Total Carbohydrate	57.4g
Dietary Fibre	14g
Total Sugars	3.4g
Protein	22.5g

## BANANA OAT SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 60g vegan blend protein powder, vanilla
- 15g rolled oats
- 1 small banana, sliced
- 250ml unsweetened almond milk
- 120ml water
- 4 ice cubes
- 1 Medjool date, pitted

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend until smooth.
3. Serve.

Calories	438
Total Fat	6.8g
Saturated Fat	0.6g
Cholesterol	0mg
Sodium	196mg
Total Carbohydrate	49g
Dietary Fibre	5.9g
Total Sugars	17.8g
Protein	49.5g

## CREAMY CAULIFLOWER TOFU SOUP

Preparation time: 5 minutes

Cooking time: 25 minutes

Servings: 2

### Ingredients:

- 25ml olive oil
- 1 small onion, diced
- 1 clove garlic, minced
- 450g cauliflower, cut into florets
- 400ml vegetable stock
- 120ml unsweetened coconut milk
- 120g firm tofu, drained, crumbled
- 5g nutritional yeast
- 1 teaspoon chopped thyme
- ½ teaspoon chopped basil
- Salt and pepper, to taste

### Instructions:

1. Heat olive oil in a saucepot over medium-high heat.
2. Add onion and cook 5 minutes.
3. Add garlic and cook 1 minute.
4. Add cauliflower and tofu. Cook for 5 minutes.
5. Pour in vegetable stock and bring to a boil.
6. Reduce heat and simmer for 15 minutes.
7. Remove from the heat, and stir in coconut milk, nutritional yeast, thyme, and basil. Season to taste with salt and pepper.
8. Puree the soup with an immersion blender.
9. Place the soup back on the stove and simmer 5 minutes.
10. Serve warm.

Calories	366
Total Fat	29.4g
Saturated Fat	16.4g
Cholesterol	0mg
Sodium	694mg
Total Carbohydrate	24.2g
Dietary Fibre	9.3g
Total Sugars	11.8g
Protein	12.6g

# Week 3 - 1700cal

## GROCERY LIST

### Fruits and Dried Fruits:

- Cherries, pitted; 30g
- Raspberries, frozen; 100g
- Raspberries, fresh; 50
- Strawberries; 120g
- Blueberries; 30g
- Blackberries; 50g
- Avocado; 1
- Orange; 1 large
- Lemon; 1 piece
- Banana; 3 pieces
- Date; 2 pieces
- Fig; 1 piece

### Vegetables:

- Onion; 4 small
- Garlic (cove); 7 cloves
- Sweet potato; 150g
- Potato; 200g
- Spinach, baby; 200g
- Celery, stalk; 1 small
- Carrot; 1 small
- Jalapeno; 1 small
- Arugula; 25g
- Cherry tomatoes; 6 pieces
- Olives; 30g
- Cauliflower; 450g
- Beet; 80g
- Green peas, frozen; 350g

### Grains and Cereals:

- Oats; 45g
- Amaranth; 40g
- Millet; 50g
- Quinoa; 275g

### Can Products:

- Can tomato sauce; 200ml
- Can pumpkin puree; 40g
- Can tomatoes, diced; 150g

### Beans and Legumes:

- Chickpeas, cooked; 70g
- White beans, cooked; 400g
- Green beans, cooked; 100g
- Black beans, cooked; 250g

### Spices and Herbs:

- Chili powder
- Cumin
- Paprika powder
- Parsley
- Cinnamon
- Cloves
- Nutmeg
- Vanilla-bourbon extract
- Tamari sauce
- Cilantro
- Thyme
- Basil
- Turmeric

### Butter, and Oil:

- Olive oil; 105ml
- Coconut oil; 10ml
- Tahini; 15g

### Nuts and Seeds:

- Almonds; 21 pieces
- Sesame seeds; 3 tablespoons
- Pistachio; 10g
- Hemp seeds; 10g
- Sunflower seeds; 35g
- Chia seeds; 5g
- Pumpkin seeds; 20g

### Soy Products:

- Tofu, firm; 370g
- Tofu, smoked; 250g
- Soy milk; 710ml
- Soy milk (unsweetened); 200ml
- Soy yogurt; 450g
- Soy milk (vanilla); 100ml
- Tempeh; 60g

### Non-Dairy:

- Almond milk (unsweetened); 620ml
- Almond yogurt; 100g
- Coconut milk (unsweetened); 330ml
- Hemp milk (vanilla); 250ml

### Protein Powder:

- Vegan blend protein powder (vanilla); 355g
- Vegan blend protein powder (chocolate); 80g
- Vegan blend protein powder; 95g

### Baked Goods:

- Whole-Grain bread; 2 slices

### Flours:

- Chickpea flour; 75g

### Sweeteners:

- Maple syrup; 65ml
- Coconut sugar; 5g

### Additional:

- Acai berry powder; ½ teaspoon
- Vegetable stock; 950ml
- Cocoa powder; 15g
- Instant coffee granules; 5g
- Nutritional yeast; 15g
- Balsamic vinegar; 50ml

## Week 4 - 1700 Cal

### MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFASTS	Carrot Cake Overnight Oats	Cinnamon Vanilla Shake	Buckwheat Porridge	Overnight Strawberry Oats	Raspberry Quinoa Porridge	Matcha Smoothie Bowl	Quinoa Bowl with Cherries
LUNCH	Creamy Cauli- flower Tofu Soup – previous night dinner	Lentils with Vegetables in Almond Sauce – previous night dinner	Sweet and Sour Chickpeas with Spinach – previous night dinner	Tofu and peas with Creamed Spinach – previous night dinner	Spicy Black Bean and Hemp Soup – previous night dinner	Lentil Bulgur Pilaf – previous night dinner	Spinach Frittata with Creamy sauce – previous night dinner
SNACKS	Seeds and Spinach Smoothie	Chai Chocolate Smoothie	Blueberry Oats Chia Smoothie	Apricot Almond Smoothie	Blackberry Almonds Smoothie	Pineapple Mango Coconut Smoothie	Coffee Chocolate Vanilla Shake
DINNER	Lentils with Vegetables in Almond Sauce	Sweet and Sour Chickpeas with Spinach	Tofu and peas with Creamed Spinach	Spicy Black Bean and Hemp Soup	Lentil Bulgur Pilaf	Spinach Frittata with Creamy sauce	Chickpea Salad with Spinach Pesto



## MONDAY

### CARROT CAKE OVERNIGHT OATS

Preparation time: 10 minutes + inactive time

Servings: 1

#### Ingredients:

- 200ml unsweetened almond milk
- 35g rolled oats
- 35g vegan blend protein powder, vanilla flavor
- 10g unsweetened shredded coconut
- 40g carrots, grated
- 25g dates, chopped
- 1 teaspoon cinnamon
- 1 pinch nutmeg

#### Instructions:

1. Combine all ingredients in a large bowl.
2. Cover and refrigerate overnight.
3. Stir before serving.
4. Serve in the Monday morning.

Calories	471
Total Fat	13.2g
Saturated Fat	6.5g
Cholesterol	0mg
Sodium	187mg
Total Carbohydrate	53.6g
Dietary Fibre	9.9g
Total Sugars	15.9g
Protein	37.3g

## CREAMY CAULIFLOWER TOFU SOUP - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 25 minutes

Servings: 2

#### Ingredients:

- 25ml olive oil
- 1 small onion, diced
- 1 clove garlic, minced
- 450g cauliflower, cut into florets
- 400ml vegetable stock
- 120ml unsweetened coconut milk
- 120g firm tofu, drained, crumbled
- 5g nutritional yeast
- 1 teaspoon chopped thyme
- ½ teaspoon chopped basil
- Salt and pepper, to taste

#### Instructions:

1. Heat olive oil in a saucepot over medium-high heat.
2. Add onion and cook 5 minutes.
3. Add garlic and cook 1 minute.
4. Add cauliflower and tofu. Cook for 5 minutes.
5. Pour in vegetable stock and bring to a boil.
6. Reduce heat and simmer for 15 minutes.
7. Remove from the heat, and stir in coconut milk, nutritional yeast, thyme, and basil. Season to taste with salt and pepper.
8. Puree the soup with an immersion blender.
9. Place the soup back on the stove and simmer 5 minutes.
10. Serve warm.

Calories	366
Total Fat	29.4g
Saturated Fat	16.4g
Cholesterol	0mg
Sodium	694mg
Total Carbohydrate	24.2g
Dietary Fibre	9.3g
Total Sugars	11.8g
Protein	12.6g

## SEEDS AND SPINACH SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 30g spinach
- 1 extra-small banana, frozen (slice before freezing)
- 15g almond butter
- 200ml unsweetened almond milk
- 40g vegan blend protein powder, vanilla flavor
- 10g chia seeds
- 1 date, pitted
- ½ tablespoon hemp seeds

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until creamy.
3. Serve and enjoy.

Calories	400
Total Fat	13.1g
Saturated Fat	1.1g
Cholesterol	0mg
Sodium	217mg
Total Carbohydrate	38g
Dietary Fibre	8.4g
Total Sugars	15.4g
Protein	37.8g

## LENTILS WITH VEGETABLES IN ALMOND SAUCE

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

#### Sauce:

- 50g almond butter
- 25g vegan blend protein powder
- 2cm piece ginger, peeled, minced
- 2 cloves garlic, minced
- 15ml low-sodium soy sauce
- 10ml lime juice
- 2 tablespoons fresh cilantro, chopped
- 10ml Sriracha sauce
- 150ml unsweetened almond milk
- 100ml unsweetened coconut milk

Calories	465
Total Fat	18.3g
Saturated Fat	2.4g
Cholesterol	0mg
Sodium	671mg
Total Carbohydrate	50.1g
Dietary Fibre	11.7g
Total Sugars	7.1g
Protein	30g

#### Lentils:

- 90g split red lentils, dry
- 320ml water
- Salt, to taste

#### Vegetables:

- 10ml olive oil
- 100g broccoli
- 30g spinach
- 1 carrot, sliced
- 1 small onion, sliced
- 30ml water
- Salt, to taste

### Instructions:

1. Combine lentils and water in a saucepot. Season with some salt. Set the saucepot over medium-high heat.
2. Bring the water to a boil. Reduce heat and simmer 10 minutes. Drain the lentils and place aside.
3. In the meantime, make the sauce; combine all sauce ingredients in a food blender.
4. Blend on high until smooth. Place aside.
5. Make the veggies; heat olive oil in a skillet.
6. Add onion and carrots. Cook 5 minutes. Add broccoli and 30ml water. Cook 2 minutes.
7. Pour in the sauce and add lentils. Cook for 4 minutes. Stir in the spinach and season to taste.
8. Cook 1 minute.
9. Remove from the heat and serve warm.

## TUESDAY CINNAMON VANILLA SHAKE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 200ml full-fat coconut milk
- 45g vegan blend protein powder, vanilla flavor
- $\frac{3}{4}$  teaspoon cinnamon
- 2 ice cubes

### Instructions:

1. Blend all ingredients in a food blender on high.
2. Serve.

Calories	450
Total Fat	35.4g
Saturated Fat	0g
Cholesterol	0mg
Sodium	0mg
Total Carbohydrate	7.6g
Dietary Fibre	0g
Total Sugars	0g
Protein	35.9g

## LENTILS WITH VEGETABLES IN ALMOND SAUCE - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

#### Sauce:

- 50g almond butter
- 25g vegan blend protein powder
- 2cm piece ginger, peeled, minced
- 2 cloves garlic, minced
- 15ml low-sodium soy sauce
- 10ml lime juice
- 2 tablespoons fresh cilantro, chopped
- 10ml Sriracha sauce
- 150ml unsweetened almond milk
- 100ml unsweetened coconut milk

Calories	465
Total Fat	18.3g
Saturated Fat	2.4g
Cholesterol	0mg
Sodium	671mg
Total Carbohydrate	50.1g
Dietary Fibre	11.7g
Total Sugars	7.1g
Protein	30g

#### Lentils:

- 90g split red lentils, dry
- 320ml water
- Salt, to taste

#### Vegetables:

- 10ml olive oil
- 100g broccoli
- 30g spinach
- 1 carrot, sliced
- 1 small onion, sliced
- 30ml water
- Salt, to taste

### Instructions:

1. Combine lentils and water in a saucepot. Season with some salt. Set the saucepot over medium-high heat.
2. Bring the water to a boil. Reduce heat and simmer 10 minutes. Drain the lentils and place aside.
3. In the meantime, make the sauce; combine all sauce ingredients in a food blender.
4. Blend on high until smooth. Place aside.
5. Make the veggies; heat olive oil in a skillet.
6. Add onion and carrots. Cook 5 minutes. Add broccoli and 30ml water. Cook 2 minutes.
7. Pour in the sauce and add lentils. Cook for 4 minutes. Stir in the spinach and season to taste.
8. Cook 1 minute.
9. Remove from the heat and serve warm.

## CHAI CHOCOLATE SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 1 extra-small banana, sliced
- 245ml soy milk
- 45g vegan blend protein powder, chocolate flavor
- ¼ teaspoon cinnamon
- ¼ teaspoon cardamom
- ¼ teaspoon ginger powder
- 5g Maca powder

### Instructions:

1. Blend all ingredients in a food blender.
2. Serve and enjoy.

Calories	436
Total Fat	6g
Saturated Fat	0.6g
Cholesterol	0mg
Sodium	126mg
Total Carbohydrate	53.1g
Dietary Fibre	6.6g
Total Sugars	24.2g
Protein	45.1g

## SWEET AND SOUR CHICKPEAS WITH SPINACH

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

#### Sauce:

- 35g coconut sugar
- 30ml raw cider vinegar
- 25ml tomato sauce
- 10ml soy sauce
- ½ teaspoon garlic powder
- 30ml water

#### Chickpeas:

- 5ml olive oil
- 2 cloves garlic, minced
- ½ yellow bell pepper, seeded, chopped
- ½ green bell pepper, seeded, chopped
- 100g broccoli
- 300g can chickpeas, drained, rinsed
- 30g spinach
- Salt and pepper, to taste
- 30ml water
- 10g cornstarch

### Instructions:

1. Combine all sauce ingredients in a small bowl. Place aside.
2. Heat olive oil in a skillet over medium-high heat.
3. Add garlic and cook 1 minute.
4. Toss in the bell peppers and cook 2 minutes.
5. Add broccoli and cook 1 minute.
6. Stir in chickpeas and toss gently to coat with oil. Add prepared sauce.
7. Season to taste. Reduce heat and simmer 10 minutes.
8. Stir in the spinach, and cook 1 minute.
9. In the meantime, whisk water with cornstarch. Mix the cornstarch slurry into the chickpeas. Cook 2 minutes. Season the chickpeas to taste with salt and pepper.
10. Serve with cooked quinoa.

Calories	341
Total Fat	4.4g
Saturated Fat	0.6g
Cholesterol	0mg
Sodium	851mg
Total Carbohydrate	65g
Dietary Fibre	9.2g
Total Sugars	19.8g
Protein	10.5g

## WEDNESDAY BUCKWHEAT PORRIDGE

Preparation time: 10 minutes

Cooking time: 6 minutes

Servings: 1

### Ingredients:

- 50g buckwheat groats
- 240ml unsweetened almond milk
- 40g vegan blend protein powder, vanilla flavor
- 15g almond butter
- 5ml maple syrup

### Instructions:

1. Heat large skillet over medium-high heat.
2. Add buckwheat and toast in the dry skillet, for 1 minute.  
Remove from the heat and place aside to cool.
3. Transfer the cooled buckwheat into a food processor.
4. Process until coarse.
5. Pour milk in a saucepot.
6. Add buckwheat and bring to a boil.
7. Cook the buckwheat, stirring, for 5 minutes.
8. Remove from the heat and stir in protein powder and almond butter.
9. Transfer into a bowl and drizzle with maple syrup.
10. Serve.

Calories	388
Total Fat	6.7g
Saturated Fat	0.7g
Cholesterol	0mg
Sodium	191mg
Total Carbohydrate	49.2g
Dietary Fibre	6.2g
Total Sugars	4.1g
Protein	37.2g

## SWEET AND SOUR CHICKPEAS WITH SPINACH - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

#### Sauce:

- 35g coconut sugar
- 30ml raw cider vinegar
- 25ml tomato sauce
- 10ml soy sauce
- ½ teaspoon garlic powder
- 30ml water

#### Chickpeas:

- 5ml olive oil
- 2 cloves garlic, minced
- ½ yellow bell pepper, seeded, chopped
- ½ green bell pepper, seeded, chopped
- 100g broccoli
- 300g can chickpeas, drained, rinsed
- 30g spinach
- Salt and pepper, to taste
- 30ml water
- 10g cornstarch

### Instructions:

1. Combine all sauce ingredients in a small bowl. Place aside.
2. Heat olive oil in a skillet over medium-high heat.
3. Add garlic and cook 1 minute.
4. Toss in the bell peppers and cook 2 minutes.
5. Add broccoli and cook 1 minute.
6. Stir in chickpeas and toss gently to coat with oil. Add prepared sauce.
7. Season to taste. Reduce heat and simmer 10 minutes.
8. Stir in the spinach, and cook 1 minute.
9. In the meantime, whisk water with cornstarch. Mix the cornstarch slurry into the chickpeas. Cook 2 minutes. Season the chickpeas to taste with salt and pepper.
10. Serve with cooked quinoa.

Calories	341
Total Fat	4.4g
Saturated Fat	0.6g
Cholesterol	0mg
Sodium	851mg
Total Carbohydrate	65g
Dietary Fibre	9.2g
Total Sugars	19.8g
Protein	10.5g

## BLUEBERRY OATS CHIA SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 20g rolled oats
- 80g frozen blueberries
- 250ml hemp milk
- 50g vegan blend protein powder, vanilla flavor
- 25g almond butter
- 10g chia seeds

### Instructions:

1. Toss all ingredients into food blender.
2. Blend on high until smooth.
3. Serve.

Calories	550
Total Fat	26g
Saturated Fat	2.1g
Cholesterol	0mg
Sodium	239mg
Total Carbohydrate	37.8g
Dietary Fibre	5g
Total Sugars	9.4g
Protein	46.8g

# TOFU AND PEAS WITH CREAMED SPINACH

Preparation time: 5 minutes

Cooking time: 10 minutes

Servings: 2

Ingredients:

- 15ml olive oil
- 20ml low-sodium tamari sauce
- ½ teaspoon garlic powder
- 150ml unsweetened coconut milk
- 70g frozen spinach
- 100g can diced tomatoes
- 120g frozen peas
- 300g firm tofu, drained, cubed
- Salt, to taste

Instructions:

1. Heat olive oil in a skillet.
2. Add tofu and cook until golden, for 4-5 minutes over medium-high heat.
3. Remove the tofu from skillet. Place aside.
4. Heat remaining oil in the same skillet. Add peas and cook 1 minutes. Place into the bowl with tofu.
5. Add coconut milk, spinach, tomatoes, and garlic. Season to taste.
6. Bring the mixture to a boil. Reduce heat and simmer 4 minutes. At this point you can puree the sauce with an immersion blender or leave it just the way it is.
7. Stir in the peas and tofu.
8. Serve warm.

Calories	415
Total Fat	31.8g
Saturated Fat	18.4g
Cholesterol	0mg
Sodium	520mg
Total Carbohydrate	20.1g
Dietary Fibre	8g
Total Sugars	8.3g
Protein	19.6g

## THURSDAY

### OVERNIGHT STRAWBERRY OATS

Preparation time: 5 minutes + inactive time

Servings: 1

#### Ingredients:

- 200g soy yogurt
- 30ml water
- 30g oats
- 10ml maple syrup
- 50g vegan blend protein powder, vanilla flavor
- 100g strawberries, chopped

#### Instructions:

1. Combine soy yogurt, oats, maple syrup, and protein powder in a jar.
2. Refrigerate overnight.
3. Place heart-shaped mold on a plate. Fill the plate with overnight oats. (this is an optional step, but looks very cute – you can serve in a jar)
4. Top with fresh strawberries.

Calories	513
Total Fat	8.9g
Saturated Fat	1.2g
Cholesterol	0mg
Sodium	22mg
Total Carbohydrate	63.3g
Dietary Fibre	6.4g
Total Sugars	27.4g
Protein	47.3g

## TOFU AND PEAS WITH CREAMED SPINACH - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 10 minutes

Servings: 2

#### Ingredients:

- 15ml olive oil
- 20ml low-sodium tamari sauce
- ½ teaspoon garlic powder
- 150ml unsweetened coconut milk
- 70g frozen spinach
- 100g can diced tomatoes
- 120g frozen peas
- 300g firm tofu, drained, cubed
- Salt, to taste

#### Instructions:

1. Heat olive oil in a skillet.
2. Add tofu and cook until golden, for 4-5 minutes over medium-high heat.
3. Remove the tofu from skillet. Place aside.
4. Heat remaining oil in the same skillet. Add peas and cook 1 minutes. Place into the bowl with tofu.
5. Add coconut milk, spinach, tomatoes, and garlic. Season to taste.
6. Bring the mixture to a boil. Reduce heat and simmer 4 minutes. At this point you can puree the sauce with an immersion blender or leave it just the way it is.
7. Stir in the peas and tofu.
8. Serve warm.

Calories	415
Total Fat	31.8g
Saturated Fat	18.4g
Cholesterol	0mg
Sodium	520mg
Total Carbohydrate	20.1g
Dietary Fibre	8g
Total Sugars	8.3g
Protein	19.6g



## APRICOT ALMOND SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml unsweetened almond milk
- 45g vegan blend protein powder, vanilla flavor
- 70g apricot
- 1 extra small banana, frozen (slice before freezing)
- 20g rolled oats
- 2 ice cubes
- 1/8 teaspoon ground cardamom

### Instructions:

1. Blend all ingredients in a food blender until smooth.
2. Serve.

Calories	416
Total Fat	5.9g
Saturated Fat	0.3g
Cholesterol	0mg
Sodium	153mg
Total Carbohydrate	54.4g
Dietary Fibre	6.7g
Total Sugars	24.3g
Protein	39.4g

## SPICY BLACK BEAN AND HEMP SOUP

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 10ml olive oil
- ½ small onion, diced
- 1 small celery stalk, chopped
- 1 small carrot, grated
- 2 cloves garlic, minced
- 1 teaspoon cumin powder
- 200g can black beans, drained, rinsed
- 1 pinch red pepper flakes
- 500ml vegetable stock
- 10ml lime juice
- 30g hemp seeds
- ¼ avocado, peeled, cubed
- Salt, and pepper, to taste

### Instructions:

1. Heat olive oil in a saucepot over medium-high heat.
2. Add onion, celery, and carrots. Cook 5 minutes.
3. Add garlic, cumin, and red pepper flakes. Cook for 1 minute.
4. Add vegetable stock and scrape down any browned bits. Add black beans, and season to taste.
5. Stir in hemp seeds and bring to a boil. Reduce heat and simmer 20 minutes.
6. Remove the soup from the heat. Transfer half the soup into a bowl. Puree the soup with an immersion blender.
7. Stir the pureed part into the saucepot. Stir gently to combine.
8. Serve soup into bowl and top with avocado.

Calories	365
Total Fat	19.5g
Saturated Fat	2.2g
Cholesterol	0mg
Sodium	271mg
Total Carbohydrate	35.3g
Dietary Fibre	13.7g
Total Sugars	2.6g
Protein	16g

## FRIDAY RASPBERRY QUINOA PORRIDGE

Preparation time: 5 minutes

Cooking time:

Servings: 1

### Ingredients:

- 70g dry quinoa
- 200ml unsweetened soy milk
- 30g vegan blend protein powder, vanilla flavor
- 50g raspberries
- 5ml maple syrup

### Instructions:

1. Combine quinoa and soy milk in a saucepan.
2. Bring to a boil. Reduce heat and cook over low-heat for 10 minutes.
3. Add maple syrup and cook for 5 minutes additional.
4. In the meantime, combine vegan protein powder and raspberries in a bowl.
5. Mash with a fork.
6. Stir the raspberries mixture into quinoa and cook 1 minute.
7. Serve warm.

Calories	494
Total Fat	9.4g
Saturated Fat	0.9g
Cholesterol	0mg
Sodium	18mg
Total Carbohydrate	62.7g
Dietary Fibre	9.9g
Total Sugars	8g
Protein	41g

## SPICY BLACK BEAN AND HEMP SOUP - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 10ml olive oil
- ½ small onion, diced
- 1 small celery stalk, chopped
- 1 small carrot, grated
- 2 cloves garlic, minced
- 1 teaspoon cumin powder
- 200g can black beans, drained, rinsed
- 1 pinch red pepper flakes
- 500ml vegetable stock
- 10ml lime juice
- 30g hemp seeds
- ¼ avocado, peeled, cubed
- Salt, and pepper, to taste

### Instructions:

1. Heat olive oil in a saucepot over medium-high heat.
2. Add onion, celery, and carrots. Cook 5 minutes.
3. Add garlic, cumin, and red pepper flakes. Cook for 1 minute.
4. Add vegetable stock and scrape down any browned bits. Add black beans, and season to taste.
5. Stir in hemp seeds and bring to a boil. Reduce heat and simmer 20 minutes.
6. Remove the soup from the heat. Transfer half the soup into a bowl. Puree the soup with an immersion blender.
7. Stir the pureed part into the saucepot. Stir gently to combine.
8. Serve soup into bowl and top with avocado.

Calories	365
Total Fat	19.5g
Saturated Fat	2.2g
Cholesterol	0mg
Sodium	271mg
Total Carbohydrate	35.3g
Dietary Fibre	13.7g
Total Sugars	2.6g
Protein	16g

## BLACKBERRY ALMONDS SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 50g vegan blend protein powder, vanilla flavor
- 300ml hemp milk
- 7 almonds
- 15ml melted coconut oil
- 70g blackberries
- 1 teaspoon Acai powder

### Instructions:

1. Toss all ingredients into food blender.
2. Blend on high until smooth.
3. Serve.

Calories	470
Total Fat	29g
Saturated Fat	12.7g
Cholesterol	0mg
Sodium	157mg
Total Carbohydrate	14.1g
Dietary Fibre	3.6g
Total Sugars	2.8g
Protein	42.4g

## LENTIL BULGUR PILAF

Preparation time: 5 minutes

Cooking time: 35 minutes

Servings: 2

### Ingredients:

- 450ml vegetable stock, low-sodium
- 100g brown lentils
- ½ onion, diced
- 15ml lemon juice
- 10ml olive oil
- 100g zucchini, cut into 0.5cm thick slices
- 100g squash, cut into 0.5cm thick slices
- 50g coarse bulgur
- 1 small clove garlic, minced
- 2 tablespoons chopped cilantro
- Salt and pepper, to taste

### Instructions:

1. Combine vegetable stock, brown lentils, and onion in a saucepan.
2. Bring to a boil over medium-high heat. Reduce heat and simmer 20 minutes.
3. Add bulgur and cook 15 minutes more.
4. Remove from the heat and stir in lemon juice.
5. In the meantime, heat olive oil in a skillet.
6. Add zucchini, squash, and garlic. Season to taste and cook 5 minutes.
7. Season to taste with salt and pepper.
8. Combine lentils and bulgur with squash. Sprinkle with cilantro and toss to combine.
9. Serve.

Calories	363
Total Fat	5.8g
Saturated Fat	0.9g
Cholesterol	0mg
Sodium	148mg
Total Carbohydrate	62.6g
Dietary Fibre	22.8g
Total Sugars	6.8g
Protein	18.4g

## SATURDAY MATCHA SMOOTHIE BOWL

Preparation time:

Servings: 1

### Ingredients:

- 10g Matcha powder
- 1 small banana, sliced
- 150ml vanilla soy milk
- 20ml water
- 35g vegan blend protein powder, vanilla
- ¼ avocado, sliced

### Topping:

- 5g chia seeds
- 10 almonds, sliced
- 20g raspberries

### Instructions:

1. Combine Matcha, banana, and soy milk in a food blender.
2. Add vegan protein powder and avocado.
3. Blend until smooth.
4. Transfer into a bowl. Top with chia seeds, almonds, and raspberries.

Calories	439
Total Fat	11.8g
Saturated Fat	1.1g
Cholesterol	0mg
Sodium	80mg
Total Carbohydrate	44g
Dietary Fibre	18.1g
Total Sugars	19.7g
Protein	46g

## LENTIL BULGUR PILAF - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 35 minutes

Servings: 2

### Ingredients:

- 450ml vegetable stock, low-sodium
- 100g brown lentils
- ½ onion, diced
- 15ml lemon juice
- 10ml olive oil
- 100g zucchini, cut into 0.5cm thick slices
- 100g squash, cut into 0.5cm thick slices
- 50g coarse bulgur
- 1 small clove garlic, minced
- 2 tablespoons chopped cilantro
- Salt and pepper, to taste

### Instructions:

1. Combine vegetable stock, brown lentils, and onion in a saucepan.
2. Bring to a boil over medium-high heat. Reduce heat and simmer 20 minutes.
3. Add bulgur and cook 15 minutes more.
4. Remove from the heat and stir in lemon juice.
5. In the meantime, heat olive oil in a skillet.
6. Add zucchini, squash, and garlic. Season to taste and cook 5 minutes.
7. Season to taste with salt and pepper.
8. Combine lentils and bulgur with squash. Sprinkle with cilantro and toss to combine.
9. Serve.

Calories	363
Total Fat	5.8g
Saturated Fat	0.9g
Cholesterol	0mg
Sodium	148mg
Total Carbohydrate	62.6g
Dietary Fibre	22.8g
Total Sugars	6.8g
Protein	18.4g

## PINEAPPLE MANGO COCONUT SMOOTHIE

Preparation time:

Servings: 1

### Ingredients:

- 250ml unsweetened coconut milk
- 20g hemp seeds
- 90g pineapple
- 50g mango
- 15g almond butter
- 10ml maple syrup
- 40g vegan blend protein powder, vanilla flavor

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	441
Total Fat	16.8g
Saturated Fat	4.9g
Cholesterol	0mg
Sodium	3mg
Total Carbohydrate	37.3g
Dietary Fibre	4g
Total Sugars	23.9g
Protein	38.6g

## SPINACH FRITTATA WITH CREAMY SAUCE

Preparation time: 10 minutes + inactive time

Cooking time: 10 minutes

Servings: 2

### Frittata:

- 75g chickpea flour
- 120ml cold water
- 20ml olive oil
- 1 clove garlic, minced
- 200g baby spinach
- Salt, to taste
- 1 pinch nutmeg

### Sauce:

- 35g sunflower seeds
- 30g vegan blend protein powder
- 80ml water
- 10ml lemon juice
- 1 small clove garlic
- 10g nutritional yeast
- Salt, to taste

### Instructions:

1. In a medium bowl, combine together chickpea flour, nutmeg, water, and 15ml olive oil. Refrigerate 20 minutes.
2. In the meantime, make the sauce; place sunflower seeds in a food processor. Process until you have a fine flour. Add in water, vegan protein powder, lemon juice, garlic, and nutritional yeast. Season to taste.
3. Process until smooth. Place aside.
4. Heat remaining olive oil in a skillet. Add garlic and cook 1 minute. Stir in spinach and cook 1 minute or until just wilted.
5. Drain any liquid and fold the spinach into chickpea flour mixture. Season to taste with salt.
6. Coat the skillet with some cooking oil and heat over medium-high heat.
7. Pour in the spinach mixture and cook for 4 minutes or until the edges are brownish. Flip the frittata on the other side and cook for 4 minutes. Alternately, you can bake the frittata for 15 minutes at 180C.
8. Serve frittata with prepared sauce.

Calories	417
Total Fat	21.8g
Saturated Fat	2.5g
Cholesterol	0mg
Sodium	95mg
Total Carbohydrate	34.2g
Dietary Fibre	11.3g
Total Sugars	5g
Protein	27.1g

## SUNDAY QUINOA BOWL WITH CHERRIES

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 1

### Ingredients:

- 120ml unsweetened almond milk
- 60g dry quinoa
- 5g coconut sugar
- 100g almond yogurt
- 35g vegan protein blend, vanilla flavor
- 30g pitted cherries
- 5 almonds, sliced

### Instructions:

1. Combine almond milk, coconut sugar, and quinoa in a saucepan.
2. Bring to a boil and reduce heat.
3. Simmer 20 minutes. remove the quinoa from the heat and allow to cool down.
4. Place almond yogurt in a bowl. Stir in vanilla-flavored protein powder.
5. Once the quinoa is cooled, stir it into the yogurt.
6. Top with pitted cherries and sliced almonds.

Calories	603
Total Fat	20.2g
Saturated Fat	1g
Cholesterol	0mg
Sodium	97mg
Total Carbohydrate	67.2g
Dietary Fibre	6.3g
Total Sugars	15g
Protein	41g

## SPINACH FRITTATA WITH CREAMY SAUCE - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes + inactive time

Cooking time: 10 minutes

Servings: 2

### Frittata:

- 75g chickpea flour
- 120ml cold water
- 20ml olive oil
- 1 clove garlic, minced
- 200g baby spinach
- Salt, to taste
- 1 pinch nutmeg

### Sauce:

- 35g sunflower seeds
- 30g vegan blend protein powder
- 80ml water
- 10ml lemon juice
- 1 small clove garlic
- 10g nutritional yeast
- Salt, to taste

### Instructions:

1. In a medium bowl, combine together chickpea flour, nutmeg, water, and 15ml olive oil. Refrigerate 20 minutes.
2. In the meantime, make the sauce; place sunflower seeds in a food processor. Process until you have a fine flour. Add in water, vegan protein powder, lemon juice, garlic, and nutritional yeast. Season to taste.
3. Process until smooth. Place aside.
4. Heat remaining olive oil in a skillet. Add garlic and cook 1 minute. Stir in spinach and cook 1 minute or until just wilted.
5. Drain any liquid and fold the spinach into chickpea flour mixture. Season to taste with salt.
6. Coat the skillet with some cooking oil and heat over medium-high heat.
7. Pour in the spinach mixture and cook for 4 minutes or until the edges are brownish. Flip the frittata on the other side and cook for 4 minutes. Alternately, you can bake the frittata for 15 minutes at 180C.
8. Serve frittata with prepared sauce.

Calories	417
Total Fat	21.8g
Saturated Fat	2.5g
Cholesterol	0mg
Sodium	95mg
Total Carbohydrate	34.2g
Dietary Fibre	11.3g
Total Sugars	5g
Protein	27.1g

## COFFEE CHOCOLATE VANILLA SHAKE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml unsweetened coconut milk
- ½ teaspoon vanilla extract
- 1 teaspoon instant coffee granules
- 40g vegan protein blend powder, chocolate flavor
- 15g cacao powder
- 5ml maple syrup

### Instructions:

1. Toss all ingredients into food blender.
2. Blend on high until smooth.
3. Serve.

Calories	250
Total Fat	7.4g
Saturated Fat	5.4g
Cholesterol	0mg
Sodium	4mg
Total Carbohydrate	19.7g
Dietary Fibre	6g
Total Sugars	4.3g
Protein	33.1g

## CHICKPEA SALAD WITH SPINACH PESTO

Preparation time: 5 minutes

Servings: 2

### Ingredients:

#### Pesto:

- 40g spinach
- 2 basil leaves
- 15ml lemon juice
- 10ml olive oil
- 10 roasted almonds
- 5g nutritional yeast
- 1 small clove garlic
- Salt and pepper, to taste

#### Salad:

- 400g can chickpeas, drained, rinsed
- 60g grape tomatoes, halved
- 10 olives, pitted
- ½ red onion, sliced

### Instructions:

1. Combine pesto ingredients in a food blender.
2. Blend until smooth. If needed add a splash or two of water to get creamy sauce.
3. Combine chickpeas, grape tomatoes, olives, and red onion in a large bowl.
4. Add pesto and toss to combine.
5. Serve.

Calories	432
Total Fat	16g
Saturated Fat	1.9g
Cholesterol	0mg
Sodium	918mg
Total Carbohydrate	59.9g
Dietary Fibre	14.8g
Total Sugars	4g
Protein	17.1g

# Week 4 - 1700cal

## GROCERY LIST

### Fruits:

- Cherries, pitted; 30g
- Avocado; 1 small
- Blueberries, froze; 80
- Strawberries; 100g
- Apricots; 70g
- Lime; 1
- Lemon; 1
- Raspberries; 50g
- Blackberries; 70g
- Pineapple; 90g
- Mango; 50g
- Dates; 50g
- Banana; 4 pieces

### Vegetables:

- Carrots; 70g
- Spinach, fresh; 330g
- Spinach, frozen; 70g
- Garlic (cloves); 6 cloves
- Onion; 1
- Red onion; 1 small
- Bell pepper, green; 1 small
- Bell pepper, yellow; 1 small
- Peas, frozen; 120g
- Celery, stalk; 1 stalk
- Zucchini; 100g
- Squash; 100g
- Grape tomatoes; 60g
- Olives, pitted; 10 olives

### Grains and Cereals:

- Oats; 105g
- Buckwheat groats; 50g
- Quinoa, dry; 130g
- Bulgur; 50g

### Can Products:

- Tomato sauce; 25ml
- Can chickpeas; 700g
- Can diced tomatoes; 100g
- Can black beans; 200g

### Beans and Legumes:

- Lentils, red, split; 90g
- Lentils, brown; 100g

### Spices and Herbs:

- Cinnamon
- Nutmeg
- Soy Sauce
- Cilantro
- Sriracha
- Cardamom
- Ginger
- Tamari sauce
- Soy sauce
- Vanilla extract
- Basil

### Butter, and Oil:

- Olive oil; 80ml
- Almond butter; 120g
- Coconut oil; 15ml

### Nuts and Seeds:

- Almonds; 12
- Almonds, roasted; 10
- Unsweetened coconut, shredded; 10g
- Chia seeds; 20g
- Hemp Seeds; 55g
- Sunflower seeds; 35g

### Soy Products:

- Tofu, firm; 300g
- Soy yogurt; 200g
- Soy milk; 245ml
- Soy milk, vanilla; 150ml
- Soy milk, unsweetened; 200ml

### Non-Dairy:

- Almond milk, unsweetened; 1160ml
- Coconut milk, unsweetened; 750ml
- Coconut milk, full-fat; 200g
- Almond yogurt; 100g
- Hemp milk; 550ml

### Protein Powder:

- Vegan blend protein powder (vanilla); 360g
- Vegan blend protein powder (chocolate); 85g
- Vegan blend protein powder; 55g

### Flours:

- Chickpea flour; 75g

### Sweeteners:

- Maple syrup; 35ml
- Coconut sugar; 40g

### Additional:

- Maca powder; 5g
- Cider vinegar; 30ml
- Vegetable stock; 950ml
- Cocoa powder; 15g
- Instant coffee granules; 5g
- Nutritional yeast; 15g
- Acai powder, 1 teaspoon



# Week 1 - 1800 Cal

## MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFASTS	Protein Peanut Shake	Breakfast Chocolate Mousse	Banana Oatmeal	Enriched Coconut Milk	Pea Protein Banana Smoothie	Spinach Peach Smoothie	Overnight Raspberry Chia Pudding
LUNCH	Kale Salad with Avocado Tahini	Kung Pao Tempeh – previous night dinner	Vegetable Bean Soup – previous night dinner	Mexican Quinoa – previous night dinner	White Bean Barley Salad – previous night dinner	Lentils with Vegetables and Almonds – previous night dinner	Peanut Quinoa Broccoli Bowl – previous night dinner
SNACKS	Spinach Apricot Banana Smoothie	Coconut Cocoa Shake	Power Smoothie	Tofu Strawberry Smoothie	Blueberry Nut Smoothie	Soy Berry Shake	Green Fruity Smoothie
DINNER	Kung Pao Tempeh	Vegetable Bean Soup	Mexican Quinoa	White Bean Barley Salad	Lentils with Vegetables and Almonds	Peanut Quinoa Broccoli Bowl	Jamaican Beans

## MONDAY PROTEIN PEANUT SHAKE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml almond milk
- 35g peanut butter
- 1 small banana, sliced
- 4g cocoa powder
- 40g rice protein powder, chocolate flavor

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	486
Total Fat	22g
Saturated Fat	4.4g
Cholesterol	0mg
Sodium	394mg
Total Carbohydrate	39.3g
Dietary Fibre	8.2g
Total Sugars	17g
Protein	42.5g

## KALE SALAD WITH AVOCADO TAHINI

Preparation time: 15 minutes

Servings: 1

### Ingredients:

- 130g kale, stems removed, chopped
- Salt, to taste
- 1 carrot, grated
- 30g almonds, toasted
- 15g basil

### Avocado Tahini:

- 135g avocado, peeled, cubed
- 15ml lemon juice
- 30g tahini
- ¼ teaspoon garlic powder
- 15ml water
- Salt and pepper, to taste

### Instructions:

1. Make the tahini; combine avocado, lemon juice, tahini, garlic, and water into a food blender.
2. Blend on high until smooth. Season to taste with salt and pepper.
3. Place kale into a large bowl. Season with salt and rub the kale with clean hands. This will tenderize the kale.
4. Add grated carrot, almonds, and basil.
5. Drizzle the salad with avocado-tahini sauce.
6. Serve.

Calories	457
Total Fat	31.5g
Saturated Fat	3.6g
Cholesterol	0mg
Sodium	142mg
Total Carbohydrate	34.7g
Dietary Fibre	10.6g
Total Sugars	5g
Protein	16.9g

## SPINACH APRICOT BANANA SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 260ml water
- 50g spinach
- 160g apricots, pitted, sliced
- 45g rice protein
- 1 small banana, sliced

### Instructions:

1. Combine all ingredients into a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	354
Total Fat	1.6g
Saturated Fat	0.2g
Cholesterol	0mg
Sodium	104mg
Total Carbohydrate	47.8g
Dietary Fibre	7g
Total Sugars	30.2g
Protein	41.2g

## KUNG PAO TEMPEH

Preparation time: 15 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 240g tempeh
- 450g bag frozen mixed vegetables (carrots, peas, green beans)
- 30ml low-sodium soy sauce
- 35g peanuts
- Salt and pepper, to taste

### Instructions:

1. Preheat oven to 200C.
2. Slice tempeh in large cubes. Place the tempeh into a bowl and add soy sauce.
3. Marinate the tempeh for 10 minutes.
4. Arrange the marinated tempeh cubes onto baking sheet.
5. Bake the tempeh for 20 minutes.
6. In the meantime, cook the vegetables according to package instructions, usually for 5 minutes.
7. Drain the vegetables and season with extra soy sauce.
8. Mix vegetables with tempeh, and peanuts. Season to taste and serve.

Calories	495
Total Fat	21.6g
Saturated Fat	3.9g
Cholesterol	0mg
Sodium	960mg
Total Carbohydrate	46.9g
Dietary Fibre	6.8g
Total Sugars	12.3g
Protein	33.1g

## TUESDAY

### BREAKFAST CHOCOLATE MOUSSE

Preparation time: 5 minutes

Servings: 1

#### Ingredients:

- 230g firm tofu, drained
- 1 ½ tablespoons cocoa powder
- 10ml maple syrup
- 60g pea protein, vanilla flavor
- 30g raspberries, to serve with

#### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Top with fresh raspberries and serve.

Calories	441
Total Fat	15g
Saturated Fat	2.6g
Cholesterol	0mg
Sodium	469mg
Total Carbohydrate	37.2g
Dietary Fibre	9.7g
Total Sugars	15.8g
Protein	53.1g

## KUNG PAO TEMPEH - PREVIOUS NIGHT DINNER

Preparation time: 15 minutes

Cooking time: 20 minutes

Servings: 2

#### Ingredients:

- 240g tempeh
- 450g bag frozen mixed vegetables (carrots, peas, green beans)
- 30ml low-sodium soy sauce
- 35g peanuts
- Salt and pepper, to taste

#### Instructions:

1. Preheat oven to 200C.
2. Slice tempeh in large cubes. Place the tempeh into a bowl and add soy sauce.
3. Marinate the tempeh for 10 minutes.
4. Arrange the marinated tempeh cubes onto baking sheet.
5. Bake the tempeh for 20 minutes.
6. In the meantime, cook the vegetables according to package instructions, usually for 5 minutes.
7. Drain the vegetables and season with extra soy sauce.
8. Mix vegetables with tempeh, and peanuts. Season to taste and serve.

Calories	495
Total Fat	21.6g
Saturated Fat	3.9g
Cholesterol	0mg
Sodium	960mg
Total Carbohydrate	46.9g
Dietary Fibre	6.8g
Total Sugars	12.3g
Protein	33.1g

## COCONUT COCOA SHAKE

Preparation time: 5 minutes  
Servings: 1

### Ingredients:

- 150ml coconut milk
- 100ml almond milk
- 45g rice protein
- 1 tablespoon cocoa powder
- 5ml maple syrup

### Instructions:

1. Combine all ingredients into food blender.
2. Blend on high until smooth.
3. Serve.

Calories	663
Total Fat	38.6g
Saturated Fat	32.6g
Cholesterol	0mg
Sodium	150mg
Total Carbohydrate	46.2g
Dietary Fibre	8.3g
Total Sugars	24.7g
Protein	42.6g

## VEGETABLE BEAN SOUP

Preparation time: 5 minutes  
Cooking time: 20 minutes  
Servings: 2

### Ingredients:

- 10ml olive oil
- 60g carrots, chopped
- 60g cauliflower florets
- 1 small onion, chopped
- 325g zucchini, cubed
- 90g tomatoes, chopped
- 170g can crushed tomatoes, with juiced
- 60ml vegetable stock, low-sodium
- 120g can red kidney beans
- 4 leaves basil, chopped
- Salt and pepper, to taste

### Instructions:

1. Heat olive oil in a saucepot.
2. Add carrots, cauliflower, onion, zucchini, and tomatoes.
3. Cook stirring for 3 minutes.
4. Add crushed tomatoes and bring to a boil.
5. Reduce heat and stir in kidney beans. Simmer 15 minutes.
6. Add basil and remove from the heat. Let the soup stand for 2 minutes before serving.

Calories	188
Total Fat	5.9g
Saturated Fat	1.1g
Cholesterol	0mg
Sodium	408mg
Total Carbohydrate	30.8g
Dietary Fibre	9.5g
Total Sugars	9g
Protein	8.2g

**WEDNESDAY**  
**BANANA OATMEAL**

Preparation time: 15 minutes

Cooking time: 5 minutes

Servings: 1

**Ingredients:**

- 420ml unsweetened almond milk
- 60g rolled oats
- 1 medium banana, mashed
- 40g rice protein, vanilla flavor

**Instructions:**

1. Bring almond milk to a simmer.
2. Add oats and, cook 5 minutes, and remove from the heat.
3. Allow the oats to soak up the almond milk.
4. Stir in mashed banana and rice protein powder.
5. Serve.

Calories	588
Total Fat	10.3g
Saturated Fat	1.3g
Cholesterol	0mg
Sodium	102mg
Total Carbohydrate	79.4g
Dietary Fibre	11.3g
Total Sugars	19.5g
Protein	47.5g

**VEGETABLE BEAN SOUP - PREVIOUS NIGHT DINNER**

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

**Ingredients:**

- 10ml olive oil
- 60g carrots, chopped
- 60g cauliflower florets
- 1 small onion, chopped
- 325g zucchini, cubed
- 90g tomatoes, chopped
- 170g can crushed tomatoes, with juiced
- 60ml vegetable stock, low-sodium
- 120g can red kidney beans
- 4 leaves basil, chopped
- Salt and pepper, to taste

**Instructions:**

1. Heat olive oil in a saucepot.
2. Add carrots, cauliflower, onion, zucchini, and tomatoes.
3. Cook stirring for 3 minutes.
4. Add crushed tomatoes and bring to a boil.
5. Reduce heat and stir in kidney beans. Simmer 15 minutes.
6. Add basil and remove from the heat. Let the soup stand for 2 minutes before serving.

Calories	188
Total Fat	5.9g
Saturated Fat	1.1g
Cholesterol	0mg
Sodium	408mg
Total Carbohydrate	30.8g
Dietary Fibre	9.5g
Total Sugars	9g
Protein	8.2g

## POWER SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- ½ medium banana, sliced
- 180ml coconut milk
- ½ teaspoon cocoa powder
- 40g rice protein, chocolate flavor
- 115g fresh blueberries

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	649
Total Fat	41.1g
Saturated Fat	36g
Cholesterol	0mg
Sodium	86mg
Total Carbohydrate	31.3g
Dietary Fibre	6.8g
Total Sugars	19.6g
Protein	45.4g

## MEXICAN QUINOA

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 125g dry quinoa
- 10ml olive oil
- 40g fresh corn
- 110g can black beans, rinsed, drained
- ½ teaspoon cumin powder
- ½ teaspoon chili powder
- 65g salsa
- Salt, to taste

### Instructions:

1. Cook quinoa according to package directions.
2. In the meantime, heat olive oil in a skillet.
3. Add corn and black beans. Cook 3 minutes over medium-high heat.
4. Add quinoa, cumin, and chili powder.
5. Cook for 3 minutes or until the quinoa is a bit crunchy.
6. Stir in salsa and season to taste. Cook 2 minutes.
7. Fluff the quinoa with fork and serve.

Calories	380
Total Fat	11.6g
Saturated Fat	1.5g
Cholesterol	0mg
Sodium	413mg
Total Carbohydrate	58.3g
Dietary Fibre	8.6g
Total Sugars	2.5g
Protein	13.5g

## THURSDAY ENRICHED COCONUT MILK

Preparation time: 5 minutes

Cooking time: 1 minutes

Servings: 1

### Ingredients:

- 115ml coconut milk
- 10g rolled oats
- 40g dates, pitted
- 10g raisins
- 40g rice protein powder, vanilla flavor

### Instructions:

1. Combine all ingredients, except the rice protein in a saucepan.
2. Bring to a boil. Reduce heat and simmer for 1 minute.
3. Remove from the heat and stir in the rice protein.
4. Serve.

Calories	609
Total Fat	28.7g
Saturated Fat	24.8g
Cholesterol	0mg
Sodium	70mg
Total Carbohydrate	55.2g
Dietary Fibre	7.2g
Total Sugars	37.4g
Protein	39.3g

## MEXICAN QUINOA - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 125g dry quinoa
- 10ml olive oil
- 40g fresh corn
- 110g can black beans, rinsed, drained
- ½ teaspoon cumin powder
- ½ teaspoon chili powder
- 65g salsa
- Salt, to taste

### Instructions:

1. Cook quinoa according to package directions.
2. In the meantime, heat olive oil in a skillet.
3. Add corn and black beans. Cook 3 minutes over medium-high heat.
4. Add quinoa, cumin, and chili powder.
5. Cook for 3 minutes or until the quinoa is a bit crunchy.
6. Stir in salsa and season to taste. Cook 2 minutes.
7. Fluff the quinoa with fork and serve.

Calories	380
Total Fat	11.6g
Saturated Fat	1.5g
Cholesterol	0mg
Sodium	413mg
Total Carbohydrate	58.3g
Dietary Fibre	8.6g
Total Sugars	2.5g
Protein	13.5g



## TOFU STRAWBERRY SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 200g silken firm tofu, drained
- 140g strawberries
- 180ml unsweetened almond milk
- 50g vegan blend protein powder, vanilla flavor
- ¼ small avocado, pitted

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	476
Total Fat	19.6g
Saturated Fat	2.9g
Cholesterol	0mg
Sodium	166mg
Total Carbohydrate	25.6g
Dietary Fibre	8.3g
Total Sugars	8.2g
Protein	56.6g

## WHITE BEAN BARLEY SALAD

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 70g pearled barley, raw
- 150ml vegetable stock
- 60ml water
- 70g fresh corn
- 140g can white beans, rinsed, drained
- 10ml red wine vinegar
- 5ml lemon juice
- ¼ small onion, chopped
- 1 tablespoon dill, chopped
- 15ml olive oil
- 8 almonds, crushed
- Salt and pepper, to taste

### Instructions:

1. In a small saucepan combine barley, stock, and water.
2. Bring to a boil over medium-high heat. Reduce heat and simmer 20 minutes or until the barley is tender.
3. Drain the barley and place in a bowl, with red wine vinegar, lemon juice, onion, dill, and olive oil.
4. Mix to combine and add corn and white beans. Toss to combine all. Sprinkle with crushed almonds.
5. Serve.

Calories	340
Total Fat	11.5g
Saturated Fat	2.1g
Cholesterol	0mg
Sodium	271mg
Total Carbohydrate	55.6g
Dietary Fibre	11.3g
Total Sugars	3.5g
Protein	11.8g

## FRIDAY PEA PROTEIN BANANA SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 2 medium bananas, frozen (slice before freezing)
- 50g pea protein, vanilla flavor
- 1 ice cube
- 235ml water

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	410
Total Fat	3.3g
Saturated Fat	0.3g
Cholesterol	0mg
Sodium	504mg
Total Carbohydrate	55.2g
Dietary Fibre	6.1g
Total Sugars	28.9g
Protein	42.6g

## WHITE BEAN BARLEY SALAD - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 70g pearled barley, raw
- 150ml vegetable stock
- 60ml water
- 70g fresh corn
- 140g can white beans, rinsed, drained
- 10ml red wine vinegar
- 5ml lemon juice
- ¼ small onion, chopped
- 1 tablespoon dill, chopped
- 15ml olive oil
- 8 almonds, crushed
- Salt and pepper, to taste

### Instructions:

1. In a small saucepan combine barley, stock, and water.
2. Bring to a boil over medium-high heat. Reduce heat and simmer 20 minutes or until the barley is tender.
3. Drain the barley and place in a bowl, with red wine vinegar, lemon juice, onion, dill, and olive oil.
4. Mix to combine and add corn and white beans. Toss to combine all. Sprinkle with crushed almonds.
5. Serve.

Calories	340
Total Fat	11.5g
Saturated Fat	2.1g
Cholesterol	0mg
Sodium	271mg
Total Carbohydrate	55.6g
Dietary Fibre	11.3g
Total Sugars	3.5g
Protein	11.8g

## BLUEBERRY NUT SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 300ml water
- 60g rice protein, vanilla flavor
- 15g almond butter
- 4 ice cubes
- 190g blueberries
- 20g pecans

### Instructions:

1. Blend all ingredients in a food blender until smooth.
2. Serve.

Calories	440
Total Fat	16g
Saturated Fat	1.5g
Cholesterol	0mg
Sodium	81mg
Total Carbohydrate	23.5g
Dietary Fibre	4.8g
Total Sugars	13.8g
Protein	52g

## LENTILS WITH VEGETABLES AND ALMONDS

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 95g dry lentils
- 30ml olive oil
- 95g asparagus
- 2 cloves garlic, minced
- 180g spinach
- Salt and pepper, to taste
- ½ avocado, sliced
- 30g hummus
- 2 teaspoons Sriracha sauce
- 30g almonds

### Instructions:

1. Cook the lentils in boiling water for 20-25 minutes.
2. Drain and place aside.
3. Heat olive oil in a saucepot over medium-high heat.
4. Chop asparagus and add to the saucepot. Cook for 3 minutes.
5. Add garlic and cook for 30 seconds.
6. Add spinach and cook until wilted. You may add a splash of water if needed.
7. Season the spinach and asparagus with salt and pepper.
8. Serve lentils in a bowl. Top with spinach mixture, sliced avocado, hummus, and Sriracha.
9. Serve.

Calories	636
Total Fat	43.1g
Saturated Fat	6.3g
Cholesterol	3mg
Sodium	169mg
Total Carbohydrate	48.3g
Dietary Fibre	26.6g
Total Sugars	3.5g
Protein	22.2g

## SATURDAY SPINACH PEACH SMOOTHIE

Preparation time: 5 minutes

Servings:

### Ingredients:

- 235ml water
- 45g rice protein powder, vanilla flavor
- 120g banana, sliced
- 150g peaches, sliced
- 50g spinach

### Instructions:

1. Blend all ingredients in a food blender until smooth.
2. Serve.

Calories	378
Total Fat	1.2g
Saturated Fat	0.2g
Cholesterol	0mg
Sodium	101mg
Total Carbohydrate	54.5g
Dietary Fibre	7.7g
Total Sugars	38.1g
Protein	41.3g

## LENTILS WITH VEGETABLES AND ALMONDS - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 95g dry lentils
- 30ml olive oil
- 95g asparagus
- 2 cloves garlic, minced
- 180g spinach
- Salt and pepper, to taste
- ½ avocado, sliced
- 30g hummus
- 2 teaspoons Sriracha sauce
- 30g almonds

### Instructions:

1. Cook the lentils in boiling water for 20-25 minutes.
2. Drain and place aside.
3. Heat olive oil in a saucepot over medium-high heat.
4. Chop asparagus and add to the saucepot. Cook for 3 minutes.
5. Add garlic and cook for 30 seconds.
6. Add spinach and cook until wilted. You may add a splash of water if needed.
7. Season the spinach and asparagus with salt and pepper.
8. Serve lentils in a bowl. Top with spinach mixture, sliced avocado, hummus, and Sriracha.
9. Serve.

Calories	636
Total Fat	43.1g
Saturated Fat	6.3g
Cholesterol	3mg
Sodium	169mg
Total Carbohydrate	48.3g
Dietary Fibre	26.6g
Total Sugars	3.5g
Protein	22.2g

## SOY BERRY SHAKE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 30g blueberries
- 20g raspberries
- 165ml soy milk, vanilla flavor
- 40g vegan blend protein powder, vanilla flavor

### Instructions:

1. Blend all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	234
Total Fat	2.6g
Saturated Fat	0.3g
Cholesterol	0mg
Sodium	97mg
Total Carbohydrate	12.7g
Dietary Fibre	2.7g
Total Sugars	7.3g
Protein	39.1g

## PEANUT QUINOA BROCCOLI BOWL

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 95g quinoa, dry
- 5ml olive oil
- 75g red bell pepper, diced
- 610g broccoli, cut into florets
- 35g peanut butter
- 15ml lemon juice
- 45ml water
- 5ml soy sauce
- 5ml maple syrup
- 1 teaspoon ground ginger
- Salt and pepper, to taste
- 20g raw peanuts, chopped
- 20g toasted peanuts, chopped

### Instructions:

1. Cook the quinoa according to package directions.
2. In the meantime, heat olive oil in a saucepan.
3. Add bell pepper and cook 3 minutes over medium-high heat.
4. Transfer the bell pepper to a large bowl.
5. Add broccoli in the same skillet long with 30ml water.
6. Cover and steam for 2 minutes. transfer the broccoli in the bowl with peppers.
7. Whisk the remaining water, peanut butter, lemon juice, soy sauce, maple syrup, and ginger.
8. Once the quinoa is cooked, fluff it with a fork. Transfer into the bowl with veggies and drizzle with the peanut butter sauce. Season with salt and pepper, and divide between serving bowls. Top with raw and toasted peanuts. Serve.

Calories	547
Total Fat	25.2g
Saturated Fat	4g
Cholesterol	0mg
Sodium	341mg
Total Carbohydrate	64.6g
Dietary Fibre	14.7g
Total Sugars	12.2g
Protein	25.3g

## SUNDAY OVERNIGHT RASPBERRY CHIA PUDDING

Preparation time: 5 minutes + inactive time

Servings: 1

### Ingredients:

- 250ml coconut milk
- 40g rice protein powder, vanilla flavor
- 60g chia seeds
- 60g raspberries

### Instructions:

1. Combine coconut milk, protein powder, and raspberries in a food blender.
2. Blend on high until smooth.
3. Stir in chia seeds. Refrigerate overnight.
4. Serve in the morning.

Calories	523
Total Fat	23g
Saturated Fat	6.2g
Cholesterol	0mg
Sodium	58mg
Total Carbohydrate	38.3g
Dietary Fibre	25.6g
Total Sugars	4.7g
Protein	43g

## PEANUT QUINOA BROCCOLI BOWL - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 95g quinoa, dry
- 5ml olive oil
- 75g red bell pepper, diced
- 610g broccoli, cut into florets
- 35g peanut butter
- 15ml lemon juice
- 45ml water
- 5ml soy sauce
- 5ml maple syrup
- 1 teaspoon ground ginger
- Salt and pepper, to taste
- 20g raw peanuts, chopped
- 20g toasted peanuts, chopped

### Instructions:

1. Cook the quinoa according to package directions.
2. In the meantime, heat olive oil in a saucepan.
3. Add bell pepper and cook 3 minutes over medium-high heat.
4. Transfer the bell pepper to a large bowl.
5. Add broccoli in the same skillet long with 30ml water.
6. Cover and steam for 2 minutes. transfer the broccoli in the bowl with peppers.
7. Whisk the remaining water, peanut butter, lemon juice, soy sauce, maple syrup, and ginger.
8. Once the quinoa is cooked, fluff it with a fork. Transfer into the bowl with veggies and drizzle with the peanut butter sauce. Season with salt and pepper, and divide between serving bowls. Top with raw and toasted peanuts. Serve.

Calories	547
Total Fat	25.2g
Saturated Fat	4g
Cholesterol	0mg
Sodium	341mg
Total Carbohydrate	64.6g
Dietary Fibre	14.7g
Total Sugars	12.2g
Protein	25.3g

## GREEN FRUITY SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 30g spinach
- 40g baby Bok Choy
- 260ml unsweetened almond milk
- 50g rice protein powder, vanilla flavor
- 70g strawberries
- 120g apricots
- 20g oats

### Instructions:

1. Blend all ingredients in a food blender on high.
2. Serve.

Calories	412
Total Fat	6.2g
Saturated Fat	0.6g
Cholesterol	0mg
Sodium	293mg
Total Carbohydrate	44.1g
Dietary Fibre	8.4g
Total Sugars	20.3g
Protein	48g

## JAMAICAN BEANS

Preparation time: 5 minutes

Cooking time: 15 minutes

Servings: 2

### Ingredients:

- 285g can red kidney beans
- 15ml olive oil
- 1 small onion, diced
- 50g scallions, chopped
- 2 cloves garlic, minced
- 1 good pinch red pepper flakes
- 120ml unsweetened coconut milk
- 1/8 teaspoon allspice
- 1/4 cup chopped cilantro
- Salt and pepper, to taste

### Instructions:

1. Heat olive oil in a saucepot over medium-high heat.
2. Add onion and cook for 6 minutes or until nearly golden.
3. Add scallions, garlic, and pepper flakes. Cook stirring 2 minutes.
4. Add rinsed beans, coconut milk, and spices. Season to taste.
5. Cook for 5-7 minutes or until coconut milk thickens a bit.
6. Serve beans warm, topped with cilantro.

Calories	317
Total Fat	18.7g
Saturated Fat	13.3g
Cholesterol	0mg
Sodium	384mg
Total Carbohydrate	31.7g
Dietary Fibre	10.6g
Total Sugars	6.8g
Protein	10g

# Week 1 - 1800cal

## GROCERY LIST

### Fruits:

- Banana; 6 pieces
- Avocado; 270g
- Lemon; 1 piece
- Apricots; 280g
- Raspberries; 210g
- Blueberries; 335g
- Strawberries; 210g
- Peach; 150g
- Raisins; 10g
- Dates; 40g

### Vegetables:

- Kale; 130g
- Bok choy, baby; 40g
- Scallions; 50g
- Carrot; 80g
- Spinach; 320g
- Frozen mixed vegetables (carrots, peas); 450g
- Cauliflower; 60g
- Broccoli; 610g
- Red bell pepper; 75g
- Zucchini; 325g
- Onion; 3 pieces
- Corn; 110g
- Asparagus; 95g
- Garlic; 4 cloves

### Grains and Cereals:

- Barley, pearled; 70g
- Quinoa, dry; 220g
- Oats; 90g

### Can Products:

- Can red kidney beans; 405g
- Can black beans; 110g
- Can white beans; 140g
- Can crushed tomato; 170g

### Beans and Legumes:

- Lentils; 95g

### Spices and Herbs:

- Soy sauce
- low-sodium
- Garlic powder
- Ginger
- Cumin
- Chili powder
- Dill
- Basil
- Red vinegar
- Cilantro

### Butter, and Oil:

- Peanut butter; 75g
- Tahini; 30g
- Olive oil; 85ml
- Almond butter; 15g

### Nuts and Seeds:

- Almond; 70g
- Peanuts, raw; 55g
- Peanuts, toasted; 20g
- Pecans; 20g
- Chia seeds; 60g

### Soy Products:

- Tofu, firm; 430g
- Soy milk, vanilla; 165ml
- Tempeh; 240g

### Non-Dairy:

- Almond milk; 350ml
- Almond milk, unsweetened; 680ml
- Coconut milk; 695ml
- Coconut milk, unsweetened; 120ml

### Protein Powder:

- Pea protein; 50g
- Pea protein, vanilla flavor; 110g
- Rice protein; 90g
- Rice protein, vanilla flavor; 275g
- Rice protein, chocolate flavor; 80g
- Vegan blend protein powder, vanilla flavor; 90g

### Sweeteners:

- Maple syrup; 15ml

### Additional:

- Cacao powder; 30g
- Vegetable stock; 210ml
- Salsa, jar; 65g
- Hummus; 30g



## Week 2 - 1800 Cal

### MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFASTS	Fast Peanut Oats	Raspberry Frosty Smoothie	Enriched Coconut Milk	Lemon Vanilla Chia Pudding	Yogurt Quinoa Parfait	Fast Amaranth Porridge	Protein Pineapple Chia Pudding
LUNCH	Jamaican Beans – previous night dinner	Simple Coconut Curry – previous night dinner	Lentil Lettuce Wraps – previous night dinner	Mushrooms with Green Peas – previous night dinner	Creamy Cashew Kale – previous night dinner	Tomato Vegetable Chickpea Stew – previous night dinner	Lentils Chili – previous night dinner
SNACKS	Banana Flax Smoothie	Berry Banana Smoothie	Jam Almond Shake	Coffee Banana Shake	Thick Blueberry Spinach Smoothie	Refreshing Cherry Smoothie	Coconut Water Smoothie
DINNER	Simple Coconut Curry	Lentil Lettuce Wraps	Mushrooms with Green Peas	Creamy Cashew Kale	Tomato Vegetable Stew	Lentils Chili	Squash Quinoa Bowl

## MONDAY

### FAST PEANUT OATS

Preparation time: 5 minutes

Cooking time: 2 minutes

Servings: 1

#### Ingredients:

- 40g quick oats
- 1 medium banana, sliced
- 30g peanut butter
- 40g rice protein powder, chocolate flavor
- 1 teaspoon ground cinnamon

#### Instructions:

1. Prepare oats according to package instructions.
2. In the meantime, mash banana in a bowl. Combine with peanut butter and rice protein.
3. While the oats are still warm, stir in the banana mixture and cinnamon.
4. Serve.

Calories	599
Total Fat	18.1g
Saturated Fat	3.8g
Cholesterol	0mg
Sodium	192mg
Total Carbohydrate	65.8g
Dietary Fibre	10.1g
Total Sugars	19.8g
Protein	48.1g

## JAMAICAN BEANS - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 15 minutes

Servings: 2

#### Ingredients:

- 285g can red kidney beans
- 15ml olive oil
- 1 small onion, diced
- 50g scallions, chopped
- 2 cloves garlic, minced
- 1 good pinch red pepper flakes
- 120ml unsweetened coconut milk
- 1/8 teaspoon allspice
- 1/4 cup chopped cilantro
- Salt and pepper, to taste

#### Instructions:

1. Heat olive oil in a saucepot over medium-high heat.
2. Add onion and cook for 6 minutes or until nearly golden.
3. Add scallions, garlic, and pepper flakes. Cook stirring 2 minutes.
4. Add rinsed beans, coconut milk, and spices. Season to taste.
5. Cook for 5-7 minutes or until coconut milk thickens a bit.
6. Serve beans warm, topped with cilantro.

Calories	317
Total Fat	18.7g
Saturated Fat	13.3g
Cholesterol	0mg
Sodium	384mg
Total Carbohydrate	31.7g
Dietary Fibre	10.6g
Total Sugars	6.8g
Protein	10g

## BANANA FLAX SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 150ml unsweetened almond milk
- 50g rice protein powder, vanilla flavor
- 1 extra-small banana, sliced
- 5g flax seeds
- 60g spinach
- 10g peanut butter
- 1 ice cube

### Instructions:

1. Blend all ingredients in a food blender until smooth.
2. Serve.

Calories	360
Total Fat	7.8g
Saturated Fat	1.4g
Cholesterol	0mg
Sodium	268mg
Total Carbohydrate	28.7g
Dietary Fibre	4.7g
Total Sugars	13.6g
Protein	46.2g

## SIMPLE COCONUT CURRY

Preparation time: 5 minutes

Cooking time: 15 minutes

Servings: 2

### Ingredients:

- 150g broccoli, cut into florets
- 10ml olive oil
- 250ml coconut milk
- 15g curry paste
- 180g can chickpeas, rinsed, drained
- Salt and pepper, to taste
- 100g cooked quinoa, to serve with
- ½ teaspoon cornstarch
- 10ml water

### Instructions:

1. Heat olive oil in a saucepot.
2. Add broccoli florets and cook for 4 minutes.
3. Add coconut milk and simmer 7-8 minutes, or until the broccoli is crisp-tender.
4. Add curry paste and whisk gently until it combined with the coconut milk.
5. Add can chickpeas and bring to a boil.
6. Whisk cornstarch with 10ml water and pour into the coconut milk.
7. Boil for 1-2 minutes and remove from the heat. Allow the curry to cool and thicken a bit.
8. Serve with quinoa.

Calories	537
Total Fat	37.6g
Saturated Fat	27.3g
Cholesterol	0mg
Sodium	316mg
Total Carbohydrate	44.8g
Dietary Fibre	10.1g
Total Sugars	5.5g
Protein	11.9g

## TUESDAY

### RASPBERRY FROSTY SMOOTHIE

Preparation time: 5 minutes

Servings: 1

#### Ingredients:

- 180ml water
- 60ml fresh orange juice
- 120g frozen raspberries
- 70g frozen spinach
- 150g lettuce
- 50g rice protein

#### Instructions:

1. Blend all ingredients in a food blender until smooth.
2. Serve.

Calories	317
Total Fat	1.3g
Saturated Fat	0.1g
Cholesterol	0mg
Sodium	132mg
Total Carbohydrate	32.9g
Dietary Fibre	10.5g
Total Sugars	14.6g
Protein	45.1g

## SIMPLE COCONUT CURRY - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 15 minutes

Servings: 2

#### Ingredients:

- 150g broccoli, cut into florets
- 10ml olive oil
- 250ml coconut milk
- 15g curry paste
- 180g can chickpeas, rinsed, drained
- Salt and pepper, to taste
- 100g cooked quinoa, to serve with
- ½ teaspoon cornstarch
- 10ml water

#### Instructions:

1. Heat olive oil in a saucepot.
2. Add broccoli florets and cook for 4 minutes.
3. Add coconut milk and simmer 7-8 minutes, or until the broccoli is crisp-tender.
4. Add curry paste and whisk gently until it combined with the coconut milk.
5. Add can chickpeas and bring to a boil.
6. Whisk cornstarch with 10ml water and pour into the coconut milk.
7. Boil for 1-2 minutes and remove from the heat. Allow the curry to cool and thicken a bit.
8. Serve with quinoa.

Calories	537
Total Fat	37.6g
Saturated Fat	27.3g
Cholesterol	0mg
Sodium	316mg
Total Carbohydrate	44.8g
Dietary Fibre	10.1g
Total Sugars	5.5g
Protein	11.9g

## BERRY BANANA SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 280ml unsweetened almond milk
- 100g frozen berries
- 1 banana, sliced
- 30g spinach
- 60g rice protein powder, vanilla flavor

### Instructions:

1. Toss all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	445
Total Fat	5g
Saturated Fat	0.5g
Cholesterol	0mg
Sodium	309mg
Total Carbohydrate	48.3g
Dietary Fibre	8.5g
Total Sugars	24.7g
Protein	52.6g

## LENTIL LETTUCE WRAPS

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 2

### Ingredients:

- 5ml coconut oil
- ½ small onion, diced
- 300g brown lentils, cooked
- ¼ tablespoon raw cider vinegar
- 30g butterhead lettuce, or two large leaves
- 20g carrot, grated
- 1 avocado, peeled, pitted, and sliced
- 100g mango, chopped
- 15g tahini
- ¼ cup alfalfa sprouts (10g)
- Salt and pepper, to taste

### Instructions:

1. Heat coconut oil in a skillet.
2. Add onion and cook for 5 minutes over medium-high heat.
3. Add lentils and cook 2 minutes. season to taste with salt and pepper.
4. Remove the lentils from heat and add cider vinegar. Stir to combine.
5. Place a lettuce leaf on a plate.
6. Top with lentils, carrots, avocado, mango, and tahini. Finish off with alfalfa sprouts.
7. Serve.

Calories	427
Total Fat	20.5g
Saturated Fat	4.5g
Cholesterol	0mg
Sodium	28mg
Total Carbohydrate	49.8g
Dietary Fibre	20.1g
Total Sugars	11.2g
Protein	17.6g

## WEDNESDAY ENRICHED COCONUT MILK

Preparation time: 5 minutes

Cooking time: 1

### Servings:

- 115ml coconut milk
- 10g rolled oats
- 40g dates, pitted
- 10g raisins
- 40g rice protein powder, vanilla flavor

### Instructions:

1. Combine all ingredients, except the rice protein in a saucepan.
2. Bring to a boil. Reduce heat and simmer for 1 minute.
3. Remove from the heat and stir in the rice protein.
4. Serve.

Calories	609
Total Fat	28.7g
Saturated Fat	24.8g
Cholesterol	0mg
Sodium	70mg
Total Carbohydrate	55.2g
Dietary Fibre	7.2g
Total Sugars	37.4g
Protein	39.3g

## LENTIL LETTUCE WRAPS - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 2

### Ingredients:

- 5ml coconut oil
- ½ small onion, diced
- 300g brown lentils, cooked
- ¼ tablespoon raw cider vinegar
- 30g butterhead lettuce, or two large leaves
- 20g carrot, grated
- 1 avocado, peeled, pitted, and sliced
- 100g mango, chopped
- 15g tahini
- ¼ cup alfalfa sprouts (10g)
- Salt and pepper, to taste

Calories	427
Total Fat	20.5g
Saturated Fat	4.5g
Cholesterol	0mg
Sodium	28mg
Total Carbohydrate	49.8g
Dietary Fibre	20.1g
Total Sugars	11.2g
Protein	17.6g

### Instructions:

1. Heat coconut oil in a skillet.
2. Add onion and cook for 5 minutes over medium-high heat.
3. Add lentils and cook 2 minutes. season to taste with salt and pepper.
4. Remove the lentils from heat and add cider vinegar. Stir to combine.
5. Place a lettuce leaf on a plate.
6. Top with lentils, carrots, avocado, mango, and tahini. Finish off with alfalfa sprouts.
7. Serve.

## JAM ALMOND SHAKE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 45g rice protein powder, vanilla flavor
- 15g peanut butter
- 25g almonds
- 250ml unsweetened almond milk
- 4 ice cubes
- 30g apricot jam, Vegan

### Instructions:

1. Combine all ingredients in a blender.
2. Blend on high until smooth.
3. Serve.

Calories	463
Total Fat	18.9g
Saturated Fat	3.5g
Cholesterol	0mg
Sodium	394mg
Total Carbohydrate	31.6g
Dietary Fibre	2.9g
Total Sugars	18.1g
Protein	45.2g

## MUSHROOMS WITH GREEN PEAS

Preparation time: 5 minutes

Cooking time: 10 minutes

Servings: 2

### Ingredients:

- 6 cloves garlic, minced
- 45ml vegetable broth
- 460g brown mushrooms, sliced
- 450g frozen peas
- 15ml olive oil
- 5ml lemon juice
- 1 tablespoon sunflower seeds
- Salt and pepper, to taste

### Instructions:

1. Heat vegetable broth in a skillet over medium-high heat.
2. When broth begins to steam add sliced mushrooms.
3. Cook the mushrooms for 3 minutes.
4. Add green peas and cook 4 minutes.
5. Transfer the mushrooms and peas into a large bowl. Season to taste with salt and pepper.
6. Top with olive oil, lemon juice, and sunflower seeds.
7. Serve.

Calories	327
Total Fat	10.4g
Saturated Fat	1.4g
Cholesterol	0mg
Sodium	978mg
Total Carbohydrate	44.6g
Dietary Fibre	15.2g
Total Sugars	14.9g
Protein	20.2g

## THURSDAY

### LEMON VANILLA CHIA PUDDING

Preparation time: 5 minutes + inactive time

Servings: 1

#### Ingredients:

- 150ml coconut milk
- 55g Greek cultured almond yogurt
- 20g chia seeds
- ½ lemon, zested
- 30ml maple syrup
- 45g rice protein powder, vanilla flavor

#### Instructions:

1. Combine all ingredients in a large jar.
2. Refrigerate for two hours. The ideal is to make this on the Wednesday night.
3. Stir gently before serving.

Calories	441
Total Fat	10.6g
Saturated Fat	0.8g
Cholesterol	0mg
Sodium	154mg
Total Carbohydrate	45.4g
Dietary Fibre	8.1g
Total Sugars	28.9g
Protein	41.4g

## MUSHROOMS WITH GREEN PEAS - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 10 minutes

Servings: 2

#### Ingredients:

- 6 cloves garlic, minced
- 45ml vegetable broth
- 460g brown mushrooms, sliced
- 450g frozen peas
- 15ml olive oil
- 5ml lemon juice
- 1 tablespoon sunflower seeds
- Salt and pepper, to taste

#### Instructions:

1. Heat vegetable broth in a skillet over medium-high heat.
2. When broth begins to steam add sliced mushrooms.
3. Cook the mushrooms for 3 minutes.
4. Add green peas and cook 4 minutes.
5. Transfer the mushrooms and peas into a large bowl. Season to taste with salt and pepper.
6. Top with olive oil, lemon juice, and sunflower seeds.
7. Serve.

Calories	327
Total Fat	10.4g
Saturated Fat	1.4g
Cholesterol	0mg
Sodium	978mg
Total Carbohydrate	44.6g
Dietary Fibre	15.2g
Total Sugars	14.9g
Protein	20.2g



## COFFEE BANANA SHAKE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml almond milk
- 1 medium banana
- 15g chia seeds
- 55g rice protein powder, vanilla flavor
- 1 teaspoon instant coffee powder
- 1 teaspoon cinnamon

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	481
Total Fat	11.3g
Saturated Fat	0.6g
Cholesterol	0mg
Sodium	444mg
Total Carbohydrate	42.9g
Dietary Fibre	12g
Total Sugars	17.2g
Protein	50.9g

## CREAMY CASHEW KALE

Preparation time: 5 minutes

Cooking time: 10 minutes

Servings: 2

### Ingredients:

- 70g cashew nuts, soaked in water for at least 20 minutes
- 40ml water
- 10ml olive oil
- 240ml vegetable broth
- 1 clove garlic, minced
- 150g onion or 1 large, chopped
- 1 carrot, chopped
- 360g can chickpeas, rinsed, drained
- 110g kale, stems removed
- ½ teaspoon red pepper flakes
- Salt and pepper, to taste
- 2 tablespoons fresh cilantro, chopped

### Instructions:

1. Drain cashews and place in a food blender.
2. Add vegetable broth and garlic. Blend on high until smooth.
3. Heat olive oil in a skillet over medium-high heat.
4. Add onion and carrot, and cook 5 minutes.
5. Increase heat and add chickpeas and kale. Add water and cook, stirring until all is combined for 5 minutes.
6. Stir in the cashew sauce, red pepper flakes, and season to taste.
7. Cook until the sauce is gently thickened.
8. Remove from heat and serve in a bowl. Sprinkle with cilantro.

Calories	546
Total Fat	23.6g
Saturated Fat	4g
Cholesterol	0mg
Sodium	857mg
Total Carbohydrate	68.4g
Dietary Fibre	12.7g
Total Sugars	7.5g
Protein	17.9g

## FRIDAY YOGURT QUINOA PARFAIT

Preparation time: 10 minutes

Servings: 1

### Ingredients:

- 80g cooked quinoa
- 130g cultured almond Vegan Greek style yogurt
- 30g muesli
- 55g rice protein powder, vanilla flavor
- 50g pomegranate seeds/arils
- 10ml maple syrup

### Instructions:

1. Combine quinoa, Greek yogurt, rice protein, and maple syrup into a bowl.
2. Lay half the yogurt into a bowl.
3. Cover with half the muesli and pomegranate. Repeat layers.
4. Serve.

Calories	544
Total Fat	8.5g
Saturated Fat	0.8g
Cholesterol	0mg
Sodium	203mg
Total Carbohydrate	66.5g
Dietary Fibre	10.8g
Total Sugars	20.7g
Protein	52.7g

## CREAMY CASHEW KALE-PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 10 minutes

Servings: 2

### Ingredients:

- 70g cashew nuts, soaked in water for at least 20 minutes
- 40ml water
- 10ml olive oil
- 240ml vegetable broth
- 1 clove garlic, minced
- 150g onion or 1 large, chopped
- 1 carrot, chopped
- 360g can chickpeas, rinsed, drained
- 110g kale, stems removed
- ½ teaspoon red pepper flakes
- Salt and pepper, to taste
- 2 tablespoons fresh cilantro, chopped

### Instructions:

1. Drain cashews and place in a food blender.
2. Add vegetable broth and garlic. Blend on high until smooth.
3. Heat olive oil in a skillet over medium-high heat.
4. Add onion and carrot, and cook 5 minutes.
5. Increase heat and add chickpeas and kale. Add water and cook, stirring until all is combined for 5 minutes.
6. Stir in the cashew sauce, red pepper flakes, and season to taste.
7. Cook until the sauce is gently thickened.
8. Remove from heat and serve in a bowl. Sprinkle with cilantro.

Calories	546
Total Fat	23.6g
Saturated Fat	4g
Cholesterol	0mg
Sodium	857mg
Total Carbohydrate	68.4g
Dietary Fibre	12.7g
Total Sugars	7.5g
Protein	17.9g

## THICK BLUEBERRY SPINACH SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 40g blueberries, frozen
- 50g spinach, frozen
- 60g cultured almond Vegan Greek yogurt
- ½ teaspoon cinnamon
- 45g rice protein powder, vanilla
- 80ml coconut milk

### Instructions:

1. Toss all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	495
Total Fat	22.6g
Saturated Fat	17.2g
Cholesterol	0mg
Sodium	161mg
Total Carbohydrate	26.9g
Dietary Fibre	8.1g
Total Sugars	12.8g
Protein	49.5g

## TOMATO VEGETABLE CHICKPEAS STEW

Preparation time: 5 minutes

Cooking time: 45 minutes

Servings: 2

### Ingredients:

- ½ tablespoon olive oil
- ½ onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon turmeric
- 1 good pinch chili powder
- 1 teaspoon ground cumin
- ½ teaspoon cinnamon
- 60g carrot, chopped
- 90g broccoli, chopped
- 180g cabbage, chopped
- 60g cauliflower, cut into small florets
- 80g can chickpeas, rinsed, drained
- 240g can crushed tomatoes
- 120ml vegetable stock
- 50g frozen peas
- Salt and pepper, to taste

### Instructions:

1. Heat olive oil in a saucepot.
2. Add onion and cook over medium heat for 8 minutes.
3. Add garlic, turmeric, chili, cinnamon, cumin, and cook 1 minute.
4. Add carrots and cook 3 minutes.
5. Add broccoli and cauliflower. Cook for 3 minutes.
6. Add cabbage and cook 4 minutes.
7. Once the cabbage is wilted, add can diced tomatoes and vegetable stock.
8. Bring to a boil. Reduce heat and simmer 20 minutes, partially covered.
9. Add peas and chickpeas, and season to taste. Cook for 5 minutes.
10. Serve warm.

Calories	174
Total Fat	5.1g
Saturated Fat	1.2g
Cholesterol	0mg
Sodium	406mg
Total Carbohydrate	30.8g
Dietary Fibre	9.8g
Total Sugars	9.1g
Protein	7.4g

## SATURDAY FAST AMARANTH PORRIDGE

Preparation time: 5 minutes

Cooking time: 3 minutes

Servings: 1

### Ingredients:

- 100g amaranth
- 100ml unsweetened almond milk
- 110ml water
- ½ teaspoon cinnamon
- 50g pitted cherries
- 45g rice protein, vanilla flavor

### Instructions:

1. Combine amaranth, almond milk, water, cinnamon, and pitted cherries in a microwave safe bowl.
2. Microwave the mixture for 3 minutes on high.
3. Remove from the microwave and stir in protein powder.
4. Serve.

Calories	623
Total Fat	8.3g
Saturated Fat	1.8g
Cholesterol	0mg
Sodium	125mg
Total Carbohydrate	87.7g
Dietary Fibre	10.7g
Total Sugars	1.7g
Protein	49g

## TOMATO VEGETABLE CHICKPEA STEW - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 45 minutes

Servings: 2

### Ingredients:

- ½ tablespoon olive oil
- ½ onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon turmeric
- 1 good pinch chili powder
- 1 teaspoon ground cumin
- ½ teaspoon cinnamon
- 40g carrot, chopped
- 90g broccoli, chopped
- 180g cabbage, chopped
- 60g cauliflower, cut into small florets
- 80g can chickpeas, rinsed, drained
- 240g can crushed tomatoes
- 120ml vegetable stock
- 60g frozen peas
- Salt and pepper, to taste

### Instructions:

1. Heat olive oil in a saucepot.
2. Add onion and cook over medium heat for 8 minutes.
3. Add garlic, turmeric, chili, cinnamon, cumin, and cook 1 minute.
4. Add carrots and cook 3 minutes.
5. Add broccoli and cauliflower. Cook for 3 minutes.
6. Add cabbage and cook 4 minutes.
7. Once the cabbage is wilted, add can diced tomatoes and vegetable stock.
8. Bring to a boil. Reduce heat and simmer 20 minutes, partially covered.
9. Add peas, and chickpeas, and season to taste. Cook for 5 minutes.
10. Serve warm.

Calories	174
Total Fat	5.1g
Saturated Fat	1.2g
Cholesterol	0mg
Sodium	406mg
Total Carbohydrate	30.8g
Dietary Fibre	9.8g
Total Sugars	9.1g
Protein	7.4g

## REFRESHING CHERRY SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml soy milk
- 120ml water
- 100g cherries, pitted
- 80g raspberries
- 45g rice protein, vanilla flavor
- 25g almonds

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	551
Total Fat	17.3g
Saturated Fat	1.5g
Cholesterol	0mg
Sodium	210mg
Total Carbohydrate	43.5g
Dietary Fibre	9.8g
Total Sugars	25.3g
Protein	54.7g

## LENTILS CHILI

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- ½ tablespoon olive oil
- ½ small onion, diced
- 2 cloves garlic, minced
- 80g green bell pepper, seeded, chopped
- 120g lentils, dry
- 280g can diced tomatoes
- 10g chili powder
- 1 pinch red pepper flakes
- 1 teaspoon cocoa powder, unsweetened
- ½ avocado, pitted, peeled, and sliced
- 470ml water
- Salt and pepper, to taste

### Instructions:

1. Heat olive oil in a saucepot.
2. Add onion and bell pepper. Cook over medium-high heat for 4 minutes.
3. Add garlic and cook 1 minute.
4. Add lentils and stir gently to coat with the oil.
5. Add chili powder, red pepper flakes, and season to taste.
6. Stir gently before adding diced tomatoes and water.
7. Bring the chili to a boil. Reduce heat and simmer 25 minutes or until the lentils are tender.
8. Remove from the heat. Allow to cool a bit. Remove ¼ of the chili and puree in a food blender.
9. Pour the blended chili into the saucepot. Stir to combine.
10. Stir in cocoa powder and reheat the chili.
11. Serve warm, topped with sliced avocado.

Calories	381
Total Fat	12g
Saturated Fat	1.8g
Cholesterol	0mg
Sodium	358mg
Total Carbohydrate	54.5g
Dietary Fibre	26.8g
Total Sugars	8g
Protein	19.1g

## SUNDAY PROTEIN PINEAPPLE CHIA PUDDING

Preparation time: 5 minutes + inactive time

Servings: 1

### Ingredients:

- 240ml soy milk
- 50g rice protein powder
- 60g pineapple chunks
- 30g chia

### Instructions:

1. Combine all ingredients in a bowl.
2. Cover and refrigerate at least 30 minutes. Ideal would be to refrigerate overnight.
3. Serve.

Calories	500
Total Fat	13.6g
Saturated Fat	1.5g
Cholesterol	0mg
Sodium	192mg
Total Carbohydrate	40.9g
Dietary Fibre	12.7g
Total Sugars	18.3g
Protein	53.9g

## LENTILS CHILI - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- ½ tablespoon olive oil
- ½ small onion, diced
- 2 cloves garlic, minced
- 80g green bell pepper, seeded, chopped
- 120g lentils, dry
- 280g can diced tomatoes
- 10g chili powder
- 1 pinch red pepper flakes
- 1 teaspoon cocoa powder, unsweetened
- ½ avocado, pitted, peeled, and sliced
- 470ml water
- Salt and pepper, to taste

### Instructions:

1. Heat olive oil in a saucepot.
2. Add onion and bell pepper. Cook over medium-high heat for 4 minutes.
3. Add garlic and cook 1 minute.
4. Add lentils and stir gently to coat with the oil.
5. Add chili powder, red pepper flakes, and season to taste.
6. Stir gently before adding diced tomatoes and water.
7. Bring the chili to a boil. Reduce heat and simmer 25 minutes or until the lentils are tender.
8. Remove from the heat. Allow to cool a bit. Remove ¼ of the chili and puree in a food blender.
9. Pour the blended chili into the saucepot. Stir to combine.
10. Stir in cocoa powder and reheat the chili.
11. Serve warm, topped with sliced avocado.

Calories	381
Total Fat	12g
Saturated Fat	1.8g
Cholesterol	0mg
Sodium	358mg
Total Carbohydrate	54.5g
Dietary Fibre	26.8g
Total Sugars	8g
Protein	19.1g

## COCONUT WATER SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 240ml coconut water
- 45g rice protein, vanilla flavor
- 30g almond butter
- 8 strawberries, sliced
- 1 tablespoon ground flax seeds

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	487
Total Fat	21.9g
Saturated Fat	2.5g
Cholesterol	0mg
Sodium	453mg
Total Carbohydrate	29.4g
Dietary Fibre	7.6g
Total Sugars	14.9g
Protein	44.9g

## SQUASH QUINOA BOWL

Preparation time: 5 minutes

Cooking time: 25 minutes

Servings: 2

### Ingredients:

- 240g butternut squash, peeled
- 15ml olive oil
- 90g quinoa, dry
- 190g can tomatoes, crushed, with juices
- 60ml water
- 200g brown cooked lentils
- 1 clove garlic, minced
- ¼ cup parsley, chopped
- ½ teaspoon lemon juice
- ¼ teaspoon paprika powder
- Salt and pepper, to taste

### Instructions:

1. Preheat oven to 200C.
2. Cut squash into cubes. Season with salt, pepper, and paprika. Arrange the squash cubes onto baking sheet and drizzle with olive oil. Roast the squash for 25 minutes.
3. In the meantime, place quinoa, tomatoes, and water in a saucepot.
4. Bring the water to a boil. Reduce heat and simmer 15 minutes.
5. Remove the quinoa from heat and stir in lentils, parsley, garlic, and lemon juice.
6. Divide the quinoa among two bowls. Top with squash cubes.
7. Serve.

Calories	432
Total Fat	10.7g
Saturated Fat	1.5g
Cholesterol	0mg
Sodium	140mg
Total Carbohydrate	71g
Dietary Fibre	15.6g
Total Sugars	4.6g
Protein	18.5g

# Week 2 - 1800cal

## GROCERY LIST

### Fruits:

- Banana; 4 pieces
- Raspberries; 80g
- Raspberries, frozen; 120g
- Berries, mixed, frozen; 100g
- Avocado; 2 pieces
- Mango; 100g
- Dates; 40g
- Raisins; 10g
- Pomegranate arils; 50g
- Blueberries, frozen; 40g
- Cherries, pitted; 150g
- Pineapple; 60g
- Strawberries; 8 pieces
- Raspberries; 80g
- Oranges (orange juice); 60ml
- Lemon; 1 piece

### Vegetables:

- Spinach; 60g
- Spinach, frozen; 120g
- Broccoli; 240g
- Lettuce; 150g
- Lettuce, butterhead; 30g
- Onion; 2 pieces
- Garlic; 12 cloves
- Carrots; 90g
- Mushrooms, brown; 460g
- Peas, frozen; 500g
- Kale; 100g
- Cauliflower; 60g
- Cabbage; 180g
- Green bell pepper; 80g
- Butternut squash; 240g

### Grains and Cereals:

- Oats, quick; 40g
- Oats, rolled; 10g
- Quinoa, cooked; 80g
- Quinoa, dry; 90g
- Muesli; 30g
- Amaranth; 100g

### Can Products:

- Can chickpeas; 460g
- Can crushed tomatoes; 420g
- Can diced tomatoes; 280g

### Beans and Legumes:

- Lentils, brown, cooked; 500g
- Lentils, brown, dry; 120g

### Spices and Herbs:

- Cinnamon
- Curry paste
- Cider vinegar
- Cilantro
- Parsley
- Red pepper flakes
- Paprika powder
- Turmeric
- Cumin

### Butter, and Oil:

- Peanut butter; 55g
- Olive oil; 65ml
- Coconut oil; 5 ml
- Tahini; 15g
- Almond butter; 30g

### Nuts and Seeds:

- Chia seeds; 65g
- Cashew nuts; 70g
- Sunflower seeds; 1 tablespoon
- Almonds; 50g
- Flax seeds; 15g

### Soy Products:

- Soy milk; 490ml

### Non-Dairy:

- Almond milk, unsweetened; 780ml
- Coconut milk; 590ml
- Almond milk; 250ml
- Almond Greek cultured yogurt; 245g

### Protein Powder:

- Rice protein powder, chocolate; 40g
- Rice protein powder, vanilla; 530g
- Rice protein; 50g

### Sweeteners:

- Maple syrup; 40ml

### Additional:

- Cornstarch; ½ teaspoon
- Alfalfa sprouts; 10g
- Vegetable broth; 285ml
- Instant coffee granules; 1 teaspoon
- Vegetable stock; 120ml
- Cocoa powder; 1 teaspoon
- Apricot jam; 30g
- Coconut water; 240ml



## Week 3 - 1800 Cal

### MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFASTS	Breakfast FroYo	Fast Peanut Oats	Grapefruit Chia Pudding	Chocolate Overnight Oats	Protein Pineapple Chia Pudding	Protein Peanut Shake	Coconut Kefir Smoothie
LUNCH	Squash Quinoa Bowl – previous night dinner	Paneer Masala – previous night dinner	Curried Chick-pea Salad – previous night dinner	Eggplant Skillet Casserole – previous night dinner	Lentils with Vegetables and Almonds – previous night dinner	Mexican Quinoa – previous night dinner	Mixed Stew – previous night dinner
SNACKS	Blueberry Nut Smoothie	Tofu Raspberry Smoothie	Thick Blue Smoothie	Berry Banana Smoothie	Currants Chard Smoothie	Coffee Banana Shake	Mocha Fruity Smoothie
DINNER	Paneer Masala	Curried Chickpea Salad	Eggplant Skillet Casserole	Lentils with Vegetables and Almonds	Mexican Quinoa	Mixed Stew	High Protein Salad

**MONDAY**  
**BREAKFAST FROYO**  
Preparation time: 10 minutes  
Servings: 1

**Ingredients:**

- 50g mashed banana
- 10ml coconut oil
- 120g applesauce
- 200g apricots, pitted, sliced
- 240ml hemp milk
- 50g rice protein, vanilla flavor
- 15ml maple syrup

**Instructions:**

1. Combine all ingredients in a food blender.
2. Blend until smooth.
3. Transfer into a bowl. Freeze for 10 minutes.
4. Serve.

Calories	594
Total Fat	18.8g
Saturated Fat	8.6g
Cholesterol	0mg
Sodium	192mg
Total Carbohydrate	66.3g
Dietary Fibre	6.6g
Total Sugars	50.9g
Protein	45.8g

**SQUASH QUINOA BOWL - PREVIOUS NIGHT DINNER**

Preparation time: 5 minutes  
Cooking time: 25 minutes  
Servings: 2

**Ingredients:**

- 240g butternut squash, peeled
- 15ml olive oil
- 90g quinoa, dry
- 190g can tomatoes, crushed, with juices
- 60ml water
- 200g brown cooked lentils
- 1 clove garlic, minced
- ¼ cup parsley, chopped
- ½ teaspoon lemon juice
- ¼ teaspoon paprika powder
- Salt and pepper, to taste

Calories	432
Total Fat	10.7g
Saturated Fat	1.5g
Cholesterol	0mg
Sodium	140mg
Total Carbohydrate	71g
Dietary Fibre	15.6g
Total Sugars	4.6g
Protein	18.5g

**Instructions:**

1. Preheat oven to 200C.
2. Cut squash into cubes. Season with salt, pepper, and paprika. Arrange the squash cubes onto baking sheet and drizzle with olive oil. Roast the squash for 25 minutes.
3. In the meantime, place quinoa, tomatoes, and water in a saucepot.
4. Bring the water to a boil. Reduce heat and simmer 15 minutes.
5. Remove the quinoa from heat and stir in lentils, parsley, garlic, and lemon juice.
6. Divide the quinoa among two bowls. Top with squash cubes.
7. Serve.

## BLUEBERRY NUT SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 300ml water
- 60g rice protein, vanilla flavor
- 15g almond butter
- 4 ice cubes
- 190g blueberries
- 20g pecans

### Instructions:

1. Blend all ingredients in a food blender until smooth.
2. Serve.

Calories	440
Total Fat	16g
Saturated Fat	1.5g
Cholesterol	0mg
Sodium	81mg
Total Carbohydrate	23.5g
Dietary Fibre	4.8g
Total Sugars	13.8g
Protein	52g

## PANEER MASALA

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 2

### Ingredients:

- 150g firm tofu, drained
- 10ml olive oil
- 1 tablespoon margarine-like spread
- 10g cashew nuts, soaked in water for 20 minutes
- 280g can tomatoes, with juices
- ½ small jalapeno pepper, seeded, sliced
- 1 teaspoon minced ginger
- 1 clove garlic, minced
- 2 teaspoons Garam Masala
- ½ teaspoon chili powder
- 80g quinoa
- Salt and pepper, to taste
- 5g cornstarch
- 1 tablespoon cilantro, chopped

### Instructions:

1. Rinse and drain soaked cashews. Grind the cashews in mortar and pestle. Place aside.
2. Place tomatoes in a food blender, and blend until smooth.
3. Grind ginger and garlic until you have a smooth paste. Use mortar and pestle or food blender.
4. Cook the quinoa according to package directions.
5. In the meantime, heat olive oil and margarine in a skillet.
6. Add garlic-ginger paste and chili powder. Cook until fragrant over medium-high heat.
7. Add tomato puree and cook for 1 minute.
8. Add jalapeno, Garam masala, and stir. Cook 10 minutes.
9. Cube drained tofu and add into the mixture. Stir gently to coat with the spiced tomatoes.
10. Add cornstarch and cook until sauce starts to thicken.
11. Serve with cooked quinoa.

Calories	341
Total Fat	15.3g
Saturated Fat	2.8g
Cholesterol	0mg
Sodium	362mg
Total Carbohydrate	39.9g
Dietary Fibre	6.5g
Total Sugars	5.7g
Protein	14.2g

## TUESDAY

### FAST PEANUT OATS

Preparation time: 5 minutes

Cooking time: 2 minutes

Servings: 1

#### Ingredients:

- 40g quick oats
- 1 medium banana, sliced
- 30g peanut butter
- 40g rice protein powder, chocolate flavor
- 1 teaspoon ground cinnamon

#### Instructions:

1. Prepare oats according to package instructions.
2. In the meantime, mash banana in a bowl. Combine with peanut butter and rice protein.
3. While the oats are still warm, stir in the banana mixture and cinnamon.
4. Serve.

Calories	599
Total Fat	18.1g
Saturated Fat	3.8g
Cholesterol	0mg
Sodium	192mg
Total Carbohydrate	65.8g
Dietary Fibre	10.1g
Total Sugars	19.8g
Protein	48.1g

## PANEER MASALA - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 2

#### Ingredients:

- 150g firm tofu, drained
- 10ml olive oil
- 1 tablespoon margarine-like spread
- 10g cashew nuts, soaked in water for 20 minutes
- 280g can tomatoes, with juices
- ½ small jalapeno pepper, seeded, sliced
- 1 teaspoon minced ginger
- 1 clove garlic, minced
- 2 teaspoons Garam Masala
- ½ teaspoon chili powder
- 80g quinoa
- Salt and pepper, to taste
- 5g cornstarch
- 1 tablespoon cilantro, chopped

Calories	341
Total Fat	15.3g
Saturated Fat	2.8g
Cholesterol	0mg
Sodium	362mg
Total Carbohydrate	39.9g
Dietary Fibre	6.5g
Total Sugars	5.7g
Protein	14.2g

#### Instructions:

1. Rinse and drain soaked cashews. Grind the cashews in mortar and pestle. Place aside.
2. Place tomatoes in a food blender, and blend until smooth.
3. Grind ginger and garlic until you have a smooth paste. Use mortar and pestle or food blender.
4. Cook the quinoa according to package directions.
5. In the meantime, heat olive oil and margarine in a skillet.
6. Add garlic-ginger paste and chili powder. Cook until fragrant over medium-high heat.
7. Add tomato puree and cook for 1 minute.
8. Add jalapeno, Garam masala, and stir. Cook 10 minutes.
9. Cube drained tofu and add into the mixture. Stir gently to coat with the spiced tomatoes.
10. Add cornstarch and cook until sauce starts to thicken.
11. Serve with cooked quinoa.

## TOFU RASPBERRY SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 200g silken firm tofu, drained
- 100g raspberries
- 180ml unsweetened almond milk
- 50g rice protein, chocolate flavor

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	404
Total Fat	13.2g
Saturated Fat	1.8g
Cholesterol	0mg
Sodium	328mg
Total Carbohydrate	20.8g
Dietary Fibre	10g
Total Sugars	7.6g
Protein	51.7g

## CURRIED CHICKPEA SALAD

Preparation time: 15 minutes

Servings: 2

### Ingredients:

- 80g hummus
- 25ml lemon juice
- ½ tablespoon curry powder
- ¼ teaspoon garlic powder
- 350g can chickpeas, rinsed, drained
- 50g carrots, grated
- 2 small scallions, chopped
- 60g almonds, sliced
- 20g raisins
- Salt, to taste

### Instructions:

1. In a bowl, combine hummus, lemon juice, curry powder, and garlic powder.
2. Mash half the chickpeas in bowl.
3. Stir in carrots, scallions, and raisins.
4. Add remaining chickpeas, almonds, and season to taste.
5. Top with hummus sauce and stir gently to combine.
6. Serve.

Calories	434
Total Fat	18.7g
Saturated Fat	1.9g
Cholesterol	0mg
Sodium	686mg
Total Carbohydrate	53.4g
Dietary Fibre	14.2g
Total Sugars	2.1g
Protein	17.6g

## WEDNESDAY

### GRAPEFRUIT CHIA PUDDING

Preparation time: 5 minutes + inactive time

Servings: 1

#### Servings:

- 50ml coconut milk
- 180ml unsweetened almond milk
- 45g chia seeds
- 45g rice protein, vanilla flavor
- ½ teaspoon minced ginger
- 120g pink grapefruit, peeled, segmented
- 5ml maple syrup
- 10g desiccated coconut

#### Instructions:

1. In a large bowl, combine coconut milk, almond milk, chia seeds, rice protein, and ginger.
2. Refrigerate overnight.
3. Transfer the pudding into serving bowl.
4. Top with grapefruit, maple syrup, and coconut.
5. Serve.

Calories	668
Total Fat	34.6g
Saturated Fat	18.1g
Cholesterol	0mg
Sodium	73mg
Total Carbohydrate	46.6g
Dietary Fibre	21g
Total Sugars	17.2g
Protein	47.4g

## CURRIED CHICKPEA SALAD - PREVIOUS NIGHT DINNER

Preparation time: 15 minutes

Servings: 2

#### Ingredients:

- 80g hummus
- 25ml lemon juice
- ½ tablespoon curry powder
- ¼ teaspoon garlic powder
- 350g can chickpeas, rinsed, drained
- 50g carrots, grated
- 2 small scallions, chopped
- 60g almonds, sliced
- 20g raisins
- Salt, to taste

#### Instructions:

1. In a bowl, combine hummus, lemon juice, curry powder, and garlic powder.
2. Mash half the chickpeas in bowl.
3. Stir in carrots, scallions, and raisins.
4. Add remaining chickpeas, almonds, and season to taste.
5. Top with hummus sauce and stir gently to combine.
6. Serve.

Calories	434
Total Fat	18.7g
Saturated Fat	1.9g
Cholesterol	0mg
Sodium	686mg
Total Carbohydrate	53.4g
Dietary Fibre	14.2g
Total Sugars	2.1g
Protein	17.6g

## THICK BLUE SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 60g rice protein powder
- 100g Greek almond yogurt
- 100g blueberries
- 5ml maple syrup

### Instructions:

1. Blend ingredients in a food blender until smooth.
2. Serve.

Calories	374
Total Fat	4.3g
Saturated Fat	0.2g
Cholesterol	0mg
Sodium	73mg
Total Carbohydrate	31.9g
Dietary Fibre	3.3g
Total Sugars	20.3g
Protein	51.1g

## EGGPLANT SKILLET CASSEROLE

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 2

### Ingredients:

- ½ tablespoon olive oil
- 230g eggplant, peeled
- 190g can white beans, rinsed, drained
- 190g can chickpeas, rinsed, drained
- ½ teaspoon chili powder
- ¾ teaspoon paprika powder
- ½ tablespoon tomato paste
- 190g can tomatoes, chopped
- ½ tablespoon tahini
- Salt and pepper, to taste
- Chopped parsley, to garnish

Calories	314
Total Fat	7.2g
Saturated Fat	1g
Cholesterol	0mg
Sodium	540mg
Total Carbohydrate	55.1g
Dietary Fibre	15.2g
Total Sugars	7.5g
Protein	14.5g

### Instructions:

1. Cut the eggplant into 0.5cm cubes.
2. Heat olive oil in a skillet over medium-high heat.
3. Add eggplant and cook for 3-4 minutes or until starts to turn brown.
4. Add the white beans, chickpeas, and spices. Stir gently to combine.
5. Add tomato paste, chopped tomatoes, and tahini. Season to taste with salt and pepper.
6. Cook for 5 minutes.
7. Remove from the heat and serve.
8. Garnish with chopped parsley. Serve with quinoa or baked potatoes.

## THURSDAY CHOCOLATE OVERNIGHT OATS

Preparation time: 5 minutes + inactive time

Servings: 1

### Ingredients:

- 30g oatmeal
- ¼ tablespoon chia seeds
- 165ml soy milk
- 45g rice protein, chocolate flavor
- 1 teaspoon cocoa powder
- 5ml maple syrup

### Instructions:

1. Add all ingredients in a bowl. Stir to combine.
2. Refrigerate overnight.
3. Stir gently in the morning and serve.

Calories	414
Total Fat	6g
Saturated Fat	0.8g
Cholesterol	0mg
Sodium	143mg
Total Carbohydrate	42.1g
Dietary Fibre	5.8g
Total Sugars	13.4g
Protein	47g

## EGGPLANT SKILLET CASSEROLE - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 2

### Ingredients:

- ½ tablespoon olive oil
- 230g eggplant, peeled
- 190g can white beans, rinsed, drained
- 190g can chickpeas, rinsed, drained
- ½ teaspoon chili powder
- ¾ teaspoon paprika powder
- ½ tablespoon tomato paste
- 190g can tomatoes, chopped
- ½ tablespoon tahini
- Salt and pepper, to taste
- Chopped parsley, to garnish

### Instructions:

1. Cut the eggplant into 0.5cm cubes.
2. Heat olive oil in a skillet over medium-high heat.
3. Add eggplant and cook for 3-4 minutes or until starts to turn brown.
4. Add the white beans, chickpeas, and spices. Stir gently to combine.
5. Add tomato paste, chopped tomatoes, and tahini. Season to taste with salt and pepper.
6. Cook for 5 minutes.
7. Remove from the heat and serve.
8. Garnish with chopped parsley. Serve with quinoa or baked potatoes.

Calories	314
Total Fat	7.2g
Saturated Fat	1g
Cholesterol	0mg
Sodium	540mg
Total Carbohydrate	55.1g
Dietary Fibre	15.2g
Total Sugars	7.5g
Protein	14.5g



## BERRY BANANA SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 280ml unsweetened almond milk
- 100g frozen berries
- 1 banana, sliced
- 30g spinach
- 60g rice protein powder, vanilla flavor

### Instructions:

1. Toss all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	445
Total Fat	5g
Saturated Fat	0.5g
Cholesterol	0mg
Sodium	309mg
Total Carbohydrate	48.3g
Dietary Fibre	8.5g
Total Sugars	24.7g
Protein	52.6g

## LENTILS WITH VEGETABLES AND ALMONDS

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 95g dry lentils
- 30ml olive oil
- 95g asparagus
- 2 cloves garlic, minced
- 180g spinach
- Salt and pepper, to taste
- ½ avocado, sliced
- 30g hummus
- 2 teaspoons Sriracha sauce
- 30g almonds

### Instructions:

1. Cook the lentils in boiling water for 20-25 minutes.
2. Drain and place aside.
3. Heat olive oil in a saucepot over medium-high heat.
4. Chop asparagus and add to the saucepot. Cook for 3 minutes.
5. Add garlic and cook for 30 seconds.
6. Add spinach and cook until wilted. You may add a splash of water if needed.
7. Season the spinach and asparagus with salt and pepper.
8. Serve lentils in a bowl. Top with spinach mixture, sliced avocado, hummus, and Sriracha.
9. Serve.

Calories	636
Total Fat	43.1g
Saturated Fat	6.3g
Cholesterol	3mg
Sodium	169mg
Total Carbohydrate	48.3g
Dietary Fibre	26.6g
Total Sugars	3.5g
Protein	22.2g

## FRIDAY

### PROTEIN PINEAPPLE CHIA PUDDING

Preparation time: 5 minutes + inactive time

Servings: 1

#### Ingredients:

- 240ml soy milk
- 50g rice protein powder
- 60g pineapple chunks
- 30g chia

#### Instructions:

1. Combine all ingredients in a bowl.
2. Cover and refrigerate at least 30 minutes. Ideal would be to refrigerate overnight.
3. Serve.

Calories	500
Total Fat	13.6g
Saturated Fat	1.5g
Cholesterol	0mg
Sodium	192mg
Total Carbohydrate	40.9g
Dietary Fibre	12.7g
Total Sugars	18.3g
Protein	53.9g

## LENTILS WITH VEGETABLES AND ALMONDS - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 2

#### Ingredients:

- 95g dry lentils
- 30ml olive oil
- 95g asparagus
- 2 cloves garlic, minced
- 180g spinach
- Salt and pepper, to taste
- ½ avocado, sliced
- 30g hummus
- 2 teaspoons Sriracha sauce
- 30g almonds

#### Instructions:

1. Cook the lentils in boiling water for 20-25 minutes.
2. Drain and place aside.
3. Heat olive oil in a saucepot over medium-high heat.
4. Chop asparagus and add to the saucepot. Cook for 3 minutes.
5. Add garlic and cook for 30 seconds.
6. Add spinach and cook until wilted. You may add a splash of water if needed.
7. Season the spinach and asparagus with salt and pepper.
8. Serve lentils in a bowl. Top with spinach mixture, sliced avocado, hummus, and Sriracha.
9. Serve.

Calories	636
Total Fat	43.1g
Saturated Fat	6.3g
Cholesterol	3mg
Sodium	169mg
Total Carbohydrate	48.3g
Dietary Fibre	26.6g
Total Sugars	3.5g
Protein	22.2g

## CURRENTS CHARD SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml unsweetened almond milk
- 1 extra-small banana, frozen (slice before freezing)
- 100g black currants
- 100g Swiss Chard
- 30g spinach
- 45g rice protein

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	286
Total Fat	3.4g
Saturated Fat	0.3g
Cholesterol	0mg
Sodium	293mg
Total Carbohydrate	23.2g
Dietary Fibre	3.3g
Total Sugars	3.7g
Protein	41.3g

## MEXICAN QUINOA

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 125g dry quinoa
- 10ml olive oil
- 40g fresh corn
- 110g can black beans, rinsed, drained
- ½ teaspoon cumin powder
- ½ teaspoon chili powder
- 65g salsa
- Salt, to taste

### Instructions:

1. Cook quinoa according to package directions.
2. In the meantime, heat olive oil in a skillet.
3. Add corn and black beans. Cook 3 minutes over medium-high heat.
4. Add quinoa, cumin, and chili powder.
5. Cook for 3 minutes or until the quinoa is a bit crunchy.
6. Stir in salsa and season to taste. Cook 2 minutes.
7. Fluff the quinoa with fork and serve.

Calories	380
Total Fat	11.6g
Saturated Fat	1.5g
Cholesterol	0mg
Sodium	413mg
Total Carbohydrate	58.3g
Dietary Fibre	8.6g
Total Sugars	2.5g
Protein	13.5g

## SATURDAY PROTEIN PEANUT SHAKE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml almond milk
- 35g peanut butter
- 1 small banana, sliced
- 4g cocoa powder
- 40g rice protein powder, chocolate flavor

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	486
Total Fat	22g
Saturated Fat	4.4g
Cholesterol	0mg
Sodium	394mg
Total Carbohydrate	39.3g
Dietary Fibre	8.2g
Total Sugars	17g
Protein	42.5g

## MEXICAN QUINOA - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 125g dry quinoa
- 10ml olive oil
- 40g fresh corn
- 110g can black beans, rinsed, drained
- ½ teaspoon cumin powder
- ½ teaspoon chili powder
- 65g salsa
- Salt, to taste

### Instructions:

1. Cook quinoa according to package directions.
2. In the meantime, heat olive oil in a skillet.
3. Add corn and black beans. Cook 3 minutes over medium-high heat.
4. Add quinoa, cumin, and chili powder.
5. Cook for 3 minutes or until the quinoa is a bit crunchy.
6. Stir in salsa and season to taste. Cook 2 minutes.
7. Fluff the quinoa with fork and serve.

Calories	380
Total Fat	11.6g
Saturated Fat	1.5g
Cholesterol	0mg
Sodium	413mg
Total Carbohydrate	58.3g
Dietary Fibre	8.6g
Total Sugars	2.5g
Protein	13.5g

## COFFEE BANANA SHAKE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml almond milk
- 1 medium banana
- 15g chia seeds
- 55g rice protein powder, vanilla flavor
- 1 teaspoon instant coffee powder
- 1 teaspoon cinnamon

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	481
Total Fat	11.3g
Saturated Fat	0.6g
Cholesterol	0mg
Sodium	444mg
Total Carbohydrate	42.9g
Dietary Fibre	12g
Total Sugars	17.2g
Protein	50.9g

## MIXED STEW

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 2

### Ingredients:

- 15ml olive oil
- ½ onion, diced
- 1 clove garlic, minced
- ¼ tablespoon ginger, minced
- 1 pinch red pepper flakes
- 150g can crushed tomatoes
- 50g chunky peanut butter
- ¼ teaspoon coriander seeds
- 160ml vegetable broth
- 60g sweet potatoes, peeled, cubed
- 180g can black beans, rinsed, drained
- 50g frozen peas
- 50g kale, stems removed
- Salt and pepper, to taste

### Instructions:

1. Place tomatoes in a food blender. Blend until smooth.
2. Heat olive oil in a saucepot.
3. Add onion and cook for 6 minutes over medium-high heat.
4. Add garlic, and ginger and cook 1 minute.
5. Add pureed tomatoes, peanut butter, and coriander. Stir until you have a smooth mixture.
6. Stir in vegetable broth and sweet potatoes.
7. Cover the saucepan and simmer for 15 minutes or until potatoes are tender.
8. Stir in black beans, peas, and kale. Season to taste with salt and pepper.
9. Add chili pepper flakes and cook for 2-3 minutes.
10. Serve warm.

Calories	444
Total Fat	22.5g
Saturated Fat	3.5g
Cholesterol	0mg
Sodium	578mg
Total Carbohydrate	48g
Dietary Fibre	14.8g
Total Sugars	10.2g
Protein	18.1g

## SUNDAY COCONUT KEFIR SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 240ml coconut kefir
- 15g peanut butter
- 40g rice protein
- 10ml coconut oil
- 1 teaspoon Stevia
- 1 tablespoon cocoa powder

### Instructions:

1. Blend all ingredients in a food blender until smooth.
2. Serve.

Calories	508
Total Fat	31.9g
Saturated Fat	22g
Cholesterol	0mg
Sodium	132mg
Total Carbohydrate	24.3g
Dietary Fibre	9.9g
Total Sugars	10.8g
Protein	41.2g

## MIXED STEW - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 2

### Ingredients:

- 15ml olive oil
- ½ onion, diced
- 1 clove garlic, minced
- ¼ tablespoon ginger, minced
- 1 pinch red pepper flakes
- 150g can crushed tomatoes
- 50g chunky peanut butter
- ¼ teaspoon coriander seeds
- 160ml vegetable broth
- 60g sweet potatoes, peeled, cubed
- 180g can black beans, rinsed, drained
- 50g frozen peas
- 50g kale, stems removed
- Salt and pepper, to taste

### Instructions:

1. Place tomatoes in a food blender. Blend until smooth.
2. Heat olive oil in a saucepot.
3. Add onion and cook for 6 minutes over medium-high heat.
4. Add garlic, and ginger and cook 1 minute.
5. Add pureed tomatoes, peanut butter, and coriander. Stir until you have a smooth mixture.
6. Stir in vegetable broth and sweet potatoes.
7. Cover the saucepan and simmer for 15 minutes or until potatoes are tender.
8. Stir in black beans, peas, and kale. Season to taste with salt and pepper.
9. Add chili pepper flakes and cook for 2-3 minutes.
10. Serve warm.

Calories	444
Total Fat	22.5g
Saturated Fat	3.5g
Cholesterol	0mg
Sodium	578mg
Total Carbohydrate	48g
Dietary Fibre	14.8g
Total Sugars	10.2g
Protein	18.1g

## MOCHA FRUITY SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 60ml coconut milk
- 15g almond butter
- 1 tablespoon cocoa powder
- 120g raspberries
- ½ banana, sliced
- 55g rice protein powder
- 150ml freshly brewed coffee – prepared with water
- 5ml maple syrup

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	512
Total Fat	17.6g
Saturated Fat	13.5g
Cholesterol	0mg
Sodium	84mg
Total Carbohydrate	44.9g
Dietary Fibre	12.5g
Total Sugars	21.5g
Protein	49.6g

## HIGH PROTEIN SALAD

Preparation time: 10 minutes

Servings: 2

### Ingredients:

- 250g can red kidney beans, rinsed, drained
- 250g cooked green lentils
- 20g arugula
- 80g tomatoes, sliced
- 1 tablespoon capers, chopped
- Salt and pepper, to taste

### Dressing:

- ½ tablespoon capers brine
- 15g peanut butter, smooth
- ½ tablespoon tahini
- ½ tablespoon tamari sauce
- ½ tablespoon balsamic sauce
- 1 tablespoon hot sauce

### Instructions:

1. Combine all dressing ingredients in a bowl. Place aside.
2. Combine kidney beans, lentils, arugula, tomatoes, and capers in a bowl.
3. Season to taste with salt and pepper.
4. Drizzle with prepared dressing.
5. Serve.

Calories	334
Total Fat	6.9g
Saturated Fat	1.3g
Cholesterol	0mg
Sodium	938mg
Total Carbohydrate	50.1g
Dietary Fibre	18.3g
Total Sugars	7.4g
Protein	21.6g

# Week 3 - 1800cal

## GROCERY LIST

### Fruits:

- Banana; 6 pieces
- Apricots; 200g
- Blueberries; 290g
- Raspberries; 220g
- Lemon; 1 piece
- Raisins; 20g
- Pink grapefruits; 120g
- Avocado; 1 small
- Pineapple; 60g
- Black currants; 100g
- Frozen mixed berries; 100g

### Vegetables:

- Garlic; 4
- Onion; 1 small
- Jalapeno, small; 1 piece
- Eggplant; 230g
- Spinach; 240g
- Asparagus; 95g
- Swiss Chard; 100g
- Corn, fresh; 40g
- Sweet potato; 60g
- Peas, frozen; 60g
- Kale; 50g
- Arugula; 20g
- Tomatoes, ripe; 80g
- Carrots; 50g
- Scallions; 2 pieces

### Grains and Cereals:

- Oats, quick; 40g
- Oatmeal; 30g
- Quinoa, dry; 205g

### Can Products:

- Can tomatoes, whole; 470g
- Can chickpeas; 540g
- Can white beans; 190g
- Can black beans; 290g
- Can crushed tomatoes; 150g
- Can red kidney beans; 250g

### Beans and Legumes:

- Green lentils, cooked; 250g
- Lentils, dry; 95g

### Spices and Herbs:

- Garam Masala
- Cinnamon
- Cumin
- Cilantro
- Ginger
- Chili powder
- Sriracha
- Balsamic vinegar
- Tamari sauce

### Butter, and Oil:

- Coconut oil; 20ml
- Almond butter; 30g
- Margarine like spread; 1 tablespoon
- Peanut butter, smooth style; 95g
- Peanut butter, chunky style; 50g
- Olive oil; 70ml
- Tahini; 2 tablespoons

### Nuts and Seeds:

- Pecans; 20g
- Cashews; 10g
- Almonds; 90g
- Coconut, desiccated; 10g
- Chia seeds; 95g

### Soy Products:

- Tofu, firm; 350g
- Soy milk; 405g

### Non-Dairy:

- Almond milk, plain; 890ml
- Coconut milk, plain; 110ml
- Almond Greek yogurt; 100g
- Almond milk, unsweetened; 500ml
- Coconut kefir; 240g
- Hemp milk, plain; 240ml

### Protein Powder:

- Rice protein powder, chocolate; 175g
- Rice protein powder, vanilla; 270g
- Rice protein; 250g

### Sweeteners:

- Stevia; 1 teaspoon
- Maple syrup; 35ml

### Additional:

- Applesauce; 120g
- Cornstarch; 5g
- Cocoa powder; 20g
- Salsa, jar; 65g
- Hummus; 110g
- Tomato paste; ½ tablespoon
- Vegetable broth; 160ml
- Coffee granules; 1 teaspoon
- Coffee, freshly brewed; 150ml
- Capers; 1 tablespoon



## Week 4 - 1800 Cal

### MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFASTS	Morning Sunshine Smoothie	Berry Yogurt Bowl	Protein Porridge	Fruity Chia Pudding	Magic Berry Bowl	Pumpkin Spice Latte	Hidden Greens Smoothie
LUNCH	High Protein Salad – previous night dinner	Potato Curry – previous night dinner	Cheesy Broccoli Casserole – previous night dinner	Red Quinoa with apple celery salad – previous night dinner	Mushroom Bean Creamy Soup – previous night dinner	Like a Caesar Salad – previous night dinner	Lentil Lettuce Wraps – previous night dinner
SNACKS	Orange Smoothie	Green Berry Smoothie	Cardamom Chocolate Shake	Chocolate Avocado Smoothie	Tropical Tofu Smoothie	Berry Banana Smoothie	Raspberry Nut Smoothie
DINNER	Potato Curry	Cheesy Broccoli Casserole	Red Quinoa with apple celery salad	Mushroom Bean Creamy Soup	Like a Caesar Salad	Lentil Lettuce Wraps	Vegan Feta Quinoa Salad

## MONDAY MORNING SUNSHINE SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 125g firm tofu, drained
- 60ml orange juice, freshly squeezed
- 200ml vanilla soy milk
- ½ tablespoon peanut butter
- 40g rice protein powder
- 1 ice cube

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	377
Total Fat	11.2g
Saturated Fat	2.4g
Cholesterol	0mg
Sodium	206mg
Total Carbohydrate	22.8g
Dietary Fibre	1.7g
Total Sugars	15g
Protein	48.7g

## HIGH PROTEIN SALAD - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Servings: 2

### Ingredients:

- 250g can red kidney beans, rinsed, drained
- 250g cooked green lentils
- 20g arugula
- 80g tomatoes, sliced
- 1 tablespoon capers, chopped
- Salt and pepper, to taste

### Dressing:

- ½ tablespoon capers brine
- 15g peanut butter, smooth
- ½ tablespoon tahini
- ½ tablespoon tamari sauce
- ½ tablespoon balsamic sauce
- 1 tablespoon hot sauce

### Instructions:

1. Combine all dressing ingredients in a bowl. Place aside.
2. Combine kidney beans, lentils, arugula, tomatoes, and capers in a bowl.
3. Season to taste with salt and pepper.
4. Drizzle with prepared dressing.
5. Serve.

Calories	334
Total Fat	6.9g
Saturated Fat	1.3g
Cholesterol	0mg
Sodium	938mg
Total Carbohydrate	50.1g
Dietary Fibre	18.3g
Total Sugars	7.4g
Protein	21.6g

## ORANGE SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 200ml orange juice, freshly squeezed
- 100ml coconut water
- 1 medium banana
- 75g strawberries, halved
- 15g almond butter
- 4 ice cubes
- 60g rice protein

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	569
Total Fat	10.2g
Saturated Fat	1.1g
Cholesterol	0mg
Sodium	189mg
Total Carbohydrate	66.9g
Dietary Fibre	7.7g
Total Sugars	42g
Protein	55.9g

## POTATO CURRY

Preparation time: 5 minutes

Cooking time: 25 minutes

Servings: 2

### Ingredients:

- 250g potatoes, peeled
- ½ tablespoon olive oil
- ½ onion, diced
- 1 clove garlic, minced
- ¼ teaspoon coriander seeds
- 1 pinch cinnamon
- 2/3 teaspoon ground cumin
- ¼ teaspoon ground cardamom
- 1 ¼ teaspoon curry powder
- 1 pinch chili pepper
- 1 teaspoon minced ginger
- 60g can crushed tomatoes
- 150g can chickpeas
- 60g peas
- 130ml coconut milk
- 30g almonds, sliced
- Salt, to taste

### Instructions:

1. Peel and chop potato into large cubes.
2. Boil the potatoes in a salted water for 15 minutes. Drain and place aside.
3. Heat olive oil in a saucepot.
4. Add onion and cook 4 minutes.
5. Add garlic, coriander seeds, cinnamon, cumin, cardamom, curry powder, chili pepper, and ginger.
6. Cook 2 minutes.
7. Add drained potatoes, crushed tomatoes, chickpeas, and peas. Season to taste and add coconut milk and almonds.
8. Cook for 8-10 minutes.
9. Serve warm.

Calories	502
Total Fat	28.4g
Saturated Fat	15.2g
Cholesterol	0mg
Sodium	286mg
Total Carbohydrate	54.9g
Dietary Fibre	13g
Total Sugars	7.2g
Protein	13.4g

## TUESDAY BERRY YOGURT BOWL

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 240g almond Vegan Greek yogurt
- 50g rice protein, vanilla flavor
- 120g blueberries
- 15g sunflower seeds
- 15g slivered almonds

### Instructions:

1. Mix protein powder and yogurt in a bowl.
2. Top with blueberries, sunflower seeds, and slivered almonds.
3. Serve.

Calories	631
Total Fat	22g
Saturated Fat	1.2g
Cholesterol	0mg
Sodium	344mg
Total Carbohydrate	53.8g
Dietary Fibre	16g
Total Sugars	23.9g
Protein	57.6g

## POTATO CURRY - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 25 minutes

Servings: 2

### Ingredients:

- 250g potatoes, peeled
- ½ tablespoon olive oil
- ½ onion, diced
- 1 clove garlic, minced
- ¼ teaspoon coriander seeds
- 1 pinch cinnamon
- 2/3 teaspoon ground cumin
- ¼ teaspoon ground cardamom
- 1 ¼ teaspoon curry powder
- 1 pinch chili pepper
- 1 teaspoon minced ginger
- 60g can crushed tomatoes
- 150g can chickpeas
- 60g peas
- 130ml coconut milk
- 30g almonds, sliced
- Salt, to taste

### Instructions:

1. Peel and chop potato into large cubes.
2. Boil the potatoes in a salted water for 15 minutes. Drain and place aside.
3. Heat olive oil in a saucepot.
4. Add onion and cook 4 minutes.
5. Add garlic, coriander seeds, cinnamon, cumin, cardamom, curry powder, chili pepper, and ginger.
6. Cook 2 minutes.
7. Add drained potatoes, crushed tomatoes, chickpeas, and peas. Season to taste and add coconut milk and almonds.
8. Cook for 8-10 minutes.
9. Serve warm.

Calories	502
Total Fat	28.4g
Saturated Fat	15.2g
Cholesterol	0mg
Sodium	286mg
Total Carbohydrate	54.9g
Dietary Fibre	13g
Total Sugars	7.2g
Protein	13.4g

## GREEN BERRY SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 170ml water
- 30g spinach
- 100g green apple, peeled, cored (do not peel if organic)
- 90g blueberries
- 5g flaxseeds
- 45g rice protein

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	368
Total Fat	2.8g
Saturated Fat	0.2g
Cholesterol	0mg
Sodium	86mg
Total Carbohydrate	51g
Dietary Fibre	9.7g
Total Sugars	34.5g
Protein	39.6g

## CHEESY BROCCOLI CASSEROLE

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 2

### Ingredients:

- 85g cauliflower, cut into florets
- 45g cashews, soaked in water for 1 hour
- 20g nutritional yeast
- 5ml cider vinegar
- ½ small clove garlic, minced
- 15g flax seeds
- ½ tablespoon lemon juice
- 80ml unsweetened almond milk
- ½ small onion, diced
- 1 tablespoon whole-meal flour
- 410g broccoli, cut into florets
- Salt and pepper, to taste

### Instructions:

1. Preheat oven to 180C.
2. Place cauliflower in a food processor. Process until you have a grainy texture, like rice.
3. Remove the cauliflower, and place aside. Wipe the processor.
4. Drain cashews and place in a food processor. Add nutritional yeast, vinegar, garlic, 40ml almond milk, and salt and pepper, to taste. Process until creamy.
5. Heat olive oil in a skillet. Add onions and cook 5 minutes. Sprinkle the onions with flour and cook for 1 minute.
6. Add remaining almond milk and cook until gently thickened. Stir in cashew mixture until creamy.
7. Arrange broccoli in a baking dish. Pour over the cashew mixture and top with riced cauliflower.
8. Bake for 30 minutes or until the top is golden-brown.
9. Serve warm.

Calories	307
Total Fat	14.7g
Saturated Fat	2.5g
Cholesterol	0mg
Sodium	123mg
Total Carbohydrate	34g
Dietary Fibre	12.2g
Total Sugars	6.6g
Protein	16.2g

## WEDNESDAY PROTEIN PORRIDGE

Preparation time: 5 minutes

Cooking time: 5 minutes

Servings: 1

### Ingredients:

- 25g oats
- 1 tablespoon quinoa
- ½ tablespoon flax seeds
- 10g almonds
- 15g walnuts
- 1 tablespoon pumpkin seeds
- 35g rice protein powder, vanilla flavor
- 150ml soy milk
- ¼ teaspoon vanilla extract
- 20g mixed berries, mashed

### Instructions:

1. Combine oats, quinoa, flax seeds, almonds, walnuts, and pumpkin seeds in a food processor.
2. Process until coarse.
3. Heat soy milk in a saucepot.
4. Add prepared dry mixture and vanilla.
5. Cook over medium-high heat for 5 minutes.
6. Remove from the heat and stir in protein powder.
7. Serve topped with mashed berries.

Calories	581
Total Fat	24g
Saturated Fat	2.5g
Cholesterol	0mg
Sodium	126mg
Total Carbohydrate	45.6g
Dietary Fibre	8.5g
Total Sugars	10.5g
Protein	46.8g

## CHEESY BROCCOLI CASSEROLE - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 2

### Ingredients:

- 85g cauliflower, cut into florets
- 45g cashews, soaked in water for 1 hour
- 20g nutritional yeast
- 5ml cider vinegar
- ½ small clove garlic, minced
- 15g flax seeds
- ½ tablespoon lemon juice
- 80ml unsweetened almond milk
- ½ small onion, diced
- 1 tablespoon whole-meal flour
- 410g broccoli, cut into florets
- Salt and pepper, to taste

### Instructions:

1. Preheat oven to 180C.
2. Place cauliflower in a food processor. Process until you have a grainy texture, like rice.
3. Remove the cauliflower, and place aside. Wipe the processor.
4. Drain cashews and place in a food processor. Add nutritional yeast, vinegar, garlic, 40ml almond milk, and salt and pepper, to taste. Process until creamy.
5. Heat olive oil in a skillet. Add onions and cook 5 minutes. Sprinkle the onions with flour and cook for 1 minute.
6. Add remaining almond milk and cook until gently thickened. Stir in cashew mixture until creamy.
7. Arrange broccoli in a baking dish. Pour over the cashew mixture and top with riced cauliflower.
8. Bake for 30 minutes or until the top is golden-brown.
9. Serve warm.

Calories	307
Total Fat	14.7g
Saturated Fat	2.5g
Cholesterol	0mg
Sodium	123mg
Total Carbohydrate	34g
Dietary Fibre	12.2g
Total Sugars	6.6g
Protein	16.2g

## CARDAMOM CHOCOLATE SHAKE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 260ml unsweetened coconut milk
- 5g instant coffee granules
- 40g rice protein, chocolate flavor
- 15g cacao powder
- ¼ teaspoon ground cardamom
- 5ml maple syrup

### Instructions:

1. Toss all ingredients into food blender.
2. Blend on high until smooth.
3. Serve.

Calories	281
Total Fat	5.7g
Saturated Fat	5.1g
Cholesterol	0mg
Sodium	62mg
Total Carbohydrate	17.2g
Dietary Fibre	4.5g
Total Sugars	6.7g
Protein	42.5g

## RED QUINOA WITH APPLE CELERY SALAD

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 130g red quinoa
- 250ml water
- 6 celery stalks, trimmed, sliced
- 1 green apple
- Salt, to taste

### Tahini dressing:

- 55g tahini
- 25ml lemon juice
- 50ml water
- 15ml low-sodium soy sauce
- 15ml sesame oil
- 15ml agave
- 30g vegan blend protein powder

### Instructions:

1. Combine quinoa and water in a saucepan.
2. Season to taste with salt and cook the quinoa for 20 minutes. Remove from the heat and place aside.
3. In the meantime, make the dressing; whisk together tahini, lemon juice, water, soy sauce, sesame oil, protein powder and agave. Thin if necessary with water.
4. Fluff the quinoa with a fork and place in a bowl.
5. Add celery and apple.
6. Drizzle with prepared dressing.
7. Serve.

Calories	615
Total Fat	26.4g
Saturated Fat	3.2g
Cholesterol	0mg
Sodium	526mg
Total Carbohydrate	75.6g
Dietary Fibre	11g
Total Sugars	21.4g
Protein	26.5g

## THURSDAY FRUITY CHIA PUDDING

Preparation time: 10 minutes + inactive time

Servings: 1

### Ingredients:

- 45g vegan blend protein powder, vanilla flavor
- 280ml unsweetened almond milk
- 20g chia seeds
- 50g raspberries
- 40g peaches, chopped
- 7 almonds, sliced

### Instructions:

1. Combine vegan protein powder, almond milk, and chia seeds in a bowl.
2. You can refrigerate overnight or for 30 minutes.
3. To assemble; place half the raspberries into a serving glass.
4. Top with half chia pudding, and half the peaches.
5. Alternate layers until you use all the ingredients.
6. Sprinkle with sliced almonds.
7. Serve.

Calories	422
Total Fat	17.1g
Saturated Fat	1.4g
Cholesterol	0mg
Sodium	217mg
Total Carbohydrate	30.1g
Dietary Fibre	13.5g
Total Sugars	8.2g
Protein	41.7g

## RED QUINOA WITH APPLE CELERY SALAD - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 130g red quinoa
- 250ml water
- 6 celery stalks, trimmed, sliced
- 1 green apple
- Salt, to taste

### Tahini dressing:

- 55g tahini
- 25ml lemon juice
- 50ml water
- 15ml low-sodium soy sauce
- 15ml sesame oil
- 15ml agave
- 30g vegan blend protein powder

### Instructions:

1. Combine quinoa and water in a saucepan.
2. Season to taste with salt and cook the quinoa for 20 minutes. Remove from the heat and place aside.
3. In the meantime, make the dressing; whisk together tahini, lemon juice, water, soy sauce, sesame oil, protein powder and agave. Thin if necessary with water.
4. Fluff the quinoa with a fork and place in a bowl.
5. Add celery and apple.
6. Drizzle with prepared dressing.
7. Serve.

Calories	615
Total Fat	26.4g
Saturated Fat	3.2g
Cholesterol	0mg
Sodium	526mg
Total Carbohydrate	75.6g
Dietary Fibre	11g
Total Sugars	21.4g
Protein	26.5g



## CHOCOLATE AVOCADO SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- ¼ avocado, peeled, sliced
- 8 almonds
- 250ml soy milk
- 40g rice protein powder, chocolate flavor
- 1 pinch cinnamon
- 2 ice cubes

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	439
Total Fat	16g
Saturated Fat	1.8g
Cholesterol	0mg
Sodium	189mg
Total Carbohydrate	26.3g
Dietary Fibre	5.7g
Total Sugars	13.1g
Protein	47.8g

## MUSHROOM BEAN CREAMY SOUP

Preparation time: 5 minutes

Cooking time: 35 minutes

Servings: 2

### Ingredients:

- ½ tablespoon coconut oil
- ½ medium onion, diced
- 2 cloves garlic, minced
- 120g chanterelle mushrooms, sliced
- 220g cooked navy beans
- 600ml vegetable stock
- 1 tablespoon soy sauce
- ¼ teaspoon red pepper flakes
- 60g coconut milk
- 2 tablespoons parsley, chopped
- Salt and pepper, to taste

### Instructions:

1. Heat coconut oil in a saucepot.
2. Add onion and cook 5 minutes over medium-high heat.
3. Add garlic and cook for 1 minute or until fragrant.
4. Add sliced mushrooms and cook for 6-8 minutes.
5. Add the vegetable stock, and beans, and bring to a boil.
6. Reduce heat and simmer for 20 minutes.
7. Stir in soy sauce and red pepper flakes.
8. Remove the soup from heat and puree with an immersion blender.
9. Add coconut milk and season to taste.
10. Simmer the soup for 10 minutes.
11. Serve warm, sprinkled with chopped parsley.

Calories	329
Total Fat	17.5g
Saturated Fat	14.9g
Cholesterol	0mg
Sodium	1374mg
Total Carbohydrate	39.4g
Dietary Fibre	13.7g
Total Sugars	6.4g
Protein	12.8g

## FRIDAY MAGIC BERRY BOWL

Preparation time: 15 minutes

Servings: 1

### Ingredients:

- 40g amaranth
- 250ml soy milk
- 20g strawberries
- 30g blueberries
- 35g vegan blend protein powder, vanilla flavor
- 10g hemp seeds

### Instructions:

1. Heat large skillet over medium-high heat.
2. Spread 1 tablespoon amaranth over heated skillet. Cover with lid.
3. Wait for the seeds to pop.
4. Once the seeds start to pop, shake the skillet.  
Remove the puffed amaranth into a bowl.
5. Repeat the process with remaining. It usually takes 8-10 minutes for the entire process. Place the seeds to cool.
6. In the meantime, combine soy milk, strawberries, blueberries, and hemp seeds in a food blender.
7. Blend until smooth.
8. Stir in amaranth. Allow to soak for 2 minutes.
9. Serve.

Calories	504
Total Fat	13.2g
Saturated Fat	1.5g
Cholesterol	0mg
Sodium	141mg
Total Carbohydrate	53.6g
Dietary Fibre	6.7g
Total Sugars	15g
Protein	44.5g

## MUSHROOM BEAN CREAMY SOUP - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 35 minutes

Servings: 2

### Ingredients:

- ½ tablespoon coconut oil
- ½ medium onion, diced
- 2 cloves garlic, minced
- 120g chanterelle mushrooms, sliced
- 220g cooked navy beans
- 600ml vegetable stock
- 1 tablespoon soy sauce
- ¼ teaspoon red pepper flakes
- 60g coconut milk
- 2 tablespoons parsley, chopped
- Salt and pepper, to taste

### Instructions:

1. Heat coconut oil in a saucepot.
2. Add onion and cook 5 minutes over medium-high heat.
3. Add garlic and cook for 1 minute or until fragrant.
4. Add sliced mushrooms and cook for 6-8 minutes.
5. Add the vegetable stock, and beans, and bring to a boil.
6. Reduce heat and simmer for 20 minutes.
7. Stir in soy sauce and red pepper flakes.
8. Remove the soup from heat and puree with an immersion blender.
9. Add coconut milk and season to taste.
10. Simmer the soup for 10 minutes.
11. Serve warm, sprinkled with chopped parsley.

Calories	329
Total Fat	17.5g
Saturated Fat	14.9g
Cholesterol	0mg
Sodium	1374mg
Total Carbohydrate	39.4g
Dietary Fibre	13.7g
Total Sugars	6.4g
Protein	12.8g

# TROPICAL TOFU SMOOTHIE

Preparation time: 5 minutes  
Servings: 1

Ingredients:

- 100g silken firm tofu
- 30ml lime juice
- 240ml vanilla soy milk
- 30ml water
- 45g rice protein
- 50g mango, chopped
- 80g pineapple, chopped

Instructions:

1. Toss all ingredients into a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	421
Total Fat	7.5g
Saturated Fat	0.9g
Cholesterol	0mg
Sodium	158mg
Total Carbohydrate	38g
Dietary Fibre	5.8g
Total Sugars	27.6g
Protein	51.5g

## LIKE A CAESAR SALAD

Preparation time: 15 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 220g can chickpeas, rinsed, drained
- ½ teaspoon garlic powder
- 1 pinch cayenne pepper
- 5ml olive oil

### Sauce:

- 40g cashew nuts, soaked 1 hour
- 30ml water
- 10ml olive oil
- ½ tablespoon lemon juice
- ¼ tablespoon Dijon mustard
- ¼ teaspoon garlic powder
- ½ teaspoon raw cider vinegar
- 1 tablespoon capers, drained

### Faux cheese:

- 25g cashews, soaked 1 hour
- ½ small clove garlic
- ¼ teaspoon garlic powder
- 10g hemp seeds
- 10ml olive oil
- ½ tablespoon nutritional yeast
- 180g kale, stems removed
- 630g lettuce
- Salt and pepper, to taste

### Instructions:

1. Roast the chickpeas; preheat oven to 200C.
2. Toss the chickpeas with 5ml olive oil, garlic powder, and cayenne pepper on a baking sheet. Season to taste with salt and pepper.
3. Roast the chickpeas for 20 minutes. Shake gently the baking pan and roast for an additional 10 minutes. Place aside to cool.
4. In the meantime, make the dressing; combine all the dressing ingredients in a food blender. Blend on high until smooth. Season to taste with salt and pepper.
5. Make the faux cheese: combine cashews, and garlic in a food processor. Process until finely chopped.
6. Add hemp seeds, garlic powder, nutritional yeast, and olive oil. Process until the mixture is combined. Season to taste.
7. To assemble: place lettuce and kale in a bowl.
8. Add dressing onto lettuce and toss until fully coated. Season with a pinch of salt and mix again. Now sprinkle on the roasted chickpeas and the faux cheese. Serve immediately.

Calories	542
Total Fat	30.1g
Saturated Fat	4.7g
Cholesterol	0mg
Sodium	542mg
Total Carbohydrate	56.9g
Dietary Fibre	10.3g
Total Sugars	5.1g
Protein	18.5g

## SATURDAY PUMPKIN SPICE LATTE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 40g pumpkin puree, no sugar added
- ½ teaspoon cinnamon
- ¼ teaspoon cloves
- 1 pinch nutmeg
- 300ml unsweetened soy milk
- ½ teaspoon vanilla-bourbon extract
- 40g vegan blend protein powder, vanilla flavor
- 5ml maple syrup
- 10ml shot espresso coffee or 5g instant coffee granules

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend until smooth.
3. Serve.

Calories	372
Total Fat	7g
Saturated Fat	0.7g
Cholesterol	0mg
Sodium	162mg
Total Carbohydrate	32.5g
Dietary Fibre	3.8g
Total Sugars	16.4g
Protein	44.6g

## LIKE A CAESAR SALAD - PREVIOUS NIGHT DINNER

Preparation time: 15 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 220g can chickpeas, rinsed, drained
- ½ teaspoon garlic powder
- 1 pinch cayenne pepper
- 5ml olive oil

### Sauce:

- 40g cashew nuts, soaked 1 hour
- 30ml water
- 10ml olive oil
- ½ tablespoon lemon juice
- ¼ tablespoon Dijon mustard
- ¼ teaspoon garlic powder
- ½ teaspoon raw cider vinegar
- 1 tablespoon capers, drained

### Faux cheese:

- 25g cashews, soaked 1 hour
- ½ small clove garlic
- ¼ teaspoon garlic powder
- 10g hemp seeds
- 10ml olive oil
- ½ tablespoon nutritional yeast
- 180g kale, stems removed
- 630g lettuce
- Salt and pepper, to taste

### Instructions:

1. Roast the chickpeas; preheat oven to 200C.
2. Toss the chickpeas with 5ml olive oil, garlic powder, and cayenne pepper on a baking sheet. Season to taste with salt and pepper.
3. Roast the chickpeas for 20 minutes. Shake gently the baking pan and roast for an additional 10 minutes. Place aside to cool.
4. In the meantime, make the dressing; combine all the dressing ingredients in a food blender. Blend on high until smooth. Season to taste with salt and pepper.
5. Make the faux cheese: combine cashews, and garlic in a food processor. Process until finely chopped.
6. Add hemp seeds, garlic powder, nutritional yeast, and olive oil. Process until the mixture is combined. Season to taste.
7. To assemble: place lettuce and kale in a bowl.
8. Add dressing onto lettuce and toss until fully coated. Season with a pinch of salt and mix again. Now sprinkle on the roasted chickpeas and the faux cheese. Serve immediately.

Calories	542
Total Fat	30.1g
Saturated Fat	4.7g
Cholesterol	0mg
Sodium	542mg
Total Carbohydrate	56.9g
Dietary Fibre	10.3g
Total Sugars	5.1g
Protein	18.5g

## BERRY BANANA SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 280ml unsweetened almond milk
- 100g frozen mixed berries
- 1 banana, sliced
- 30g spinach
- 60g rice protein powder, vanilla flavor

### Instructions:

1. Toss all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	445
Total Fat	5g
Saturated Fat	0.5g
Cholesterol	0mg
Sodium	309mg
Total Carbohydrate	48.3g
Dietary Fibre	8.5g
Total Sugars	24.7g
Protein	52.6g

## LENTIL LETTUCE WRAPS

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 2

### Ingredients:

- 5ml coconut oil
- ½ small onion, diced
- 300g brown lentils, cooked
- ¼ tablespoon raw cider vinegar
- 30g butterhead lettuce, or two large leaves
- 20g carrot, grated
- 1 avocado, peeled, pitted, and sliced
- 100g mango, chopped
- 15g tahini
- ¼ cup alfalfa sprouts (10g)
- Salt and pepper, to taste

### Instructions:

1. Heat coconut oil in a skillet.
2. Add onion and cook for 5 minutes over medium-high heat.
3. Add lentils and cook 2 minutes. season to taste with salt and pepper.
4. Remove the lentils from heat and add cider vinegar. Stir to combine.
5. Place a lettuce leaf on a plate.
6. Top with lentils, carrots, avocado, mango, and tahini. Finish off with alfalfa sprouts.
7. Serve.

Calories	427
Total Fat	20.5g
Saturated Fat	4.5g
Cholesterol	0mg
Sodium	28mg
Total Carbohydrate	49.8g
Dietary Fibre	20.1g
Total Sugars	11.2g
Protein	17.6g

## SUNDAY HIDDEN GREENS SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml unsweetened almond milk
- 40g frozen kale
- 2 pitted dates
- 1 tablespoon hemp seeds
- 1 tablespoon avocado, chopped
- 1 tablespoon cocoa powder
- 1 extra-small frozen banana, sliced (slice before freezing)
- 45g rice protein, chocolate flavor

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	478
Total Fat	14g
Saturated Fat	2g
Cholesterol	0mg
Sodium	265mg
Total Carbohydrate	48.8g
Dietary Fibre	9.5g
Total Sugars	22.9g
Protein	47.1g

## LENTIL LETTUCE WRAPS - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 2

### Ingredients:

- 5ml coconut oil
- ½ small onion, diced
- 300g brown lentils, cooked
- ¼ tablespoon raw cider vinegar
- 30g butterhead lettuce, or two large leaves
- 20g carrot, grated
- 1 avocado, peeled, pitted, and sliced
- 100g mango, chopped
- 15g tahini
- ¼ cup alfalfa sprouts (10g)
- Salt and pepper, to taste

### Instructions:

1. Heat coconut oil in a skillet.
2. Add onion and cook for 5 minutes over medium-high heat.
3. Add lentils and cook 2 minutes. season to taste with salt and pepper.
4. Remove the lentils from heat and add cider vinegar. Stir to combine.
5. Place a lettuce leaf on a plate.
6. Top with lentils, carrots, avocado, mango, and tahini. Finish off with alfalfa sprouts.
7. Serve.

Calories	427
Total Fat	20.5g
Saturated Fat	4.5g
Cholesterol	0mg
Sodium	28mg
Total Carbohydrate	49.8g
Dietary Fibre	20.1g
Total Sugars	11.2g
Protein	17.6g



## RASPBERRY NUT SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 300ml water
- 50g rice protein, vanilla flavor
- 15g almond butter
- 4 ice cubes
- 190g raspberries
- 20g walnuts

### Instructions:

1. Blend all ingredients in a food blender until smooth.
2. Serve.

Calories	428
Total Fat	14.4g
Saturated Fat	0.8g
Cholesterol	0mg
Sodium	71mg
Total Carbohydrate	29.9g
Dietary Fibre	14g
Total Sugars	11.2g
Protein	48.1g

## VEGAN FETA QUINOA SALAD

Preparation time: 5 minutes + inactive time

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 100g dry quinoa
- 200ml water
- Salt, to taste

### Tofu:

1. 250g firm tofu, drained
2. 1 small lemon, juiced
3. 30ml olive oil
4. 50ml balsamic vinegar
5. 1 teaspoon thyme, chopped
6. 1 teaspoon oregano, chopped

### Salad:

1. 25g arugula
2. 100g cooked green beans
3. 4 cherry tomatoes, quartered
4. Salt, and pepper, to taste

### Instructions:

1. Combine quinoa and water in a saucepot.
2. Bring to a boil.
3. Reduce heat and simmer 20 minutes. remove from the heat, season to taste with salt, and fluff with a fork. Place aside to rest for 10 minutes.
4. In the meantime, whisk olive oil, balsamic vinegar, thyme and oregano in a large bowl. Add cubed tofu and cover, Marinate 30 minutes.
5. In a large bowl, combine arugula, cooked green beans, and cherry tomatoes.
6. Add quinoa and tofu. Drizzle the salad with any marinade left from the tofu.
7. Season to taste with salt and pepper, and toss gently to combine.
8. Serve.

Calories	470
Total Fat	23.3g
Saturated Fat	3.6g
Cholesterol	0mg
Sodium	34mg
Total Carbohydrate	49.8g
Dietary Fibre	10.1g
Total Sugars	8.4g
Protein	20.9g

# Week 4 - 1800cal

## GROCERY LIST

### Fruits:

- Banana; 3 pieces
- Strawberries; 95g
- Blueberries; 240g
- Apple, green; 250g
- Mixed berries; 120g
- Lemon; 2 pieces
- Lime; 1 piece
- Raspberries; 240g
- Peach; 40g
- Mango; 150g
- Pineapple; 80g
- Date; 2 pieces
- Oranges (orange juice, freshly squeezed); 260ml
- Avocado; 1 piece

### Vegetables:

- Potatoes; 250g
- Onion; 2 pieces
- Garlic; 3 cloves
- Peas; 60g
- Spinach; 60g
- Cauliflower; 85g
- Broccoli; 410g
- Celery; 6 stalks
- Chanterelle mushrooms; 120g
- Lettuce; 630g
- Lettuce, Butterhead; 30g
- Kale; 180g
- Kale, frozen; 40g
- Arugula; 25g
- Cherry tomatoes; 4 pieces

### Grains and Cereals:

- Amaranth; 40g
- Red Quinoa; 130g
- Quinoa; 115g
- Oats; 25g

### Can Products:

- Can crushed tomatoes; 60g
- Can chickpeas; 370g

### Beans and Legumes:

- Green beans, cooked; 100g
- Lentils, brown, cooked; 300g
- Navy beans, cooked; 220g

### Spices and Herbs:

- Coriander
- Cinnamon
- Cumin
- Cardamom
- Curry powder
- Cider vinegar
- Balsamic vinegar
- Parsley
- Dijon mustard
- Cloves
- Nutmeg
- Cayenne pepper
- chili powder
- Ginger
- Vanilla-bourbon extract

### Butter, and Oil:

- Olive oil; 60ml
- Peanut butter; ½ tablespoon
- Tahini; 70g
- Sesame oil; 15ml
- Coconut oil; 15ml
- Almond butter; 30g

### Nuts and Seeds:

- Almonds, whole; 50g
- Almonds, slivered; 15g
- Sunflower seeds; 15g
- Walnuts; 35g
- Pumpkin seeds; 1 tablespoon
- Cashew nuts; 110g
- Hemp seeds; 30g
- Chia seeds; 20g
- Flax seeds; 20g

### Soy Products:

- Tofu, firm; 475g
- Soy milk, vanilla; 440ml
- Soy milk, plain; 650ml
- Soy milk, unsweetened; 300ml

### Non-Dairy:

- Coconut milk, plain; 190ml
- Coconut milk, unsweetened; 60ml
- Almond milk, unsweetened; 890ml
- Almond Greek yogurt; 240g

### Protein Powder:

- Rice protein powder, chocolate; 125g
- Rice protein powder, vanilla; 195g
- Rice protein; 190g
- Vegan blend protein powder; 30g
- Vegan blend protein powder, vanilla; 120g

### Sweeteners:

- Maple syrup; 10ml
- Agave syrup; 15ml

### Additional:

- Coconut water; 100ml
- Nutritional yeast; 25g
- Whole-meal flour; 15g
- Instant coffee granules; 10g
- Cacao powder; 25g

# Week 1 - 1900 Cal

## MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFASTS	Monkey Breakfast Bowl	Raspberry Power Bowl	Turmeric Oats and Teff	Overnight Oats with Warm Sauce	Mint and Cacao Kiss	Energizing Coffee Shake	Quick Chocolate Porridge
LUNCH	Green Quinoa Bowl	Carrot Tahini Soup with Crispy Chickpeas – previous night dinner	Loaded Stew – previous night dinner	Sweet Potato Noodles with Sauce – previous night dinner	Spiced Tofu Korma – previous night dinner	Chickpea Stuffed Potatoes with Sauce – previous night dinner	Roasted Salad with Chickpeas – previous night dinner
SNACKS	Very Berry Shake	Kale Tropical Smoothie	Blueberry Hemp Smoothie Bowl	Super Food Smoothie	Cashew Vanilla Smoothie	Protein Golden Milk	Pumpkin Protein Smoothie
DINNER	Carrot Tahini Soup with Crispy Chickpeas	Loaded Stew	Sweet Potato Noodles with Sauce	Spiced Tofu Korma	Chickpea Stuffed Potatoes with Sauce	Roasted Salad with Chickpeas	Quinoa Stuffed Mushrooms

## MONDAY MONKEY BREAKFAST BOWL

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 170ml unsweetened almond milk
- 15g peanut butter
- 3 dates; pitted
- 50g rice protein; vanilla flavor
- 1 tablespoon cocoa powder
- 1 banana; sliced

### Instructions:

1. Combine milk; peanut butter; dates; rice protein; and cocoa powder in a food blender.
2. Blend on high until smooth.
3. Slice bananas and place in a bowl.
4. Pour over prepared sauce.
5. Serve.

Calories	495
Total Fat	11.3g
Saturated Fat	2.4g
Cholesterol	0mg
Sodium	261mg
Total Carbohydrate	57.7g
Dietary Fibre	8.3g
Total Sugars	34.2g
Protein	47.8g

## GREEN QUINOA BOWL

Preparation time: 2

Cooking time: 25 minutes

Servings: 2

### Ingredients:

- 85g quinoa; dry
- 1 sweet potato; peeled; cubed
- 120g kale; stems removed
- 25g pumpkin seeds
- 1 red bell pepper; chopped

### Dressing:

- 40ml lemon juice
- 55g cashews; soaked in warm water for 15 minutes
- 10g basil
- ¼ cup parsley
- 15g tahini
- 10ml maple syrup
- ½ teaspoon Dijon mustard
- ½ clove garlic; minced
- 20g rice protein; unflavored
- Salt; to taste

### Instructions:

1. Cook the quinoa according to package directions.
2. In the meantime; steam potatoes in a steaming basket; positioned over simmer water for 10 minutes.
3. Once the sweet potatoes are just tender; add kale. Steam until the kale is bright green. Chop the kale.
4. Make the dressing; rinse and drain cashews. Place the cashews and remaining dressing ingredients in a food blender. Blend on high until smooth.
5. If needed; add water; to thin down the sauce. Season to taste with salt.
6. Assemble; fluff the quinoa with a fork and place in a large bowl.
7. Add potatoes; kale; basil; parsley; and bell pepper. Drizzle with prepared dressing and sprinkle with pumpkin seeds. Toss to combine.
8. Serve.

Calories	595
Total Fat	25.7g
Saturated Fat	4.6g
Cholesterol	0mg
Sodium	101mg
Total Carbohydrate	69.5g
Dietary Fibre	9.1g
Total Sugars	13.3g
Protein	27.3g

## VERY BERRY SHAKE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml vanilla soy milk
- 100g mixed frozen berries
- 50g vegan blend protein powder
- 10ml lemon juice

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	378
Total Fat	6.2g
Saturated Fat	0.5g
Cholesterol	0mg
Sodium	125mg
Total Carbohydrate	33.7g
Dietary Fibre	5g
Total Sugars	16.9g
Protein	46.4g

## CARROT TAHINI SOUP WITH CRISPY CHICKPEAS

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

#### Base:

- 15ml olive oil
- 450g carrots; peeled; diced
- ½ onion; diced
- 2 cloves garlic; minced
- ¼ teaspoon ground coriander
- 1 pinch cumin
- 475ml vegetable broth
- 2 tablespoons chopped parsley; to garnish

#### Tahini cream:

- 15g tahini
- 15ml lemon juice
- 15ml water
- Salt; to taste

#### Chickpeas:

- 220g cooked chickpeas; drained
- 10ml olive oil
- 1/8 teaspoon ground cumin
- Salt; to taste

### Instructions:

1. Prepare the base; heat olive oil in a saucepot over medium-high heat.
2. Add onion; garlic; and carrots. Cook for 15 minutes or until they start to turn brown.
3. In the meantime; make the chickpeas; toss the chickpeas with olive oil; cumin; and salt on a baking sheet.
4. Bake the chickpeas 15-20 minutes; stirring halfway through.
5. Once the vegetables have turned brown; add coriander and cumin. Cook 30 seconds. Pour in vegetable broth and scrape down any browned bits.
6. Partially cover the soup and reduce heat. Simmer the soup for 25 minutes or until the carrots are tender.
7. While the soup is simmering; make the tahini cream; combine all the ingredients in a small bowl.
8. Remove the soup from the heat. Allow to cool a bit and puree with an immersion blender. Adjust the seasoning.
9. Ladle soup into a bowl and top with chickpeas; tahini cream; and parsley. Serve.

Calories	437
Total Fat	20.9g
Saturated Fat	4.6g
Cholesterol	0mg
Sodium	881mg
Total Carbohydrate	57.4g
Dietary Fibre	14.8g
Total Sugars	18.6g
Protein	13.3g

**TUESDAY**  
**RASPBERRY POWER BOWL**

Preparation time: 5 minutes  
Cooking time: 10 minutes  
Servings: 1

Ingredients:

- 130g cooked quinoa
- 130ml unsweetened soy milk
- 40g rice protein powder
- 10g pea protein powder; vanilla flavor
- ¼ teaspoon cinnamon
- ½ teaspoon vanilla extract
- 60g raspberries
- 5g chia seeds
- 10g pistachio; chopped
- 10ml maple syrup

Instructions:

1. Combine quinoa; soy milk; and cinnamon in a saucepot.
2. Bring to a boil over medium-high heat.
3. Reduce heat and simmer 10 minutes.
4. Remove from the heat and stir in protein powder; maple syrup; chia seeds; and vanilla extract.
5. Stir to combine.
6. Transfer the mixture into a bowl. Top with raspberries and chopped pistachio.

Calories	519
Total Fat	11.8g
Saturated Fat	1g
Cholesterol	0mg
Sodium	251mg
Total Carbohydrate	55.5g
Dietary Fibre	10.9g
Total Sugars	19.8g
Protein	50g

## CARROT TAHINI SOUP WITH CRISPY CHICKPEAS - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

#### Base:

- 15ml olive oil
- 450g carrots; peeled; diced
- ½ onion; diced
- 2 cloves garlic; minced
- ¼ teaspoon ground coriander
- 1 pinch cumin
- 475ml vegetable broth
- 2 tablespoons chopped parsley; to garnish

#### Tahini cream:

- 15g tahini
- 15ml lemon juice
- 15ml water
- Salt; to taste

#### Chickpeas:

- 220g cooked chickpeas; drained
- 10ml olive oil
- 1/8 teaspoon ground cumin
- Salt; to taste

Calories	437
Total Fat	20.9g
Saturated Fat	4.6g
Cholesterol	0mg
Sodium	881mg
Total Carbohydrate	57.4g
Dietary Fibre	14.8g
Total Sugars	18.6g
Protein	13.3g

### Instructions:

1. Prepare the base; heat olive oil in a saucepot over medium-high heat.
2. Add onion; garlic; and carrots. Cook for 15 minutes or until they start to turn brown.
3. In the meantime; make the chickpeas; toss the chickpeas with olive oil; cumin; and salt on a baking sheet.
4. Bake the chickpeas 15-20 minutes; stirring halfway through.
5. Once the vegetables have turned brown; add coriander and cumin. Cook 30 seconds. Pour in vegetable broth and scrape down any browned bits.
6. Partially cover the soup and reduce heat. Simmer the soup for 25 minutes or until the carrots are tender.
7. While the soup is simmering; make the tahini cream; combine all the ingredients in a small bowl.
8. Remove the soup from the heat. Allow to cool a bit and puree with an immersion blender. Adjust the seasoning.
9. Ladle soup into a bowl and top with chickpeas; tahini cream; and parsley. Serve.

## KALE TROPICAL SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml coconut water
- 30g kale; stem removed
- ½ tablespoon coconut oil
- 5ml maple syrup
- 80g pineapple
- 60g rice protein

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	480
Total Fat	9.2g
Saturated Fat	5.9g
Cholesterol	0mg
Sodium	398mg
Total Carbohydrate	22.9g
Dietary Fibre	1.6g
Total Sugars	29.5g
Protein	57.8g

## LOADED STEW

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 30g red lentils; dry
- 30g quinoa; dry
- 280g can chickpeas; rinsed; drained
- ½ tablespoon olive oil
- ½ red onion; diced
- ½ small chili pepper; seeded; chopped
- ½ teaspoon Garam Masala
- ¼ teaspoon cumin powder
- 1/8 teaspoon cinnamon powder
- 1/8 teaspoon cardamom powder
- 1 tomato; diced
- 2 potatoes
- 60g spinach
- 2 cloves garlic
- 150ml water
- 150ml unsweetened almond milk
- Salt and pepper; to taste
- 20g almonds; chopped

Calories	451
Total Fat	12g
Saturated Fat	1.2g
Cholesterol	0mg
Sodium	458mg
Total Carbohydrate	70.5g
Dietary Fibre	16.3g
Total Sugars	3.3g
Protein	17.7g

### Instructions:

1. Heat olive oil in a saucepot.
2. Add onion and chili pepper. Cook 5 minutes; stirring.
3. Stir in spices and cook 30 seconds.
4. In the meantime; place tomato; spinach; garlic; and half the water in a food blender. Blend until smooth.
5. Pour the spinach mixture into the saucepot.
6. Add lentils; quinoa; and chickpeas. Stir gently and almond milk. Bring to a boil and reduce heat immediately.
7. Season to taste and simmer 30 minutes; stirring once halfway through cooking.
8. Add chopped almonds and cook for 2 minutes more.
9. Serve stew warm.



## WEDNESDAY

### TURMERIC OATS AND TEFF

Preparation time: 5 minutes

Cooking time: 10 minutes

Servings: 1

#### Ingredients:

- 30g oats
- ½ tablespoon teff grains
- ½ teaspoon turmeric
- 250ml unsweetened almond milk
- 45g rice protein
- 10ml maple syrup
- 1 pinch salt

#### Instructions:

1. Combine oats and teff in a skillet.
2. Toast stirring over medium-high heat until fragrant.
3. Add almond milk; turmeric; and a pinch of salt.
4. Cook the porridge for 7-8 minutes.
5. Remove from the heat and stir in rice powder and maple syrup.
6. Serve.

Calories	438
Total Fat	8.4g
Saturated Fat	0.4g
Cholesterol	0mg
Sodium	434mg
Total Carbohydrate	42.2g
Dietary Fibre	6.7g
Total Sugars	10.6g
Protein	43.9g

## LOADED STEW - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 2

#### Ingredients:

- 30g red lentils; dry
- 30g quinoa; dry
- 280g can chickpeas; rinsed; drained
- ½ tablespoon olive oil
- ½ red onion; diced
- ½ small chili pepper; seeded; chopped
- ½ teaspoon Garam Masala
- ¼ teaspoon cumin powder
- 1/8 teaspoon cinnamon powder
- 1/8 teaspoon cardamom powder
- 1 tomato; diced
- 2 potatoes
- 60g spinach
- 2 cloves garlic
- 150ml water
- 150ml unsweetened almond milk
- Salt and pepper; to taste
- 20g almonds; chopped

#### Instructions:

1. Heat olive oil in a saucepot.
2. Add onion and chili pepper. Cook 5 minutes; stirring.
3. Stir in spices and cook 30 seconds.
4. In the meantime; place tomato; spinach; garlic; and half the water in a food blender. Blend until smooth.
5. Pour the spinach mixture into the saucepot.
6. Add lentils; quinoa; and chickpeas. Stir gently and almond milk. Bring to a boil and reduce heat immediately.
7. Season to taste and simmer 30 minutes; stirring once halfway through cooking.
8. Add chopped almonds and cook for 2 minutes more.
9. Serve stew warm.

Calories	451
Total Fat	12g
Saturated Fat	1.2g
Cholesterol	0mg
Sodium	458mg
Total Carbohydrate	70.5g
Dietary Fibre	16.3g
Total Sugars	3.3g
Protein	17.7g

## BLUEBERRY HEMP SMOOTHIE BOWL

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 50g blueberries
- ¼ ripe avocado; sliced
- 1 teaspoon hemp seeds
- 1 teaspoon chia seeds
- 250ml unsweetened coconut milk
- 50g organic rice protein powder; vanilla flavor
- ½ teaspoon lemon zest
- 1 tablespoon Goji berries; to garnish

### Instructions:

1. Combine all ingredients except the Goji berries in a food blender.
2. Blend on high until smooth.
3. Transfer into a bowl.
4. Top with Goji berries and serve.

Calories	395
Total Fat	13.1g
Saturated Fat	1.4g
Cholesterol	0mg
Sodium	4mg
Total Carbohydrate	26.4g
Dietary Fibre	7.6g
Total Sugars	12.9g
Protein	44.7g

## SWEET POTATO NOODLES WITH SAUCE

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 2

### Ingredients:

- 2 large sweet potatoes
- 40ml olive oil; divided
- 60g baby kale
- 280g shiitake mushrooms; chopped
- Salt; to taste

### Cashew sauce:

- 2 cloves garlic; minced
- 20g rice protein
- 4g nutritional yeast
- 150ml water
- 70g cashews; soaked in warm water for 10 minutes
- Salt; to taste

### Instructions:

1. Peel sweet potatoes and cut in half by length. Spiralize the sweet potato or “shave” with a veggie peeler.
2. Heat 20ml olive oil in a skillet. Add mushrooms and cook 3 minutes.
3. Add baby kale and cook 3 minutes. season to taste and remove from heat.
4. Heat remaining olive oil in a clean skillet. Add sweet potato noodles and cook 6-7 minutes. Make sure the sweet potato is cooked; but does not fall apart.
5. In the meantime; make the sauce; rinse and drain cashew nuts.
6. Place all the cashew sauce ingredients in a food blender. Blend on high until smooth.
7. Combine sweet potato noodles with mushrooms and kale in a large bowl. Season to taste.
8. Drizzle with cashew sauce. Serve.

Calories	614
Total Fat	37.8g
Saturated Fat	6.3g
Cholesterol	0mg
Sodium	44mg
Total Carbohydrate	55.6g
Dietary Fibre	8g
Total Sugars	4.2g
Protein	19.8g

## THURSDAY

### OVERNIGHT OATS WITH WARM SAUCE

Preparation time: 5 minutes + inactive time

Cooking time: 3 minutes

Servings: 1

#### Ingredients:

- 45g oats
- 150ml unsweetened almond milk
- 2 tablespoons almond Greek yogurt
- 50g rice protein powder; vanilla
- 5ml maple syrup
- 50g blueberries

#### Instructions:

1. Combine oats; almond milk; yogurt; rice protein; and maple syrup in a bowl or jar.
2. Refrigerate overnight.
3. Stir in the morning.
4. In the meantime; place blueberries with a splash of water in a saucepan.
5. Cook 3 minutes over medium-high heat or until the berries begin to soften.
6. Top the oats with blueberries and serve.

Calories	457
Total Fat	6.1g
Saturated Fat	0.7g
Cholesterol	0mg
Sodium	213mg
Total Carbohydrate	51.5g
Dietary Fibre	7.6g
Total Sugars	13g
Protein	48.7g

## SWEET POTATO NOODLES WITH SAUCE - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 2

#### Ingredients:

- 2 large sweet potatoes
- 40ml olive oil; divided
- 60g baby kale
- 280g shiitake mushrooms; chopped
- Salt; to taste

#### Cashew sauce:

- 2 cloves garlic; minced
- 20g rice protein
- 4g nutritional yeast
- 150ml water
- 70g cashews; soaked in warm water for 10 minutes
- Salt; to taste

Calories	614
Total Fat	37.8g
Saturated Fat	6.3g
Cholesterol	0mg
Sodium	44mg
Total Carbohydrate	55.6g
Dietary Fibre	8g
Total Sugars	4.2g
Protein	19.8g

#### Instructions:

1. Peel sweet potatoes and cut in half by length. Spiralize the sweet potato or "shave" with a veggie peeler.
2. Heat 20ml olive oil in a skillet. Add mushrooms and cook 3 minutes.
3. Add baby kale and cook 3 minutes. season to taste and remove from heat.
4. Heat remaining olive oil in a clean skillet. Add sweet potato noodles and cook 6-7 minutes. Make sure the sweet potato is cooked; but does not fall apart.
5. In the meantime; make the sauce; rinse and drain cashew nuts.
6. Place all the cashew sauce ingredients in a food blender. Blend on high until smooth.
7. Combine sweet potato noodles with mushrooms and kale in a large bowl. Season to taste.
8. Drizzle with cashew sauce. Serve.

## SUPER FOOD SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml unsweetened almond milk
- 1 small banana
- 5g cacao nibs
- ½ tablespoon chia seeds
- ½ tablespoon hemp seeds
- ½ tablespoon Maca powder
- 45g rice protein powder; vanilla or unflavored
- 1 pinch pink Himalayan salt
- 5ml maple syrup

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	379
Total Fat	7.3g
Saturated Fat	1.3g
Cholesterol	0mg
Sodium	247mg
Total Carbohydrate	40g
Dietary Fibre	8.1g
Total Sugars	18.6g
Protein	40.5g

## SPICED TOFU KORMA

Preparation time: 5minutes

Cooking time: 35minutes

Servings: 2

### Ingredients:

- 10ml olive oil
- 2 cardamom pods
- 2 cloves
- 3 black peppercorns
- 1 onion; diced
- 1 teaspoon ginger-garlic paste
- 2 tomatoes; pureed
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- ¼ teaspoon turmeric
- ¼ teaspoon chili powder
- 120ml unsweetened coconut milk
- 70g raw cashew nuts; soaked in warm water 15 minutes
- 390g firm tofu; drained
- 60ml water
- Salt; to taste
- 2 tablespoons cilantro; to garnish

### Instructions:

1. Heat oven to 200C. Line baking sheet with parchment paper.
2. Rinse and drain cashews. Place the cashews in a food blender with coconut oil. Blend until smooth and place aside.
3. Cube the tofu and arrange onto baking sheet. Bake the tofu for 30 minutes.
4. Heat olive oil in a skillet.
5. Add cardamom; cloves; and peppercorn. Cook until fragrant.
6. Add ginger-garlic paste; and onion. Cook 3 minutes.
7. Add pureed tomatoes; cumin; coriander; turmeric; and chili powder.
8. Add water and stir to combine. Bring to a boil. Reduce heat and simmer 10 minutes.
9. Add baked tofu and simmer 5 minutes. Finally stir in cashew mixture and simmer 1 minute.
10. Serve warm; garnished with cilantro.

Calories	454
Total Fat	30.8g
Saturated Fat	5.9g
Cholesterol	0mg
Sodium	37mg
Total Carbohydrate	26.4g
Dietary Fibre	6.2g
Total Sugars	9.3g
Protein	24.2g

## FRIDAY MINT AND CACAO KISS

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 15g mint leaves
- ½ orange; juiced
- 1 banana; frozen (slice before freezing)
- 200ml soy milk
- 45g rice protein powder; chocolate flavor
- ½ tablespoon raw cacao nibs

### Instructions:

1. Blend together mint leaves; orange juice; banana; almond milk; and rice protein until smooth.
2. Serve in a glass and top with cacao nibs.

Calories	461
Total Fat	6.1g
Saturated Fat	1.9g
Cholesterol	0mg
Sodium	161mg
Total Carbohydrate	57.2g
Dietary Fibre	8.8g
Total Sugars	33.3g
Protein	45.6g

## SPICED TOFU KORMA - PREVIOUS NIGHT DINNER

Preparation time: 5minutes

Cooking time: 35minutes

Servings: 2

### Ingredients:

- 10ml olive oil
- 2 cardamom pods
- 2 cloves
- 3 black peppercorns
- 1 onion; diced
- 1 teaspoon ginger-garlic paste
- 2 tomatoes; pureed
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- ¼ teaspoon turmeric
- ¼ teaspoon chili powder
- 120ml unsweetened coconut milk
- 70g raw cashew nuts; soaked in warm water 15 minutes
- 390g firm tofu; drained
- 60ml water
- Salt; to taste
- 2 tablespoons cilantro; to garnish

### Instructions:

1. Heat oven to 200C. Line baking sheet with parchment paper.
2. Rinse and drain cashews. Place the cashews in a food blender with coconut oil. Blend until smooth and place aside.
3. Cube the tofu and arrange onto baking sheet. Bake the tofu for 30 minutes.
4. Heat olive oil in a skillet.
5. Add cardamom; cloves; and peppercorn. Cook until fragrant.
6. Add ginger-garlic paste; and onion. Cook 3 minutes.
7. Add pureed tomatoes; cumin; coriander; turmeric; and chili powder.
8. Add water and stir to combine. Bring to a boil. Reduce heat and simmer 10 minutes.
9. Add baked tofu and simmer 5 minutes. Finally stir in cashew mixture and simmer 1 minute.
10. Serve warm; garnished with cilantro.

Calories	454
Total Fat	30.8g
Saturated Fat	5.9g
Cholesterol	0mg
Sodium	37mg
Total Carbohydrate	26.4g
Dietary Fibre	6.2g
Total Sugars	9.3g
Protein	24.2g

## CASHEW VANILLA SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 1 banana; frozen (slice before freezing)
- 230ml hemp milk
- 20ml cashew milk
- 10g cashew butter
- 45g rice protein; vanilla flavor

### Instructions:

1. Blend all ingredients in a food blender until smooth.
2. Serve.

Calories	549
Total Fat	18.6g
Saturated Fat	2.3g
Cholesterol	0mg
Sodium	261mg
Total Carbohydrate	48.2g
Dietary Fibre	5.2g
Total Sugars	29.3g
Protein	49.1g

## CHICKPEA STUFFED POTATOES WITH SAUCE

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 2 medium sweet potatoes
- 5ml olive oil
- 250g can chickpeas; rinsed; drained
- ½ teaspoon smoked paprika
- ¼ teaspoon ground cumin
- 30g tahini
- 15ml lemon juice
- 15ml water
- Salt and pepper; to taste
- 2 tablespoons chives; chopped

### Instructions:

1. Heat oven to 200C.
2. Poke the sweet potato with a fork and place onto baking sheet.
3. Bake the potatoes for 25-30 minutes or until tender.
4. In the meantime; heat olive oil in a skillet.
5. Add smoked paprika; and cumin and cook 10 seconds over medium-high heat.
6. Add chickpeas and toss gently to coat with the spices.
7. Cook for 5 minutes and remove from heat.
8. Place tahini; lemon juice; and salt and pepper in a food blender. Blend until smooth. Add water and blend again.
9. Remove the sweet potatoes from the oven. Split the potatoes through the middle.
10. Stuff the potatoes with chickpeas and drizzle with tahini sauce.
11. Finish off with chopped chives.

Calories	429
Total Fat	12.3g
Saturated Fat	1.7g
Cholesterol	0mg
Sodium	406mg
Total Carbohydrate	71.2g
Dietary Fibre	13g
Total Sugars	1.1g
Protein	11.2g

## SATURDAY ENERGIZING COFFEE SHAKE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 1 small frozen banana; sliced (slice before freezing)
- ½ tablespoon cocoa powder
- ½ tablespoon instant coffee granules
- 1 tablespoon oatmeal
- ½ tablespoon ground flax seeds
- 40ml blood orange juice
- 220ml unsweetened almond milk
- 45g rice protein powder

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	384
Total Fat	5.4g
Saturated Fat	0.8g
Cholesterol	0mg
Sodium	230mg
Total Carbohydrate	41.3g
Dietary Fibre	7.1g
Total Sugars	19.5g
Protein	44.8g

## CHICKPEA STUFFED POTATOES WITH SAUCE - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 2 medium sweet potatoes
- 5ml olive oil
- 250g can chickpeas; rinsed; drained
- ½ teaspoon smoked paprika
- ¼ teaspoon ground cumin
- 30g tahini
- 15ml lemon juice
- 15ml water
- Salt and pepper; to taste
- 2 tablespoons chives; chopped

### Instructions:

1. Heat oven to 200C.
2. Poke the sweet potato with a fork and place onto baking sheet.
3. Bake the potatoes for 25-30 minutes or until tender.
4. In the meantime; heat olive oil in a skillet.
5. Add smoked paprika; and cumin and cook 10 seconds over medium-high heat.
6. Add chickpeas and toss gently to coat with the spices.
7. Cook for 5 minutes and remove from heat.
8. Place tahini; lemon juice; and salt and pepper in a food blender. Blend until smooth. Add water and blend again.
9. Remove the sweet potatoes from the oven. Split the potatoes through the middle.
10. Stuff the potatoes with chickpeas and drizzle with tahini sauce.
11. Finish off with chopped chives.

Calories	429
Total Fat	12.3g
Saturated Fat	1.7g
Cholesterol	0mg
Sodium	406mg
Total Carbohydrate	71.2g
Dietary Fibre	13g
Total Sugars	1.1g
Protein	11.2g

## PROTEIN GOLDEN MILK

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 200ml hemp milk
- 50ml coconut milk
- 15g chia seeds
- ¼ teaspoon turmeric
- 1 teaspoon minced ginger
- 40g baby Bok Choi
- 100g frozen mango
- 40g rice protein

### Instructions:

1. Blend all ingredients in a food blender until smooth.
2. Serve.

Calories	625
Total Fat	31.6g
Saturated Fat	12.7g
Cholesterol	0mg
Sodium	278mg
Total Carbohydrate	38.3g
Dietary Fibre	10.6g
Total Sugars	24.7g
Protein	52.4g

## ROASTED SALAD WITH CHICKPEAS

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- ¼ medium head cauliflower
- 5ml olive oil
- Salt and pepper; to taste

### Chickpeas:

- 10ml olive oil
- 400g can chickpeas; rinsed; drained
- ½ teaspoon curry powder
- ¼ teaspoon paprika
- Salt and pepper; to taste
- ¼ teaspoon nutritional yeast

### Salad:

- 200g kale
- ½ scallion; chopped
- 2 cherry tomatoes; quartered
- 1 small carrot; chopped
- ½ teaspoon olive oil
- 10ml lemon juice
- ¼ teaspoon nutritional yeast
- 1 good pinch garlic powder
- 15g hemp seeds

### Instructions:

1. Heat oven to 180C.
2. Cut the cauliflower onto florets and toss with olive oil and salt and pepper onto baking sheet.
3. Roast the cauliflower for 15-20 minutes.
4. In the meantime; prepare the chickpeas; heat olive oil in a skillet. Add curry powder; paprika; chickpeas; and season to taste. Cook 7-8 minutes stirring. Sprinkle with nutritional yeast and remove from the heat.
5. Place the kale in a bowl. Season with salt and garlic powder. Massage the kale to make it softer for few minutes.
6. Add the remaining salad ingredients and toss to combine.
7. Top the kale with roasted cauliflower and chickpeas. Toss again and serve.

Calories	470
Total Fat	19.4g
Saturated Fat	2.2g
Cholesterol	0mg
Sodium	547mg
Total Carbohydrate	59.2g
Dietary Fibre	14.6g
Total Sugars	5.2g
Protein	21.1g



## SUNDAY QUICK CHOCOLATE PORRIDGE

Preparation time: 5 minutes

Cooking time: 2 minutes

Servings: 1

### Ingredients:

- 30g oats
- 100ml water
- 100ml coconut milk
- 5g cacao powder
- 50g rice protein; chocolate flavor
- 30g raspberries

### Instructions:

1. Combine oats; water; almond milk; cacao powder; and maple syrup in a microwave safe bowl.
2. Microwave the oats for 2 minutes.
3. Remove from the microwave and stir in rice protein.
4. Top the oatmeal with raspberries and serve.

Calories	566
Total Fat	26.8g
Saturated Fat	21.9g
Cholesterol	0mg
Sodium	81mg
Total Carbohydrate	38.1g
Dietary Fibre	9.5g
Total Sugars	8g
Protein	48.2g

## ROASTED SALAD WITH CHICKPEAS - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- ¼ medium head cauliflower
- 5ml olive oil
- Salt and pepper; to taste

### Chickpeas:

- 10ml olive oil
- 400g can chickpeas; rinsed; drained
- ½ teaspoon curry powder
- ¼ teaspoon paprika
- Salt and pepper; to taste
- ¼ teaspoon nutritional yeast

### Salad:

- 200g kale
- ½ scallion; chopped
- 2 cherry tomatoes; quartered
- 1 small carrot; chopped
- ½ teaspoon olive oil
- 10ml lemon juice
- ¼ teaspoon nutritional yeast
- 1 good pinch garlic powder
- 15g hemp seeds

### Instructions:

1. Heat oven to 180C.
2. Cut the cauliflower onto florets and toss with olive oil and salt and pepper onto baking sheet.
3. Roast the cauliflower for 15-20 minutes.
4. In the meantime; prepare the chickpeas; heat olive oil in a skillet. Add curry powder; paprika; chickpeas; and season to taste. Cook 7-8 minutes stirring. Sprinkle with nutritional yeast and remove from the heat.
5. Place the kale in a bowl. Season with salt and garlic powder. Massage the kale to make it softer for few minutes.
6. Add the remaining salad ingredients and toss to combine.
7. Top the kale with roasted cauliflower and chickpeas. Toss again and serve.

Calories	470
Total Fat	19.4g
Saturated Fat	2.2g
Cholesterol	0mg
Sodium	547mg
Total Carbohydrate	59.2g
Dietary Fibre	14.6g
Total Sugars	5.2g
Protein	21.1g

# PUMPKIN PROTEIN SMOOTHIE

Preparation time: 5 minutes

Servings: 1

## Ingredients:

- 300ml soy milk
- 80g pumpkin puree
- 15g almond butter
- 10g coconut cream
- 45g rice protein; vanilla flavor
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg
- ¼ teaspoon ginger

## Instructions:

1. Blend all ingredients in a food blender until smooth.
2. Serve.

Calories	472
Total Fat	15.3g
Saturated Fat	7.6g
Cholesterol	0mg
Sodium	216mg
Total Carbohydrate	34.9g
Dietary Fibre	5.3g
Total Sugars	17.6g
Protein	49g

## QUINOA STUFFED MUSHROOMS

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 2

### Ingredients:

#### Filling:

- 10ml olive oil
- 150g cooked quinoa
- 100g sweet potatoes; diced
- 80g red bell pepper; diced
- 50g chopped red cabbage
- ½ teaspoon ground cumin
- ½ teaspoon chili powder
- 100g cooked black beans

#### Mushrooms:

- 4 portabella mushrooms; stems removed
- 15ml olive oil
- 15ml balsamic vinegar
- 10ml lime juice
- ¼ teaspoon cumin; divided
- 1/8 teaspoon chili powder
- Salt; to taste

#### Sauce:

- 1 clove garlic; peeled; crushed
- 5g packed cilantro
- 5g packed flat-leaf parsley
- 20g ripe avocado
- 10ml lime juice
- 5ml maple syrup
- 10ml water
- Salt; to taste

### Instructions:

1. Make the sauce; combine all ingredients in a food blender.
2. Blend on high until smooth. Place aside.
3. Heat oven to 200C.
4. Arrange the mushrooms onto baking sheet. In a small bowl; combine olive oil; balsamic; lime juice; cumin; and chili.
5. Brush the mushrooms with prepared mixture and season to taste. Bake the mushrooms for 3 minutes and remove from the oven.
6. Make the filling; heat olive oil in a skillet.
7. Add sweet potatoes and bell pepper in heated oil and cook 5 minutes; stirring occasionally.
8. Add cabbage; cumin; and chili. Cook for an additional 3 minutes.
9. Stir in quinoa and black beans. Cook 2 minutes.
10. Stuff the mushrooms with prepared mixture and place in the oven. Bake 5 minutes.
11. Remove the mushrooms from the oven and drizzle with prepared sauce.
12. Serve.

Calories	393
Total Fat	16.3g
Saturated Fat	2.1g
Cholesterol	0mg
Sodium	31mg
Total Carbohydrate	54.9g
Dietary Fibre	11.9g
Total Sugars	6.8g
Protein	11.3g

# Week 1 - 1900cal

## GROCERY LIST

### Fruits:

- Date; 3 pieces
- Banana; 5 pieces
- Lemon; 2 pieces
- Raspberries; 90g
- Pineapple; 80g
- Blueberries; 100g
- Goji berries; 1 tablespoon
- Orange; 1 piece
- Blood orange; 1 piece
- Mango; 100g
- Avocado; 1 small
- Mixed berries; frozen; 100g

### Vegetables:

- Red cabbage; 50g
- Cauliflower; ¼ head
- Bok Choi; 40g
- Spinach; 60g
- Potato; 2 pieces
- Tomatoes; 3 pieces
- Chili pepper; 1 piece
- Cherry tomatoes; 2 pieces
- Scallion; 1 piece; medium
- Garlic; cloves; 8 cloves
- Carrots; 500g
- Onion; 1 piece
- Red bell pepper; 2 pieces
- Kale; 250g
- Sweet potato; small; 7 pieces
- Portabella mushrooms; 4 pieces
- Shiitake mushrooms; 280g

### Grains and Cereals:

- Quinoa; cooked; 280g
- Quinoa; dry; 115g
- Oats; 105g
- Teff grains; ½ tablespoon
- Oatmeal; 1 tablespoon

### Can Products:

- Can chickpeas; 940g

### Beans and Legumes:

- Chickpeas; cooked; 220g
- Red lentils; dry; 30g
- Black beans; cooked; 100g

### Spices and Herbs:

- Basil
- Parsley
- Dijon Mustard
- Cumin
- Coriander
- Cinnamon
- Vanilla
- Garam Masala
- Cardamom
- Cloves
- Ginger-garlic paste
- Peppercorns
- Mint
- Cilantro
- Chives
- Smoked paprika
- Balsamic vinegar

### Butter; and Oil:

- Olive oil; 130ml
- Peanut butter; 15g
- Tahini; 60g
- Coconut oil; 10ml
- Cashew butter; 10g
- Almond butter; 15g

### Nuts and Seeds:

- Cashews; 195g
- Chia seeds; 30g
- Pistachio; 10g
- Almonds; 20g
- Hemp seeds; 35g

### Soy Products:

- Soy milk; sweetened; 500ml
- Soy milk; unsweetened; 130ml
- Soy milk; vanilla; 250ml
- Tofu; firm; 390g

### Non-Dairy:

- Almond milk; unsweetened; 1190ml
- Coconut milk; unsweetened; 370ml
- Almond Greek yogurt; 30g
- Coconut milk; sweetened; 150ml
- Hemp milk; 430ml
- Cashew milk; 20ml

### Protein Powder:

- Rice protein powder; vanilla flavor; 285g
- Rice protein; unflavored; 270g
- Vegan blend protein powder, unflavored; 50g
- Pea protein; 10g
- Rice protein; chocolate flavor; 95g

### Sweeteners:

- Maple syrup; 50ml

### Additional:

- Cocoa powder; 25g
- Vegetable broth; 475ml
- Coconut water; 250g
- Cacao nibs; 10g
- Coffee instant granules; ½ tablespoon
- Pumpkin puree; 80g
- Coconut cream; 10g

## Week 2 - 1900 Cal

### MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFASTS	Vanilla Protein Porridge	Berry Protein Smoothie	Apricot Oat Smoothie	Faux Oatmeal with Strawberries	Porridge with Nuts	Vanilla Cinnamon Chia	Frozen Breakfast
LUNCH	Quinoa Stuffed Mushrooms – previous night dinner	Hummus with Tofu Dippers – previous night dinner	Quinoa Lentil Jumble – previous night dinner	Moroccan Chickpeas with Sweet Potato Mash – previous night dinner	Black Bean Quinoa Salad with Avocado Sauce – previous night dinner	Artichoke Mushroom Salad – previous night dinner	Delicious Mixed Bowl – previous night dinner
SNACKS	Raspberry Tahini Smoothie	Seed Blend Smoothie	Refreshing Green Smoothie	Flavored Almond Milk	Blueberry Muffin Smoothie	Nut Fruity Smoothie	Fruit Blast Smoothie
DINNER	Hummus with Tofu Dippers	Quinoa Lentil Jumble	Moroccan Chickpeas with Sweet Potato Mash	Black Bean Quinoa Salad with Avocado Sauce	Artichoke Mushroom Salad	Delicious Mixed Bowl	Quinoa Patties with Mint Yogurt sauce

## MONDAY

### VANILLA PROTEIN PORRIDGE

Preparation time: 5 minutes

Cooking time: 5 minutes

Servings: 1

#### Ingredients:

- 60g oats
- 230ml soy milk
- 25g almond butter
- 35g pea and rice protein powder (vegan blend)
- 1 teaspoon vanilla extract

#### Instructions:

1. Combine oats, soy milk, protein powder, and vanilla in a saucepan.
2. Cook stirring over medium heat for 5 minutes. If needed add some water.
3. Remove from the heat and top with almond butter.
4. Serve.

Calories	543
Total Fat	11.5g
Saturated Fat	1.3g
Cholesterol	0mg
Sodium	126mg
Total Carbohydrate	61.8g
Dietary Fibre	7.9g
Total Sugars	10.8g
Protein	46.7g

## QUINOA STUFFED MUSHROOMS - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 2

### Ingredients:

#### Filling:

- 10ml olive oil
- 150g cooked quinoa
- 100g sweet potatoes; diced
- 80g red bell pepper; diced
- 50g chopped red cabbage
- ½ teaspoon ground cumin
- ½ teaspoon chili powder
- 100g cooked black beans

#### Mushrooms:

- 4 portabella mushrooms; stems removed
- 15ml olive oil
- 15ml balsamic vinegar
- 10ml lime juice
- ¼ teaspoon cumin; divided
- 1/8 teaspoon chili powder
- Salt; to taste

#### Sauce:

- 1 clove garlic; peeled; crushed
- 5g packed cilantro
- 5g packed flat-leaf parsley
- 20g ripe avocado
- 10ml lime juice
- 5ml maple syrup
- 10ml water
- Salt; to taste

#### Instructions:

1. Make the sauce; combine all ingredients in a food blender.
2. Blend on high until smooth. Place aside.
3. Heat oven to 200C.
4. Arrange the mushrooms onto baking sheet. In a small bowl; combine olive oil; balsamic; lime juice; cumin; and chili.
5. Brush the mushrooms with prepared mixture and season to taste. Bake the mushrooms for 3 minutes and remove from the oven.
6. Make the filling; heat olive oil in a skillet.
7. Add sweet potatoes and bell pepper in heated oil and cook 5 minutes; stirring occasionally.
8. Add cabbage; cumin; and chili. Cook for an additional 3 minutes.
9. Stir in quinoa and black beans. Cook 2 minutes.
10. Stuff the mushrooms with prepared mixture and place in the oven. Bake 5 minutes.
11. Remove the mushrooms from the oven and drizzle with prepared sauce.
12. Serve.

Calories	393
Total Fat	16.3g
Saturated Fat	2.1g
Cholesterol	0mg
Sodium	31mg
Total Carbohydrate	54.9g
Dietary Fibre	11.9g
Total Sugars	6.8g
Protein	11.3g

## RASPBERRY TAHINI SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 280ml soy milk
- 20g tahini
- 30g oats
- 1 tablespoon flax seeds
- 60g raspberries
- 45g vegan blend protein, vanilla flavor

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	627
Total Fat	21.7g
Saturated Fat	2.7g
Cholesterol	0mg
Sodium	175mg
Total Carbohydrate	57.5g
Dietary Fibre	12.4g
Total Sugars	14.7g
Protein	52.7g

## HUMMUS WITH TOFU DIPPERS

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 2

### Ingredients:

#### Tofu:

- 200g firm tofu, drained
- 30ml soy sauce
- 15ml lemon juice
- ½ tablespoon Dijon mustard
- 2 cloves garlic, minced
- 1 teaspoon dried thyme
- 1 teaspoon onion powder
- ½ teaspoon paprika
- 50g almond meal
- ½ tablespoon cornstarch

#### Hummus:

- 60g hummus
- 1 tablespoon Sriracha
- 50g cucumber, slices into sticks
- 1 small carrot, cut into sticks

### Instructions:

1. Preheat oven to 200C. Line a baking sheet with parchment paper.
2. Cut the tofu into 10 fingers.
3. In a medium-sized bowl, combine soy sauce, lemon juice, mustard, garlic, thyme, onion powder, and paprika. Add tofu fingers and marinade 20 minutes. You can marinade overnight for more intensive flavor.
4. In a separate bowl, combine almond meal and cornstarch. Remove the tofu fingers from the marinade and coat with the almond meal mixture.
5. Arrange the tofu fingers onto baking sheet and bake 13-15 minutes.
6. In the meantime, place hummus in a bowl with Sriracha. Stir to combine. Slice the carrots and cucumber.
7. Serve the tofu fingers with hummus and veggies.

Calories	315
Total Fat	19.8g
Saturated Fat	2.3g
Cholesterol	0mg
Sodium	1153mg
Total Carbohydrate	22.2g
Dietary Fibre	6.9g
Total Sugars	4.1g
Protein	17.9g



## TUESDAY BERRY PROTEIN SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 150g mixed berries
- 300ml soy milk
- 40g rice protein
- 1 small banana

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	496
Total Fat	6.3g
Saturated Fat	0.8g
Cholesterol	0mg
Sodium	207mg
Total Carbohydrate	64.6g
Dietary Fibre	9.9g
Total Sugars	37.5g
Protein	44.7g

## HUMMUS WITH TOFU DIPPERS - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 2

### Ingredients:

#### Tofu:

- 200g firm tofu, drained
- 30ml soy sauce
- 15ml lemon juice
- ½ tablespoon Dijon mustard
- 2 cloves garlic, minced
- 1 teaspoon dried thyme
- 1 teaspoon onion powder
- ½ teaspoon paprika
- 50g almond meal
- ½ tablespoon cornstarch

#### Hummus:

- 60g hummus
- 1 tablespoon Sriracha
- 50g cucumber, slices into sticks
- 1 small carrot, cut into sticks

### Instructions:

1. Preheat oven to 200C. Line a baking sheet with parchment paper.
2. Cut the tofu into 10 fingers.
3. In a medium-sized bowl, combine soy sauce, lemon juice, mustard, garlic, thyme, onion powder, and paprika. Add tofu fingers and marinade 20 minutes. You can marinade overnight for more intensive flavor.
4. In a separate bowl, combine almond meal and cornstarch. Remove the tofu fingers from the marinade and coat with the almond meal mixture.
5. Arrange the tofu fingers onto baking sheet and bake 13-15 minutes.
6. In the meantime, place hummus in a bowl with Sriracha. Stir to combine. Slice the carrots and cucumber.
7. Serve the tofu fingers with hummus and veggies.

Calories	315
Total Fat	19.8g
Saturated Fat	2.3g
Cholesterol	0mg
Sodium	1153mg
Total Carbohydrate	22.2g
Dietary Fibre	6.9g
Total Sugars	4.1g
Protein	17.9g

## SEED BLEND SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml soy milk
- 1 small banana, sliced
- 100g mango
- 30g spinach
- 20g pumpkin seeds
- 5g flax seeds
- 10g Chia seeds
- 30g rice protein

### Instructions:

1. Place all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	576
Total Fat	19.1g
Saturated Fat	3g
Cholesterol	0mg
Sodium	200mg
Total Carbohydrate	62.9g
Dietary Fibre	11.5g
Total Sugars	35.8g
Protein	42.8g

## QUINOA LENTIL JUMBLE

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 90g dry quinoa
- 10g vegetable stock cube
- 1 red bell pepper, seeded, chopped
- 1 tomato, chopped
- ½ onion, chopped
- 50g almonds
- 2 tablespoons coriander
- 1 tablespoon olive oil
- 200g can lentils, rinsed, drained
- 1 tablespoon sunflower seeds
- Salt, to taste

### Instructions:

1. Rinse quinoa under water and drain.
2. Cook the quinoa according to package directions with vegetable stock cube.
3. In the meantime, heat olive oil in a skillet over medium-high heat.
4. Add onion and bell pepper. Cook for 5 minutes.
5. Add tomato and cook 1 minute.
6. Add lentils and cook 2 minutes. remove from the heat and stir in quinoa, coriander, and sunflower seeds.
7. Season to taste and serve.

Calories	529
Total Fat	23.6g
Saturated Fat	2.4g
Cholesterol	0mg
Sodium	245mg
Total Carbohydrate	63.4g
Dietary Fibre	16.2g
Total Sugars	8.2g
Protein	22.2g

## WEDNESDAY

### APRICOT OAT SMOOTHIE

Preparation time: 5 minutes

Servings: 1

#### Ingredients:

- 220ml almond milk
- 150g apricots, sliced
- 50g vegan blend protein powder, vanilla
- 40g oats
- 2 ice cubes

#### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	465
Total Fat	7.3g
Saturated Fat	0.5g
Cholesterol	0mg
Sodium	138mg
Total Carbohydrate	56.8g
Dietary Fibre	7.8g
Total Sugars	20.2g
Protein	45.8g

## QUINOA LENTIL JUMBLE - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

#### Ingredients:

- 90g dry quinoa
- 10g vegetable stock cube
- 1 red bell pepper, seeded, chopped
- 1 tomato, chopped
- ½ onion, chopped
- 50g almonds
- 2 tablespoons coriander
- 1 tablespoon olive oil
- 200g can lentils, rinsed, drained
- 1 tablespoon sunflower seeds
- Salt, to taste

#### Instructions:

1. Rinse quinoa under water and drain.
2. Cook the quinoa according to package directions with vegetable stock cube.
3. In the meantime, heat olive oil in a skillet over medium-high heat.
4. Add onion and bell pepper. Cook for 5 minutes.
5. Add tomato and cook 1 minute.
6. Add lentils and cook 2 minutes. remove from the heat and stir in quinoa, coriander, and sunflower seeds.
7. Season to taste and serve.

Calories	529
Total Fat	23.6g
Saturated Fat	2.4g
Cholesterol	0mg
Sodium	245mg
Total Carbohydrate	63.4g
Dietary Fibre	16.2g
Total Sugars	8.2g
Protein	22.2g

## REFRESHING GREEN SMOOTHIE

Preparation time:

Servings: 1

### Ingredients:

- 150ml water
- 80ml coconut milk
- 50g spinach
- ¼ avocado
- 5g chia seeds
- 45g rice protein powder
- ½ small banana
- 10g fresh mint

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	507
Total Fat	28g
Saturated Fat	18.4g
Cholesterol	0mg
Sodium	113mg
Total Carbohydrate	26.6g
Dietary Fibre	9.3g
Total Sugars	10.3g
Protein	42.2g

## MOROCCAN CHICKPEAS WITH SWEET POTATO MASH

Preparation time: 5 minutes

Cooking time: 25 minutes

Servings: 2

### Ingredients:

- 150g green snap beans
- ½ lemon, zested and juiced
- ¼ teaspoon cinnamon
- ¼ teaspoon cumin powder
- 250g can chopped tomatoes
- 1 tablespoon olive oil
- 1 dried apricot, chopped
- 80ml vegetable stock
- 280g can chickpeas, rinsed, drained
- 120g sweet potato
- Salt, to taste

### Instructions:

1. Peel and cube sweet potatoes.
2. Cook the sweet potatoes in a pot with salted boiling water for 25 minutes.
3. Drain and mash the potatoes using a fork. As this will be used the next day, to reheat we suggest you add 50ml warmed almond milk into the potato mash and stir.
4. In the meantime, heat olive oil in a skillet over medium-high heat.
5. Add chickpeas into the skillet along with cinnamon, cumin, can tomatoes, apricot and vegetable stock.
6. Cook 3 minutes.
7. In the meantime, trim the green beans and cut into 2cm pieces. Add the green beans with lemon zest and lemon juice and cook 5 minutes.
8. Serve over mashed potatoes.

Calories	391
Total Fat	12.8g
Saturated Fat	2g
Cholesterol	0mg
Sodium	543mg
Total Carbohydrate	61.1g
Dietary Fibre	11.9g
Total Sugars	3.6g
Protein	10.8g

## THURSDAY

### FAUX OATMEAL WITH STRAWBERRIES

Preparation time: 5 minutes

Cooking time: 7 minutes

Servings: 1

#### Ingredients:

- 15g desiccated coconut
- 20g coconut chips
- 20g slivered almonds
- 15g chia seeds
- 50ml coconut milk
- 40g rice protein powder, vanilla flavor
- ½ teaspoon cinnamon
- 20g strawberries, sliced

#### Instructions:

1. Heat a skillet over medium-high heat.
2. Add slivered almonds and toast for 2 minutes, gently shaking.
3. Remove from the heat and add coconut chips, chia seeds, and desiccated coconut.
4. Pour in coconut milk and place back on the heat.
5. Cook 5 minutes, stirring.
6. Remove from the heat and stir in protein powder.
7. Transfer into a bowl and top with sliced strawberries.

Calories	646
Total Fat	41.3g
Saturated Fat	25.2g
Cholesterol	0mg
Sodium	60mg
Total Carbohydrate	32.8g
Dietary Fibre	14g
Total Sugars	14.3g
Protein	43.5g

## MOROCCAN CHICKPEAS WITH SWEET POTATO MASH - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 25 minutes

Servings: 2

#### Ingredients:

- 150g green snap beans
- ½ lemon, zested and juiced
- ¼ teaspoon cinnamon
- ¼ teaspoon cumin powder
- 250g can chopped tomatoes
- 1 tablespoon olive oil
- 1 dried apricot, chopped
- 80ml vegetable stock
- 280g can chickpeas, rinsed, drained
- 120g sweet potato
- Salt, to taste

#### Instructions:

1. Peel and cube sweet potatoes.
2. Cook the sweet potatoes in a pot with salted boiling water for 25 minutes.
3. Drain and mash the potatoes using a fork. As this will be used the next day, to reheat we suggest you add 50ml warmed almond milk into the potato mash and stir.
4. In the meantime, heat olive oil in a skillet over medium-high heat.
5. Add chickpeas into the skillet along with cinnamon, cumin, can tomatoes, apricot and vegetable stock.
6. Cook 3 minutes.
7. In the meantime, trim the green beans and cut into 2cm pieces. Add the green beans with lemon zest and lemon juice and cook 5 minutes.
8. Serve over mashed potatoes.

Calories	391
Total Fat	12.8g
Saturated Fat	2g
Cholesterol	0mg
Sodium	543mg
Total Carbohydrate	61.1g
Dietary Fibre	11.9g
Total Sugars	3.6g
Protein	10.8g

## FLAVORED ALMOND MILK

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 50g pea rice protein (vegan blend)
- 300ml organic almond milk
- 30g strawberries
- 70g mango chunks, frozen
- ¼ teaspoon vanilla extract
- 5ml maple syrup

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	358
Total Fat	2.4g
Saturated Fat	0.1g
Cholesterol	0mg
Sodium	237mg
Total Carbohydrate	29.6g
Dietary Fibre	3.9g
Total Sugars	23g
Protein	54.1g

## BLACK BEAN QUINOA SALAD WITH AVOCADO SAUCE

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

#### Sauce:

- 1 ripe avocado, peeled, pitted
- 2 scallions, roughly chopped
- 1 clove garlic, minced
- 20ml olive oil
- ¼ cup cilantro, roughly chopped
- ½ small jalapeno pepper, seeded, chopped
- Salt and pepper, to taste

#### Salad:

- 90g quinoa, dry
- 200g can black beans, rinsed, drained
- 60g lettuce
- 80g tomatoes, chopped
- 1 onion, thinly sliced
- Salt and pepper, to taste

### Instructions:

1. Make the sauce; combine all sauce ingredients in a food blender.
2. Blend on high until smooth. If needed add some water to thin the sauce. Place aside.
3. Cook the quinoa according to package directions.
4. Remove the quinoa from the heat and combine with black beans. Cover with a lid and place aside for 5 minutes.
5. Combine lettuce, tomatoes, and onion into a large bowl.
6. Fluff the quinoa and transfer with the beans into the bowl with lettuce.
7. Drizzle with avocado sauce.

Calories	505
Total Fat	23.8g
Saturated Fat	3.2g
Cholesterol	0mg
Sodium	388mg
Total Carbohydrate	63.5g
Dietary Fibre	16.1g
Total Sugars	5.2g
Protein	15g

## FRIDAY PORRIDGE WITH NUTS

Preparation time: 5 minutes

Cooking time:

Servings: 1

### Ingredients:

- 60g oats
- 50g rice protein, vanilla flavor
- 235ml water
- 30g mixed nuts
- 1 extra-small banana, sliced
- 5ml maple syrup

### Instructions:

1. Combine oats and water in a microwave safe bowl.
2. Microwave the oats for 2 minutes.
3. Remove and stir gently. Stir in protein powder.
4. Top the porridge with mixed nuts, banana, and maple syrup.
5. Serve.

Calories	658
Total Fat	20.5g
Saturated Fat	3.5g
Cholesterol	0mg
Sodium	164mg
Total Carbohydrate	72g
Dietary Fibre	10.6g
Total Sugars	17g
Protein	49.8g

## BLACK BEAN QUINOA SALAD WITH AVOCADO SAUCE - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

#### Sauce:

- 1 ripe avocado, peeled, pitted
- 2 scallions, roughly chopped
- 1 clove garlic, minced
- 20ml olive oil
- ¼ cup cilantro, roughly chopped
- ½ small jalapeno pepper, seeded, chopped
- Salt and pepper, to taste

#### Salad:

- 90g quinoa, dry
- 200g can black beans, rinsed, drained
- 60g lettuce
- 80g tomatoes, chopped
- 1 onion, thinly sliced
- Salt and pepper, to taste

### Instructions:

1. Make the sauce; combine all sauce ingredients in a food blender.
2. Blend on high until smooth. If needed add some water to thin the sauce. Place aside.
3. Cook the quinoa according to package directions.
4. Remove the quinoa from the heat and combine with black beans. Cover with a lid and place aside for 5 minutes.
5. Combine lettuce, tomatoes, and onion into a large bowl.
6. Fluff the quinoa and transfer with the beans into the bowl with lettuce.
7. Drizzle with avocado sauce.

Calories	505
Total Fat	23.8g
Saturated Fat	3.2g
Cholesterol	0mg
Sodium	388mg
Total Carbohydrate	63.5g
Dietary Fibre	16.1g
Total Sugars	5.2g
Protein	15g

## BLUEBERRY MUFFIN SMOOTHIE

Preparation time: 5 minutes

Servings:

### Ingredients:

- 250ml almond milk
- 100g fresh blueberries
- 15g oats
- 50g rice protein, vanilla flavor
- 1 teaspoon poppy seeds
- ¼ teaspoon lemon zest, finely grated

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	321
Total Fat	2.7g
Saturated Fat	0.3g
Cholesterol	0mg
Sodium	62mg
Total Carbohydrate	29.9g
Dietary Fibre	4.3g
Total Sugars	12.8g
Protein	44.3g

## ARTICHOKE MUSHROOM SALAD

Preparation time: 5 minutes

Cooking time: 15 minutes

Servings: 2

### Ingredients:

- 120g shiitake mushrooms, sliced
- 150g chestnut mushrooms, sliced
- 120g cherry tomato, quartered
- 60g lettuce
- 120g asparagus
- 6 pieces sun-dried tomatoes, packed in oil, sliced into thin strips
- 60g black olives, pitted
- 30ml lemon juice
- 20ml balsamic vinegar
- 2 teaspoons Dijon mustard
- 2 small cloves garlic, minced
- 10ml coconut oil
- 30ml olive oil
- Salt and pepper, to taste
- 250g can artichoke hearts, drained

### Instructions:

1. Heat oven to 220C. Line a baking sheet with parchment paper.
2. Trim the asparagus and remove the wooden part.
3. Quarter the artichoke hearts.
4. Place the asparagus into baking dish and drizzle with 10ml olive oil. Bake the asparagus for 5 minutes.
5. Heat remaining coconut oil in a skillet. Add shiitake and chestnut mushrooms. Cook 5 minutes and remove from the skillet.
6. Place cherry tomatoes, artichoke hearts, and lettuce into a large bowl.
7. Top with mushrooms, asparagus, sun dried tomatoes, and pitted olives.
8. Make the dressing by combining lemon juice, balsamic vinegar, Dijon mustard, garlic, remaining olive oil, and salt and pepper, to taste.
9. Drizzle the dressing over the salad.
10. Toss the salad and serve.

Calories	417
Total Fat	30.4g
Saturated Fat	7.7g
Cholesterol	0mg
Sodium	487mg
Total Carbohydrate	34.2g
Dietary Fibre	18.2g
Total Sugars	7.8g
Protein	10.5g



## SATURDAY VANILLA CINNAMON CHIA

Preparation time: 5 minutes + inactive time

Servings: 1

### Ingredients:

- 150ml soy milk
- 30g chia seeds
- ½ teaspoon cinnamon
- 45g rice protein, vanilla flavor
- 5ml maple syrup

### Instructions:

1. Combine soy milk, chia, cinnamon, rice protein, and maple syrup in a bowl.
2. Stir gently to combine.
3. Refrigerate 1 hour or overnight.
4. Serve.

Calories	414
Total Fat	13.1g
Saturated Fat	1.5g
Cholesterol	0mg
Sodium	133mg
Total Carbohydrate	31.1g
Dietary Fibre	13.1g
Total Sugars	12.5g
Protein	48.5g

## ARTICHOKE MUSHROOM SALAD - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 15 minutes

Servings: 2

### Ingredients:

- 120g shiitake mushrooms, sliced
- 150g chestnut mushrooms, sliced
- 120g cherry tomato, quartered
- 60g lettuce
- 120g asparagus
- 6 pieces sun-dried tomatoes, packed in oil, sliced into thin strips
- 60g black olives, pitted
- 30ml lemon juice
- 20ml balsamic vinegar
- 2 teaspoons Dijon mustard
- 2 small cloves garlic, minced
- 10ml coconut oil
- 30ml olive oil
- Salt and pepper, to taste
- 250g can artichoke hearts, drained

### Instructions:

1. Heat oven to 220C. Line a baking sheet with parchment paper.
2. Trim the asparagus and remove the wooden part.
3. Quarter the artichoke hearts.
4. Place the asparagus into baking dish and drizzle with 10ml olive oil. Bake the asparagus for 5 minutes.
5. Heat remaining coconut oil in a skillet. Add shiitake and chestnut mushrooms. Cook 5 minutes and remove from the skillet.
6. Place cherry tomatoes, artichoke hearts, and lettuce into a large bowl.
7. Top with mushrooms, asparagus, sun dried tomatoes, and pitted olives.
8. Make the dressing by combining lemon juice, balsamic vinegar, Dijon mustard, garlic, remaining olive oil, and salt and pepper, to taste.
9. Drizzle the dressing over the salad.
10. Toss the salad and serve.

Calories	417
Total Fat	30.4g
Saturated Fat	7.7g
Cholesterol	0mg
Sodium	487mg
Total Carbohydrate	34.2g
Dietary Fibre	18.2g
Total Sugars	7.8g
Protein	10.5g

## NUT FRUITY SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 150g mango
- 5g flax seeds
- 15g almond butter
- 6 almonds
- 50g strawberries
- 250ml vanilla soy milk
- 30g soy yogurt
- 50g rice protein

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	536
Total Fat	11.8g
Saturated Fat	1.3g
Cholesterol	0mg
Sodium	202mg
Total Carbohydrate	53.8g
Dietary Fibre	7.5g
Total Sugars	38.5g
Protein	54.4g

## DELICIOUS MIXED BOWL

Preparation time: 5 minutes

Cooking time: 15 minutes

Servings: 2

### Ingredients:

- 200g cauliflower, separate into florets
- 10ml olive oil
- 1 teaspoon ground cumin
- Salt and pepper, to taste
- 150g kale
- 30g tahini
- 20ml lemon juice
- 20ml warm water
- 1 clove garlic, minced
- 1 teaspoon za'atar spice
- 180g cooked quinoa
- 250g can chickpeas, rinsed, drained

### Instructions:

1. Preheat oven to 200C.
2. Toss cauliflower florets with olive oil, cumin, salt, and pepper on a baking sheet.
3. Bake the cauliflower 10 minutes. Add chickpeas and bake for an additional 5 minutes.
4. In the meantime, make the dressing; combine tahini, lemon juice, water, minced garlic, and za'atar spice in a small bowl.
5. Place kale in a large bowl. Season with salt and rub the kale to tenderize it.
6. Top the kale with cooked quinoa, warm cauliflower and chickpeas.
7. Drizzle the salad with prepared dressing.
8. Serve.

Calories	487
Total Fat	19.3g
Saturated Fat	2.5g
Cholesterol	0mg
Sodium	470mg
Total Carbohydrate	65.8g
Dietary Fibre	13.6g
Total Sugars	2.8g
Protein	18.1g

## SUNDAY FROZEN BREAKFAST

Preparation time: 10 minutes

Servings: 1

### Ingredients:

- 140g mixed frozen berries (just freeze for 1 hour or thaw partially)
- 50g rice protein powder
- 40g oats
- 300ml soy milk
- 15g sliced almonds

### Instructions:

1. Combine berries, oats, and sliced almonds in a bowl.
2. Combine soy milk and protein powder in a jar with lid.
3. Close the jar with lid and shake vigorously.
4. Pour the milk over berries and oats. Let it stand 10 minutes.
5. Serve.

Calories	676
Total Fat	16g
Saturated Fat	1.7g
Cholesterol	0mg
Sodium	220mg
Total Carbohydrate	71.5g
Dietary Fibre	12.8g
Total Sugars	25.9g
Protein	60.1g

## DELICIOUS MIXED BOWL - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 15 minutes

Servings: 2

### Ingredients:

- 200g cauliflower, separate into florets
- 10ml olive oil
- 1 teaspoon ground cumin
- Salt and pepper, to taste
- 150g kale
- 30g tahini
- 20ml lemon juice
- 20ml warm water
- 1 clove garlic, minced
- 1 teaspoon za'atar spice
- 180g cooked quinoa
- 250g can chickpeas, rinsed, drained

Calories	487
Total Fat	19.3g
Saturated Fat	2.5g
Cholesterol	0mg
Sodium	470mg
Total Carbohydrate	65.8g
Dietary Fibre	13.6g
Total Sugars	2.8g
Protein	18.1g

### Instructions:

1. Preheat oven to 200C.
2. Toss cauliflower florets with olive oil, cumin, salt, and pepper on a baking sheet.
3. Bake the cauliflower 10 minutes. Add chickpeas and bake for an additional 5 minutes.
4. In the meantime, make the dressing; combine tahini, lemon juice, water, minced garlic, and za'atar spice in a small bowl.
5. Place kale in a large bowl. Season with salt and rub the kale to tenderize it.
6. Top the kale with cooked quinoa, warm cauliflower and chickpeas.
7. Drizzle the salad with prepared dressing.
8. Serve.

## FRUIT BLAST SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 70ml coconut milk
- 130ml almond milk
- 40g pineapple
- 30g raspberries
- ½ small banana, sliced
- 45g rice protein powder

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	451
Total Fat	20.9g
Saturated Fat	15.3g
Cholesterol	0mg
Sodium	140mg
Total Carbohydrate	31.4g
Dietary Fibre	5.4g
Total Sugars	18.4g
Protein	37.5g

## QUINOA PATTIES WITH MINT YOGURT SAUCE

Preparation time: 15 minutes

Cooking time: 6 minutes

Servings: 2

### Ingredients:

- 100g cooked quinoa
- 90g zucchini, grated
- 80g cherry tomatoes, halved
- 20g fresh coriander
- ½ clove garlic, minced
- 2 teaspoons turmeric powder
- 1 tablespoon mint, chopped
- 25ml olive oil
- 20g mixed salad leaves
- 25g vegan parmesan, grated
- 60g soy yogurt
- Salt and pepper, to taste

### Instructions:

1. Heat 5ml olive oil in a skillet over medium-high heat.
2. Add garlic and cook 30 seconds.
3. Squeeze the zucchini to remove excess liquid.
4. Add the zucchini into the skillet and season to taste with salt and pepper. Cook the zucchini stirring for 3-4 minutes. stir in cooked quinoa, turmeric and place aside to cool down.
5. Stir coriander into the cooled mixture along with 20g soy yogurt and vegan parmesan.
6. Stir the mixture and shape into four patties.
7. Heat 10ml olive oil in a clean skillet.
8. Fry the patties for 3 minutes per side over medium-high heat.
9. Place the patties aside.
10. Combine the remaining soy yogurt with mint and season to taste with salt and pepper.
11. Toss together cherry tomatoes, salad, and remaining olive oil. Season to taste with salt and pepper.
12. Serve the quinoa patties with salad and a dollop of mint yogurt.

Calories	285
Total Fat	14g
Saturated Fat	1.8g
Cholesterol	0mg
Sodium	257mg
Total Carbohydrate	27.9g
Dietary Fibre	3.9g
Total Sugars	7.4g
Protein	12.4g

# Week 2 - 1900cal

## GROCERY LIST

### Fruits:

- Raspberries; 90g
- Lemon; 2 pieces
- Banana; 4 pieces
- Mixed berries; 290g
- Mango; 220g
- Apricot; 150g
- Apricot, dried; 1 piece
- Avocado; 2 pieces
- Strawberries; 100g
- Blueberries; 100g
- Pineapple; 40g

### Vegetables:

- Mix salad leaves; 20g
- Cherry tomatoes; 220g
- Zucchini; 90g
- Kale; 150g
- Cauliflower; 200g
- Black olives; 60g
- Sun-dried tomatoes, packed in oil, drained; 6 pieces
- Asparagus; 120g
- Mushrooms, chestnut; 150g
- Mushrooms, Shiitake; 120g
- Tomato; 80g
- Lettuce; 120g
- Jalapeno pepper, small; 1 piece
- Scallions, medium; 2 pieces
- Sweet potato; 120g
- Onion, small; 2 pieces
- Red bell pepper, medium; 1 piece
- Spinach; 80g
- Cucumber; 50g
- Garlic; 4 cloves
- Carrot, small; 1 piece

### Grains and Cereals:

- Oats; 245g
- Quinoa, dry; 180g
- Quinoa, cooked; 280g

### Can Products:

- Can artichoke hearts; 250g
- Can black beans; 200g
- Can chickpeas; 530g

### Beans and Legumes:

- Green Snap beans; 150g

### Spices and Herbs:

- Soy sauce
- Vanilla
- Dijon mustard
- Onion powder
- Paprika
- Thyme
- Sriracha sauce
- Mint
- Cinnamon
- Cumin
- Cilantro
- Balsamic vinegar
- Za'atar spice

### Butter; and Oil:

- Tahini; 50g
- Olive oil; 85ml
- Almond butter; 40g
- Coconut oil; 10ml

### Nuts and Seeds:

- Almond meal; 50g
- Chia seeds; 60g
- Pumpkin seeds; 20g
- Almonds; 50g
- Sunflower seeds; 10g
- Almonds, slivered; 20g
- Mixed nuts; 30g
- Poppy seeds; 1 teaspoon
- Flax seeds; 20g

### Soy Products:

- Tofu, firm; 200g
- Soy milk, sweetened; 1510ml
- Soy yogurt; 90g
- Soy milk, vanilla; 250ml

### Non-Dairy:

- Almond milk; 900ml
- Coconut milk, sweetened; 150ml

### Protein Powder:

- Vegan bend protein powder; 130g
- Rice protein; 260g
- Vegan blend protein powder, vanilla flavor; 50g
- Rice protein powder, vanilla flavor; 185g

### Sweeteners:

- Maple syrup; 10ml

### Additional:

- Vegan parmesan; 25g
- Coconut chips; 20g
- Desiccated coconut; 15g
- Vegetable stock cube; 10g
- Hummus; 60g

## Week 3 - 1900 Cal

### MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFASTS	Fruit and Protein Filled Overnight Oats	Orange Tahini Smoothie	Chocolate Avocado Pudding	Morning Booster	Chocolate Banana Smoothie	Cherry Chocolate Overnight Oats	Raw Buckwheat Porridge
LUNCH	Quinoa Patties with Mint Yogurt sauce – previous night dinner	Sweet Potato Avocado Poutine with Sauce – previous night dinner	Lentil Tofu Shakshuka – previous night dinner	Creamy Baked Beans – previous night dinner	Protein Quinoa bites with Cashew Cream – previous night dinner	Chickpea Mango Mixed Salad – previous night dinner	Red Lentil Dal with Kale – previous night dinner
SNACKS	Strawberry Coconut Shake	Green Delight	Chai Smoothie	Blackberry Chia Smoothie	Smoothie with a Kick	Blushed Apricot	Pineapple Hemp Smoothie
DINNER	Sweet Potato Avocado Poutine with Sauce	Lentil Tofu Shakshuka	Creamy Baked Beans	Protein Quinoa bites with Cashew Cream	Chickpea Mango Mixed Salad	Red Lentil Dal with Kale	Asparagus Pea Soup

MONDAY

FRUIT AND PROTEIN FILLED OVERNIGHT OATS

Preparation time: 10 minutes

Servings: 1

Ingredients:

- 40g rolled oats
- 40g cooked quinoa
- 40g rice protein, vanilla
- 170ml almond milk
- ¼ banana, mashed
- 10g flax seeds, ground
- 20g raspberries
- 20g blueberries
- 20g chopped apricots
- 1 teaspoon cinnamon
- 6 almonds, sliced

Instructions:

1. In a medium bowl, combine rolled oats, quinoa, rice protein, and flax seeds.
2. Add almond milk, mashed banana, and cinnamon.
3. Stir to combine and refrigerate overnight.
4. In the morning remove from the fridge. Heat the oatmeal in a microwave or over stove.
5. Top with fruits and sliced almonds.
6. Serve.

Calories	613
Total Fat	15.2g
Saturated Fat	1.1g
Cholesterol	0mg
Sodium	294mg
Total Carbohydrate	73.8g
Dietary Fibre	13.3g
Total Sugars	21.3g
Protein	47.6g

## QUINOA PATTIES WITH MINT YOGURT SAUCE - PREVIOUS NIGHT DINNER

Preparation time: 15 minutes

Cooking time: 6 minutes

Servings: 2

### Ingredients:

- 100g cooked quinoa
- 90g zucchini, grated
- 80g cherry tomatoes, halved
- 20g fresh coriander
- ½ clove garlic, minced
- 2 teaspoons turmeric powder
- 1 tablespoon mint, chopped
- 25ml olive oil
- 20g mixed salad leaves
- 25g vegan parmesan, grated
- 60g soy yogurt
- Salt and pepper, to taste

Calories	285
Total Fat	14g
Saturated Fat	1.8g
Cholesterol	0mg
Sodium	257mg
Total Carbohydrate	27.9g
Dietary Fibre	3.9g
Total Sugars	7.4g
Protein	12.4g

### Instructions:

1. Heat 5ml olive oil in a skillet over medium-high heat.
2. Add garlic and cook 30 seconds.
3. Squeeze the zucchini to remove excess liquid.
4. Add the zucchini into the skillet and season to taste with salt and pepper. Cook the zucchini stirring for 3-4 minutes. stir in cooked quinoa, turmeric and place aside to cool down.
5. Stir coriander into the cooled mixture along with 20g soy yogurt and vegan parmesan.
6. Stir the mixture and shape into four patties.
7. Heat 10ml olive oil in a clean skillet.
8. Fry the patties for 3 minutes per side over medium-high heat.
9. Place the patties aside.
10. Combine the remaining soy yogurt with mint and season to taste with salt and pepper.
11. Toss together cherry tomatoes, salad, and remaining olive oil. Season to taste with salt and pepper.
12. Serve the quinoa patties with salad and a dollop of mint yogurt.

## STRAWBERRY COCONUT SHAKE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml soy milk
- 150g strawberries
- 15g ground flax seeds
- 15g rolled oats
- 15g coconut cream
- 40g rice protein, vanilla flavor

### Instructions:

1. Blend all ingredients in a food blender until smooth.
2. Serve.

Calories	531
Total Fat	13g
Saturated Fat	3.5g
Cholesterol	0mg
Sodium	193mg
Total Carbohydrate	54g
Dietary Fibre	10.2g
Total Sugars	27.7g
Protein	51.6g



## SWEET POTATO AVOCADO POUTINE WITH SAUCE

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 1 avocado, peeled, pitted, cut into slices
- 1 large sweet potato, cut into slices (as avocado)
- 15ml melted coconut oil
- Salt and pepper, to taste
- 30g vegan parmesan

### Sauce:

- 10ml melted coconut oil
- 1 shallot, diced
- 150g mushrooms, sliced
- Salt and pepper, to taste
- 1/3 tablespoon balsamic vinegar
- 1 teaspoon soy sauce
- 1 tablespoon cornstarch or tapioca starch
- 50ml almond milk
- 20ml vegetable stock
- Salt and pepper, to taste

### Instructions:

1. Heat oven to 200C.
2. Arrange sweet potato onto one small baking sheet and avocado on the other.
3. Drizzle with coconut oil and season to taste. Bake the potatoes 20 minutes, flipping halfway through and avocado for 13 minutes.
4. Once done remove from the oven and place aside.
5. In the meantime, heat coconut oil in a skillet.
6. Add shallots and cook 2 minutes.
7. Add mushrooms, balsamic vinegar, and soy sauce. Cook for 7 minutes.
8. Sprinkle the mushrooms with cornstarch and shake to coat. Add vegetable stock and almond milk and stir to prevent any starch lumps.
9. Cook for 5 minutes or until the mixture has the desired thickness. Remove from the heat and allow to cool a bit before blending in a food blender.
10. Remove the prepared avocado and sweet potato. Sprinkle with vegan parmesan and set under broiler for 2 minutes.
11. Arrange the sweet potatoes and avocado on a plate. Pour over the sauce and serve.

Calories	457
Total Fat	29.8g
Saturated Fat	15.9g
Cholesterol	0mg
Sodium	428mg
Total Carbohydrate	38.7g
Dietary Fibre	10.3g
Total Sugars	8.4g
Protein	13g

**TUESDAY**  
**ORANGE TAHINI SMOOTHIE**

Preparation time: 5 minutes  
Servings: 1

Ingredients:

- 1 orange, peeled, frozen (cut into segments before freezing)
- 250ml unsweetened almond milk
- 15g tahini
- 45g rice protein powder, vanilla flavor
- 30g boiled and mashed sweet potato
- 2 pitted dates

Instructions:

1. Place all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	482
Total Fat	8.4g
Saturated Fat	1.2g
Cholesterol	0mg
Sodium	275mg
Total Carbohydrate	50.3g
Dietary Fibre	9.2g
Total Sugars	33.3g
Protein	46.8g

## SWEET POTATO AVOCADO POUTINE WITH SAUCE - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 1 avocado, peeled, pitted, cut into slices
- 1 large sweet potato, cut into slices (as avocado)
- 15ml melted coconut oil
- Salt and pepper, to taste
- 30g vegan parmesan

### Sauce:

- 10ml melted coconut oil
- 1 shallot, diced
- 150g mushrooms, sliced
- Salt and pepper, to taste
- 1/3 tablespoon balsamic vinegar
- 1 teaspoon soy sauce
- 1 tablespoon cornstarch or tapioca starch
- 50ml almond milk
- 20ml vegetable stock
- Salt and pepper, to taste

### Instructions:

1. Heat oven to 200C.
2. Arrange sweet potato onto one small baking sheet and avocado on the other.
3. Drizzle with coconut oil and season to taste. Bake the potatoes 20 minutes, flipping halfway through and avocado for 13 minutes.
4. Once done remove from the oven and place aside.
5. In the meantime, heat coconut oil in a skillet.
6. Add shallots and cook 2 minutes.
7. Add mushrooms, balsamic vinegar, and soy sauce. Cook for 7 minutes.
8. Sprinkle the mushrooms with cornstarch and shake to coat. Add vegetable stock and almond milk and stir to prevent any starch lumps.
9. Cook for 5 minutes or until the mixture has the desired thickness. Remove from the heat and allow to cool a bit before blending in a food blender.
10. Remove the prepared avocado and sweet potato. Sprinkle with vegan parmesan and set under broiler for 2 minutes.
11. Arrange the sweet potatoes and avocado on a plate. Pour over the sauce and serve.

Calories	457
Total Fat	29.8g
Saturated Fat	15.9g
Cholesterol	0mg
Sodium	428mg
Total Carbohydrate	38.7g
Dietary Fibre	10.3g
Total Sugars	8.4g
Protein	13g

## GREEN DELIGHT

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 30g baby spinach
- 1 banana, sliced
- 20ml lemon juice
- 50g avocado
- 5g matcha powder
- 250ml almond milk
- 50g rice protein

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	570
Total Fat	16.7g
Saturated Fat	2.4g
Cholesterol	0mg
Sodium	481mg
Total Carbohydrate	60.3g
Dietary Fibre	8.3g
Total Sugars	33g
Protein	46.3g

## LENTIL TOFU SHAKSHUKA

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 15ml olive oil
- 1 small onion, diced
- ½ teaspoon cumin
- ½ teaspoon paprika
- 100g spinach
- 250g cooked green lentils
- 400g can crushed tomatoes or stained tomatoes
- ¼ cup chopped parsley
- Salt and pepper, to taste
- 220g firm tofu, drained

### Instructions:

1. Heat 10ml olive oil in a skillet over medium-high heat.
2. Add onion and cook stirring for 5 minutes.
3. Add tomatoes, cumin, paprika, spinach, and lentils.
4. Simmer over medium heat for 10 minutes.
5. In the meantime, cut tofu into rectangle slabs.
6. Heat a splash of oil in a clean skillet over medium-high heat.
7. Place tofu in heated oil and season with salt and freshly ground black pepper.
8. Cook the tofu for 3 minutes per side.
9. Stir parsley into the lentils. Add some water if needed and you feel the sauce is too thick.
10. Cook for 1 minute. Top the lentils with tofu.
11. Serve.

Calories	374
Total Fat	12.7g
Saturated Fat	2.1g
Cholesterol	0mg
Sodium	79mg
Total Carbohydrate	46.2g
Dietary Fibre	16.9g
Total Sugars	13.6g
Protein	24.3g

## WEDNESDAY CHOCOLATE AVOCADO PUDDING

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- ½ avocado, pitted, peeled
- 60ml almond milk
- 50g rice protein powder, chocolate flavor
- 15g cocoa powder
- 1 pinch cinnamon
- 1 pinch vanilla powder or few drops vanilla extract
- 10ml maple syrup
- 40g pitted cherries
- 10g coconut cream

### Instructions:

1. In a food blender combine, avocado, almond milk, protein powder, cacao, cinnamon, vanilla, and maple syrup.
2. Blend until smooth.
3. Transfer into a bowl and top with coconut cream and pitted cherries.

Calories	515
Total Fat	18.8g
Saturated Fat	4.7g
Cholesterol	0mg
Sodium	158mg
Total Carbohydrate	49.1g
Dietary Fibre	12.1g
Total Sugars	26.3g
Protein	46.6g

## LENTIL TOFU SHAKSHUKA - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 15ml olive oil
- 1 small onion, diced
- ½ teaspoon cumin
- ½ teaspoon paprika
- 100g spinach
- 250g cooked green lentils
- 400g can crushed tomatoes or stained tomatoes
- ¼ cup chopped parsley
- Salt and pepper, to taste
- 220g firm tofu, drained

### Instructions:

1. Heat 10ml olive oil in a skillet over medium-high heat.
2. Add onion and cook stirring for 5 minutes.
3. Add tomatoes, cumin, paprika, spinach, and lentils.
4. Simmer over medium heat for 10 minutes.
5. In the meantime, cut tofu into rectangle slabs.
6. Heat a splash of oil in a clean skillet over medium-high heat.
7. Place tofu in heated oil and season with salt and freshly ground black pepper.
8. Cook the tofu for 3 minutes per side.
9. Stir parsley into the lentils. Add some water if needed and you feel the sauce is too thick.
10. Cook for 1 minute. Top the lentils with tofu.
11. Serve.

Calories	374
Total Fat	12.7g
Saturated Fat	2.1g
Cholesterol	0mg
Sodium	79mg
Total Carbohydrate	46.2g
Dietary Fibre	16.9g
Total Sugars	13.6g
Protein	24.3g

## CHAI SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 150ml almond milk
- 70ml coconut milk
- 1 banana, frozen (slice before freezing)
- 5g tahini
- 5ml coconut oil
- 1 teaspoon cinnamon
- ¼ teaspoon cardamom
- ¼ teaspoon ginger powder
- 5ml maple syrup
- 45g rice protein, vanilla flavor

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	591
Total Fat	28.2g
Saturated Fat	19.3g
Cholesterol	0mg
Sodium	281mg
Total Carbohydrate	46.8g
Dietary Fibre	6.1g
Total Sugars	26g
Protein	41.7g

## CREAMY BAKED BEANS

Preparation time: 5 minutes

Cooking time: 40 minutes

Servings: 2

### Ingredients:

- 10ml olive oil
- 200g can butter beans
- 250g can red kidney beans
- 1 small leek, chopped
- 1 small sweet potato, peeled, cubed
- 1 clove garlic, minced
- 100g mushrooms, sliced
- 170ml vegetable stock
- 10g nutritional yeast
- 200g can crushed tomatoes
- Salt and pepper, to taste

### Instructions:

1. Heat olive oil in a saucepot.
2. Add garlic, leek, and mushrooms. Cook for 5 minutes over medium-high heat.
3. Add can crushed tomatoes and cook 5 minutes.
4. Add beans, sweet potato, vegetable stock and nutritional yeast.
5. Cook for 5 minutes, stirring.
6. In the meantime, heat oven to 180C.
7. Bake the beans in oven for 20 minutes.
8. Serve warm with fresh salad.

Calories	408
Total Fat	7.6g
Saturated Fat	2g
Cholesterol	0mg
Sodium	1109mg
Total Carbohydrate	71.8g
Dietary Fibre	17.7g
Total Sugars	6g
Protein	19.1g

## THURSDAY MORNING BOOSTER

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml unsweetened almond milk
- 2 dates, pitted
- 40g rice protein, chocolate flavor
- 1 extra small banana, sliced
- 10g cocoa nibs
- 20g peanut butter
- 10g chia seeds
- 10g hemp seeds

### Instructions:

1. Place all ingredients in a food bender.
2. Blend on high until smooth.
3. Serve.

Calories	593
Total Fat	27.6g
Saturated Fat	6.4g
Cholesterol	0mg
Sodium	331mg
Total Carbohydrate	47.7g
Dietary Fibre	10.8g
Total Sugars	24.3g
Protein	46g

## CREAMY BAKED BEANS - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 40 minutes

Servings: 2

### Ingredients:

- 10ml olive oil
- 200g can butter beans
- 250g can red kidney beans
- 1 small leek, chopped
- 1 small sweet potato, peeled, cubed
- 1 clove garlic, minced
- 100g mushrooms, sliced
- 170ml vegetable stock
- 10g nutritional yeast
- 200g can crushed tomatoes
- Salt and pepper, to taste

### Instructions:

1. Heat olive oil in a saucepot.
2. Add garlic, leek, and mushrooms. Cook for 5 minutes over medium-high heat.
3. Add can crushed tomatoes and cook 5 minutes.
4. Add beans, sweet potato, vegetable stock and nutritional yeast.
5. Cook for 5 minutes, stirring.
6. In the meantime, heat oven to 180C.
7. Bake the beans in oven for 20 minutes.
8. Serve warm with fresh salad.

Calories	408
Total Fat	7.6g
Saturated Fat	2g
Cholesterol	0mg
Sodium	1109mg
Total Carbohydrate	71.8g
Dietary Fibre	17.7g
Total Sugars	6g
Protein	19.1g

## BLACKBERRY CHIA SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 200ml unsweetened almond milk
- 80g blackberries
- 10g chia seeds
- 35g rice protein, vanilla flavor

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	244
Total Fat	5.9g
Saturated Fat	0.6g
Cholesterol	0mg
Sodium	42mg
Total Carbohydrate	14.6g
Dietary Fibre	8.4g
Total Sugars	5.9g
Protein	31.9g

## PROTEIN QUINOA BITES WITH CASHEW CREAM

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 2

### Ingredients:

#### Quinoa bites:

- 180g cooked quinoa
- 150g mashed sweet potato
- 60g can black beans, rinsed, drained
- 30g vegan blend protein powder
- 20g flax seeds
- 40ml water
- ½ tablespoon chopped cilantro
- 1 teaspoon cumin powder
- ½ teaspoon paprika
- ¼ teaspoon garlic powder
- Salt and pepper, to taste

#### Cashew cream:

- 100g raw cashew nuts, soaked overnight
- 10g nutritional yeast
- 35ml water
- 1 clove garlic, minced
- 15ml lemon juice
- Salt and pepper, to taste

### Instructions:

1. Combine flax seeds and water in a small bowl. Place aside for 10 minutes.
2. Preheat oven to 180C.
3. Grease 12-hole muffin tin with some oil.
4. In a large bowl, combine quinoa, mashed sweet potato, black beans, protein powder, cilantro, cumin, paprika, garlic, powder, and flax seeds mixture. Season to taste and mix until well combined.
5. Spoon the mixture into prepared muffin tin. Bake the quinoa bites for 15 minutes.
6. In the meantime, rinse and drain cashews. Place the nuts in a powerful food blender, along with the remaining cream ingredients. Blend on high until smooth.
7. Serve quinoa bites with cashew cream and some fresh salad.

Calories	682
Total Fat	30.4g
Saturated Fat	5g
Cholesterol	0mg
Sodium	77mg
Total Carbohydrate	67.9g
Dietary Fibre	13.2g
Total Sugars	7.1g
Protein	35.5g



## FRIDAY CHOCOLATE BANANA SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 50g vegan blend protein powder, chocolate flavor
- ½ small banana, sliced
- 250ml unsweetened almond milk
- 15g chia seeds
- 10g maca powder
- 2 ice cubes
- 30g almond butter

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	501
Total Fat	15.5g
Saturated Fat	0.8g
Cholesterol	0mg
Sodium	378mg
Total Carbohydrate	36.7g
Dietary Fibre	11.5g
Total Sugars	8.4g
Protein	53.8g

## PROTEIN QUINOA BITES WITH CASHEW CREAM - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 2

### Ingredients:

#### Quinoa bites:

- 180g cooked quinoa
- 150g mashed sweet potato
- 60g can black beans, rinsed, drained
- 30g vegan blend protein powder
- 20g flax seeds
- 40ml water
- ½ tablespoon chopped cilantro
- 1 teaspoon cumin powder
- ½ teaspoon paprika
- ¼ teaspoon garlic powder
- Salt and pepper, to taste

#### Cashew cream:

- 100g raw cashew nuts, soaked overnight
- 10g nutritional yeast
- 35ml water
- 1 clove garlic, minced
- 15ml lemon juice
- Salt and pepper, to taste

### Instructions:

1. Combine flax seeds and water in a small bowl. Place aside for 10 minutes.
2. Preheat oven to 180C.
3. Grease 12-hole muffin tin with some oil.
4. In a large bowl, combine quinoa, mashed sweet potato, black beans, protein powder, cilantro, cumin, paprika, garlic, powder, and flax seeds mixture. Season to taste and mix until well combined.
5. Spoon the mixture into prepared muffin tin. Bake the quinoa bites for 15 minutes.
6. In the meantime, rinse and drain cashews. Place the nuts in a powerful food blender, along with the remaining cream ingredients. Blend on high until smooth.
7. Serve quinoa bites with cashew cream and some fresh salad.

Calories	682
Total Fat	30.4g
Saturated Fat	5g
Cholesterol	0mg
Sodium	77mg
Total Carbohydrate	67.9g
Dietary Fibre	13.2g
Total Sugars	7.1g
Protein	35.5g

## SMOOTHIE WITH A KICK

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 200ml coconut water
- 10g almond butter
- 30g vegan blend protein
- 15g hemp seeds
- 5g chia seeds
- 1 good pinch chili powder
- ¼ small banana, frozen (slice before freezing)
- 50g pineapple, cut into chunks

### Instructions:

1. Place all ingredients into a food blender.
2. Blend until smooth. You can add some water to thin the smoothie.
3. Serve.

Calories	370
Total Fat	16.4g
Saturated Fat	1.5g
Cholesterol	0mg
Sodium	256mg
Total Carbohydrate	27.4g
Dietary Fibre	6.3g
Total Sugars	13.1g
Protein	32.5g

## CHICKPEA MANGO MIXED SALAD

Preparation time: 5 minutes

Cooking time: 15 minutes

Servings: 2

### Ingredients:

- ½ teaspoon curry powder
- ½ teaspoon coconut sugar
- ½ teaspoon ground coriander seeds
- ½ teaspoon ground mustard
- ¼ teaspoon ground cumin
- ½ teaspoon turmeric powder
- 20ml olive oil
- 1 small onion, diced
- 150g can chickpeas
- ½ head cauliflower, cut into florets
- 1 large mango, peeled, pitted, and cut into 2cm pieces
- 15g chopped cilantro
- 20ml lime juice
- ½ small jalapeno pepper, seeded, chopped
- 40g baby spinach
- 15g arugula
- Salt and pepper, to taste

### Instructions:

1. In a small bowl, combine curry powder, coconut sugar, ground coriander, mustard, cumin, turmeric powder, and two good pinches of salt and a pinch of pepper.
2. Bring 3cm water to a simmer over medium heat. Place the steaming basket over simmering water. Add cauliflower florets into the basket and cover. Steam the cauliflower for 3 minutes.
3. In the meantime, heat olive oil in a skillet over medium-high heat.
4. Cook onion in heated oil for 5 minutes. sprinkle the onion with the spice mix and continue to cook for 5 minutes.
5. Add chickpeas and cook 1 minute – just to warm through.
6. Transfer the chickpeas in a bowl.
7. Add steamed cauliflower into the same skillet and cook 5 minutes, gently tossing. The goal is to coat the cauliflower with the remaining spice mixture.
8. Transfer the cauliflower to the bowl with chickpeas. Allow to cool for 10 minutes.
9. After 10 minutes, add mango, chopped cilantro, lime juice, jalapeno, spinach, and arugula.
10. Season to taste and toss gently to combine.
11. Serve.

Calories	355
Total Fat	12g
Saturated Fat	1.7g
Cholesterol	0mg
Sodium	344mg
Total Carbohydrate	59g
Dietary Fibre	10.9g
Total Sugars	27.7g
Protein	9.4g

## SATURDAY

### CHERRY CHOCOLATE OVERNIGHT OATS

Preparation time: 5 minutes + inactive time

Servings: 1

#### Ingredients:

- 50g oats
- 170ml unsweetened almond milk
- 40g rice protein powder, chocolate flavor
- ¼ banana
- 5g cacao powder
- 50g pitted cherries
- 5g cacao nibs

#### Instructions:

1. Place almond milk, rice protein, banana, and cacao powder on a food blender.
2. Blend until smooth.
3. Place oats in a jar. Pour over the almond milk mixture and stir to combine.
4. Refrigerate overnight.
5. Stir gently in the morning and top with cherries and cacao nib. Add some milk if needed.
6. Serve.

Calories	496
Total Fat	9.5g
Saturated Fat	1.7g
Cholesterol	0mg
Sodium	305mg
Total Carbohydrate	58g
Dietary Fibre	12.4g
Total Sugars	12g
Protein	45.2g

## CHICKPEA MANGO MIXED SALAD - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 15 minutes

Servings: 2

#### Ingredients:

- ½ teaspoon curry powder
- ½ teaspoon coconut sugar
- ½ teaspoon ground coriander seeds
- ½ teaspoon ground mustard
- ¼ teaspoon ground cumin
- ½ teaspoon turmeric powder
- 20ml olive oil
- 1 small onion, diced
- 150g can chickpeas
- ½ head cauliflower, cut into florets
- 1 large mango, peeled, pitted, and cut into 2cm pieces
- 15g chopped cilantro
- 20ml lime juice
- ½ small jalapeno pepper, seeded, chopped
- 40g baby spinach
- 15g arugula
- Salt and pepper, to taste

#### Instructions:

1. In a small bowl, combine curry powder, coconut sugar, ground coriander, mustard, cumin, turmeric powder, and two good pinches of salt and a pinch of pepper.
2. Bring 3cm water to a simmer over medium heat. Place the steaming basket over simmering water. Add cauliflower florets into the basket and cover. Steam the cauliflower for 3 minutes.
3. In the meantime, heat olive oil in a skillet over medium-high heat.
4. Cook onion in heated oil for 5 minutes. sprinkle the onion with the spice mix and continue to cook for 5 minutes.
5. Add chickpeas and cook 1 minute – just to warm through.
6. Transfer the chickpeas in a bowl.
7. Add steamed cauliflower into the same skillet and cook 5 minutes, gently tossing. The goal is to coat the cauliflower with the remaining spice mixture.
8. Transfer the cauliflower to the bowl with chickpeas. Allow to cool for 10 minutes.
9. After 10 minutes, add mango, chopped cilantro, lime juice, jalapeno, spinach, and arugula.
10. Season to taste and toss gently to combine.
11. Serve.

Calories	355
Total Fat	12g
Saturated Fat	1.7g
Cholesterol	0mg
Sodium	344mg
Total Carbohydrate	59g
Dietary Fibre	10.9g
Total Sugars	27.7g
Protein	9.4g

## BLUSHED APRICOT

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 150ml coconut milk
- 100ml unsweetened almond milk
- 60g strawberries
- 40g peaches
- 40g rice protein, vanilla flavor
- 2 ice cubes

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	504
Total Fat	31.8g
Saturated Fat	25.7g
Cholesterol	0mg
Sodium	217mg
Total Carbohydrate	20.4g
Dietary Fibre	5.6g
Total Sugars	13.2g
Protein	37g

## RED LENTIL DAL WITH KALE

Preparation time: 5 minutes

Cooking time: 40 minutes

Servings: 2

### Ingredients:

- 195g dry red lentils
- 650ml water
- 1 small yellow onion, chopped
- ½ brown onion, thinly sliced
- 80g can chopped tomatoes
- 60g kale
- ¼ teaspoon ground cumin
- ¼ teaspoon ground coriander
- 1 pinch cayenne pepper
- 1/8 teaspoon ground turmeric
- 10ml olive oil
- ¼ teaspoon black mustard seeds
- ¼ teaspoon cumin seeds
- 80ml coconut milk
- Salt, to taste

### Instructions:

1. In a saucepot, combine lentils, water, yellow onion, tomato, cumin, coriander, turmeric, cayenne pepper, and salt.
2. Bring to a boil over medium-high heat.
3. Reduce heat and simmer 30 minutes.
4. In the meantime, heat olive oil in a skillet.
5. Once the hot, add mustard and cumin seeds.
6. Cover the skillet and cook until the seeds begin to pop. Add in onion and cook for few minutes.
7. Add the spice mixture, kale, and coconut milk into the dal. Cook 10 minutes.
8. Serve warm.

Calories	535
Total Fat	15.6g
Saturated Fat	9.4g
Cholesterol	0mg
Sodium	29mg
Total Carbohydrate	73g
Dietary Fibre	32.9g
Total Sugars	6.9g
Protein	28.4g

## SUNDAY RAW BUCKWHEAT PORRIDGE

Preparation time: 10 minutes

Servings: 1

### Ingredients:

- 60g buckwheat groats, soaked in water overnight
- 50g raspberries, frozen
- 200ml unsweetened almond milk
- 40g rice protein, vanilla flavor
- 1 date, pitted
- 5g cha seeds
- 10g ground flax seeds
- 1 pinch cinnamon
- 10g hemp seeds
- 20g slivered almonds
- 20g frozen blueberries

Calories	719
Total Fat	24.9g
Saturated Fat	1.9g
Cholesterol	0mg
Sodium	358mg
Total Carbohydrate	75.6g
Dietary Fibre	20.1g
Total Sugars	12.5g
Protein	51.8g

### Instructions:

1. Drain buckwheat and place in a food blender with frozen raspberries, almond milk, rice protein, date, chia, flax and cinnamon.
2. Blend until smooth.
3. Transfer into a bowl and top with hemp seeds, almonds, and blueberries.
4. Serve.

## RED LENTIL DAL WITH KALE - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 40 minutes

Servings: 2

### Ingredients:

- 195g dry red lentils
- 650ml water
- 1 small yellow onion, chopped
- ½ brown onion, thinly sliced
- 80g can chopped tomatoes
- 60g kale
- ¼ teaspoon ground cumin
- ¼ teaspoon ground coriander
- 1 pinch cayenne pepper
- 1/8 teaspoon ground turmeric
- 10ml olive oil
- ¼ teaspoon black mustard seeds
- ¼ teaspoon cumin seeds
- 80ml coconut milk
- Salt, to taste

Calories	535
Total Fat	15.6g
Saturated Fat	9.4g
Cholesterol	0mg
Sodium	29mg
Total Carbohydrate	73g
Dietary Fibre	32.9g
Total Sugars	6.9g
Protein	28.4g

### Instructions:

1. In a saucepot, combine lentils, water, yellow onion, tomato, cumin, coriander, turmeric, cayenne pepper, and salt.
2. Bring to a boil over medium-high heat.
3. Reduce heat and simmer 30 minutes.
4. In the meantime, heat olive oil in a skillet.
5. Once the hot, add mustard and cumin seeds.
6. Cover the skillet and cook until the seeds begin to pop. Add in onion and cook for few minutes.
7. Add the spice mixture, kale, and coconut milk into the dal. Cook 10 minutes.
8. Serve warm.

## PINEAPPLE HEMP SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml unsweetened almond milk
- 40g rice protein powder
- 25g hemp seeds
- 60g pineapple, frozen
- ½ small banana

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	447
Total Fat	18.5g
Saturated Fat	0.7g
Cholesterol	0mg
Sodium	435mg
Total Carbohydrate	14.3g
Dietary Fibre	4g
Total Sugars	5.5g
Protein	52.1g

## ASPARAGUS PEA SOUP

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 10ml olive oil
- 180g asparagus, trimmed
- 250g green peas
- 2 cloves garlic, minced
- ½ shallot, thinly sliced
- 200ml unsweetened almond milk
- 170ml vegetable stock
- 10g nutritional yeast
- 10ml lemon juice
- Salt and pepper, to taste

### Instructions:

1. Preheat oven to 200C.
2. Arrange asparagus on a baking sheet and drizzle with 5ml olive oil, and season to taste with salt and pepper.
3. Roast for 15 minutes.
4. Heat remaining oil in a saucepot.
5. Add garlic and shallot. Cook 2-3 minutes or until gently brown.
6. Add peas, almond milk, and vegetable stock.
7. Simmer 5 minutes. Remove from heat and allow to cool down a bit.
8. Transfer the soup into a food blender and add asparagus.
9. Blend until creamy.
10. Place back the soup in a saucepot. Add nutritional yeast and simmer 3 minutes.
11. Remove the soup from heat and stir in lemon juice.
12. Serve.

Calories	230
Total Fat	8.8g
Saturated Fat	1.6g
Cholesterol	0mg
Sodium	419mg
Total Carbohydrate	28.1g
Dietary Fibre	10.6g
Total Sugars	9.6g
Protein	12.7g

# Week 3 - 1900cal

## GROCERY LIST

### Fruits:

- Banana; 5 pieces
- Raspberries; 70g
- Blueberries; 40g
- Apricots; 20g
- Strawberries; 210g
- Avocado; 2 pieces
- Orange, medium; 1 piece
- Dates; 4 pieces
- Lemon; 1 piece
- Cherries, pitted; 90g
- Blackberries; 80g
- Pineapple; 110g
- Mango, large; 1 piece
- Lime; 1 piece
- Peaches; 40g

### Vegetables:

- Sweet potatoes, large; 3 potatoes
- Shallot; 1 piece
- Spinach, baby; 70g
- Onion, small; 3 pieces
- Onion, brown; 1 piece
- Spinach; 100g
- Leek, small; 1 piece
- Garlic; 2 cloves
- Mushrooms; 100g
- Cauliflower, medium head; ½ head
- Jalapeno; 1 small
- Arugula; 15g
- Kale; 60g
- Asparagus; 180g
- Peas; 250g

### Grains and Cereals:

- Oats, rolled; 105g
- Quinoa, cooked; 220g
- Buckwheat groats; 60g

### Can Products:

- Can chickpeas; 150g
- Can black beans; 60g
- Can red kidney beans; 250g
- Can butter beans; 200g
- Can crushed tomatoes; 600g

### Beans and Legumes:

- Green lentils, cooked; 250g
- Red lentils, dry; 19

### Spices and Herbs:

- Cumin
- Paprika
- Parsley
- Vanilla extract
- Ginger
- Cardamom
- Cilantro
- Curry Powder
- Chili Powder
- Garlic powder
- Balsamic vinegar
- Soy sauce

### Butter; and Oil:

- Coconut oil; 30ml
- Tahini; 20g
- Olive oil; 65g
- Peanut butter; 20g
- Almond butter; 40g

### Nuts and Seeds:

- Almonds, slivered; 20g
- Cashews, raw; 100g
- Hemp seeds; 50g
- Chia seeds; 50g
- Flax seeds; 55g
- Almonds, whole; 6 pieces

### Soy Products:

- Soy milk, sweetened; 250ml
- Tofu, silken; 220g

### Non-Dairy:

- Coconut milk, sweetened; 300ml
- Almond milk, unsweetened; 1870ml
- Coconut cream; 25g
- Almond milk, sweetened; 680ml

### Protein Powder:

- Rice protein, vanilla flavor; 285g
- Rice protein, unflavored; 90g
- Rice protein, chocolate flavor; 130g
- Vegan blend protein powder, unflavored; 60g
- Vegan blend protein powder, chocolate; 50g

### Sweeteners:

- Maple syrup; 10ml
- Coconut sugar; ½ teaspoon

### Additional:

- Cacao powder; 5g
- Coconut water; 200ml
- Maca powder; 10g
- Cacao nibs; 15g
- Nutritional yeast; 30g
- Vegetable stock; 170ml
- Matcha green tea powder; 5g
- Vegan parmesan; 30g

## Week 4 - 1900 Cal

### MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFASTS	Raspberry Power Bowl	Morning Booster	Frozen Breakfast	Strawberry Shortcake Smoothie	Faux Oatmeal with Strawberries	Carrot Orange Oats	Raspberry Oats and Seeds Smoothie
LUNCH	Asparagus Pea Soup – previous night dinner	Portabella with Béarnaise Sauce – previous night dinner	Mushroom Quinoa risotto – previous night dinner	Kidney Burrito Bowl – previous night dinner	Lentils Moussaka – previous night dinner	Pepper Chickpea Stew with Hazelnuts – previous night dinner	Lentils Beet Salad – previous night dinner
SNACKS	Mighty Green	Strawberry Muffin Smoothie	Blackberry Mint Smoothie	Creamy Chocolate Smoothie	Blueberry Nut Smoothie	Cashew Date Smoothie	Pina Colada Smoothie
DINNER	Portabella with Béarnaise Sauce	Mushroom Quinoa risotto	Kidney Burrito Bowl	Lentils Moussaka	Pepper Chickpea Stew with Hazelnuts	Lentils Beet Salad	Moroccan Chickpeas with Sweet Potato Mash



## MONDAY

### RASPBERRY POWER BOWL

Preparation time: 5 minutes

Cooking time: 10 minutes

Servings: 1

#### Ingredients:

- 130g cooked quinoa
- 130ml unsweetened soy milk
- 40g rice protein powder
- 10g pea protein powder, vanilla flavor
- ¼ teaspoon cinnamon
- ½ teaspoon vanilla extract
- 60g raspberries
- 5g chia seeds
- 10g pistachios, chopped
- 10ml maple syrup

#### Instructions:

1. Combine quinoa, soy milk, and cinnamon in a saucepot.
2. Bring to a boil over medium-high heat.
3. Reduce heat and simmer 10 minutes.
4. Remove from the heat and stir in protein powder, maple syrup, chia seeds, and vanilla extract.
5. Stir to combine.
6. Transfer the mixture into a bowl. Top with raspberries and chopped pistachio.

Calories	519
Total Fat	11.8g
Saturated Fat	1g
Cholesterol	0mg
Sodium	251mg
Total Carbohydrate	55.5g
Dietary Fibre	10.9g
Total Sugars	19.8g
Protein	50g

## ASPARAGUS PEA SOUP - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

#### Ingredients:

- 10ml olive oil
- 180g asparagus, trimmed
- 250g green peas
- 2 cloves garlic, minced
- ½ shallot, thinly sliced
- 200ml unsweetened almond milk
- 170ml vegetable stock
- 10g nutritional yeast
- 10ml lemon juice
- Salt and pepper, to taste

#### Instructions:

1. Preheat oven to 200C.
2. Arrange asparagus on a baking sheet and drizzle with 5ml olive oil, and season to taste with salt and pepper.
3. Roast for 15 minutes.
4. Heat remaining oil in a saucepot.
5. Add garlic and shallot. Cook 2-3 minutes or until gently brown.
6. Add peas, almond milk, and vegetable stock.
7. Simmer 5 minutes. Remove from heat and allow to cool down a bit.
8. Transfer the soup into a food blender and add asparagus.
9. Blend until creamy.
10. Place back the soup in a saucepot. Add nutritional yeast and simmer 3 minutes.
11. Remove the soup from heat and stir in lemon juice.
12. Serve.

Calories	230
Total Fat	8.8g
Saturated Fat	1.6g
Cholesterol	0mg
Sodium	419mg
Total Carbohydrate	28.1g
Dietary Fibre	10.6g
Total Sugars	9.6g
Protein	12.7g

## MIGHTY GREEN

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 30g baby spinach
- 1 large banana, sliced
- 60g avocado
- 50g blueberries, frozen
- 300ml vanilla soy milk
- 50g rice protein

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	631
Total Fat	17.7g
Saturated Fat	3.3g
Cholesterol	0mg
Sodium	242mg
Total Carbohydrate	68.2g
Dietary Fibre	11.2g
Total Sugars	36.5g
Protein	54.2g

## PORTABELLA WITH BÉARNAISE SAUCE

Preparation time: 30 minutes

Cooking time: 10 minutes

Servings: 2

### Ingredients:

#### Sauce:

- 50g vegan butter
- 30ml white wine vinegar
- 15ml dry white wine
- ½ shallot, minced
- 1 spring tarragon, chopped
- 10g nutritional yeast
- 110g silken tofu
- 1 pinch ground turmeric
- Salt and pepper, to taste
- ½ tablespoon chopped parsley

#### Marinade:

- 60ml balsamic vinegar
- 60ml red wine
- 30ml olive oil
- 30ml tamari sauce
- 1 clove garlic minced
- 15ml vegan Worcestershire sauce

#### Mushrooms:

- 6 portabella mushrooms, stems removed
- ¼ teaspoon paprika
- ¼ teaspoon oregano
- ¼ teaspoon ground cumin
- ¼ teaspoon ground coriander
- Salt and pepper, to taste
- Olive oil, for brushing

### Instructions:

1. Make the sauce; melt butter over medium heat. Place aside.
2. In a separate saucepan, combine white vinegar, white wine, shallot, and half the tarragon. Simmer over medium-high heat for 15 minutes. The mixture should reduce.
3. Strain the mixture into food blender. Discard any solids. Add nutritional yeast, tofu, and turmeric in the blender. Blend until smooth. Set the blender to low speed and gradually add melted vegan butter. Blend until cream.
4. Transfer the sauce in a clean saucepan. Simmer until begins to thicken. Remove from the heat and place aside. Stir in remaining tarragon and parsley
5. In the meantime, combine all the marinade ingredients. Add mushrooms and marinade for desired amount of time. You can marinate from 20 minutes up to overnight.
6. Preheat your grill or grill pan to medium-high heat. Season the mushrooms with paprika, oregano, cumin, coriander, salt, and pepper.
7. Brush the mushrooms gently with olive oil. Grill the mushrooms on the grill or grill pan for 4 minutes per side.
8. Serve mushrooms, drizzled with Béarnaise sauce.

Calories	475
Total Fat	36.1g
Saturated Fat	8.6g
Cholesterol	0mg
Sodium	1103mg
Total Carbohydrate	20.4g
Dietary Fibre	3.8g
Total Sugars	8.4g
Protein	12.4g

## TUESDAY MORNING BOOSTER

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml unsweetened almond milk
- 2 dates, pitted
- 40g rice protein, chocolate flavor
- 1 extra small banana, sliced
- 10g cocoa nibs
- 20g peanut butter
- 10g chia seeds
- 10g hemp seeds

### Instructions:

1. Place all ingredients in a food bender.
2. Blend on high until smooth.
3. Serve.

Calories	593
Total Fat	27.6g
Saturated Fat	6.4g
Cholesterol	0mg
Sodium	331mg
Total Carbohydrate	47.7g
Dietary Fibre	10.8g
Total Sugars	24.3g
Protein	46g

## PORTABELLA WITH BÉARNAISE SAUCE - PREVIOUS NIGHT DINNER

Preparation time: 30 minutes

Cooking time: 10 minutes

Servings: 2

### Ingredients:

#### Sauce:

- 50g vegan butter
- 30ml white wine vinegar
- 15ml dry white wine
- ½ shallot, minced
- 1 spring tarragon, chopped
- 10g nutritional yeast
- 110g silken tofu
- 1 pinch ground turmeric
- Salt and pepper, to taste
- ½ tablespoon chopped parsley

#### Marinade:

- 60ml balsamic vinegar
- 60ml red wine
- 30ml olive oil
- 30ml tamari sauce
- 1 clove garlic minced
- 15ml vegan Worcestershire sauce

#### Mushrooms:

- 6 portabella mushrooms, stems removed
- ¼ teaspoon paprika
- ¼ teaspoon oregano
- ¼ teaspoon ground cumin
- ¼ teaspoon ground coriander
- Salt and pepper, to taste
- Olive oil, for brushing

### Instructions:

1. Make the sauce; melt butter over medium heat. Place aside.
2. In a separate saucepan, combine white vinegar, white wine, shallot, and half the tarragon. Simmer over medium-high heat for 15 minutes. The mixture should reduce.
3. Strain the mixture into food blender. Discard any solids. Add nutritional yeast, tofu, and turmeric in the blender. Blend until smooth. Set the blender to low speed and gradually add melted vegan butter. Blend until cream.
4. Transfer the sauce in a clean saucepan. Simmer until begins to thicken. Remove from the heat and place aside. Stir in remaining tarragon and parsley
5. In the meantime, combine all the marinade ingredients. Add mushrooms and marinade for desired amount of time. You can marinate from 20 minutes up to overnight.
6. Preheat your grill or grill pan to medium-high heat. Season the mushrooms with paprika, oregano, cumin, coriander, salt, and pepper.
7. Brush the mushrooms gently with olive oil. Grill the mushrooms on the grill or grill pan for 4 minutes per side.
8. Serve mushrooms, drizzled with Béarnaise sauce.

Calories	475
Total Fat	36.1g
Saturated Fat	8.6g
Cholesterol	0mg
Sodium	1103mg
Total Carbohydrate	20.4g
Dietary Fibre	3.8g
Total Sugars	8.4g
Protein	12.4g

# STRAWBERRY MUFFIN SMOOTHIE

Preparation time: 5 minutes  
Servings: 1

Ingredients:

- 300ml almond milk
- 100g fresh raspberries
- 20g oats
- 5g chia seeds
- 50g rice protein, vanilla flavor
- 6 almonds
- ¼ teaspoon lemon zest, finely grated

Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	494
Total Fat	15.9g
Saturated Fat	1.4g
Cholesterol	0mg
Sodium	243mg
Total Carbohydrate	39.7g
Dietary Fibre	8.1g
Total Sugars	14.7g
Protein	48.6g

# MUSHROOM QUINOA RISOTTO

Preparation time: 5 minutes  
Cooking time: 25 minutes  
Servings: 2

Ingredients:

- 100g dry quinoa
- 400g mushrooms
- ¼ teaspoon fresh thyme, chopped
- 1 clove garlic, minced
- 20g tahini
- 20ml olive oil
- ½ tablespoon nutritional yeast
- 1 teaspoon miso
- 450ml vegetable stock
- Salt and pepper, to taste
- Parsley, to garnish

Instructions:

1. Heat 10ml olive oil in a skillet over medium-high heat.
2. Add mushrooms and cook for 4 minutes. add thyme, salt, and pepper. Cook for 1-2 minutes. remove from the heat and place aside.
3. Heat remaining olive oil in a clean skillet.
4. Add garlic and cook until fragrant. Add quinoa and cook for 1 minute.
5. Add the stock and bring to a boil. Reduce heat and simmer 12 minutes.
6. Stir in the mushrooms and cook 5 minutes.
7. Turn off the heat and stir in tahini, nutritional yeast, and miso. Stir well and if the mixture is a bit too sticky you can add some vegetable stock. Let the risotto stand for 3 minutes.
8. Serve garnished with parsley.

Calories	403
Total Fat	20.5g
Saturated Fat	4.2g
Cholesterol	0mg
Sodium	740mg
Total Carbohydrate	45.9g
Dietary Fibre	7.9g
Total Sugars	5.4g
Protein	18g

## WEDNESDAY FROZEN BREAKFAST

Preparation time: 10 minutes

Servings: 1

### Ingredients:

- 140g mixed frozen berries (just freeze for 1 hour or thaw partially)
- 50g rice protein powder
- 40g oats
- 300ml soy milk
- 15g sliced almonds

### Instructions:

1. Combine berries, oats, and sliced almonds in a bowl.
2. Combine soy milk and protein powder in a jar with lid.
3. Close the jar with lid and shake vigorously.
4. Pour the milk over berries and oats. Let it stand 10 minutes.
5. Serve.

Calories	676
Total Fat	16g
Saturated Fat	1.7g
Cholesterol	0mg
Sodium	220mg
Total Carbohydrate	71.5g
Dietary Fibre	12.8g
Total Sugars	25.9g
Protein	60.1g

## MUSHROOM QUINOA RISOTTO - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 25 minutes

Servings: 2

### Ingredients:

- 100g dry quinoa
- 400g mushrooms
- ¼ teaspoon fresh thyme, chopped
- 1 clove garlic, minced
- 20g tahini
- 20ml olive oil
- ½ tablespoon nutritional yeast
- 1 teaspoon miso
- 450ml vegetable stock
- Salt and pepper, to taste
- Parsley, to garnish

### Instructions:

1. Heat 10ml olive oil in a skillet over medium-high heat.
2. Add mushrooms and cook for 4 minutes. add thyme, salt, and pepper. Cook for 1-2 minutes. remove from the heat and place aside.
3. Heat remaining olive oil in a clean skillet.
4. Add garlic and cook until fragrant. Add quinoa and cook for 1 minute.
5. Add the stock and bring to a boil. Reduce heat and simmer 12 minutes.
6. Stir in the mushrooms and cook 5 minutes.
7. Turn off the heat and stir in tahini, nutritional yeast, and miso. Stir well and if the mixture is a bit too sticky you can add some vegetable stock. Let the risotto stand for 3 minutes.
8. Serve garnished with parsley.

Calories	403
Total Fat	20.5g
Saturated Fat	4.2g
Cholesterol	0mg
Sodium	740mg
Total Carbohydrate	45.9g
Dietary Fibre	7.9g
Total Sugars	5.4g
Protein	18g

## BLACKBERRY MINT SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml almond milk
- 100g blackberries
- 5g mint leaves
- 30g rice protein powder

### Instructions:

1. Blend all ingredients in a food blender on high until smooth.
2. Serve.

Calories	251
Total Fat	2.3g
Saturated Fat	0g
Cholesterol	0mg
Sodium	209mg
Total Carbohydrate	16.1g
Dietary Fibre	7.2g
Total Sugars	7.8g
Protein	41.7g

## KIDNEY BURRITO BOWL

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 280g can red kidney beans
- 200g jar crushed tomatoes
- 1 onion, thinly sliced
- 1 red bell pepper, seeded, sliced
- 1 yellow bell pepper, seeded, sliced
- 1 green bell pepper, seeded, sliced
- 15ml coconut oil
- 30g vegan sour cream
- 100g can corn
- 2 teaspoons chili powder
- 2 teaspoons paprika
- 1 teaspoon taco seasoning
- 120ml water
- 1 avocado, peeled, pitted, and sliced

### Instructions:

1. Heat coconut oil in a skillet.
2. Add onion and bell peppers. Cook for 7 minutes over medium-high heat.
3. Add the tomatoes, corn, and beans, cook 5 minutes.
4. Add all spices, and water. Simmer 20 minutes.
5. Divide between two serving bowls.
6. Top with sour cream and avocado.
7. Serve.

Calories	524
Total Fat	25.6g
Saturated Fat	10.9g
Cholesterol	0mg
Sodium	910mg
Total Carbohydrate	68.9g
Dietary Fibre	21.6g
Total Sugars	12.4g
Protein	15.5g



## THURSDAY STRAWBERRY SHORTCAKE SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 300ml organic almond milk
- 150g strawberries
- 30g oats
- 40g rice protein, vanilla flavor
- 2 dates, pitted
- ½ tablespoon flax seeds, ground

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	487
Total Fat	11.7g
Saturated Fat	1.1g
Cholesterol	0mg
Sodium	232mg
Total Carbohydrate	56.3g
Dietary Fibre	8.3g
Total Sugars	26g
Protein	40.2g

## KIDNEY BURRITO BOWL - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 280g can red kidney beans
- 200g jar crushed tomatoes
- 1 onion, thinly sliced
- 1 red bell pepper, seeded, sliced
- 1 yellow bell pepper, seeded, sliced
- 1 green bell pepper, seeded, sliced
- 15ml coconut oil
- 30g vegan sour cream
- 100g can corn
- 2 teaspoons chili powder
- 2 teaspoons paprika
- 1 teaspoon taco seasoning
- 120ml water
- 1 avocado, peeled, pitted, and sliced

### Instructions:

1. Heat coconut oil in a skillet.
2. Add onion and bell peppers. Cook for 7 minutes over medium-high heat.
3. Add the tomatoes, corn, and beans, cook 5 minutes.
4. Add all spices, and water. Simmer 20 minutes.
5. Divide between two serving bowls.
6. Top with sour cream and avocado.
7. Serve.

Calories	524
Total Fat	25.6g
Saturated Fat	10.9g
Cholesterol	0mg
Sodium	910mg
Total Carbohydrate	68.9g
Dietary Fibre	21.6g
Total Sugars	12.4g
Protein	15.5g

## CREAMY CHOCOLATE SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 80g avocado
- 300ml vanilla soy milk
- 1 tablespoon cocoa powder
- 40g rice protein, chocolate flavor
- ½ small banana, sliced

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	515
Total Fat	18.4g
Saturated Fat	2.8g
Cholesterol	0mg
Sodium	214mg
Total Carbohydrate	42.3g
Dietary Fibre	9.9g
Total Sugars	19.5g
Protein	49.2g

## LENTILS MOUSSAKA

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 1

### Ingredients:

- 1 tablespoon olive oil
- 1 small onion, diced
- 1 clove garlic, minced
- ½ medium celery stalk
- 1 medium carrot, sliced
- 350g potatoes, peeled, sliced
- 350g baby spinach
- 130g can lentil, rinsed, drained
- 180g can chopped tomatoes
- 15g vegan parmesan
- ½ teaspoon chopped thyme
- Salt and pepper, to taste

### Instructions:

1. Heat olive oil in a skillet.
2. Add onion, celery, carrot and garlic. Cook for 4 minutes stirring.
3. Add spinach and cook until wilted.
4. Add lentils and half the tomatoes. Bring to a boil and reduce heat. Simmer until the liquid is absorbed.
5. Place a thin layer of potatoes in a lightly-greased baking dish.
6. Top with half the lentils. Repeat the layer of potatoes and cover with the remaining lentils. Finish with the third potato layer.
7. Bake the moussaka for 25 minutes.
8. Remove from the oven and sprinkle with vegan parmesan. Continue to bake for 2 minutes.
9. Serve.

Calories	353
Total Fat	8.3g
Saturated Fat	1.2g
Cholesterol	0mg
Sodium	418mg
Total Carbohydrate	54.7g
Dietary Fibre	11.8g
Total Sugars	5.9g
Protein	17.4g

## FRIDAY

### FAUX OATMEAL WITH STRAWBERRIES

Preparation time: 5 minutes

Cooking time: 7 minutes

Servings: 1

#### Ingredients:

- 15g desiccated coconut
- 20g coconut chips
- 20g slivered almonds
- 15g chia seeds
- 50ml coconut milk
- 40g rice protein powder, vanilla flavor
- ½ teaspoon cinnamon
- 20g strawberries, sliced

#### Instructions:

1. Heat a skillet over medium-high heat.
2. Add slivered almonds and toast for 2 minutes, gently shaking.
3. Remove from the heat and add coconut chips, chia seeds, and desiccated coconut.
4. Pour in coconut milk and place back on the heat.
5. Cook 5 minutes, stirring.
6. Remove from the heat and stir in protein powder.
7. Transfer into a bowl and top with sliced strawberries.

Calories	646
Total Fat	41.3g
Saturated Fat	25.2g
Cholesterol	0mg
Sodium	60mg
Total Carbohydrate	32.8g
Dietary Fibre	14g
Total Sugars	14.3g
Protein	43.5g

## LENTILS MOUSSAKA - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 1

#### Ingredients:

- 1 tablespoon olive oil
- 1 small onion, diced
- 1 clove garlic, minced
- ½ medium celery stalk
- 1 medium carrot, sliced
- 350g potatoes, peeled, sliced
- 350g baby spinach
- 130g can lentil, rinsed, drained
- 180g can chopped tomatoes
- 15g vegan parmesan
- ½ teaspoon chopped thyme
- Salt and pepper, to taste

#### Instructions:

1. Heat olive oil in a skillet.
2. Add onion, celery, carrot and garlic. Cook for 4 minutes stirring.
3. Add spinach and cook until wilted.
4. Add lentils and half the tomatoes. Bring to a boil and reduce heat. Simmer until the liquid is absorbed.
5. Place a thin layer of potatoes in a lightly-greased baking dish.
6. Top with half the lentils. Repeat the layer of potatoes and cover with the remaining lentils. Finish with the third potato layer.
7. Bake the moussaka for 25 minutes.
8. Remove from the oven and sprinkle with vegan parmesan. Continue to bake for 2 minutes.
9. Serve.

Calories	353
Total Fat	8.3g
Saturated Fat	1.2g
Cholesterol	0mg
Sodium	418mg
Total Carbohydrate	54.7g
Dietary Fibre	11.8g
Total Sugars	5.9g
Protein	17.4g

## BLUEBERRY NUT SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 300ml water
- 60g rice protein, vanilla flavor
- 15g almond butter
- 4 ice cubes
- 190g blueberries
- 20g pecans

### Instructions:

1. Blend all ingredients in a food blender until smooth.
2. Serve.

Calories	440
Total Fat	16g
Saturated Fat	1.5g
Cholesterol	0mg
Sodium	81mg
Total Carbohydrate	23.5g
Dietary Fibre	4.8g
Total Sugars	13.8g
Protein	52g

## PEPPER CHICKPEA STEW WITH HAZELNUTS

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 15ml olive oil
- 1 small onion, diced
- 2 cloves garlic, thinly sliced
- ½ teaspoon cumin seeds
- 150g can crushed tomatoes
- 100g sliced cherry tomatoes
- 3 bell peppers, red and yellow
- 250g can chickpeas, rinsed, and drained
- 25g coconut yogurt
- Salt and pepper, to taste

### Hazelnuts:

- 30g raw hazelnuts
- ½ tablespoon cumin seeds
- ½ tablespoon coriander seeds
- 1 ½ tablespoons sesame seeds
- 1 tablespoon sunflower seeds
- 1 sprig thyme, chopped, leaves only
- ¼ teaspoon red chili flakes
- Salt and pepper, to taste

### Instructions:

1. Turn on the gas and grab bell peppers with tongues. Set the peppers over the open flame and keep that way until charred and blistered.
2. Place the peppers in a plastic foil and wrap. Place aside for 10 minutes. Peel, and deseed after and chop roughly.
3. Heat olive oil in a skillet.
4. Add onion and cook over medium heat for 10 minutes. Add garlic and spices and cook 30 seconds.
5. Add tomatoes (can and fresh), peppers, and chickpeas. Cook on low heat for 20 minutes.
6. Season to taste and add coconut yogurt. Simmer for 5 minutes.
7. In the meantime, make the hazelnuts; heat oven to 160C. Combine hazelnuts and seeds on a roasting tray.
8. Dry-toast for 12 minutes, or in a dry skillet over medium-heat until the seeds begin to pop.
9. Transfer the seeds and hazelnuts in a food blender. Add remaining ingredients and process until coarse.
10. Serve chickpeas in a bowl and sprinkle with hazelnut mixture.

Calories	456
Total Fat	22.7g
Saturated Fat	2.7g
Cholesterol	0mg
Sodium	539mg
Total Carbohydrate	55.3g
Dietary Fibre	13.8g
Total Sugars	11.2g
Protein	14.3g

**SATURDAY**  
**CARROT ORANGE OATS**

Preparation time: 5 minutes

Cooking time: 5 minutes

Servings: 1

**Ingredients:**

- 50g oats
- 180ml soy milk
- 35g rice protein powder, vanilla flavor
- 15g carrot, grated
- ½ teaspoon all spice
- 15ml orange juice
- 10ml maple syrup
- 5g sultanas
- 20g almonds, crushed

**Instructions:**

1. Combine oats and milk in a small saucepan.
2. Set over medium heat and bring to a gentle simmer.
3. Stir in carrot, all spice, and maple syrup.
4. Cook 2 minutes and stir in orange juice. Continue to cook 2 minutes more.
5. Remove from the heat and stir in rice protein.
6. Transfer into the bowl and top with sultanas and almonds. Serve.

Calories	589
Total Fat	16.9g
Saturated Fat	1.8g
Cholesterol	0mg
Sodium	140mg
Total Carbohydrate	63.9g
Dietary Fibre	9.2g
Total Sugars	19.4g
Protein	47.3g

## PEPPER CHICKPEA STEW WITH HAZELNUTS - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 15ml olive oil
- 1 small onion, diced
- 2 cloves garlic, thinly sliced
- ½ teaspoon cumin seeds
- 150g can crushed tomatoes
- 100g sliced cherry tomatoes
- 3 bell peppers, red and yellow
- 250g can chickpeas, rinsed, and drained
- 25g coconut yogurt
- Salt and pepper, to taste

### Hazelnuts:

- 30g raw hazelnuts
- ½ tablespoon cumin seeds
- ½ tablespoon coriander seeds
- 1 ½ tablespoons sesame seeds
- 1 tablespoon sunflower seeds
- 1 sprig thyme, chopped, leaves only
- ¼ teaspoon red chili flakes
- Salt and pepper, to taste

### Instructions:

1. Turn on the gas and grab bell peppers with tongues. Set the peppers over the open flame and keep that way until charred and blistered.
2. Place the peppers in a plastic foil and wrap. Place aside for 10 minutes. Peel, and deseed after and chop roughly.
3. Heat olive oil in a skillet.
4. Add onion and cook over medium heat for 10 minutes. Add garlic and spices and cook 30 seconds.
5. Add tomatoes (can and fresh), peppers, and chickpeas. Cook on low heat for 20 minutes.
6. Season to taste and add coconut yogurt. Simmer for 5 minutes.
7. In the meantime, make the hazelnuts; heat oven to 160C. Combine hazelnuts and seeds on a roasting tray.
8. Dry-toast for 12 minutes, or in a dry skillet over medium-heat until the seeds begin to pop.
9. Transfer the seeds and hazelnuts in a food blender. Add remaining ingredients and process until coarse.
10. Serve chickpeas in a bowl and sprinkle with hazelnut mixture.

Calories	456
Total Fat	22.7g
Saturated Fat	2.7g
Cholesterol	0mg
Sodium	539mg
Total Carbohydrate	55.3g
Dietary Fibre	13.8g
Total Sugars	11.2g
Protein	14.3g

## CASHEW DATE SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 300ml almond milk
- 20g cashew butter
- 2 dates, pitted
- 15g cashews
- 1 tablespoons flaxseeds, ground
- 40g rice protein powder

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	548
Total Fat	27.3g
Saturated Fat	4.2g
Cholesterol	0mg
Sodium	236mg
Total Carbohydrate	35.9g
Dietary Fibre	4.1g
Total Sugars	19.1g
Protein	41.7g

## LENTILS BEET SALAD

Preparation time: 10 minutes

Cooking time: 30 minutes – if using raw beets

Servings: 2

### Ingredients:

- 300g cooked lentils
- 200g baked beets or pickled beets
- 20g snap beans
- 20g baby arugula
- 30g baby spinach
- 2 tablespoons mint, chopped
- 60g avocado
- 15ml balsamic vinegar
- 2 teaspoons pumpkin seeds
- Salt and pepper, to taste

### Instructions:

1. To bake the beet; preheat oven to 200C. Scrub and trim the beets. Wrap each beet in an aluminum foil and place on baking sheet. Bake the beet for 35 minutes.
2. Place lentils in a bowl.
3. Cut beetroots into quarters and add into the bowl with lentils.
4. Trim and thinly slice the snap peas.
5. Add snap beans, arugula, spinach, mint, and avocado into the bowl.
6. Drizzle with balsamic vinegar and season to taste.
7. Sprinkle with pumpkin seeds and serve.

Calories	309
Total Fat	8.1g
Saturated Fat	1.6g
Cholesterol	0mg
Sodium	99mg
Total Carbohydrate	45.4g
Dietary Fibre	17.1g
Total Sugars	11.4g
Protein	17.6g

## SUNDAY

### RASPBERRY OATS AND SEEDS SMOOTHIE

Preparation time: 5 minutes

Servings: 1

#### Ingredients:

- 120g raspberries
- 30g oats
- 40g rice protein, vanilla flavor
- 300ml soy milk
- 1 tablespoon pumpkin seeds
- 1 tablespoons sunflower seeds
- ½ tablespoon flax seeds

#### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	581
Total Fat	14.8g
Saturated Fat	2.1g
Cholesterol	0mg
Sodium	211mg
Total Carbohydrate	60.6g
Dietary Fibre	14.4g
Total Sugars	19.9g
Protein	52.4g

## LENTILS BEET SALAD - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 30 minutes – if using raw beets

Servings: 2

#### Ingredients:

- 300g cooked lentils
- 200g baked beets or pickled beets
- 20g snap beans
- 20g baby arugula
- 30g baby spinach
- 2 tablespoons mint, chopped
- 60g avocado
- 15ml balsamic vinegar
- 2 teaspoons pumpkin seeds
- Salt and pepper, to taste

#### Instructions:

1. To bake the beet; preheat oven to 200C. Scrub and trim the beets. Wrap each beet in an aluminum foil and place on baking sheet. Bake the beet for 35 minutes.
2. Place lentils in a bowl.
3. Cut beetroots into quarters and add into the bowl with lentils.
4. Trim and thinly slice the snap peas.
5. Add snap beans, arugula, spinach, mint, and avocado into the bowl.
6. Drizzle with balsamic vinegar and season to taste.
7. Sprinkle with pumpkin seeds and serve.

Calories	309
Total Fat	8.1g
Saturated Fat	1.6g
Cholesterol	0mg
Sodium	99mg
Total Carbohydrate	45.4g
Dietary Fibre	17.1g
Total Sugars	11.4g
Protein	17.6g



## PINA COLADA SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 180ml coconut milk
- 80g pineapple frozen (cut into chunks before freezing)
- ½ small banana sliced, frozen (slice before freezing)
- 1 tablespoon ground flax seeds
- 40g rice protein, vanilla flavor

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	615
Total Fat	38.7g
Saturated Fat	32.5g
Cholesterol	0mg
Sodium	74mg
Total Carbohydrate	34g
Dietary Fibre	7.4g
Total Sugars	20g
Protein	38g

## MOROCCAN CHICKPEAS WITH SWEET POTATO MASH

Preparation time: 5 minutes

Cooking time: 25 minutes

Servings: 2

### Ingredients:

- 150g green snap beans
- ½ lemon, zested and juiced
- ¼ teaspoon cinnamon
- ¼ teaspoon cumin powder
- 250g can chopped tomatoes
- 1 tablespoon olive oil
- 1 dried apricot, chopped
- 80ml vegetable stock
- 280g can chickpeas, rinsed, drained
- 120g sweet potato
- Salt, to taste

### Instructions:

1. Peel and cube sweet potatoes.
2. Cook the sweet potatoes in a pot with salted boiling water for 25 minutes.
3. Drain and mash the potatoes using a fork. As this will be used the next day, to reheat we suggest you add 50ml warmed almond milk into the potato mash and stir.
4. In the meantime, heat olive oil in a skillet over medium-high heat.
5. Add chickpeas into the skillet along with cinnamon, cumin, can tomatoes, apricot and vegetable stock.
6. Cook 3 minutes.
7. In the meantime, trim the green beans and cut into 2cm pieces. Add the green beans with lemon zest and lemon juice and cook 5 minutes.
8. Serve over mashed potatoes.

Calories	391
Total Fat	12.8g
Saturated Fat	2g
Cholesterol	0mg
Sodium	543mg
Total Carbohydrate	61.1g
Dietary Fibre	11.9g
Total Sugars	3.6g
Protein	10.8g

# Week 4 - 1900cal

## GROCERY LIST

### Fruits:

- Raspberries, 280g
- Banana, medium, 3 pieces
- Avocado, medium, 3 pieces
- Blueberries, 240g
- Dates, 6 pieces
- Mixed berries, 140g
- Blackberries, 100g
- Strawberries, 170g
- Sultanas, 10g
- Pineapple, 80g

### Vegetables:

- Spinach, baby, 410g
- Shallots, medium, 1 piece
- Garlic, cloves, 2
- Portabella mushrooms, 6 pieces/caps
- Mushrooms, 400g
- Onion, small, 3 pieces
- Red bell pepper, 1 pepper
- Yellow bell pepper, 1 pepper
- Green bell pepper, 1 pepper
- Celery, small, 1 stalk
- Carrots, 40g
- Potatoes, 350g
- Cherry tomatoes, 15g
- Beets, 200g
- Arugula, 10g
- Sweet potato, 120g

### Grains and Cereals:

- Quinoa, cooked, 130g
- Oats, 170g
- Quinoa, dry, 100g

### Can Products:

- Can red kidney beans, 280g
- Can crushed tomatoes, 350g
- Can chopped tomatoes, 430g
- Can lentils, 130g
- Can chickpeas, 530g

### Beans and Legumes:

- Lentils, cooked, 300g
- Snap beans, 170g

### Spices and Herbs:

- Cinnamon
- Vanilla
- White wine vinegar
- Tarragon
- Parsley
- Balsamic Vinegar
- Red wine vinegar
- Tamari sauce
- Vegan Worcestershire sauce
- Oregano
- Paprika powder
- Cumin
- Coriander
- Thyme
- Mint
- Chili powder
- Taco Seasoning
- Cumin

### Butter; and Oil:

- Olive oil, 95ml
- Peanut butter, 20g
- Tahini, 20g
- Coconut oil, 15ml
- Almond butter 15g
- Cashew butter, 20g

### Nuts and Seeds:

- Chia seeds, 35g
- Pistachios, raw, shelled, 10g
- Flax seeds, 40g
- Hemp seeds, 10g
- Almonds, whole, 30g
- Almonds, slivered/sliced, 35g
- Pecans, 20g
- Desiccated coconut, 15g
- Coconut chips, 20g
- Hazelnuts, 30g
- Sesame seeds, 1 ½ tablespoons
- Sunflower seeds, 2 tablespoons
- Pumpkin seeds, 1 ½ tablespoons

### Soy Products:

- Soy milk, unsweetened, 130ml
- Soy milk, sweetened, 180ml
- Soy milk, vanilla flavor, 600ml
- Tofu, silken, 110g

### Non-Dairy:

- Almond milk, unsweetened, 250ml
- Almond milk, 1150ml
- Coconut yogurt, 25g
- Coconut milk, 180ml

### Protein Powder:

- Rice protein powder, unflavored, 210g
- Pea protein, unflavored, 10g
- Rice protein powder, chocolate flavor, 80g
- Rice protein powder, vanilla flavor, 305g

### Sweeteners:

- Maple syrup, 20ml

### Additional:

- Vegan butter, 60g
- Cacao nibs, 10g
- Cacao powder, 1 tablespoon
- Nutritional yeast, 1/2 tablespoon
- Miso, 1 teaspoon
- Vegetable stock, 530ml
- Vegan parmesan, 15g

# Week 1 - 2000cal

## MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFASTS	Brown Rice Porridge	Vanilla Raspberry Lupin Porridge	Cocoa Tofu Scramble	Cookies and Cream Smoothie	Red Berries Breakfast Treat	Barley Porridge with Apple topping	Chia Pudding with Mango Puree
LUNCH	Mushrooms with Béarnaise Sauce	Stewed Beans and Plantains – previous night dinner	Quinoa Black Bean Salad with Cumin Dressing – previous night dinner	Lentil tabbouleh - previous night dinner	Jerusalem Artichoke Soup with Tofu Balls – previous night dinner	Lentil Balls with Ragout – previous night dinner	Chili without Carne – previous night dinner
SNACKS	Banana Dream	Toffee Popcorn Smoothie	Matcha Mint Smoothie	Spinach Blueberry Smoothie with Cacao Nibs	Tropical Mint Smoothie	Blueberry Lassi	Best Post-Workout Smoothie
DINNER	Stewed Beans and Plantains	Quinoa Black Bean Salad with Cumin Dressing	Lentil Tabbouleh	Jerusalem Artichoke Soup with Tofu Balls	Lentil Balls with Ragout	Chili Without Carne	Okra Stew with Quinoa

## MONDAY

### BROWN RICE PORRIDGE

Preparation time: 5 minutes

Cooking time: 10 minutes

Servings: 1

#### Ingredients:

- 140g cooked brown rice
- 180ml almond milk
- 1 small cinnamon stick
- 30g pitted dates
- ¼ Granny Smith apple, cored, sliced
- 60g rice protein powder
- ½ tablespoon almond butter

#### Instructions:

1. Combine brown rice, almond milk, cinnamon, and dates in a saucepan.
2. Cook over medium-high heat for 10 minutes.
3. Remove from the heat and stir in rice protein and almond butter.
4. Remove cinnamon stick and stir in and apple.
5. Serve warm.

Calories	598
Total Fat	10.7g
Saturated Fat	0.8g
Cholesterol	0mg
Sodium	216mg
Total Carbohydrate	72.3g
Dietary Fibre	6.1g
Total Sugars	30.2g
Protein	54.6g

## MUSHROOMS WITH BÉARNAISE SAUCE

Preparation time: 30 minutes

Cooking time: 10 minutes

Servings: 2

### Ingredients:

#### Sauce:

- 50g vegan butter
- 30ml white wine vinegar
- 15ml dry white wine
- ½ shallot, minced
- 1 spring tarragon, chopped
- 10g nutritional yeast
- 110g silken tofu
- 1 pinch ground turmeric
- Salt and pepper, to taste
- ½ tablespoon chopped parsley

#### Marinade:

- 60ml balsamic vinegar
- 60ml red wine
- 30ml olive oil
- 30ml tamari sauce
- 1 clove garlic minced
- 15ml vegan Worcestershire sauce

#### Mushrooms:

- 6 portobello mushrooms, stems removed
- ¼ teaspoon paprika
- ¼ teaspoon oregano
- ¼ teaspoon ground cumin
- ¼ teaspoon ground coriander
- Salt and pepper, to taste
- Olive oil, for brushing

### Instructions:

1. Make the sauce; melt butter over medium heat. Place aside.
2. In a separate saucepan, combine white vinegar, white wine, shallot, and half the tarragon. Simmer over medium-high heat for 15 minutes. The mixture should reduce.
3. Strain the mixture into food blender. Discard any solids. Add nutritional yeast, tofu, and turmeric in the blender. Blend until smooth. Set the blender to low speed and gradually add melted vegan butter. Blend until cream.
4. Transfer the sauce in a clean saucepan. Simmer until begins to thicken. Remove from the heat and place aside. Stir in remaining tarragon and parsley
5. In the meantime, combine all the marinade ingredients. Add mushrooms and marinade for desired amount of time. You can marinate from 20 minutes up to overnight.
6. Preheat your grill or grill pan to medium-high heat. Season the mushrooms with paprika, oregano, cumin, coriander, salt, and pepper.
7. Brush the mushrooms gently with olive oil. Grill the mushrooms on the grill or grill pan for 4 minutes per side.
8. Serve mushrooms, drizzled with Béarnaise sauce.

Calories	475
Total Fat	36.1g
Saturated Fat	8.6g
Cholesterol	0mg
Sodium	1103mg
Total Carbohydrate	20.4g
Dietary Fibre	3.8g
Total Sugars	8.4g
Protein	12.4g

## BANANA DREAM

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 300ml soy milk
- 50g rice protein
- 1 vanilla pod or 1 teaspoon vanilla extract
- 1 large banana, frozen (slice before freezing)
- 50g strawberries, sliced

### Instructions:

1. Cut vanilla pod lengthwise and scrape out the seeds with a sharp knife.
2. Place all the ingredients in a food blender.
3. Blend until smooth.
4. Serve.

Calories	502
Total Fat	5.9g
Saturated Fat	0.8g
Cholesterol	0mg
Sodium	215mg
Total Carbohydrate	59g
Dietary Fibre	6.3g
Total Sugars	34.1g
Protein	52.1g

## STEWED BEANS AND PLANTAINS

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 250g cooked black beans
- 2 medium tomatoes, diced
- 1 small onion, diced
- 0.5cm ginger, minced
- 1 spring onion, chopped
- 1 clove garlic, minced
- 60ml water
- ½ red bell pepper, seeded, chopped
- ½ small chili pepper, seeded, chopped
- 20ml olive oil
- Salt and pepper, to taste

### Plantains:

- 1 medium plantain
- Olive oil, to fry

### Instructions:

1. Heat olive oil in a skillet.
2. Add onion and cook 5 minutes over medium-high heat.
3. Add diced tomatoes and cook 5 minutes.
4. Add onion, garlic, ginger, bell pepper, and chili pepper with water. Simmer for 10 minutes.
5. In the meantime, heat 2cm olive oil in a skillet.
6. Cut the plantain into thin angled strips.
7. Fry the plantain for 1-2 minutes per side.
8. Serve with stewed beans.

Calories	414
Total Fat	10.9g
Saturated Fat	1.7g
Cholesterol	0mg
Sodium	16mg
Total Carbohydrate	71.5g
Dietary Fibre	16.3g
Total Sugars	20.7g
Protein	14.5g

## TUESDAY

### VANILLA RASPBERRY LUPIN PORRIDGE

Preparation time: 5 minutes

Cooking time: 5 minutes

Servings: 1

#### Ingredients:

- 70g lupin flakes
- 30g rice protein powder, vanilla flavor
- 180ml almond milk
- 10g coconut sugar
- 50g raspberries

#### Instructions:

1. Combine lupin flakes, coconut sugar, and almond milk in a saucepot.
2. Set over medium-high heat.
3. Cook the lupin until it turns to a porridge like consistency.
4. If needed add more milk.
5. Remove from the heat and stir in rice protein and raspberries.
6. Serve.

Calories	436
Total Fat	8g
Saturated Fat	0.6g
Cholesterol	0mg
Sodium	187mg
Total Carbohydrate	29g
Dietary Fibre	4g
Total Sugars	17g
Protein	54g

## STEWED BEANS AND PLANTAINS - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

#### Ingredients:

- 250g cooked black beans
- 2 medium tomatoes, diced
- 1 small onion, diced
- 0.5cm ginger, minced
- 1 spring onion, chopped
- 1 clove garlic, minced
- 60ml water
- ½ red bell pepper, seeded, chopped
- ½ small chili pepper, seeded, chopped
- 20ml olive oil
- Salt and pepper, to taste

#### Plantains:

- 1 medium plantain
- Olive oil, to fry

#### Instructions:

1. Heat olive oil in a skillet.
2. Add onion and cook 5 minutes over medium-high heat.
3. Add diced tomatoes and cook 5 minutes.
4. Add onion, garlic, ginger, bell pepper, and chili pepper with water. Simmer for 10 minutes.
5. In the meantime, heat 2cm olive oil in a skillet.
6. Cut the plantain into thin angled strips.
7. Fry the plantain for 1-2 minutes per side.
8. Serve with stewed beans.

Calories	414
Total Fat	10.9g
Saturated Fat	1.7g
Cholesterol	0mg
Sodium	16mg
Total Carbohydrate	71.5g
Dietary Fibre	16.3g
Total Sugars	20.7g
Protein	14.5g

## TOFFEE POPCORN SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 150ml organic almond milk
- 100ml coconut milk
- 55g rice protein, vanilla flavor
- 1 ½ tablespoon popcorns, air-popped
- ½ teaspoon cinnamon
- 4 drops toffee extract

### Instructions:

1. Combine almond milk, coconut milk, protein powder, banana, and toffee extract in a food blender.
2. Blend on high until smooth.
3. Transfer into a serving glass.
4. Top with popcorns.
5. Serve.

Calories	535
Total Fat	28.4g
Saturated Fat	21.5g
Cholesterol	0mg
Sodium	171mg
Total Carbohydrate	23.1g
Dietary Fibre	4.3g
Total Sugars	9.1g
Protein	49.1g

## QUINOA BLACK BEAN SALAD WITH CUMIN DRESSING

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 90g dry quinoa
- 1 large cucumber, peeled, diced
- 1 red bell pepper, seeded, diced
- 300g cooked black beans
- 5 basil leaves, thinly sliced
- 2 tablespoons chopped cilantro, fresh

### Dressing:

- 15ml olive oil
- 15ml cider vinegar
- ½ tablespoon maple syrup
- ½ teaspoon ground cumin
- Salt and pepper, to taste
- 2 tablespoons minced shallot

### Instructions:

1. Cook the quinoa according to package direction. Usually for 15-20 minutes.
2. Fluff the quinoa with a fork and transfer into a bowl.
3. Add cucumber, red bell pepper, black beans, basil, and cilantro.
4. In a small bowl, whisk together the dressing ingredients.
5. Pour the dressing over the salad and toss to combine. Adjust the seasoning if needed.
6. Serve.

Calories	491
Total Fat	11.1g
Saturated Fat	1.6g
Cholesterol	0mg
Sodium	12mg
Total Carbohydrate	79.8g
Dietary Fibre	17.9g
Total Sugars	8.5g
Protein	21.6g



WEDNESDAY  
COCOA TOFU SCRAMBLE

Preparation time: 5 minutes

Cooking time: 5 minutes

Servings: 1

Ingredients:

- 200g unflavored raw firm tofu, drained
- 80g figs, sliced
- 40ml almond milk
- 30g puffed amaranth
- 25g Erythritol powder
- 10g walnuts, chopped
- 1 teaspoon almond butter
- 1 good pinch cinnamon
- 1 teaspoon coconut oil
- 2 teaspoons cocoa powder
- 30g rice protein, chocolate flavor

Calories	731
Total Fat	34.4g
Saturated Fat	8g
Cholesterol	0mg
Sodium	116mg
Total Carbohydrate	53g
Dietary Fibre	12g
Total Sugars	16.7g
Protein	65g

Instructions:

1. Heat coconut oil in a skillet over medium-high heat.
2. Crumble tofu or mash with a fork.
3. Add the tofu into the skillet and cook until gently crispy.
4. Sprinkle the tofu with cacao powder, powdered Erythritol, cinnamon, and rice powder.
5. Cook for 30 seconds.
6. Add almond milk and puffed amaranth. Cook for 2 minutes.
7. Serve into a bowl and top with almond butter, chopped walnuts and sliced figs.

**QUINOA BLACK BEAN SALAD WITH CUMIN DRESSING -  
PREVIOUS NIGHT DINNER**

Preparation time: 5 minutes  
Cooking time: 20 minutes  
Servings: 2

**Ingredients:**

- 90g dry quinoa
- 1 large cucumber, peeled, diced
- 1 red bell pepper, seeded, diced
- 300g cooked black beans
- 5 basil leaves, thinly sliced
- 2 tablespoons chopped cilantro, fresh

**Dressing:**

- 15ml olive oil
- 15ml cider vinegar
- ½ tablespoon maple syrup
- ½ teaspoon ground cumin
- Salt and pepper, to taste
- 2 tablespoons minced shallot

Calories	491
Total Fat	11.1g
Saturated Fat	1.6g
Cholesterol	0mg
Sodium	12mg
Total Carbohydrate	79.8g
Dietary Fibre	17.9g
Total Sugars	8.5g
Protein	21.6g

**Instructions:**

1. Cook the quinoa according to package direction. Usually for 15-20 minutes.
2. Fluff the quinoa with a fork and transfer into a bowl.
3. Add cucumber, red bell pepper, black beans, basil, and cilantro.
4. In a small bowl, whisk together the dressing ingredients.
5. Pour the dressing over the salad and toss to combine. Adjust the seasoning if needed.
6. Serve.

**MATCHA MINT SMOOTHIE**

Preparation time: 5 minutes  
Servings: 1

**Ingredients:**

- 250ml unsweetened almond milk
- 1 medium banana
- 45g rice protein
- 1 spring fresh mint
- ¾ tablespoon Matcha green tea powder

**Instructions:**

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	386
Total Fat	6.6g
Saturated Fat	0.1g
Cholesterol	0mg
Sodium	519mg
Total Carbohydrate	39.3g
Dietary Fibre	7.8g
Total Sugars	17.8g
Protein	40.2g

## LENTIL TABBOULEH

Preparation time: 5 minutes

Cooking time: 25 minutes

Servings: 2

### Ingredients:

- 150g green lentils, dry (try also puy lentils), rinsed
- 3 spring onions, sliced
- 120g ripe cherry tomatoes
- 30g parsley, chopped
- 15g fresh mint
- ½ lemon, juiced
- 20ml olive oil
- Salt and pepper, to taste

### Instructions:

1. Cook lentils in a plenty of salted water until tender, for 25 minutes.
2. Drain and set aside to cool.
3. Finley slice spring onions, and quarter cherry tomatoes.
4. Combine the lentils, spring onions, cherry tomatoes, mint, and parsley into a bowl.
5. Combine lemon juice and olive oil in a small bowl.
6. Drizzle the tabbouleh with prepared dressing.
7. Season to taste and serve.

Calories	377
Total Fat	10.6g
Saturated Fat	1.5g
Cholesterol	0mg
Sodium	22mg
Total Carbohydrate	52g
Dietary Fibre	25.6g
Total Sugars	4.1g
Protein	21.2g

## THURSDAY

### COOKIES AND CREAM SMOOTHIE

Preparation time: 5 minutes

Servings: 1

#### Ingredients:

- 300ml organic almond milk
- 60g plant fusion protein powder, cookies and cream
- 1 medium banana
- 1 teaspoon Stevia
- 15g peanut butter
- 10 almonds

#### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	592
Total Fat	21g
Saturated Fat	2.8g
Cholesterol	0mg
Sodium	944mg
Total Carbohydrate	52g
Dietary Fibre	5.5g
Total Sugars	33g
Protein	51g

## LENTIL TABBOULEH - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 25 minutes

Servings: 2

#### Ingredients:

- 150g green lentils, dry (try also puy lentils), rinsed
- 3 spring onions, sliced
- 120g ripe cherry tomatoes
- 30g parsley, chopped
- 15g fresh mint
- ½ lemon, juiced
- 20ml olive oil
- Salt and pepper, to taste

#### Instructions:

1. Cook lentils in a plenty of salted water until tender, for 25 minutes.
2. Drain and set aside to cool.
3. Finley slice spring onions, and quarter cherry tomatoes.
4. Combine the lentils, spring onions, cherry tomatoes, mint, and parsley into a bowl.
5. Combine lemon juice and olive oil in a small bowl.
6. Drizzle the tabbouleh with prepared dressing.
7. Season to taste and serve.

Calories	377
Total Fat	10.6g
Saturated Fat	1.5g
Cholesterol	0mg
Sodium	22mg
Total Carbohydrate	52g
Dietary Fibre	25.6g
Total Sugars	4.1g
Protein	21.2g

## SPINACH BLUEBERRY SMOOTHIE WITH CACAO NIBS

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 30g spinach
- 90g blueberries
- 300ml low-fat organic almond milk
- 1 teaspoon cacao nibs
- 2 teaspoons coconut flakes
- 40g rice protein

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	516
Total Fat	14.9g
Saturated Fat	5.7g
Cholesterol	0mg
Sodium	507mg
Total Carbohydrate	48.1g
Dietary Fibre	5.9g
Total Sugars	30.1g
Protein	46.3g

## JERUSALEM ARTICHOKE SOUP WITH TOFU BALLS

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 200g firm tofu, drained
- 1 ¼ tablespoons rice flour
- 1 tablespoon tomato paste
- 15ml olive oil
- 250ml water
- 300g Jerusalem artichokes, peeled and cut into small cubes
- 1 small onion, chopped
- 1 small clove garlic, minced
- 1 tablespoon vegetable broth powder
- 120ml coconut milk
- 1 small chili pepper
- 10g parsley sprigs
- Salt and pepper, to taste

Calories	500
Total Fat	28g
Saturated Fat	12.9g
Cholesterol	0mg
Sodium	471mg
Total Carbohydrate	48.9g
Dietary Fibre	7.3g
Total Sugars	18.7g
Protein	21.8g

### Instructions:

1. Crumble the tofu and place into a food blender.
2. Blend until smooth and transfer into a bowl.
3. Add rice flour, tomato paste and season to taste. Shape the mixture into balls and arrange onto baking sheet lined with baking paper.
4. Refrigerate while you make the soup.
5. Heat olive oil in a saucepot.
6. Add onion and cook 4 minutes over medium-high heat. Add garlic and cook 1 minute.
7. Add vegetable broth powder and water.
8. Prick the chili pepper with a fork and place into the saucepot with Jerusalem artichokes, and coconut milk.
9. Bring to a boil and reduce heat. Simmer the soup for 20 minutes.
10. Remove the chili pepper and puree soup with an immersion blender. Place the soup aside.
11. Make the tofu balls; heat some more olive oil in a skillet. Add parsley and fry just for 10 seconds.
12. Remove the parsley and place on the paper towel.
13. Fry the tofu balls in heated oil for 5 minutes or until golden.
14. Ladle soup into a bowl. Top with fried parsley and arrange tofu balls onto skewers. Place across the bowl and serve.

## FRIDAY RED BERRIES BREAKFAST TREAT

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 300ml organic almond milk
- 30g Red Berries Cereal (Kellogg's, Special K)
- 20g soy flakes
- 40g rice protein, vanilla flavor
- 10g Gogi berries to serve (optional)

### Instructions:

1. Combine almond milk, rice protein, and raspberries in a food blender.
2. Blend on high until smooth.
3. Place cereals in a bowl.
4. Pour over prepared mixture.
5. Top with Gogi berries and serve.

Calories	431
Total Fat	14g
Saturated Fat	0.6g
Cholesterol	0mg
Sodium	465mg
Total Carbohydrate	41g
Dietary Fibre	5.8g
Total Sugars	16g
Protein	44.1g

## JERUSALEM ARTICHOKE SOUP WITH TOFU BALLS - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 200g firm tofu, drained
- 1 ¼ tablespoons rice flour
- 1 tablespoon tomato paste
- 15ml olive oil
- 250ml water
- 300g Jerusalem artichokes, peeled and cut into small cubes
- 1 small onion, chopped
- 1 small clove garlic, minced
- 1 tablespoon vegetable broth powder
- 120ml coconut milk
- 1 small chili pepper
- 10g parsley sprigs
- Salt and pepper, to taste

Calories	500
Total Fat	28g
Saturated Fat	12.9g
Cholesterol	0mg
Sodium	471mg
Total Carbohydrate	48.9g
Dietary Fibre	7.3g
Total Sugars	18.7g
Protein	21.8g

### Instructions:

1. Crumble the tofu and place into a food blender.
2. Blend until smooth and transfer into a bowl.
3. Add rice flour, tomato paste and season to taste. Shape the mixture into balls and arrange onto baking sheet lined with baking paper.
4. Refrigerate while you make the soup.
5. Heat olive oil in a saucepot.
6. Add onion and cook 4 minutes over medium-high heat. Add garlic and cook 1 minute.
7. Add vegetable broth powder and water.
8. Prick the chili pepper with a fork and place into the saucepot with Jerusalem artichokes, and coconut milk.
9. Bring to a boil and reduce heat. Simmer the soup for 20 minutes.
10. Remove the chili pepper and puree soup with an immersion blender. Place the soup aside.
11. Make the tofu balls; heat some more olive oil in a skillet. Add parsley and fry just for 10 seconds.
12. Remove the parsley and place on the paper towel.
13. Fry the tofu balls in heated oil for 5 minutes or until golden.
14. Ladle soup into a bowl. Top with fried parsley and arrange tofu balls onto skewers. Place across the bowl and serve.

## TROPICAL MINT SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 1 orange (Navel), juiced
- 1 extra small banana, frozen (slice before freezing)
- 50g mango, chopped
- 50g rice protein
- 5 fresh mint leaves
- 10g chia seeds
- 20g hemp seeds
- 5g flax seeds
- 200ml organic almond milk

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	601
Total Fat	18.9g
Saturated Fat	1.4g
Cholesterol	0mg
Sodium	183mg
Total Carbohydrate	58.8g
Dietary Fibre	10.2g
Total Sugars	35g
Protein	53g

## LENTIL BALLS WITH RAGOUT

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 1 eggplant
- 10g fresh basil
- 30g breadcrumbs
- 400g can chopped tomatoes
- 420g can brown lentils, drained
- 1 teaspoon dried oregano
- 1 vegetable stock cube
- 100ml boiling water
- 1 onion, grated
- 1 clove garlic
- 2 teaspoons tomato paste
- 20ml olive oil
- Salt and pepper, to taste

### Instructions:

1. Preheat oven to 200C.
2. Trim the stalks of eggplant and cut the eggplant into bite-sized pieces.
3. Add the eggplant onto large baking sheet (as you will place the balls next to the eggplants) and drizzle with 10ml olive oil.
4. Season to taste with salt and pepper. Bake the eggplant for 30 minutes.
5. Place lentils in a bowl, and mash using a fork.
6. Add half the grated onion, breadcrumbs, and season to taste with salt and pepper.
7. Shape the mixture into six balls.
8. Remove the eggplant from the oven and arrange the balls next to the eggplants.
9. Bake the balls for 18-20 minutes. You can temper your time. Just make your balls in 10 minutes from the moment you place eggplants to bake.
10. In the meantime, dissolve vegetable stock in boiling water.
11. Heat remaining oil in a saucepan. Add onion and cook 5 minutes.
12. Add garlic, can tomatoes, tomato paste, and oregano.
13. Stir to combine and add vegetable stock. Simmer 10 minutes or until gently thickened.
14. Remove eggplant and lentils balls from the oven. Place the eggplants into the saucepan with the tomatoes. Add basil and stir to combine. Remove from the heat and adjust seasoning.
15. Serve ragout in a bowl and top with lentils balls.
16. Serve.

Calories	466
Total Fat	12g
Saturated Fat	1.6g
Cholesterol	0mg
Sodium	125mg
Total Carbohydrate	68.4g
Dietary Fibre	14.9g
Total Sugars	11.1g
Protein	23g

## SATURDAY

### BARLEY PORRIDGE WITH APPLE TOPPING

Preparation time: 15 minutes

Cooking time: 10 minutes

Servings: 1

#### Ingredients:

- 300ml soy milk
- 25g barley flakes
- 15g spelt flakes
- 1 teaspoon agave syrup
- 15ml lemon juice
- 1 extra-small banana
- 10g Goji berries
- 30g Granny Smith apple, diced
- 40g rice protein, vanilla flavor

#### Instructions:

1. Bring soy milk to a simmer over medium-high heat.
2. Stir in barley flakes, spelt, and simmer for 10 minutes, constantly stirring.
3. Remove from the heat and stir in Goji berries and rice protein. Cover and place aside 15 minutes.
4. Mash banana in a bowl. Stir in diced apple and agave syrup.
5. Top the porridge with banana-apple mixture.

Calories	609
Total Fat	7.3g
Saturated Fat	1g
Cholesterol	0mg
Sodium	343mg
Total Carbohydrate	89g
Dietary Fibre	11.2g
Total Sugars	36.5g
Protein	47.6g



## LENTIL BALLS WITH RAGOUT - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 1 eggplant
- 10g fresh basil
- 30g breadcrumbs
- 400g can chopped tomatoes
- 420g can brown lentils, drained
- 1 teaspoon dried oregano
- 1 vegetable stock cube
- 100ml boiling water
- 1 onion, grated
- 1 clove garlic
- 2 teaspoons tomato paste
- 20ml olive oil
- Salt and pepper, to taste

Calories	466
Total Fat	12g
Saturated Fat	1.6g
Cholesterol	0mg
Sodium	125mg
Total Carbohydrate	68.4g
Dietary Fibre	14.9g
Total Sugars	11.1g
Protein	23g

### Instructions:

1. Preheat oven to 200C.
2. Trim the stalks of eggplant and cut the eggplant into bite-sized pieces.
3. Add the eggplant onto large baking sheet (as you will place the balls next to the eggplants) and drizzle with 10ml olive oil.
4. Season to taste with salt and pepper. Bake the eggplant for 30 minutes.
5. Place lentils in a bowl, and mash using a fork.
6. Add half the grated onion, breadcrumbs, and season to taste with salt and pepper.
7. Shape the mixture into six balls.
8. Remove the eggplant from the oven and arrange the balls next to the eggplants.
9. Bake the balls for 18-20 minutes. You can temper your time. Just make your balls in 10 minutes from the moment you place eggplants to bake.
10. In the meantime, dissolve vegetable stock in boiling water.
11. Heat remaining oil in a saucepan. Add onion and cook 5 minutes.
12. Add garlic, can tomatoes, tomato paste, and oregano.
13. Stir to combine and add vegetable stock. Simmer 10 minutes or until gently thickened.
14. Remove eggplant and lentils balls from the oven. Place the eggplants into the saucepan with the tomatoes. Add basil and stir to combine. Remove from the heat and adjust seasoning.
15. Serve ragout in a bowl and top with lentils balls.
16. Serve.

## BLUEBERRY LASSI

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 120g silken tofu
- 80g blueberries
- 200ml cold water
- 1 teaspoon black currant syrup
- 10ml lemon juice
- 50g rice protein powder

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	322
Total Fat	3.6g
Saturated Fat	0.6g
Cholesterol	0mg
Sodium	108mg
Total Carbohydrate	21.7g
Dietary Fibre	2.1g
Total Sugars	14.4g
Protein	49.5g

## CHILI WITHOUT CARNE

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 70g soy granules
- 250ml vegetable broth, warm
- 15ml olive oil
- 1 onion, diced
- ½ teaspoon chili powder
- ½ chili pepper, seeded, chopped
- 1 small clove garlic, minced
- 30g tomato paste
- 250g can chopped tomatoes
- 280g cooked kidney beans
- 100g can corn, rinsed, drained
- Salt and pepper, to taste
- ¼ cup cilantro, chopped

### Instructions:

1. Soak soy granules in vegetable broth for 10 minutes.
2. In the meantime, heat olive oil in a skillet.
3. Add onion and cook 5 minutes over medium-high heat. Drain the soy granules and cook with the onions for 3 minutes.
4. Add garlic, chili pepper, chili powder, and tomato paste. Cook 1 minute.
5. Add can diced tomatoes, vegetable broth, can kidney beans, and corn. Stir gently and bring to a boil. Reduce heat and simmer 20 minutes.
6. Season to taste and remove from heat.
7. Stir in cilantro and serve.

Calories	610
Total Fat	26.9g
Saturated Fat	6.6g
Cholesterol	0mg
Sodium	822mg
Total Carbohydrate	62.1g
Dietary Fibre	15.6g
Total Sugars	11.6g
Protein	16.1g

## SUNDAY

### CHIA PUDDING WITH MANGO PUREE

Preparation time: 5 minutes + inactive time

Servings: 1

#### Ingredients:

- 3 tablespoons chia seeds
- 280ml soy milk
- 1 tablespoon agave syrup
- 45g rice protein, vanilla flavor
- 80g mango
- 60g strawberries
- 10g pistachios, raw, chopped

#### Instructions:

1. Combine chia seeds, soy milk, agave, and rice protein powder in a bowl.
2. Cover and refrigerate 30 minutes or overnight.
3. Place mango in a food blender and blend until smooth.
4. Transfer the mango into a serving bowl. Top with chia pudding.
5. Finish with sliced strawberries and pistachios.

Calories	687
Total Fat	23.6g
Saturated Fat	2.6g
Cholesterol	0mg
Sodium	265mg
Total Carbohydrate	72.9g
Dietary Fibre	20.2g
Total Sugars	28g
Protein	57.7g

## CHILI WITHOUT CARNE - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

#### Ingredients:

- 70g soy granules
- 250ml vegetable broth, warm
- 15ml olive oil
- 1 onion, diced
- ½ teaspoon chili powder
- ½ chili pepper, seeded, chopped
- 1 small clove garlic, minced
- 30g tomato paste
- 250g can chopped tomatoes
- 280g cooked kidney beans
- 100g can corn, rinsed, drained
- Salt and pepper, to taste
- ¼ cup cilantro, chopped

#### Instructions:

1. Soak soy granules in vegetable broth for 10 minutes.
2. In the meantime, heat olive oil in a skillet.
3. Add onion and cook 5 minutes over medium-high heat. Drain the soy granules and cook with the onions for 3 minutes.
4. Add garlic, chili pepper, chili powder, and tomato paste. Cook 1 minute.
5. Add can diced tomatoes, vegetable broth, can kidney beans, and corn. Stir gently and bring to a boil. Reduce heat and simmer 20 minutes.
6. Season to taste and remove from heat.
7. Stir in cilantro and serve.

Calories	610
Total Fat	26.9g
Saturated Fat	6.6g
Cholesterol	0mg
Sodium	822mg
Total Carbohydrate	62.1g
Dietary Fibre	15.6g
Total Sugars	11.6g
Protein	16.1g

## BEST POST-WORKOUT SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 100ml soy milk
- 80ml coconut water
- 50g rice protein
- 1 teaspoon cacao powder
- 4 almonds
- 1 teaspoon hemp seeds
- 1 teaspoon agave syrup
- 2 ice cubes

### Instructions:

1. Combine all ingredients in a food bender.
2. Blend on high until smooth.
3. Serve.

Calories	324
Total Fat	6g
Saturated Fat	0.8g
Cholesterol	0mg
Sodium	195mg
Total Carbohydrate	19.9g
Dietary Fibre	2.9g
Total Sugars	12.3g
Protein	46.8g

## OKRA STEW WITH QUINOA

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 90g dry quinoa
- 250g fresh okra (or frozen if you cannot find fresh)
- 1 small onion
- 1 clove garlic, minced
- 200ml water
- 15ml olive oil
- 2 teaspoons cumin
- 1 teaspoon Sumac powder
- 400g can chopped tomatoes
- 2 tablespoons chopped parsley
- Salt and pepper, to taste

### Instructions:

1. Wash and trim okra.
2. Blanche the okra in slightly salted water for few minutes. Drain the okra and place aside.
3. Heat olive oil in a saucepot.
4. Add onion and cook for 5 minutes over medium-high heat.
5. Add garlic, cumin, and Sumac. Cook 1 minute.
6. Add water to deglaze the pan and stir gently to scrape any browned bits.
7. Add okra, quinoa, can chopped tomatoes, and season to taste.
8. Bring to a boil. Reduce heat and simmer 20 minutes. If needed add more water during the cooking time.
9. Stir in chopped parsley, and remove the stew from heat.
10. Serve warm.

Calories	344
Total Fat	10.6g
Saturated Fat	1.4g
Cholesterol	0mg
Sodium	21mg
Total Carbohydrate	49.1g
Dietary Fibre	8.3g
Total Sugars	3.4g
Protein	11.7g

# Week 1 - 2000cal

## GROCERY LIST

### Fruits:

- Apple, Granny Smith; 1 piece
- Dates, pitted; 30g
- Banana, small; 6 pieces
- Strawberries; 110g
- Plantain, medium; 1 piece
- Goji berries; 10g
- Raspberries; 50g
- Figs, fresh; 80g
- Lemon; 1 piece
- Blueberries; 170g
- Orange; 1 piece
- Mango; 130g

### Vegetables:

- Shallot, medium; 2 pieces
- Garlic; 5 cloves
- Tomato, ripe; 2 pieces
- Onion, small; 5 pieces
- Spring onion; 4 pieces
- Red bell pepper; 2 peppers
- Cucumber; 1 piece
- Chili pepper, small; 1 pepper
- Okra; 250g
- Cherry tomatoes; 120g
- Spinach; 30g
- Jerusalem artichokes; 300g
- Eggplant; 1 piece

### Grains and Cereals:

- Brown rice, cooked; 140g
- Lupin flakes; 70g
- Quinoa, dry; 180g
- Amaranth, puffed; 30g
- Red Berries Cereals, (Special K); 30g
- Barley flakes; 25g
- Spelt flakes; 15g

### Can Products:

- Can chopped tomatoes; 1050g
- Can brown lentils; 420g
- Can corn; 100g

### Beans and Legumes:

- Black beans, cooked; 280g
- Lentils, green; 150g
- Kidney beans, cooked; 280g

### Spices & Herbs:

- Tamari
- Vanilla
- Cinnamon
- Tarragon
- Turmeric
- Parsley
- Mint
- Sumac
- Coriander
- Cumin
- Worcestershire sauce

### Butter and Oil:

- Almond butter; 20g
- Vegan butter; 50g
- Olive oil; 130ml
- Coconut oil; 5 ml
- Peanut butter; 15g

### Nuts and Seeds:

- Pistachios; 10g
- Walnuts; 10g
- Almonds, whole; 14 pieces
- Chia seeds; 45g
- Hemp seeds; 25g
- Flax seeds; 5g

### Soy Products:

- Silken tofu, firm; 230g
- Soy milk, plain; 980ml
- Raw tofu, firm; 400g
- Soy flakes; 20g
- Soy granules; 70g

### Non-Dairy:

- Almond milk, organic, plain; 1350ml
- Almond milk, low-fat; 300ml
- Coconut milk, plain; 220ml
- Almond milk, unsweetened; 250ml

### Protein Powder:

- Rice protein, unflavored; 295g
- Rice protein powder, vanilla flavor; 260g
- Rice protein powder, chocolate; 30g
- Plant fusion protein powder, cooked and cream; 60g

### Sweeteners:

- Coconut sugar; 10g
- Maple syrup; 10ml
- Erythritol, powdered; 25g
- Stevia; 1 teaspoon
- Agave; 1 teaspoon

### Additional:

- White wine vinegar; 30ml
- White wine; 15ml
- Red wine vinegar; 60ml
- Nutritional yeas; 10g
- Cider vinegar; 15ml
- Matcha green tea powder; 1 tablespoon
- Coconut water; 80ml
- Pop corns, air-popped; 10g
- Cocoa powder; 10g
- Cocoa nibs; 1 teaspoon
- Coconut flakes; 2 teaspoons
- Rice flour; 20g
- Tomato paste; 45g
- Vegan broth powder; 5g
- Vegetable stock cube; 1 cube
- Breadcrumbs; 30g
- Black currant syrup; 1 teaspoon

## Week 2 - 2000cal

### MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFASTS	Breakfast Surprise	Strawberry Vanilla Cornmeal Porridge	Emperors Mess	Brown Rice Flake Porridge	Strawberry Puff	Raspberry Power Bowl	Lemon Vanilla Chia Pudding
LUNCH	Okra Stew with Quinoa – previous night dinner	Eggplants Stuffed with Lupin Meal – previous night dinner	Peppers Stuffed with Mushrooms and Quinoa – previous night dinner	Lentils Kofta with Kale Salad – previous night dinner	Mushroom Fricassee with Mixed Quinoa – previous night dinner	Ratatouille with Quinoa and Pesto – previous night dinner	Lentils Mix with Eggplant – previous night dinner
SNACKS	Soy Berry Smoothie	Ombre Smoothie	Wild Berry Energy	Cherry Acai Smoothie	All-Inclusive smoothie	Almond Strawberry Smoothie	Strawberry Coconut Shake
DINNER	Eggplants Stuffed with Lupin Meal	Peppers Stuffed with Mushrooms and Quinoa	Lentils Kofta with Kale Salad	Mushroom Fricassee with Mixed Quinoa	Ratatouille with Quinoa and Pesto	Lentils Mix with Eggplant	Black Bean Patties with Salad

## MONDAY BREAKFAST SURPRISE

Preparation time: 5 minutes

Cooking time: 10 minutes

Servings: 1

### Ingredients:

- 180ml organic almond milk
- 40g amaranth
- 30g oatmeal
- 15g blanched almond butter
- 40g rice protein, unflavored
- 2 pitted dates, chopped
- ½ tablespoon puffed quinoa
- 1 fig, quartered

### Instructions:

1. Combine almond milk, oatmeal, and amaranth in a saucepan.
2. Place over medium heat and cook stirring for 10 minutes.
3. Remove from the heat and stir in almond butter, rice protein and dates.
4. Cover and let the porridge stand for 5 minutes.
5. Sprinkle the porridge with puffed quinoa and top with figs. Serve.

Calories	700
Total Fat	19.6g
Saturated Fat	2.4g
Cholesterol	0mg
Sodium	243mg
Total Carbohydrate	82g
Dietary Fibre	10.3g
Total Sugars	24.2g
Protein	52.3g

## OKRA STEW WITH QUINOA -PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 90g dry quinoa
- 250g fresh okra (or frozen if you cannot find fresh)
- 1 small onion
- 1 clove garlic, minced
- 200ml water
- 15ml olive oil
- 2 teaspoons cumin
- 1 teaspoon Sumac powder
- 400g can chopped tomatoes
- 2 tablespoons chopped parsley
- Salt and pepper, to taste

### Instructions:

1. Wash and trim okra.
2. Blanche the okra in slightly salted water for few minutes. Drain the okra and place aside.
3. Heat olive oil in a saucepot.
4. Add onion and cook for 5 minutes over medium-high heat.
5. Add garlic, cumin, and Sumac. Cook 1 minute.
6. Add water to deglaze the pan and stir gently to scrape any browned bits.
7. Add okra, quinoa, can chopped tomatoes, and season to taste.
8. Bring to a boil. Reduce heat and simmer 20 minutes. If needed add more water during the cooking time.
9. Stir in chopped parsley, and remove the stew from heat.
10. Serve warm.

Calories	344
Total Fat	10.6g
Saturated Fat	1.4g
Cholesterol	0mg
Sodium	21mg
Total Carbohydrate	49.1g
Dietary Fibre	8.3g
Total Sugars	3.4g
Protein	11.7g

## SOY BERRY SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 300ml soy milk
- 100g blueberries
- 30g raspberries
- 45g rice protein, vanilla flavor
- 1 teaspoon chia seeds

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	429
Total Fat	7.7g
Saturated Fat	0.8g
Cholesterol	0mg
Sodium	213mg
Total Carbohydrate	42.3g
Dietary Fibre	7.9g
Total Sugars	24.9g
Protein	48.8g

## EGGPLANTS STUFFED WITH LUPIN MEAL

Preparation time: 5 minutes

Cooking time: 40 minutes

Servings: 2

### Ingredients:

- 150g lupin meal (just grind lupin seeds in a food processor until coarse)
- 15ml olive oil
- 250ml vegetable stock
- 2 200g eggplants, cut in half by length
- 1 onion, finely chopped
- 340g tomato sauce
- 15g white almond butter or plain almond butter
- Salt and pepper, to taste
- 15g slivered almonds

### Instructions:

1. Make the lupin meal; cook lupin with stock for 5 minutes. Remove from the heat and allow to stand for 10 minutes.
2. Preheat oven to 180C. Cut the eggplants in half and remove some of the flesh.
3. Heat olive oil in a skillet.
4. Add onion and eggplant flesh, and cook 5 minutes. Add lupin meal and cook for 3 minutes.
5. Stir in tomato sauce and almond butter. Season to taste with salt and pepper.
6. Stuff the eggplant shells with prepared lupin mixture.
7. Arrange the eggplants on a baking sheet.
8. Bake the eggplants for 25-30 minutes.
9. Serve warm, sprinkled with slivered almonds.

Calories	508
Total Fat	20.6g
Saturated Fat	3.3g
Cholesterol	0mg
Sodium	1288mg
Total Carbohydrate	59.2g
Dietary Fibre	11.9g
Total Sugars	17g
Protein	33.8g



**TUESDAY**  
**STRAWBERRY VANILLA CORNMEAL PORRIDGE**

Preparation time: 5 minutes

Cooking time: 5 minutes

Servings: 1

**Ingredients:**

- 80ml coconut milk
- 150ml water
- ½ tablespoon chia seeds
- 30g cornmeal
- 40g rice protein, vanilla flavor
- 30g strawberries
- ½ teaspoon maple syrup
- 1 tablespoon slivered almonds, toasted

**Instructions:**

1. Combine coconut milk, water, chia seeds, and maple syrup in a saucepan.
2. Set over medium-high heat.
3. Bring to a simmer and stir in cornmeal and protein powder.
4. Cook 2-3 minutes stirring until thickened.
5. Remove from the heat and stir in strawberries.
6. Serve warm topped with slivered almonds.

Calories	549
Total Fat	25.8g
Saturated Fat	17.8g
Cholesterol	0mg
Sodium	82mg
Total Carbohydrate	40.2g
Dietary Fibre	7.8g
Total Sugars	8.9g
Protein	43.7g

**EGGPLANTS STUFFED WITH LUPIN MEAL - PREVIOUS NIGHT DINNER**

Preparation time: 5 minutes

Cooking time: 40 minutes

Servings: 2

**Ingredients:**

- 150g lupin meal (just grind lupin seeds in a food processor until coarse)
- 15ml olive oil
- 250ml vegetable stock
- 2 200g eggplants, cut in half by length
- 1 onion, finely chopped
- 340g tomato sauce
- 15g white almond butter or plain almond butter
- Salt and pepper, to taste
- 15g slivered almonds

**Instructions:**

1. Make the lupin meal; cook lupin with stock for 5 minutes. Remove from the heat and allow to stand for 10 minutes.
2. Preheat oven to 180C. Cut the eggplants in half and remove some of the flesh.
3. Heat olive oil in a skillet.
4. Add onion and eggplant flesh, and cook 5 minutes. Add lupin meal and cook for 3 minutes.
5. Stir in tomato sauce and almond butter. Season to taste with salt and pepper.
6. Stuff the eggplant shells with prepared lupin mixture.
7. Arrange the eggplants on a baking sheet.
8. Bake the eggplants for 25-30 minutes.
9. Serve warm, sprinkled with slivered almonds.

Calories	508
Total Fat	20.6g
Saturated Fat	3.3g
Cholesterol	0mg
Sodium	1288mg
Total Carbohydrate	59.2g
Dietary Fibre	11.9g
Total Sugars	17g
Protein	33.8g

## OMBRE SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 220ml coconut water
- 1 small banana, frozen, slice before freezing
- 1 date, pitted
- 1 fig, chopped
- 60g rice protein, vanilla flavor
- 1 teaspoon cocoa powder
- 15g almond butter

### Instructions:

1. Combine all ingredients, except the fig and cocoa in a food blender.
2. Blend on high until smooth.
3. Pour smoothie into a glass, reserving 1/3 of the smoothie. Add cocoa powder into the blender and blend until the cocoa is fully incorporated.
4. Pour the cocoa part over the white part.
5. Top with chopped fig and serve.

Calories	522
Total Fat	2.1g
Saturated Fat	0.4g
Cholesterol	0mg
Sodium	129mg
Total Carbohydrate	77.1g
Dietary Fibre	5.2g
Total Sugars	60.3g
Protein	51g

## PEPPERS STUFFED WITH MUSHROOMS AND QUINOA

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 2 red bell peppers
- 30g almonds, slivered
- 15g pine nuts
- 300g brown mushrooms, sliced
- 100g cooked quinoa
- 2 cloves garlic, minced
- ½ lime, juiced
- 1 tablespoon tahini
- Salt and pepper, to taste
- 2 tablespoons chopped parsley
- 10ml olive oil

### Instructions:

1. Heat oven to 160C.
2. Cut bell peppers in half by length and remove seeds and membranes.
3. Place the bell peppers on a baking tray, and brush with olive oil.
4. Bake the peppers for 10 minutes.
5. In the meantime, toast slivered almonds and pine nuts in a dry skillet, until fragrant. Remove from the heat and place aside.
6. Heat remaining olive oil in a skillet.
7. Add mushrooms and garlic and cook until tender, for 7-8 minutes. Season to taste.
8. Mix the tahini with the lime juice
9. Combine the mushrooms with nuts, parsley, quinoa, and tahini.
10. Remove the peppers from the oven and fill with prepared mixture.
11. Continue to bake for 5 minutes.
12. Serve warm.

Calories	359
Total Fat	22.7g
Saturated Fat	2.2g
Cholesterol	0mg
Sodium	64mg
Total Carbohydrate	31.5g
Dietary Fibre	7.8g
Total Sugars	7.9g
Protein	12.8g

WEDNESDAY  
EMPERORS MESS

Preparation time: 5 minutes

Cooking time: 5 minutes

Servings: 1

Ingredients:

- 65ml soy milk
- 1 tablespoon oat cream
- ½ teaspoon bourbon-vanilla extract
- 50g buckwheat flour
- 30g sesame seed flour, low-fat
- 30g rice protein, unflavored
- 1 tablespoon cornstarch
- ½ teaspoon baking powder, aluminum-free
- ½ tablespoon coconut oil
- 25g blueberries

Drizzle:

- 1 tablespoon almond Greek yogurt
- 20g rice protein powder, vanilla flavor
- 1 tablespoon organic almond milk
- 1 pinch cinnamon

Instructions:

1. Combine soy milk, oat cream, and bourbon-vanilla extract in a bowl.
2. In a separate bowl, whisk together buckwheat flour, sesame seed flour, rice protein, cornstarch, and baking powder.
3. Fold in the liquid ingredients and stir until smooth.
4. Heat coconut oil in a skillet.
5. Pour the batter into skillet. Sprinkle the batter with blueberries. Cook the batter for 2-3 minutes per side.
6. Remove from the skillet and tear the dough into pieces with two forks.
7. In the meantime, make the drizzle, by combining all the drizzle ingredients in a small bowl. Pour the drizzle over torn-in-pieces-pancakes.
8. Serve.

Calories	630
Total Fat	15g
Saturated Fat	8.2g
Cholesterol	0mg
Sodium	181mg
Total Carbohydrate	77g
Dietary Fibre	14.1g
Total Sugars	14g
Protein	62g

## PEPPERS STUFFED WITH MUSHROOMS AND QUINOA - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 2 red bell peppers
- 30g almonds, slivered
- 15g pine nuts
- 300g brown mushrooms, sliced
- 100g cooked quinoa
- 2 cloves garlic, minced
- ½ lime, juiced
- 1 tablespoon tahini
- Salt and pepper, to taste
- 2 tablespoons chopped parsley
- 10ml olive oil

### Instructions:

1. Heat oven to 160C.
2. Cut bell peppers in half by length and remove seeds and membranes.
3. Place the bell peppers on a baking tray, and brush with olive oil.
4. Bake the peppers for 10 minutes.
5. In the meantime, toast slivered almonds and pine nuts in a dry skillet, until fragrant. Remove from the heat and place aside.
6. Heat remaining olive oil in a skillet.
7. Add mushrooms and garlic and cook until tender, for 7-8 minutes. Season to taste.
8. Mix the tahini with the lime juice
9. Combine the mushrooms with nuts, parsley, quinoa, and tahini.
10. Remove the peppers from the oven and fill with prepared mixture.
11. Continue to bake for 5 minutes.
12. Serve warm.

Calories	359
Total Fat	22.7g
Saturated Fat	2.2g
Cholesterol	0mg
Sodium	64mg
Total Carbohydrate	31.5g
Dietary Fibre	7.8g
Total Sugars	7.9g
Protein	12.8g

## WILD BERRY ENERGY

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml organic almond milk
- 30g baby spinach
- 100g wild blueberries
- 80g firm tofu, drained
- 50g rice protein
- ½ small banana, sliced
- 1 tablespoon hemp seeds
- 25g avocado

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	539
Total Fat	18g
Saturated Fat	1.8g
Cholesterol	0mg
Sodium	825mg
Total Carbohydrate	43g
Dietary Fibre	8.3g
Total Sugars	16g
Protein	48g

## LENTILS KOFTA WITH KALE SALAD

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 420g can lentils, rinsed, drained
- 1 clove garlic, minced
- 30g plain breadcrumbs, Vegan
- 30g almond meal
- 1 tablespoon ground flax seeds
- 40ml water
- 1 tablespoon Ras al Hanout spice mixture
- Salt and pepper, to taste
- Splash of olive oil

### Salad:

- 200g cherry tomatoes
- 15ml olive oil
- 50g baby kale
- 10g mint
- Salt and pepper, to taste
- 25g almond butter
- 1 ½ tablespoons harissa paste
- 1 tablespoon water
- 1 teaspoon lemon juice

### Instructions:

1. Preheat oven to 180C.
2. Toss the cherry tomatoes with olive oil on a baking sheet.
3. Season to taste with salt and pepper. Bake the tomatoes for 25 minutes or until the tomatoes start to wrinkle.
4. In the meantime, combine flax seeds and water in a small bowl. Place aside for 5-10 minutes.
5. Place drained lentils into a bowl.
6. Mash the lentils with a fork or potato masher until you have a smooth paste.
7. Stir in garlic, breadcrumbs, almond meal, and spice mixture. Season to taste with salt and pepper. Add flax mixture and shape into six balls.
8. Press each ball into sausage shape and then flatten into rectangular patty.
9. Set large skillet over medium-high heat. Add a splash of olive oil and heat for 1 minute.
10. Add koftas and cook for 2 minutes per side.
11. Place baby kale and mint in a large bowl. Add baked cherry tomatoes and lentils kofta.
12. In a small bowl, combine almond butter, harissa paste, water and lemon juice. Season to taste and drizzle the salad.
13. Serve.

Calories	474
Total Fat	19g
Saturated Fat	2g
Cholesterol	0mg
Sodium	135mg
Total Carbohydrate	53.2g
Dietary Fibre	9.8g
Total Sugars	3.8g
Protein	23.9g

## THURSDAY

### BROWN RICE FLAKE PORRIDGE

Preparation time: 5 minutes

Cooking time: 15 minutes

Servings: 1

#### Ingredients:

- 60g brown rice flakes
- 40g rice protein, vanilla flavor
- 300ml organic almond milk
- 25g apricots
- 10g blueberries
- ¼ teaspoon vanilla-bourbon extract
- 6 almonds, sliced

#### Instructions:

1. Pour almond milk in a saucepan.
2. Bring to a simmer.
3. Stir in rice flakes and rice protein. Cook, stirring 10 minutes.
4. Remove from the heat.
5. In the meantime, puree apricots, blueberries, vanilla-bourbon extract in a food blender until smooth. Place the pureed fruits in a clean saucepan and simmer 3 minutes.
6. Transfer the porridge into a bowl and top with pureed fruits and sliced almonds.
7. Serve.

Calories	492
Total Fat	13g
Saturated Fat	0.9g
Cholesterol	0mg
Sodium	293mg
Total Carbohydrate	68g
Dietary Fibre	3.6g
Total Sugars	12g
Protein	40.5g

## LENTILS KOFTA WITH KALE SALAD - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 420g can lentils, rinsed, drained
- 1 clove garlic, minced
- 30g plain breadcrumbs, Vegan
- 30g almond meal
- 1 tablespoon ground flax seeds
- 40ml water
- 1 tablespoon Ras al Hanout spice mixture
- Salt and pepper, to taste
- Splash of olive oil

### Salad:

- 200g cherry tomatoes
- 15ml olive oil
- 50g baby kale
- 10g mint
- Salt and pepper, to taste
- 25g almond butter
- 1 ½ tablespoons harissa paste
- 1 tablespoon water
- 1 teaspoon lemon juice

### Instructions:

1. Preheat oven to 180C.
2. Toss the cherry tomatoes with olive oil on a baking sheet.
3. Season to taste with salt and pepper. Bake the tomatoes for 25 minutes or until the tomatoes start to wrinkle.
4. In the meantime, combine flax seeds and water in a small bowl. Place aside for 5-10 minutes.
5. Place drained lentils into a bowl.
6. Mash the lentils with a fork or potato masher until you have a smooth paste.
7. Stir in garlic, breadcrumbs, almond meal, and spice mixture. Season to taste with salt and pepper. Add flax mixture and shape into six balls.
8. Press each ball into sausage shape and then flatten into rectangular patty.
9. Set large skillet over medium-high heat. Add a splash of olive oil and heat for 1 minute.
10. Add koftas and cook for 2 minutes per side.
11. Place baby kale and mint in a large bowl. Add baked cherry tomatoes and lentils kofta.
12. In a small bowl, combine almond butter, harissa paste, water and lemon juice. Season to taste and drizzle the salad.
13. Serve.

Calories	474
Total Fat	19g
Saturated Fat	2g
Cholesterol	0mg
Sodium	135mg
Total Carbohydrate	53.2g
Dietary Fibre	9.8g
Total Sugars	3.8g
Protein	23.9g

## CHERRY ACAI SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 50g rice protein
- 100g frozen pitted cherries
- 1 teaspoon acai berry powder
- 5ml maple syrup
- 220ml soy milk
- 80ml coconut milk

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	559
Total Fat	23.8g
Saturated Fat	17.7g
Cholesterol	0mg
Sodium	189mg
Total Carbohydrate	37.9g
Dietary Fibre	4.8g
Total Sugars	26.3g
Protein	50.7g

## MUSHROOM FRICASSEE WITH MIXED QUINOA

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 75g white quinoa, dry
- 80g black quinoa, dry
- 15ml olive oil
- 1 onion, diced
- 30g vegan cream cheese
- 2 cloves garlic, minced
- ½ tablespoon cornstarch
- 160g Portobello mushrooms, sliced
- 240g chestnut mushrooms, torn into pieces
- 5g fresh tarragon, use leaves only, chopped
- 1 tablespoon rice wine
- 1 vegetable stock cube
- 150ml boiling water
- 1 tablespoon Dijon mustard
- Salt, to taste

### Instructions:

1. Dissolve vegetable stock in boiling water and place aside.
2. Cook white and black quinoa separately in a saucepan, with water (according to package directions) until cooked. Remove from the heat, cover with lid and place aside.
3. Heat olive oil in a skillet over medium-high heat.
4. Add onion and cook 2 minutes.
5. Add mushrooms and cook for 6-7 minutes.
6. Add garlic and cornstarch and cook for 1 minute, stirring.
7. Add rice wine, vegetable stock, mustard, and vegan cream cheese. Cook for 3-5 minutes or until thickened.
8. Add the tarragon leaves and season to taste with salt and pepper. Remove from heat.
9. Combine white and black quinoa in a bowl. Serve with mushrooms fricassee..

Calories	460
Total Fat	17g
Saturated Fat	3.5g
Cholesterol	0mg
Sodium	516mg
Total Carbohydrate	67g
Dietary Fibre	9.2g
Total Sugars	6g
Protein	16.7g



**FRIDAY**  
**STRAWBERRY PUFF**  
Preparation time: 5 minutes  
Servings: 1

**Ingredients:**

- 100g silken firm tofu, drained
- 80g strawberries
- 40g rice protein, vanilla flavor
- 2 tablespoons coconut milk
- 1 tablespoon agave sweetener
- 1 tablespoon puffed quinoa

**Instructions:**

1. Place strawberries in a food blender.
2. Blend until smooth.
3. Add tofu, crumbled into small pieces, protein powder, and coconut milk, and blend until the mixture starts to thicken.
4. Add agave syrup and blend until completely smooth.
5. Transfer into a serving glass and top with puffed quinoa.
6. Serve.

Calories	365
Total Fat	9.6g
Saturated Fat	6.7g
Cholesterol	0mg
Sodium	116mg
Total Carbohydrate	28.7g
Dietary Fibre	2.7g
Total Sugars	19.5g
Protein	41.9g

**MUSHROOM FRICASSEE WITH MIXED QUINOA - PREVIOUS NIGHT DINNER**

Preparation time: 5 minutes  
Cooking time: 30 minutes  
Servings: 2

**Ingredients:**

- 75g white quinoa, dry
- 80g black quinoa, dry
- 15ml olive oil
- 1 onion, diced
- 30g vegan cream cheese
- 2 cloves garlic, minced
- ½ tablespoon cornstarch
- 160g Portobello mushrooms, sliced
- 240g chestnut mushrooms, torn into pieces
- 5g fresh tarragon, use leaves only, chopped
- 1 tablespoon rice wine
- 1 vegetable stock cube
- 150ml boiling water
- 1 tablespoon Dijon mustard
- Salt, to taste

Calories	460
Total Fat	17g
Saturated Fat	3.5g
Cholesterol	0mg
Sodium	516mg
Total Carbohydrate	67g
Dietary Fibre	9.2g
Total Sugars	6g
Protein	16.7g

**Instructions:**

1. Dissolve vegetable stock in boiling water and place aside.
2. Cook white and black quinoa separately in a saucepan, with water (according to package directions) until cooked. Remove from the heat, cover with lid and place aside.
3. Heat olive oil in a skillet over medium-high heat.
4. Add onion and cook 2 minutes.
5. Add mushrooms and cook for 6-7 minutes.
6. Add garlic and cornstarch and cook for 1 minute, stirring.
7. Add rice wine, vegetable stock, mustard, and vegan cream cheese. Cook for 3-5 minutes or until thickened.
8. Add the tarragon leaves and season to taste with salt and pepper. Remove from heat.
9. Combine white and black quinoa in a bowl. Serve with mushrooms fricassee.

## ALL-INCLUSIVE SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 300ml organic almond milk
- 50g rice protein
- 15g almond butter
- 30g blueberries
- 30g spinach
- 1 small banana

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	427
Total Fat	10.1g
Saturated Fat	0.8g
Cholesterol	0mg
Sodium	265mg
Total Carbohydrate	40.9g
Dietary Fibre	4.3g
Total Sugars	23.8g
Protein	45g

## RATATOUILLE WITH QUINOA AND PESTO

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 2

### Ingredients:

- 1 eggplant
- 30ml balsamic vinegar
- 400g can chopped tomatoes
- 80g chestnut mushrooms, quartered
- 100g can chickpeas, rinsed, drained
- 1 zucchini
- 1 tablespoon dried oregano
- 2 cloves garlic, minced
- 1 red onion, diced
- 1 vegetable stock cube
- 130g quinoa
- 20g basil
- 35g pine nuts
- 1 tablespoon nutritional yeast
- 1 teaspoon lemon juice
- A splash of water
- Salt and pepper, to taste
- 25ml olive oil

### Instructions:

1. Heat oven to 220C.
2. Cut eggplant and zucchini into bite size pieces.
3. Toss the eggplants, zucchinis, and chestnut mushrooms with 15ml olive oil on a baking tray.
4. Season to taste with salt and bake for 20 minutes.
5. Cook quinoa according to package instructions, with ½ stock cube (just to add more flavor) for 20 minutes. Remove from the heat and cover with lid. Let the quinoa stand for 10 minutes.
6. Heat remaining olive oil in a skillet over medium-high heat. Add onion and cook 4 minutes.
7. Add garlic and cook until fragrant. Add can chopped tomatoes, oregano, balsamic vinegar, and remaining stock cube (crumble before use). Add a splash of water and chickpeas. Cook 5 minutes.
8. Remove vegetables from the oven and add into the skillet with tomato sauce. Stir gently and remove from heat.
9. Make pesto; place basil, pine nuts, and nutritional yeast in a food processor. Process until smooth.
10. Add lemon juice and water – as desired and season to taste. Process until smooth.
11. Toss quinoa with pesto and transfer into a bowl. Serve with ratatouille.

Calories	679
Total Fat	29.4g
Saturated Fat	3.2g
Cholesterol	0mg
Sodium	175mg
Total Carbohydrate	86.3g
Dietary Fibre	20.5g
Total Sugars	12.1g
Protein	23.4g

SATURDAY  
RASPBERRY POWER BOWL

Preparation time: 5 minutes  
Cooking time: 10 minutes  
Servings: 1

Ingredients:

- 130g cooked quinoa
- 130ml unsweetened soy milk
- 40g rice protein powder
- 10g pea protein powder, vanilla flavor
- ¼ teaspoon cinnamon
- ½ teaspoon vanilla extract
- 60g raspberries
- 5g chia seeds
- 10g pistachio, chopped
- 10ml maple syrup

Instructions:

1. Combine quinoa, soy milk, and cinnamon in a saucepot.
2. Bring to a boil over medium-high heat.
3. Reduce heat and simmer 10 minutes.
4. Remove from the heat and stir in protein powder, maple syrup, chia seeds, and vanilla extract.
5. Stir to combine.
6. Transfer the mixture into a bowl. Top with raspberries and chopped pistachio.

Calories	519
Total Fat	11.8g
Saturated Fat	1g
Cholesterol	0mg
Sodium	251mg
Total Carbohydrate	55.5g
Dietary Fibre	10.9g
Total Sugars	19.8g
Protein	50g

## RATATOUILLE WITH QUINOA AND PESTO - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 2

### Ingredients:

- 1 eggplant
- 30ml balsamic vinegar
- 400g can chopped tomatoes
- 80g chestnut mushrooms, quartered
- 100g chickpeas
- 1 zucchini
- 1 tablespoon dried oregano
- 2 cloves garlic, minced
- 1 red onion, diced
- 1 vegetable stock cube
- 130g quinoa
- 20g basil
- 35g pine nuts
- 1 tablespoon nutritional yeast
- 1 teaspoon lemon juice
- A splash of water
- Salt and pepper, to taste
- 25ml olive oil

Calories	679
Total Fat	29.4g
Saturated Fat	3.2g
Cholesterol	0mg
Sodium	175mg
Total Carbohydrate	86.3g
Dietary Fibre	20.5g
Total Sugars	12.1g
Protein	23.4g

### Instructions:

1. Heat oven to 220C.
2. Cut eggplant and zucchini into bite size pieces.
3. Toss the eggplants, zucchinis, and chestnut mushrooms with 15ml olive oil on a baking tray.
4. Season to taste with salt and bake for 20 minutes.
5. Cook quinoa according to package instructions, with ½ stock cube (just to add more flavor) for 20 minutes. remove from the heat and cover with lid. Let the quinoa stand for 10 minutes.
6. Heat remaining olive oil in a skillet over medium-high heat. Add onion and cook 4 minutes.
7. Add garlic and cook until fragrant. Add can chopped tomatoes, oregano, balsamic vinegar, and remaining stock cube (crumble before use). Add a splash of water and chickpeas. Cook 5 minutes.
8. Remove vegetables from the oven and add into the skillet with tomato sauce. Stir gently and remove from heat.
9. Make pesto; place basil, pine nuts, and nutritional yeast in a food processor. Process until smooth.
10. Add lemon juice and water – as desired and season to taste. Process until smooth.
11. Toss quinoa with pesto and transfer into a bowl. Serve with ratatouille.

## ALMOND STRAWBERRY SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml unsweetened almond milk
- 55g strawberries
- 15g almond butter
- 50g rice protein, vanilla flavor
- 1 tablespoon hemp seeds

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	329
Total Fat	10.1g
Saturated Fat	0.5g
Cholesterol	0mg
Sodium	215mg
Total Carbohydrate	11.3g
Dietary Fibre	2.7g
Total Sugars	5.3g
Protein	47g

## LENTILS MIX WITH EGGPLANT

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 1 medium eggplant, trimmed, cut into quarters by the length
- 20ml olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 15g fresh ginger, peeled, minced
- 100g dry red lentils, rinsed
- 250g can brown lentils, no need to drain this time 😊
- ½ tablespoon cumin powder
- 1 tablespoon curry powder
- 300ml vegetable stock
- 80g unsweetened coconut yogurt
- 5g fresh coriander, chopped
- Salt and pepper, to taste

Calories	474
Total Fat	12.8g
Saturated Fat	3.9g
Cholesterol	0mg
Sodium	507mg
Total Carbohydrate	71.6g
Dietary Fibre	27.1g
Total Sugars	8.4g
Protein	25.7g

### Instructions:

1. Heat oven to 220C.
2. Rub the eggplant with 5ml olive oil and season with salt and pepper and cumin powder.
3. Heat another 5ml olive oil in a skillet over medium-high heat.
4. Add eggplants into the skillet and brown for 1 minute.
5. Arrange the eggplant onto baking sheet and bake for 20 minutes.
6. Heat remaining olive oil in the skillet you used for eggplants.
7. Add onion and cook 3 minutes. Add garlic, ginger, and curry powder. Cook 3 minutes.
8. Add can lentils and red lentils into the skillet.
9. Add vegetable stock and stir gently. Cook 15 minutes.
10. Remove the lentils from heat and stir in 50g coconut yogurt. Adjust the seasoning.
11. Serve lentils into a bowl and top with baked eggplant and coconut yogurt.
12. Finish with chopped coriander.

## SUNDAY LEMON VANILLA CHIA PUDDING

Preparation time: 5 minutes + inactive time

Servings: 1

### Ingredients:

- 150ml coconut milk
- 55g Greek cultured almond yogurt
- 20g chia seeds
- ½ lemon, zested
- 30ml maple syrup
- 45g rice protein powder, vanilla flavor

### Instructions:

1. Combine all ingredients in a large jar.
2. Refrigerate for two hours.  
The ideal is to make this on the Wednesday night.
3. Stir gently before serving.

Calories	441
Total Fat	10.6g
Saturated Fat	0.8g
Cholesterol	0mg
Sodium	154mg
Total Carbohydrate	45.4g
Dietary Fibre	8.1g
Total Sugars	28.9g
Protein	41.4g

## LENTILS MIX WITH EGGPLANT - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 1 medium eggplant, trimmed, cut into quarters by the length
- 20ml olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 15g fresh ginger, peeled, minced
- 100g red lentils, rinsed
- 250g can brown lentils, no need to drain this time 😊
- ½ tablespoon cumin powder
- 1 tablespoon curry powder
- 300ml vegetable stock
- 80g unsweetened coconut yogurt
- 5g fresh coriander, chopped
- Salt and pepper, to taste

Calories	474
Total Fat	12.8g
Saturated Fat	3.9g
Cholesterol	0mg
Sodium	507mg
Total Carbohydrate	71.6g
Dietary Fibre	27.1g
Total Sugars	8.4g
Protein	25.7g

### Instructions:

1. Heat oven to 220C.
2. Rub the eggplant with 5ml olive oil and season with salt and pepper and cumin powder.
3. Heat another 5ml olive oil in a skillet over medium-high heat.
4. Add eggplants into the skillet and brown for 1 minute.
5. Arrange the eggplant onto baking sheet and bake for 20 minutes.
6. Heat remaining olive oil in the skillet you used for eggplants.
7. Add onion and cook 3 minutes. Add garlic, ginger, and curry powder. Cook 3 minutes.
8. Add can lentils and red lentils into the skillet.
9. Add vegetable stock and stir gently. Cook 15 minutes.
10. Remove the lentils from heat and stir in 50g coconut yogurt. Adjust the seasoning.
11. Serve lentils into a bowl and top with baked eggplant and coconut yogurt.
12. Finish with chopped coriander.

## STRAWBERRY COCONUT SHAKE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml soy milk
- 150g strawberries
- 15g ground flax seeds
- 15g rolled oats
- 15g coconut cream
- 40g rice protein, vanilla flavor

### Instructions:

1. Blend all ingredients in a food blender until smooth.
2. Serve.

Calories	531
Total Fat	13g
Saturated Fat	3.5g
Cholesterol	0mg
Sodium	193mg
Total Carbohydrate	54g
Dietary Fibre	10.2g
Total Sugars	27.7g
Protein	51.6g

## BLACK BEAN PATTIES WITH SALAD

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

### Patties:

- 50g dry quinoa
- 150ml water
- 300g can black beans, rinsed, drained
- 30g breadcrumbs, plain, Vegan
- 30g almond meal
- 2 tablespoons tahini
- 1 clove garlic, minced
- Salt and pepper, to taste

### Salad:

- 60g baby spinach
- 200g cherry tomatoes
- 10g fresh parsley
- 20g fresh coriander
- 15ml olive oil
- Salt and pepper, to taste

### Instructions:

1. Make the patties; rinse quinoa and place in a saucepot with water. Bring to a boil. Reduce heat and simmer until the water is absorbed, for 15-20 minutes.
2. In the meantime, preheat oven to 180C. Toss cherry tomatoes with half the olive oil in on a baking sheet. Season to taste with salt and pepper and bake for 20 minutes.
3. Rinse black beans and place into a bowl. Mash with a fork until smooth. Stir in quinoa, breadcrumbs, almond meal, tahini, and garlic. Season to taste and pop in a freezer for 10 minutes.
4. Remove the mixture from the freezer and shape into four patties.
5. Heat some oil in a skillet over medium-high heat. Add patties and fry for 5-7 minutes.
6. Remove from the heat and place aside.
7. Assemble; place spinach in a large bowl. Add parsley, coriander, and baked cherry tomatoes.
8. Season the salad with salt and drizzle with the remaining olive oil. Top with patties and serve.

Calories	542
Total Fat	25.4g
Saturated Fat	3.1g
Cholesterol	0mg
Sodium	347mg
Total Carbohydrate	60.4g
Dietary Fibre	17.7g
Total Sugars	6.2g
Protein	23.2g

# Week 2 - 2000cal

## GROCERY LIST

### Fruits:

- Dates; 3 pieces
- Figs, raw; 2 pieces
- Blueberries; 165g
- Raspberries; 90g
- Strawberries; 315g
- Banana; 3 pieces
- Lime; 1 piece
- Lemon; 1 piece
- Blueberries, Wild; 100g
- Cherries, pitted, frozen; 100g
- Apricots; 25g

### Vegetables:

- Eggplant, medium; 4 pieces
- Onion; 3 pieces
- Red bell pepper; 2 pieces
- Mushrooms, brown; 300g
- Garlic; 8 cloves
- Spinach; 30g
- Spinach, baby; 90g
- Avocado; 25g
- Cherry tomatoes; 400g
- Kale, baby; 50g
- Zucchini, medium; 1 piece

### Grains and Cereals:

- Amaranth; 40g
- Oatmeal; 30g
- Oats, rolled; 15g
- Puff quinoa; 2 tablespoons
- Lupin meal; 150g
- Cornmeal; 30g
- Quinoa, cooked; 230g
- Brown rice flakes; 60g
- Quinoa, white; 125g
- Quinoa, back; 80g
- Portabella mushrooms; 160g
- Chestnut mushrooms; 320g

### Can Products:

- Tomato sauce; 340g
- Can chopped tomatoes; 400g
- Can Brown lentils; 670g
- Can chickpeas; 100g
- Can black beans; 300g

### Beans and Legumes:

- Lentils, red, dry; 100g

### Spices & Herbs:

- Parsley
- Basil
- Mint
- Coriander
- Bourbon-Vanilla
- Cinnamon
- Oregano
- Cumin
- Curry
- RaselHanout
- RiceVinegar
- DijonMustard
- Harissapaste
- Ginger
- Tarragon

### Butter and Oil:

- Almond butter; 100g
- Olive oil; 115ml
- Tahini; 45g
- Coconut oil; 7ml

### Nuts and Seeds:

- Chia seeds; 30g
- Almonds, slivered; 60g
- Pine nuts; 50g
- Pistachios; 10g
- Hemp seeds; 2 tablespoons
- Almonds, whole; 6 pieces
- Flax seeds; 30g

### Soy Products:

- Soy milk, plain; 835ml
- Tofu, firm; 180g
- Soy milk, unsweetened; 130ml

### Non-Dairy:

- Almond milk, organic; 1045ml
- Almond milk, unsweetened; 250ml
- Coconut milk; 340ml
- Coconut yogurt; 80g
- Cultured yogurt, almond; 55g

### Protein Powder:

- Rice protein, unflavored; 260g
- Rice protein powder, vanilla flavor; 380g
- Pea protein, vanilla flavor; 10g

### Sweeteners:

- Maple syrup; 50ml
- Agave syrup; 15ml

### Additional:

- Vegetable stock; 250ml
- Coconut water; 200ml
- Cocoa powder; 1 teaspoon
- Oat cream; 1 tablespoon
- Buckwheat flour; 50g
- Sesame seeds flour, low-fat; 30g
- Cornstarch; 20g
- Baking powder; 1 sachet
- Breadcrumbs, plain, Vegan; 60g
- Almond meal; 30g
- Acai berry powder; 1 teaspoon
- Vegan cream cheese; 30g



## Week 3 - 2000cal

### MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFASTS	Baked Protein Semolina	Amaranth Muesli with Fig	Nordic Porridge	Pumpkin Spice Latte	Crunchy Breakfast Bowl	Protein Pineapple Chia Pudding	Chocolate Fruit Pudding
LUNCH	Black Bean Patties with Salad – previous night dinner	Red Lentil Pineapple Salad – previous night dinner	Chickpea Chili with Potato Wedges – previous night dinner	Fiery Tofu Curry – previous night dinner	Quinoa Lentil Risotto – previous night dinner	Chickpea Vegetable Curry – previous night dinner	Lentil Balls with Ragout – previous night dinner
SNACKS	All-Inclusive smoothie	Cashew Smoothie	Fitness Smoothie	Orange Smoothie	Jam Almond Shake	Banana Dream	Blueberry Tahini Smoothie
DINNER	Red Lentil Pineapple Salad	Chickpea Chili with Potato Wedges	Fiery Tofu Curry	Quinoa Lentil Risotto	Chickpea Vegetable Curry	Lentil Balls with Ragout	Quinoa with Tofu Nuggets

## MONDAY

### BAKED PROTEIN SEMOLINA

Preparation time: 5 minutes

Cooking time: 15 minutes

Servings: 1

#### Ingredients:

- 50g whole-grain semolina
- 1 teaspoon tahini
- 50g rice protein, vanilla flavor
- 300ml almond milk
- 10g Medjool dates, chopped
- 1 pinch salt
- 1 pinch of cardamom, cinnamon, all spice
- 30g mango
- 1 tablespoon chopped almonds

#### Instructions:

1. Preheat oven to 180C.
2. Combine semolina, tahini, rice protein, almond milk, dates, salt, and spices in a heat-proof small tart dish.
3. Bake the semolina for 15 minutes.
4. Serve topped with mango and chopped almonds.

Calories	574
Total Fat	14g
Saturated Fat	1.2g
Cholesterol	0mg
Sodium	246mg
Total Carbohydrate	60.5g
Dietary Fiber	3.9g
Total Sugars	17.9g
Protein	51g

## BLACK BEAN PATTIES WITH SALAD - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

#### Patties:

- 50g dry quinoa
- 150ml water
- 300g can black beans, rinsed, drained
- 30g breadcrumbs, plain, Vegan
- 30g almond meal
- 2 tablespoons tahini
- 1 clove garlic, minced
- Salt and pepper, to taste

#### Salad:

- 60g baby spinach
- 200g cherry tomatoes
- 10g fresh parsley
- 20g fresh coriander
- 15ml olive oil
- Salt and pepper, to taste

### Instructions:

1. Make the patties; rinse quinoa and place in a saucepot with water. Bring to a boil. Reduce heat and simmer until the water is absorbed, for 15-20 minutes.
2. In the meantime, preheat oven to 180C. Toss cherry tomatoes with half the olive oil in on a baking sheet. Season to taste with salt and pepper and bake for 20 minutes.
3. Rinse black beans and place into a bowl. Mash with a fork until smooth. Stir in quinoa, breadcrumbs, almond meal, tahini, and garlic. Season to taste and pop in a freezer for 10 minutes.
4. Remove the mixture from the freezer and shape into four patties.
5. Heat some oil in a skillet over medium-high heat. Add patties and fry for 5-7 minutes.
6. Remove from the heat and place aside.
7. Assemble; place spinach in a large bowl. Add parsley, coriander, and baked cherry tomatoes.
8. Season the salad with salt and drizzle with the remaining olive oil. Top with patties and serve.

Calories	542
Total Fat	25.4g
Saturated Fat	3.1g
Cholesterol	0mg
Sodium	347mg
Total Carbohydrate	60.4g
Dietary Fiber	17.7g
Total Sugars	6.2g
Protein	23.2g

## ALL-INCLUSIVE SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 300ml organic almond milk
- 50g rice protein
- 15g almond butter
- 30g blueberries
- 30g spinach
- 1 small banana

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	427
Total Fat	10.1g
Saturated Fat	0.8g
Cholesterol	0mg
Sodium	265mg
Total Carbohydrate	40.9g
Dietary Fiber	4.3g
Total Sugars	23.8g
Protein	45g

## RED LENTIL PINEAPPLE SALAD

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 170g red lentils
- 300ml vegetable stock
- ½ pineapple
- 1 small zucchini
- 1 small red onion
- 2 tablespoons white balsamic vinegar or plain balsamic vinegar
- 80g smoked tofu, diced
- Salt and pepper, to taste

### Instructions:

1. Cook red lentils in vegetable stock until tender, for 15-20 minutes.
2. Drain the lentils and allow to cool slightly.
3. Peel and cut pineapple into bite-size pieces.
4. Bring balsamic vinegar to a simmer. Add zucchini and onion and remove from heat. Season with salt and pepper.
5. Combine cooked lentils, tofu, and pineapple in a bowl.
6. Top with balsamic veggies and toss to combine.
7. Serve.

Calories	417
Total Fat	6.1g
Saturated Fat	1.9g
Cholesterol	0mg
Sodium	633mg
Total Carbohydrate	66.1g
Dietary Fiber	15g
Total Sugars	12.8g
Protein	29.2g

## TUESDAY

### AMARANTH MUESLI WITH FIG

Preparation time: 5 minutes

Cooking time: 15 minutes

Servings: 1

#### Ingredients:

- 2 tablespoons amaranth
- 150ml soy milk
- 50g vegan blend protein
- 5ml maple syrup
- 1 pinch cinnamon
- 1 tablespoon pumpkin seeds
- 1 tablespoon oat flakes
- 1 tablespoon slivered almonds
- 1 fresh fig, sliced

#### Instructions:

1. Combine amaranth, soy milk, cinnamon, pumpkin seeds, oat flakes, and slivered almonds in a saucepan.
2. Bring to a boil. Reduce heat and simmer 15 minutes.
3. Remove from the heat and stir in protein powder and maple syrup.
4. Top with sliced fig.
5. Serve.

Calories	542
Total Fat	13.5g
Saturated Fat	1.9g
Cholesterol	0mg
Sodium	86mg
Total Carbohydrate	57.3g
Dietary Fiber	7.3g
Total Sugars	19.9g
Protein	51.5g

## RED LENTIL PINEAPPLE SALAD - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 2

#### Ingredients:

- 170g red lentils
- 300ml vegetable stock
- ½ pineapple
- 1 small zucchini
- 1 small red onion
- 2 tablespoons white balsamic vinegar or plain balsamic vinegar
- 80g smoked tofu, diced
- Salt and pepper, to taste

#### Instructions:

1. Cook red lentils in vegetable stock until tender, for 15-20 minutes.
2. Drain the lentils and allow to cool slightly.
3. Peel and cut pineapple into bite-size pieces.
4. Bring balsamic vinegar to a simmer. Add zucchini and onion and remove from heat. Season with salt and pepper.
5. Combine cooked lentils, tofu, and pineapple in a bowl.
6. Top with balsamic veggies and toss to combine.
7. Serve.

Calories	417
Total Fat	6.1g
Saturated Fat	1.9g
Cholesterol	0mg
Sodium	633mg
Total Carbohydrate	66.1g
Dietary Fiber	15g
Total Sugars	12.8g
Protein	29.2g

## CASHEW SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 50ml coconut milk
- 250ml coconut water
- 40g rice protein, chocolate flavor
- ½ tablespoon hemp seeds
- 4 cashews
- 1 tablespoon ground almonds
- ½ tablespoon cocoa nibs

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	571
Total Fat	25.6g
Saturated Fat	13.6g
Cholesterol	0mg
Sodium	153mg
Total Carbohydrate	44.4g
Dietary Fiber	5.4g
Total Sugars	32.5g
Protein	44g

## CHICKPEA CHILI WITH POTATO WEDGES

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 280g can chickpeas, rinsed, drained
- 250g can fire-roasted tomatoes
- 50g frozen corn
- 30ml olive oil
- 1 large sweet potato
- 1 red bell pepper, seeded, diced
- ½ green bell pepper, seeded, diced
- 1 small onion, diced
- 1 clove garlic, minced
- 1 teaspoon cumin
- 1 stalk celery, diced
- 1 teaspoon chili powder
- ½ tablespoon fresh lemon juice
- 2 tablespoons chopped cilantro
- Salt and pepper, to taste

### Instructions:

1. Preheat oven to 180C.
2. Peel sweet potato and cut into wedges.
3. Toss the sweet potato wedges with 15ml olive oil, salt, pepper, and ½ teaspoon cumin.
4. Arrange the potato wedges on a baking sheet and bake for 25-30 minutes.
5. In the meantime, make the chili; heat remaining olive oil in a saucepot.
6. Add onion and bell peppers. Cook 5 minutes over medium-high heat. Add celery and garlic. Cook 1 minute.
7. Add can fire tomatoes and cook 2 minutes. Puree the mixture with an immersion blender.
8. Add chickpeas, corn, lemon juice, remaining cumin, chili powder, and cilantro.
9. Season to taste and simmer 15 minutes.
10. Serve the chili with sweet potato wedges.

Calories	468
Total Fat	16.6g
Saturated Fat	2.3g
Cholesterol	0mg
Sodium	358mg
Total Carbohydrate	67.8g
Dietary Fiber	14.2g
Total Sugars	6.9g
Protein	13.2g

## WEDNESDAY NORDIC PORRIDGE

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 1

### Ingredients:

- 50g amaranth, soaked overnight
- 100ml almond milk
- 50ml water
- 50g rice protein, vanilla flavor

### Sauce:

- 1 orange
- ¼ teaspoon cinnamon
- 1 pinch cardamom
- 1 pinch ginger powder
- ¼ tablespoon cornstarch

Calories	509
Total Fat	6.2g
Saturated Fat	1.1g
Cholesterol	0mg
Sodium	132mg
Total Carbohydrate	64.2g
Dietary Fiber	9.4g
Total Sugars	22.5g
Protein	50.1g

### Instructions:

1. Drain amaranth and place in a saucepot with almond milk and water.
2. Bring to a boil. Reduce heat and simmer 15 minutes. remove from the heat and stir in rice protein. Place the porridge aside for 5 minutes.
3. In the meantime, make the sauce; squeeze orange and drain juice in a saucepan. Combine 1 tablespoon of the juice with cornstarch in a small bowl.
4. Bring the juice with cinnamon, cardamom, and ginger to a simmer.
5. Stir in the cornstarch mixture and simmer until the sauce is gently thickened.
6. Serve amaranth topped with orange sauce.

## CHICKPEA CHILI WITH POTATO WEDGES - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 280g can chickpeas, rinsed, drained
- 250g can fire-roasted tomatoes
- 50g frozen corn
- 30ml olive oil
- 1 large sweet potato
- 1 red bell pepper, seeded, diced
- ½ green bell pepper, seeded, diced
- 1 small onion, diced
- 1 clove garlic, minced
- 1 teaspoon cumin
- 1 stalk celery, diced
- 1 teaspoon chili powder
- ½ tablespoon fresh lemon juice
- 2 tablespoons chopped cilantro
- Salt and pepper, to taste

Calories	468
Total Fat	16.6g
Saturated Fat	2.3g
Cholesterol	0mg
Sodium	358mg
Total Carbohydrate	67.8g
Dietary Fiber	14.2g
Total Sugars	6.9g
Protein	13.2g

### Instructions:

1. Preheat oven to 180C.
2. Peel sweet potato and cut into wedges.
3. Toss the sweet potato wedges with 15ml olive oil, salt, pepper, and ½ teaspoon cumin.
4. Arrange the potato wedges on a baking sheet and bake for 25-30 minutes.
5. In the meantime, make the chili; heat remaining olive oil in a saucepot.
6. Add onion and bell peppers. Cook 5 minutes over medium-high heat. Add celery and garlic. Cook 1 minute.
7. Add can fire tomatoes and cook 2 minutes. Puree the mixture with an immersion blender.
8. Add chickpeas, corn, lemon juice, remaining cumin, chili powder, and cilantro.
9. Season to taste and simmer 15 minutes.
10. Serve the chili with sweet potato wedges.

## FITNESS SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml soy milk
- 55g rice protein
- 30g spinach
- 6 almonds
- 1 teaspoon coconut flakes
- ½ teaspoon maple syrup
- 1 frozen banana, slice before freezing
- ½ teaspoon cocoa powder

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	517
Total Fat	9.4g
Saturated Fat	1.6g
Cholesterol	0mg
Sodium	218mg
Total Carbohydrate	54.3g
Dietary Fiber	7.2g
Total Sugars	29.5g
Protein	56.9g



## FIERY TOFU CURRY

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 2

### Ingredients:

#### Spice mix/curry paste:

- 1 teaspoon coriander seeds
- ½ teaspoon cumin seed
- ¼ teaspoon black pepper
- 2 small shallots
- 2 dried long chili peppers (alternatively fresh, mild red chili)
- 2 cloves garlic
- 1 coriander root, chopped
- 1 kaffir lime leaf
- ½ tablespoon minced ginger
- 1 teaspoon sea salt
- ½ tablespoon miso paste

Calories	515
Total Fat	42g
Saturated Fat	28.9g
Cholesterol	0mg
Sodium	1154mg
Total Carbohydrate	27.9g
Dietary Fiber	7.9g
Total Sugars	12.4g
Protein	15.3g

### Curry:

- 1 small carrot, chopped
- 1 small red pepper, chopped
- 200g firm tofu
- 15ml peanut oil
- 300 ml coconut milk
- 50g cubed eggplant
- 50g sugar snap peas
- 50g sprouted mung beans
- ¼ bunch cilantro
- 2 tablespoons Thai or plain basil

### Instructions:

1. Make the curry paste; grind coriander seeds, cumin seeds and black pepper in a mortar.
2. Chop the shallots, dried chili peppers, garlic and coriander roots roughly, cut the kaffir lime leaves into fine strips.
3. Puree all ingredients, except the miso paste, in a large mortar or food processor to a fine paste. Then stir in the miso paste. You can store the paste in a fridge for at least 14 days.
4. Heat peanut oil in a skillet. Add 2 tablespoons curry paste and fry until fragrant.
5. Deglaze the skillet with 100ml coconut milk. Add remaining milk, along with carrots, red bell pepper, eggplants, and sugar snap peas. Simmer 6 minutes.
6. Stir in mung beans, and cook 1minute. Remove from heat, season to taste, and stir in coriander. Serve curry, garnished with Thai basil.

## THURSDAY PUMPKIN SPICE LATTE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 40g pumpkin puree, no sugar added
- ½ teaspoon cinnamon
- ¼ teaspoon cloves
- 1 pinch nutmeg
- 300ml unsweetened soy milk
- ½ teaspoon vanilla-bourbon extract
- 40g vegan blend protein powder, vanilla flavor
- 5ml maple syrup
- 10ml shot espresso coffee or 5g instant coffee granules

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend until smooth.
3. Serve.

Calories	372
Total Fat	7g
Saturated Fat	0.7g
Cholesterol	0mg
Sodium	162mg
Total Carbohydrate	32.5g
Dietary Fiber	3.8g
Total Sugars	16.4g
Protein	44.6g

## FIERY TOFU CURRY - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 2

### Ingredients:

#### Spice mix/curry paste:

- 1 teaspoon coriander seeds
- ½ teaspoon cumin seed
- ¼ teaspoon black pepper
- 2 small shallots
- 2 dried long chili peppers (alternatively fresh, mild red chili)
- 2 cloves garlic
- 1 coriander root, chopped
- 1 kaffir lime leaf
- ½ tablespoon minced ginger
- 1 teaspoon sea salt
- ½ tablespoon miso paste

Calories	515
Total Fat	42g
Saturated Fat	28.9g
Cholesterol	0mg
Sodium	1154mg
Total Carbohydrate	27.9g
Dietary Fiber	7.9g
Total Sugars	12.4g
Protein	15.3g

### Curry:

- 1 small carrot, chopped
- 1 small red pepper, chopped
- 200g tofu
- 1 tablespoon peanut oil
- 300 ml coconut milk
- 50g cubed eggplant
- 50g sugar snap peas
- 50g sprouted mung beans
- ¼ bunch cilantro
- 2 tablespoons Thai or plain basil

### Instructions:

1. Make the curry paste; grind coriander seeds, cumin seeds and black pepper in a mortar.
2. Chop the shallots, dried chili peppers, garlic and coriander roots roughly, cut the kaffir lime leaves into fine strips.
3. Puree all ingredients, except the miso paste, in a large mortar or food processor to a fine paste. Then stir in the miso paste. You can store the paste in a fridge for at least 14 days.
4. Heat peanut oil in a skillet. Add 2 tablespoons curry paste and fry until fragrant.
5. Deglaze the skillet with 100ml coconut milk. Add remaining milk, along with carrots, red bell pepper, eggplants, and sugar snap peas. Simmer 6 minutes.
6. Stir in mung beans, and cook 1minute. Remove from heat, season to taste, and stir in coriander. Serve curry, garnished with Thai basil.

## ORANGE SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 200ml orange juice, freshly squeezed
- 100ml coconut water
- 1 medium banana
- 75g strawberries, halved
- 15g almond butter
- 4 ice cubes
- 60g rice protein

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	569
Total Fat	10.2g
Saturated Fat	1.1g
Cholesterol	0mg
Sodium	189mg
Total Carbohydrate	66.9g
Dietary Fiber	7.7g
Total Sugars	42g
Protein	55.9g

## QUINOA LENTIL RISOTTO

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 90g dry brown lentils, soaked for 30 minutes, drained, rinsed
- 80g dry quinoa, soaked for 30 minutes, drained, rinsed
- 850ml water
- 1 vegetable stock cube
- 300g asparagus, trimmed, chopped
- 80g green peas
- 30ml olive oil
- 2 shallots, diced
- 1 clove garlic, minced
- 1 lemon, juiced, and zested
- 2 tablespoons nutritional yeast
- 30g toasted slivered almonds, to serve with
- Salt and pepper, to taste

Calories	578
Total Fat	18.8g
Saturated Fat	2.7g
Cholesterol	0mg
Sodium	1395mg
Total Carbohydrate	73g
Dietary Fiber	23.8g
Total Sugars	7.2g
Protein	33.8g

### Instructions:

1. Dissolve vegetable stock cube in water, or use homemade vegetable stock.
2. Combine lentils, quinoa, and stock in a saucepot.
3. Bring to a boil over medium-high heat.
4. Reduce heat and simmer, covered for 15 minutes. Stir the lentils and quinoa occasionally.
5. Remove the lid and continue to simmer 5 minutes.
6. Stir in nutritional yeast and remove from heat.
7. In the meantime, heat olive oil in a skillet.
8. Add shallots and cook 3 minutes. Add asparagus, and a pinch of salt and cook for 4 minutes, stirring once or twice.
9. Add garlic and 2 tablespoons of water (if the skillet is dry) and toss to combine. Cook 1 minute.
10. Add peas and cook 1 minute. Stir in lemon juice and zest.
11. Serve risotto topped with asparagus, peas, and toasted almonds.

## FRIDAY CRUNCHY BREAKFAST BOWL

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 180g almond yogurt
- 50g rice protein, vanilla flavor
- 15g cashew butter
- 50g blueberries
- 20g raspberries
- 1 tablespoon cornflakes

### Instructions:

1. Combine yogurt, rice protein, and cashew butter in a bowl.
2. Top with berries and cornflakes.
3. Serve.

Calories	494
Total Fat	15.4g
Saturated Fat	2g
Cholesterol	0mg
Sodium	133mg
Total Carbohydrate	41.9g
Dietary Fiber	4.9g
Total Sugars	16.7g
Protein	47.9g

## QUINOA LENTIL RISOTTO - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 90g dry brown lentils, soaked for 30 minutes, drained, rinsed
- 80g dry quinoa, soaked for 30 minutes, drained, rinsed
- 850ml water
- 1 ½ vegetable stock cubes, crumbled
- 300g asparagus, trimmed, chopped
- 80g green peas
- 20ml olive oil
- 2 shallots, diced
- 1 clove garlic, minced
- 1 lemon, juiced, and zested
- 2 tablespoons nutritional yeast
- 20g toasted slivered almonds, to serve with
- Salt and pepper, to taste

### Instructions:

1. Dissolve vegetable stock cube in water, or use homemade vegetable stock.
2. Combine lentils, quinoa, and stock in a saucepot.
3. Bring to a boil over medium-high heat.
4. Reduce heat and simmer, covered for 15 minutes. Stir the lentils and quinoa occasionally.
5. Remove the lid and continue to simmer 5 minutes.
6. Stir in nutritional yeast and remove from heat.
7. In the meantime, heat olive oil in a skillet.
8. Add shallots and cook 3 minutes. Add asparagus, and a pinch of salt and cook for 4 minutes, stirring once or twice.
9. Add garlic and 2 tablespoons of water (if the skillet is dry) and toss to combine. Cook 1 minute.
10. Add peas and cook 1 minute. Stir in lemon juice and zest.
11. Serve risotto topped with asparagus, peas, and toasted almonds.

Calories	578
Total Fat	18.8g
Saturated Fat	2.7g
Cholesterol	0mg
Sodium	1395mg
Total Carbohydrate	73g
Dietary Fiber	23.8g
Total Sugars	7.2g
Protein	33.8g

## JAM ALMOND SHAKE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 45g rice protein powder, vanilla flavor
- 15g peanut butter
- 25g almonds
- 250ml unsweetened almond milk
- 4 ice cubes
- 30g apricot jam, Vegan

### Instructions:

1. Combine all ingredients in a blender.
2. Blend on high until smooth.
3. Serve.

Calories	463
Total Fat	18.9g
Saturated Fat	3.5g
Cholesterol	0mg
Sodium	394mg
Total Carbohydrate	31.6g
Dietary Fiber	2.9g
Total Sugars	18.1g
Protein	45.2g

## CHICKPEA VEGETABLE CURRY

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 250g can chickpeas, rinsed, drained
- 2 red bell peppers, seeded, cut into thin strips
- 1 carrot, chopped
- 1 small onion, chopped
- 100 g cauliflower, cut into florets
- 100 g broccoli, cut into florets
- 1 1cm piece of fresh ginger, minced
- 20ml olive oil
- 2 chili peppers, sliced into thin slices with seeds
- 400ml unsweetened coconut milk
- 1 lemon, juiced
- 1 orange, juiced
- 100ml water
- 15g peanut butter
- 2 teaspoon curry powder
- Salt, to taste
- 2 tablespoons chopped coriander, to garnish

### Instructions:

1. Heat olive oil in a saucepot.
2. Add cauliflower and cook 2 minutes over medium-high heat.
3. Add carrot, onion, and broccoli. Cook 2 minutes.
4. Add bell pepper, chickpeas, and chili peppers.
5. Add coconut milk, water, lemon and orange juice, garlic, and ginger.
6. Simmer 10 minutes. Stir in curry powder and peanut butter. Simmer for 2minutes. Adjust the seasonings at this point.
7. Serve warm, garnished with chopped coriander.

Calories	505
Total Fat	20.9g
Saturated Fat	5.9g
Cholesterol	0mg
Sodium	72mg
Total Carbohydrate	69.3g
Dietary Fiber	19.4g
Total Sugars	23.8g
Protein	18.4g

## SATURDAY PROTEIN PINEAPPLE CHIA PUDDING

Preparation time: 5 minutes + inactive time

Servings: 1

### Ingredients:

- 240ml soy milk
- 50g rice protein powder
- 60g pineapple chunks
- 30g chia

### Instructions:

1. Combine all ingredients in a bowl.
2. Cover and refrigerate at least 30 minutes.  
Ideal would be to refrigerate overnight.
3. Serve.

Calories	500
Total Fat	13.6g
Saturated Fat	1.5g
Cholesterol	0mg
Sodium	192mg
Total Carbohydrate	40.9g
Dietary Fiber	12.7g
Total Sugars	18.3g
Protein	53.9g

## CHICKPEA VEGETABLE CURRY - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 250g can chickpeas, rinsed, drained
- 2 red peppers, seeded, cut into thin strips
- 1 carrot, chopped
- 1 small onion, chopped
- 100 g cauliflower, cut into florets
- 100 g broccoli, cut into florets
- 1 1cm piece of fresh ginger, minced
- 20ml olive oil
- 2 chili peppers, sliced into thin slices with seeds
- 400ml unsweetened coconut milk
- 1 lemon, juiced
- 1 orange, juiced
- 100ml water
- 1 tablespoon peanut butter
- 2 teaspoon curry powder
- Salt, to taste
- 2 tablespoons chopped coriander, to garnish

### Instructions:

1. Heat olive oil in a saucepot.
2. Add cauliflower and cook 2 minutes over medium-high heat.
3. Add carrot, onion, and broccoli. Cook 2 minutes.
4. Add bell pepper, chickpeas, and chili peppers.
5. Add coconut milk, water, lemon and orange juice, garlic, and ginger.
6. Simmer 10 minutes. Stir in curry powder and peanut butter. Simmer for 2minutes.  
Adjust the seasonings at this point.
7. Serve warm, garnished with chopped coriander.

Calories	505
Total Fat	20.9g
Saturated Fat	5.9g
Cholesterol	0mg
Sodium	72mg
Total Carbohydrate	69.3g
Dietary Fiber	19.4g
Total Sugars	23.8g
Protein	18.4g

## BANANA DREAM

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 300ml soy milk
- 50g rice protein
- 1 vanilla pod or 1 teaspoon vanilla extract
- 1 large banana, frozen (slice before freezing)
- 50g strawberries, sliced

### Instructions:

1. Cut vanilla pod lengthwise and scrape out the seeds with a sharp knife.
2. Place all the ingredients in a food blender.
3. Blend until smooth.
4. Serve.

Calories	502
Total Fat	5.9g
Saturated Fat	0.8g
Cholesterol	0mg
Sodium	215mg
Total Carbohydrate	59g
Dietary Fiber	6.3g
Total Sugars	34.1g
Protein	52.1g

## LENTIL BALLS WITH RAGOUT

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 1 eggplant
- 10g fresh basil
- 30g breadcrumbs
- 400g can chopped tomatoes
- 420g can brown lentils, drained
- 1 teaspoon dried oregano
- 1 vegetable stock cube
- 100ml boiling water
- 1 onion, grated
- 1 clove garlic
- 2 teaspoons tomato paste
- 20ml olive oil
- Salt and pepper, to taste

Calories	466
Total Fat	12g
Saturated Fat	1.6g
Cholesterol	0mg
Sodium	125mg
Total Carbohydrate	68.4g
Dietary Fiber	14.9g
Total Sugars	11.1g
Protein	23g

### Instructions:

1. Preheat oven to 200C.
2. Trim the stalks of eggplant and cut the eggplant into bite-sized pieces.
3. Add the eggplant onto large baking sheet (as you will place the balls next to the eggplants) and drizzle with 10ml olive oil.
4. Season to taste with salt and pepper. Bake the eggplant for 30 minutes.
5. Place lentils in a bowl, and mash using a fork.
6. Add half the grated onion, breadcrumbs, and season to taste with salt and pepper.
7. Shape the mixture into six balls.
8. Remove the eggplant from the oven and arrange the balls next to the eggplants.
9. Bake the balls for 18-20 minutes. You can temper your time. Just make your balls in 10 minutes from the moment you place eggplants to bake.
10. In the meantime, dissolve vegetable stock in boiling water.
11. Heat remaining oil in a saucepan. Add onion and cook 5 minutes.
12. Add garlic, can tomatoes, tomato paste, and oregano.
13. Stir to combine and add vegetable stock. Simmer 10 minutes or until gently thickened.
14. Remove eggplant and lentils balls from the oven. Place the eggplants into the saucepan with the tomatoes. Add basil and stir to combine. Remove from the heat and adjust seasoning.
15. Serve ragout in a bowl and top with lentils balls.
16. Serve.



SUNDAY  
CHOCOLATE FRUIT PUDDING

Preparation time: 5 minutes  
Servings: 1

Ingredients:

- 2 bananas, sliced
- 20g cashew nuts, soaked 30 minutes, rinsed, drained (or in hot water for 15 minutes)
- 15g almonds
- 1 tablespoon hemp seeds
- 1 tablespoon cacao powder
- 60ml almond milk
- 45g rice protein, chocolate flavor
- ½ tablespoon chopped pistachios
- 15g raspberries
- ½ tablespoon pomegranate seeds

Calories	605
Total Fat	23.1g
Saturated Fat	3.5g
Cholesterol	0mg
Sodium	124mg
Total Carbohydrate	60.1g
Dietary Fiber	10.1g
Total Sugars	26.5g
Protein	48.2g

Instructions:

1. Combine 1 banana, cashews, almonds, ½ tablespoon hemp seeds, cacao powder, coconut milk, and rice protein in a food blender.
2. Blend on high until smooth.
3. Transfer into a bowl, and top with remaining hemp seeds, pistachios, pomegranate seeds, and raspberries.

## LENTIL BALLS WITH RAGOUT - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 1 eggplant
- 10g fresh basil
- 30g breadcrumbs
- 400g can chopped tomatoes
- 420g can brown lentils, drained
- 1 teaspoon dried oregano
- 1 vegetable stock cube
- 100ml boiling water
- 1 onion, grated
- 1 clove garlic
- 2 teaspoons tomato paste
- 20ml olive oil
- Salt and pepper, to taste

Calories	466
Total Fat	12g
Saturated Fat	1.6g
Cholesterol	0mg
Sodium	125mg
Total Carbohydrate	68.4g
Dietary Fiber	14.9g
Total Sugars	11.1g
Protein	23g

### Instructions:

1. Preheat oven to 200C.
2. Trim the stalks of eggplant and cut the eggplant into bite-sized pieces.
3. Add the eggplant onto large baking sheet (as you will place the balls next to the eggplants) and drizzle with 10ml olive oil.
4. Season to taste with salt and pepper. Bake the eggplant for 30 minutes.
5. Place lentils in a bowl, and mash using a fork.
6. Add half the grated onion, breadcrumbs, and season to taste with salt and pepper.
7. Shape the mixture into six balls.
8. Remove the eggplant from the oven and arrange the balls next to the eggplants.
9. Bake the balls for 18-20 minutes. You can temper your time. Just make your balls in 10 minutes from the moment you place eggplants to bake.
10. In the meantime, dissolve vegetable stock in boiling water.
11. Heat remaining oil in a saucepan. Add onion and cook 5 minutes.
12. Add garlic, can tomatoes, tomato paste, and oregano.
13. Stir to combine and add vegetable stock. Simmer 10 minutes or until gently thickened.
14. Remove eggplant and lentils balls from the oven. Place the eggplants into the saucepan with the tomatoes. Add basil and stir to combine. Remove from the heat and adjust seasoning.
15. Serve ragout in a bowl and top with lentils balls.
16. Serve.

## BLUEBERRY TAHINI SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 300ml organic almond milk
- 100g blueberries
- 1 tablespoons tahini
- 50g rice protein powder
- ½ banana, sliced
- 2 ice cubes

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	446
Total Fat	11.6g
Saturated Fat	1.2g
Cholesterol	0mg
Sodium	260mg
Total Carbohydrate	41.4g
Dietary Fiber	6.1g
Total Sugars	26g
Protein	45.5g

## QUINOA WITH TOFU NUGGETS

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 100g dry quinoa
- 200ml water
- Salt to taste
- 20g baby spinach

### Nuggets:

- 200g firm tofu, drained
- 20g whole-meal flour
- 20ml soy milk
- 10ml chili sauce or chili powder
- ½ teaspoon paprika powder
- 50g almond meal
- Salt and pepper, to taste

Calories	483
Total Fat	21.3g
Saturated Fat	2.4g
Cholesterol	0mg
Sodium	18mg
Total Carbohydrate	53.8g
Dietary Fiber	10g
Total Sugars	2g
Protein	24.7g

### Instructions:

1. Preheat oven to 180C.
2. Cut tofu into 1.5cm pieces.
3. Combine flour with paprika powder and place in a shallow dish.
4. In a separate dish, combine soy milk and chili sauce.
5. Place almond meal into the third dish.
6. Coat tofu with flour, dip into soy milk mixture, and dredge through almond meal. Arrange tofu onto baking sheet. Bake 20 minutes flipping halfway through.
7. In the meantime, cook quinoa with water in saucepan for 20 minutes.
8. Remove from the heat and stir in spinach. Cover and allow to stand for 5 minutes.
9. Season the quinoa with salt and fluff with a fork.
10. Serve quinoa and spinach with the tofu nuggets.

# Week 3 - 2000cal

## GROCERY LIST

### Fruits:

- Mango; 30g
- Dates; 10g
- Blueberries; 330g
- Banana; 7 pieces
- Orange juice, freshly squeezed; 200ml
- Strawberries; 125g
- Pineapple; 120g
- Fig; 1 piece
- Lemon; 1 piece
- Orange; 2 pieces
- Raspberries; 35g
- Pomegranate seeds; 30g

### Vegetables:

- Spinach; 80g
- Baby spinach; 60g
- Zucchini; 1 piece
- Onion; 4 pieces
- Sweet potato; 1 piece
- Red bell pepper; 4 pieces
- Green bell pepper; 1 piece
- Garlic; 3 cloves
- Celery stalk; 1 piece
- Chili pepper; 4 pieces
- Cauliflower; 100g
- Broccoli; 100g
- Shallots; 2 pieces
- Carrots; 2 pieces
- Eggplants; 2 pieces
- Asparagus; 300g
- Peas; 80g

### Grains and Cereals:

- Amaranth; 60g
- Semolina; 50g
- Oat flakes; 1 tablespoon
- Quinoa; 180g
- Cornflakes; 1 tablespoon

### Can Products:

- Can pumpkin puree; 40g
- Can chickpeas; 530g
- Can fire-roasted tomatoes; 250g
- Can corn; 50g
- Can chopped tomatoes; 400g
- Can brown lentils; 420g
- Tomato paste; 20g

### Beans and Legumes:

- Red lentils; 170g
- Mung beans, sprouted; 50g
- Brown lentils; 90g

### Spices & Herbs:

- Cinnamon
- Cardamom
- All spice
- Balsamic vinegar
- Cumin
- Chili powder
- Cilantro
- Ginger
- Coriander seeds
- Kaffir lime leaves
- Miso paste

### Butter and Oil:

- Tahini; 50g
- Almond butter; 30g
- Olive oil; 100ml
- Peanut oil; 15ml
- Peanut butter; 30g
- Cashew butter; 15g

### Nuts and Seeds:

- Almonds, chopped; 30g
- Pumpkin seeds; 1 tablespoon
- Almonds, slivered; 45g
- Hemp seeds; 20g
- Cashews, whole; 35g
- Almonds, ground; 15g
- Almonds, whole; 50g
- Chia seeds; 30g

### Soy Products:

- Soy milk, plain; 960ml
- Soy milk, unsweetened; 300ml
- Tofu, smoked; 80g
- Tofu, firm; 400g

### Non-Dairy:

- Almond milk, organic; 1060ml
- Almond milk, unsweetened; 250ml
- Coconut milk, plain; 350ml
- Coconut milk, unsweetened; 400ml
- Almond yogurt; 180g

### Protein Powder:

- Vegan blend protein powder, unflavored; 50g
- Rice protein, vanilla flavor; 195g
- Rice protein, unflavored; 260g
- Vegan blend protein powder, vanilla flavor; 40g
- Rice protein, chocolate flavor; 85g

### Sweeteners:

- Maple syrup; 15ml

### Additional:

- Vegetable stock; 300ml
- Vegetable stock cube; 4 pieces
- Espresso coffee; 10ml
- Coconut water; 350ml
- Cocoa nibs; ½ tablespoon
- Cornstarch; 10g
- Coconut flakes; 1 teaspoon
- Cocoa powder; ½ tablespoon
- Nutritional yeast; 2 tablespoons
- Almond meal; 50g
- Whole-wheat flour; 20g
- Chili sauce; 10ml
- Apricot jam; 30g

## Week 4 - 2000cal

### MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFASTS	Black Forrest Overnight Oats	Avocado Banana Chia Creamy Pudding	Breakfast Poppy Seed Spread	Morning Booster	Chocolate Banana Smoothie	Oatmeal Parfait	Morning Booster
LUNCH	Quinoa with Tofu Nuggets – previous night dinner	Socca Mediterranean Skillet – previous night dinner	Red Lentil Patties with Spinach previous night dinner	Pumpkin Quinoa Pilaf – previous night dinner	Lentils Soup with Onions – previous night dinner	Sweet Potato Chickpea Bake with Tahini Sauce – previous night dinner	Southern Style Stew – previous night dinner
SNACKS	Orange Coconut Smoothie	Hemp Seed Cocoa Smoothie	Mixed Smoothie	Nutty Smoothie	Berry Avocado Smoothie	Blushed Avocado	Blueberry Oats Chia Smoothie
DINNER	Socca Mediterranean Skillet	Red Lentil Patties with Spinach	Pumpkin Quinoa Pilaf	Lentils Soup with Onions	Sweet Potato Chickpea Bake with Tahini Sauce	Southern Style Stew	Lentils with Vegetables in Almond Sauce

## MONDAY

### BLACK FORREST OVERNIGHT OATS

Preparation time: 5 minutes + inactive time

Servings: 1

#### Ingredients:

- 40g rolled oats
- 50g rice protein, chocolate flavor
- ½ tablespoon cocoa powder
- 50g pitted cherries
- 120ml organic almond milk
- 110g almond Greek yogurt
- 5ml maple syrup

#### To top:

- 1 tablespoon almond Greek yogurt
- 2 cherries, pitted

#### Instructions:

1. Combine protein powder, cocoa powder, cherries, almond milk, maple syrup. and almond Greek yogurt in a food blender.
2. Transfer the mixture in a jar and stir in rolled oats.
3. Refrigerate overnight.
4. Top with almond Greek yogurt and fresh cherries before serving.

Calories	557
Total Fat	9.2g
Saturated Fat	0.9g
Cholesterol	0mg
Sodium	273mg
Total Carbohydrate	66.4g
Dietary Fiber	9.7g
Total Sugars	13.2g
Protein	51.7g

## QUINOA WITH TOFU NUGGETS - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 100g dry quinoa
- 200ml water
- Salt to taste
- 20g baby spinach

### Nuggets:

- 200g firm tofu, drained
- 20g whole-meal flour
- 20ml soy milk
- 10ml chili sauce or chili powder
- ½ teaspoon paprika powder
- 50g almond meal
- Salt and pepper, to taste

### Instructions:

1. Preheat oven to 180C.
2. Cut tofu into 1.5cm pieces.
3. Combine flour with paprika powder and place in a shallow dish.
4. In a separate dish, combine soy milk and chili sauce.
5. Place almond meal into the third dish.
6. Coat tofu with flour, dip into soy milk mixture, and dredge through almond meal. Arrange tofu onto baking sheet. Bake 20 minutes flipping halfway through.
7. In the meantime, cook quinoa with water in saucepan for 20 minutes.
8. Remove from the heat and stir in spinach. Cover and allow to stand for 5 minutes.
9. Season the quinoa with salt and fluff with a fork.
10. Serve quinoa and spinach with the tofu nuggets.

Calories	483
Total Fat	21.3g
Saturated Fat	2.4g
Cholesterol	0mg
Sodium	18mg
Total Carbohydrate	53.8g
Dietary Fiber	10g
Total Sugars	2g
Protein	24.7g

## ORANGE COCONUT SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml unsweetened coconut milk
- 2 dates, pitted
- 1 orange, peeled, segmented
- 1 tablespoon orange juice, freshly squeezed
- 50g rice protein, vanilla flavor
- ½ tablespoon tahini
- 1 tablespoon coconut flakes, unsweetened

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	433
Total Fat	10.2g
Saturated Fat	6.3g
Cholesterol	0mg
Sodium	70mg
Total Carbohydrate	43.3g
Dietary Fiber	7.9g
Total Sugars	30.6g
Protein	44.1g

# SOCCA MEDITERRANEAN SKILLET

Preparation time: 10 minutes + inactive time

Cooking time: 30 minutes

Servings: 2

## Ingredients:

- 150g chickpea flour
- 300ml water
- 10ml olive oil
- ½ teaspoon cumin
- ½ teaspoon rosemary, finely chopped

## Topping:

- 50g mushrooms, sliced
- 5ml olive oil
- ½ pepper, seeded and cut into thin slices
- 1 sprig of rosemary
- 70g Pesto Rosso, vegan
- 2 tablespoons chopped black olives
- 3 sun-dried tomatoes, packed in oil, drained
- 1 tablespoon capers in brine
- 30g arugula
- Salt and pepper, to taste

## Instructions:

1. Preheat the oven to 200C.
2. Place 2 small cast iron skillet with, gently greased with some olive oil in the oven.
3. Mix chickpea flour, water, remaining olive oil and salt in a bowl. Add cumin and rosemary. Set aside for half an hour. Season to taste.
4. Place the mushrooms, pepper and rosemary sprigs on a baking tray, drizzle with olive oil and bake in the oven for about 15 to 20 minutes (keeping the pan in the oven at the bottom to keep it hot). Remove vegetables from the oven. Fill the pans with the batter and bake in the oven for 15 minutes.
5. Top the Soccas with pesto and top with mushrooms, peppers, olives, sun-dried tomatoes, capers and rocket. Season with salt and pepper and serve warm.

Calories	521
Total Fat	24.8g
Saturated Fat	3.7g
Cholesterol	0mg
Sodium	701mg
Total Carbohydrate	57.5g
Dietary Fiber	17.5g
Total Sugars	16g
Protein	19.9g



## TUESDAY

### AVOCADO BANANA CHIA CREAMY PUDDING

Preparation time: 5 minutes

Servings: 1

#### Ingredients:

- ½ tablespoon cacao powder
- 50g rice protein, chocolate flavor
- ½ tablespoon chia seeds
- ¼ avocado, pitted
- 1 small banana, sliced
- 5ml maple syrup
- 80ml coconut water

#### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Refrigerate 20 minutes before serving.

Calories	458
Total Fat	9.5g
Saturated Fat	1.5g
Cholesterol	0mg
Sodium	86mg
Total Carbohydrate	52.5g
Dietary Fiber	8.9g
Total Sugars	31.1g
Protein	44.1g

## SOCCA MEDITERRANEAN SKILLET - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes + inactive time

Cooking time: 30 minutes

Servings: 2

#### Ingredients:

- 150g chickpea flour
- 300ml water
- 10ml olive oil
- ½ teaspoon cumin
- ½ teaspoon rosemary, finely chopped

#### Topping:

- 50g mushrooms, sliced
- 5ml olive oil
- ½ pepper, seeded and cut into thin slices
- 1 sprig of rosemary
- 70g Pesto Rosso, vegan
- 2 tablespoons chopped black olives
- 3 sun-dried tomatoes, packed in oil, drained
- 1 tablespoon capers in brine
- 30g arugula
- Salt and pepper, to taste

#### Instructions:

1. Preheat the oven to 200C.
2. Place 2 small cast iron skillets with, gently greased with some olive oil in the oven.
3. Mix chickpea flour, water, remaining olive oil and salt in a bowl. Add cumin and rosemary. Set aside for half an hour. Season to taste.
4. Place the mushrooms, pepper and rosemary sprigs on a baking tray, drizzle with olive oil and bake in the oven for about 15 to 20 minutes (keeping the pan in the oven at the bottom to keep it hot). Remove vegetables from the oven. Fill the pans with the batter and bake in the oven for 15 minutes.
5. Top the Soccas with pesto and top with mushrooms, peppers, olives, sun-dried tomatoes, capers and rocket. Season with salt and pepper and serve warm.

Calories	521
Total Fat	24.8g
Saturated Fat	3.7g
Cholesterol	0mg
Sodium	701mg
Total Carbohydrate	57.5g
Dietary Fiber	17.5g
Total Sugars	16g
Protein	19.9g

## HEMP SEED COCOA SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml coconut water
- 15g hemp seeds
- 2 teaspoons cocoa powder
- 50g rice protein, chocolate flavor
- 1 extra small banana, frozen (slice before freezing)
- 8g blanched almonds
- 1 Medjool date, pitted

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	512
Total Fat	5.7g
Saturated Fat	1.2g
Cholesterol	0mg
Sodium	128mg
Total Carbohydrate	74.5g
Dietary Fiber	6.8g
Total Sugars	55.8g
Protein	46.3g

## RED LENTIL PATTIES WITH SPINACH

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 2

### Ingredients:

- 300g canned brown lentils, drained
- 1 small onion, finely diced
- 1 garlic clove, finely chopped
- 2 spring onions, cut into rings
- 2 tablespoons chickpea flour
- 40g mashed sweet potato
- 2 tablespoons nutritional yeast
- Salt and pepper, to taste
- 20ml olive oil
- 300g spinach
- 1 pinch grated nutmeg
- 80ml coconut milk

### Instructions:

1. Mash lentils with a fork to get a smooth paste.
2. Heat 10ml olive oil in a skillet.
3. Fry onion, garlic, and 1 spring onion over medium-high heat for 5 minutes.
4. Transfer the onion mix in a bowl.
5. Stir in mashed lentils, mashed sweet potato, nutritional yeast, chickpea flour, salt and pepper, to taste.
6. Shape the mixture into four patties.
7. Heat remaining oil in a skillet. Cook patties for 3 minutes per side.
8. Cook spinach in a skillet where you cooked the onions, for 1 minute.
9. Stir in coconut milk and nutmeg. Simmer for 2 minutes.
10. Serve patties with spinach.

Calories	494
Total Fat	22.4g
Saturated Fat	10.1g
Cholesterol	0mg
Sodium	152mg
Total Carbohydrate	53.4g
Dietary Fiber	14.9g
Total Sugars	6.3g
Protein	27.9g

## WEDNESDAY BREAKFAST POPPY SEED SPREAD

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 20g poppy seeds
- 40g rice protein powder
- 100ml soy milk
- 20g raisins
- 1 teaspoon cinnamon
- 1 teaspoon lemon juice
- 100g silken tofu, firm, drained
- ½ tablespoon agave syrup
- 2 slices whole-grain bread

### Instructions:

1. Combine soy milk, raisins, and cinnamon in a saucepot.
2. Bring the mixture to a boil. Reduce heat and simmer 5 minutes. Remove from heat and allow to cool down to a room temperature.
3. In the meantime, mash tofu with a fork in a bowl.
4. Stir in rice protein, lemon juice, and poppy seeds. Stir in soy milk mixture and stir until smooth and combined. You can also combine all in a food blender and blend until smooth.
5. Spread over bread slices and serve.

Calories	614
Total Fat	15.5g
Saturated Fat	2.1g
Cholesterol	0mg
Sodium	415mg
Total Carbohydrate	66.8g
Dietary Fiber	8.5g
Total Sugars	25.3g
Protein	54.3g

## RED LENTIL PATTIES WITH SPINACH - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 2

### Ingredients:

- 300g canned brown lentils, drained
- 1 small onion, finely diced
- 1 garlic clove, finely chopped
- 2 spring onions, cut into rings
- 2 tablespoons chickpea flour
- 40g mashed sweet potato
- 2 tablespoons nutritional yeast
- Salt and pepper, to taste
- 20ml olive oil
- 300g spinach
- 1 pinch grated nutmeg
- 80ml coconut milk

### Instructions:

1. Mash lentils with a fork to get a smooth paste.
2. Heat 10ml olive oil in a skillet.
3. Fry onion, garlic, and 1 spring onion over medium-high heat for 5 minutes.
4. Transfer the onion mix in a bowl.
5. Stir in mashed lentils, mashed sweet potato, nutritional yeast, chickpea flour, salt and pepper, to taste.
6. Shape the mixture into four patties.
7. Heat remaining oil in a skillet. Cook patties for 3 minutes per side.
8. Cook spinach in a skillet where you cooked the onions, for 1 minute.
9. Stir in coconut milk and nutmeg. Simmer for 2 minutes.
10. Serve patties with spinach.

Calories	494
Total Fat	22.4g
Saturated Fat	10.1g
Cholesterol	0mg
Sodium	152mg
Total Carbohydrate	53.4g
Dietary Fiber	14.9g
Total Sugars	6.3g
Protein	27.9g

## MIXED SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 1 small banana
- 200ml organic almond milk
- 20g spinach
- ¼ avocado, chopped
- 60ml coconut water
- 55g rice protein, vanilla or plain

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	484
Total Fat	12.5g
Saturated Fat	1.4g
Cholesterol	0mg
Sodium	221mg
Total Carbohydrate	46.6g
Dietary Fiber	6g
Total Sugars	28.2g
Protein	48.2g

## PUMPKIN QUINOA PILAF

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 400g Hokkaido pumpkin, peeled, seeded, cut into 1.5cm cubes
- 1 tablespoon olive oil
- 1 small onion, finely chopped
- 1 coconut milk
- 1 garlic clove, crushed
- ½ teaspoon finely grated ginger
- ½ teaspoon ground coriander
- ¼ teaspoon turmeric
- 90g quinoa, rinsed, drained
- 250ml water
- 80g trimmed kale leaves, shredded
- 20g pinenuts seeds
- Salt, to season

### Instructions:

1. Preheat oven to 200C. Line a large baking tray with baking paper.
2. Place the pumpkin on prepared tray, spray with olive oil.
3. Roast for 30 - 35 minutes or until golden and tender.
4. Meanwhile, heat the oil in a large saucepan over a medium heat. Cook onion, stirring occasionally for 5 minutes or until softened.
5. Add the garlic, ginger, coriander and turmeric, cook stirring for 1 minute.
6. Add quinoa and 250ml water, bring to the boil. Reduce heat to low, cover and simmer for 12-15 minutes, or until water has evaporated and quinoa is al dente.
7. Stir through kale until just wilted, then gently stir through the roasted pumpkin, pinenuts and season with salt and freshly ground black pepper.

Calories	394
Total Fat	15.5g
Saturated Fat	3.3g
Cholesterol	0mg
Sodium	407mg
Total Carbohydrate	56.7g
Dietary Fiber	7.4g
Total Sugars	9.8g
Protein	12.9g

## THURSDAY MORNING BOOSTER

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml unsweetened almond milk
- 2 dates, pitted
- 40g rice protein, chocolate flavor
- 1 extra small banana, sliced
- 10g cocoa nibs
- 20g peanut butter
- 10g chia seeds
- 10g hemp seeds

### Instructions:

1. Place all ingredients in a food bender.
2. Blend on high until smooth.
3. Serve.

Calories	593
Total Fat	27.6g
Saturated Fat	6.4g
Cholesterol	0mg
Sodium	331mg
Total Carbohydrate	47.7g
Dietary Fiber	10.8g
Total Sugars	24.3g
Protein	46g

## PUMPKIN QUINOA PILAF - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 400g Hokkaido pumpkin, peeled, seeded, cut into 1.5cm cubes
- 1 tablespoon olive oil
- 1 small onion, finely chopped
- 1 coconut milk
- 1 garlic clove, crushed
- ½ teaspoon finely grated ginger
- ½ teaspoon ground coriander
- ¼ teaspoon turmeric
- 90g quinoa, rinsed, drained
- 250ml water
- 80g trimmed kale leaves, shredded
- 20g pinenuts seeds
- Salt, to season

### Instructions:

1. Preheat oven to 200C. Line a large baking tray with baking paper.
2. Place the pumpkin on prepared tray, spray with olive oil.
3. Roast for 30 - 35 minutes or until golden and tender.
4. Meanwhile, heat the oil in a large saucepan over a medium heat. Cook onion, stirring occasionally for 5 minutes or until softened.
5. Add the garlic, ginger, coriander and turmeric, cook stirring for 1 minute.
6. Add quinoa and 250ml water, bring to the boil. Reduce heat to low, cover and simmer for 12-15 minutes, or until water has evaporated and quinoa is al dente.
7. Stir through kale until just wilted, then gently stir through the roasted pumpkin, pinenuts and season with salt and freshly ground black pepper.

Calories	394
Total Fat	15.5g
Saturated Fat	3.3g
Cholesterol	0mg
Sodium	407mg
Total Carbohydrate	56.7g
Dietary Fiber	7.4g
Total Sugars	9.8g
Protein	12.9g

## NUTTY DATE SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 260ml soy milk
- 15g cashew butter
- 10g almond butter
- 2 dates, pitted
- 60g rice protein, chocolate flavor
- ½ banana, frozen (slice before freezing)
- 1 ice cube

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	625
Total Fat	18.3g
Saturated Fat	2.7g
Cholesterol	0mg
Sodium	257mg
Total Carbohydrate	54.8g
Dietary Fiber	5.1g
Total Sugars	32g
Protein	62.6g

## LENTILS SOUP WITH ONIONS

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 15ml olive oil
- 2 brown onions, thinly sliced
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 2 small garlic cloves, crushed
- 1 large sweet potato, peeled, chopped
- ½ tablespoon vegetable stock powder
- 400ml water
- 60ml coconut milk
- 300g canned red lentils, rinsed
- 2 tablespoons coriander leaves
- 1 tablespoon pine nuts

### Instructions:

1. Heat the oil in a large saucepan over medium heat. Add onion and cook, stirring occasionally, for 15 mins or until onion is caramelized. Reserve half the onion in a bowl.
2. Add cumin, ground coriander and garlic to pan and cook, stirring, for 1 min or until fragrant. Add the sweet potato, 400ml water and stock powder and bring to a simmer. Cook, covered, for 10 mins or until potato is tender.
3. Add coconut milk, lentils and bring to a simmer. Cook, covered, for 6-8 mins or until lentils are tender. Remove from heat. Use a stick blender to carefully blend soup until smooth.
4. Add coriander leaves and pinenuts to reserved onion. Serve soup topped with coriander mixture.
5. Serve.

Calories	467
Total Fat	17.2g
Saturated Fat	7.9g
Cholesterol	0mg
Sodium	28mg
Total Carbohydrate	65.9g
Dietary Fiber	18.4g
Total Sugars	9g
Protein	18g

## FRIDAY CHOCOLATE BANANA SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 50g vegan blend protein powder, chocolate flavor
- ½ small banana, sliced
- 250ml unsweetened almond milk
- 15g chia seeds
- 10g maca powder
- 2 ice cubes
- 30g almond butter

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	501
Total Fat	15.5g
Saturated Fat	0.8g
Cholesterol	0mg
Sodium	378mg
Total Carbohydrate	36.7g
Dietary Fiber	11.5g
Total Sugars	8.4g
Protein	53.8g

## LENTILS SOUP WITH ONIONS - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 15ml olive oil
- 2 brown onions, thinly sliced
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 2 small garlic cloves, crushed
- 1 large sweet potato, peeled, chopped
- ½ tablespoon vegetable stock powder
- 400ml water
- 60ml coconut milk
- 300g canned red lentils, rinsed
- 2 tablespoons coriander leaves
- 1 tablespoon pine nuts

### Instructions:

1. Heat the oil in a large saucepan over medium heat. Add onion and cook, stirring occasionally, for 15 mins or until onion is caramelized. Reserve half the onion in a bowl.
2. Add cumin, ground coriander and garlic to pan and cook, stirring, for 1 min or until fragrant. Add the sweet potato, 400ml water and stock powder and bring to a simmer. Cook, covered, for 10 mins or until potato is tender.
3. Add coconut milk, lentils and bring to a simmer. Cook, covered, for 6-8 mins or until lentils are tender. Remove from heat. Use a stick blender to carefully blend soup until smooth.
4. Add coriander leaves and pinenuts to reserved onion. Serve soup topped with coriander mixture.
5. Serve.

Calories	467
Total Fat	17.2g
Saturated Fat	7.9g
Cholesterol	0mg
Sodium	28mg
Total Carbohydrate	65.9g
Dietary Fiber	18.4g
Total Sugars	9g
Protein	18g

## BERRY AVOCADO SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml almond milk
- 100g blueberries
- ¼ avocado, peeled, chopped
- 40g rice protein, vanilla flavor
- 20g rice protein, unflavored
- 15ml lime juice
- ½ teaspoon maple syrup

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	455
Total Fat	13.8g
Saturated Fat	1.4g
Cholesterol	0mg
Sodium	226mg
Total Carbohydrate	31.8g
Dietary Fiber	5.4g
Total Sugars	19.5g
Protein	51.7g

## SWEET POTATO CHICKPEA BAKE WITH TAHINI SAUCE

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 400g sweet potatoes, scrubbed, cut into cubes
- 300g can chickpeas, rinsed, drained
- 15ml extra virgin olive oil
- 1 teaspoon hot madras curry powder
- ½ teaspoon ground cumin
- 1 red onion, cut into wedges
- 70g frozen baby peas, blanched
- ¼ cup fresh coriander leaves, chopped

### Sauce:

- 1 ½ tablespoons extra virgin olive oil
- 1 tablespoon hulled tahini
- 1 lime, rind finely grated, juiced
- 1-2 teaspoons water
- ½ teaspoon ground turmeric
- 5ml maple syrup

### Instructions:

1. Preheat oven to 220C.
2. Use a sharp knife to prick all over potatoes. Place on a heatproof plate. Microwave on High for 4 minutes or until just tender. Halve potatoes.
3. Combine chickpeas, 2 tsp oil, ½ tsp curry powder and ¼ tsp cumin in a bowl. Season.
4. Place potato and onion on a large baking tray. Drizzle with remaining oil. Sprinkle with remaining curry powder and cumin. Toss to combine.
5. Add chickpeas. Roast for 25 minutes or until vegetables are tender. Cool for 5 minutes.
6. Meanwhile, for the dressing, place all the ingredients in a jar. Season. Seal and shake to combine.
7. Add peas to tray. Drizzle with dressing and sprinkle with coriander.

Calories	593
Total Fat	21.9g
Saturated Fat	3.1g
Cholesterol	0mg
Sodium	328mg
Total Carbohydrate	92.9g
Dietary Fiber	16.5g
Total Sugars	5.9g
Protein	11.5g



## SATURDAY OATMEAL PARFAIT

Preparation time: 5 minutes + inactive time

Cooking time: 5 minutes

Servings: 1

### Ingredients:

#### Topping:

- 180ml organic almond milk
- 2 tablespoons chia seeds
- 50g rice protein
- 4 fresh strawberries

#### Oatmeal:

- 170ml organic almond milk
- 1 pinch cinnamon
- 30g rolled oats
- 5ml maple syrup

Calories	583
Total Fat	20.6g
Saturated Fat	2g
Cholesterol	0mg
Sodium	272mg
Total Carbohydrate	51.7g
Dietary Fiber	14g
Total Sugars	15.9g
Protein	52.9g

### Instructions:

1. Make oatmeal; combine almond milk, cinnamon, oats, and maple syrup in a saucepan.
2. Bring to a simmer over medium heat. Cook stirring, for 5 minutes. remove from heat and place aside to cool.
3. In the meantime, make the topping; combine all topping ingredients in a food blender. Blend on high until smooth.
4. Place oatmeal in a bowl. Top with prepared topping. Serve. You can also refrigerate 1 hour or ideally overnight.
5. Serve.

## SWEET POTATO CHICKPEA BAKE WITH TAHINI SAUCE - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 400g sweet potatoes, scrubbed, cut into cubes
- 300g can chickpeas, rinsed, drained
- 15ml extra virgin olive oil
- 1 teaspoon hot madras curry powder
- ½ teaspoon ground cumin
- 1 red onion, cut into wedges
- 70g frozen baby peas, blanched
- ¼ cup fresh coriander leaves, chopped

### Sauce:

- 1 ½ tablespoons extra virgin olive oil
- 1 tablespoon hulled tahini
- 1 lime, rind finely grated, juiced
- 1-2 teaspoons water
- ½ teaspoon ground turmeric
- 5ml maple syrup

### Instructions:

1. Preheat oven to 220C.
2. Use a sharp knife to prick all over potatoes. Place on a heatproof plate. Microwave on High for 4 minutes or until just tender. Halve potatoes.
3. Combine chickpeas, 2 tsp oil, ½ tsp curry powder and ¼ tsp cumin in a bowl. Season.
4. Place potato and onion on a large baking tray. Drizzle with remaining oil. Sprinkle with remaining curry powder and cumin. Toss to combine.
5. Add chickpeas. Roast for 25 minutes or until vegetables are tender. Cool for 5 minutes.
6. Meanwhile, for the dressing, place all the ingredients in a jar. Season. Seal and shake to combine.
7. Add peas to tray. Drizzle with dressing and sprinkle with coriander.

Calories	593
Total Fat	21.9g
Saturated Fat	3.1g
Cholesterol	0mg
Sodium	328mg
Total Carbohydrate	92.9g
Dietary Fiber	16.5g
Total Sugars	5.9g
Protein	11.5g

## BLUSHED AVOCADO

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml almond milk
- 50g strawberries
- 50g raspberries
- 2 blanched almonds
- ¼ avocado, peeled, chopped
- 60g rice protein, vanilla flavor
- ½ teaspoon maple syrup

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	455
Total Fat	15.2g
Saturated Fat	1.5g
Cholesterol	0mg
Sodium	226mg
Total Carbohydrate	28g
Dietary Fiber	7.5g
Total Sugars	14.7g
Protein	52.4g

# SOUTHERN STYLE STEW

Preparation time: 5 minutes  
Cooking time: 35 minutes  
Servings: 2

## Ingredients:

- 10ml olive oil
- 1 small onion, diced
- 1 celery stalk, chopped
- 2 teaspoons ground cumin
- 1 teaspoon dried thyme
- 500ml vegetable stock
- 150g sweet potato, peeled, cubed
- 200g cooked black beans
- 80g frozen corn kernels
- 60g kale
- 250g can diced tomatoes
- Salt and pepper, to taste

Calories	365
Total Fat	8.2g
Saturated Fat	2.9g
Cholesterol	0mg
Sodium	1283mg
Total Carbohydrate	65g
Dietary Fiber	14.4g
Total Sugars	5.1g
Protein	13.9g

## Instructions:

1. Heat olive oil in a saucepot over medium-high heat.
2. Add onion, celery, and cook 4 minutes. Add cumin vegetable stock and bring to a boil.
3. Reduce heat and simmer 15-20 minutes or until the potatoes are tender.
4. Add beans, corn, kale, and tomatoes. Season to taste and simmer 10 minutes.
5. Serve soup warm.

## SUNDAY MORNING BOOSTER

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml unsweetened almond milk
- 2 dates, pitted
- 40g rice protein, chocolate flavor
- 1 extra small banana, sliced
- 10g cocoa nibs
- 20g peanut butter
- 10g chia seeds
- 10g hemp seeds

### Instructions:

1. Place all ingredients in a food bender.
2. Blend on high until smooth.
3. Serve.

Calories	593
Total Fat	27.6g
Saturated Fat	6.4g
Cholesterol	0mg
Sodium	331mg
Total Carbohydrate	47.7g
Dietary Fiber	10.8g
Total Sugars	24.3g
Protein	46g

## SOUTHERN STYLE STEW - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 35 minutes

Servings: 2

### Ingredients:

- 10ml olive oil
- 1 small onion, diced
- 1 celery stalk, chopped
- 2 teaspoons ground cumin
- 1 teaspoon dried thyme
- 500ml vegetable stock
- 150g sweet potato, peeled, cubed
- 200g cooked black beans
- 80g frozen corn kernels
- 60g kale
- 250g can diced tomatoes
- Salt and pepper, to taste

### Instructions:

1. Heat olive oil in a saucepot over medium-high heat.
2. Add onion, celery, and cook 4 minutes. Add cumin vegetable stock and bring to a boil.
3. Reduce heat and simmer 15-20 minutes or until the potatoes are tender.
4. Add beans, corn, kale, and tomatoes. Season to taste and simmer 10 minutes.
5. Serve soup warm.

Calories	365
Total Fat	8.2g
Saturated Fat	2.9g
Cholesterol	0mg
Sodium	1283mg
Total Carbohydrate	65g
Dietary Fiber	14.4g
Total Sugars	5.1g
Protein	13.9g

# BLUEBERRY OATS CHIA SMOOTHIE

Preparation time: 5 minutes  
Servings: 1

Ingredients:

- 20g rolled oats
- 80g frozen blueberries
- 250ml hemp milk
- 50g vegan blend protein powder, vanilla flavor
- 25g almond butter
- 10g chia seeds

Instructions:

1. Toss all ingredients into food blender.
2. Blend on high until smooth.
3. Serve.

Calories	550
Total Fat	26g
Saturated Fat	2.1g
Cholesterol	0mg
Sodium	239mg
Total Carbohydrate	37.8g
Dietary Fiber	5g
Total Sugars	9.4g
Protein	46.8g

# LENTILS WITH VEGETABLES IN ALMOND SAUCE

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 2

## Ingredients:

### Sauce:

- 50g almond butter
- 25g vegan blend protein powder
- 2cm piece ginger, peeled, minced
- 2 cloves garlic, minced
- 15ml low-sodium soy sauce
- 10ml lime juice
- 2 tablespoons fresh cilantro, chopped
- 10ml Sriracha sauce
- 150ml unsweetened almond milk
- 100ml unsweetened coconut milk

### Lentils:

- 90g split red lentils, dry
- 320ml water
- Salt, to taste

### Vegetables:

- 10ml olive oil
- 100g broccoli
- 30g spinach
- 1 carrot, sliced
- 1 small onion, sliced
- 30ml water
- Salt, to taste

## Instructions:

1. Combine lentils and water in a saucepot. Season with some salt. Set the saucepot over medium-high heat.
2. Bring the water to a boil. Reduce heat and simmer 10 minutes. Drain the lentils and place aside.
3. In the meantime, make the sauce; combine all sauce ingredients in a food blender.
4. Blend on high until smooth. Place aside.
5. Make the veggies; heat olive oil in a skillet.
6. Add onion and carrots. Cook 5 minutes. Add broccoli and 30ml water. Cook 2 minutes.
7. Pour in the sauce and add lentils. Cook for 4 minutes. Stir in the spinach and season to taste.
8. Cook 1 minute.
9. Remove from the heat and serve warm.

Calories	465
Total Fat	18.3g
Saturated Fat	2.4g
Cholesterol	0mg
Sodium	671mg
Total Carbohydrate	50.1g
Dietary Fiber	11.7g
Total Sugars	7.1g
Protein	30g

# Week 4 - 2000cal

## GROCERY LIST

### Fruits:

- Blueberries, frozen; 80g
- Date, Medjool; 1 piece
- Dates, domestic; 8 pieces
- Banana; 6 pieces
- Avocado; 1 piece
- Blueberries, fresh; 100g
- Cherries; 50g
- Lemon; 1 piece
- Lime; 1 piece
- Raisins; 20g
- Raspberries; 50g
- Strawberries; 80g

### Vegetables:

- Mushrooms; 50g
- Spinach; 320g
- Spring onion; 2 pieces
- Onions; 4 pieces
- Red bell pepper; 1 piece
- Potatoes, sweet; 590g
- Peas, baby; 70g
- Kale; 140g
- Frozen corn; 80g
- Hokkaido pumpkin; 400g
- Arugula; 30g
- Celery, stalk; 1 piece
- Garlic; 2 cloves

### Grains and Cereals:

- Quinoa; 90g

### Can Products:

- Can chickpeas; 300g
- Can diced tomatoes; 250g
- Canned brown lentils; 300g
- Canned red lentils; 300g

### Beans and Legumes:

- Black beans, cooked; 200g
- Split lentils, red, dry; 90g

### Spices & Herbs:

- Ginger
- Rosemary
- Sriracha sauce
- Soy sauce
- Cinnamon
- Coriander
- Cumin
- Turmeric
- Thyme
- Nutmeg

### Butter and Oil:

- Almond butter; 115g
- Peanut butter; 40g
- Cashew butter; 15g
- Olive oil; 60ml
- Extra-virgin olive oil; 35ml
- Tahini; 25g

### Nuts and Seeds:

- Chia seeds; 60g
- Poppy seeds; 20g
- Hemp seeds; 35g
- Pumpkin seeds; 20g
- Almonds, whole; 10g

### Soy Products:

- Soy milk; 360ml
- Tofu, firm; 100g

### Non-Dairy:

- Coconut milk; 430ml
- Almond milk; 2.07liters
- Almond Greek yogurt; 15g
- Greek almond yogurt; 110g
- Hemp milk; 250ml

### Protein Powder:

- Vegan blend protein powder; 125g
- Rice protein, chocolate flavor; 290g
- Rice protein, vanilla flavor; 205
- Rice protein, unflavored; 110g

### Sweeteners:

- Agave syrup; 10ml
- Maple syrup; 25ml

### Additional:

- Coconut water; 390ml
- Chickpea flour; 180g
- Cacao powder; 10g
- Nutritional yeast; 2 tablespoons
- Coconut flakes, unsweetened; 1 tablespoon
- Black olives, chopped; 25g
- Capers, in brine; 10g
- Sun-dried tomatoes; 3 pieces
- Vegetable stock; 500g
- Cocoa nibs; 30g
- Maca powder; 10g
- Pesto Rosso; 70g

# Week 1 - 2100 Cal

## MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFASTS	Creamy Blueberry Smoothie	Maple Cinnamon Porridge	Smoothie Bowl	Swiss Oatmeal	Breakfast Surprise	ABandJ Oats	Homemade Protein Muesli
LUNCH	Curried chickpea Cauli Bowl	Lentil Amaranth Patties with Salad – previous night dinner	BBQ Bowl – previous night dinner	Bean Lentils Stew – previous night dinner	Quinoa Protein Bowl – previous night dinner	Enchilada Zucchini Boats – previous night dinner	Sweet Potato Noodles with Spinach and Sauce – previous night dinner
SNACKS	Tropical Sunrise	Nuts and Berries Smoothie	Spinach Raspberry Smoothie	Strawberry Coconut Creamy Shake	Cherry Berry Acai Smoothie	Strawberry Spinach Banana Smoothie	Almond Smoothie
DINNER	Lentil Amaranth Patties with Salad	BBQ Bowl	Bean Lentils Stew	Quinoa Protein Bowl	Enchilada Zucchini Boats	Sweet Potato Noodles with Spinach and Sauce	Dirty Quinoa



## MONDAY

### CREAMY BLUEBERRY SMOOTHIE

Preparation time: 5 minutes

Servings: 1

#### Ingredients:

- 150g wild blueberries, frozen
- 50ml coconut milk
- 200ml soy milk
- 25g hemp seeds
- 45g rice protein powder, vanilla flavor
- 2 dates, pitted
- 30g baby spinach

#### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	665
Total Fat	28.5g
Saturated Fat	11.9g
Cholesterol	0mg
Sodium	192mg
Total Carbohydrate	50.9g
Dietary Fibre	8.2g
Total Sugars	32.5g
Protein	55.4g

## CURRIED CHICKPEA CAULI BOWL

Preparation time: 10 minutes

Cooking time: 40 minutes

Servings: 2

#### Ingredients:

- 95g quinoa
- ½ head cauliflower, cut into florets
- ½ butternut squash, cut into cubes
- 15ml olive oil
- ½ tablespoon curry powder
- 1 teaspoon turmeric powder
- 200g can chickpeas, rinsed, drained
- 50g baby spinach
- 15g tahini
- 15g almond butter
- 15ml lemon juice
- 15ml hot water or more
- Salt and pepper, to taste

#### Instructions:

1. Preheat oven to 200C.
2. Cook the quinoa according to package directions.
3. Meanwhile, in a large bowl toss the cauliflower and butternut squash with 10ml olive oil, curry powder, turmeric powder, salt and pepper.
4. Spread out evenly on a foil or parchment lined baking sheet. Bake in the oven for 30-40 minutes, turning halfway through. When done, remove from the oven and allow to slightly cool.
5. While the veggies are baking, heat remaining olive oil in a skillet over medium heat. Add the chickpeas and season with salt and pepper. Toss to combine. Cook until crispy.
6. To make the sauce, combine the tahini, almond butter and lemon juice. Add hot water, stirring constantly until a pourable consistency is achieved.
7. Once the quinoa is cooked remove from the heat.
8. Allow to stand for 5 minutes, covered. Fluff the quinoa with a fork and divide among two bowls.
9. Top with the cauliflower and squash mixture, chickpeas, and baby spinach. Drizzle with tahini sauce and serve.

Calories	522
Total Fat	19.8g
Saturated Fat	2.8g
Cholesterol	0mg
Sodium	365mg
Total Carbohydrate	74.2g
Dietary Fibre	14.1g
Total Sugars	4.2g
Protein	17.6g

## TROPICAL SUNRISE

Preparation time: 10 minutes

Servings: 1

### Ingredients:

#### Mango layer:

- 30g rice protein, vanilla flavor
- ½ small banana, frozen (slice before freezing)
- 40g mango
- ¼ orange, sliced
- 100ml soy milk

#### Berry layer:

- 20g rice protein, vanilla flavor
- 120g mixed berries, frozen
- ¼ small banana, frozen (slice before freezing)
- 100ml soy milk

### Instructions:

1. Combine mango layer ingredients in a food blender.
2. Blend on high until smooth.
3. Pour into a glass.
4. Combine all berry layer ingredients into a food blender. Blend until smooth.
5. Pour the berry layer over mango layer.
6. Serve.

Calories	480
Total Fat	4.4g
Saturated Fat	0.5g
Cholesterol	0mg
Sodium	163mg
Total Carbohydrate	60.6g
Dietary Fibre	9.2g
Total Sugars	38.1g
Protein	49.5g

# LENTIL AMARANTH PATTIES WITH SALAD

Preparation time: 10 minutes  
Cooking time: 25 minutes  
Servings: 2

## Ingredients:

- ¼ cup amaranth, dry (around 10g)
- 80g red lentils, dry
- 235ml water
- ½ sweet potato, peeled, grated
- 1 small onion, diced
- 1 clove garlic, minced
- 15g parsley
- 1 tablespoon nutritional yeast
- ½ tablespoon Dijon mustard
- 1 tablespoon rice flour
- 1 tablespoon cornmeal
- ¼ teaspoon cumin
- Salt and pepper, to taste
- 15ml avocado oil

Calories	442
Total Fat	14.9g
Saturated Fat	3.1g
Cholesterol	0mg
Sodium	107mg
Total Carbohydrate	64g
Dietary Fibre	19.1g
Total Sugars	3.4g
Protein	18.1g

## Salad:

- ½ avocado, mashed
- 5ml balsamic vinegar
- 15ml lime juice
- 15ml water
- Salt and pepper, to taste
- 1 tablespoon vegan sour cream
- 50g baby spinach

## Instructions:

1. Preheat oven to 220C.
2. In a medium pot, place amaranth, lentils, and water. Bring to a boil, cover pot, and reduce to a simmer.
3. Let cook for 10-15 minutes until water is absorbed. Let it cool.
4. While amaranth is cooking, grate the potato into a large mixing bowl. With your hands squeeze the shredded potato over sink to release excess water.
5. Return to bowl and add chopped onion, garlic, and parsley. Add cooked amaranth/lentil mixture and mix well with your hands. Add mustard, spices, nutritional yeast, cornmeal and rice flour. Stir to combine.
6. Form into small patties, then place them on baking sheet and bake for 8-10 minutes on each side until golden brown and crispy.
7. While cooking, make avocado dressing. Place all ingredients in a food blender. Blend on high until smooth.
8. Place spinach into a bowl. Top with patties and drizzle with avocado dressing. Serve.

**TUESDAY**  
**MAPLE CINNAMON PORRIDGE**

Preparation time: 5 minutes

Cooking time: 10 minutes

Servings: 1

**Ingredients:**

- 3 tablespoons hemp seeds
- 45g rice protein
- 2 tablespoons flax seeds
- 10ml maple syrup
- ½ teaspoon cinnamon
- 170ml organic almond milk

**Instructions:**

1. Place almond milk in a saucepot.
2. Warm over medium heat until begins to simmer.
3. Remove the almond milk from heat and stir in hemp seeds, rice protein, flax seeds, maple syrup, and cinnamon.
4. Continue to stir until mixture is thicken.
5. Serve.

Calories	597
Total Fat	29.6g
Saturated Fat	2.1g
Cholesterol	0mg
Sodium	161mg
Total Carbohydrate	25.4g
Dietary Fibre	5.9g
Total Sugars	13.8g
Protein	55.1g

## LENTIL AMARANTH PATTIES WITH SALAD - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 2

### Ingredients:

- ¼ cup amaranth, dry (around 10g)
- 80g red lentils, dry
- 235ml water
- ½ sweet potato, peeled, grated
- 1 small onion, diced
- 1 clove garlic, minced
- 15g parsley
- 1 tablespoon nutritional yeast
- ½ tablespoon Dijon mustard
- 1 tablespoon rice flour
- 1 tablespoon cornmeal
- ¼ teaspoon cumin
- Salt and pepper, to taste
- 15ml avocado oil

Calories	442
Total Fat	14.9g
Saturated Fat	3.1g
Cholesterol	0mg
Sodium	107mg
Total Carbohydrate	64g
Dietary Fibre	19.1g
Total Sugars	3.4g
Protein	18.1g

### Salad:

- ½ avocado, mashed
- 5ml balsamic vinegar
- 15ml lime juice
- 15ml water
- Salt and pepper, to taste
- 1 tablespoon vegan sour cream
- 50g baby spinach

### Instructions:

1. Preheat oven to 220C.
2. In a medium pot, place amaranth, lentils, and water. Bring to a boil, cover pot, and reduce to a simmer.
3. Let cook for 10-15 minutes until water is absorbed. Let it cool.
4. While amaranth is cooking, grate the potato into a large mixing bowl. With your hands squeeze the shredded potato over sink to release excess water.
5. Return to bowl and add chopped onion, garlic, and parsley. Add cooked amaranth/lentil mixture and mix well with your hands. Add mustard, spices, nutritional yeast, cornmeal and rice flour. Stir to combine.
6. Form into small patties, then place them on baking sheet and bake for 8-10 minutes on each side until golden brown and crispy.
7. While cooking, make avocado dressing. Place all ingredients in a food blender. Blend on high until smooth.
8. Place spinach into a bowl. Top with patties and drizzle with avocado dressing. Serve.

## NUTS AND BERRIES SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml soy milk
- 45g rice protein powder, vanilla flavor
- 1 extra-small banana, frozen (slice before freezing)
- 50g blueberries
- 15g almonds, soaked in hot water 15 minutes
- 15g cashews, soaked in hot water 15 minutes
- 1 teaspoon chia seeds

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	601
Total Fat	20.2g
Saturated Fat	2.7g
Cholesterol	0mg
Sodium	169mg
Total Carbohydrate	53.3g
Dietary Fibre	8.6g
Total Sugars	27g
Protein	54.8g

## BBQ BOWL

Preparation time: 10 minutes + inactive time

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 115g tempeh
- 95g quinoa
- 10ml olive oil
- ½ small onion, diced
- ½ red bell pepper, diced
- 2 cloves garlic, minced
- 20g collard greens
- Salt and pepper, to taste
- ¼ teaspoon smoked paprika
- 155g can black-eyed peas (warmed in a microwave)

### Sauce:

- 35ml balsamic vinegar
- 1 clove garlic, minced
- ½ tablespoon low sodium soy sauce (tamari for gluten-free version)
- ½ tablespoon Dijon mustard
- 5ml pure maple syrup
- 10ml extra-virgin olive oil
- 25ml Vegan BBQ sauce
- 10ml water

### Instructions:

1. Whisk together the ingredients for the BBQ sauce, set aside. Slice the tempeh into cubes or triangles, then place in a bowl along with sauce. Let marinate for 10 minutes.
2. Preheat oven to 180C.
3. Cook quinoa according to package directions. Let the quinoa stand for 5 minutes. Fluff the quinoa with fork.
4. While the quinoa is cooking, make the tempeh. Remove tempeh from the marinade, saving as much sauce as possible. Place the tempeh on a baking sheet and cook for 15 minutes, then flip and cooking an additional 10 minutes.
5. Place the reserved marinade in a small saucepan and simmer over low heat while the tempeh cooks.
6. While the tempeh cooks, make the collards. Heat the olive oil in a large sauce pan over medium heat. Add the onion and cook until golden brown, about 8 minutes. Add in the bell pepper and cook an additional 5 minutes, stirring often.
7. Remove as much of the stems from the collards as possible. Thinly slice the collard.
8. Add the garlic and the collards to the cooked pepper and onion mixture and stir-fry until just tender. Season to taste with salt and pepper.
9. To serve, divide the quinoa, cooked tempeh, black-eyed peas and collard greens among 2 bowls. Drizzle with the warmed BBQ sauce and serve.

Calories	478
Total Fat	19.4g
Saturated Fat	3g
Cholesterol	0mg
Sodium	390mg
Total Carbohydrate	57.8g
Dietary Fibre	7.1g
Total Sugars	7.2g
Protein	22.3g

## WEDNESDAY SMOOTHIE BOWL

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 200g mango
- 50g rice protein, vanilla flavor
- 30g baby spinach
- 100g frozen raspberries
- 30g blueberries
- 5g flax seeds
- 15g cornflakes

### Instructions:

1. Combine all ingredients except the cornflakes in a food blender.
2. Blend on high until smooth.
3. Serve into a bowl.
4. Top with cornflakes and serve.

Calories	520
Total Fat	3g
Saturated Fat	0.4g
Cholesterol	0mg
Sodium	88mg
Total Carbohydrate	79.7g
Dietary Fibre	11.1g
Total Sugars	54.8g
Protein	46.2g



## BBQ BOWL - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes + inactive time

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 115g tempeh
- 95g quinoa
- 10ml olive oil
- ½ small onion, diced
- ½ red bell pepper, diced
- 2 cloves garlic, minced
- 20g collard greens
- Salt and pepper, to taste
- ¼ teaspoon smoked paprika
- 155g can black-eyed peas (warmed in a microwave)

### Sauce:

- 35ml balsamic vinegar
- 1 clove garlic, minced
- ½ tablespoon low sodium soy sauce (tamari for gluten-free version)
- ½ tablespoon Dijon mustard
- 5ml pure maple syrup
- 10ml extra-virgin olive oil
- 25ml Vegan BBQ sauce
- 10ml water

### Instructions:

1. Whisk together the ingredients for the BBQ sauce, set aside. Slice the tempeh into cubes or triangles, then place in a bowl along with sauce. Let marinate for 10 minutes.
2. Preheat oven to 180C.
3. Cook quinoa according to package directions. Let the quinoa stand for 5 minutes. Fluff the quinoa with fork.
4. While the quinoa is cooking, make the tempeh. Remove tempeh from the marinade, saving as much sauce as possible. Place the tempeh on a baking sheet and cook for 15 minutes, then flip and cooking an additional 10 minutes.
5. Place the reserved marinade in a small saucepan and simmer over low heat while the tempeh cooks.
6. While the tempeh cooks, make the collards. Heat the olive oil in a large sauce pan over medium heat. Add the onion and cook until golden brown, about 8 minutes. Add in the bell pepper and cook an additional 5 minutes, stirring often.
7. Remove as much of the stems from the collards as possible. Thinly slice the collard.
8. Add the garlic and the collards to the cooked pepper and onion mixture and stir-fry until just tender. Season to taste with salt and pepper.
9. To serve, divide the quinoa, cooked tempeh, black-eyed peas and collard greens among 2 bowls. Drizzle with the warmed BBQ sauce and serve.

Calories	478
Total Fat	19.4g
Saturated Fat	3g
Cholesterol	0mg
Sodium	390mg
Total Carbohydrate	57.8g
Dietary Fibre	7.1g
Total Sugars	7.2g
Protein	22.3g

## SPINACH RASPBERRY SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 130g raspberries
- 120ml coconut water
- 120ml coconut milk
- 60g rice protein
- 30g spinach

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	655
Total Fat	30g
Saturated Fat	25.8g
Cholesterol	0mg
Sodium	145mg
Total Carbohydrate	47.1g
Dietary Fibre	11.8g
Total Sugars	31g
Protein	53.8g

## BEAN LENTILS STEW

Preparation time: 5 minutes

Cooking time: 25 minutes

Servings: 2

### Ingredients:

- 250g canned brown lentils
- 200g can kidney beans, drained, rinsed
- 10ml olive oil
- 300ml vegetable stock
- ½ onion, diced
- 1 clove garlic, minced
- 250g can chopped tomatoes
- ½ tablespoon cumin
- 1 tablespoon paprika
- 250g wild mushrooms, sliced
- ½ teaspoon cayenne pepper
- 1 pinch salt
- 1 pinch pepper
- 1 avocado, peeled, pitted, sliced

### Instructions:

1. Heat olive oil in a saucepot over medium-high heat.
2. Add onions and cook 4 minutes.
3. Add garlic, and spices. Cook 1 minute.
4. Add remaining ingredients and stir gently.
5. Simmer 20 minutes.
6. Serve warm, topped with sliced avocado.

Calories	479
Total Fat	21.5g
Saturated Fat	4g
Cholesterol	0mg
Sodium	734mg
Total Carbohydrate	58g
Dietary Fibre	17.7g
Total Sugars	7.2g
Protein	21.8g

## THURSDAY SWISS OATMEAL

Preparation time:

Cooking time:

Servings: 1

### Ingredients:

- 200ml organic almond milk
- 40g rolled oats
- 40g rice protein
- 20g chopped almonds
- 15g chopped hazelnuts
- 15ml agave nectar
- ¼ teaspoon cinnamon
- 1 pinch ground nutmeg
- ½ small pear, sliced

### Instructions:

1. Combine almond milk, oats, almonds, agave nectar, cinnamon, and nutmeg in a saucepot.
2. Bring to a simmer over medium heat.
3. Cook the oats for 10 minutes, stirring.
4. Remove from the heat and stir in rice protein, and hazelnuts.
5. Allow to rest for 5 minutes.
6. Serve into a bowl, topped with sliced pear.

Calories	691
Total Fat	27.4g
Saturated Fat	2.3g
Cholesterol	0mg
Sodium	177mg
Total Carbohydrate	65.6g
Dietary Fibre	11.2g
Total Sugars	25.6g
Protein	49.7g

## BEAN LENTILS STEW - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 25 minutes

Servings: 2

### Ingredients:

- 250g canned brown lentils
- 200g can kidney beans, drained, rinsed
- 10ml olive oil
- 300ml vegetable stock
- ½ onion, diced
- 1 clove garlic, minced
- 250g can chopped tomatoes
- ½ tablespoon cumin
- 1 tablespoon paprika
- 250g wild mushrooms, sliced
- ½ teaspoon cayenne pepper
- 1 pinch salt
- 1 pinch pepper
- 1 avocado, peeled, pitted, sliced

### Instructions:

1. Heat olive oil in a saucepot over medium-high heat.
2. Add onions and cook 4 minutes.
3. Add garlic, and spices. Cook 1 minute.
4. Add remaining ingredients and stir gently.
5. Simmer 20 minutes.
6. Serve warm, topped with sliced avocado.

Calories	479
Total Fat	21.5g
Saturated Fat	4g
Cholesterol	0mg
Sodium	734mg
Total Carbohydrate	58g
Dietary Fibre	17.7g
Total Sugars	7.2g
Protein	21.8g

## STRAWBERRY COCONUT CREAMY SHAKE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml soy milk
- 150g strawberries
- 15g ground flax seeds
- 20g rolled oats
- 15g coconut cream
- 45g rice protein, vanilla flavor

### Instructions:

1. Blend all ingredients in a food blender until smooth.
2. Serve.

Calories	568
Total Fat	13.4g
Saturated Fat	3.7g
Cholesterol	0mg
Sodium	198mg
Total Carbohydrate	57.9g
Dietary Fibre	10.7g
Total Sugars	28.1g
Protein	51.5g

## QUINOA PROTEIN BOWL

Preparation time: 5 minutes

Cooking time: 25 minutes

Servings: 2

### Ingredients:

- 25g tahini
- 1 clove garlic, minced
- 30ml lemon juice
- 2 tablespoons nutritional yeast
- Salt and pepper, to taste

### Bowl:

- 95g dry red lentils
- 185g cooked quinoa
- ½ teaspoon olive oil
- ½ red onion, chopped
- 2 cloves garlic
- ½ red bell pepper, diced
- 1 medium tomato, chopped
- 60g spinach
- 10g parsley, chopped

### Instructions:

1. In a food processor or blender, combine tahini, garlic, lemon juice, nutritional yeast, olive oil, sea salt, ground pepper and cayenne. Process until combined and set aside.
2. Cook lentils according to package instructions.
3. Meanwhile, heat the olive oil over medium heat. Add the onion and cook for 5 minutes. Add garlic, bell pepper and tomato, and cook for 7 to 8 minutes more. Stir in spinach or kale and cook until wilted.
4. Stir in the tahini dressing, cooked lentils and quinoa. Reduce heat to low and simmer until heated through.
5. Remove from heat and stir in minced parsley.
6. Season with salt and black pepper.

Calories	354
Total Fat	10.8g
Saturated Fat	1.6g
Cholesterol	0mg
Sodium	61mg
Total Carbohydrate	46.8g
Dietary Fibre	21.1g
Total Sugars	5.9g
Protein	22g

## FRIDAY BREAKFAST SURPRISE

Preparation time: 5 minutes

Cooking time: 10 minutes

Servings: 1

### Ingredients:

- 180ml organic almond milk
- 40g amaranth
- 30g oatmeal
- 15g blanched almond butter
- 40g rice protein, unflavored
- 2 pitted dates, chopped
- ½ tablespoon puffed quinoa
- 1 fig, quartered

### Instructions:

1. Combine almond milk, oatmeal, and amaranth in a saucepan.
2. Place over medium heat and cook stirring for 10 minutes.
3. Remove from the heat and stir in almond butter, rice protein and dates.
4. Cover and let the porridge stand for 5 minutes.
5. Sprinkle the porridge with puffed quinoa and top with figs. Serve.

Calories	700
Total Fat	19.6g
Saturated Fat	2.4g
Cholesterol	0mg
Sodium	243mg
Total Carbohydrate	82g
Dietary Fibre	10.3g
Total Sugars	24.2g
Protein	52.3g

## QUINOA PROTEIN BOWL - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 25 minutes

Servings: 2

### Ingredients:

- 25g tahini
- 1 clove garlic, minced
- 30ml lemon juice
- 2 tablespoons nutritional yeast
- Salt and pepper, to taste

### Bowl:

- 95g dry red lentils
- 185g cooked quinoa
- ½ teaspoon olive oil
- ½ red onion, chopped
- 2 cloves garlic
- ½ red bell pepper, diced
- 1 medium tomato, chopped
- 60g spinach
- 10g parsley, chopped

### Instructions:

1. In a food processor or blender, combine tahini, garlic, lemon juice, nutritional yeast, olive oil, sea salt, ground pepper and cayenne. Process until combined and set aside.
2. Cook lentils according to package instructions.
3. Meanwhile, heat the olive oil over medium heat. Add the onion and cook for 5 minutes. Add garlic, bell pepper and tomato, and cook for 7 to 8 minutes more. Stir in spinach or kale and cook until wilted.
4. Stir in the tahini dressing, cooked lentils and quinoa. Reduce heat to low and simmer until heated through.
5. Remove from heat and stir in minced parsley.
6. Season with salt and black pepper.

Calories	354
Total Fat	10.8g
Saturated Fat	1.6g
Cholesterol	0mg
Sodium	61mg
Total Carbohydrate	46.8g
Dietary Fibre	21.1g
Total Sugars	5.9g
Protein	22g

## CHERRY BERRY ACAI SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 55g rice protein, vanilla flavor
- 100g frozen pitted cherries
- 50g wild blueberries
- 1 teaspoon acai berry powder
- 5ml maple syrup
- 230ml soy milk
- 80ml coconut milk

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	644
Total Fat	24g
Saturated Fat	17.6g
Cholesterol	0mg
Sodium	197mg
Total Carbohydrate	54g
Dietary Fibre	7.2g
Total Sugars	38.3g
Protein	55.9g

## ENCHILADA ZUCCHINI BOATS

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 2

### Ingredients:

- ½ tablespoon oil
- 1 small sweet onion
- ½ red bell pepper
- 2 cloves garlic, minced
- ¼ teaspoon cumin
- ¼ teaspoon dried oregano
- ¼ teaspoon paprika
- ¼ teaspoon salt
- 300g can black beans, rinsed, drained
- 2 small zucchinis
- 200g enchilada sauce, Vegan
- 60g shredded vegan cheese

### Instructions:

1. Pre-heat oven to 200C and lightly grease a baking dish.
2. Prepare your zucchinis by cutting them in half long ways and gently scooping out most of the inside of the zucchini and discarding. You want it so that the shell of the zucchini is just about 0.5cm thick once the insides have been removed.
3. In a skillet over medium heat, heat your olive oil and then add in the onion and pepper to sauté for 5 minutes. Add in garlic and spices and cook for an additional 2 minutes.
4. Add in black beans and cook for about 3 more minutes until the black beans are heated through. Remove from the heat.
5. Dividing evenly, spoon the mixture into the zucchinis and place them in the greased baking dish.
6. Top the zucchinis with the enchilada sauce and shredded cheese.
7. Bake for 30-35 minutes at 200C. Serve.

Calories	413
Total Fat	13.1g
Saturated Fat	4.8g
Cholesterol	0mg
Sodium	855mg
Total Carbohydrate	59.5g
Dietary Fibre	16.8g
Total Sugars	5.7g
Protein	17.2g

## SATURDAY ABANDJ OATS

Preparation time: 5 minutes

Cooking time: 2 minutes

Servings: 1

### Ingredients:

- 20g quick rolled oats
- 180ml almond milk
- 50g rice protein
- 1 ½ tablespoons almond butter
- 45g strawberries
- 1 tablespoon chia seeds
- 3 drops liquid stevia
- 1 dash cinnamon

### Instructions:

1. Combine all ingredients, except almond butter in a microwave safe bowl.
2. Microwave on high for 2 minutes.
3. Stir in almond butter and serve.

Calories	524
Total Fat	22.6g
Saturated Fat	2.1g
Cholesterol	0mg
Sodium	283mg
Total Carbohydrate	33.4g
Dietary Fibre	5.7g
Total Sugars	9.7g
Protein	49.3g

## ENCHILADA ZUCCHINI BOATS - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 2

### Ingredients:

- ½ tablespoon oil
- 1 small sweet onion
- ½ red bell pepper
- 2 cloves garlic, minced
- ¼ teaspoon cumin
- ¼ teaspoon dried oregano
- ¼ teaspoon paprika
- ¼ teaspoon salt
- 300g can black beans, rinsed, drained
- 2 small zucchinis
- 200g enchilada sauce, Vegan
- 60g shredded vegan cheese

### Instructions:

1. Pre-heat oven to 200C and lightly grease a baking dish.
2. Prepare your zucchinis by cutting them in half long ways and gently scooping out most of the inside of the zucchini and discarding. You want it so that the shell of the zucchini is just about 0.5cm thick once the insides have been removed.
3. In a skillet over medium heat, heat your olive oil and then add in the onion and pepper to sauté for 5 minutes. Add in garlic and spices and cook for an additional 2 minutes.
4. Add in black beans and cook for about 3 more minutes until the black beans are heated through. Remove from the heat.
5. Dividing evenly, spoon the mixture into the zucchinis and place them in the greased baking dish.
6. Top the zucchinis with the enchilada sauce and shredded cheese.
7. Bake for 30-35 minutes at 200C. Serve.

Calories	413
Total Fat	13.1g
Saturated Fat	4.8g
Cholesterol	0mg
Sodium	855mg
Total Carbohydrate	59.5g
Dietary Fibre	16.8g
Total Sugars	5.7g
Protein	17.2g

## STRAWBERRY SPINACH BANANA SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 280ml soy milk
- 1 banana
- 130g strawberries
- 60g baby spinach
- 50g rice protein, vanilla flavor

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	507
Total Fat	6.1g
Saturated Fat	0.8g
Cholesterol	0mg
Sodium	257mg
Total Carbohydrate	62.1g
Dietary Fibre	8.7g
Total Sugars	35.1g
Protein	53.8g

## SWEET POTATO NOODLES WITH SPINACH AND SAUCE

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 2

### Ingredients:

- 95g cashews, soaked in water for 2 hours
- 80ml coconut milk, unsweetened
- 1 clove garlic
- 15ml olive oil
- 500g sweet potatoes, spiralized
- 50g baby spinach
- ¼ cup basil leaves
- Salt and pepper, to taste

### Instructions:

1. Drain and rinse cashews thoroughly.
2. Place in a food processor or blender with coconut milk, garlic, and olive oil
3. Heat the oil in a large skillet over high heat. Add the sweet potatoes; toss in the pan for 6-7 minutes with tongs until tender-crisp.
4. Remove from heat and toss in the spinach immediately. Cover and let it stand for few minutes.
5. Add half of the basil and half of the sauce to the pan and toss to combine. Add water if the mixture is too sticky.
6. Season generously with salt and pepper, drizzle with additional olive oil, and top with the remaining fresh basil.
7. Serve.

Calories	645
Total Fat	30.4g
Saturated Fat	6.1g
Cholesterol	0mg
Sodium	50mg
Total Carbohydrate	87.1g
Dietary Fibre	12.5g
Total Sugars	3.8g
Protein	12g



## SUNDAY HOMEMADE PROTEIN MUESLI

Preparation time: 10 minutes

Cooking time: 2 minutes

Servings: 1

### Ingredients:

- 50g oats
- 20g hazelnuts
- 15g sliced almonds
- 1 tablespoon sunflower seeds
- 1 tablespoon dates, chopped
- 10g cranberries
- 40g rice protein, vanilla flavor
- 250ml soy milk

### Instructions:

1. Heat large skillet over medium-high heat.
2. Add oats, hazelnuts, almonds, and sunflower seeds.
3. Toast in a dry skillet for 1-2 minutes, tossing gently.
4. Place aside to cool.
5. Combine soy milk and rice protein in a food blender.
6. Blend on high until smooth.
7. Serve muesli into a bowl. Add dates and cranberries. Pour over the protein milk. Allow to rest 5 minutes.
8. Serve.

Calories	763
Total Fat	29g
Saturated Fat	2.7g
Cholesterol	0mg
Sodium	183mg
Total Carbohydrate	74.4g
Dietary Fibre	12.4g
Total Sugars	25.3g
Protein	54.6g

## SWEET POTATO NOODLES WITH SPINACH AND SAUCE - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 2

### Ingredients:

- 95g cashews, soaked in water for 2 hours
- 80ml coconut milk, unsweetened
- 1 clove garlic
- 15ml olive oil
- 500g sweet potatoes, spiralized
- 50g baby spinach
- ¼ cup basil leaves
- Salt and pepper, to taste

### Instructions:

1. Drain and rinse cashews thoroughly.
2. Place in a food processor or blender with coconut milk, garlic, and olive oil
3. Heat the oil in a large skillet over high heat. Add the sweet potatoes; toss in the pan for 6-7 minutes with tongs until tender-crisp.
4. Remove from heat and toss in the spinach immediately. Cover and let it stand for few minutes.
5. Add half of the basil and half of the sauce to the pan and toss to combine. Add water if the mixture is too sticky.
6. Season generously with salt and pepper, drizzle with additional olive oil, and top with the remaining fresh basil.
7. Serve.

Calories	645
Total Fat	30.4g
Saturated Fat	6.1g
Cholesterol	0mg
Sodium	50mg
Total Carbohydrate	87.1g
Dietary Fibre	12.5g
Total Sugars	3.8g
Protein	12g

## ALMOND SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 200ml unsweetened almond milk
- 45g rice protein, vanilla flavor
- 1 tablespoon almond butter
- 2 ice cubes

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	294
Total Fat	11.1g
Saturated Fat	0.7g
Cholesterol	0mg
Sodium	205mg
Total Carbohydrate	9g
Dietary Fibre	2.4g
Total Sugars	3g
Protein	40.7g

## DIRTY QUINOA

Preparation time: 5 minutes

Cooking time: 25 minutes

Servings: 2

### Ingredients:

- 115g quinoa, dry
- ½ red bell pepper
- ½ green bell pepper
- 115g fresh green beans
- 160g extra-firm tofu, cubed
- 2/3 tablespoon fresh ginger, chopped
- 2/3 tablespoon olive oil
- 1 teaspoon sesame seeds

### Sauce:

- 25ml milliliters soy sauce (reduced)
- 2/3 tablespoon red curry paste
- 2/3 tablespoon water

### Instructions:

1. Cook quinoa according to package instructions
2. In a large skillet, over medium to high heat, add all the ingredients except the cooked quinoa and sauce ingredients.
3. Cook tofu/veggie mixture for 5-8 minutes until tender stirring occasionally. On the meantime, in a small bowl mix the sauce ingredients. Set aside.
4. When the tofu/veggie mixture is almost tender add the quinoa and sauce mixture to the skillet. Mix through and cook further for another minute or so stirring constantly.
5. Turn heat off and serve immediately. Sprinkle with sesame seeds before serving.

Calories	432
Total Fat	17.8g
Saturated Fat	2.5g
Cholesterol	0mg
Sodium	1000mg
Total Carbohydrate	52.3g
Dietary Fibre	8.6g
Total Sugars	4.2g
Protein	19.5g

# Week 1 - 2100cal

## GROCERY LIST

### Fruits:

- Cherries, frozen, 100g
- Raspberries, frozen, 100g
- Banana, 2 pieces
- Dates, 5 pieces
- Fig, 1 piece
- Mango, 240g
- Orange, 1 piece
- Raspberries, 130g
- Strawberries, 325g
- Cranberries, 10g
- Pear, 1 piece
- Lemon, 1 piece
- Lime, 1 piece

### Vegetables:

- Avocado, 2 pieces
- Baby spinach, 270g
- Red bell peppers, 2 pieces
- Blueberries, 280g
- Mixed berries, frozen, 120g
- Garlic, 11 cloves
- Butternut squash, ½ squash
- Cauliflower, 1 head
- Collard greens, 20g
- Wild mushrooms, 250g
- Onion, 3 pieces
- Sweet potatoes, 600g
- Zucchini, 2 small
- Tomato, 1 piece
- Spinach, plain, 90g
- Green beans, 115g

### Grains and Cereals:

- Oats, 110g
- Cornflakes, 15g
- Amaranth, 50g
- Quinoa, puffed, ½ tablespoon
- Quick rolled oats, 20g
- Quinoa, 490g

### Can Products:

- Can Black beans, 300g
- Can Black eyed peas, 155g
- Can chickpeas, 200g
- Can kidney beans, 200g
- Can chopped tomatoes, 250g
- Canned brown lentils, 250g

### Beans and Legumes:

- Red lentils, 175g

### Spices and Herbs:

- Red curry paste
- Parsley
- Salt
- Pepper
- Dijon
- Soy sauce
- Balsamic vinegar
- BBQ sauce
- Ginger
- Basil
- Cumin
- Cinnamon
- Paprika
- Cayenne pepper
- Nutmeg
- Oregano
- Turmeric

### Butter; and Oil:

- Almond butter, 45g
- Olive oil, 115ml
- Extra-virgin olive oil. 10ml
- Avocado oil, 15ml
- Tahini, 40g

### Nuts and Seeds:

- Almonds, 50g
- Cashews, raw, 110g
- Flax, 20g
- Hazelnut, 35g
- Sunflower seeds. 1 tablespoon
- Sesame seeds, 1 teaspoon
- Hemp seeds, 25g

### Soy Products:

- Tempeh, 115g
- Tofu, firm, 160g
- Soy milk, 1.66 liters

### Non-Dairy:

- Coconut cream, 15g
- Coconut milk, 330ml
- Almond milk, 760ml
- Tahini, 40g

### Protein Powder:

- Rice protein powder, 615g

### Sweeteners:

- Agave nectar, 15ml

### Additional:

- Cornmeal, 1 tablespoons
- Rice flour, 1 tablespoon
- Nutritional yeas, 3 tablespoons
- Coconut water, 120ml
- Vegetable stock, 300ml
- Enchilada sauce, Vegan, 200g

## Week 2 - 2100 Cal

### MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFASTS	Pumpkin Amaranth Porridge	Date Tahini Oat Smoothie	Avocado Banana Chia Creamy Pudding	Vanilla Protein Porridge	Breakfast protein Balls	Frozen Breakfast	Chia Raspberry Parfait
LUNCH	Dirty Quinoa – previous night dinner	Broccoli Chick- pea patties with Cashew Mayo – previous night dinner	Lupin Tabbouleh with Figs – previous night dinner	Beluga Lentils Salad – previous night dinner	Hemp Seed Hummus with Veggie Dippers – previous night dinner	Carrot Tahini Soup with Crispy Chickpeas – previous night dinner	Warm quinoa Salad – previous night dinner
SNACKS	Creamy Chocolate Smoothie	Cinnamon Peanut Butter Smoothie	Vanilla Fruity Almond Milk	Berry Vanilla Soy Smoothie	Blackberry Hemp Smoothie Bowl	Thick Greek Smoothie	Tropical Sweet Smoothie
DINNER	Broccoli Chickpea patties with Cashew Mayo	Lupin Tabbouleh with Figs	Beluga Lentils Salad	Hemp Seed Hummus with Veggie Dippers	Carrot Tahini Soup with Crispy Chickpeas	Warm quinoa Salad	Ceviche with Tofu

## MONDAY

### PUMPKIN AMARANTH PORRIDGE

Preparation time: 10 minutes + inactive time

Cooking time: 15 minutes

Servings: 1

#### Ingredients:

- ¼ cup amaranth, soaked overnight
- 180ml organic almond milk
- 50g rice protein, vanilla flavor
- 40g pumpkin puree
- 10g coconut flakes
- 1 pinch cinnamon
- 1 pinch nutmeg
- 1 pinch salt
- 10ml maple syrup

#### Instructions:

1. Drain and rinse amaranth.
2. Combine with almond milk, pumpkin puree, salt, and spices.
3. Bring to a boil over medium-high heat, reduce to simmer, stirring often to prevent scorching on the bottom.
4. Simmer on lowest heat for 15 minutes with the lid.
5. Turn heat off, stir in rice protein, and let sit for 10 minutes with the lid on to thicken.
6. Sweeten with maple and add remaining almond milk. Sprinkle with coconut flakes.
7. Serve.

Calories	522
Total Fat	11.4g
Saturated Fat	4.1g
Cholesterol	0mg
Sodium	183mg
Total Carbohydrate	55.5g
Dietary Fibre	6.8g
Total Sugars	16.9g
Protein	49.3g

## DIRTY QUINOA - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 25 minutes

Servings: 2

#### Ingredients:

- 115g quinoa, dry
- ½ red bell pepper
- ½ green bell pepper
- 115g fresh green beans
- 160g extra-firm tofu, cubed
- 2/3 tablespoon fresh ginger, chopped
- 2/3 tablespoon olive oil
- 1 teaspoon sesame seeds

#### Sauce:

- 25ml milliliters soy sauce (reduced)
- 2/3 tablespoon red curry paste
- 2/3 tablespoon water

#### Instructions:

1. Cook quinoa according to package instructions
2. In a large skillet, over medium to high heat, add all the ingredients except the cooked quinoa and sauce ingredients.
3. Cook tofu/veggie mixture for 5-8 minutes until tender stirring occasionally. On the meantime, in a small bowl mix the sauce ingredients. Set aside.
4. When the tofu/veggie mixture is almost tender add the quinoa and sauce mixture to the skillet. Mix through and cook further for another minute or so stirring constantly.
5. Turn heat off and serve immediately. Sprinkle with sesame seeds before serving.

Calories	432
Total Fat	17.8g
Saturated Fat	2.5g
Cholesterol	0mg
Sodium	1000mg
Total Carbohydrate	52.3g
Dietary Fibre	8.6g
Total Sugars	4.2g
Protein	19.5g

## CREAMY CHOCOLATE SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 100ml coconut milk
- 150ml organic almond milk
- 55g rice protein, chocolate flavor
- 1 teaspoon cocoa powder
- 1 medium banana, sliced
- ¼ avocado, peeled, chopped
- 5ml maple syrup

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	696
Total Fat	35.7g
Saturated Fat	22.9g
Cholesterol	0mg
Sodium	177mg
Total Carbohydrate	51.4g
Dietary Fibre	10g
Total Sugars	26.6g
Protein	50.9g

## BROCCOLI CHICKPEA PATTIES WITH CASHEW MAYO

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- ½ head broccoli, cut into florets
- 150g chickpeas, drained and rinsed
- 1 tablespoon ground flaxseed
- 1 tablespoon vegan Worcestershire sauce
- ½ tablespoon hot sauce
- ½ tablespoon Dijon mustard
- 1 clove garlic, minced
- Salt and pepper, to taste
- 25g almond meal
- 30g vegan blend protein, unflavored
- 1 sweet potato, cut into wedges, baked, to serve with

### Sauce:

- 40g raw cashews (soaked for 4 hours or overnight)
- 1 tablespoon hot sauce
- 25ml water

### Instructions:

1. Preheat oven to 200C.
2. Place broccoli florets on a baking sheet lined with a parchment paper. Spray with olive oil spray or drizzle with a bit of oil. Bake for 15 minutes and then set aside to cool. At this point you can add sweet potato wedges to bake along.
3. Heat a large pan sprayed with oil over medium heat. Place cooled broccoli florets, chickpeas, flax, Worcestershire sauce, hot sauce, Dijon, garlic, salt, and pepper in a large food processor. Process until well-combined.
4. Stir in almond meal and protein powder by hand. Form into four tightly packed patties.
5. Cook for six minutes per side. Serve with baked sweet potato.
6. Make the mayo: place cashews in a bowl of water. If you're in a hurry, pour boiling water over the cashews and soak for 30 minutes.
7. Drain cashews and add to food processor along with hot sauce and water. Process for a couple minutes, scraping down the sides, until completely smooth and creamy.

Calories	442
Total Fat	18.5g
Saturated Fat	2.6g
Cholesterol	0mg
Sodium	428mg
Total Carbohydrate	48.3g
Dietary Fibre	11.1g
Total Sugars	7.1g
Protein	25.6g

## TUESDAY

### DATE TAHINI OAT SMOOTHIE

Preparation time: 5 minutes

Servings: 1

#### Ingredients:

- 2 dates, pitted
- 55g rice protein, vanilla flavor
- 280ml organic almond milk
- 2 tablespoons oats
- 1 tablespoon flax seeds
- 1 tablespoon tahini

#### Instructions:

1. Place all of the ingredients into a blender and blend until smooth.
2. Serve.

Calories	522
Total Fat	18.6g
Saturated Fat	2.1g
Cholesterol	0mg
Sodium	254mg
Total Carbohydrate	36.5g
Dietary Fibre	5.7g
Total Sugars	18.9g
Protein	51.8g

## BROCCOLI CHICKPEA PATTIES WITH CASHEW MAYO - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

#### Ingredients:

- ½ head broccoli, cut into florets
- 150g chickpeas, drained and rinsed
- 1 tablespoon ground flaxseed
- 1 tablespoon vegan Worcestershire sauce
- ½ tablespoon hot sauce
- ½ tablespoon Dijon mustard
- 1 clove garlic, minced
- Salt and pepper, to taste
- 25g almond meal
- 30g vegan blend protein, unflavored
- 1 sweet potato, cut into wedges, baked, to serve with

#### Sauce:

- 40g raw cashews (soaked for 4 hours or overnight)
- 1 tablespoon hot sauce
- 25ml water

#### Instructions:

1. Preheat oven to 200C.
2. Place broccoli florets on a baking sheet lined with a parchment paper. Spray with olive oil spray or drizzle with a bit of oil. Bake for 15 minutes and then set aside to cool. At this point you can add sweet potato wedges to bake along.
3. Heat a large pan sprayed with oil over medium heat. Place cooled broccoli florets, chickpeas, flax, Worcestershire sauce, hot sauce, Dijon, garlic, salt, and pepper in a large food processor. Process until well-combined.
4. Stir in almond meal and protein powder by hand. Form into four tightly packed patties.
5. Cook for six minutes per side. Serve with baked sweet potato.
6. Make the mayo: place cashews in a bowl of water. If you're in a hurry, pour boiling water over the cashews and soak for 30 minutes.
7. Drain cashews and add to food processor along with hot sauce and water. Process for a couple minutes, scraping down the sides, until completely smooth and creamy.

Calories	442
Total Fat	18.5g
Saturated Fat	2.6g
Cholesterol	0mg
Sodium	428mg
Total Carbohydrate	48.3g
Dietary Fibre	11.1g
Total Sugars	7.1g
Protein	25.6g

## CINNAMON PEANUT BUTTER SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml organic almond milk
- 40g rice protein
- 1 teaspoon cinnamon
- 2 tablespoons peanut butter
- 1 extra-small banana, frozen (slice before freezing)

### Instructions:

1. Blend all ingredients together in a blender until smooth.
2. Serve.

Calories	508
Total Fat	23.2g
Saturated Fat	4g
Cholesterol	0mg
Sodium	346mg
Total Carbohydrate	36.5g
Dietary Fibre	5.2g
Total Sugars	19.8g
Protein	42.9g

## LUPIN TABBOULEH WITH FIGS

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 180g lupin seeds
- 250ml vegetable stock
- 1 onion, cut into thin cubes
- 180g cherry tomatoes, halved
- 2 dried figs, chopped
- 30g almond flakes
- 3 tablespoons walnut oil
- 1 ½ tablespoons lemon juice
- Salt and pepper, to taste
- 10g fresh coriander, chopped

### Instructions:

1. Cook lupin according to package directions with vegetable stock. Place aside to cool and fluff with a fork.
2. In a large bowl, combine onion and cherry tomatoes.
3. Add lupin and coriander.
4. Combine walnut oil and lemon juice in a bowl.
5. Drizzle over lupin tabbouleh. Season to taste with salt and pepper. Top with figs and slivered almonds.
6. Serve.

Calories	630
Total Fat	28.8g
Saturated Fat	3.9g
Cholesterol	0mg
Sodium	406mg
Total Carbohydrate	64.3g
Dietary Fibre	5.5g
Total Sugars	15.7g
Protein	38.1g



## WEDNESDAY

### AVOCADO BANANA CHIA CREAMY PUDDING

Preparation time: 5 minutes

Servings: 1

#### Ingredients:

- ½ tablespoon cacao powder
- 50g rice protein, chocolate flavor
- ½ tablespoon chia seeds
- ¼ avocado, pitted
- 1 small banana, sliced
- 5ml maple syrup
- 80ml coconut water

#### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Refrigerate 20 minutes before serving.

Calories	458
Total Fat	9.5g
Saturated Fat	1.5g
Cholesterol	0mg
Sodium	86mg
Total Carbohydrate	52.5g
Dietary Fibre	8.9g
Total Sugars	31.1g
Protein	44.1g

## LUPIN TABBOULEH WITH FIGS - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 2

#### Ingredients:

- 180g lupin seeds
- 250ml vegetable stock
- 1 onion, cut into thin cubes
- 180g cherry tomatoes, halved
- 2 dried figs, chopped
- 30g almond flakes
- 3 tablespoons walnut oil
- 1 ½ tablespoons lemon juice
- Salt and pepper, to taste
- 10g fresh coriander, chopped

#### Instructions:

1. Cook lupin according to package directions with vegetable stock. Place aside to cool and fluff with a fork.
2. In a large bowl, combine onion and cherry tomatoes.
3. Add lupin and coriander.
4. Combine walnut oil and lemon juice in a bowl.
5. Drizzle over lupin tabbouleh. Season to taste with salt and pepper. Top with figs and slivered almonds.
6. Serve.

Calories	630
Total Fat	28.8g
Saturated Fat	3.9g
Cholesterol	0mg
Sodium	406mg
Total Carbohydrate	64.3g
Dietary Fibre	5.5g
Total Sugars	15.7g
Protein	38.1g

## VANILLA FRUITY ALMOND MILK

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 45g rice protein
- 280ml organic almond milk
- 30g strawberries
- 70g mango chunks, frozen
- 5ml maple syrup

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	364
Total Fat	8g
Saturated Fat	0.1g
Cholesterol	0mg
Sodium	237mg
Total Carbohydrate	29g
Dietary Fibre	1.7g
Total Sugars	23g
Protein	42.9g

## BELUGA LENTILS SALAD

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 200g brown lentils
- 80g can artichoke hearts, chopped
- 1 bay leaf
- 1 avocado, pitted, peeled, cut into small pieces
- ½ red bell pepper
- ½ yellow bell pepper

### Dressing:

- 1 tablespoon almond butter
- ½ teaspoon garlic paste
- 30ml lemon juice
- 15ml olive oil
- 15ml hemp oil
- 1 teaspoon Dijon mustard
- Salt and pepper, to taste
- 1 teaspoon chopped thyme
- 2 tablespoons fresh parsley, chopped

### Instructions:

1. Cook lentils in a pot with simmering salted water with bay leaf for 30 minutes.
2. Drain and place in a bowl.
3. Add artichoke hearts, avocado, and bell peppers.
4. Whisk all dressing ingredients, except parsley, in a bowl.
5. Drizzle over lentils salad.
6. Toss to combine and finish off with chopped parsley. Serve.

Calories	653
Total Fat	28.1g
Saturated Fat	3.8g
Cholesterol	0mg
Sodium	199mg
Total Carbohydrate	78.5g
Dietary Fibre	19.6g
Total Sugars	5.1g
Protein	28.9g

## THURSDAY

### VANILLA PROTEIN PORRIDGE

Preparation time: 5 minutes

Cooking time: 5 minutes

Servings: 1

#### Ingredients:

- 60g oats
- 230ml soy milk
- 25g almond butter
- 35g pea and rice protein powder (vegan blend)
- 1 teaspoon vanilla extract

#### Instructions:

1. Combine oats, soy milk, protein powder, and vanilla in a saucepan.
2. Cook stirring over medium heat for 5 minutes. If needed add some water.
3. Remove from the heat and top with almond butter.
4. Serve.

Calories	543
Total Fat	11.5g
Saturated Fat	1.3g
Cholesterol	0mg
Sodium	126mg
Total Carbohydrate	61.8g
Dietary Fibre	7.9g
Total Sugars	10.8g
Protein	46.7g

## BELUGA LENTILS SALAD - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

#### Ingredients:

- 200g brown lentils
- 80g can artichoke hearts, chopped
- 1 bay leaf
- 1 avocado, pitted, peeled, cut into small pieces
- ½ red bell pepper
- ½ yellow bell pepper

#### Dressing:

- 1 tablespoon almond butter
- ½ teaspoon garlic paste
- 30ml lemon juice
- 15ml olive oil
- 15ml hemp oil
- 1 teaspoon Dijon mustard
- Salt and pepper, to taste
- 1 teaspoon chopped thyme
- 2 tablespoons fresh parsley, chopped

#### Instructions:

1. Cook lentils in a pot with simmering salted water with bay leaf for 30 minutes.
2. Drain and place in a bowl.
3. Add artichoke hearts, avocado, and bell peppers.
4. Whisk all dressing ingredients, except parsley, in a bowl.
5. Drizzle over lentils salad.
6. Toss to combine and finish off with chopped parsley. Serve.

Calories	653
Total Fat	28.1g
Saturated Fat	3.8g
Cholesterol	0mg
Sodium	199mg
Total Carbohydrate	78.5g
Dietary Fibre	19.6g
Total Sugars	5.1g
Protein	28.9g

## BERRY VANILLA SOY SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 50g blueberries
- 50g raspberries
- 180ml soy milk
- 45g rice protein, vanilla flavor

### Instructions:

1. Blend all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	327
Total Fat	3.8g
Saturated Fat	0.4g
Cholesterol	0mg
Sodium	149mg
Total Carbohydrate	29.2g
Dietary Fibre	5.6g
Total Sugars	16.9g
Protein	43.5g

## HEMP SEED HUMMUS WITH VEGGIE DIPPERS

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 2

### Ingredients:

- 2 tablespoons hemp seeds
- 400g can chickpeas, rinsed, drained
- 30ml water
- 2 small cloves garlic, peeled
- 35ml olive oil
- 1 pinch paprika
- Salt and pepper, to taste

### Vegetables:

- 2 carrots, cut into fries
- 1 large sweet potato, cut into fries
- 5ml olive oil
- Salt and pepper, to taste

### Instructions:

1. Heat oven to 200C.
2. Arrange veggies on a baking sheet. Drizzle with olive oil and season to taste with salt and pepper.
3. Roast veggies for 25 minutes.
4. In the meantime, make hummus; grind hemp seeds in a coffee grinder.
5. Place in a food processor with remaining ingredients.
6. Process on high until smooth.
7. Transfer into a bowl. Sprinkle with paprika and serve with veggie dippers.

Calories	592
Total Fat	25.6g
Saturated Fat	3g
Cholesterol	0mg
Sodium	660mg
Total Carbohydrate	77.7g
Dietary Fibre	10.9g
Total Sugars	3g
Protein	17.6g

## FRIDAY BREAKFAST PROTEIN BALLS

Preparation time: 10 minutes  
Servings: 1 (5 balls per serving)

### Ingredients:

- 45g raw cashews
- 10g puffed buckwheat
- 30g dried mulberries
- ½ lemon, juiced, zested
- 1 tablespoon almond butter
- 40g rice protein, vanilla flavor
- 1 teaspoon poppy seeds

### Instructions:

1. Place cashews, buckwheat, mulberries, lemon juice, zest, poppy seeds, in a food processor.
2. Process until starts to begin a bit creamy.
3. Fold in almond butter, and rice protein by hand.
4. Shape mixture into balls.
5. Serve.

Calories	662
Total Fat	30g
Saturated Fat	5g
Cholesterol	0mg
Sodium	63mg
Total Carbohydrate	52.2g
Dietary Fibre	8.8g
Total Sugars	19.8g
Protein	50.9g

## HEMP SEED HUMMUS WITH VEGGIE DIPPERS - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes  
Cooking time: 25 minutes  
Servings: 2

### Ingredients:

- 2 tablespoons hemp seeds
- 400g can chickpeas, rinsed, drained
- 30ml water
- 2 small cloves garlic, peeled
- 35ml olive oil
- 1 pinch paprika
- Salt and pepper, to taste

### Vegetables:

- 2 carrots, cut into fries
- 1 large sweet potato, cut into fries
- 5ml olive oil
- Salt and pepper, to taste

### Instructions:

1. Heat oven to 200C.
2. Arrange veggies on a baking sheet. Drizzle with olive oil and season to taste with salt and pepper.
3. Roast veggies for 25 minutes.
4. In the meantime, make hummus; grind hemp seeds in a coffee grinder.
5. Place in a food processor with remaining ingredients.
6. Process on high until smooth.
7. Transfer into a bowl. Sprinkle with paprika and serve with veggie dippers.

Calories	592
Total Fat	25.6g
Saturated Fat	3g
Cholesterol	0mg
Sodium	660mg
Total Carbohydrate	77.7g
Dietary Fibre	10.9g
Total Sugars	3g
Protein	17.6g

## BLACKBERRY HEMP SMOOTHIE BOWL

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 50g blackberries
- ¼ ripe avocado, sliced
- 1 teaspoon hemp seeds
- 1 teaspoon chia seeds
- 250ml unsweetened coconut milk
- 50g organic rice protein powder, vanilla flavor
- ½ teaspoon lemon zest

### Instructions:

1. Combine all ingredients except the Goji berries in a food blender.
2. Blend on high until smooth.
3. Transfer into a bowl.
4. Serve.

Calories	407
Total Fat	13g
Saturated Fat	4.8g
Cholesterol	0mg
Sodium	72mg
Total Carbohydrate	15.5g
Dietary Fibre	5.9g
Total Sugars	5.5g
Protein	55.1g

## CARROT TAHINI SOUP WITH CRISPY CHICKPEAS

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

#### Base:

- 15ml olive oil
- 450g carrots, peeled, diced
- ½ onion, diced
- 2 cloves garlic, minced
- ¼ teaspoon ground coriander
- 1 pinch cumin
- 475ml vegetable broth
- 2 tablespoons chopped parsley, to garnish

#### Tahini cream:

- 15g tahini
- 15ml lemon juice
- 15ml water
- Salt, to taste

#### Chickpeas:

- 220g cooked chickpeas, drained
- 10ml olive oil
- 1/8 teaspoon ground cumin
- Salt, to taste

### Instructions:

1. Prepare the base; heat olive oil in a saucepot over medium-high heat.
2. Add onion, garlic, and carrots. Cook for 15 minutes or until they start to turn brown.
3. In the meantime, make the chickpeas; toss the chickpeas with olive oil, cumin, and salt on a baking sheet.
4. Bake the chickpeas 15-20 minutes, stirring halfway through.
5. Once the vegetables have turned brown, add coriander and cumin. Cook 30 seconds. Pour in vegetable broth and scrape down any browned bits.
6. Partially cover the soup and reduce heat. Simmer the soup for 25 minutes or until the carrots are tender.
7. While the soup is simmering, make the tahini cream; combine all the ingredients in a small bowl.
8. Remove the soup from the heat. Allow to cool a bit and puree with an immersion blender. Adjust the seasoning.
9. Ladle soup into a bowl and top with chickpeas, tahini cream, and parsley. Serve.

Calories	437
Total Fat	20.9g
Saturated Fat	4.6g
Cholesterol	0mg
Sodium	881mg
Total Carbohydrate	57.4g
Dietary Fibre	14.8g
Total Sugars	18.6g
Protein	13.3g

## SATURDAY FROZEN BREAKFAST

Preparation time: 10 minutes

Servings: 1

### Ingredients:

- 140g mixed frozen berries (just freeze for 1 hour or thaw partially)
- 50g rice protein powder
- 40g oats
- 300ml soy milk
- 15g sliced almonds

### Instructions:

1. Combine berries, oats, and sliced almonds in a bowl.
2. Combine soy milk and protein powder in a jar with lid.
3. Close the jar with lid and shake vigorously.
4. Pour the milk over berries and oats. Let it stand 10 minutes.
5. Serve.

Calories	676
Total Fat	16g
Saturated Fat	1.7g
Cholesterol	0mg
Sodium	220mg
Total Carbohydrate	71.5g
Dietary Fibre	12.8g
Total Sugars	25.9g
Protein	60.1g

# CARROT TAHINI SOUP WITH CRISPY CHICKPEAS - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 2

Ingredients:

Base:

- 15ml olive oil
- 450g carrots, peeled, diced
- ½ onion, diced
- 2 cloves garlic, minced
- ¼ teaspoon ground coriander
- 1 pinch cumin
- 475ml vegetable broth
- 2 tablespoons chopped parsley, to garnish

Tahini cream:

- 15g tahini
- 15ml lemon juice
- 15ml water
- Salt, to taste

Chickpeas:

- 220g cooked chickpeas, drained
- 10ml olive oil
- 1/8 teaspoon ground cumin
- Salt, to taste

Instructions:

1. Prepare the base; heat olive oil in a saucepot over medium-high heat.
2. Add onion, garlic, and carrots. Cook for 15 minutes or until they start to turn brown.
3. In the meantime, make the chickpeas; toss the chickpeas with olive oil, cumin, and salt on a baking sheet.
4. Bake the chickpeas 15-20 minutes, stirring halfway through.
5. Once the vegetables have turned brown, add coriander and cumin. Cook 30 seconds. Pour in vegetable broth and scrape down any browned bits.
6. Partially cover the soup and reduce heat. Simmer the soup for 25 minutes or until the carrots are tender.
7. While the soup is simmering, make the tahini cream; combine all the ingredients in a small bowl.
8. Remove the soup from the heat. Allow to cool a bit and puree with an immersion blender. Adjust the seasoning.
9. Ladle soup into a bowl and top with chickpeas, tahini cream, and parsley. Serve.

Calories	437
Total Fat	20.9g
Saturated Fat	4.6g
Cholesterol	0mg
Sodium	881mg
Total Carbohydrate	57.4g
Dietary Fibre	14.8g
Total Sugars	18.6g
Protein	13.3g



# THICK GREEK SMOOTHIE

Preparation time: 5 minutes  
Servings: 1

Ingredients:

- 40g rice protein powder
- 120g Vegan Greek almond yogurt
- 1 spring mint
- 80g blueberries
- 5ml maple syrup

Instructions:

1. Blend ingredients in a food blender until smooth.
2. Serve.

Calories	345
Total Fat	3.5g
Saturated Fat	0g
Cholesterol	0mg
Sodium	196mg
Total Carbohydrate	36g
Dietary Fibre	7.4g
Total Sugars	20.4g
Protein	42.1g

# WARM QUINOA SALAD

Preparation time: 10 minutes  
Cooking time: 25 minutes  
Servings: 2

Ingredients:

- 50g white quinoa
- 70g red quinoa
- 1 clove garlic, minced
- ½ tablespoon tamari sauce
- 100g raisins
- 40g pine nuts
- ½ tablespoon tahini
- ½ lemon, juiced
- 20ml olive oil
- Salt and pepper, to taste

Instructions:

1. Cook quinoa according to package directions.
2. Add garlic, and tamari sauce.
3. Remove quinoa from heat and stir in raisins. Cover and let it stand for 5-10 minutes.
4. In the meantime, dry-toast the pine nuts in a skillet for 1 minute.
5. Divide quinoa among two serving bowls.
6. Top with pine nuts.
7. Whisk olive oil, tahini, and lemon juice. Drizzle over salad.
8. Season the salad to taste and toss to combine. Serve.

Calories	597
Total Fat	26.6g
Saturated Fat	2.7g
Cholesterol	0mg
Sodium	265mg
Total Carbohydrate	83.6g
Dietary Fibre	7.6g
Total Sugars	30.8g
Protein	14.1g

## SUNDAY CHIA RASPBERRY PARFAIT

Preparation time: 10 minutes + inactive time

Cooking time: 10 minutes

Servings: 1

### Ingredients:

- 2 tablespoons chia seeds
- 200ml organic almond milk
- 50g rice protein, vanilla flavor

### Raspberry puree:

- 50g raspberries
- 10ml water
- 10ml maple syrup

### Mousse:

- ½ avocado
- 10g rice protein, chocolate flavor
- 30ml organic almond milk
- 1 teaspoon cacao powder
- 5ml maple syrup

### Instructions:

1. Make the pudding night before; combine chia, almond milk, and rice protein in a bowl.
2. Refrigerate overnight.
3. Make the raspberry puree; combine raspberries, water, and maple syrup in a saucepan. Set over medium-high heat.
4. Simmer 5-10 minutes. Place aside to cool.
5. Make the mousse; combine all the mousse ingredient sin a food blender.
6. Blend on high until smooth.
7. Assemble; transfer the chia in a serving glass. Top with raspberry puree and chocolate mousse. Serve.

Calories	572
Total Fat	22.7g
Saturated Fat	2.6g
Cholesterol	0mg
Sodium	219mg
Total Carbohydrate	41.4g
Dietary Fibre	12.2g
Total Sugars	22g
Protein	54.1g

## WARM QUINOA SALAD - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 2

### Ingredients:

- 50g white quinoa
- 70g red quinoa
- 1 clove garlic, minced
- ½ tablespoon tamari sauce
- 100g raisins
- 40g pine nuts
- ½ tablespoon tahini
- ½ lemon, juiced
- 20ml olive oil
- Salt and pepper, to taste

### Instructions:

1. Cook quinoa according to package directions.
2. Add garlic, and tamari sauce.
3. Remove quinoa from heat and stir in raisins. Cover and let it stand for 5-10 minutes.
4. In the meantime, dry-toast the pine nuts in a skillet for 1 minute.
5. Divide quinoa among two serving bowls.
6. Top with pine nuts.
7. Whisk olive oil, tahini, and lemon juice. Drizzle over salad.
8. Season the salad to taste and toss to combine. Serve.

Calories	597
Total Fat	26.6g
Saturated Fat	2.7g
Cholesterol	0mg
Sodium	265mg
Total Carbohydrate	83.6g
Dietary Fibre	7.6g
Total Sugars	30.8g
Protein	14.1g

## TROPICAL SWEET SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 1 small banana, sliced
- 50g rice protein, vanilla flavor
- 80g passion fruit pulp
- 250ml organic almond milk
- 1 tablespoon hemp seeds
- 2 ice cubes

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend until smooth.
3. Serve.

Calories	532
Total Fat	14.5g
Saturated Fat	1.1g
Cholesterol	0mg
Sodium	233mg
Total Carbohydrate	53.5g
Dietary Fibre	11.4g
Total Sugars	28.6g
Protein	49.9g

## CEVICHE WITH TOFU

Preparation time: 15 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

#### Tofu:

- 300g block extra firm tofu
- 20ml coconut oil

#### Sauce:

- 25ml tamari
- 10ml sesame oil
- 10ml apple cider vinegar
- 5ml maple syrup
- 1/2 lime, juiced
- Salt and pepper, to taste

#### Ceviche:

- 80g cantaloupe, chopped
- 70g papaya, chopped
- 40g cucumbers, chopped
- 80g hearts of palm, cut into 1cm rounds
- 20g jicama
- 1 1/2 limes juiced, zest of 1/2 a lime
- 10g cilantro, chopped and more to taste
- 1 red onion, diced
- 2 spring green onions, minced
- Pinches of cayenne pepper, to taste
- Salt, to taste

### Instructions:

1. Make the tofu; heat oven to 220C.
2. Put all ingredients for the tangy sauce in a small bowl and whisk until combined.
3. Heat coconut oil in a cast iron skillet on medium-high heat.
4. Slice to tofu into 6 rectangles. First cut the brick in half horizontally and then slice into thin bricks vertically.
5. Once the oil is hot, place the tofu bricks in the pan carefully.
6. Let them sear for 5 minutes, then flip on the other side and sear another 5 minutes.
7. Remove from the heat and pour the tangy sauce on top of the tofu right in the pan.
8. Transfer the entire cast iron skillet to the oven and let bake for 10 minutes.
9. In the meantime, make the ceviche by combining all the ingredients. Serve tofu with ceviche.

Calories	398
Total Fat	26.3g
Saturated Fat	10.5g
Cholesterol	0mg
Sodium	1207mg
Total Carbohydrate	30.2g
Dietary Fibre	6.9g
Total Sugars	13.3g
Protein	19.9g

# Week 2 - 2100cal

## GROCERY LIST

### Fruits:

- Banana, 3 pieces
- Mulberries, dried, 30g
- Passion fruit, 80g
- Avocado, 3 pieces
- Blackberries, 50g
- Blueberries, 130g
- Cantaloupe, 80g
- Dates, 2 pieces
- Figs, 2 pieces
- Lemon, 1 piece
- Lime, 2 pieces
- Mango, 70g, frozen
- Raisins, 100g
- Raspberries, 100g
- Strawberries, 30g
- Papaya, 70g
- Frozen berries, mixed, 150g

### Vegetables:

- Spring onion, 2 pieces
- Red bell pepper, 1 piece
- Yellow bell pepper, 1 piece
- Broccoli, 1 head
- Carrots, 2 pieces
- Cherry tomatoes, 180g
- Garlic, cloves, 4 cloves
- Cucumbers, 40g
- Onion, 2 pieces
- Sweet potato, 2 large

### Grains and Cereals:

- Oats, 130g
- Amaranth, 10g
- Chia seeds, 35g
- Lupin seeds, 180g
- Buckwheat, puffed, 10g
- Quinoa, 50g
- Quinoa, red, 70g

### Can Products:

- Can artichoke hearts. 80g
- Can chickpeas, 400g
- Pumpkin puree, 40g
- Hearts of palm, 80g

### Beans and Legumes:

- Chickpeas, cooked, 150g
- Brown lentils, 200g

### Spices and Herbs:

- Mint
- Salt
- Pepper
- Tamari sauce
- Cilantro
- Dijon mustard
- Vegan Worcestershire sauce
- Bay leaf
- Cinnamon
- Coriander
- Nutmeg
- Paprika
- Thyme

### Butter; and Oil:

- Almond butter, 55g
- Peanut butter, 30g
- Coconut oil, 20ml
- Olive oil, 75ml
- Sesame oil, 10ml
- Walnut oil, 45ml
- Hemp oil, 15ml
- Tahini, 30g

### Nuts and Seeds:

- Almond flakes, 30g
- Almonds, sliced, 15g
- Cashews, 85g
- Pine nuts, 40g
- Flax seeds, 1 tablespoon
- Poppy seeds, 1 teaspoon
- Hemp seeds, 4 tablespoons

### Soy Products:

- Soy milk, 710ml
- Tofu, firm, 310g

### Non-Dairy:

- Coconut milk, 350ml
- Almond milk, 1.62 liters
- Almond yogurt, Greek type, 120g

### Protein Powder:

- Vegan blend protein powder, 35g
- Rice protein, 630g

### Sweeteners:

- Maple syrup, 50ml

### Additional:

- Almond meal, 25g
- Cacao powder, 10g
- Coconut flakes, 10g
- Coconut water, 80ml
- Vegetable stock, 250ml
- Cider vinegar, 10ml

## Week 3 - 2100 Cal

### MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFASTS	Raspberry Protein Bowl	Reversed Smoothie	Protein Waffles with Berry Sauce	Simple Green smoothie	Pumpkin Amaranth Porridge	Smooth Breakfast Porridge	Breakfast Treat
LUNCH	Ceviche with Tofu – previous night dinner	Chickpea Lentil Balls with Slaw – previous night dinner	Lentils with Hokkaido Pumpkin – previous night dinner	Mixed Balls with Zucchini Spaghetti – previous night dinner	Quina Salad with Figs and Avocado – previous night dinner	Satisfying Salad – previous night dinner	Coconut Cauli Thick Soup- previous night dinner
SNACKS	Mixed Mango Smoothie	Vanilla Raspberry Smoothie	Chocolate Chia Delight	Orange Tahini Smoothie	Cocoa Chocolate Mint Smoothie	Blackberry Spinach Smoothie	Blueberry Mint Smoothie
DINNER	Chickpea Lentil Balls with Slaw	Lentils with Hokkaido Pumpkin	Mixed Balls with Zucchini Spaghetti	Quina Salad with Figs and Avocado	Satisfying Salad	Coconut Cauli Thick Soup	Sweet Potato Noodles with Spinach and Sauce

MONDAY

RASPBERRY PROTEIN BOWL

Preparation time: 5 minutes

Servings: 1

Ingredients:

- 100g silken tofu, with liquid
- 10ml maple syrup
- 40g rice protein, vanilla flavor
- 2 teaspoons cacao powder
- 1 tablespoon maca powder
- 40g fresh raspberries
- 1 tablespoon almond butter, for topping

Instructions:

1. Into a high-powered blender, blend all of your ingredients. You may need to stop and scrape down the sides and blend again until completely blended and creamy.
2. Spoon into a bowl and top with almond butter.

Calories	447
Total Fat	13.2g
Saturated Fat	1.7g
Cholesterol	0mg
Sodium	164mg
Total Carbohydrate	35.9g
Dietary Fibre	7.6g
Total Sugars	16.7g
Protein	49.3g

## CEVICHE WITH TOFU - PREVIOUS NIGHT DINNER

Preparation time: 15 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

#### Tofu:

- 300g block extra firm tofu
- 20ml coconut oil

#### Sauce:

- 25ml tamari
- 10ml sesame oil
- 10ml apple cider vinegar
- 5ml maple syrup
- 1/2 lime, juiced
- Salt and pepper, to taste

#### Ceviche:

- 80g cantaloupe, chopped
- 70g papaya, chopped
- 40g cucumbers, chopped
- 80g hearts of palm, cut into 1cm rounds
- 20g jicama
- 1 1/2 limes juiced, zest of 1/2 a lime
- 10g cilantro, chopped and more to taste
- 1 red onion, diced
- 2 spring green onions, minced
- Pinches of cayenne pepper, to taste
- Salt, to taste

### Instructions:

1. Make the tofu; heat oven to 220C.
2. Put all ingredients for the tangy sauce in a small bowl and whisk until combined.
3. Heat coconut oil in a cast iron skillet on medium-high heat.
4. Slice to tofu into 6 rectangles. First cut the brick in half horizontally and then slice into thin bricks vertically.
5. Once the oil is hot, place the tofu bricks in the pan carefully.
6. Let them sear for 5 minutes, then flip on the other side and sear another 5 minutes.
7. Remove from the heat and pour the tangy sauce on top of the tofu right in the pan.
8. Transfer the entire cast iron skillet to the oven and let bake for 10 minutes.
9. In the meantime, make the ceviche by combining all the ingredients. Serve tofu with ceviche.

Calories	398
Total Fat	26.3g
Saturated Fat	10.5g
Cholesterol	0mg
Sodium	1207mg
Total Carbohydrate	30.2g
Dietary Fibre	6.9g
Total Sugars	13.3g
Protein	19.9g

## MIXED MANGO SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 200ml organic almond milk
- 50ml coconut milk
- 50ml orange juice, fresh
- 60g rice protein
- 100g mango
- 1 tablespoon almond butter

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	692
Total Fat	27.8g
Saturated Fat	12.2g
Cholesterol	0mg
Sodium	273mg
Total Carbohydrate	60.2g
Dietary Fibre	6.1g
Total Sugars	39.7g
Protein	55.6g

## CHICKPEA LENTIL BALLS WITH SLAW

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 1 red onion, grated
- 300g canned brown lentils, drained, rinsed
- 100g can chickpeas, drained, rinsed
- 30g almond meal
- 10g breadcrumbs, plain, Vegan
- Salt and pepper, to taste
- 1 teaspoon dried oregano
- 10ml olive oil

### Slaw:

- 250g shredded cabbage
- 1 beet, scrubbed, grated
- 1 carrot, grated
- 35g tahini
- 15ml lemon juice
- 10ml water
- ½ teaspoon maple syrup
- Salt and pepper, to taste

### Instructions:

1. Heat oven to 200C.
2. In a large bowl, mash lentils and chickpeas until you have a smooth mixture.
3. Stir in grated onion, oregano, breadcrumbs, and almond meal. Season to taste and shape the mixture into balls.
4. Oil baking sheet with olive oil and arrange the balls onto the baking sheet. Bake in heated oven for 18-20 minutes.
5. In the meantime, make the slaw; combine cabbage, beet, and carrot. Whisk tahini, lemon juice, water, and maple syrup in a bowl.
6. Drizzle over the slaw and toss to combine. Allow to rest or 10 minutes.
7. Serve balls with the slaw.

Calories	547
Total Fat	23.8g
Saturated Fat	2.8g
Cholesterol	0mg
Sodium	293mg
Total Carbohydrate	65.6g
Dietary Fibre	15.4g
Total Sugars	14g
Protein	23.9g



## TUESDAY REVERSED SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 1 small banana
- 15g spinach
- 40g strawberries
- 35g blueberries
- 50g rice protein, vanilla flavor
- 220ml unsweetened coconut milk
- 10ml maple syrup

### Top and bottom:

- 40g muesli
- 40g almond vegan Greek yogurt

### Instructions:

1. Place half muesli in a serving glass.
2. Top with half the yogurt.
3. Combine the smoothie ingredients in a food blender.
4. Blend until smooth.
5. Pour over muesli. Top with remaining muesli and yogurt.
6. Serve.

Calories	609
Total Fat	10.8g
Saturated Fat	1.2g
Cholesterol	0mg
Sodium	353mg
Total Carbohydrate	83.9g
Dietary Fibre	9.8g
Total Sugars	41.6g
Protein	49.2g

## CHICKPEA LENTIL BALLS WITH SLAW - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 1 red onion, grated
- 300g canned brown lentils, drained, rinsed
- 100g can chickpeas, drained, rinsed
- 30g almond meal
- 10g breadcrumbs, plain, Vegan
- Salt and pepper, to taste
- 1 teaspoon dried oregano
- 10ml olive oil

### Slaw:

- 250g shredded cabbage
- 1 beet, scrubbed, grated
- 1 carrot, grated
- 35g tahini
- 15ml lemon juice
- 10ml water
- ½ teaspoon maple syrup
- Salt and pepper, to taste

### Instructions:

1. Heat oven to 200C.
2. In a large bowl, mash lentils and chickpeas until you have a smooth mixture.
3. Stir in grated onion, oregano, breadcrumbs, and almond meal. Season to taste and shape the mixture into balls.
4. Oil baking sheet with olive oil and arrange the balls onto the baking sheet. Bake in heated oven for 18-20 minutes.
5. In the meantime, make the slaw; combine cabbage, beet, and carrot. Whisk tahini, lemon juice, water, and maple syrup in a bowl.
6. Drizzle over the slaw and toss to combine. Allow to rest or 10 minutes.
7. Serve balls with the slaw.

Calories	547
Total Fat	23.8g
Saturated Fat	2.8g
Cholesterol	0mg
Sodium	293mg
Total Carbohydrate	65.6g
Dietary Fibre	15.4g
Total Sugars	14g
Protein	23.9g

# VANILLA RASPBERRY SMOOTHIE

Preparation time: 5 minutes  
Servings: 1

Ingredients:

- 250ml soy milk
- 100g frozen raspberries
- 1 tablespoon blanched almond butter
- 45g rice protein, vanilla flavor

Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	451
Total Fat	13.8g
Saturated Fat	1.4g
Cholesterol	0mg
Sodium	247mg
Total Carbohydrate	34.8g
Dietary Fibre	8.5g
Total Sugars	17.2g
Protein	47.9g

## WEDNESDAY

### PROTEIN WAFFLES WITH BERRY SAUCE

Preparation time: 5 minutes

Cooking time: 10 minutes

Servings: 1

#### Ingredients:

- 20g almond flour
- 25g tapioca starch
- ½ tablespoon coconut sugar
- ½ teaspoon cinnamon
- 1 pinch nutmeg
- 1 tablespoon almond butter
- 2 tablespoons almond milk
- ¼ teaspoon baking powder
- 30g rice protein, vanilla flavor

#### Sauce:

- 60g blackberries
- 35g rice protein, vanilla flavor
- 15ml water
- 5ml maple syrup

#### Instructions:

1. In a small pot set over medium heat, combine the blackberries, water, maple syrup, and protein. Bring to a boil. Once boiling, boil for 3 minutes, stirring frequently.
2. Mash the berries, leaving some a little chunky for texture and cook and additional 1-2 minutes, stirring constantly, until the mixture forms a thick sauce. transfer to a small bowl and cover to keep warm.
3. Rub a waffle iron with coconut oil and heat to the highest setting.
4. In a medium bowl, stir together the almond flour, tapioca starch, coconut sugar, baking powder, cinnamon, allspice and salt. Add in the protein powder, almond milk, and almond butter and whisk until smooth. Your batter will be a little thicker than normal waffles.
5. Drop the batter in the center of the waffle iron and spread out just a little bit.
6. Firmly close the waffle iron and cook until crispy.
7. Serve with blackberry sauce.

Calories	635
Total Fat	20g
Saturated Fat	1.5g
Cholesterol	0mg
Sodium	98mg
Total Carbohydrate	55.6g
Dietary Fibre	7.7g
Total Sugars	21g
Protein	61.4g

## LENTILS WITH HOKKAIDO PUMPKIN - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 15ml coconut oil
- 2 onions
- 2 cloves garlic
- 2cm ginger root, grated
- 1 teaspoon mild curry
- ½ teaspoon ground cinnamon
- 1 ground chili powder
- 260 g Hokkaido pumpkin, cut into cubes
- 150g dry red lentils
- 450ml vegetable broth
- 300g can chopped tomatoes
- 50ml coconut milk
- Sea salt and pepper, to taste
- 2 tablespoons chopped coriander, to serve with

Calories	522
Total Fat	16.4g
Saturated Fat	13.5g
Cholesterol	0mg
Sodium	713mg
Total Carbohydrate	75.6g
Dietary Fibre	27.8g
Total Sugars	11.1g
Protein	24.6g

### Instructions:

1. Heat the coconut oil in a large pot. Add finely chopped onion and cook 5 minutes.
2. Add garlic and ginger followed by curry, cinnamon and chili pepper. Cook 1 minute. Add Hokkaido pumpkin and cook 2 minutes.
3. Rinse your lentils in a sieve. Pour lentils, vegetable broth and chopped tomatoes into the pan. Let it simmer for approx. 25 minutes on low heat. Season with salt and pepper.
4. Add coconut milk and simmer 5 minutes.
5. Serve garnished with chopped coriander.

## CHOCOLATE CHIA DELIGHT

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 300ml organic almond milk
- 50g rice protein, chocolate flavor
- 1 banana, sliced
- 10g chia seeds
- 1 tablespoon peanut butter
- 2 teaspoons cacao powder

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	521
Total Fat	18.3g
Saturated Fat	2.6g
Cholesterol	0mg
Sodium	314mg
Total Carbohydrate	44g
Dietary Fibre	5.9g
Total Sugars	24.2g
Protein	48.7g

## MIXED BALLS WITH ZUCCHINI SPAGHETTI

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

#### Balls:

- 25g pearl barley
- 15ml olive oil
- 1 small onion
- 1 clove garlic
- 10ml water
- 5g flax seeds
- 250g canned brown lentils
- ½ tablespoon mushroom powder
- 10g parsley
- ½ tablespoon chickpea flour
- Salt and pepper, to taste
- 1 zucchini, spiralized

#### Sauce:

- 1 clove garlic
- 10ml olive oil
- 1 tablespoon tomato paste
- 400g can chopped tomatoes
- 1 teaspoon dried basil
- 15ml balsamic vinegar

### Instructions:

1. Combine flax seeds and water in a small bowl. Place aside for 5 minutes.
2. Cook pearled barley for 20 minutes or until soft.
3. In the meantime, heat 5ml olive oil and cook onion over medium-high heat for 5 minutes. Add garlic and cook 1 minute. Remove and place aside to cool.
4. Drain, add water and place the barley and lentils in a bowl.
5. Mash gently and add remaining ingredients, including cooked onions and flax mixture. Stir to combine and make a kind of dough.
6. Shape the mixture into small balls.
7. Heat remaining olive oil and fry the balls until golden-brown for 8 minutes.
8. Make the sauce; heat 10ml olive oil and cook garlic for 1 minute.
9. Add remaining ingredients and simmer sauce 15 minutes. Stir in lentil balls.
10. Spiralize the zucchinis and serve with sauce and balls.

Calories	411
Total Fat	14.4g
Saturated Fat	2g
Cholesterol	0mg
Sodium	37mg
Total Carbohydrate	52.4g
Dietary Fibre	9.7g
Total Sugars	6.6g
Protein	18.9g

## THURSDAY

### SIMPLE GREEN SMOOTHIE

Preparation time: 5 minutes

Servings: 1

#### Ingredients:

- 1 orange, peeled
- 30g spinach
- 50g rice protein, vanilla flavor
- 150ml organic almond milk
- 1 tablespoon chia seeds

#### Topping:

- 10g blackberries
- 10g blueberries

#### Instructions:

1. Combine smoothie ingredients in a food blender.
2. Blend on high until smooth.
3. Top with blackberries and blueberries. Serve.

Calories	411
Total Fat	9g
Saturated Fat	0.9g
Cholesterol	0mg
Sodium	174mg
Total Carbohydrate	38.6g
Dietary Fibre	10.9g
Total Sugars	24.3g
Protein	47.2g

## MIXED BALLS WITH ZUCCHINI SPAGHETTI - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

#### Balls:

- 25g pearl barley
- 15ml olive oil
- 1 small onion
- 1 clove garlic
- 10ml water
- 5g flax seeds
- 250g canned brown lentils
- ½ tablespoon mushroom powder
- 10g parsley
- ½ tablespoon chickpea flour
- Salt and pepper, to taste
- 1 zucchini, spiralized

#### Sauce:

- 1 clove garlic
- 10ml olive oil
- 1 tablespoon tomato paste
- 400g can chopped tomatoes
- 1 teaspoon dried basil
- 15ml balsamic vinegar

### Instructions:

1. Combine flax seeds and water in a small bowl. Place aside for 5 minutes.
2. Cook pearled barley for 20 minutes or until soft.
3. In the meantime, heat 5ml olive oil and cook onion over medium-high heat for 5 minutes. Add garlic and cook 1 minute. Remove and place aside to cool.
4. Drain, add water and place the barley and lentils in a bowl.
5. Mash gently and add remaining ingredients, including cooked onions and flax mixture. Stir to combine and make a kind of dough.
6. Shape the mixture into small balls.
7. Heat remaining olive oil and fry the balls until golden-brown for 8 minutes.
8. Make the sauce; heat 10ml olive oil and cook garlic for 1 minute.
9. Add remaining ingredients and simmer sauce 15 minutes. Stir in lentil balls.
10. Spiralize the zucchinis and serve with sauce and balls.

Calories	411
Total Fat	14.4g
Saturated Fat	2g
Cholesterol	0mg
Sodium	37mg
Total Carbohydrate	52.4g
Dietary Fibre	9.7g
Total Sugars	6.6g
Protein	18.9g

## ORANGE TAHINI SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml organic almond milk
- 1 orange peeled, segmented
- 60g rice protein, vanilla flavor
- 1 tablespoon tahini
- 1 tablespoon flax seeds
- 1 banana, sliced

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	636
Total Fat	17.7g
Saturated Fat	2.1g
Cholesterol	0mg
Sodium	242mg
Total Carbohydrate	65.5g
Dietary Fibre	10.8g
Total Sugars	39.6g
Protein	56.9g

## QUINA SALAD WITH FIGS AND AVOCADO

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 150g dry quinoa
- 25g almonds
- 250g cabbage, shredded
- ½ large avocado, peeled, pitted, diced
- 2 figs, quartered

### Vinaigrette:

- 5ml maple syrup
- 1 teaspoon Dijon mustard
- 20ml olive oil
- 15ml lemon juice
- Salt and pepper, to taste

### Instructions:

1. Cook the quinoa according to package directions.
2. It usually takes 20 minutes.
3. Remove the quinoa from heat and cover. Let the quinoa stand for 5 minutes. Fluff the quinoa with a fork.
4. Place quinoa in a bowl. Add cabbage, almonds, and avocado.
5. Make the vinaigrette by combining all ingredients.
6. Drizzle the quinoa with prepared vinaigrette and toss to combine. Serve topped with figs.

Calories	593
Total Fat	27.4g
Saturated Fat	3.4g
Cholesterol	0mg
Sodium	62mg
Total Carbohydrate	76.5g
Dietary Fibre	14.9g
Total Sugars	16g
Protein	16.5g



## FRIDAY

### PUMPKIN AMARANTH PORRIDGE

Preparation time: 10 minutes + inactive time

Cooking time: 15 minutes

Servings: 1

#### Ingredients:

- ¼ cup amaranth, soaked overnight
- 180ml organic almond milk
- 50g rice protein, vanilla flavor
- 40g pumpkin puree
- 10g coconut flakes
- 1 pinch cinnamon
- 1 pinch nutmeg
- 1 pinch salt
- 10ml maple syrup

#### Instructions:

1. Drain and rinse amaranth.
2. Combine with almond milk, pumpkin puree, salt, and spices.
3. Bring to a boil over medium-high heat, reduce to simmer, stirring often to prevent scorching on the bottom.
4. Simmer on lowest heat for 15 minutes with the lid.
5. Turn heat off, stir in rice protein, and let sit for 10 minutes with the lid on to thicken.
6. Sweeten with maple and add remaining almond milk. Sprinkle with coconut flakes.
7. Serve.

Calories	522
Total Fat	11.4g
Saturated Fat	4.1g
Cholesterol	0mg
Sodium	183mg
Total Carbohydrate	55.5g
Dietary Fibre	6.8g
Total Sugars	16.9g
Protein	49.3g

## QUINA SALAD WITH FIGS AND AVOCADO - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

#### Ingredients:

- 150g dry quinoa
- 25g almonds
- 250g cabbage, shredded
- ½ large avocado, peeled, pitted, diced
- 2 figs, quartered

#### Vinaigrette:

- 5ml maple syrup
- 1 teaspoon Dijon mustard
- 20ml olive oil
- 15ml lemon juice
- Salt and pepper, to taste

Calories	593
Total Fat	27.4g
Saturated Fat	3.4g
Cholesterol	0mg
Sodium	62mg
Total Carbohydrate	76.5g
Dietary Fibre	14.9g
Total Sugars	16g
Protein	16.5g

#### Instructions:

1. Cook the quinoa according to package directions.
2. It usually takes 20 minutes.
3. Remove the quinoa from heat and cover. Let the quinoa stand for 5 minutes. Fluff the quinoa with a fork.
4. Place quinoa in a bowl. Add cabbage, almonds, and avocado.
5. Make the vinaigrette by combining all ingredients.
6. Drizzle the quinoa with prepared vinaigrette and toss to combine. Serve topped with figs.

## COCOA CHOCOLATE MINT SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 200ml organic almond milk
- 55g rice protein, chocolate flavor
- 1 teaspoon cocoa powder
- 4 mint leaves or few drops mint extract

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	288
Total Fat	5.9g
Saturated Fat	0.6g
Cholesterol	0mg
Sodium	186mg
Total Carbohydrate	11.7g
Dietary Fibre	1g
Total Sugars	6.6g
Protein	46.3g

## SATISFYING SALAD

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 200g cooked green lentils
- 100g lupin seeds
- 1 teaspoon salt
- 1 large eggplant
- 10ml olive oil
- 1 tablespoon polenta
- 1 teaspoon garlic powder
- 1 teaspoon ground coriander seeds
- 1 avocado, peeled, pitted, sliced
- 75g arugula

### Tahini dressing:

- 15ml olive oil
- 25g tahini
- ½ teaspoon garlic powder
- 15ml warm water
- Salt and pepper, to taste

### Instructions:

1. Cook the lupin seeds according to package directions.
2. In the meantime, heat oven to 180C.
3. Cut eggplant into slices. Toss with olive oil, polenta, coriander, and salt.
4. Bake the eggplants for 30 minutes, flipping halfway through.
5. Toss the warm lupins with lentils.
6. Combine avocado and arugula in a bowl. Add lupin seeds.
7. Make the tahini dressing by combining all the ingredients.
8. Add bake eggplant slices into the bowl with salad and drizzle all with tahini dressing.
9. Serve.

Calories	697
Total Fat	36.5g
Saturated Fat	4.9g
Cholesterol	0mg
Sodium	1206mg
Total Carbohydrate	70.1g
Dietary Fibre	24g
Total Sugars	10.1g
Protein	34.4g

## SATURDAY SMOOTH BREAKFAST PORRIDGE

Preparation time: 10 minutes + inactive time

Servings: 1

### Ingredients:

- 40g rolled oats
- 120g almond vegan Greek yogurt
- 40ml organic almond milk
- 15ml maple syrup
- 1 tablespoon peanut butter
- 2 teaspoons cocoa powder
- 50g rice protein, vanilla flavor
- 4 strawberries, sliced

### Instructions:

1. Combine all ingredients in a food blender, except the strawberries
2. Blend on high until smooth.
3. Transfer into a jar and refrigerate overnight.
4. Top with strawberries and serve.

Calories	626
Total Fat	15.6g
Saturated Fat	2.5g
Cholesterol	0mg
Sodium	304mg
Total Carbohydrate	67.9g
Dietary Fibre	12g
Total Sugars	23.9g
Protein	55.9g

## SATISFYING SALAD - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 200g cooked green lentils
- 100g lupin seeds
- 1 teaspoon salt
- 1 large eggplant
- 10ml olive oil
- 1 tablespoon polenta
- 1 teaspoon garlic powder
- 1 teaspoon ground coriander seeds
- 1 avocado, peeled, pitted, sliced
- 75g arugula

### Tahini dressing:

- 15ml olive oil
- 25g tahini
- ½ teaspoon garlic powder
- 15ml warm water
- Salt and pepper, to taste

### Instructions:

1. Cook the lupin seeds according to package directions.
2. In the meantime, heat oven to 180C.
3. Cut eggplant into slices. Toss with olive oil, polenta, coriander, and salt.
4. Bake the eggplants for 30 minutes, flipping halfway through.
5. Toss the warm lupins with lentils.
6. Combine avocado and arugula in a bowl. Add lupin seeds.
7. Make the tahini dressing by combining all the ingredients.
8. Add bake eggplant slices into the bowl with salad and drizzle all with tahini dressing.
9. Serve.

Calories	697
Total Fat	36.5g
Saturated Fat	4.9g
Cholesterol	0mg
Sodium	1206mg
Total Carbohydrate	70.1g
Dietary Fibre	24g
Total Sugars	10.1g
Protein	34.4g

## BLACKBERRY SPINACH SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml organic almond milk
- 80g blackberries
- 50g rice protein powder, chocolate flavor
- 30g spinach
- ½ extra-small banana, sliced
- 1 ice cube

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	358
Total Fat	7.4g
Saturated Fat	0.6g
Cholesterol	0mg
Sodium	234mg
Total Carbohydrate	28.8g
Dietary Fibre	6g
Total Sugars	16.3g
Protein	44.4g

## COCONUT CAULI THICK SOUP

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 1 small head cauliflower
- 15ml olive oil
- Salt and pepper, to taste
- 1 onion, diced
- 1cm ginger, minced
- ½ tablespoon turmeric
- 200ml vegetable stock
- 200ml coconut milk
- ½ lime juiced
- 20g rice protein, unflavored

### Topping:

- 2 small radishes, sliced
- 1 teaspoon black sesame seeds

### Instructions:

1. Heat oven to 200C.
2. Toss cauliflower with 10ml olive oil, salt and pepper on a baking sheet.
3. Bake the cauliflower for 15-20 minutes.
4. In the meantime, heat remaining olive oil in a saucepan over medium-high heat.
5. Add onion and cook 5 minutes. Add ginger and garlic and cook 2 minutes stirring.
6. Add turmeric and cook 10 seconds.
7. Pour in vegetable stock to deglaze the pan and add coconut milk.
8. Simmer 10 minutes. Add cauliflower, lime juice and rice protein powder. Remove from heat and allow to cool a bit.
9. Place in a food blender and blend on high.
10. Reheat the soup and serve, garnished with radish slices and black sesame seeds.

Calories	406
Total Fat	32.6g
Saturated Fat	23.4g
Cholesterol	0mg
Sodium	375mg
Total Carbohydrate	22.3g
Dietary Fibre	7.2g
Total Sugars	10.6g
Protein	14.3g

## SUNDAY BREAKFAST TREAT

Preparation time: 10 minutes

Servings: 1

### Ingredients:

- 2 extra-small frozen bananas (slice before freezing)
- 30ml coconut milk
- 30g rice protein, vanilla flavor
- 10g slivered almonds

### Drizzle:

- ½ teaspoon cacao powder
- 25g rice protein, chocolate flavor
- 30ml coconut milk

### Instructions:

1. Place bananas, coconut milk, and rice protein in a food blender.
2. Blend on high until smooth.
3. Transfer into a bowl.
4. Combine the drizzle ingredients in a small bowl. Stir until combined.
5. Spread over bananas.
6. Serve sprinkle with slivered almonds.

Calories	494
Total Fat	13.7g
Saturated Fat	7.1g
Cholesterol	0mg
Sodium	93mg
Total Carbohydrate	46.9g
Dietary Fibre	6.1g
Total Sugars	24.7g
Protein	49.3g

## COCONUT CAULI THICK SOUP- PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 1 small head cauliflower
- 15ml olive oil
- Salt and pepper, to taste
- 1 onion, diced
- 1cm ginger, minced
- ½ tablespoon turmeric
- 200ml vegetable stock
- 200ml coconut milk
- ½ lime juiced
- 20g rice protein, unflavored

### Topping:

- 2 small radishes, sliced
- 1 teaspoon black sesame seeds

### Instructions:

1. Heat oven to 200C.
2. Toss cauliflower with 10ml olive oil, salt and pepper on a baking sheet.
3. Bake the cauliflower for 15-20 minutes.
4. In the meantime, heat remaining olive oil in a saucepan over medium-high heat.
5. Add onion and cook 5 minutes. Add ginger and garlic and cook 2 minutes stirring.
6. Add turmeric and cook 10 seconds.
7. Pour in vegetable stock to deglaze the pan and add coconut milk.
8. Simmer 10 minutes. Add cauliflower, lime juice and rice protein powder. Remove from heat and allow to cool a bit.
9. Place in a food blender and blend on high.
10. Reheat the soup and serve, garnished with radish slices and black sesame seeds.

Calories	406
Total Fat	32.6g
Saturated Fat	23.4g
Cholesterol	0mg
Sodium	375mg
Total Carbohydrate	22.3g
Dietary Fibre	7.2g
Total Sugars	10.6g
Protein	14.3g

## BLUEBERRY MINT SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 100g blueberries
- 30g spinach
- 1 kiwi fruits
- 300ml organic almond milk
- 60g rice protein, berry flavored
- 10ml maple syrup
- 10g chia seeds

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	522
Total Fat	12.1g
Saturated Fat	1g
Cholesterol	0mg
Sodium	281mg
Total Carbohydrate	50.5g
Dietary Fibre	8.8g
Total Sugars	31.6g
Protein	54.5g

## SWEET POTATO NOODLES WITH SPINACH AND SAUCE

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 2

### Ingredients:

- 95g cashews, soaked in water for 2 hours
- 80ml coconut milk, unsweetened
- 1 clove garlic
- 15ml olive oil
- 500g sweet potatoes, spiralized
- 50g baby spinach
- ¼ cup basil leaves
- Salt and pepper, to taste

### Instructions:

1. Drain and rinse cashews thoroughly.
2. Place in a food processor or blender with coconut milk, garlic, and olive oil
3. Heat the oil in a large skillet over high heat. Add the sweet potatoes; toss in the pan for 6-7 minutes with tongs until tender-crisp.
4. Remove from heat and toss in the spinach immediately. Cover and let it stand for few minutes.
5. Add half of the basil and half of the sauce to the pan and toss to combine. Add water if the mixture is too sticky.
6. Season generously with salt and pepper, drizzle with additional olive oil, and top with the remaining fresh basil.
7. Serve.

Calories	645
Total Fat	30.4g
Saturated Fat	6.1g
Cholesterol	0mg
Sodium	50mg
Total Carbohydrate	87.1g
Dietary Fibre	12.5g
Total Sugars	3.8g
Protein	12g

# Week 3 - 2100cal

## GROCERY LIST

### Fruits:

- Oranges, juiced, 50ml
- Oranges, whole, 2 pieces
- Raspberries, 40g
- Strawberries, 50g
- Raspberries, frozen, 100g
- Banana, 5 pieces
- Kiwi, 1 piece
- Avocado, 1 piece
- Blackberries, 70g
- Blueberries, 145
- Lemon, 1 piece
- Mango, 100g
- Figs, 2 pieces

### Vegetables:

- Hokkaido pumpkin, 260g
- Arugula, 75g
- Spinach, baby, 50g
- Cabbage, 500g
- Garlic, cloves, 5 cloves
- Eggplant, 1 piece
- Cauliflower, 1 head, small
- Carrot, 1 piece
- Beets, 1 piece
- Onion, plain, white, 4 pieces
- Red onion, 1 piece
- Spinach, plain, 75g
- Zucchini, 1 piece
- Sweet potatoes, 500g
- Radishes, 2 small

### Grains and Cereals:

- Muesli, 40g
- Pearl barley, 25g
- Rolled oats, 40g
- Amaranth, 25g
- Quinoa, dry, 150g

### Can Products:

- Can chickpeas, 100g
- Can pumpkin puree. 40g
- Tomato paste, 1 tablespoon
- Can tomatoes, 700g

### Beans and Legumes:

- Red lentils, dry, 150g
- Green lentils, cooked, 200g
- Brown lentils, 550g

### Spices and Herbs:

- Curry powder
- Chili powder
- Ginger
- Mint
- Salt
- Pepper
- Parsley
- Balsamic vinegar
- Dijon mustard
- Cinnamon
- Coriander
- Garlic powder
- Nutmeg. Oregano
- Coriander seeds
- Turmeric

### Butter; and Oil:

- Almond butter, 60g
- Peanut butter, 30g
- Coconut oil, 15ml
- Olive oil, 110ml
- Tahini, 75g

### Nuts and Seeds:

- Black sesame seeds, 1 teaspoon
- Flax seeds, 20g
- Chia seeds, 35g
- Lupin seeds, 100g
- Almonds, 35g
- Cashews, raw, 95g

### Soy Products:

- Soy milk, 250ml
- Tofu, firm, 100g

### Non-Dairy:

- Coconut milk, 440ml
- Almond milk, organic, 1.70 liters
- Almond yogurt, Greek type, 160g

### Protein Powder:

- Rice protein, 710g

### Sweeteners:

- Coconut sugar, ½ tablespoon
- Maple syrup, 70ml

### Additional:

- Almond flour, 20g
- Almond meal, 30g
- Cacao powder, 30g
- Coconut flakes, 10g
- Tapioca starch, 25g
- Chickpea flour, 10g
- Breadcrumbs, 10g
- Vegetable broth, 450ml
- Vegetable stock, 200ml
- Maca powder, 1 tablespoon
- Mushroom powder, ½ tablespoon

## Week 4 - 2100 Cal

### MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFASTS	Teff Porridge with Roasted Hazelnuts	Mixed Smoothie Bowl	Snickerdoodle Smoothie	Swiss Oatmeal	Chia pudding with Caramelized Banana	Pumpkin Amaranth Porridge	Orange Turmeric Chia Pudding
LUNCH	Sweet Potato Noodles with Spinach and Sauce – previous night dinner	Quinoa Carrot Salad – previous night dinner	Lentil Soup with Tomatoes – previous night dinner	Chickpea Kofta with Spinach – previous night dinner	Tofu Curry with Quinoa – previous night dinner	Enchilada Zucchini Boats – previous night dinner	Mushroom Chickpea Soup – previous night dinner
SNACKS	Apricot Vanilla Smoothie	Banana Lime Refreshing Smoothie	Powerhouse Smoothie	Banana Spinach Smoothie	Tropical Sweet Smoothie	Cherry Spinach Smoothie	Raspberry Walnut Smoothie
DINNER	Quinoa Carrot Salad	Lentil Soup with Tomatoes	Chickpea Kofta with Spinach	Tofu Curry with Quinoa	Enchilada Zucchini Boats	Mushroom Chickpea Soup	Beluga Lentils Salad



## MONDAY

### TEFF PORRIDGE WITH ROASTED HAZELNUTS

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 1

#### Ingredients:

- 250ml organic almond milk
- 2 tablespoons teff grain
- 50g rice protein, vanilla flavor

#### Topping:

- 20g hazelnuts
- 1 small banana, sliced
- 5ml maple syrup

#### Instructions:

1. Bring the almond milk in a saucepan to a gentle simmer.
2. Add teff and cook on low for 20 minutes, stirring.
3. In the meantime, heat skillet medium-high heat.
4. Add hazelnuts and dry-cook for 2 minutes or until fragrant.
5. Transfer the teff porridge in a bowl. Stir in rice protein. Allow to stand for 5 minutes.
6. Top with hazelnuts, banana, and maple syrup.

Calories	591
Total Fat	19.6g
Saturated Fat	1.5g
Cholesterol	0mg
Sodium	216mg
Total Carbohydrate	57.6g
Dietary Fibre	7.5g
Total Sugars	24.5g
Protein	49g

## SWEET POTATO NOODLES WITH SPINACH AND SAUCE - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 2

#### Ingredients:

- 95g cashews, soaked in water for 2 hours
- 80ml coconut milk, unsweetened
- 1 clove garlic
- 15ml olive oil
- 500g sweet potatoes, spiralized
- 50g baby spinach
- ¼ cup basil leaves
- Salt and pepper, to taste

#### Instructions:

1. Drain and rinse cashews thoroughly.
2. Place in a food processor or blender with coconut milk, garlic, and olive oil
3. Heat the oil in a large skillet over high heat. Add the sweet potatoes; toss in the pan for 6-7 minutes with tongs until tender-crisp.
4. Remove from heat and toss in the spinach immediately. Cover and let it stand for few minutes.
5. Add half of the basil and half of the sauce to the pan and toss to combine. Add water if the mixture is too sticky.
6. Season generously with salt and pepper, drizzle with additional olive oil, and top with the remaining fresh basil.
7. Serve.

Calories	645
Total Fat	30.4g
Saturated Fat	6.1g
Cholesterol	0mg
Sodium	50mg
Total Carbohydrate	87.1g
Dietary Fibre	12.5g
Total Sugars	3.8g
Protein	12g

## APRICOT VANILLA SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 150ml coconut water
- 1 apricot, pitted, stoned
- 50g rice protein powder, vanilla flavor
- 1 pinch cinnamon
- 1 pinch nutmeg
- 2 ice cubes

### Instructions:

1. Combine all ingredient sin a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	299
Total Fat	0.3g
Saturated Fat	0.1g
Cholesterol	0mg
Sodium	98mg
Total Carbohydrate	31.2g
Dietary Fibre	0.7g
Total Sugars	28.2g
Protein	41g

## QUINOA CARROT SALAD

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 200g carrots, different colors
- 1 red onion, sliced
- ½ teaspoon ground cumin
- ½ tablespoon harissa
- 1 ½ tablespoon olive oil
- ½ teaspoon salt
- 1 x 100g avocado, peeled, pitted, chopped
- 180g cooked quinoa
- ¼ cup chopped mint
- 40g almonds, chopped
- 20g raisins

### Tahini dressing:

- 30g tahini
- 20ml orange juice
- 15ml water
- ¼ teaspoon garlic powder
- 10ml olive oil
- ¾ teaspoon maple syrup
- Salt, to taste

### Instructions:

1. Whisk the tahini dressing ingredients in a bowl until smooth. Place aside.
2. Preheat oven to 200C.
3. Toss carrots and onions, with cumin, harissa, olive oil and salt on a baking sheet.
4. Roast the carrots 30 minutes.
5. Toss warm carrots with quinoa, avocado, mint, almonds and raisins.
6. Drizzle with tahini dressing and serve.

Calories	617
Total Fat	37.8g
Saturated Fat	4.3g
Cholesterol	1mg
Sodium	766mg
Total Carbohydrate	63.8g
Dietary Fibre	16.1g
Total Sugars	20.2g
Protein	14.2g

## TUESDAY MIXED SMOOTHIE BOWL

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- ¼ avocado, pitted, peeled
- 55g rice protein, berry flavor
- 80g frozen blackberries
- 80ml coconut milk
- 1 pinch cinnamon

### Topping:

- 1 date, chopped
- 1 tablespoon chopped pistachios

### Instructions:

1. Combine avocado, rice protein, blackberries, coconut milk, and protein powder in a food blender.
2. Add cinnamon and blend until smooth.
3. Transfer into a bowl and top with date and pistachios.
4. Serve.

Calories	544
Total Fat	27.9g
Saturated Fat	18g
Cholesterol	0mg
Sodium	102mg
Total Carbohydrate	28.3g
Dietary Fibre	10g
Total Sugars	15g
Protein	49.3g

## QUINOA CARROT SALAD - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 200g carrots, different colors
- 1 red onion, sliced
- ½ teaspoon ground cumin
- ½ tablespoon harissa
- 1 ½ tablespoon olive oil
- ½ teaspoon salt
- 1 x 100g avocado, peeled, pitted, chopped
- 180g cooked quinoa
- ¼ cup chopped mint
- 40g almonds, chopped
- 20g raisins

### Tahini dressing:

- 30g tahini
- 20ml orange juice
- 15ml water
- ¼ teaspoon garlic powder
- 10ml olive oil
- ¾ teaspoon maple syrup
- Salt, to taste

### Instructions:

1. Whisk the tahini dressing ingredients in a bowl until smooth. Place aside.
2. Preheat oven to 200C.
3. Toss carrots and onions, with cumin, harissa, olive oil and salt on a baking sheet.
4. Roast the carrots 30 minutes.
5. Toss warm carrots with quinoa, avocado, mint, almonds and raisins.
6. Drizzle with tahini dressing and serve.

Calories	617
Total Fat	37.8g
Saturated Fat	4.3g
Cholesterol	1mg
Sodium	766mg
Total Carbohydrate	63.8g
Dietary Fibre	16.1g
Total Sugars	20.2g
Protein	14.2g

## BANANA LIME REFRESHING SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 1 banana
- 80g pineapple
- ½ lime, juiced
- 300ml organic almond milk
- 2 mint leaves
- 60g vanilla and coconut plant protein (Vegan plant)
- 20g chia seeds, ground
- 2 ice cubes

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	612
Total Fat	15.5g
Saturated Fat	1.6g
Cholesterol	0mg
Sodium	258mg
Total Carbohydrate	65.6g
Dietary Fibre	13.1g
Total Sugars	33.8g
Protein	56.2g

## LENTIL SOUP WITH TOMATOES

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- ½ tablespoon olive oil
- 1 onion, diced
- 500ml vegetable stock
- 120g dry red lentils
- 1 bay leaf
- 300g can crushed tomatoes
- 1 clove garlic
- ½ teaspoon dried basil
- ¼ teaspoon dried thyme
- Salt and pepper, to taste

### Instructions:

1. Heat olive oil in a saucepot over medium-high heat.
2. Add onion and cook 5 minutes.
3. Add garlic and cook 1 minute.
4. Add vegetable stock, bay leaf and add lentils. Simmer the lentils for 20 minutes.
5. Add basil, thyme and tomatoes.
6. Simmer for an additional 10 minutes.
7. Serve warm.

Calories	326
Total Fat	6.8g
Saturated Fat	2.8g
Cholesterol	0mg
Sodium	964mg
Total Carbohydrate	55.1g
Dietary Fibre	22.5g
Total Sugars	5.7g
Protein	18.7g

## WEDNESDAY SNICKERDOODLE SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml organic almond milk
- 40g can chickpeas, drained, rinsed
- 50g rice protein, vanilla flavor
- 1 ripe banana, sliced
- ½ teaspoon cinnamon
- 1 tablespoon almond butter
- 1 date, pitted

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	524
Total Fat	16.6g
Saturated Fat	1.3g
Cholesterol	0mg
Sodium	331mg
Total Carbohydrate	48.5g
Dietary Fibre	6.7g
Total Sugars	23.2g
Protein	48.5g

## LENTIL SOUP WITH TOMATOES - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- ½ tablespoon olive oil
- 1 onion, diced
- 500ml vegetable stock
- 120g dry red lentils
- 1 bay leaf
- 300g can crushed tomatoes
- 1 clove garlic
- ½ teaspoon dried basil
- ¼ teaspoon dried thyme
- Salt and pepper, to taste

### Instructions:

1. Heat olive oil in a saucepot over medium-high heat.
2. Add onion and cook 5 minutes.
3. Add garlic and cook 1 minute.
4. Add vegetable stock, bay leaf and add lentils. Simmer the lentils for 20 minutes.
5. Add basil, thyme and tomatoes.
6. Simmer for an additional 10 minutes.
7. Serve warm.

Calories	326
Total Fat	6.8g
Saturated Fat	2.8g
Cholesterol	0mg
Sodium	964mg
Total Carbohydrate	55.1g
Dietary Fibre	22.5g
Total Sugars	5.7g
Protein	18.7g

## POWERHOUSE SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 60g pumpkin puree
- 180g almond yogurt
- 100ml coconut milk
- ¼ avocado
- 15ml maple syrup
- 2 tablespoons flax seeds
- 60g rice protein

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	757
Total Fat	33.6g
Saturated Fat	22.2g
Cholesterol	0mg
Sodium	307mg
Total Carbohydrate	52.7g
Dietary Fibre	15.2g
Total Sugars	26.8g
Protein	61.6g

## CHICKPEA KOFTA WITH SPINACH

Preparation time: 10 minutes + inactive time

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 300g can chickpeas, rinsed, drained
- 2 teaspoons cumin seeds
- 1 teaspoon paprika
- 120g spinach
- 15ml olive oil
- 25g chickpea flour

### Dipping sauce:

- 60g soy yogurt
- 1 tablespoon tahini
- 15ml lemon juice
- 1 tablespoon coriander, chopped
- Salt and pepper, to taste

### Salad:

- 60g arugula
- 80g cherry tomatoes
- 1 tablespoon pine nuts
- 10ml olive oil
- 10ml lemon juice
- Salt and pepper, to taste

Calories	464
Total Fat	23.1g
Saturated Fat	3g
Cholesterol	0mg
Sodium	526mg
Total Carbohydrate	53.5g
Dietary Fibre	12.8g
Total Sugars	6g
Protein	16.5g

### Instructions:

1. Heat oven to 220C.
2. Combine chickpeas, cumin and paprika in a food blender. Blend until smooth.
3. Heat olive oil in a skillet. Add spinach and cook over medium heat tossing gently.
4. Remove the spinach and chop on a wood chopping board.
5. Combine with chickpeas.
6. Add chickpea flour and shape the mixture into golf size balls with a tablespoon
7. Allow to rest in a fridge for 20 minutes. In the meantime, bake tomatoes in heated oven for 20 minutes.
8. Heat some oil in a skillet.
9. Add chickpea kofta and cook until golden brown on all side. Place on a pare towels to drain.
10. Make the dipping sauce by combining all ingredients together. Season to taste with salt.
11. Make the salad by combining tomatoes with arugula, olive oil, and lemon juice. Sprinkle with pine nuts.
12. Serve kofta with salad and dipping sauce.

## THURSDAY SWISS OATMEAL

Preparation time: cooking time:

Servings: 1

### Ingredients:

- 200ml organic almond milk
- 40g rolled oats
- 40g rice protein
- 20g chopped almonds
- 15g chopped hazelnuts
- 15ml agave nectar
- ¼ teaspoon cinnamon
- 1 pinch ground nutmeg
- ½ small pear, sliced

### Instructions:

1. Combine almond milk, oats, almonds, agave nectar, cinnamon, and nutmeg in a saucepot.
2. Bring to a simmer over medium heat.
3. Cook the oats for 10 minutes, stirring.
4. Remove from the heat and stir in rice protein, and hazelnuts.
5. Allow to rest for 5 minutes.
6. Serve into a bowl, topped with sliced pear.

Calories	691
Total Fat	27.4g
Saturated Fat	2.3g
Cholesterol	0mg
Sodium	177mg
Total Carbohydrate	65.6g
Dietary Fibre	11.2g
Total Sugars	25.6g
Protein	49.7g

## CHICKPEA KOFTA WITH SPINACH - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes + inactive time

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 300g can chickpeas, rinsed, drained
- 2 teaspoons cumin seeds
- 1 teaspoon paprika
- 120g spinach
- 15ml olive oil
- 25g chickpea flour

### Dipping sauce:

- 60g soy yogurt
- 1 tablespoon tahini
- 15ml lemon juice
- 1 tablespoon coriander, chopped
- Salt and pepper, to taste

### Salad:

- 60g arugula
- 80g cherry tomatoes
- 1 tablespoon pine nuts
- 10ml olive oil
- 10ml lemon juice
- Salt and pepper, to taste

### Instructions:

1. Heat oven to 220C.
2. Combine chickpeas, cumin and paprika in a food blender. Blend until smooth.
3. Heat olive oil in a skillet. Add spinach and cook over medium heat tossing gently.
4. Remove the spinach and chop on a wood chopping board.
5. Combine with chickpeas.
6. Add chickpea flour and shape the mixture into golf size balls with a tablespoon
7. Allow to rest in a fridge for 20 minutes. In the meantime, bake tomatoes in heated oven for 20 minutes.
8. Heat some oil in a skillet.
9. Add chickpea kofta and cook until golden brown on all side. Place on a pare towels to drain.
10. Make the dipping sauce by combining all ingredients together. Season to taste with salt.
11. Make the salad by combining tomatoes with arugula, olive oil, and lemon juice. Sprinkle with pine nuts.
12. Serve kofta with salad and dipping sauce.

Calories	464
Total Fat	23.1g
Saturated Fat	3g
Cholesterol	0mg
Sodium	526mg
Total Carbohydrate	53.5g
Dietary Fibre	12.8g
Total Sugars	6g
Protein	16.5g



## BANANA SPINACH SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml organic almond milk
- 1 banana, sliced
- 40 spinach
- 60g rice protein, vanilla flavor
- ½ teaspoon cinnamon

### Instructions:

1. Blend all ingredients in a food blender until smooth.
2. Serve.

Calories	433
Total Fat	7.4g
Saturated Fat	0.7g
Cholesterol	0mg
Sodium	254mg
Total Carbohydrate	40.1g
Dietary Fibre	4g
Total Sugars	22.4g
Protein	52.5g

## TOFU CURRY WITH QUINOA

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 200g hemp tofu
- 10ml olive oil
- ½ teaspoon garam masala
- ¼ teaspoon cinnamon powder
- 1 red onion chopped
- 2 cloves garlic, chopped
- 2cm ginger, minced
- ¼ teaspoon cumin seeds
- ¼ teaspoon fennel seeds
- ½ teaspoon coriander seeds
- 1 clove
- 1 tablespoon pumpkin seeds
- ½ teaspoon poppy seeds
- 1 tomato, chopped
- 120ml coconut milk
- 60ml water
- ½ teaspoon paprika
- ¼ teaspoon cayenne pepper
- Salt, to taste
- 200g cooked quinoa, to serve with

### Instructions:

1. In a pan, add oil and heat at medium. Add the cubed tofu, garam masala and cinnamon and cook for 4-5 minutes or until lightly golden on some edges. Remove from pan and keep aside.
2. To the same pan, add onion and cook for 4-5 minutes until translucent. Add garlic, ginger, cumin, coriander, fennel seeds, clove, pumpkin seeds, poppy seeds and cook for 2 minutes.
3. Add the tomato and cook for 4-5 minutes until saucy. Mash the larger tomato pieces while it cooks.
4. Cool slightly and blend to a smooth puree with a cup coconut milk. Blend well until the poppy seeds break down.
5. Add puree back to the pan. Add water, paprika, cayenne, salt and sugar and the hemp-tofu cubes.
6. Mix well. Cover and cook on low-medium heat for 15-18 minutes or until the sauce thickens and the tofu picks on the color. Stir twice in between. Taste and adjust salt, spice.
7. The curry needs to cook through to cook the poppy seeds which are somewhat grassy uncooked.
8. Serve hot with quinoa.

Calories	522
Total Fat	33.8g
Saturated Fat	15.3g
Cholesterol	0mg
Sodium	135mg
Total Carbohydrate	38.5g
Dietary Fibre	9.9g
Total Sugars	5.5g
Protein	21.5g

FRIDAY

CHIA PUDDING WITH CARAMELIZED BANANA

Preparation time: 5 minutes  
Cooking time: 5 minutes  
Servings: 1

Ingredients:  
Chia pudding:

- 200ml organic almond milk
- 1 ripe banana
- 2 tablespoons chia seeds
- 5ml maple syrup
- 50g rice protein, vanilla flavor

Bananas:

- 1 tablespoon coconut sugar
- 1 tablespoon coconut milk
- 1 tablespoon walnuts, chopped
- ½ banana, sliced
- 1 pinch cinnamon
- 1 pinch salt

Calories	663
Total Fat	23.1g
Saturated Fat	5g
Cholesterol	0mg
Sodium	184mg
Total Carbohydrate	72.3g
Dietary Fibre	14.8g
Total Sugars	41.5g
Protein	51.6g

Instructions:

1. Blend all the ingredients of chia pudding, except the chia seeds.
2. Bring the mixture to a boil over medium heat then remove from heat.
3. Mix in the chia seeds into the hot mixture and let sit. Whisk again after 5 minutes then chill for at least 15 minutes before layering.
4. Caramelize the bananas; combine banana slices, sugar, coconut milk, cinnamon, and a pinch of salt in a skillet over medium heat.
5. Cook until the mixture thickens, stirring occasionally. about 5 minutes.
6. Toast the walnuts on a skillet until fragrant, for 2 minutes.
7. Layer the banana chia pudding in jars with toasted walnuts and caramelized bananas.
8. Serve.

## TOFU CURRY WITH QUINOA - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 200g hemp tofu
- 10ml olive oil
- ½ teaspoon garam masala
- ¼ teaspoon cinnamon powder
- 1 red onion chopped
- 2 cloves garlic, chopped
- 2cm ginger, minced
- ¼ teaspoon cumin seeds
- ¼ teaspoon fennel seeds
- ½ teaspoon coriander seeds
- 1 clove
- 1 tablespoon pumpkin seeds
- ½ teaspoon poppy seeds
- 1 tomato, chopped
- 120ml coconut milk
- 60ml water
- ½ teaspoon paprika
- ¼ teaspoon cayenne pepper
- Salt, to taste
- 200g cooked quinoa, to serve with

Calories	522
Total Fat	33.8g
Saturated Fat	15.3g
Cholesterol	0mg
Sodium	135mg
Total Carbohydrate	38.5g
Dietary Fibre	9.9g
Total Sugars	5.5g
Protein	21.5g

### Instructions:

1. In a pan, add oil and heat at medium. Add the cubed tofu, garam masala and cinnamon and cook for 4-5 minutes or until lightly golden on some edges. Remove from pan and keep aside.
2. To the same pan, add onion and cook for 4-5 minutes until translucent. Add garlic, ginger, cumin, coriander, fennel seeds, clove, pumpkin seeds, poppy seeds and cook for 2 minutes.
3. Add the tomato and cook for 4-5 minutes until saucy. Mash the larger tomato pieces while it cooks.
4. Cool slightly and blend to a smooth puree with a cup coconut milk. Blend well until the poppy seeds break down.
5. Add puree back to the pan. Add water, paprika, cayenne, salt and sugar and the hemp-tofu cubes.
6. Mix well. Cover and cook on low-medium heat for 15-18 minutes or until the sauce thickens and the tofu picks on the color. Stir twice in between. Taste and adjust salt, spice.
7. The curry needs to cook through to cook the poppy seeds which are somewhat grassy uncooked.
8. Serve hot with quinoa.

## TROPICAL SWEET SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 1 small banana, sliced
- 50g rice protein, vanilla flavor
- 80g passion fruit pulp
- 250ml organic almond milk
- 1 tablespoon hemp seeds
- 2 ice cubes

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend until smooth.
3. Serve.

Calories	532
Total Fat	14.5g
Saturated Fat	1.1g
Cholesterol	0mg
Sodium	233mg
Total Carbohydrate	53.5g
Dietary Fibre	11.4g
Total Sugars	28.6g
Protein	49.9g

## ENCHILADA ZUCCHINI BOATS

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 2

### Ingredients:

- ½ tablespoon oil
- 1 small sweet onion
- ½ red bell pepper
- 2 cloves garlic, minced
- ¼ teaspoon cumin
- ¼ teaspoon dried oregano
- ¼ teaspoon paprika
- ¼ teaspoon salt
- 300g can black beans, rinsed, drained
- 2 small zucchinis
- 200g enchilada sauce, Vegan
- 60g shredded vegan cheese

### Instructions:

1. Pre-heat oven to 200C and lightly grease a baking dish.
2. Prepare your zucchinis by cutting them in half long ways and gently scooping out most of the inside of the zucchini and discarding. You want it so that the shell of the zucchini is just about 0.5cm thick once the insides have been removed.
3. In a skillet over medium heat, heat your olive oil and then add in the onion and pepper to sauté for 5 minutes. Add in garlic and spices and cook for an additional 2 minutes.
4. Add in black beans and cook for about 3 more minutes until the black beans are heated through. Remove from the heat.
5. Dividing evenly, spoon the mixture into the zucchinis and place them in the greased baking dish.
6. Top the zucchinis with the enchilada sauce and shredded cheese.
7. Bake for 30-35 minutes at 200C. Serve.

Calories	413
Total Fat	13.1g
Saturated Fat	4.8g
Cholesterol	0mg
Sodium	855mg
Total Carbohydrate	59.5g
Dietary Fibre	16.8g
Total Sugars	5.7g
Protein	17.2g

## SATURDAY PUMPKIN AMARANTH PORRIDGE

Preparation time: 10 minute s+ inactive time

Cooking time: 15 minutes

Servings: 1

### Ingredients:

- ¼ cup amaranth, soaked overnight
- 180ml organic almond milk
- 50g rice protein, vanilla flavor
- 40g pumpkin puree
- 10g coconut flakes
- 1 pinch cinnamon
- 1 pinch nutmeg
- 1 pinch salt
- 10ml maple syrup

### Instructions:

1. Drain and rinse amaranth.
2. Combine with almond milk, pumpkin puree, salt, and spices.
3. Bring to a boil over medium-high heat, reduce to simmer, stirring often to prevent scorching on the bottom.
4. Simmer on lowest heat for 15 minutes with the lid.
5. Turn heat off, stir in rice protein, and let sit for 10 minutes with the lid on to thicken.
6. Sweeten with maple and add remaining almond milk. Sprinkle with coconut flakes.
7. Serve.

Calories	522
Total Fat	11.4g
Saturated Fat	4.1g
Cholesterol	0mg
Sodium	183mg
Total Carbohydrate	55.5g
Dietary Fibre	6.8g
Total Sugars	16.9g
Protein	49.3g

## ENCHILADA ZUCCHINI BOATS - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 2

### Ingredients:

- ½ tablespoon oil
- 1 small sweet onion
- ½ red bell pepper
- 2 cloves garlic, minced
- ¼ teaspoon cumin
- ¼ teaspoon dried oregano
- ¼ teaspoon paprika
- ¼ teaspoon salt
- 300g can black beans, rinsed, drained
- 2 small zucchinis
- 200g enchilada sauce, Vegan
- 60g shredded vegan cheese

### Instructions:

1. Pre-heat oven to 200C and lightly grease a baking dish.
2. Prepare your zucchinis by cutting them in half long ways and gently scooping out most of the inside of the zucchini and discarding. You want it so that the shell of the zucchini is just about 0.5cm thick once the insides have been removed.
3. In a skillet over medium heat, heat your olive oil and then add in the onion and pepper to sauté for 5 minutes. Add in garlic and spices and cook for an additional 2 minutes.
4. Add in black beans and cook for about 3 more minutes until the black beans are heated through. Remove from the heat.
5. Dividing evenly, spoon the mixture into the zucchinis and place them in the greased baking dish.
6. Top the zucchinis with the enchilada sauce and shredded cheese.
7. Bake for 30-35 minutes at 200C. Serve.

Calories	413
Total Fat	13.1g
Saturated Fat	4.8g
Cholesterol	0mg
Sodium	855mg
Total Carbohydrate	59.5g
Dietary Fibre	16.8g
Total Sugars	5.7g
Protein	17.2g

# CHERRY SPINACH SMOOTHIE

Preparation time:  
Servings: 1

Ingredients:

- 150ml coconut milk
- 100g pitted cherries
- 60g rice protein, vanilla flavor
- 40g spinach
- 100ml organic almond milk
- 2 ice cubes

Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	696
Total Fat	39.1g
Saturated Fat	32g
Cholesterol	0mg
Sodium	186mg
Total Carbohydrate	36.9g
Dietary Fibre	6.7g
Total Sugars	23.1g
Protein	55.4g

## MUSHROOM CHICKPEA SOUP

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 10ml olive oil
- 1 onion, chopped
- 4 cloves garlic, finely chopped
- 150g cremini mushrooms, sliced
- 1 teaspoon minced ginger
- 2 small carrots, chopped
- 80g sweet potato, cubed
- 150g cooked chickpeas
- ¼ teaspoon cumin
- ½ black pepper
- ¼ teaspoon white pepper
- ¼ teaspoon cinnamon
- ¼ teaspoon cayenne
- 10ml soy sauce
- 10ml rice vinegar
- 1 teaspoon coconut sugar
- 500ml vegetable stock
- 300ml water
- 40g spinach
- Salt, to taste

Calories	453
Total Fat	10.9g
Saturated Fat	3.2g
Cholesterol	0mg
Sodium	1155mg
Total Carbohydrate	76.5g
Dietary Fibre	18.6g
Total Sugars	21.9g
Protein	19.9g

### To thicken:

- 2 teaspoons cornstarch
- 2 tablespoons water

### Instructions:

1. Heat oil in a saucepan over medium heat. Add onions, garlic and a pinch of salt and cook for 3 minutes or just about translucent. Stir occasionally.
2. Add mushrooms and cook for 3 minutes or until they start to get golden.
3. Add ginger, carrots and potato.
4. Add chickpeas, and tomato. Add spices and cook for 2 minutes.
5. Add soy sauce, vinegar, sugar, broth and water. Partially cover and cook for 15 minutes. Add salt to taste and mix. Add in the spinach or other greens.
6. Cook for 2 minutes. Taste and adjust salt, sweet, tang, spice.
7. Reduce heat to medium-low. Continue to simmer for another 10 minutes. Garnish with fresh herbs of choice or scallions. Serve hot.
8. To thicken, mix cornstarch in water and mix into the soup in the last 5 minutes. Bring to a boil.
9. Serve warm.

## SUNDAY ORANGE TURMERIC CHIA PUDDING

Preparation time: 5 minutes + inactive time

Servings: 1

### Ingredients:

- 300ml organic almond milk
- 40g chia seeds
- ½ teaspoon turmeric
- ¼ teaspoon cinnamon
- ½ tablespoon orange preserves
- 1 small pinch white pepper
- 5ml maple syrup
- 45g rice protein
- 1 tablespoon whipped coconut cream

### Instructions:

1. Heat 200ml almond milk, turmeric, ginger, cinnamon, pepper over medium heat until just boiling. Take off heat.
2. Add rest of the almond milk, orange preserves, rice protein, maple syrup and chia seeds and mix vigorously. Taste and adjust sweet, flavor if needed. Let it sit to cool completely for 10 to 15 minutes.
3. Whisk the mixture vigorously again.
4. The chia seeds should have expanded a bit and should distribute well.
5. You can directly serve at this point or pour into serving containers and chill for more hydrated chia seeds and thicker pudding.
6. Garnish with whipped coconut cream.

Calories	579
Total Fat	25.2g
Saturated Fat	5.1g
Cholesterol	0mg
Sodium	247mg
Total Carbohydrate	49.3g
Dietary Fibre	16g
Total Sugars	27.9g
Protein	47.8g



## MUSHROOM CHICKPEA SOUP - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 10ml olive oil
- 1 onion, chopped
- 4 cloves garlic, finely chopped
- 150g cremini mushrooms, sliced
- 1 teaspoon minced ginger
- 2 small carrots, chopped
- 80g sweet potato, cubed
- 150g cooked chickpeas
- ¼ teaspoon cumin
- ½ black pepper
- ¼ teaspoon white pepper
- ¼ teaspoon cinnamon
- ¼ teaspoon cayenne
- 10ml soy sauce
- 10ml rice vinegar
- 1 teaspoon coconut sugar
- 500ml vegetable stock
- 300ml water
- 40g spinach
- Salt, to taste

Calories	453
Total Fat	10.9g
Saturated Fat	3.2g
Cholesterol	0mg
Sodium	1155mg
Total Carbohydrate	76.5g
Dietary Fibre	18.6g
Total Sugars	21.9g
Protein	19.9g

### To thicken:

- 2 teaspoons cornstarch
- 2 tablespoons water

### Instructions:

1. Heat oil in a saucepan over medium heat. Add onions, garlic and a pinch of salt and cook for 3 minutes or just about translucent. Stir occasionally.
2. Add mushrooms and cook for 3 minutes or until they start to get golden.
3. Add ginger, carrots and potato.
4. Add chickpeas, and tomato. Add spices and cook for 2 minutes.
5. Add soy sauce, vinegar, sugar, broth and water. Partially cover and cook for 15 minutes. Add salt to taste and mix. Add in the spinach or other greens.
6. Cook for 2 minutes. Taste and adjust salt, sweet, tang, spice.
7. Reduce heat to medium-low. Continue to simmer for another 10 minutes. Garnish with fresh herbs of choice or scallions. Serve hot.
8. To thicken, mix cornstarch in water and mix into the soup in the last 5 minutes. Bring to a boil.
9. Serve warm.

# RASPBERRY WALNUT SMOOTHIE

Preparation time: 5 minutes

Servings: 1

## Ingredients:

- ½ banana, sliced, frozen
- 60g raspberries
- 50g rice protein, chocolate flavor
- 250ml unsweetened almond milk
- 15g walnuts

## Instructions:

1. Blend all ingredients in a food blender until smooth.
2. Serve.

Calories	398
Total Fat	12g
Saturated Fat	0.6g
Cholesterol	0mg
Sodium	249mg
Total Carbohydrate	29g
Dietary Fibre	7.5g
Total Sugars	12.5g
Protein	46.5g

## BELUGA LENTILS SALAD

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 200g brown lentils
- 80g can artichoke hearts, chopped
- 1 bay leaf
- 1 avocado, pitted, peeled, cut into small pieces
- ½ red bell pepper
- ½ yellow bell pepper

### Dressing:

- 1 tablespoon almond butter
- ½ teaspoon garlic paste
- 30ml lemon juice
- 15ml olive oil
- 15ml hemp oil
- 1 teaspoon Dijon mustard
- Salt and pepper, to taste
- 1 teaspoon chopped thyme
- 2 tablespoons fresh parsley, chopped

### Instructions:

1. Cook lentils in a pot with simmering salted water with bay leaf for 30 minutes.
2. Drain and place in a bowl.
3. Add artichoke hearts, avocado, and bell peppers.
4. Whisk all dressing ingredients, except parsley, in a bowl.
5. Drizzle over lentils salad.
6. Toss to combine and finish off with chopped parsley. Serve.

Calories	653
Total Fat	28.1g
Saturated Fat	3.8g
Cholesterol	0mg
Sodium	199mg
Total Carbohydrate	78.5g
Dietary Fibre	19.6g
Total Sugars	5.1g
Protein	28.9g

# Week 4 - 2100cal

## GROCERY LIST

### Fruits:

- Oranges, juiced, 20ml
- Blackberries, frozen, 80g
- Passion fruit, 80g
- Apricot, 1 piece
- Avocado, 250g
- Bananas, 7 pieces
- Dates, 2 pieces
- Lime, 1 piece
- Lemon, 2 pieces
- Pear, 1 piece
- Pineapple, 80g
- Raspberries, 60g
- Raisins, 20g
- Cherries, pitted, 100g

### Vegetables:

- Arugula, 60g
- Yellow, bell pepper, 1 piece
- Carrots, 300g
- Cherry tomatoes, 80g
- Garlic, 9 cloves
- Cremini mushrooms, 150g
- Onion, plain, white, 2 pieces
- Onion, red, 2 pieces
- Spinach, 240g
- Tomato, 1 piece
- Zucchini, 2 pieces
- Sweet potato, 80g

### Grains and Cereals:

- Rolled oats, 40g
- Amaranth, 10g
- Teff grain, 2 tablespoons
- Quinoa, 380g

### Can Products:

- Can artichoke hearts, 80g
- Can black beans, 300g
- Can chickpeas, 340g
- Can pumpkin puree, 100g
- Can crushed tomatoes, 300g

### Beans and Legumes:

- Chickpeas, cooked, 150g
- Red lentils, dry, 120g
- Brown lentils, 200g

### Spices and Herbs:

- Garam Masala
- Garlic paste
- Rice vinegar
- Mint
- Parsley
- Salt
- Pepper
- Dijon
- Soy sauce
- Bay leaf
- Cayenne
- Clove
- Coriander
- Harissa paste. Nutmeg
- Oregano
- Paprika
- Cumin
- Thyme
- Turmeric
- Ginger

### Butter; and Oil:

- Almond butter, 30g
- Hemp oil, 15ml
- Olive oil, 100ml
- Tahini, 45g

### Nuts and Seeds:

- Chia seeds, 90g
- Almonds, 60g
- Poppy seeds, ½ teaspoon
- Hazelnuts, 35g
- Flax seeds, 2 tablespoons
- Pine nuts., 1 tablespoon
- Pistachios, 1 tablespoon
- Pumpkin seeds, 1 tablespoon
- Walnuts, 30g
- Hemp seeds, 1 tablespoon

### Soy Products:

- Soy yogurt, 60g

### Non-Dairy:

- Coconut milk, 470ml
- Almond milk, 2.53 liters
- Almond yogurt, 180g
- Hemp tofu, 200g
- Coconut cream, 1 tablespoon

### Protein Powder:

- Rice protein, 670g
- Vega plant protein, 60g

### Sweeteners:

- Agave nectar, 15ml
- Maple syrup, 45ml
- Coconut sugar, 20g

### Additional:

- Chickpea flour, 25g
- Coconut flakes, 10g
- Coconut water, 150ml
- Vegetable stock, 1 liter
- Vegan cheese, shredded, 60g
- Orange preserves, ½ tablespoon
- Enchilada sauce, 200g

# Week 1 - 2200 Cal

## MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFASTS	Chia Chai Pudding	Chickpea Chocolate Pancakes	Cranberry Banana Smoothie	Lupin Porridge with Apricot Compote	Strawberry Vanilla Cornmeal Porridge	Emperors Mess	Buckwheat Porridge
LUNCH	Sweet Potato Chickpea Bowl	Vegetable Tahini Lentils – previous night dinner	Curried Quinoa with Roasted Cauliflower – previous night dinner	Stuffed Peppers – previous night dinner	Mixed Gazpacho – previous night dinner	Eggplants Stuffed with Lupin Meal – previous night dinner	Roasted Tomato Chickpea Soup – previous night dinner
SNACKS	Cherry Berry Spinach Smoothie	Creamy Coffee Smoothie	Super Bean Smoothie	Almond Banana Joy	Purple Warrior	Pineapple Avocado Smoothie	Orange Creamsicle Smoothie
DINNER	Vegetable Tahini Lentils	Curried Quinoa with Roasted Cauliflower	Stuffed Peppers	Mixed Gazpacho	Eggplants Stuffed with Lupin Meal	Roasted Tomato Chickpea Soup	Fast Creamy Bean Casserole

**MONDAY**  
**CHIA CHAI PUDDING**  
Preparation time: 5 minutes + inactive time  
Servings: 1

**Ingredients:**

- 180ml organic almond milk
- 2 tablespoons chia seeds
- 50g rice protein, vanilla flavor
- 10ml maple syrup
- 1 pinch cinnamon
- 1 pinch cardamom
- 1 pinch ground cloves
- 1 tablespoon ground pistachios
- 1 banana, sliced

**Instructions:**

1. Stir almond milk, protein powder, chia, maple syrup, vanilla, cinnamon, cardamom and cloves together in a small bowl.
2. Cover and refrigerate for at least 8 hours.
3. When ready to serve, stir well.
4. Spoon about half the pudding into a serving glass (or bowl) and top with half the banana and pistachios.
5. Add the rest of the pudding and top with the remaining banana and pistachios.
6. Serve.

Calories	592
Total Fat	21.2g
Saturated Fat	2.3g
Cholesterol	0mg
Sodium	230mg
Total Carbohydrate	56.8g
Dietary Fibre	14.6g
Total Sugars	27.5g
Protein	52.1g

**SWEET POTATO CHICKPEA BOWL**

Preparation time: 10 minutes  
Cooking time: 20 minutes  
Servings: 2

**Ingredients:**

- 1 small sweet potato, peeled, cubed
- 20ml olive oil
- 15ml tahini
- 15ml water
- 10ml lemon juice
- 1 small clove garlic, minced
- 250g cooked chickpeas
- 180g cooked quinoa
- ½ avocado, peeled, cubed
- 2 tablespoons chopped parsley
- Salt and pepper, to taste

**Instructions:**

1. Toss sweet potato with 5ml olive oil and salt and pepper in a medium bowl.
2. Transfer to a rimmed baking sheet. Roast, stirring once, until tender, 15 to 18 minutes.
3. Meanwhile, whisk the remaining olive oil, tahini, water, lemon juice, garlic and the salt and pepper in a small bowl.
4. To serve, divide quinoa among 2 bowls.
5. Top with equal amounts of sweet potato, chickpeas and avocado. Drizzle with the tahini sauce.
6. Sprinkle with parsley and serve.

Calories	544
Total Fat	25.5g
Saturated Fat	3.2g
Cholesterol	0mg
Sodium	42mg
Total Carbohydrate	65.7g
Dietary Fibre	16.8g
Total Sugars	8.3g
Protein	18g

## CHERRY BERRY SPINACH SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 150ml organic almond milk
- 50ml coconut milk
- 45g spinach
- 80g cherries
- 80g blueberries
- 1 small banana
- 60g rice protein, vanilla flavor
- 1 tablespoon flax seeds
- 2 ice cubes

### Instructions:

1. Combine all ingredients in a food blender.
2. Serve until smooth.

Calories	712
Total Fat	17.7g
Saturated Fat	11.2g
Cholesterol	0mg
Sodium	226mg
Total Carbohydrate	87.6g
Dietary Fibre	8.3g
Total Sugars	36.1g
Protein	54.6g

## VEGETABLE TAHINI LENTILS

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 2

### Ingredients:

- 25g tahini
- 25ml water
- ½ lemon, juiced, zested
- 15ml olive oil
- 1 red onion, thinly sliced
- 1 small clove garlic, crushed
- 1 yellow bell pepper, sliced
- 150g trimmed green beans
- 1 small zucchini, cut into thin halfmoons
- 80g kale, stems removed
- 150g canned brown lentils, rinsed, drained
- Salt and pepper, to taste

### Instructions:

1. In a jug, mix the tahini with the zest and juice of the lemon and 20ml of cold water to make a runny dressing. Season to taste, then set aside.
2. Heat the oil in a wok or large frying pan over a medium-high heat.
3. Add the red onion, along with a pinch of salt, and fry for 2 mins until starting to soften and color.
4. Add the garlic, pepper, green beans and zucchini, and fry for 5 min, stirring frequently.
5. Tip in the kale, lentils and the tahini dressing.
6. Keep the pan on the heat for a couple of mins, stirring everything together until the kale is wilted and it's all coated in the creamy dressing.
7. Serve.

Calories	334
Total Fat	14.9g
Saturated Fat	2g
Cholesterol	0mg
Sodium	47mg
Total Carbohydrate	41.4g
Dietary Fibre	9.4g
Total Sugars	4.8g
Protein	14.6g

## TUESDAY

### CHICKPEA CHOCOLATE PANCAKES

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 1

#### Ingredients:

- 1/3 tablespoon flax seeds + 1 tablespoon water
- 35g chickpea flour
- 10g brown rice flour
- 20g chestnut flour
- 1/3 teaspoon baking powder
- 50g rice protein, chocolate flavor
- 1 teaspoon raw cacao
- 1 pinch of cinnamon, cloves, and cardamom
- 1 pinch of salt
- 100ml organic almond milk
- 1 sliced banana, to serve with
- 5ml maple syrup

Calories	620
Total Fat	7.9g
Saturated Fat	1.3g
Cholesterol	0mg
Sodium	153mg
Total Carbohydrate	86.3g
Dietary Fibre	11.5g
Total Sugars	26.9g
Protein	53.7g

#### Instructions:

1. Combine flax seeds and water in a small bowl. Place aside for 5-10 minutes.
2. In a large mixing bowl, mix the flours, baking powder, protein powder, cacao, spices and salt. Whisk together the milk and the flax mixture and gradually add this to the flour mixture. Stir until you have a smooth batter.
3. Brush a frying pan with a little oil and heat over a medium heat.
4. Pour three spoonfuls of batter into the pan and let them run into three little pancakes.
5. Turn the pancakes when bubbles appear on the surface; then bake for another minute or so until browned on each side. Repeat with the remaining batter.
6. Stack pancakes and top with banana and maple syrup.
7. Serve.



## VEGETABLE TAHINI LENTILS - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 2

### Ingredients:

- 25g tahini
- 25ml water
- ½ lemon, juiced, zested
- 15ml olive oil
- 1 red onion, thinly sliced
- 1 small clove garlic, crushed
- 1 yellow bell pepper, sliced
- 150g trimmed green beans
- 1 small zucchini, cut into thin halfmoons
- 80g kale, stems removed
- 150g canned brown lentils, rinsed, drained
- Salt and pepper, to taste

Calories	334
Total Fat	14.9g
Saturated Fat	2g
Cholesterol	0mg
Sodium	47mg
Total Carbohydrate	41.4g
Dietary Fibre	9.4g
Total Sugars	4.8g
Protein	14.6g

### Instructions:

1. In a jug, mix the tahini with the zest and juice of the lemon and 20ml of cold water to make a runny dressing. Season to taste, then set aside.
2. Heat the oil in a wok or large frying pan over a medium-high heat.
3. Add the red onion, along with a pinch of salt, and fry for 2 mins until starting to soften and color.
4. Add the garlic, pepper, green beans and zucchini, and fry for 5 min, stirring frequently.
5. Tip in the kale, lentils and the tahini dressing.
6. Keep the pan on the heat for a couple of mins, stirring everything together until the kale is wilted and it's all coated in the creamy dressing.
7. Serve.

## CREAMY COFFEE SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml organic almond milk
- 1 banana
- 60g rice protein, vanilla flavor
- 30g cashew nuts
- 2 tablespoons hemp seeds
- 50ml freshly brewed coffee (prepared with water)

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	765
Total Fat	34.8g
Saturated Fat	4.2g
Cholesterol	0mg
Sodium	229mg
Total Carbohydrate	50.6g
Dietary Fibre	5g
Total Sugars	23.7g
Protein	66g

## CURRIED QUINOA WITH ROASTED CAULIFLOWER

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- ½ head cauliflower, separate into florets
- 15ml melted coconut oil
- Salt and pepper, to taste

### Curried quinoa:

- 15ml olive oil
- 1 onion, diced
- ½ teaspoon ground turmeric
- ½ teaspoon ground ginger
- ¼ teaspoon curry powder
- ¼ teaspoon cardamom
- 90g dry quinoa
- 200ml light coconut milk
- 60ml water
- 20g raisins
- ½ tablespoon cider vinegar
- 60g spinach
- 1 green onion, sliced
- Salt and pepper, to taste

### Instructions:

1. Roast the cauliflower: Preheat oven to 200C.
2. Toss the cauliflower florets with coconut oil, cayenne pepper and a light sprinkle of sea salt. Roast for 25 to 30 minutes on the middle rack, turning halfway, until the cauliflower is tender and golden on the edges.
3. In the meantime, cook the quinoa: In a large pot with a lid, warm the coconut oil over medium heat. Add the onion and cook until it is turning translucent, stirring often, about 5 minutes. Add the ginger, turmeric, curry powder and cardamom and stir until fragrant, about 30 seconds. Pour in the coconut milk, water, rinsed quinoa and raisins. Bring the mixture to a boil, then cover and reduce heat to a simmer.
4. Cook for 15 minutes, then remove the pot from heat and let it rest for 5 minutes.
5. Fluff the quinoa with a fork. Stir in the salt, vinegar and greens.
6. Divide the quinoa into bowls and top with roasted cauliflower. Garnish with green onions and serve.

Calories	471
Total Fat	26.9g
Saturated Fat	16.7g
Cholesterol	0mg
Sodium	52mg
Total Carbohydrate	50.5g
Dietary Fibre	7.6g
Total Sugars	11.6g
Protein	10.7g

## WEDNESDAY CRANBERRY BANANA SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml organic almond milk
- 20g oats
- 20g dried cranberries
- 50g rice protein, vanilla flavor
- 1 tablespoon peanut butter
- 1 small banana, sliced
- 2 ice cubes

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend all on high speed.
3. Serve.

Calories	551
Total Fat	16.5g
Saturated Fat	2.5g
Cholesterol	0mg
Sodium	289mg
Total Carbohydrate	52.3g
Dietary Fibre	6.3g
Total Sugars	22.1g
Protein	49.7g

## CURRIED QUINOA WITH ROASTED CAULIFLOWER - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- ½ head cauliflower, separate into florets
- 15ml melted coconut oil
- Salt and pepper, to taste

### Curried quinoa:

- 15ml olive oil
- 1 onion, diced
- ½ teaspoon ground turmeric
- ½ teaspoon ground ginger
- ¼ teaspoon curry powder
- ¼ teaspoon cardamom
- 90g dry quinoa
- 200ml light coconut milk
- 60ml water
- 20g raisins
- ½ tablespoon cider vinegar
- 60g spinach
- 1 green onion, sliced
- Salt and pepper, to taste

### Instructions:

1. Roast the cauliflower: Preheat oven to 200C.
2. Toss the cauliflower florets with coconut oil, cayenne pepper and a light sprinkle of sea salt. Roast for 25 to 30 minutes on the middle rack, turning halfway, until the cauliflower is tender and golden on the edges.
3. In the meantime, cook the quinoa: In a large pot with a lid, warm the coconut oil over medium heat. Add the onion and cook until it is turning translucent, stirring often, about 5 minutes. Add the ginger, turmeric, curry powder and cardamom and stir until fragrant, about 30 seconds. Pour in the coconut milk, water, rinsed quinoa and raisins. Bring the mixture to a boil, then cover and reduce heat to a simmer.
4. Cook for 15 minutes, then remove the pot from heat and let it rest for 5 minutes.
5. Fluff the quinoa with a fork. Stir in the salt, vinegar and greens.
6. Divide the quinoa into bowls and top with roasted cauliflower. Garnish with green onions and serve.

Calories	471
Total Fat	26.9g
Saturated Fat	16.7g
Cholesterol	0mg
Sodium	52mg
Total Carbohydrate	50.5g
Dietary Fibre	7.6g
Total Sugars	11.6g
Protein	10.7g

# SUPER BEAN SMOOTHIE

Preparation time: 5 minutes

Servings: 1

## Ingredients:

- 100g white beans, cooked, drained
- 40g rice protein, chocolate flavor
- 1 banana, frozen (slice before freezing)
- 30g almond butter
- 2 tablespoons hemp seeds
- 280ml organic almond milk
- 10ml maple syrup
- 1 tablespoon raw cacao powder

## Instructions:

1. Blend all ingredients in a food blender until smooth.
2. Serve.

Calories	725
Total Fat	24.4g
Saturated Fat	2g
Cholesterol	0mg
Sodium	210mg
Total Carbohydrate	73.2g
Dietary Fibre	12.4g
Total Sugars	27.8g
Protein	56.6g

## STUFFED PEPPERS

Preparation time: 5 minutes

Cooking time: 40 minutes

Servings: 2

### Ingredients:

- 190g cooked quinoa
- 1 red onion, chopped
- 2 yellow bell peppers, halved, seeded
- 60g salsa
- 1 tablespoon nutritional yeast
- $\frac{3}{4}$  teaspoon chili powder
- $\frac{3}{4}$  teaspoon cumin powder
- $\frac{3}{4}$  teaspoon garlic powder
- 220g can black beans, rinsed and drained
- 80g corn kernels

### Topping:

- $\frac{1}{2}$  avocado, sliced
- Hot sauce, as desired

### Instructions:

1. Preheat oven to 200C and lightly grease baking sheet.
2. Brush halved peppers with some olive oil.
3. Add cooked quinoa to a large mixing bowl and add remaining ingredients - salsa through corn. Mix to thoroughly combine then taste and adjust seasonings accordingly, adding salt, pepper, or more spices as desired.
4. Generously stuff halved peppers with quinoa mixture until all peppers are full, then cover the dish with foil.
5. Bake for 25 minutes covered. Then remove foil, increase heat to 220C and bake for another 15 minutes, or until peppers are soft and slightly golden brown.
6. Serve with avocado slices and hot sauce.

Calories	467
Total Fat	11g
Saturated Fat	1.3g
Cholesterol	0mg
Sodium	219mg
Total Carbohydrate	78.3g
Dietary Fibre	21g
Total Sugars	5.7g
Protein	21.5g

## THURSDAY

### LUPIN PORRIDGE WITH APRICOT COMPOTE

Preparation time: 5 minutes

Cooking time: 5 minutes

Servings: 1

#### Ingredients:

- 30g lupin flakes
- 40g Vegan muesli
- ½ tablespoon coconut sugar
- 220ml organic almond milk
- 40g rice protein, vanilla flavor
- 80g apricots
- 1 tablespoon orange juice
- ½ tablespoon blanched almond butter

#### Instructions:

1. Bring almond milk just to a boil.
2. Stir in lupins, muesli, and coconut sugar. Simmer 5 minutes.
3. Remove from the heat and stir in rice protein. Cover and allow to stand 5 minutes.
4. In the meantime, make the compote; place apricots and orange in a saucepan.
5. Cook 5 minutes over medium heat. Remove from the heat.
6. Serve porridge into a bowl and top with apricot compote and almond butter.

Calories	594
Total Fat	15.4g
Saturated Fat	1.4g
Cholesterol	0mg
Sodium	273mg
Total Carbohydrate	69g
Dietary Fibre	16.9g
Total Sugars	31.1g
Protein	52.1g

## STUFFED PEPPERS - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 40 minutes

Servings: 2

#### Ingredients:

- 190g cooked quinoa
- 1 red onion, chopped
- 2 yellow bell peppers, halved, seeded
- 60g salsa
- 1 tablespoon nutritional yeast
- ¾ teaspoon chili powder
- ¾ teaspoon cumin powder
- ¾ teaspoon garlic powder
- 220g can black beans, rinsed and drained
- 80g corn kernels

#### Topping:

- ½ avocado, sliced
- Hot sauce, as desired

#### Instructions:

1. Preheat oven to 200C and lightly grease baking sheet.
2. Brush halved peppers with some olive oil.
3. Add cooked quinoa to a large mixing bowl and add remaining ingredients - salsa through corn. Mix to thoroughly combine then taste and adjust seasonings accordingly, adding salt, pepper, or more spices as desired.
4. Generously stuff halved peppers with quinoa mixture until all peppers are full, then cover the dish with foil.
5. Bake for 25 minutes covered. Then remove foil, increase heat to 220C and bake for another 15 minutes, or until peppers are soft and slightly golden brown.
6. Serve with avocado slices and hot sauce.

Calories	467
Total Fat	11g
Saturated Fat	1.3g
Cholesterol	0mg
Sodium	219mg
Total Carbohydrate	78.3g
Dietary Fibre	21g
Total Sugars	5.7g
Protein	21.5g

## ALMOND BANANA JOY

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 150ml organic almond milk
- 100ml coconut milk
- 65g rice protein, chocolate flavor
- 2 dates, pitted
- 1 tablespoon almond butter
- 1 tablespoon slivered almonds
- 1 teaspoon cocoa powder
- 1 small banana

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	805
Total Fat	40.5g
Saturated Fat	22.6g
Cholesterol	0mg
Sodium	185mg
Total Carbohydrate	56.1g
Dietary Fibre	9g
Total Sugars	33.3g
Protein	62.3g

## MIXED GAZPACHO

Preparation time: 10 minutes + inactive time

Servings: 2

### Ingredients:

- 450g tomatoes, chopped
- 1 cucumber, chopped
- 1 clove garlic, minced
- 200g cooked Navy beans
- 1 tablespoon chia seeds
- 1tablespoon olive oil
- 1 tablespoon balsamic vinegar
- Salt and pepper, to taste
- 2 tablespoons cilantro, to garnish
- ¼ cup sprouts

### Instructions:

1. Place ½ tomatoes, cucumber, garlic, olive oil, and balsamic vinegar in a food blender. Do in batches if needed.
2. Place remaining tomatoes, beans, and chia in a food blender. Blend on high until smooth.
3. Combine with the remaining tomatoes.
4. Cover the soup and refrigerate 1 hour.
5. Pour into individual bowls or shooters and top cilantro and sprouts.
6. Serve.

Calories	323
Total Fat	13g
Saturated Fat	1.8g
Cholesterol	0mg
Sodium	15mg
Total Carbohydrate	44.4g
Dietary Fibre	16.6g
Total Sugars	9.8g
Protein	13g

**FRIDAY**  
**STRAWBERRY VANILLA CORNMEAL PORRIDGE**

**Preparation time: 5 minutes**

**Cooking time: 5 minutes**

**Servings: 1**

**Ingredients:**

- 80ml coconut milk
- 150ml water
- ½ tablespoon chia seeds
- 30g cornmeal
- 40g rice protein, vanilla flavor
- 30g strawberries
- ½ teaspoon maple syrup
- 1 tablespoon slivered almonds, toasted

**Instructions:**

1. Combine coconut milk, water, chia seeds, and maple syrup in a saucepan.
2. Set over medium-high heat.
3. Bring to a simmer and stir in cornmeal and protein powder.
4. Cook 2-3 minutes stirring until thickened.
5. Remove from the heat and stir in strawberries.
6. Serve warm topped with slivered almonds.

Calories	549
Total Fat	25.8g
Saturated Fat	17.8g
Cholesterol	0mg
Sodium	82mg
Total Carbohydrate	40.2g
Dietary Fibre	7.8g
Total Sugars	8.9g
Protein	43.7g

**MIXED GAZPACHO - PREVIOUS NIGHT DINNER**

**Preparation time: 10 minutes + inactive time**

**Servings: 2**

**Ingredients:**

- 450g tomatoes, chopped
- 1 cucumber, chopped
- 1 clove garlic, minced
- 200g cooked Navy beans
- 1 tablespoon chia seeds
- 1tablespoon olive oil
- 1 tablespoon balsamic vinegar
- Salt and pepper, to taste
- 2 tablespoons cilantro, to garnish
- ¼ cup sprouts

**Instructions:**

1. Place ½ tomatoes, cucumber, garlic, olive oil, and balsamic vinegar in a food blender. Do in batches if needed.
2. Place remaining tomatoes, beans, and chia in a food blender. Blend on high until smooth.
3. Combine with the remaining tomatoes.
4. Cover the soup and refrigerate 1 hour.
5. Pour into individual bowls or shooters and top cilantro and sprouts.
6. Serve.

Calories	323
Total Fat	13g
Saturated Fat	1.8g
Cholesterol	0mg
Sodium	15mg
Total Carbohydrate	44.4g
Dietary Fibre	16.6g
Total Sugars	9.8g
Protein	13g



## PURPLE WARRIOR

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 1 banana, frozen (slice before freezing)
- 60g rice protein
- 100g blueberries
- 1 tablespoon peanut butter
- 100ml coconut milk
- 200ml organic almond milk

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	790
Total Fat	38.4g
Saturated Fat	23.7g
Cholesterol	0mg
Sodium	282mg
Total Carbohydrate	60.7g
Dietary Fibre	8.7g
Total Sugars	36.1g
Protein	58.1g

## EGGPLANTS STUFFED WITH LUPIN MEAL

Preparation time: 5 minutes

Cooking time: 40 minutes

Servings: 2

### Ingredients:

- 150g lupin meal (just grind lupin seeds in a food processor until coarse)
- 15ml olive oil
- 250ml vegetable stock
- 2 200g eggplants, cut in half by length
- 1 onion, finely chopped
- 340g tomato sauce
- 15g white almond butter or plain almond butter
- Salt and pepper, to taste
- 15g slivered almonds

### Instructions:

1. Make the lupin meal; cook lupin with stock for 5 minutes. Remove from the heat and allow to stand for 10 minutes.
2. Preheat oven to 180C. Cut the eggplants in half and remove some of the flesh.
3. Heat olive oil in a skillet.
4. Add onion and eggplant flesh, and cook 5 minutes. Add lupin meal and cook for 3 minutes.
5. Stir in tomato sauce and almond butter. Season to taste with salt and pepper.
6. Stuff the eggplant shells with prepared lupin mixture.
7. Arrange the eggplants on a baking sheet.
8. Bake the eggplants for 25-30 minutes.
9. Serve warm, sprinkled with slivered almonds.

Calories	508
Total Fat	20.6g
Saturated Fat	3.3g
Cholesterol	0mg
Sodium	1288mg
Total Carbohydrate	59.2g
Dietary Fibre	11.9g
Total Sugars	17g
Protein	33.8g

**SATURDAY**  
**EMPERORS MESS**  
**Preparation time: 5 minutes**  
**Cooking time: 5 minutes**  
**Servings: 1**

**Ingredients:**

- 65ml soy milk
- 1 tablespoon oat cream
- ½ teaspoon bourbon-vanilla extract
- 50g buckwheat flour
- 30g sesame seed flour, low-fat
- 30g rice protein, unflavored
- 1 tablespoon cornstarch
- ½ teaspoon baking powder, aluminum-free
- ½ tablespoon coconut oil
- 25g blueberries

**Drizzle:**

- 1 tablespoon almond vegan Greek yogurt
- 20g rice protein powder, vanilla flavor
- 1 tablespoon organic almond milk
- 1 pinch cinnamon

**Instructions:**

1. Combine soy milk, oat cream, and bourbon-vanilla extract in a bowl.
2. In a separate bowl, whisk together buckwheat flour, sesame seed flour, rice protein, cornstarch, and baking powder.
3. Fold in the liquid ingredients and stir until smooth.
4. Heat coconut oil in a skillet.
5. Pour the batter into skillet. Sprinkle the batter with blueberries. Cook the batter for 2-3 minutes per side.
6. Remove from the skillet and tear the dough into pieces with two forks.
7. In the meantime, make the drizzle, by combining all the drizzle ingredients in a small bowl. Pour the drizzle over torn-in-pieces-pancakes.
8. Serve.

Calories	630
Total Fat	15g
Saturated Fat	8.2g
Cholesterol	0mg
Sodium	181mg
Total Carbohydrate	77g
Dietary Fibre	14.1g
Total Sugars	14g
Protein	62g

## EGGPLANTS STUFFED WITH LUPIN MEAL - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 40 minutes

Servings: 2

### Ingredients:

- 150g lupin meal (just grind lupin seeds in a food processor until coarse)
- 15ml olive oil
- 250ml vegetable stock
- 2 200g eggplants, cut in half by length
- 1 onion, finely chopped
- 340g tomato sauce
- 15g white almond butter or plain almond butter
- Salt and pepper, to taste
- 15g slivered almonds

### Instructions:

1. Make the lupin meal; cook lupin with stock for 5 minutes. Remove from the heat and allow to stand for 10 minutes.
2. Preheat oven to 180C. Cut the eggplants in half and remove some of the flesh.
3. Heat olive oil in a skillet.
4. Add onion and eggplant flesh, and cook 5 minutes. Add lupin meal and cook for 3 minutes.
5. Stir in tomato sauce and almond butter. Season to taste with salt and pepper.
6. Stuff the eggplant shells with prepared lupin mixture.
7. Arrange the eggplants on a baking sheet.
8. Bake the eggplants for 25-30 minutes.
9. Serve warm, sprinkled with slivered almonds.

Calories	508
Total Fat	20.6g
Saturated Fat	3.3g
Cholesterol	0mg
Sodium	1288mg
Total Carbohydrate	59.2g
Dietary Fibre	11.9g
Total Sugars	17g
Protein	33.8g

## PINEAPPLE AVOCADO SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 200ml coconut water
- 1 banana, sliced
- ½ avocado, chopped
- 50g rice protein, vanilla flavor
- 100g pineapple
- 2 ice cubes

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend until smooth.
3. Serve.

Calories	595
Total Fat	13.8g
Saturated Fat	2g
Cholesterol	0mg
Sodium	119mg
Total Carbohydrate	78.4g
Dietary Fibre	9.9g
Total Sugars	55g
Protein	43.8g

## ROASTED TOMATO CHICKPEA SOUP

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 1 tablespoon olive oil
- 1 onion, diced
- Salt and pepper, to taste
- 1 pinch chili flakes
- ½ teaspoon garlic powder
- ¼ teaspoon turmeric
- ¼ teaspoon paprika
- ½ lemon, juiced
- 300g can fire roasted tomatoes
- 250g cooked chickpeas
- 80ml coconut milk
- 80ml vegetable stock
- 2 tablespoons chopped parsley
- 2 tablespoons vegan sour cream

Calories	458
Total Fat	23.3g
Saturated Fat	12.9g
Cholesterol	0mg
Sodium	498mg
Total Carbohydrate	52.7g
Dietary Fibre	14.8g
Total Sugars	15.2g
Protein	14.6g

### Instructions:

1. Heat olive in a large saucepan and add onion and cook for a few minutes until browned.
2. Add all the spices and lemon juice and cook for a few more minutes.
3. Add roasted tomatoes and cook for 10 minutes.
4. Add chickpeas, coconut milk, and stock and cook for another 5 minutes.
5. Transfer soup to a blender and blend till smooth.
6. If the soup too thick for your liking add a bit more veggie stock until you get the consistency you enjoy.
7. Top with a sour cream and parsley.

## SUNDAY BUCKWHEAT PORRIDGE

Preparation time: 5 minutes

Cooking time: 10 minutes

Servings: 1

### Ingredients:

- 40g buckwheat groats
- 130ml light coconut milk
- 160ml water
- 50g rice protein, vanilla flavor
- 1 tablespoon maple syrup
- 1 tablespoon shredded coconut
- 2 tablespoons chopped almonds
- 2 tablespoons black currants

### Instructions:

1. Toast the buckwheat in a dry skillet until fragrant, for 1-2 minutes. Place aside to cool.
2. Bring the coconut milk, water, and ½ tablespoon maple syrup to a boil in a small pot. While the liquid is heating up, grind buckwheat in a coffee grinder until fine.
3. Add the buckwheat to the pot, stir well and turn the heat down to a low simmer.
4. Cover and cook for 10 minutes, checking every few minutes to see if the porridge needs more liquid. Remove from heat and stir in rice protein.
5. Scoop into a bowl and add shredded coconut, currants, almond and remaining maple syrup.
6. Serve.

Calories	557
Total Fat	15.5g
Saturated Fat	7.1g
Cholesterol	0mg
Sodium	112mg
Total Carbohydrate	59.3g
Dietary Fibre	5.9g
Total Sugars	19.5g
Protein	48.5g

## ROASTED TOMATO CHICKPEA SOUP - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 1 tablespoon olive oil
- 1 onion, diced
- Salt and pepper, to taste
- 1 pinch chili flakes
- ½ teaspoon garlic powder
- ¼ teaspoon turmeric
- ¼ teaspoon paprika
- ½ lemon, juiced
- 300g can fire roasted tomatoes
- 250g cooked chickpeas
- 80ml coconut milk
- 80ml vegetable stock
- 2 tablespoons chopped parsley
- 2 tablespoons vegan sour cream

### Instructions:

1. Heat olive in a large saucepan and add onion and cook for a few minutes until browned.
2. Add all the spices and lemon juice and cook for a few more minutes.
3. Add roasted tomatoes and cook for 10 minutes.
4. Add chickpeas, coconut milk, and stock and cook for another 5 minutes.
5. Transfer soup to a blender and blend till smooth.
6. If the soup too thick for your liking add a bit more veggie stock until you get the consistency you enjoy.
7. Top with a sour cream and parsley.

Calories	458
Total Fat	23.3g
Saturated Fat	12.9g
Cholesterol	0mg
Sodium	498mg
Total Carbohydrate	52.7g
Dietary Fibre	14.8g
Total Sugars	15.2g
Protein	14.6g

## ORANGE CREAMSICLE SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 100ml coconut milk
- 100ml organic almond milk
- 50ml orange juice
- 1 small orange, peeled, segmented
- 1 small banana, sliced
- 60g rice protein

### Instructions:

1. Blend all in a food blender until smooth.
2. Serve.

Calories	673
Total Fat	27.5g
Saturated Fat	21.8g
Cholesterol	0mg
Sodium	148mg
Total Carbohydrate	57.6g
Dietary Fibre	8.1g
Total Sugars	37.3g
Protein	54.2g

## FAST CREAMY BEAN CASSEROLE

Preparation time: 5 minutes

Cooking time: 10 minutes

Servings: 2

### Ingredients:

- 1 small eggplant, cubed
- 10ml olive oil
- 200g cannellini beans, cooked
- 200g chickpeas, cooked
- ½ teaspoon chili powder
- ½ teaspoon smoked paprika
- ½ tablespoon tomato paste
- 350g can chopped tomatoes
- ½ tablespoon tahini
- 1 sweet potato, baked, cubed
- Salt and pepper, to taste
- 2 tablespoons chopped parsley

### Instructions:

1. Cook the eggplant in a large frying pan over a medium heat with olive oil for a few minutes until it starts to turn golden brown. Add the beans and the spices and mix so everything is evenly coated.
2. Add the tomato paste, chopped tomatoes and tahini, stir and simmer for 5-7 minutes until everything is completely heated through.
3. Taste and season with salt and pepper.
4. Serve with baked potato and top with some freshly chopped parsley.

Calories	508
Total Fat	10.6g
Saturated Fat	1.3g
Cholesterol	0mg
Sodium	51mg
Total Carbohydrate	83.2g
Dietary Fibre	26g
Total Sugars	16.3g
Protein	23.8g

# Week 1 - 2200cal

## GROCERY LIST

### Fruits:

- Oranges, juiced, 65ml
- Black currants, 30g
- Apricot, 80g
- Avocado, 2 pieces
- Banana, 10 pieces
- Yellow bell pepper, 2 pieces
- Blueberries, 205g
- Cherries, 80g
- Cranberries, dried, 20g
- Dates, pitted, 2 pieces
- Orange, 1 piece
- Lemon, 1 piece
- Pineapple, 100g
- Strawberries, 30g

### Vegetables:

- Corn, 80g
- Garlic, 3 cloves
- Cauliflower, 1 head
- Cucumber, 1 piece
- Eggplants, 3 pieces
- Onion, white, 3 pieces
- Onion, red, 1 piece
- Green onion, 1 piece
- Sweet potato, 2 pieces
- Spinach, 105
- Tomatoes, 450g

### Grains and Cereals:

- Muesli, Vegan (flax and pumpkin seeds), 40g
- Oats, 20g
- Buckwheat groats, 40g
- Lupin flakes, 30g
- Lupin meal, 150g
- Quinoa, 460g

### Can Products:

- Can black beans, 220g
- Can chopped tomatoes, 350g
- Can fire roasted tomatoes, 300g
- Tomato paste, ½ tablespoon
- Tomato sauce, 370g

### Beans and Legumes:

- Cannellini beans, cooked, 200g
- Chickpeas, 700g
- White beans, cooked, 100g
- Navy beans, cooked, 200g

### Spices and Herbs:

- Bourbon-Vanilla extract
- Cider vinegar
- Parsley
- Balsamic vinegar
- Cardamom
- Chili flakes
- Cinnamon
- Curry powder
- Cumin powder
- Garlic powder
- Cloves
- Paprika
- Salt
- Pepper
- Turmeric
- Ginger

### Butter; and Oil:

- Almond butter, 55g
- Almond butter, blanched, 15g
- Peanut butter, 30g
- Coconut oil, 20ml
- Olive oil, 90ml
- Tahini, 25g

### Nuts and Seeds:

- Chia seeds, 50g
- Flax seeds, 30g
- Almonds, whole, 4 tablespoons
- Slivered almonds, 15g
- Cashew nuts, raw, 30g
- Pistachios, ground, 15g
- Hemp seeds, 4 tablespoons

### Soy Products:

- Soy milk, 65ml

### Non-Dairy:

- Coconut milk, 840ml
- Almond milk, 1.95liters
- Vegan sour cream, 30g
- Almond yogurt, Greek type, 1 tablespoon
- Oat cream, 1 tablespoon

### Protein Powder:

- Rice protein, 725g

### Sweeteners:

- Maple syrup, 35ml

### Additional:

- Baking powder, 10g
- Buckwheat flour, 50g
- Cacao powder, 20g
- Chickpea flour, 35g
- Cornmeal, 30g
- Brown rice flour, 10g
- Cornstarch, 10g
- Coconut water, 20ml
- Coffee, freshly made, 50g
- Vegetable stock, 330ml
- Chestnut flour, 20g
- Sesame seeds, flour, 30g
- Shredded coconut, 1 tablespoon
- Salsa, jar, 60g

## Week 2 - 2200 Cal

### MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFASTS	Faux Oatmeal with Strawberries	Three Grain Porridge	Cardamom Apricot Quinoa Porridge	Raspberry Coconut Porridge	Lupin Porridge with Apricot Compote	Chocolate Protein Waffles	Oats and Apple smoothie
LUNCH	Fast Creamy Bean Casserole – previous night dinner	Amaranth Lentil Cakes with Tofu Aioli – previous night dinner	Chickpea Jacket Potatoes – previous night dinner	Lentil Skillet Casserole – previous night dinner	Lupin Balls with Tomato Sauce – previous night dinner	Bali Bowl – previous night dinner	Quinoa Jambalaya – previous night dinner
SNACKS	Peach Soy Smoothie	Raspberry Spinach Smoothie	Coconut Cherry Smoothie	Kiwi Spinach Smoothie	Blueberry Maple Smoothie	Peanut Butter Squash Smoothie	All in one Smoothie
DINNER	Amaranth Lentil Cakes with Tofu Aioli	Chickpea Jacket Potatoes	Lentil Skillet Casserole	Lupin Balls with Tomato Sauce	Bali Bowl	Quinoa Jambalaya	Creamy Jungle Curry



## MONDAY

### FAUX OATMEAL WITH STRAWBERRIES

Preparation time: 5 minutes

Cooking time: 7 minutes

Servings: 1

#### Ingredients:

- 15g desiccated coconut
- 20g coconut chips
- 20g slivered almonds
- 15g chia seeds
- 50ml coconut milk
- 40g rice protein powder, vanilla flavor
- ½ teaspoon cinnamon
- 20g strawberries, sliced

#### Instructions:

1. Heat a skillet over medium-high heat.
2. Add slivered almonds and toast for 2 minutes, gently shaking.
3. Remove from the heat and add coconut chips, chia seeds, and desiccated coconut.
4. Pour in coconut milk and place back on the heat.
5. Cook 5 minutes, stirring.
6. Remove from the heat and stir in protein powder.
7. Transfer into a bowl and top with sliced strawberries.

Calories	646
Total Fat	41.3g
Saturated Fat	25.2g
Cholesterol	0mg
Sodium	60mg
Total Carbohydrate	32.8g
Dietary Fibre	14g
Total Sugars	14.3g
Protein	43.5g

## FAST CREAMY BEAN CASSEROLE - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 10 minutes

Servings: 2

#### Ingredients:

- 1 small eggplant, cubed
- 10ml olive oil
- 200g cannellini beans, cooked
- 200g chickpeas, cooked
- ½ teaspoon chili powder
- ½ teaspoon smoked paprika
- ½ tablespoon tomato paste
- 350g can chopped tomatoes
- ½ tablespoon tahini
- 1 sweet potato, baked, cubed
- Salt and pepper, to taste
- 2 tablespoons chopped parsley

#### Instructions:

1. Cook the eggplant in a large frying pan over a medium heat with olive oil for a few minutes until it starts to turn golden brown. Add the beans and the spices and mix so everything is evenly coated.
2. Add the tomato paste, chopped tomatoes and tahini, stir and simmer for 5-7 minutes until everything is completely heated through.
3. Taste and season with salt and pepper.
4. Serve with baked potato and top with some freshly chopped parsley.

Calories	508
Total Fat	10.6g
Saturated Fat	1.3g
Cholesterol	0mg
Sodium	51mg
Total Carbohydrate	83.2g
Dietary Fibre	26g
Total Sugars	16.3g
Protein	23.8g

## PEACH SOY SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml soy milk
- 60g rice protein, vanilla flavor
- 80g peaches
- 10g coconut cream
- 5ml maple syrup
- 10g chia seeds

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	528
Total Fat	14.6g
Saturated Fat	6.3g
Cholesterol	0mg
Sodium	200mg
Total Carbohydrate	42.7g
Dietary Fibre	7.1g
Total Sugars	27.3g
Protein	56.5g

## AMARANTH LENTIL CAKES WITH TOFU AIOLI

Preparation time: 10 minutes + inactive time

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 95g dry amaranth
- 95g dry red lentils
- 1 tablespoon olive oil
- 1 small onion, finely diced
- 2 cloves garlic, chopped
- 40g finely chopped kale
- ½ teaspoon cumin
- ½ teaspoon chili powder
- 1 tablespoon ground flax seeds
- 2 tablespoons chopped cilantro
- Salt and pepper, to taste

Calories	511
Total Fat	13.7g
Saturated Fat	2.3g
Cholesterol	0mg
Sodium	54mg
Total Carbohydrate	73.3g
Dietary Fibre	21.5g
Total Sugars	4.4g
Protein	25.8g

### For coating:

- 1 ½ tablespoons flour

### Chipotle “aioli”

- 120g silken tofu
- ¼ teaspoon chipotle powder
- ½ teaspoon coriander
- 15ml lime juice
- ¼ teaspoon garlic powder

### Instructions:

1. Add red lentils and amaranth to a pot. Cover with water and boil for 15 minutes. Place in a fine mesh strainer and let drain extra well, pressing liquid out. While draining...
2. In a large skillet, cook onion in oil over medium high heat for two minutes. Turn heat down to medium. Add garlic. Cook 3-4 minutes.
3. Add finely chopped kale, spices and salt.
4. Add onion-kale mixture to lentil amaranth mixture in big bowl. Stir to combine well. Add ground flax seeds and fold in fresh cilantro. Let cool.
5. In the meantime, make aioli; place all Aioli ingredients in a food processor and blend until very smooth, scraping down sides. Place in bowl and set aside.
6. When cool enough to handle, form 6cm patties and lightly coated in flour. Refrigerate 20 minutes.
7. Heat 1 -2 tablespoons oil in a non-stick frying pan over medium heat.
8. Sear patties a few minutes on each side, until golden brown and place in a warm oven until heated all the way through.
9. Serve with the chipotle aioli.

**TUESDAY**  
**THREE GRAIN PORRIDGE**

Preparation time: 5 minutes  
Cooking time: 10 minutes  
Servings: 1

Ingredients:

- 20g oats
- 10g barley flakes
- 20g spelt flakes
- 280ml organic almond milk
- 50g rice protein, vanilla flavor
- 10ml maple syrup
- 30g strawberries
- 10g coconut cream, whipped

Instructions:

1. Heat large skillet over medium-high heat.
2. Add oats, barley, and spelt flakes. Toast 3-4 minutes over medium heat.
3. Remove from the heat and place aside.
4. Combine grains with almond milk in a saucepan.
5. Cook for 5 minutes.
6. Remove from the heat and stir in rice protein.
7. Mash the strawberries and combine with coconut cream.
8. Top the porridge with strawberry mixture.

Calories	558
Total Fat	11.2g
Saturated Fat	2.4g
Cholesterol	0mg
Sodium	332mg
Total Carbohydrate	64.1g
Dietary Fibre	6.1g
Total Sugars	24.7g
Protein	48.5g

## AMARANTH LENTIL CAKES WITH TOFU AIOLI - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes + inactive time

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 95g dry amaranth
- 95g dry red lentils
- 1 tablespoon olive oil
- 1 small onion, finely diced
- 2 cloves garlic, chopped
- 40g finely chopped kale
- ½ teaspoon cumin
- ½ teaspoon chili powder
- 1 tablespoon ground flax seeds
- 2 tablespoons chopped cilantro
- Salt and pepper, to taste

Calories	511
Total Fat	13.7g
Saturated Fat	2.3g
Cholesterol	0mg
Sodium	54mg
Total Carbohydrate	73.3g
Dietary Fibre	21.5g
Total Sugars	4.4g
Protein	25.8g

### For coating:

- 1 ½ tablespoons flour

### Chipotle “aioli”

- 120g silken tofu
- ¼ teaspoon chipotle powder
- ½ teaspoon coriander
- 15ml lime juice
- ¼ teaspoon garlic powder

### Instructions:

1. Add red lentils and amaranth to a pot. Cover with water and boil for 15 minutes. Place in a fine mesh strainer and let drain extra well, pressing liquid out. While draining...
2. In a large skillet, cook onion in oil over medium high heat for two minutes. Turn heat down to medium. Add garlic. Cook 3-4 minutes.
3. Add finely chopped kale, spices and salt.
4. Add onion-kale mixture to lentil amaranth mixture in big bowl. Stir to combine well. Add ground flax seeds and fold in fresh cilantro. Let cool.
5. In the meantime, make aioli; place all Aioli ingredients in a food processor and blend until very smooth, scraping down sides. Place in bowl and set aside.
6. When cool enough to handle, form 6cm patties and lightly coated in flour. Refrigerate 20 minutes.
7. Heat 1 -2 tablespoons oil in a non-stick frying pan over medium heat.
8. Sear patties a few minutes on each side, until golden brown and place in a warm oven until heated all the way through.
9. Serve with the chipotle aioli.

## RASPBERRY SPINACH SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 200ml organic almond milk
- 70ml coconut milk
- 40g spinach
- 70g raspberries
- 60g rice protein, vanilla flavor
- 1 tablespoon almond butter

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth. Serve.

Calories	608
Total Fat	32.2g
Saturated Fat	16.1g
Cholesterol	0mg
Sodium	306mg
Total Carbohydrate	27.6g
Dietary Fibre	7.6g
Total Sugars	13.2g
Protein	55.8g

## CHICKPEA JACKET POTATOES

Preparation time: 5 minutes

Cooking time: 45 minutes

Servings: 2

### Ingredients:

- 2 sweet potatoes
- 1 tablespoon coconut oil
- ¾ teaspoon cumin seeds
- 1 small onion, diced
- 1 clove garlic, minced
- ½ teaspoon garam masala
- ½ teaspoon ground coriander
- ¼ teaspoon ground turmeric
- 1 tablespoon Tikka Masala paste
- 400g can chopped tomatoes
- 300g cooked chickpeas
- 2 tablespoons chopped coriander

### Instructions:

1. Heat oven to 200C. Prick the sweet potatoes all over with a fork, then put on a baking tray and roast in the oven for 45 mins or until tender when pierced with a knife.
2. Meanwhile, melt the coconut oil in a large saucepan over medium heat. Add the cumin seeds and fry for 1 min until fragrant, then add the onion and fry for 7-10 mins until softened.
3. Put the garlic and ginger into the pan and cook for 2-3 mins.
4. Add the spices and tikka masala paste and cook for a further 2 mins until fragrant, then tip in the tomatoes. Bring to a simmer, then tip in the chickpeas and cook for a further 20 mins until thickened. Season to taste.
5. Put the roasted sweet potatoes on plates and cut open lengthways.
6. Spoon over the chickpea curry and squeeze over the lemon wedges.
7. Season, then scatter with coriander before serving.

Calories	521
Total Fat	11.7g
Saturated Fat	6.4g
Cholesterol	0mg
Sodium	58mg
Total Carbohydrate	86.7g
Dietary Fibre	17.6g
Total Sugars	9.6g
Protein	18g

## WEDNESDAY

### CARDAMOM APRICOT QUINOA PORRIDGE

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 1

#### Ingredients:

- 35g quinoa
- 10g oats
- 2 cardamom pods
- 120ml coconut milk
- 40g rice protein, vanilla flavor
- 2 apricots, sliced
- 5ml maple syrup

#### Instructions:

1. Put the quinoa, oats and cardamom pods in a small saucepan with 120ml water and 50ml of the coconut milk.
2. Bring to the boil, then simmer gently for 15 minutes, stirring occasionally.
3. Pour in the remaining coconut milk and cook for 5 mins more until creamy. Stir in rice protein and remove from heat.
4. Remove the cardamom pods, spoon into bowls or jars, and top with the apricots and maple syrup.

Calories	458
Total Fat	6.6g
Saturated Fat	0.6g
Cholesterol	0mg
Sodium	136mg
Total Carbohydrate	50.5g
Dietary Fibre	5.4g
Total Sugars	15.2g
Protein	48.6g

## CHICKPEA JACKET POTATOES - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 45 minutes

Servings: 2

#### Ingredients:

- 2 sweet potatoes
- 1 tablespoon coconut oil
- $\frac{3}{4}$  teaspoon cumin seeds
- 1 small onion, diced
- 1 clove garlic, minced
- $\frac{1}{2}$  teaspoon garam masala
- $\frac{1}{2}$  teaspoon ground coriander
- $\frac{1}{4}$  teaspoon ground turmeric
- 1 tablespoon Tikka Masala paste
- 400g can chopped tomatoes
- 300g cooked chickpeas
- 2 tablespoons chopped coriander

#### Instructions:

1. Heat oven to 200C. Prick the sweet potatoes all over with a fork, then put on a baking tray and roast in the oven for 45 mins or until tender when pierced with a knife.
2. Meanwhile, melt the coconut oil in a large saucepan over medium heat. Add the cumin seeds and fry for 1 min until fragrant, then add the onion and fry for 7-10 mins until softened.
3. Put the garlic and ginger into the pan and cook for 2-3 mins.
4. Add the spices and tikka masala paste and cook for a further 2 mins until fragrant, then tip in the tomatoes. Bring to a simmer, then tip in the chickpeas and cook for a further 20 mins until thickened. Season to taste.
5. Put the roasted sweet potatoes on plates and cut open lengthways.
6. Spoon over the chickpea curry and squeeze over the lemon wedges.
7. Season, then scatter with coriander before serving.

Calories	521
Total Fat	11.7g
Saturated Fat	6.4g
Cholesterol	0mg
Sodium	58mg
Total Carbohydrate	86.7g
Dietary Fibre	17.6g
Total Sugars	9.6g
Protein	18g

## COCONUT CHERRY SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 200ml coconut milk
- 100g cherries, pitted
- 60g rice protein, vanilla flavor

### Instructions:

1. Blend all ingredients in a food blender until smooth.
2. Serve.

Calories	810
Total Fat	48.4g
Saturated Fat	42.9g
Cholesterol	0mg
Sodium	120mg
Total Carbohydrate	45g
Dietary Fibre	5.1g
Total Sugars	9.8g
Protein	53.6g

## LENTIL SKILLET CASSEROLE

Preparation time: 5 minutes

Cooking time: 35 minutes

Servings: 2

### Ingredients:

- 1 tablespoon olive oil
- 1 onion, diced
- 1 clove garlic, minced
- ½ teaspoon smoked paprika
- ¼ teaspoon cumin
- ½ tablespoon dried thyme
- 100g carrots, sliced
- 70g celery, sliced
- ½ red bell pepper, seeded, sliced
- ½ yellow bell pepper, seeded, sliced
- 400g can chopped tomatoes
- 150g zucchinis, cubed
- 150ml vegetable stock
- 200g cooked lentils
- Salt and pepper, to taste
- 190g cooked quinoa, to serve with

### Instructions:

1. Heat the oil in a large, heavy-based pan. Add the onions and cook gently for 5 – 10 mins until softened.
2. Add the garlic, spices, dried thyme, carrots, celery and peppers and cook for 5 minutes.
3. Add the tomatoes, stock, zucchinis, and thyme and cook for 20 - 25 minutes.
4. Stir in the lentils and bring back to a simmer. Serve with quinoa.

Calories	427
Total Fat	10.7g
Saturated Fat	1.8g
Cholesterol	0mg
Sodium	312mg
Total Carbohydrate	67.6g
Dietary Fibre	15.6g
Total Sugars	9.1g
Protein	18.5g

## THURSDAY

### RASPBERRY COCONUT PORRIDGE

Preparation time: cooking time:

Servings: 1

#### Ingredients:

- 30g rolled oats
- 50g frozen raspberries
- 10g creamed coconut, chopped
- 55g rice protein, vanilla flavor
- 60g coconut yogurt
- 200ml water
- 10ml maple syrup

#### Instructions:

1. Place the oats and creamed coconut into a large bowl. Add water and place aside overnight.
2. The next day, tip the contents of the bowl into a saucepan and cook over a medium heat, stirring frequently, for 5 -10 mins until the oats are cooked. Remove from the heat.
3. Combine raspberries, maple syrup, rice protein, and yogurt in a small bowl, gently mashing the raspberries.
4. Transfer the oats in a bowl.
5. Top with yogurt and stir gently.
6. Serve.

Calories	531
Total Fat	10.8g
Saturated Fat	7.5g
Cholesterol	0mg
Sodium	69mg
Total Carbohydrate	55.3g
Dietary Fibre	5.2g
Total Sugars	29.3g
Protein	51.4g

## LENTIL SKILLET CASSEROLE - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 35 minutes

Servings: 2

#### Ingredients:

- 1 tablespoon olive oil
- 1 onion, diced
- 1 clove garlic, minced
- ½ teaspoon smoked paprika
- ¼ teaspoon cumin
- ½ tablespoon dried thyme
- 100g carrots, sliced
- 70g celery, sliced
- ½ red bell pepper, seeded, sliced
- ½ yellow bell pepper, seeded, sliced
- 400g can chopped tomatoes
- 150g zucchinis, cubed
- 150ml vegetable stock
- 200g cooked lentils
- Salt and pepper, to taste
- 190g cooked quinoa, to serve with

#### Instructions:

1. Heat the oil in a large, heavy-based pan. Add the onions and cook gently for 5 – 10 mins until softened.
2. Add the garlic, spices, dried thyme, carrots, celery and peppers and cook for 5 minutes.
3. Add the tomatoes, stock, zucchinis, and fresh thyme and cook for 20 - 25 minutes.
4. Take out the thyme sprigs. Stir in the lentils and bring back to a simmer. Serve with quinoa.

Calories	427
Total Fat	10.7g
Saturated Fat	1.8g
Cholesterol	0mg
Sodium	312mg
Total Carbohydrate	67.6g
Dietary Fibre	15.6g
Total Sugars	9.1g
Protein	18.5g



## KIWI SPINACH SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 150ml coconut milk
- 150ml organic almond milk
- 100g kiwi
- 55g rice protein
- 1 banana
- 40g spinach
- 1 tablespoon ground flax seeds

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend until smooth.
3. Serve.

Calories	828
Total Fat	43.7g
Saturated Fat	33g
Cholesterol	0mg
Sodium	224mg
Total Carbohydrate	62.7g
Dietary Fibre	12.4g
Total Sugars	34.4g
Protein	54.1g

## LUPIN BALLS WITH TOMATO SAUCE

Preparation time: 10 minutes

Cooking time: 45 minutes

Servings: 2

### Ingredients:

- 300g cherry tomatoes
- 1 teaspoon fresh thyme, chopped
- 2 clove garlic, thinly sliced
- 1 tablespoon olive oil
- 1 onion, diced
- 1 celery stalk, chopped
- 150g brown mushrooms, chopped
- 150g cooked lupin seeds
- 80g cooked lentils
- 1 tablespoon coconut flour
- 30g almond meal
- 1 tablespoon nutritional yeast
- Salt and pepper, to taste
- 30g arugula, to serve with

### Instructions:

1. Preheat the oven to 180C.
2. Place the tomatoes in a large baking dish. Sprinkle with the thyme and half the garlic. Drizzle with 1 tsp oil. Season.
3. Cover the dish with foil and bake for 30 minutes or until the tomatoes have softened.
4. Meanwhile, heat 1 tsp oil in a large non-stick frying pan over medium heat. Cook the onion and celery, stirring, for 3-4 minutes or until softened. Add mushroom and remaining garlic and cook, stirring, for 4 minutes or until mushroom is golden. Set aside to cool.
5. Process the lupin seeds, and lentils in a food processor until crumbs form. Add the onion mixture, basil, flour, and nutritional yeast.
6. Pulse until combined. Season to taste and fold in, by hand, almond meal.
7. Use clean hands to roll tablespoonfuls of mixture into balls. You should have about 12 balls.
8. Heat remaining oil in the frying pan over medium-high heat. Cook the meatballs, turning, for 3-4 minutes or until golden.
9. Add meatballs to the dish with the tomatoes. Bake, uncovered, for a further 10 minutes.
10. Serve with fresh arugula.

Calories	400
Total Fat	17.7g
Saturated Fat	2.1g
Cholesterol	0mg
Sodium	220mg
Total Carbohydrate	38.4g
Dietary Fibre	13.3g
Total Sugars	8.8g
Protein	27.4g

## FRIDAY

### LUPIN PORRIDGE WITH APRICOT COMPOTE

Preparation time: 5 minutes

Cooking time: 5 minutes

Servings: 1

#### Ingredients:

- 30g lupin flakes
- 40g Vegan muesli
- ½ tablespoon coconut sugar
- 220ml organic almond milk
- 40g rice protein, vanilla flavor
- 80g apricots
- 1 tablespoon orange juice
- ½ tablespoon blanched almond butter

#### Instructions:

1. Bring almond milk just to a boil.
2. Stir in lupins, muesli, and coconut sugar. Simmer 5 minutes.
3. Remove from the heat and stir in rice protein. Cover and allow to stand 5 minutes.
4. In the meantime, make the compote; place apricots and orange in a saucepan.
5. Cook 5 minutes over medium heat. Remove from the heat.
6. Serve porridge into a bowl and top with apricot compote and almond butter.

Calories	594
Total Fat	15.4g
Saturated Fat	1.4g
Cholesterol	0mg
Sodium	273mg
Total Carbohydrate	69g
Dietary Fibre	16.9g
Total Sugars	31.1g
Protein	52.1g

## LUPIN BALLS WITH TOMATO SAUCE - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 45 minutes

Servings: 2

#### Ingredients:

- 300g cherry tomatoes
- 1 teaspoon fresh thyme, chopped
- 2 clove garlic, thinly sliced
- 1 tablespoon olive oil
- 1 onion, diced
- 1 celery stalk, chopped
- 150g brown mushrooms, chopped
- 150g cooked lupin seeds
- 80g cooked lentils
- 1 tablespoon coconut flour
- 30g almond meal
- 1 tablespoon nutritional yeast
- Salt and pepper, to taste
- 30g arugula, to serve with

#### Instructions:

1. Preheat the oven to 180C.
2. Place the tomatoes in a large baking dish. Sprinkle with the thyme and half the garlic. Drizzle with 1 tsp oil. Season.
3. Cover the dish with foil and bake for 30 minutes or until the tomatoes have softened.
4. Meanwhile, heat 1 tsp oil in a large non-stick frying pan over medium heat. Cook the onion and celery, stirring, for 3-4 minutes or until softened. Add mushroom and remaining garlic and cook, stirring, for 4 minutes or until mushroom is golden. Set aside to cool.
5. Process the lupin seeds, and lentils in a food processor until crumbs form. Add the onion mixture, basil, flour, and nutritional yeast.
6. Pulse until combined. Season to taste and fold in, by hand, almond meal.
7. Use clean hands to roll tablespoonfuls of mixture into balls. You should have about 12 balls.
8. Heat remaining oil in the frying pan over medium-high heat. Cook the meatballs, turning, for 3-4 minutes or until golden.
9. Add meatballs to the dish with the tomatoes. Bake, uncovered, for a further 10 minutes.
10. Serve with fresh arugula.

Calories	400
Total Fat	17.7g
Saturated Fat	2.1g
Cholesterol	0mg
Sodium	220mg
Total Carbohydrate	38.4g
Dietary Fibre	13.3g
Total Sugars	8.8g
Protein	27.4g

# BLUEBERRY MAPLE SMOOTHIE

Preparation time: 5 minutes  
Servings: 1

Ingredients:

- 30g cashews, soaked in hot water for 15 minutes
- 50g rice protein, vanilla flavor
- 250ml soy milk
- 60ml coconut milk
- 10ml maple syrup
- 100g frozen blueberries

Instructions:

1. Drain cashews and place in a food blender.
2. Add the remaining ingredients.
3. Blend on high until smooth.
4. Serve.

Calories	738
Total Fat	32.9g
Saturated Fat	14.2g
Cholesterol	0mg
Sodium	207mg
Total Carbohydrate	56.8g
Dietary Fibre	7.9g
Total Sugars	32g
Protein	56.7g

## BALI BOWL

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 2

### Ingredients:

#### Tomato sambal:

- 3 tomatoes
- 2 shallots
- 2 cloves garlic
- 2 red chillies, seeds removed
- 2 kaffir lime leaves, finely sliced
- ½ teaspoon coconut sugar
- Salt, to taste

#### For the tempeh:

- 125g tempeh, sliced or crumbled into small pieces
- 2 tablespoons peanuts
- ½ tablespoon coconut oil

#### For the salad:

- 150g shredded red cabbage
- 1 carrot, shredded or grated
- 40g green beans, trimmed
- 15ml lime juice
- 5ml sesame oil

#### Quinoa:

- 190g cooked quinoa

### Instructions:

1. Make the tomato sambal; place all ingredients in a food blender. Process until almost smooth.
2. Bring water to a boil in a small saucepan. Blanch green beans for 3 minutes, then remove to a colander/sieve and run under cold water to cool immediately.
3. Put shredded red cabbage, carrot and beans into a mixing bowl. Pour over lime juice and sesame oil and toss to coat.
4. For the tempeh; heat coconut oil in a skillet over medium-high heat. Add tempeh to the pan and fry until golden brown.
5. Add peanuts to the pan and fry for another 1-2 minutes or until golden.
6. Add a good splash of tomato sambal and continue frying. The liquid will quickly cook away and coat the tempeh and peanuts.
7. Assemble; serve Bali bowls with a portion of quinoa and salad, top with the hot tempeh and peanuts, and extra tomato sambal on the side.

Calories	425
Total Fat	19.5g
Saturated Fat	5.4g
Cholesterol	0mg
Sodium	61mg
Total Carbohydrate	47.8g
Dietary Fibre	9g
Total Sugars	10.6g
Protein	21.8g

## SATURDAY

### CHOCOLATE PROTEIN WAFFLES

Preparation time: 5 minutes + inactive time

Cooking time: 5 minutes

Servings: 1

#### Ingredients:

- 30g oat flour
- 40g rice protein powder, chocolate flavor
- 1 tablespoon cocoa powder
- ¼ teaspoon baking powder
- ½ tablespoon ground flax seeds
- 1 pinch salt
- 25ml water
- 80ml organic almond milk
- 1 tablespoon maple syrup
- 20ml coconut oil, melted

#### Drizzle:

- 40g raspberries, pureed
- 15g rice protein, vanilla flavor
- 2 tablespoons water

#### Instructions:

1. Make the flax egg by mixing flax seeds and water and leave to sit for 10 minutes.
2. Mix the oat flour, protein powder, cocoa, baking powder and salt in a bowl.
3. Pour the melted coconut oil, coconut milk and maple syrup and mix everything until well combined.
4. Heat your waffle iron and pour about 4-5 tablespoons of the batter.
5. Cook for 2-3 minutes.
6. Repeat with remaining batter.
7. Make the drizzle by combining all ingredients in a saucepan.
8. Simmer 2-3 minutes over medium heat.
9. Serve waffles with raspberry drizzle

Calories	623
Total Fat	24.7g
Saturated Fat	17.2g
Cholesterol	0mg
Sodium	120mg
Total Carbohydrate	51.2g
Dietary Fibre	8.2g
Total Sugars	18.1g
Protein	51.2g

## BALI BOWL - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 2

### Ingredients:

#### Tomato sambal:

- 3 tomatoes
- 2 shallots
- 2 cloves garlic
- 2 red chillies, seeds removed
- 2 kaffir lime leaves, finely sliced
- ½ teaspoon coconut sugar
- Salt, to taste

#### For the tempeh:

- 125g tempeh, sliced or crumbled into small pieces
- 2 tablespoons peanuts
- ½ tablespoon coconut oil

#### For the salad:

- 150g shredded red cabbage
- 1 carrot, shredded or grated
- 40g green beans, trimmed
- 15ml lime juice
- 5ml sesame oil

#### Quinoa:

- 190g cooked quinoa

### Instructions:

1. Make the tomato sambal; place all ingredients in a food blender. Process until almost smooth.
2. Bring water to a boil in a small saucepan. Blanch green beans for 3 minutes, then remove to a colander/sieve and run under cold water to cool immediately.
3. Put shredded red cabbage, carrot and beans into a mixing bowl. Pour over lime juice and sesame oil and toss to coat.
4. For the tempeh; heat coconut oil in a skillet over medium-high heat. Add tempeh to the pan and fry until golden brown.
5. Add peanuts to the pan and fry for another 1-2 minutes or until golden.
6. Add a good splash of tomato sambal and continue frying. The liquid will quickly cook away and coat the tempeh and peanuts.
7. Assemble; serve Bali bowls with a portion of quinoa and salad, top with the hot tempeh and peanuts, and extra tomato sambal on the side.

Calories	425
Total Fat	19.5g
Saturated Fat	5.4g
Cholesterol	0mg
Sodium	61mg
Total Carbohydrate	47.8g
Dietary Fibre	9g
Total Sugars	10.6g
Protein	21.8g

## PEANUT BUTTER SQUASH SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml organic almond milk
- 80g butternut squash puree
- 2 tablespoons peanut powder
- 40g rice protein, chocolate flavor
- 1 tablespoon cacao powder
- 1 date

### Instructions:

1. Combine almond milk, squash, peanut powder and rice protein in a food blender.
2. Blend on high until smooth.
3. Pour half the mixture into a serving glass. Add cacao powder to the blender and blend on high until smooth.
4. Pour over the first layer.
5. Serve.

## QUINOA JAMBALAYA

Preparation time: 5 minutes

Cooking time: 35 minutes

Servings: 2

### Ingredients:

- 20ml extra virgin olive oil
- 1 yellow onion, diced
- 2 cloves garlic, chopped
- 2 Vegan sausage, sliced (kielbasa style)
- 2 large stalks celery, diced
- ½ tablespoon chopped jalapeno peppers
- 300g can chopped tomatoes
- 90g dry quinoa
- 550ml vegetable stock
- 1 teaspoon vegan Worcestershire sauce
- 1 bay leaf
- ½ teaspoon smoked paprika
- 1 teaspoon hot sauce
- 10g cilantro, chopped

Calories	570
Total Fat	26.8g
Saturated Fat	5g
Cholesterol	0mg
Sodium	1645mg
Total Carbohydrate	52.3g
Dietary Fibre	6.8g
Total Sugars	6.7g
Protein	35.3g

### Instructions:

1. Heat oil in a large skillet or saucepan.
2. Add onion, garlic, celery, Vegan sausage, and jalapeño to oil and sauté until onions are translucent, about 3 minutes.
3. Add tomatoes and cook an additional minute or two to soften them up.
4. Add quinoa, vegetable stock, Worcestershire sauce, bay leaves, paprika, hot sauce, salt, and pepper to pan and stir to combine. Cover and bring mixture to a simmer. Let it cook for 20-25 minutes, until the quinoa has absorbed all the liquid and cooked through.
5. Stir in fresh cilantro and serve immediately.

## SUNDAY OATS AND APPLE SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 25g rolled oats
- 250ml organic almond milk
- 1 tablespoon peanut butter
- 1 teaspoon maple syrup
- 1 teaspoon chia seeds
- 50g rice protein
- 50g apple, chopped

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	568
Total Fat	18.4g
Saturated Fat	2.7g
Cholesterol	0mg
Sodium	286mg
Total Carbohydrate	52.6g
Dietary Fibre	8.1g
Total Sugars	24.6g
Protein	50.7g

## QUINOA JAMBALAYA - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 35 minutes

Servings: 2

### Ingredients:

- 20ml extra virgin olive oil
- 1 yellow onion, diced
- 2 cloves garlic, chopped
- 2 Vegan sausage, sliced (kielbasa style)
- 2 large stalks celery, diced
- ½ tablespoon chopped jalapeno peppers
- 300g can chopped tomatoes
- 90g dry quinoa
- 550ml vegetable stock
- 1 teaspoon vegan Worcestershire sauce
- 1 bay leaf
- ½ teaspoon smoked paprika
- 1 teaspoon hot sauce
- 10g cilantro, chopped

### Instructions:

1. Heat oil in a large skillet or saucepan.
2. Add onion, garlic, celery, Vegan sausage, and jalapeño to oil and sauté until onions are translucent, about 3 minutes.
3. Add tomatoes and cook an additional minute or two to soften them up.
4. Add quinoa, vegetable stock, Worcestershire sauce, bay leaves, paprika, hot sauce, salt, and pepper to pan and stir to combine. Cover and bring mixture to a simmer. Let it cook for 20-25 minutes, until the quinoa has absorbed all the liquid and cooked through.
5. Stir in fresh cilantro and serve immediately.

Calories	570
Total Fat	26.8g
Saturated Fat	5g
Cholesterol	0mg
Sodium	1645mg
Total Carbohydrate	52.3g
Dietary Fibre	6.8g
Total Sugars	6.7g
Protein	35.3g



## ALL IN ONE SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 200ml coconut water
- 45g rice protein
- 15g spinach
- 20g cooked quinoa
- 1 tablespoon flax seeds
- 50g blueberries
- 80g pineapple
- 1 small banana, sliced
- 2 ice cubes

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend until smooth.
3. Serve.

Calories	524
Total Fat	3.3g
Saturated Fat	0.4g
Cholesterol	0mg
Sodium	122mg
Total Carbohydrate	80.3g
Dietary Fibre	8.3g
Total Sugars	54.9g
Protein	45g

## CREAMY JUNGLE CURRY

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 1 sachet Thai Jungle Curry Protein Seasoning
- 1 tablespoon olive oil
- 1 onion, diced
- 400ml reduced fat coconut milk
- 300g eggplant, cubed
- 100g peas
- 200g cooked chickpeas
- 200g cooked lentils
- 10g Thai basil, to garnish
- Salt and pepper, to taste

### Instructions:

1. Heat olive oil in a pan on a medium heat then fry the diced onions until they're soft
2. Add coconut milk and Thai Jungle Curry Protein Seasoning and stir well.
3. Add eggplant and cook 15 minutes.
4. Finally, add the peas, chickpeas, and lentils. Cook for 5 minutes. Adjust the seasoning.
5. Spoon into bowls and serve with Thai basil.

Calories	501
Total Fat	11.2g
Saturated Fat	1.4g
Cholesterol	0mg
Sodium	19mg
Total Carbohydrate	77.1g
Dietary Fibre	31.6g
Total Sugars	16.4g
Protein	28.1g

# Week 2 - 2200cal

## GROCERY LIST

### Fruits:

- Raspberries, frozen, 50g
- Blueberries, frozen, 100g
- Apple, 50g
- Apricots, 140g
- Banana, 2 pieces
- Blueberries, fresh, 50g
- Date, pitted, 1
- Kiwi, 100g
- Peaches, 80g
- Pineapple, 80g
- Raspberries, fresh, 110g
- Strawberries, 50g

### Vegetables:

- Arugula, 30g
- Red bell pepper, 1 piece
- Yellow bell pepper, 1 piece
- Cabbage, 150g
- Carrots, 130g
- Celery, stalk, 100g
- Cherry tomatoes, 300g
- Garlic, 10 cloves
- Red chili peppers, 2 pieces
- Eggplant, 300g
- Green beans, trimmed, 40g
- Jalapeno pepper, 1 piece
- Kale, 40g
- Lime, 2 pieces
- Onion, 6 pieces
- Peas, 100g
- Shallots, 2 pieces
- Spinach, 95g
- Sweet potato, 2 pieces
- Tomatoes, ripe, 3 pieces
- Zucchini, 150g
- Brown mushrooms, 150g

### Grains and Cereals:

- Muesli, Vegan, 40g
- Oats, 30g
- Rolled oats, 55g
- Amaranth, dry, 95g
- Barley flakes, 10g
- Lupin flakes, 30g
- Lupin seeds, cooked, 150g
- Spelt flakes, 20g
- Quinoa, 525g

### Can Products:

- Can chopped tomatoes, 1100g

### Beans and Legumes:

- Chickpeas, 500g
- Lentils, 480g
- Red lentils, 95g

### Spices and Herbs:

- Tikka Masala
- Jungle Curry Protein Seasoning
- Cilantro
- Kaffir lime leaves
- Thai Basil
- Bay leaf. Salt
- Pepper
- Cardamom
- Chili powder
- Chipotle powder
- Coriander
- Cumin
- Garlic powder
- Turmeric
- Smoked paprika
- Thyme

### Butter; and Oil:

- Almond butter, 25g
- Peanut butter, 15g
- Coconut oil, 40ml
- Olive oil, 60ml
- Sesame oil, 5ml
- Extra-virgin olive oil, 20ml

### Nuts and Seeds:

- Chia seeds, 30g
- Almonds, slivered, 20g
- Cashews, raw, 30g
- Flax seeds, 3 ½ tablespoons
- Peanuts, 30g

### Soy Products:

- Tempeh, 125g
- Silken tofu, 120g
- Soy milk, 500ml

### Non-Dairy:

- Coconut cream, 20g
- Coconut milk, 1.05 liters (400ml is reduced fat milk)
- Almond milk, 1.43liters
- Coconut yogurt, 60g

### Protein Powder:

- Rice protein, 700g

### Sweeteners:

- Coconut sugar, 20g
- Maple syrup, 50ml

### Additional:

- Almond meal, 30g
- Baking powder, ¼ teaspoon
- Coconut flour, 15g
- Cacao powder, 25g
- Nutritional yeast, 15g
- Coconut water, 200ml
- Oat flour, 30g
- Vegetable stock, 700ml
- Vegan sausages, 2 pieces
- Coconut chips, 20g
- Peanut powder, pb2, 30g

## Week 3 - 2200 Cal

### MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFASTS	Almond Porridge	Homemade Protein Muesli	Breakfast Mousse	Chia Chai Pudding	Black Cherry Parfait	Chickpea Pancake	Grapefruit Chia Pudding
LUNCH	Creamy Jungle Curry – previous night dinner	Sweet Potato with Beans – previous night dinner	Buckwheat Risotto with Mushrooms – previous night dinner	Moroccan Stuffed Zucchini – previous night dinner	Tempeh Kale Enchilada – previous night dinner	Red Lentil Bean Chili – previous night dinner	Quinoa Lentil Risotto – previous night dinner
SNACKS	Nuts and Berries Smoothie	Strawberry Green Smoothie	Cherry Chia Spinach Smoothie	Pineapple Kale Smoothie	Jam Almond Shake	Green Pistachio Smoothie	Blueberry Beginning
DINNER	Sweet Potato with Beans	Buckwheat Risotto with Mushrooms	Moroccan Stuffed Zucchini	Tempeh Kale Enchilada	Jam Almond Shake	Quinoa Lentil Risotto	Spinach Artichoke Dip with Sweet Potatoes

## MONDAY ALMOND PORRIDGE

Preparation time: 5 minutes

Cooking time: 5 minutes

Servings: 1

### Ingredients:

- 35g coarse almond meal
- 2 tablespoons flax seeds
- 2 tablespoons shredded coconut
- 1 tablespoon chia seeds
- 40g rice protein, vanilla flavor
- 140ml almond milk
- 5ml maple syrup
- 40g blueberries

### Instructions:

1. In a small or medium pot combine all dry ingredients and mix.
2. Then add the rest of the wet ingredients and mix until fully blended.
3. Heat on medium while stirring for about 5 minutes until thick.
4. Serve, topped with blueberries.

Calories	629
Total Fat	32.6g
Saturated Fat	5.5g
Cholesterol	0mg
Sodium	153mg
Total Carbohydrate	36.1g
Dietary Fibre	13.9g
Total Sugars	13.5g
Protein	46.2g

## CREAMY JUNGLE CURRY - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 1 sachet Thai Jungle Curry Protein Seasoning
- 1 tablespoon olive oil
- 1 onion, diced
- 400ml reduced fat coconut milk
- 300g eggplant, cubed
- 100g peas
- 200g cooked chickpeas
- 200g cooked lentils
- 10g Thai basil, to garnish
- Salt and pepper, to taste

### Instructions:

1. Heat olive oil in a pan on a medium heat then fry the diced onions until they're soft
2. Add coconut milk and Thai Jungle Curry Protein Seasoning and stir well.
3. Add eggplant and cook 15 minutes.
4. Finally, add the peas, chickpeas, and lentils. Cook for 5 minutes. Adjust the seasoning.
5. Spoon into bowls and serve with Thai basil.

Calories	501
Total Fat	11.2g
Saturated Fat	1.4g
Cholesterol	0mg
Sodium	19mg
Total Carbohydrate	77.1g
Dietary Fibre	31.6g
Total Sugars	16.4g
Protein	28.1g

## NUTS AND BERRIES SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml soy milk
- 45g rice protein powder, vanilla flavor
- 1 extra-small banana, frozen (slice before freezing)
- 50g blueberries
- 15g almonds, soaked in hot water 15 minutes
- 15g cashews, soaked in hot water 15 minutes
- 1 teaspoon chia seeds

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend don high until smooth.
3. Serve.

Calories	601
Total Fat	20.2g
Saturated Fat	2.7g
Cholesterol	0mg
Sodium	169mg
Total Carbohydrate	53.3g
Dietary Fibre	8.6g
Total Sugars	27g
Protein	54.8g

## SWEET POTATO WITH BEANS

Preparation time: 5 minutes

Cooking time: 35 minutes

Servings: 2

### Ingredients:

- 200g sweet potato, peeled, cut into cubes
- 200g cooked black beans
- 200g firm tofu, drained
- 10ml olive oil
- 1 onion, diced
- 1 clove garlic, minced
- ½ teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 jalapeno pepper, seeded, minced
- ¼ lime, juiced
- 1 tablespoon chopped cilantro
- Salt and pepper, to taste

### Instructions:

1. Cut the drained tofu block into slices. Spray a foil-lined baking sheet with oil and place the tofu slices on it in a single layer. Bake in a preheated 220c for 25-30 minutes, until the tofu is golden brown, flipping the tofu slices over once halfway through baking.
2. Cut the tofu into cubes.
3. Heat the oil in a wok.
4. Add the onions and garlic and a pinch of salt. Cook until the onions and garlic soften, about 3-4 minutes.
5. Add the cumin, coriander, jalapeno, and stir-fry for another minute.
6. Add the sweet potatoes, stir to mix, then cover the skillet with a lid and let the sweet potatoes cook over medium heat until tender, about 6-8 minutes.
7. Add the black beans and tofu and stir them in. Add salt to taste and cook through until hot, about five minutes, stirring. Season to taste with salt and pepper.
8. Squeeze in the lime and sprinkle on the coriander.
9. Serve.

Calories	466
Total Fat	14.4g
Saturated Fat	2.1g
Cholesterol	0mg
Sodium	28mg
Total Carbohydrate	63g
Dietary Fibre	16.8g
Total Sugars	3.2g
Protein	27.1g

## TUESDAY HOMEMADE PROTEIN MUESLI

Preparation time: 10 minutes

Cooking time: 2 minutes

Servings: 1

### Ingredients:

- 50g oats
- 20g hazelnuts
- 15g sliced almonds
- 1 tablespoon sunflower seeds
- 1 tablespoon dates, chopped
- 10g cranberries
- 40g rice protein, vanilla flavor
- 250ml soy milk

### Instructions:

1. Heat large skillet over medium-high heat.
2. Add oats, hazelnuts, almonds, and sunflower seeds.
3. Toast in a dry skillet for 1-2 minutes, tossing gently.
4. Place aside to cool.
5. Combine soy milk and rice protein in a food blender.
6. Blend on high until smooth.
7. Serve muesli into a bowl. Add dates and cranberries. Pour over the protein milk. Allow to rest 5 minutes.
8. Serve.

Calories	763
Total Fat	29g
Saturated Fat	2.7g
Cholesterol	0mg
Sodium	183mg
Total Carbohydrate	74.4g
Dietary Fibre	12.4g
Total Sugars	25.3g
Protein	54.6g

## SWEET POTATO WITH BEANS - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 35 minutes

Servings: 2

### Ingredients:

- 200g sweet potato, peeled, cut into cubes
- 200g cooked black beans
- 200g firm tofu, drained
- 10ml olive oil
- 1 onion, diced
- 1 clove garlic, minced
- ½ teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 jalapeno pepper, seeded, minced
- ¼ lime, juiced
- 1 tablespoon chopped cilantro
- Salt and pepper, to taste

### Instructions:

1. Cut the drained tofu block into slices. Spray a foil-lined baking sheet with oil and place the tofu slices on it in a single layer. Bake in a preheated 220c for 25-30 minutes, until the tofu is golden brown, flipping the tofu slices over once halfway through baking.
2. Cut the tofu into cubes.
3. Heat the oil in a wok.
4. Add the onions and garlic and a pinch of salt. Cook until the onions and garlic soften, about 3-4 minutes.
5. Add the cumin, coriander, jalapeno, and stir-fry for another minute.
6. Add the sweet potatoes, stir to mix, then cover the skillet with a lid and let the sweet potatoes cook over medium heat until tender, about 6-8 minutes.
7. Add the black beans and tofu and stir them in. Add salt to taste and cook through until hot, about five minutes, stirring. Season to taste with salt and pepper.
8. Squeeze in the lime and sprinkle on the coriander.
9. Serve.

Calories	466
Total Fat	14.4g
Saturated Fat	2.1g
Cholesterol	0mg
Sodium	28mg
Total Carbohydrate	63g
Dietary Fibre	16.8g
Total Sugars	3.2g
Protein	27.1g

## STRAWBERRY GREEN SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml organic almond milk
- ½ avocado, peeled, chopped
- 50g strawberries
- 30g spinach
- 60g rice protein, chocolate flavor

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	486
Total Fat	20.4g
Saturated Fat	2.4g
Cholesterol	0mg
Sodium	253mg
Total Carbohydrate	24.1g
Dietary Fibre	7.5g
Total Sugars	10.6g
Protein	53g

## BUCKWHEAT RISOTTO WITH MUSHROOMS

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 300g portabella mushrooms, sliced
- 1 red onion, diced
- 1 clove garlic, minced
- 100g parsnip, peeled, cubed
- 10ml coconut oil
- 10g Vegan butter
- 15g dried cranberries
- 150g buckwheat groats
- 450ml vegetable stock
- 70ml white wine (you can omit, but increase vegetable stock)
- 1 sprig thyme
- Salt and pepper, to taste
- 1 tablespoon chopped parsley

### Instructions:

1. Set vegetable stock to a simmer.
2. Heat 10ml coconut oil in a skillet.
3. Add onion, garlic, parsnip, and cranberries.
4. Cook for 4 minutes over medium-high heat.
5. Add buckwheat and cook until fragrant, for 2minutes.
6. Pour in wine to deglaze the pan and stir gently.
7. Add simmering stock and thyme. Season to taste.
8. Let the mixture simmer 20 minutes over medium heat. Remove and place aside.
9. Heat Vegan butter in a clean large skillet.
10. Add mushrooms and cook 5 minutes. Season to taste and stir in buckwheat risotto.
11. Serve warm, topped with parsley.

Calories	471
Total Fat	13.4g
Saturated Fat	7g
Cholesterol	0mg
Sodium	746mg
Total Carbohydrate	79.2g
Dietary Fibre	13.9g
Total Sugars	11.9g
Protein	14.7g

## WEDNESDAY BREAKFAST MOUSSE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 80g firm tofu, drained well
- 45g rice protein, vanilla flavor
- 30g peanut flour, low-fat
- 100ml organic almond milk
- 5ml maple syrup
- ½ small banana, sliced
- 1 pinch cinnamon

### Instructions:

1. Rinse and drain tofu as much as possible.
2. Place the tofu, rice protein, peanut flour, almond milk, and maple syrup in a food blender.
3. Blend until smooth.
4. Transfer the mousse in a tall glass.
5. Top with banana and cinnamon.
6. Serve.

Calories	514
Total Fat	16.5g
Saturated Fat	2.2g
Cholesterol	0mg
Sodium	126mg
Total Carbohydrate	35.6g
Dietary Fibre	7.9g
Total Sugars	14.4g
Protein	60.3g

## BUCKWHEAT RISOTTO WITH MUSHROOMS - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 300g portabella mushrooms, sliced
- 1 red onion, diced
- 1 clove garlic, minced
- 100g parsnip, peeled, cubed
- 10ml coconut oil
- 10g Vegan butter
- 15g dried cranberries
- 150g buckwheat groats
- 450ml vegetable stock
- 70ml white wine (you can omit, but increase vegetable stock)
- 1 sprig thyme
- Salt and pepper, to taste
- 1 tablespoon chopped parsley

### Instructions:

1. Set vegetable stock to a simmer.
2. Heat 10ml coconut oil in a skillet.
3. Add onion, garlic, parsnip, and cranberries.
4. Cook for 4 minutes over medium-high heat.
5. Add buckwheat and cook until fragrant, for 2minutes.
6. Pour in wine to deglaze the pan and stir gently.
7. Add simmering stock and thyme. Season to taste.
8. Let the mixture simmer 20 minutes over medium heat. Remove and place aside.
9. Heat Vegan butter in a clean large skillet.
10. Add mushrooms and cook 5 minutes. Season to taste and stir in buckwheat risotto.
11. Serve warm, topped with parsley.

Calories	471
Total Fat	13.4g
Saturated Fat	7g
Cholesterol	0mg
Sodium	746mg
Total Carbohydrate	79.2g
Dietary Fibre	13.9g
Total Sugars	11.9g
Protein	14.7g



## CHERRY CHIA SPINACH SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 150ml coconut milk
- 100ml organic almond milk
- 60g rice protein, vanilla flavor
- 50g spinach
- 100g frozen cherries
- 1 teaspoon chia seeds
- 5ml maple syrup

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	713
Total Fat	41.4g
Saturated Fat	32.7g
Cholesterol	0mg
Sodium	195mg
Total Carbohydrate	35.8g
Dietary Fibre	8g
Total Sugars	23.3g
Protein	56.2g

## MOROCCAN STUFFED ZUCCHINI

Preparation time: 5 minutes

Cooking time: 40 minutes

Servings: 2

### Ingredients:

- 2 large zucchinis, washed, trimmed
- 15ml olive oil
- 1 small onion, diced
- 250g can fire-roasted tomatoes
- 1 clove garlic, minced
- ½ teaspoon ginger, minced
- 1 small carrot, chopped
- ¼ teaspoon turmeric
- ¼ teaspoon cinnamon
- ½ teaspoon coriander powder
- ½ teaspoon cumin powder
- 130ml vegetable stock
- ½ tablespoon coconut sugar
- ½ tablespoon balsamic vinegar
- 15g dried cherries, chopped
- 250g cooked chickpeas
- Salt and pepper, to taste

### Instructions:

1. Cut each zucchini in half horizontally, then carefully scoop out the seeds, leaving about 1cm of zucchini on the skin.
2. Place the scooped zucchini in a medium sized bowl and gently pat with a paper towel to get rid of a bit of the excess water.
3. Preheat oven to 200C. Line or grease baking sheet.
4. Place each zucchini half onto the baking sheet, skin side down and set aside.
5. Prepare filling; heat the olive oil in a large skillet. When the oil is hot, add the diced onion and salt and cook until softened, about 5 minutes.
6. Add the tomatoes, ginger, garlic and carrot to the pan. Stir.
7. Add the spices the vegetables and stir it all together, coating everything in spice. Add the stock, sugar and balsamic vinegar. Bring to a simmer, cover the pot with a fitted lid and let cook for 10 minutes. Taste and season with more salt as necessary.
8. Add the chopped cherries and chickpeas and stir to mix in well. Turn off the heat.
9. Spoon the chickpea filling carefully into each zucchini half, filling as much as you can. Transfer the baking sheet to the oven and cook for 20 minutes.
10. Serve.

Calories	431
Total Fat	11.6g
Saturated Fat	2g
Cholesterol	0mg
Sodium	545mg
Total Carbohydrate	71g
Dietary Fibre	16.9g
Total Sugars	24g
Protein	17.1g

## THURSDAY CHIA CHAI PUDDING

Preparation time: 5 minutes + inactive time

Servings: 1

### Ingredients:

- 180ml organic almond milk
- 2 tablespoons chia seeds
- 50g rice protein, vanilla flavor
- 10ml maple syrup
- 1 pinch cinnamon
- 1 pinch cardamom
- 1 pinch ground cloves
- 1 tablespoon ground pistachios
- 1 banana, sliced

### Instructions:

1. Stir almond milk, protein powder, chia, maple syrup, vanilla, cinnamon, cardamom and cloves together in a small bowl.
2. Cover and refrigerate for at least 8 hours.
3. When ready to serve, stir well.
4. Spoon about half the pudding into a serving glass (or bowl) and top with half the banana and pistachios.
5. Add the rest of the pudding and top with the remaining banana and pistachios.
6. Serve.

Calories	592
Total Fat	21.2g
Saturated Fat	2.3g
Cholesterol	0mg
Sodium	230mg
Total Carbohydrate	56.8g
Dietary Fibre	14.6g
Total Sugars	27.5g
Protein	52.1g

## MOROCCAN STUFFED ZUCCHINI - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 40 minutes

Servings: 2

### Ingredients:

- 2 large zucchinis, washed, trimmed
- 15ml olive oil
- 1 small onion, diced
- 250g can fire-roasted tomatoes
- 1 clove garlic, minced
- ½ teaspoon ginger, minced
- 1 small carrot, chopped
- ¼ teaspoon turmeric
- ¼ teaspoon cinnamon
- ½ teaspoon coriander powder
- ½ teaspoon cumin powder
- 130ml vegetable stock
- ½ tablespoon coconut sugar
- ½ tablespoon balsamic vinegar
- 15g dried cherries, chopped
- 250g cooked chickpeas
- Salt and pepper, to taste

Calories	431
Total Fat	11.6g
Saturated Fat	2g
Cholesterol	0mg
Sodium	545mg
Total Carbohydrate	71g
Dietary Fibre	16.9g
Total Sugars	24g
Protein	17.1g

### Instructions:

1. Cut each zucchini in half horizontally, then carefully scoop out the seeds, leaving about 1cm of zucchini on the skin.
2. Place the scooped zucchini in a medium sized bowl and gently pat with a paper towel to get rid of a bit of the excess water.
3. Preheat oven to 200C. Line or grease baking sheet.
4. Place each zucchini half onto the baking sheet, skin side down and set aside.
5. Prepare filling; heat the olive oil in a large skillet. When the oil is hot, add the diced onion and salt and cook until softened, about 5 minutes.
6. Add the tomatoes, ginger, garlic and carrot to the pan. Stir.
7. Add the spices the vegetables and stir it all together, coating everything in spice. Add the stock, sugar and balsamic vinegar. Bring to a simmer, cover the pot with a fitted lid and let cook for 10 minutes. Taste and season with more salt as necessary.
8. Add the chopped cherries and chickpeas and stir to mix in well. Turn off the heat.
9. Spoon the chickpea filling carefully into each zucchini half, filling as much as you can. Transfer the baking sheet to the oven and cook for 20 minutes.
10. Serve.

## PINEAPPLE KALE SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml organic almond milk
- 100g pineapple
- 20g kale, stems removed
- 60g rice protein
- 1 tablespoon flax seeds
- 1 tablespoon almond butter
- 10ml lime juice

### Instructions:

1. Blend all the ingredients in a food blender until smooth.
2. Serve.

Calories	516
Total Fat	18.6g
Saturated Fat	1.7g
Cholesterol	0mg
Sodium	305mg
Total Carbohydrate	32.3g
Dietary Fibre	4.2g
Total Sugars	18.5g
Protein	54.9g

## TEMPEH KALE ENCHILADA

Preparation time: 10 minutes + inactive time

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 50g raw cashews, soaked 30 minutes in warm water
- 5ml coconut oil
- 90g jar salsa
- 1 small bell pepper, seeded, sliced
- ¼ teaspoon chili powder
- ¼ teaspoon garlic powder
- 1 pinch cayenne pepper
- 120g tempeh, finely chopped
- 1 onion, chopped
- 40g kale, stems removed, chopped
- 200g cooked black beans
- 80g corn
- 70g enchilada sauce, Vegan

Calories	624
Total Fat	22.5g
Saturated Fat	5.8g
Cholesterol	0mg
Sodium	242mg
Total Carbohydrate	86.1g
Dietary Fibre	23.5g
Total Sugars	4.4g
Protein	33g

### Instructions:

1. Preheat oven to 180C. Rub glass baking dish with coconut oil.
2. Place cashews in a small bowl. Cover with hot water and side aside to soak.
3. Meanwhile, chop tempeh, pepper, onion, and kale. Set the chopped pepper aside. Place the rest of the veggies in a large bowl. Add beans and corn.
4. Place drained cashews, salsa, and chopped bell pepper, and spices in a high-speed blender. Blend until very smooth and creamy.
5. Pour sauce over the veggie-tempeh-bean mixture, stirring very well.
6. Dump mixture into baking dish. Using a spatula, press down the casserole so it's packed very tight.
7. Top with enchilada sauce. Spread enchilada sauce so it covers mixture. Sprinkle with chili powder if desired.
8. Bake for 30 minutes.
9. Serve warm.

## FRIDAY BLACK CHERRY PARFAIT

Preparation time: 10 minutes

Servings: 1

### Ingredients:

- 250ml organic almond milk
- 1 ½ tablespoons almond butter
- 4 ice cubes
- 50g rice protein, vanilla flavor
- 120g black cherries
- ½ teaspoon turmeric powder
- 1 tablespoon slivered almonds

### Instructions:

1. Pour almond milk into a blender and add almond butter, ice and protein powder.
2. Blend until smooth then transfer to small mason jar and place in the freezer to set for a few minutes.
3. Add in cherries and turmeric powder then blend until smooth.
4. Remove jars from freezer and pour cherry layer on top.
5. Top with crushed slivered almonds and serve.

Calories	582
Total Fat	24.7g
Saturated Fat	2.2g
Cholesterol	0mg
Sodium	332mg
Total Carbohydrate	41.1g
Dietary Fibre	4.9g
Total Sugars	24.6g
Protein	52.9g

## TEMPEH KALE ENCHILADA - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes + inactive time

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 50g raw cashews, soaked 30 minutes in warm water
- 5ml coconut oil
- 90g jar salsa
- 1 small bell pepper, seeded, sliced
- ¼ teaspoon chili powder
- ¼ teaspoon garlic powder
- 1 pinch cayenne pepper
- 120g tempeh, finely chopped
- 1 onion, chopped
- 40g kale, stems removed, chopped
- 200g cooked black beans
- 80g corn
- 70g enchilada sauce, Vegan

### Instructions:

1. Preheat oven to 180C. Rub glass baking dish with coconut oil.
2. Place cashews in a small bowl. Cover with hot water and side aside to soak.
3. Meanwhile, chop tempeh, pepper, onion, and kale. Set the chopped pepper aside. Place the rest of the veggies in a large bowl. Add beans and corn.
4. Place drained cashews, salsa, and chopped bell pepper, and spices in a high-speed blender. Blend until very smooth and creamy.
5. Pour sauce over the veggie-tempeh-bean mixture, stirring very well.
6. Dump mixture into baking dish. Using a spatula, press down the casserole so it's packed very tight.
7. Top with enchilada sauce. Spread enchilada sauce so it covers mixture. Sprinkle with chili powder if desired.
8. Bake for 30 minutes.
9. Serve warm.

Calories	624
Total Fat	22.5g
Saturated Fat	5.8g
Cholesterol	0mg
Sodium	242mg
Total Carbohydrate	86.1g
Dietary Fibre	23.5g
Total Sugars	4.4g
Protein	33g

## JAM ALMOND SHAKE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 45g rice protein powder, vanilla flavor
- 15g peanut butter
- 25g almonds
- 250ml unsweetened almond milk
- 4 ice cubes
- 30g apricot jam, Vegan

### Instructions:

1. Combine all ingredients in a blender.
2. Blend on high until smooth.
3. Serve.

Calories	463
Total Fat	18.9g
Saturated Fat	3.5g
Cholesterol	0mg
Sodium	394mg
Total Carbohydrate	31.6g
Dietary Fibre	2.9g
Total Sugars	18.1g
Protein	45.2g

## RED LENTIL BEAN CHILI

Preparation time: 5 minutes

Cooking time: 40 minutes

Servings: 2

### Ingredients:

- 10ml coconut oil
- 1 small onion, diced
- 40g red pepper, diced
- ½ jalapeno pepper, seeded, minced
- 2 cloves garlic, minced
- 1 tablespoon chili powder, divided
- Teaspoon ground cumin
- 1/3 teaspoon smoked paprika
- 300g can chopped tomatoes
- 20g tomato paste
- 120ml water
- 50g dry red lentils, thoroughly rinsed in cold water, drained
- 180g cooked kidney beans
- 180g cooked black beans
- 5g coconut sugar
- 10g can corn
- Salt and pepper, to taste
- ½ avocado, diced, to serve with

### Instructions:

1. Heat a large pot over medium heat. Once hot, add oil, onion, and red pepper. Season with a healthy pinch each salt and pepper and stir. Sauté for 3-4 minutes, stirring frequently.
2. Add jalapeño and garlic to a mortar and pestle and crush into a rough paste.
3. Add to the pot with onion and red pepper, and season with another pinch salt and pepper.
4. Add 2/3 of the chili powder, half of the cumin, paprika, diced tomatoes, tomato paste, and water, and stir to combine. Bring to a low boil over medium high heat.
5. Once boiling, add lentils and reduce heat to medium-low or low, so it is at a gentle simmer. Cook for 15 minutes, or until lentils are mostly tender.
6. Next add kidney beans, black beans, salt, pepper, and remaining cumin and chili powder and stir to combine.
7. Bring to a simmer over medium heat, then reduce heat slightly to low. Add corn and sugar, and simmer 15 minutes.
8. Adjust seasoning and serve war, topped with diced avocado.

Calories	531
Total Fat	13.6g
Saturated Fat	5.3g
Cholesterol	0mg
Sodium	76mg
Total Carbohydrate	79.4g
Dietary Fibre	28.3g
Total Sugars	8g
Protein	26.7g

## SATURDAY CHICKPEA PANCAKE

Preparation time: 5 minutes

Cooking time: 15 minutes

Servings: 1

### Ingredients:

- 10ml olive oil
- 1 spring onion, chopped
- ½ red bell pepper, chopped
- 30g chickpea flour
- ¼ teaspoon baking powder
- 30g vegan blend protein powder
- ¼ teaspoon garlic
- Salt and pepper, to taste
- 130ml water

### To serve with:

- ¼ avocado, sliced
- 1 tablespoon tahini
- 10ml lemon juice
- Salt and pepper, to taste
- 1 pinch smoked paprika

### Instructions:

1. Prepare the vegetables and set aside. Preheat a large skillet over medium heat.
2. In a small bowl, whisk together the chickpea flour, protein powder, garlic powder, salt, pepper, and baking powder.
3. Add the water and whisk well until no clumps remain.
4. Stir in the chopped vegetables.
5. When the skillet is pre-heated, brush it with olive oil
6. Pour on all of the batter and quickly spread it out all over the pan. Cook for about 5-6 minutes on one side until you can easily slide a pancake spatula under the pancake.
7. Flip pancake carefully and cook for another 5 minutes, until lightly golden.
8. Serve on a large plate and top with avocado and tahini drizzle.
9. To make the drizzle, combine tahini, lemon juice, and paprika. Stir until smooth.

Calories	563
Total Fat	27.9g
Saturated Fat	3.7g
Cholesterol	0mg
Sodium	51mg
Total Carbohydrate	37.8g
Dietary Fibre	8.9g
Total Sugars	4g
Protein	45.3g

## RED LENTIL BEAN CHILI - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 40 minutes

Servings: 2

### Ingredients:

- 10ml coconut oil
- 1 small onion, diced
- 40g red pepper, diced
- ½ jalapeno pepper, seeded, minced
- 2 cloves garlic, minced
- 1 tablespoon chili powder, divided
- Teaspoon ground cumin
- 1/3 teaspoon smoked paprika
- 300g can chopped tomatoes
- 20g tomato paste
- 120ml water
- 50g dry red lentils, thoroughly rinsed in cold water, drained
- 180g cooked kidney beans
- 180g cooked black beans
- 5g coconut sugar
- 10g can corn
- Salt and pepper, to taste
- ½ avocado, diced, to serve with

Calories	531
Total Fat	13.6g
Saturated Fat	5.3g
Cholesterol	0mg
Sodium	76mg
Total Carbohydrate	79.4g
Dietary Fibre	28.3g
Total Sugars	8g
Protein	26.7g

### Instructions:

1. Heat a large pot over medium heat. Once hot, add oil, onion, and red pepper. Season with a healthy pinch each salt and pepper and stir. Sauté for 3-4 minutes, stirring frequently.
2. Add jalapeño and garlic to a mortar and pestle and crush into a rough paste.
3. Add to the pot with onion and red pepper, and season with another pinch salt and pepper.
4. Add 2/3 of the chili powder, half of the cumin, paprika, diced tomatoes, tomato paste, and water, and stir to combine. Bring to a low boil over medium high heat.
5. Once boiling, add lentils and reduce heat to medium-low or low, so it is at a gentle simmer. Cook for 15 minutes, or until lentils are mostly tender.
6. Next add kidney beans, black beans, salt, pepper, and remaining cumin and chili powder and stir to combine.
7. Bring to a simmer over medium heat, then reduce heat slightly to low. Add corn and sugar, and simmer 15 minutes.
8. Adjust seasoning and serve war, topped with diced avocado.



## GREEN PISTACHIO SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 40g spinach
- 1 extra-small banana, frozen (slice before freezing)
- 220ml organic almond milk
- 10g coconut flakes
- 25g pistachios
- 50g rice protein, vanilla flavor

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	532
Total Fat	20.8g
Saturated Fat	4.2g
Cholesterol	0mg
Sodium	365mg
Total Carbohydrate	38.4g
Dietary Fibre	6.2g
Total Sugars	19.2g
Protein	53.1g

## QUINOA LENTIL RISOTTO

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 90g dry brown lentils, soaked for 30 minutes, drained, rinsed
- 80g dry quinoa, soaked for 30 minutes, drained, rinsed
- 850ml water
- 1 vegetable stock cube
- 300g asparagus, trimmed, chopped
- 80g green peas
- 30ml olive oil
- 2 shallots, diced
- 1 clove garlic, minced
- 1 lemon, juiced, and zested
- 2 tablespoons nutritional yeast
- 30g toasted slivered almonds, to serve with
- Salt and pepper, to taste

### Instructions:

1. Dissolve vegetable stock cube in water, or use homemade vegetable stock.
2. Combine lentils, quinoa, and stock in a saucepot.
3. Bring to a boil over medium-high heat.
4. Reduce heat and simmer, covered for 15 minutes. Stir the lentils and quinoa occasionally.
5. Remove the lid and continue to simmer 5 minutes.
6. Stir in nutritional yeast and remove from heat.
7. In the meantime, heat olive oil in a skillet.
8. Add shallots and cook 3 minutes. Add asparagus, and a pinch of salt and cook for 4 minutes, stirring once or twice.
9. Add garlic and 2 tablespoons of water (if the skillet is dry) and toss to combine. Cook 1 minute.
10. Add peas and cook 1 minute. Stir in lemon juice and zest.
11. Serve risotto topped with asparagus, peas, and toasted almonds.

Calories	578
Total Fat	18.8g
Saturated Fat	2.7g
Cholesterol	0mg
Sodium	1395mg
Total Carbohydrate	73g
Dietary Fibre	23.8g
Total Sugars	7.2g
Protein	33.8g

## SUNDAY GRAPEFRUIT CHIA PUDDING

Preparation time: 5 minutes + inactive time

Servings: 1

### Ingredients:

- 50ml coconut milk
- 180ml unsweetened almond milk
- 45g chia seeds
- 45g rice protein, vanilla flavor
- ½ teaspoon minced ginger
- 120g pink grapefruit, peeled, segmented
- 5ml maple syrup
- 10g desiccated coconut

### Instructions:

1. In a large bowl, combine coconut milk, almond milk, chia seeds, rice protein, and ginger.
2. Refrigerate overnight.
3. Transfer the pudding into serving bowl.
4. Top with grapefruit, maple syrup, and coconut.
5. Serve.

Calories	668
Total Fat	34.6g
Saturated Fat	18.1g
Cholesterol	0mg
Sodium	73mg
Total Carbohydrate	46.6g
Dietary Fibre	21g
Total Sugars	17.2g
Protein	47.4g

## QUINOA LENTIL RISOTTO - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 90g dry brown lentils, soaked for 30 minutes, drained, rinsed
- 80g dry quinoa, soaked for 30 minutes, drained, rinsed
- 850ml water
- 1 vegetable stock cube
- 300g asparagus, trimmed, chopped
- 80g green peas
- 30ml olive oil
- 2 shallots, diced
- 1 clove garlic, minced
- 1 lemon, juiced, and zested
- 2 tablespoons nutritional yeast
- 30g toasted slivered almonds, to serve with
- Salt and pepper, to taste

Calories	578
Total Fat	18.8g
Saturated Fat	2.7g
Cholesterol	0mg
Sodium	1395mg
Total Carbohydrate	73g
Dietary Fibre	23.8g
Total Sugars	7.2g
Protein	33.8g

### Instructions:

1. Dissolve vegetable stock cube in water, or use homemade vegetable stock.
2. Combine lentils, quinoa, and stock in a saucepot.
3. Bring to a boil over medium-high heat.
4. Reduce heat and simmer, covered for 15 minutes. Stir the lentils and quinoa occasionally.
5. Remove the lid and continue to simmer 5 minutes.
6. Stir in nutritional yeast and remove from heat.
7. In the meantime, heat olive oil in a skillet.
8. Add shallots and cook 3 minutes. Add asparagus, and a pinch of salt and cook for 4 minutes, stirring once or twice.
9. Add garlic and 2 tablespoons of water (if the skillet is dry) and toss to combine. Cook 1 minute.
10. Add peas and cook 1 minute. Stir in lemon juice and zest.
11. Serve risotto topped with asparagus, peas, and toasted almonds.

## BLUEBERRY BEGINNING

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml soy milk
- 80g frozen blueberries
- 1 tablespoon mint leaves
- 5g chia seeds
- 1 extra-small banana, sliced
- 60g rice protein
- 2 ice cubes

### Instructions:

1. Blend all ingredients in a food blender.
2. Serve.

Calories	503
Total Fat	6.4g
Saturated Fat	0.8g
Cholesterol	0mg
Sodium	199mg
Total Carbohydrate	53.3g
Dietary Fibre	7.2g
Total Sugars	30.6g
Protein	58.9g

## SPINACH ARTICHOKE DIP WITH SWEET POTATOES

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 2

### Ingredients:

#### Artichoke dip:

- 1 tablespoon olive oil
- ¼ onion, diced
- 2 cloves garlic
- 300g can artichoke hearts, rinsed, drained, chopped
- 30g baby spinach, chopped
- Salt and pepper, to taste

#### Cheesy part:

- 30g cashews
- 200ml organic almond milk
- ¾ teaspoon raw cider vinegar
- 1 ½ tablespoons tapioca starch
- ½ teaspoon olive oil
- 1 tablespoon nutritional yeast
- Salt and pepper, to taste

#### Potato wedges:

- 300g sweet potato, peeled, cut into wedges
- A splash of olive oil
- Sea salt flakes

### Instructions:

1. Preheat oven to 200C.
2. Toss the sweet potato wedges with olive oil and salt. Arrange onto baking sheet.
3. Bake for 30 minutes.
4. In the meantime, make the dip; in a small skillet warm the olive oil over medium-low heat. Add the onion and garlic, and cook, stirring frequently, for 4-5 minutes.
5. Toss together the artichoke hearts, spinach, onion and garlic mixture from the skillet and black pepper and place in a large ramekin.
6. In the meantime, make the cheesy part; combine all ingredients in a blender or food processor, until smooth.
7. Pour the mixture into a saucepan and turn the heat to medium. Stir every few seconds, making sure to scrape around the bottom of the saucepan to keep from sticking. The mixture will start to get chunky in places; when you see this happening, start to stir constantly until the mixture smooths out again and becomes one cohesive, somewhat stretchy mass. Reduce the heat to medium-low and cook for another 2 minutes, then remove from the heat.
8. Pour the cheesy part over artichokes and stir to combine.
9. Bake the vegan spinach artichoke dip; place the dip into the oven and bake for about 20 minutes, or until hot all the way through and the top is slightly crusty and browned.
10. Serve, with chips sweet potato wedges. To reheat just place the dip into a microwave and reheat.

Calories	478
Total Fat	18.3g
Saturated Fat	2.8g
Cholesterol	0mg
Sodium	576mg
Total Carbohydrate	68.9g
Dietary Fibre	14.2g
Total Sugars	5.6g
Protein	12.2g

# Week 3 - 2200cal

## GROCERY LIST

### Fruits:

- Cherries, frozen, 100g
- Black cherries, 120g
- Banana, 4 pieces
- Cherries, dried, 15g
- Cranberries, 25g
- Date, 15g
- Pink grapefruit, 240g
- Lemon, 2 pieces
- Lime, 1 piece
- Strawberries, 50g
- Pineapple, 100g

### Vegetables:

- Asparagus, 300g
- Avocado, 2 pieces
- Baby spinach, 30g
- Red bell pepper, 4 pieces
- Carrot, 1 piece
- Garlic, 8 cloves
- Corn, 80g
- Jalapeno, 1 pepper
- Kale, 60g
- Onion, plain, 3 pieces
- Onion, red, 1 piece
- Parsnip, 100g
- Green peas, 80g
- Zucchini, 2 large
- Spinach, 120g
- Shallots, 2 pieces
- Sweet potatoes, 500g
- Portabella mushrooms, 300g
- Spring onion, 1 piece

### Grains and Cereals:

- Oats, 50g
- Buckwheat groats, 150g
- Quinoa, 80g

### Can Products:

- Can artichoke hearts, 300g
- Can corn, 10g
- Can tomatoes, 550g
- Tomato paste, 20g

### Beans and Legumes:

- Chickpeas, cooked, 250g
- Black beans, 580g
- Kidney beans, cooked, 180g
- Red lentils, 50g
- Brown lentils, 90g

### Spices and Herbs:

- Cider vinegar
- Cilantro
- Ginger
- Parsley
- Thyme
- Balsamic vinegar
- Cardamom
- Cayenne. Chili powder
- Cinnamon
- Cumin powder
- Coriander seeds
- Garlic powder
- Ground Cloves
- Salt and pepper
- Turmeric
- Smoked Paprika

### Butter; and Oil:

- Almond butter, 25g
- Peanut butter, 15g
- Vegan butter, 10g
- Olive oil, 75ml
- Coconut oil, 25ml
- Tahini, 15g

### Nuts and Seeds:

- Chia seeds, 50g
- Pistachios, ground, 40g
- Slivered almonds, 15g
- Almonds, whole, 85g
- Cashews, 95g
- Flax seeds, 3 tablespoons
- Hazelnuts, 20g
- Sunflower seeds, 1 tablespoon

### Soy Products:

- Tempeh, 120g
- Soy milk, 500ml
- Tofu, firm, 280g

### Non-Dairy:

- Coconut milk, 250ml
- Almond milk, organic, 2.30 liters

### Protein Powder:

- Vegan blend protein powder, 30g
- Rice protein, 635g

### Sweeteners:

- Coconut sugar, 10g
- Maple syrup, 35ml

### Additional:

- Almond meal, coarse, 30g
- Baking powder, 1/3 teaspoon
- Chickpea flour, 30g
- Coconut flakes, 10g
- Shredded coconut, 2 tablespoons
- Nutritional yeast, 3 tablespoons
- Tapioca starch, 25g
- Apricot jam, 30g
- Vegetable stock cube, 1 cube
- Vegetable stock, 580ml
- White wine, optional, 70ml
- Peanut flour, low-fat, 30g
- Enchilada sauce, Vegan, 70g

## Week 4 - 2200 Cal

### MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFASTS	Black Bean Brownie Smoothie	Lemon Poppy Seed Waffles	Chia Parfait with Crunchy Millet	Mocha Frappe	Green Smoothie with Buckwheat Crisples	Berry Yogurt Bowl	Berry Granola Parfait
LUNCH	Spinach Artichoke Dip with Sweet Potatoes – previous night dinner	Vegetable French Lentil Balls – previous night dinner	Farro Salad with Chickpeas – previous night dinner	Kale grilled Tofu Salad with Dressing – previous night dinner	Pea Socca – previous night dinner	Quinoa Bowl with Roasted Pepper Tahini – previous night dinner	Sweet Potato Soup – previous night dinner
SNACKS	Cacao Maca Milk	Strawberry Coconut Shake	Blueberry Hemp Smoothie	Matcha Mint Cacao Shake	Chocolate Mint Chic	Orange Tahini Smoothie	Blueberry Mint Smoothie
DINNER	Vegetable French Lentil Balls	Farro Salad with Chickpeas	Kale grilled Tofu Salad with Dressing	Pea Socca	Quinoa Bowl with Roasted Pepper Tahini	Sweet Potato Soup	Chickpea Lentil Balls with Slaw

**MONDAY**  
**BLACK BEAN BROWNIE SMOOTHIE**

Preparation time: 5 minutes

Servings: 1

**Ingredients:**

- 250ml organic almond milk
- 50g cooked black beans
- 1 Medjool date, pitted
- 45g rice protein, chocolate flavor
- 1 tablespoon hemp seeds
- ½ tablespoon cocoa powder
- 1 teaspoon ground cinnamon
- 1 small banana, frozen (slice before freezing)

**Instructions:**

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	645
Total Fat	15.1g
Saturated Fat	1.4g
Cholesterol	0mg
Sodium	208mg
Total Carbohydrate	76.4g
Dietary Fibre	13.5g
Total Sugars	27.2g
Protein	55.6g

## SPINACH ARTICHOKE DIP WITH SWEET POTATOES - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 2

### Ingredients:

#### Artichoke dip:

- 1 tablespoon olive oil
- ¼ onion, diced
- 2 cloves garlic
- 300g can artichoke hearts, rinsed, drained, chopped
- 30g baby spinach, chopped
- Salt and pepper, to taste

#### Cheesy part:

- 30g cashews
- 200ml organic almond milk
- ¾ teaspoon raw cider vinegar
- 1 ½ tablespoons tapioca starch
- ½ teaspoon olive oil
- 1 tablespoon nutritional yeast
- Salt and pepper, to taste

#### Potato wedges:

- 300g sweet potato, peeled, cut into wedges
- A splash of olive oil
- Sea salt flakes

### Instructions:

1. Preheat oven to 200C.
2. Toss the sweet potato wedges with olive oil and salt. Arrange onto baking sheet.
3. Bake for 30 minutes.
4. In the meantime, make the dip; in a small skillet warm the olive oil over medium-low heat. Add the onion and garlic, and cook, stirring frequently, for 4-5 minutes.
5. Toss together the artichoke hearts, spinach, onion and garlic mixture from the skillet and black pepper and place in a large ramekin.
6. In the meantime, make the cheesy part; combine all ingredients in a blender or food processor, until smooth.
7. Pour the mixture into a saucepan and turn the heat to medium. Stir every few seconds, making sure to scrape around the bottom of the saucepan to keep from sticking. The mixture will start to get chunky in places; when you see this happening, start to stir constantly until the mixture smooths out again and becomes one cohesive, somewhat stretchy mass. Reduce the heat to medium-low and cook for another 2 minutes, then remove from the heat.
8. Pour the cheesy part over artichokes and stir to combine.
9. Bake the vegan spinach artichoke dip; place the dip into the oven and bake for about 20 minutes, or until hot all the way through and the top is slightly crusty and browned.
10. Serve, with chips sweet potato wedges. To reheat just place the dip into a microwave and reheat.

Calories	478
Total Fat	18.3g
Saturated Fat	2.8g
Cholesterol	0mg
Sodium	576mg
Total Carbohydrate	68.9g
Dietary Fibre	14.2g
Total Sugars	5.6g
Protein	12.2g

## CACAO MACA MILK

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml organic almond milk
- 2 teaspoons cashew butter
- 65g rice protein, chocolate flavor
- 2 teaspoons cacao powder
- 1 date, pitted
- ½ extra-small banana
- 1 tablespoon maca powder

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	531
Total Fat	12.3g
Saturated Fat	1.8g
Cholesterol	0mg
Sodium	230mg
Total Carbohydrate	46.2g
Dietary Fibre	6.1g
Total Sugars	22.5g
Protein	60.2g



## VEGETABLE FRENCH LENTIL BALLS

Preparation time: 10 minutes + inactive time

Cooking time: 15 minutes

Servings: 2

### Ingredients:

- 1 teaspoon Garam Masala
- 250g cooked French lentils
- 1 tablespoon coconut oil
- 1 small onion, diced
- 100g cremini mushrooms, chopped
- 2 tablespoon sunflower seeds
- 1 small carrot, grated
- 1 clove garlic, minced
- 1 tablespoon flax seeds
- 1 tablespoon chickpea flour
- 1 teaspoon tamari sauce
- ½ teaspoon raw cider vinegar
- Salt and pepper, to taste
- 180g cooked quinoa
- 1 tablespoon fresh parsley, chopped

Calories	562
Total Fat	25.7g
Saturated Fat	18g
Cholesterol	0mg
Sodium	52mg
Total Carbohydrate	66.4g
Dietary Fibre	19.2g
Total Sugars	12.2g
Protein	22.2g

### Sauce:

- ½ teaspoon Garam Masala
- 280g can crushed tomatoes
- 110ml coconut milk
- 1 teaspoon coconut sugar
- Salt to taste

### Instructions:

1. Heat ½ tablespoon of the oil in a large skillet over medium heat. Once hot, add the onions and mushrooms. Cook and stir until the onions are translucent and the mushrooms slightly golden, about 5-6 minutes. Press the grated carrot in a tissue paper to remove excess moisture. Add it to the pan and cook about 30 seconds more. Remove from the heat and let cool.
2. In your food processor, place the sunflower seeds, cooled lentils, mushroom mixture, garlic, flax, tamari, apple cider vinegar, sea salt, black pepper, and Garam Masala.
3. Pulse a few times until everything is combined but keeping some bigger chunks for texture. Fold in chickpea flour by hand. Taste and adjust seasoning as needed. If the texture is still too wet/soft, add more sunflower seeds or oat or chickpea flour.
4. Using a cookie scoop, scoop out a bit of mixture and roll into balls, 16 of them.
5. Place balls in the fridge to set for at least 15 minutes.
6. Make the sauce; place the crushed tomatoes in a medium saucepan and warm over low heat. Add Garam Masala, sugar and sea salt. Stir in coconut milk and let simmer until warm.
7. Finish the meatballs; heat the remaining oil in a large skillet over medium heat and cook the meatballs, turning them often until all sides are browned, about 7-8 minutes total.
8. To serve, top your quinoa with a few meatballs and pour over the tomato-coconut sauce. Sprinkle with fresh parsley. Serve.

## TUESDAY

### LEMON POPPY SEED WAFFLES

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 1

#### Ingredients:

#### Waffles:

- 1 tablespoon ground flax seeds + 30ml water
- 40g oat flour
- 30g rice protein
- ½ teaspoon baking powder
- 1 pinch salt
- 1 tablespoon melted coconut oil
- 1 tablespoon maple syrup
- 30ml lemon juice
- 1 teaspoon lemon zest
- 150ml organic almond milk
- ½ tablespoon poppy seeds

Calories	708
Total Fat	28.1g
Saturated Fat	13.8g
Cholesterol	0mg
Sodium	188mg
Total Carbohydrate	63.2g
Dietary Fibre	8.1g
Total Sugars	24.1g
Protein	50.5g

#### Cashew sauce:

- 25g raw cashew nuts, soaked overnight, rinsed, drained
- 40g blueberries
- 20g rice protein, vanilla flavor
- 40ml organic almond milk
- 1 teaspoon maple syrup

#### Instructions:

1. Start by making the flax eggs. In a small bowl, whisk together ground flax seeds and water. Set aside and let rest for at least 5 minutes while you prepare your other ingredients.
2. In a large mixing bowl, whisk together the oat flour, rice powder, baking powder and sea salt.
3. In another bowl, whisk together the melted coconut oil, maple syrup, lemon juice and lemon zest. Stir in the flax mixture.
4. Pour the wet ingredients into the bowl of dry ingredients and stir. Now add the almond milk and poppy seeds and stir again just to combine. Let the batter rest for 5 minutes to let the flour mixture soak up some of the moisture. The batter will thicken a bit. While the batter is resting, preheat your waffle maker and prepare the cashew cream.
5. Make the blueberry cashew cream; place all the ingredients in a food processor and blend until smooth and creamy. If the cream is too thick, add a bit more milk and blend again.
6. Cook the waffles; After the batter has rested, stir it up one more time.
7. Lightly spray the heated waffle maker with coconut oil. Pour batter and close the lid. Cook until the waffle is golden and crisp. Repeat with the remaining batter. Serve waffles drizzled with blueberry sauce.

## VEGETABLE FRENCH LENTIL BALLS - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes + inactive time

Cooking time: 15 minutes

Servings: 2

### Ingredients:

- 1 teaspoon Garam Masala
- 250g cooked French lentils
- 1 tablespoon coconut oil
- 1 small onion, diced
- 100g cremini mushrooms, chopped
- 2 tablespoon sunflower seeds
- 1 small carrot, grated
- 1 clove garlic, minced
- 1 tablespoon flax seeds
- 1 tablespoon chickpea flour
- 1 teaspoon tamari sauce
- ½ teaspoon raw cider vinegar
- Salt and pepper, to taste
- 180g cooked quinoa
- 1 tablespoon fresh parsley, chopped

Calories	562
Total Fat	25.7g
Saturated Fat	18g
Cholesterol	0mg
Sodium	52mg
Total Carbohydrate	66.4g
Dietary Fibre	19.2g
Total Sugars	12.2g
Protein	22.2g

### Sauce:

- ½ teaspoon Garam Masala
- 280g can crushed tomatoes
- 110ml coconut milk
- 1 teaspoon coconut sugar
- Salt to taste

### Instructions:

1. Heat ½ tablespoon of the oil in a large skillet over medium heat. Once hot, add the onions and mushrooms. Cook and stir until the onions are translucent and the mushrooms slightly golden, about 5-6 minutes. Press the grated carrot in a tissue paper to remove excess moisture. Add it to the pan and cook about 30 seconds more. Remove from the heat and let cool.
2. In your food processor, place the sunflower seeds, cooled lentils, mushroom mixture, garlic, flax, tamari, apple cider vinegar, sea salt, black pepper, and Garam Masala.
3. Pulse a few times until everything is combined but keeping some bigger chunks for texture. Fold in chickpea flour by hand. Taste and adjust seasoning as needed. If the texture is still too wet/soft, add more sunflower seeds or oat or chickpea flour.
4. Using a cookie scoop, scoop out a bit of mixture and roll into balls, 16 of them.
5. Place balls in the fridge to set for at least 15 minutes.
6. Make the sauce; place the crushed tomatoes in a medium saucepan and warm over low heat. Add Garam Masala, sugar and sea salt. Stir in coconut milk and let simmer until warm.
7. Finish the meatballs; heat the remaining oil in a large skillet over medium heat and cook the meatballs, turning them often until all sides are browned, about 7-8 minutes total.
8. To serve, top your quinoa with a few meatballs and pour over the tomato-coconut sauce. Sprinkle with fresh parsley. Serve.

# STRAWBERRY COCONUT SHAKE

Preparation time: 5 minutes  
Servings: 1

Ingredients:

- 200ml coconut water
- 50g rice protein, vanilla flavor
- 50g strawberries, sliced

Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	326
Total Fat	0.2g
Saturated Fat	0g
Cholesterol	0mg
Sodium	110mg
Total Carbohydrate	38.6g
Dietary Fibre	1g
Total Sugars	35g
Protein	40.8g

# FARRO SALAD WITH CHICKPEAS

Preparation time: 5 minutes

Cooking time: 45 minutes

Servings: 2

Ingredients:

Salad:

- 100g farro
- 100g cherry tomatoes, quartered
- 100g black grapes
- 1 small cucumber, sliced
- ½ small red bell pepper, seeded, chopped
- 4 leaves Romaine lettuce, chopped
- 1 tablespoon mint, chopped
- 1 tablespoon parsley, chopped

Chickpeas:

- 200g cooked chickpeas
- 5ml avocado oil
- ½ teaspoon chili powder
- ½ teaspoon smoked paprika
- Salt, to taste

Vinaigrette:

- 30ml olive oil
- 1 tablespoon red wine vinegar
- ½ tablespoon lemon juice
- ¾ teaspoon sumac or lemon zest
- ½ teaspoon maple syrup
- ¼ teaspoon garlic powder
- Salt, to taste

Instructions:

1. Rinse and drain the farro. Place in a medium saucepan with 4 cups of water. Bring to a boil, then reduce the heat and simmer for 45 minutes or until grains are slightly tender and chewy. Drain off any excess water and set aside.
2. Make the chickpeas in the meantime; Preheat the oven to 200C. Remove the skins from the chickpeas - (ideal but not mandatory).
3. Place chickpeas in a bowl and toss with oil, smoked paprika, chili powder and salt. Transfer to a baking sheet and bake for 25 minutes, or until the chickpeas are crispy and golden, stirring a few times. Remove from the oven.
4. Make the vinaigrette; Mix all the dressing ingredients together in a small jar. Taste and adjust seasoning. Set aside.
5. Assemble the salad; place cooked farro, chopped tomatoes, cucumber, red pepper, grapes and romaine in a large bowl. Add vinaigrette and toss to coat. Garnish with crispy chickpeas and fresh herbs. Enjoy!

Calories	575
Total Fat	19.2g
Saturated Fat	2.5g
Cholesterol	0mg
Sodium	24mg
Total Carbohydrate	84.5g
Dietary Fibre	17g
Total Sugars	19.1g
Protein	18.4g

## WEDNESDAY

### CHIA PARFAIT WITH CRUNCHY MILLET

Preparation time:

Servings:

#### Ingredients:

- 20g chia seeds
- 80ml organic almond milk
- 20g rice protein, vanilla flavor

#### Creamy layer:

- 80g frozen mango
- ¼ avocado, pitted, peeled
- 40g rice protein, vanilla flavor
- 1 date, pitted
- 80ml organic almond milk
- 1 pinch ground cardamom

#### Crunchy millet:

- 1 tablespoon millet
- ½ teaspoon coconut oil
- ½ teaspoon maple syrup
- 1 pinch cinnamon

#### Instructions:

1. Mix chia seeds, protein powder, and coconut milk together in a small bowl. Place in the fridge to set while you make the other layers, stirring occasionally.
2. Cream layer; place all ingredients in a high-speed blender and blend until smooth and creamy. If the mixture is too thick, add a bit more milk and blend again.
3. Set aside in the fridge while you toast the millet.
4. Crunchy millet; melt coconut oil with maple syrup in a small skillet over medium heat. Once melted, add millet, cinnamon and sea salt and stir to coat. Toast for 3-4 minutes, until slightly golden.
5. Transfer toasted millet onto a small piece of parchment paper and spread into a thin layer, using a spatula or the back of a spoon. Let sit for at least 5 minutes to cool. Once cooled, gently break into small clumps, making sure to keep larger clumps for texture.
6. Assemble; remove chia pudding from the fridge and stir well. Pour evenly into a jar.
7. Scoop the avocado and mango mixture on top. Top each parfait with millet clumps and enjoy immediately.

Calories	581
Total Fat	18.3g
Saturated Fat	3.7g
Cholesterol	0mg
Sodium	175mg
Total Carbohydrate	50.1g
Dietary Fibre	11.9g
Total Sugars	24.3g
Protein	55.7g

## FARRO SALAD WITH CHICKPEAS - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 45 minutes

Servings: 2

### Ingredients:

#### Salad:

- 100g farro
- 100g cherry tomatoes, quartered
- 100g black grapes
- 1 small cucumber, sliced
- ½ small red bell pepper, seeded, chopped
- 4 leaves Romaine lettuce, chopped
- 1 tablespoon mint, chopped
- 1 tablespoon parsley, chopped

#### Chickpeas:

- 200g cooked chickpeas
- 5ml avocado oil
- ½ teaspoon chili powder
- ½ teaspoon smoked paprika
- Salt, to taste

#### Vinaigrette:

- 30ml olive oil
- 1 tablespoon red wine vinegar
- ½ tablespoon lemon juice
- ¾ teaspoon sumac or lemon zest
- ½ teaspoon maple syrup
- ¼ teaspoon garlic powder
- Salt, to taste

### Instructions:

1. Rinse and drain the farro. Place in a medium saucepan with 4 cups of water. Bring to a boil, then reduce the heat and simmer for 45 minutes or until grains are slightly tender and chewy. Drain off any excess water and set aside.
2. Make the chickpeas in the meantime; Preheat the oven to 200C. Remove the skins from the chickpeas - (ideal but not mandatory).
3. Place chickpeas in a bowl and toss with oil, smoked paprika, chili powder and salt. Transfer to a baking sheet and bake for 25 minutes, or until the chickpeas are crispy and golden, stirring a few times. Remove from the oven.
4. Make the vinaigrette; Mix all the dressing ingredients together in a small jar. Taste and adjust seasoning. Set aside.
5. Assemble the salad; place cooked farro, chopped tomatoes, cucumber, red pepper, grapes and romaine in a large bowl. Add vinaigrette and toss to coat. Garnish with crispy chickpeas and fresh herbs. Enjoy!

Calories	575
Total Fat	19.2g
Saturated Fat	2.5g
Cholesterol	0mg
Sodium	24mg
Total Carbohydrate	84.5g
Dietary Fibre	17g
Total Sugars	19.1g
Protein	18.4g

## BLUEBERRY HEMP SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

#### Banana layer:

- 80ml hemp milk
- 20g rice protein, vanilla flavor
- ¼ small banana, sliced

#### Blueberry layer:

- 80g blueberries
- 125ml hemp milk
- 30g rice protein, vanilla flavor
- ½ small banana, sliced

### Instructions:

1. Place all the ingredients of the banana layer in your blender and blend until smooth. Pour into a glass.
2. In the same blender, place all the ingredients for the blueberry layer and blend until smooth. Pour into each glass, on top of the banana layer. Mix gently with a spoon to create the swirl effect.
3. Top with extra blueberries if desired.
4. Serve.

Calories	535
Total Fat	15.2g
Saturated Fat	1.6g
Cholesterol	0mg
Sodium	260mg
Total Carbohydrate	48.4g
Dietary Fibre	6g
Total Sugars	32.3g
Protein	52.4g



## KALE GRILLED TOFU SALAD WITH DRESSING

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 2

### Ingredients:

- 200g extra-firm tofu, drained
- 1 tablespoon tamari
- 40g kale
- 100g shredded cabbage
- ½ avocado, peeled, cubed

### Dressing:

- 30g tahini
- 2-2 tablespoons warm water
- ½ tablespoon sesame oil
- ½ tablespoon miso
- ½ tablespoon maple syrup
- 1 tablespoon raw cider vinegar
- 1 tablespoon lemon juice
- ½ teaspoon orange zest, finely grated
- Salt, to taste

Calories	420
Total Fat	30.4g
Saturated Fat	5.1g
Cholesterol	0mg
Sodium	717mg
Total Carbohydrate	22g
Dietary Fibre	9g
Total Sugars	5.5g
Protein	22g

### Instructions:

1. Heat a splash of oil in a skillet over medium-high heat.
2. Cut tofu into pieces and toss with tamari.
3. Cook tofu pieces in a large skillet over medium heat until the bottom is golden, about 4-5 minutes. Then flip pieces on the other side, and cook a few more minutes, until the tofu is browned and slightly crispy. Set aside.
4. Make the dressing; place all the ingredients in a bowl and whisk well. Slowly add warm water and whisk until the sauce is completely smooth. Add more water if you like your sauce to be a thinner, until you achieve the desired consistency. Taste and adjust seasoning as needed.
5. Assemble; place the chopped kale and shredded red cabbage in a large bowl. Pour a generous portion of the tahini dressing on top. Massage with your hands until the kale leaves start to soften, 1-2 minutes. Top with the cooked tofu, and avocado. Add a bit more tahini sauce on top if you'd like and serve.

## THURSDAY MOCHA FRAPPE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 1 large banana, frozen, sliced
- 120ml strong coffee
- 1 tablespoon raw cacao powder
- 130ml organic almond milk
- 59g rice protein, chocolate flavor
- 1 teaspoon maca powder
- 4 ice cubes

### Instructions:

1. Place all the ingredients in a high-speed blender and blend until smooth.
2. Serve.

Calories	433
Total Fat	4.7g
Saturated Fat	0.8g
Cholesterol	0mg
Sodium	162mg
Total Carbohydrate	48.6g
Dietary Fibre	7.7g
Total Sugars	22.9g
Protein	49.4g

## KALE GRILLED TOFU SALAD WITH DRESSING - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 2

### Ingredients:

- 200g extra-firm tofu, drained
- 1 tablespoon tamari
- 40g kale
- 100g shredded cabbage
- ½ avocado, peeled, cubed

### Dressing:

- 30g tahini
- 2-2 tablespoons warm water
- ½ tablespoon sesame oil
- ½ tablespoon miso
- ½ tablespoon maple syrup
- 1 tablespoon raw cider vinegar
- 1 tablespoon lemon juice
- ½ teaspoon orange zest, finely grated
- Salt, to taste

### Instructions:

1. Heat a splash of oil in a skillet over medium-high heat.
2. Cut tofu into pieces and toss with tamari.
3. Cook tofu pieces in a large skillet over medium heat until the bottom is golden, about 4-5 minutes. Then flip pieces on the other side, and cook a few more minutes, until the tofu is browned and slightly crispy. Set aside.
4. Make the dressing; place all the ingredients in a bowl and whisk well. Slowly add warm water and whisk until the sauce is completely smooth. Add more water if you like your sauce to be a thinner, until you achieve the desired consistency. Taste and adjust seasoning as needed.
5. Assemble; place the chopped kale and shredded red cabbage in a large bowl. Pour a generous portion of the tahini dressing on top. Massage with your hands until the kale leaves start to soften, 1-2 minutes. Top with the cooked tofu, and avocado. Add a bit more tahini sauce on top if you'd like and serve.

Calories	420
Total Fat	30.4g
Saturated Fat	5.1g
Cholesterol	0mg
Sodium	717mg
Total Carbohydrate	22g
Dietary Fibre	9g
Total Sugars	5.5g
Protein	22g

## MATCHA MINT CACAO SHAKE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 2 small bananas, sliced, frozen
- 300ml organic almond milk
- 55g rice protein, chocolate flavor
- 1 teaspoon matcha powder
- 1 tablespoon cacao nibs
- 2 tablespoons mint leaves
- 4 ice cubes

### Instructions:

1. Place all the ingredients in a high-speed blender and blend until smooth. Taste and adjust by adding more mint or Matcha.
2. Serve.

Calories	565
Total Fat	10g
Saturated Fat	1.5g
Cholesterol	0mg
Sodium	337mg
Total Carbohydrate	68.1g
Dietary Fibre	10g
Total Sugars	34.5g
Protein	53.7g

## PEA SOCCA

Preparation time: 10 minutes + inactive time

Cooking time: 10 minutes

Servings: 2

### Ingredients:

- 80g chickpea flour
- 220ml water
- 20ml coconut oil
- Salt and pepper, to taste

### Pesto:

- 60g mustard greens
- 20g almonds
- 1 clove garlic
- 20g nutritional yeast
- 15ml lemon juice
- 20ml olive oil
- Salt, to taste

Calories	791
Total Fat	31g
Saturated Fat	5g
Cholesterol	0mg
Sodium	123mg
Total Carbohydrate	88g
Dietary Fibre	12g
Total Sugars	17g
Protein	37g

### Topping:

- 70g blanched peas (blanche in simmering water 1 minute)
- 15g pea shoots

### Instructions:

1. Make socca batter; in a medium bowl, whisk together chickpea flour, sea salt and black pepper. Add water and 15ml of the coconut oil or ghee and whisk to combine.
2. Cover the bowl with a clean towel and set aside at room temperature for 15 minutes.
3. Make the pesto; while the batter is resting, make the pesto. Place mustard greens, almonds, garlic, nutritional yeast, salt and lemon juice in your food processor and blend.
4. With the food processor still running, drizzle in the olive oil. Stop and scrape down the edges as needed. Taste and adjust seasoning if needed.
5. Cook and assemble; place a 15cm oven-proof pan on the top rack of your oven and turn on the broiler. Heat for about 4-5 minutes, until the pan is hot.
6. Remove the pan from the oven, add the remaining coconut oil. Give the socca batter one last whisk and pour careful into the hot pan. Swirl it around to cover the entire bottom of the pan.
7. Set back in the oven and cook for 5-8 minutes until the top is lightly browned and the edges are crispy. The middle should be cooked but still tender.
8. Use a spatula to remove the socca from the pan. Spread pesto on top of the socca. Top with pea shoot and peas. Slice and serve.

## FRIDAY

### GREEN SMOOTHIE WITH BUCKWHEAT CRISPIES

Preparation time: 5 minutes

Cooking time: 5 minutes

Servings: 1

#### Ingredients:

- ½ small banana
- 70g mango
- 30g spinach
- 1 tablespoon hemp seeds
- 10g almonds, soaked overnight, drained
- 50g rice protein, vanilla flavor
- 250ml organic almond milk

#### Crispies:

- 20g buckwheat groats
- 1 tablespoon raw cacao
- 1 tablespoon maple syrup
- ½ tablespoon coconut oil

#### Instructions:

1. Make the smoothie: place all the ingredients into a high-speed blender and blend until smooth and creamy. Add more water or plant-based milk if needed. Pour into bowl and top with the buckwheat crispies.
2. Make the crispies; in a bowl, combine the buckwheat groats, and cacao powder.
3. In a small bowl, combine the melted coconut oil, maple syrup and vanilla extract. Mix well.
4. Pour the wet mixture into the bowl of dry ingredients and stir well to coat.
5. Transfer all into skillet and set over medium-high heat. Cook stirring for 5 minutes. You can also spread on a baking sheet and bake in heated oven at 220C for 10 minutes.
6. Remove and place aside to cool.
7. Use as described.

Calories	719
Total Fat 29g	
Saturated Fat	8.7g
Cholesterol	0mg
Sodium	236mg
Total Carbohydrate	65g
Dietary Fibre	6.7g
Total Sugars	36g
Protein	53.5g

## PEA SOCCA - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes + inactive time

Cooking time: 10 minutes

Servings: 2

### Ingredients:

- 80g chickpea flour
- 220ml water
- 20ml coconut oil
- Salt and pepper, to taste

### Pesto:

- 60g mustard greens
- 20g almonds
- 1 clove garlic
- 20g nutritional yeast
- 15ml lemon juice
- 20ml olive oil
- Salt, to taste

### Topping:

- 70g blanched peas (blanche in simmering water 1 minute)
- 15g pea shoots

### Instructions:

1. Make socca batter; in a medium bowl, whisk together chickpea flour, sea salt and black pepper. Add water and 15ml of the coconut oil or ghee and whisk to combine.
2. Cover the bowl with a clean towel and set aside at room temperature for 15 minutes.
3. Make the pesto; while the batter is resting, make the pesto. Place mustard greens, almonds, garlic, nutritional yeast, salt and lemon juice in your food processor and blend.
4. With the food processor still running, drizzle in the olive oil. Stop and scrape down the edges as needed. Taste and adjust seasoning if needed.
5. Cook and assemble; place a 15cm oven-proof pan on the top rack of your oven and turn on the broiler. Heat for about 4-5 minutes, until the pan is hot.
6. Remove the pan from the oven, add the remaining coconut oil. Give the socca batter one last whisk and pour carefully into the hot pan. Swirl it around to cover the entire bottom of the pan.
7. Set back in the oven and cook for 5-8 minutes until the top is lightly browned and the edges are crispy. The middle should be cooked but still tender.
8. Use a spatula to remove the socca from the pan. Spread pesto on top of the socca. Top with pea shoot and peas. Slice and serve.

Calories	791
Total Fat	31g
Saturated Fat	5g
Cholesterol	0mg
Sodium	123mg
Total Carbohydrate	88g
Dietary Fibre	12g
Total Sugars	17g
Protein	37g

## CHOCOLATE MINT CHIC

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 200ml organic almond milk
- 50g rice protein, chocolate flavor
- 5g mint
- ½ tablespoon cocoa nibs
- ½ small banana
- 2 ice cubes

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	335
Total Fat	7.1g
Saturated Fat	1.4g
Cholesterol	0mg
Sodium	183mg
Total Carbohydrate	23.9g
Dietary Fibre	4.5g
Total Sugars	11.3g
Protein	43.5g

## QUINOA BOWL WITH ROASTED PEPPER TAHINI

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 2

### Ingredients:

#### Bowl/salad:

- 150g cooked quinoa
- 150g cooked green lentils
- 100g cherry tomatoes
- 2 small cucumbers, chopped
- 2 tablespoon pine nuts, toasted
- 30g olives, chopped
- 15g garlic scapes (what is a garlic scape?  
Do you mean scape?)

### Dressing:

- 1 red bell pepper
- 25g tahini
- 10ml water
- 10ml lemon juice
- 10ml cider vinegar
- ¼ teaspoon smoked paprika
- Salt and pepper, to taste

### Instructions:

1. Make the dressing; turn the oven to its broil setting. Place pepper on a small baking sheet and broil until charred all over, about 7-8 minutes, flipping it halfway through.
2. Transfer pepper to a bowl, cover tightly with plastic wrap and let steam for 5-10 minutes. Remove peel, seeds and core.
3. Place the pepper flesh into a high-speed blender with all the remaining ingredients and blend. Add water, a couple tablespoons at a time, until you reach the desired consistency.
4. Grill the garlic scapes; spray a large skillet with coconut oil and heat over medium-high heat. Once the pan is hot, add the scapes and sprinkle with sea salt and black pepper. Grill about 4-5 minutes on each side, or until tender and lightly charred. Alternatively, you could grill them on the BBQ.
5. Assemble the bowl: scoop cooked quinoa and cooked lentils into bowls. Top with grilled scapes, tomatoes, cucumber, olives, chopped parsley and toasted pine nuts. Drizzle a generous amount of the red pepper sauce on top and enjoy slightly warm or at room temperature.

Calories	380
Total Fat	16.6g
Saturated Fat	1.7g
Cholesterol	0mg
Sodium	160mg
Total Carbohydrate	47.6g
Dietary Fibre	12g
Total Sugars	7.5g
Protein	15.5g

## SATURDAY BERRY YOGURT BOWL

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 240g almond Greek yogurt
- 50g rice protein, vanilla flavor
- 120g blueberries
- 15g sunflower seeds
- 15g slivered almonds

### Instructions:

1. Mix protein powder and yogurt in a bowl.
2. Top with blueberries, sunflower seeds, and slivered almonds.
3. Serve.

Calories	631
Total Fat	22g
Saturated Fat	1.2g
Cholesterol	0mg
Sodium	344mg
Total Carbohydrate	53.8g
Dietary Fibre	16g
Total Sugars	23.9g
Protein	57.6g

## QUINOA BOWL WITH ROASTED PEPPER TAHINI - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 2

### Ingredients:

#### Bowl/salad:

- 150g cooked quinoa
- 150g cooked green lentils
- 100g cherry tomatoes
- 2 small cucumbers, chopped
- 2 tablespoon pine nuts, toasted
- 30g olives, chopped
- 15g garlic scapes (what is a garlic scape?  
Do you mean scape?)

### Dressing:

- 1 red bell pepper
- 25g tahini
- 10ml water
- 10ml lemon juice
- 10ml cider vinegar
- ¼ teaspoon smoked paprika
- Salt and pepper, to taste

### Instructions:

1. Make the dressing; turn the oven to its broil setting. Place pepper on a small baking sheet and broil until charred all over, about 7-8 minutes, flipping it halfway through.
2. Transfer pepper to a bowl, cover tightly with plastic wrap and let steam for 5-10 minutes. Remove peel, seeds and core.
3. Place the pepper flesh into a high-speed blender with all the remaining ingredients and blend. Add water, a couple tablespoons at a time, until you reach the desired consistency.
4. Grill the garlic scapes; spray a large skillet with coconut oil and heat over medium-high heat. Once the pan is hot, add the scapes and sprinkle with sea salt and black pepper. Grill about 4-5 minutes on each side, or until tender and lightly charred. Alternatively, you could grill them on the BBQ.
5. Assemble the bowl: scoop cooked quinoa and cooked lentils into bowls. Top with grilled scapes, tomatoes, cucumber, olives, chopped parsley and toasted pine nuts. Drizzle a generous amount of the red pepper sauce on top and enjoy slightly warm or at room temperature.

Calories	380
Total Fat	16.6g
Saturated Fat	1.7g
Cholesterol	0mg
Sodium	160mg
Total Carbohydrate	47.6g
Dietary Fibre	12g
Total Sugars	7.5g
Protein	15.5g

## ORANGE TAHINI SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml organic almond milk
- 1 orange peeled, segmented
- 60g rice protein, vanilla flavour
- 1 tablespoon tahini
- 1 tablespoon flax seeds
- 1 banana, sliced

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	636
Total Fat	17.7g
Saturated Fat	2.1g
Cholesterol	0mg
Sodium	242mg
Total Carbohydrate	65.5g
Dietary Fibre	10.8g
Total Sugars	39.6g
Protein	56.9g

## SWEET POTATO SOUP

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 2

### Ingredients:

- ½ tablespoon olive oil
- 1 shallot, diced
- 1 clove garlic, minced
- 150g cooked navy beans
- 150g roasted sweet potatoes
- 250ml coconut milk
- 30ml water
- ½ lemon, juiced
- Salt and pepper, to taste

### Topping:

- 2 teaspoons toasted sesame seeds
- 2 tablespoons coconut milk

### Instructions:

1. In a medium saucepan, heat olive oil over medium heat. Add shallots and garlic and cook, stirring occasionally, until tender.
2. Transfer mixture to a high-speed blender or food processor. Add navy beans, sweet potatoes, coconut milk and water. Blend for about 20 seconds so that the soup remains chunky in texture.
3. Transfer blended soup to a large pot. Season with lemon juice, salt and pepper. Reheat but do not let boil.
4. Serve soup, sprinkled with sesame seeds and drizzled with coconut milk.

Calories	523
Total Fat	36g
Saturated Fat	27.2g
Cholesterol	0mg
Sodium	167mg
Total Carbohydrate	45.4g
Dietary Fibre	13.4g
Total Sugars	10.1g
Protein	10.9g



## SUNDAY BERRY GRANOLA PARFAIT

Preparation time: 5 minutes

Cooking time: 5 minutes

Servings: 1

### Ingredients:

- 50g strawberries, reserve few
- 40g raspberries, reserve few
- 80ml coconut milk
- 40g rice protein, vanilla flavor
- 30g almond Greek yogurt
- 1 date, pitted
- ½ tablespoon ground flax seeds

### Granola:

- 25g rolled oats
- ½ tablespoon coconut oil
- 1 teaspoon cinnamon
- 10ml maple syrup
- 15g slivered almonds
- 1 pinch sea salt

### Instructions:

1. Make the granola; in a bowl, mix the oats, cinnamon and sea salt. Place the oat mixture in a large skillet and cook over medium heat for about 5 minutes, stirring occasionally.
2. Add the almonds the pan and cook for a few more minutes until slightly golden.
3. In the meantime, combine the coconut oil and maple syrup in a small bowl. Add the liquid mixture to the granola and combine until well coated. Cook for 1-2 more minutes. Set aside to cool.
4. Make the smoothie: Place the berries, flax seeds, rice protein, dates and milk in your blender and blend until smooth. Add more almond milk or berries if needed to achieve the desired consistency.
5. To assemble, pour the smoothie into a jar. Add yogurt. Add a layer of fresh berries, and top with granola.

Calories	602
Total Fat	20.4g
Saturated Fat	7.1g
Cholesterol	0mg
Sodium	147mg
Total Carbohydrate	56.5g
Dietary Fibre	12g
Total Sugars	24g
Protein	50.2g

## SWEET POTATO SOUP - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 2

### Ingredients:

- ½ tablespoon olive oil
- 1 shallot, diced
- 1 clove garlic, minced
- 150g cooked navy beans
- 150g roasted sweet potatoes
- 250ml coconut milk
- 30ml water
- ½ lemon, juiced
- Salt and pepper, to taste

### Topping:

- 2 teaspoons toasted sesame seeds
- 2 tablespoons coconut milk

### Instructions:

1. In a medium saucepan, heat olive oil over medium heat. Add shallots and garlic and cook, stirring occasionally, until tender.
2. Transfer mixture to a high-speed blender or food processor. Add navy beans, sweet potatoes, coconut milk and water. Blend for about 20 seconds so that the soup remains chunky in texture.
3. Transfer blended soup to a large pot. Season with lemon juice, salt and pepper. Reheat but do not let boil.
4. Serve soup, sprinkled with sesame seeds and drizzled with coconut milk.

Calories	523
Total Fat	36g
Saturated Fat	27.2g
Cholesterol	0mg
Sodium	167mg
Total Carbohydrate	45.4g
Dietary Fibre	13.4g
Total Sugars	10.1g
Protein	10.9g

## BLUEBERRY MINT SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 100g blueberries
- 30g spinach
- 1 kiwi fruits
- 300ml organic almond milk
- 60g rice protein, berry flavored
- 10ml maple syrup
- 10g chia seeds

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	522
Total Fat	12.1g
Saturated Fat	1g
Cholesterol	0mg
Sodium	281mg
Total Carbohydrate	50.5g
Dietary Fibre	8.8g
Total Sugars	31.6g
Protein	54.5g

## CHICKPEA LENTIL BALLS WITH SLAW

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 1 red onion, grated
- 300g canned brown lentils, drained, rinsed
- 100g can chickpeas, drained, rinsed
- 30g almond meal
- 10g breadcrumbs, plain, Vegan
- Salt and pepper, to taste
- 1 teaspoon dried oregano
- 10ml olive oil

### Slaw:

- 250g shredded cabbage
- 1 beet, scrubbed, grated
- 1 carrot, grated
- 35g tahini
- 15ml lemon juice
- 10ml water
- ½ teaspoon maple syrup
- Salt and pepper, to taste

### Instructions:

1. Heat oven to 200C.
2. In a large bowl, mash lentils and chickpeas until you have a smooth mixture.
3. Stir in grated onion, oregano, breadcrumbs, and almond meal. Season to taste and shape the mixture into balls.
4. Oil baking sheet with olive oil and arrange the balls onto the baking sheet. Bake in heated oven for 18-20 minutes.
5. In the meantime, make the slaw; combine cabbage, beet, and carrot. Whisk tahini, lemon juice, water, and maple syrup in a bowl.
6. Drizzle over the slaw and toss to combine. Allow to rest or 10 minutes.
7. Serve balls with the slaw.

Calories	547
Total Fat	23.8g
Saturated Fat	2.8g
Cholesterol	0mg
Sodium	293mg
Total Carbohydrate	65.6g
Dietary Fibre	15.4g
Total Sugars	14g
Protein	23.9g

# Week 4 - 2200cal

## GROCERY LIST

### Fruits:

- Mango, frozen, 100g
- Black Grapes, 100g
- Banana, 7 pieces
- Kiwi, 1 piece
- Date, 4 pieces
- Avocado, 1piece
- Blueberries, 340g
- Lemon, 2 pieces
- Mango, fresh, 70g
- Raspberries, 40g
- Strawberries, 100g

### Vegetables:

- Cabbage, 350
- Carrot, 2 pieces
- Cherry tomatoes, 200g
- Garlic, 3 cloves
- Cremini mushrooms, 100g
- Cucumbers, 3 pieces
- Garlic scapes, 15g
- Beet, 1 piece
- Red bell pepper, 2 peppers
- Kale, 40g
- Mustard greens, 60g
- Red onion, 1 piece
- Onion, plain, 1 piece
- Orange, 1piece
- Pea shots, 15g
- Sweet potatoes, 150g
- Romaine lettuce, 4 leaves
- Shallot, 2 pieces
- Spinach, 60g
- Peas, 70g

### Grains and Cereals:

- Farro, 100g
- Rolled oats, 25g
- Buckwheat groats, 20g
- Millet, 1 tablespoon

### Can Products:

- Can chickpeas, 100g
- Can crushed tomatoes, 280g
- Can brown lentils, 300g
- Quinoa, 330g

### Beans and Legumes:

- Cooked chickpeas, 200g
- Cooked black beans, 50g
- Cooked French lentils, 250g
- Cooked green lentils, 150g
- Cooked Navy beans, 150g

### Spices and Herbs:

- Garam Masala
- Tamari sauce
- Cider vinegar
- Red wine vinegar
- Mint
- Chili powder
- Cinnamon
- Garlic powder
- Dried Oregano
- Sumac
- Smoked Paprika

### Butter; and Oil:

- Cashew butter, 10g
- Avocado oil, 5ml
- Coconut oil, 70ml
- Olive oil, 65ml
- Sesame oil, 10ml
- Tahini, 105g
- Poppy seeds, ½ tablespoon
- Sesame seeds, 2 teaspoons

### Nuts and Seeds:

- Flax seeds, 50g
- Hemp seeds, 2 tablespoons
- Chia seeds, 30g
- Almonds, 60g
- Cashew nuts, raw, 25g
- Pine nuts, 2 tablespoons
- Sunflower seeds, 55g

### Soy Products:

- Tofu, firm, drained, 200g

### Non-Dairy:

- Coconut milk, 470ml
- Almond milk, organic, 2.25liters
- Almond Greek yogurt, 270g
- Hemp milk, 205ml

### Protein Powder:

- Rice protein, 744g

### Sweeteners:

- Coconut sugar, 5g
- Maple syrup; 70ml

### Additional:

- Almond meal, 30g
- Baking powder, ½ teaspoon
- Chickpea flour, 95g
- Cacao powder, 15g
- Nutritional yeast, 20g
- Coconut water, 200g
- String coffee, 120ml
- Breadcrumbs, 10g
- Oat flour, 40g
- Olives, pitted, 30g
- Miso, ½ tablespoon
- Raw cacao, 15g
- Cacao nibs, 1 tablespoon
- Maca powder, 20g
- Matcha powder, 5 g

# Week 1 - 2300 Cal

## MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFASTS	Rhubarb Chia Pudding	Perfect Oats	Chocolate Porridge	Semolina Lupin Porridge	Baked Semolina Porridge	Breakfast Yogurt with Puffed Quinoa	Breakfast Mousse
LUNCH	Butternut Squash Lentil Chili	Mushroom Brussels Sprouts Skillet – previous night dinner	Lentil Fritters – previous night dinner	Chickpea Ragout with Quinoa – previous night dinner	Red Quinoa with Caramelized Pumpkin – previous night dinner	Lupin Tabbouleh with Figs – previous night dinner	Chickpea Jacket Potatoes – previous night dinner
SNACKS	Cherry Avocado Smoothie	Blueberry Spinach Flax Smoothie	Green Smoothie	Fruity Coconut Smoothie	Blackberry Hemp Smoothie	Raspberry Spinach Smoothie	Creamy Orange Smoothie
DINNER	Mushroom Brussels Sprouts Skillet	Lentil Fritters	Chickpea Ragout with Quinoa	Red Quinoa with Caramelized Pumpkin	Lupin Tabbouleh with Figs	Chickpea Jacket Potatoes	Soy Bean Patties

## MONDAY

### RHUBARB CHIA PUDDING

Preparation time: 5 minutes

Cooking time: 10 minutes

Servings: 1

#### Ingredients:

- 2 stalks rhubarb, chopped
- 50g strawberries, roughly chopped
- ½ tablespoon water
- 100ml unsweetened coconut milk
- 50g rice protein, vanilla flavor
- 10ml maple syrup
- 20g chia seeds
- 1 pinch salt

#### Topping:

- 10g pistachios, chopped
- ½ tablespoon hemp seeds
- 1 teaspoon sesame seeds
- ¼ teaspoon ground cinnamon

#### Instructions:

1. In a medium saucepan, bring the chopped rhubarb, strawberries and water to a gentle simmer over medium heat. Cook until completely soft, about 10 minutes. Remove from the heat and let cool slightly.
2. Transfer the rhubarb-strawberry mixture to a blender. Add the coconut milk, maple syrup. Rice protein, and sea salt and blend until smooth. Taste and add more sweetener if needed.
3. Place the chia seeds in a medium bowl. Pour the coconut-rhubarb mixture over the seeds and whisk well. Place in the fridge to set for at least 20 minutes.
4. Combine the topping ingredients in a small bowl.
5. Sprinkle over chia pudding.
6. Serve.

Calories	488
Total Fat	18.6g
Saturated Fat	3.4g
Cholesterol	0mg
Sodium	119mg
Total Carbohydrate	35.2g
Dietary Fibre	12.9g
Total Sugars	14.8g
Protein	51.4g

## BUTTERNUT SQUASH LENTIL CHILI

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

#### Spice mix:

- 1 teaspoon cumin
- ½ teaspoon ground cinnamon
- ½ teaspoon chili powder
- ¼ teaspoon dried oregano
- 1 pinch chipotle powder and 1 pinch salt

#### Chili:

- ½ tablespoon coconut oil
- 1 onion, diced
- 2 clove garlic, minced
- 1 small jalapeno pepper, seeded, diced
- ½ red bell pepper, seeded, diced
- 300g butternut squash, cubed
- 90g Beluga lentils
- 300g can fire-roasted tomatoes, chopped
- 300ml vegetable stock
- ½ tablespoon tomato paste
- 10ml maple syrup
- 3 leaves kale, chopped
- Salt and pepper to taste

#### Topping:

- ½ teaspoon avocado oil
- ½ teaspoon maple syrup
- ½ teaspoon smoked paprika
- 40g raw cashew nuts
- 1 pinch salt
- 2 tablespoons vegan sour cream
- 1 tablespoon chopped cilantro

### Instructions:

1. Start by mixing all the spices together in a small bowl. Place aside.
2. Make the chili; heat coconut oil in a large pot over medium heat. Add the onions and cook for a few minutes, until soft and translucent. Then add the garlic, jalapeño pepper, and spice mix. Mix to coat.
3. Add the bell pepper, butternut squash, lentils, diced tomatoes, tomato paste, vegetable stock and maple syrup and stir well.
4. Let simmer for about 30-35 minutes, stirring occasionally, until the squash is cooked through and the lentils are tender. Taste and adjust seasoning by adding more salt if needed. Add chopped kale and stir well. Remove from heat.
5. Spoon chili into bowls. Top with a dollop of yogurt or sour cream, and cashews. Finish off with chopped coriander. Serve.
6. To make the cashews; combine avocado oil, maple syrup, paprika, and salt in a small bowl. Add cashews. Transfer into skillet heated over medium-high heat. Cook for 4 minutes.

Calories	482
Total Fat	17.1g
Saturated Fat	7.1g
Cholesterol	0mg
Sodium	835mg
Total Carbohydrate	74.3g
Dietary Fibre	17.9g
Total Sugars	18.7g
Protein	18.6g

## CHERRY AVOCADO SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 300ml organic almond milk
- 60g rice protein, vanilla flavor
- 100g pitted sour cherries
- ½ avocado, peeled, sliced
- 10ml maple syrup
- 1 tablespoon hemp seeds
- 2 ice cubes

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	677
Total Fat	28.9g
Saturated Fat	2.9g
Cholesterol	0mg
Sodium	260mg
Total Carbohydrate	49.5g
Dietary Fibre	8.9g
Total Sugars	30.1g
Protein	58.7g

## MUSHROOM BRUSSELS SPROUTS SKILLET

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 15ml olive oil
- 200g cooked quinoa
- 200g brussels sprouts
- 120g Portobello mushrooms, sliced
- ½ teaspoon dried oregano
- 60g pomegranate seeds/arils
- ¼ teaspoon chili flakes
- Salt and pepper, to taste

### To serve with:

- 1 avocado, mashed
- 1 tablespoon lime juice
- ½ small jalapeno, minced
- 20ml olive oil
- 250g baked sweet potato

### Instructions:

1. Preheat the oven to 200C. Slice off the hard end of the Brussel sprouts, before peeling off their outer layer of leaves and cutting them in half.
2. Place the sprouts on a baking tray with half the olive oil, salt, pepper and chili flakes and bake for 30 minutes. At this point you can also bake the sweet potato.
3. Heat remaining olive oil in a skillet. Add mushrooms and cook for 5-6 minutes. Sprinkle with oregano and salt. Continue to cook for 2 minutes more.
4. Stir in quinoa, pomegranate, and Brussels sprouts.
5. Combine avocado with lime juice, olive oil, and jalapeno. Season to taste.
6. Serve mushroom skillet with sweet potatoes and avocado mash.

Calories	694
Total Fat	38.9g
Saturated Fat	6.7g
Cholesterol	0mg
Sodium	48mg
Total Carbohydrate	81.2g
Dietary Fibre	19.3g
Total Sugars	6.1g
Protein	14g



## TUESDAY PERFECT OATS

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 1

### Ingredients:

- 35g oats
- 250ml organic almond milk or water
- 1 tablespoon ground flax seeds
- 1 tablespoon maple syrup
- 50g rice protein, vanilla flavor

### Topping:

- ½ small banana, sliced
- 1 tablespoon almond butter
- ½ tablespoon strawberry jam, Vegan

### Instructions:

1. Combine oats and almond milk in a saucepan.
2. Add flax seeds and maple syrup.
3. Bring to a simmer. Cook over medium heat for 20 minutes.
4. Remove from the heat and stir in rice protein.
5. Transfer the oats in a bowl. Top with almond butter, bananas, and strawberry jam. Serve.

Calories	683
Total Fat	20.5g
Saturated Fat	2g
Cholesterol	0mg
Sodium	217mg
Total Carbohydrate	73.7g
Dietary Fibre	8.4g
Total Sugars	26.5g
Protein	51.8g

## MUSHROOM BRUSSELS SPROUTS SKILLET - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 15ml olive oil
- 200g cooked quinoa
- 200g brussels sprouts
- 120g Portobello mushrooms, sliced
- ½ teaspoon dried oregano
- 60g pomegranate seeds/arils
- ¼ teaspoon chili flakes
- Salt and pepper, to taste

### To serve with:

- 1 avocado, mashed
- 1 tablespoon lime juice
- ½ small jalapeno, minced
- 20ml olive oil
- 250g baked sweet potato

### Instructions:

1. Preheat the oven to 200C. Slice off the hard end of the Brussel sprouts, before peeling off their outer layer of leaves and cutting them in half.
2. Place the sprouts on a baking tray with half the olive oil, salt, pepper and chili flakes and bake for 30 minutes. At this point you can also bake the sweet potato.
3. Heat remaining olive oil in a skillet. Add mushrooms and cook for 5-6 minutes. Sprinkle with oregano and salt. Continue to cook for 2 minutes more.
4. Stir in quinoa, pomegranate, and Brussels sprouts.
5. Combine avocado with lime juice, olive oil, and jalapeno. Season to taste.
6. Serve mushroom skillet with sweet potatoes and avocado mash.

Calories	694
Total Fat	38.9g
Saturated Fat	6.7g
Cholesterol	0mg
Sodium	48mg
Total Carbohydrate	81.2g
Dietary Fibre	19.3g
Total Sugars	6.1g
Protein	14g

## BLUEBERRY SPINACH FLAX SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml organic almond milk
- 40g baby spinach
- 80g frozen blueberries
- 55g rice protein, vanilla flavor
- ½ small banana, sliced
- 1 tablespoon ground flax seeds

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	456
Total Fat	9.6g
Saturated Fat	0.9g
Cholesterol	0mg
Sodium	256mg
Total Carbohydrate	38.3g
Dietary Fibre	6g
Total Sugars	22.2g
Protein	53.7g

## LENTIL FRITTERS

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 2

### Ingredients:

- 300g cooked lentils, mashed into puree
- 15g chopped coriander
- 1 spring onion, chopped
- 50g chickpea flour
- 25g vegan blend protein powder
- 2 small carrots
- 2 zucchinis
- 1 teaspoon sesame seeds
- 1 teaspoon sesame oil
- 1 lime, juiced
- 1 tablespoon olive oil
- Salt and pepper, to taste

### Instructions:

1. Mix the lentils with the half of chopped coriander, spring onion, rice flour, and chickpea flour, salt and pepper, to taste, then set aside.
2. Use a peeler to cut the carrots and zucchinis into long ribbons, then toss the ribbons with the sesame seeds and remaining coriander in sesame oil and the lime juice. Season to taste.
3. Heat the olive oil in a frying pan.
4. Spoon in four dollops of the dhal and flatten into patties.
5. Fry each side until golden, for 3 minutes over medium-high heat and serve with the ribbon salad.

Calories	473
Total Fat	13.1g
Saturated Fat	1.8g
Cholesterol	0mg
Sodium	79mg
Total Carbohydrate	62.4g
Dietary Fibre	19.5g
Total Sugars	12.1g
Protein	32.1g

## WEDNESDAY CHOCOLATE PORRIDGE

Preparation time: 5 minutes

Cooking time: 5 minutes

Servings: 1

### Ingredients:

- 20g soy flakes
- 30g barley flakes
- 1 tablespoon raw cacao powder
- 1 pinch cinnamon
- 1 banana, sliced
- 50g rice protein, chocolate flavor
- 100ml water
- 120ml soy milk
- 1 tablespoon peanut butter

### Instructions:

1. Put the soy flakes and the barley flakes in a saucepan. Add the cacao powder a pinch of powdered cinnamon and half a banana mashed well with a fork.
2. Pour in water and 100 ml of soy milk and stir. Cook for 5 minutes.
3. Transfer the porridge into a bowl.
4. Top with the remaining soy milk, banana slices, and peanut butter.
5. Serve.

Calories	649
Total Fat	12.3g
Saturated Fat	2.6g
Cholesterol	0mg
Sodium	378mg
Total Carbohydrate	79.8g
Dietary Fibre	13.1g
Total Sugars	26.1g
Protein	58.2g

## LENTIL FRITTERS - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 2

### Ingredients:

- 300g cooked lentils, mashed into puree
- 15g chopped coriander
- 1 spring onion, chopped
- 50g chickpea flour
- 25g vegan blend protein powder
- 2 small carrots
- 2 zucchinis
- 1 teaspoon sesame seeds
- 1 teaspoon sesame oil
- 1 lime, juiced
- 1 tablespoon olive oil
- Salt and pepper, to taste

### Instructions:

1. Mix the lentils with the half of chopped coriander, spring onion, rice flour, and chickpea flour, salt and pepper, to taste, then set aside.
2. Use a peeler to cut the carrots and zucchinis into long ribbons, then toss the ribbons with the sesame seeds and remaining coriander in sesame oil and the lime juice. Season to taste.
3. Heat the olive oil in a frying pan.
4. Spoon in four dollops of the dhal and flatten into patties.
5. Fry each side until golden, for 3 minutes over medium-high heat and serve with the ribbon salad.

Calories	473
Total Fat	13.1g
Saturated Fat	1.8g
Cholesterol	0mg
Sodium	79mg
Total Carbohydrate	62.4g
Dietary Fibre	19.5g
Total Sugars	12.1g
Protein	32.1g

## GREEN SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml organic almond milk
- ½ small avocado, chopped
- 60g rice protein
- 40g spinach
- 1 small banana, sliced
- 3 ice cubes

### Instructions:

1. Blend all until smooth.
2. Serve.

Calories	577
Total Fat	20.7g
Saturated Fat	2.5g
Cholesterol	0mg
Sodium	261mg
Total Carbohydrate	47.6g
Dietary Fibre	9.8g
Total Sugars	22.7g
Protein	54.2g

## CHICKPEA RAGOUT WITH QUINOA

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 1 tablespoon olive oil
- 1 large onion, chopped
- 1 clove garlic, minced
- 20g dried wild mushrooms
- 400g cooked chickpeas
- 400g can crushed tomatoes
- 2 tablespoons chopped parsley, for garnish
- Salt and pepper, to taste
- 120ml boiling water

### To serve with:

- 180g cooked quinoa

Calories	596
Total Fat	14.8g
Saturated Fat	1.6g
Cholesterol	0mg
Sodium	290mg
Total Carbohydrate	96.5g
Dietary Fibre	23.3g
Total Sugars	13g
Protein	26.2g

### Instructions:

1. Heat the olive oil in a sauté pan, then gently fry the onions for 10-12 minutes until soft. Add the garlic, then fry for 2 minutes more.
2. Meanwhile, put the dried wild mushrooms into a small bowl, pour over 120ml boiling water, then leave for 10 minutes. Drain, reserving the liquid, then roughly chop.
3. Add the chickpeas to the pan along with the mushrooms and their liquid. Tip in the tomatoes, then season well. Simmer for 30 minutes. Scatter with the chopped parsley and serve with cooked quinoa.

## THURSDAY

### SEMOLINA LUPIN PORRIDGE

Preparation time: 5 minutes

Cooking time: 10 minutes

Servings: 1

#### Ingredients:

- 250ml organic almond milk
- 30g semolina
- 10ml maple syrup
- 45g rice protein, vanilla flavor
- 20g lupin meal (just grind the lupin seeds)
- ¼ teaspoon cinnamon
- 30g strawberries
- 1 teaspoon chia seeds

#### Instructions:

1. Combine organic almond milk, semolina, lupin meal, and maple syrup in a saucepot.
2. Cook for 5 minutes stirring.
3. Stir in rice protein and allow to cool a bit.
4. Transfer into a bowl.
5. In the meantime, combine strawberries and chia in a saucepan. Mash the strawberries and cook stirring for 3 minutes.
6. Spread over the porridge.

Calories	513
Total Fat	10.9g
Saturated Fat	1g
Cholesterol	0mg
Sodium	208mg
Total Carbohydrate	54g
Dietary Fibre	4g
Total Sugars	16.6g
Protein	50.3g

## CHICKPEA RAGOUT WITH QUINOA - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

#### Ingredients:

- 1 tablespoon olive oil
- 1 large onion, chopped
- 1 clove garlic, minced
- 20g dried wild mushrooms
- 400g cooked chickpeas
- 400g can crushed tomatoes
- 2 tablespoons chopped parsley, for garnish
- Salt and pepper, to taste
- 120ml boiling water

#### To serve with:

- 180g cooked quinoa

#### Instructions:

1. Heat the olive oil in a sauté pan, then gently fry the onions for 10-12 minutes until soft. Add the garlic, then fry for 2 minutes more.
2. Meanwhile, put the dried wild mushrooms into a small bowl, pour over 120ml boiling water, then leave for 10 minutes. Drain, reserving the liquid, then roughly chop.
3. Add the chickpeas to the pan along with the mushrooms and their liquid. Tip in the tomatoes, then season well. Simmer for 30 minutes. Scatter with the chopped parsley and serve with cooked quinoa.

Calories	596
Total Fat	14.8g
Saturated Fat	1.6g
Cholesterol	0mg
Sodium	290mg
Total Carbohydrate	96.5g
Dietary Fibre	23.3g
Total Sugars	13g
Protein	26.2g

## FRUITY COCONUT SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 200ml coconut milk
- 80ml coconut water
- 100g raspberries
- 60g mango
- 60g rice protein, vanilla flavor

### Instructions:

1. Blend until smooth in a food blender.
2. Serve.

Calories	831
Total Fat	49.3g
Saturated Fat	43g
Cholesterol	0mg
Sodium	123mg
Total Carbohydrate	49.9g
Dietary Fibre	11.9g
Total Sugars	34.4g
Protein	54.9g

## RED QUINOA WITH CARAMELIZED PUMPKIN

Preparation time: 5 minutes

Cooking time: 25 minutes

Servings: 2

### Ingredients:

- 250g pumpkin, peeled, cubed
- 100g red quinoa, dry
- 150g radicchio
- 1 ½ tablespoons coconut or maple sugar
- 1 ½ tablespoons balsamic vinegar
- 60ml vegetable stock
- 1 tablespoon olive oil
- Salt and pepper, to taste
- Water, as needed

### Instructions:

1. Combine sugar, vinegar, and a splash of water in a skillet.
2. Add pumpkin and cook until caramelized for 20 minutes. Season to taste with salt and pepper.
3. In the meantime, cook quinoa according to package directions.
4. Cut radicchio into strips.
5. Heat olive oil in a clean skillet. Add radicchio and vegetable stock. Cook for 10-15 minutes.
6. Stir the quinoa with pumpkin and radicchio.
7. Serve.

Calories	313
Total Fat	10.6g
Saturated Fat	1.7g
Cholesterol	0mg
Sodium	112mg
Total Carbohydrate	48g
Dietary Fibre	4.8g
Total Sugars	6.5g
Protein	9.4g

## FRIDAY BAKED SEMOLINA PORRIDGE

Preparation time: 5 minutes

Cooking time: 15 minutes

Servings: 1

### Ingredients:

- 50g semolina
- 1 teaspoon tahini
- 300ml organic almond milk
- 45g rice protein, vanilla flavor
- 2 dates (blend until you have a paste)
- 1 pinch cardamom
- 1 pinch cinnamon
- 10g chopped pistachios
- 30g mango, chopped

### Instructions:

1. Heat oven to 375F.
2. Combine tahini, almond milk, rice protein, dates, and spices in a food blender.
3. Blend until smooth. Stir in semolina and transfer the mixture into ramekin dish.
4. Bake 10-12 minutes.
5. Serve topped with mango and pistachios.

Calories	626
Total Fat	16.2g
Saturated Fat	1.6g
Cholesterol	0mg
Sodium	300mg
Total Carbohydrate	69.1g
Dietary Fibre	5.2g
Total Sugars	23.6g
Protein	52.1g

## RED QUINOA WITH CARAMELIZED PUMPKIN - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 25 minutes

Servings: 2

### Ingredients:

- 250g pumpkin, peeled, cubed
- 100g red quinoa, dry
- 150g radicchio
- 1 ½ tablespoons coconut or maple sugar
- 1 ½ tablespoons balsamic vinegar
- 60ml vegetable stock
- 1 tablespoon olive oil
- Salt and pepper, to taste
- Water, as needed

### Instructions:

1. Combine sugar, vinegar, and a splash of water in a skillet.
2. Add pumpkin and cook until caramelized for 20 minutes. Season to taste with salt and pepper.
3. In the meantime, cook quinoa according to package directions.
4. Cut radicchio into strips.
5. Heat olive oil in a clean skillet. Add radicchio and vegetable stock. Cook for 10-15 minutes.
6. Stir the quinoa with pumpkin and radicchio.
7. Serve.

Calories	313
Total Fat	10.6g
Saturated Fat	1.7g
Cholesterol	0mg
Sodium	112mg
Total Carbohydrate	48g
Dietary Fibre	4.8g
Total Sugars	6.5g
Protein	9.4g

## BLACKBERRY HEMP SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml coconut water
- 60g rice protein
- 2 tablespoon hemp seeds
- 130g blackberries
- 1 small banana, sliced
- 10ml maple syrup

### Instructions:

1. Blend all in a high-power blender until smooth.
2. Serve.

Calories	728
Total Fat	14.7g
Saturated Fat	0.9g
Cholesterol	0mg
Sodium	137mg
Total Carbohydrate	89.9g
Dietary Fibre	10.5g
Total Sugars	67.2g
Protein	61.5g

## LUPIN TABBOULEH WITH FIGS

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 2

### Ingredients:

- 200g lupin seeds
- 220ml vegetable stock
- 1 onion, chopped
- 200g cherry tomatoes, halved
- 2 dried figs, quartered
- 30g slivered almonds
- 10g parsley, chopped
- Salt and pepper, to taste
- 2 ½ tablespoons walnut oil
- 15ml balsamic vinegar

### Instructions:

1. Cook lupin seeds in vegetable stock according to package directions.
2. Toss cooked lupins with cherry tomatoes, figs, slivered almonds, and parsley.
3. Drizzle with walnut oil and balsamic vinegar.
4. Season to taste and toss to combine.
5. Serve.

Calories	614
Total Fat	24.4g
Saturated Fat	3.1g
Cholesterol	0mg
Sodium	362mg
Total Carbohydrate	67.1g
Dietary Fibre	7g
Total Sugars	15.8g
Protein	44g



## SATURDAY BREAKFAST YOGURT WITH PUFFED QUINOA

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 200g almond yogurt
- 10ml maple syrup
- 2 tablespoons popped amaranth\*
- 50g rice protein, vanilla flavor
- 20ml organic almond milk
- 1 tablespoon cashew butter
- 60g blueberries

### Instructions:

1. \*Prepare amaranth; place ½ tablespoon amaranth in a dry skillet.
2. Set over heat and cover with lid. Quickly slide the skillet over medium-high heat until amaranth s popped.
3. Blend together almond yogurt, maple syrup, rice protein, almond milk, cashew butter, and blueberries until smooth.
4. Transfer into a bowl.
5. Top with puffed amaranth.

Calories	557
Total Fat	17.4g
Saturated Fat	2.3g
Cholesterol	0mg
Sodium	78mg
Total Carbohydrate	52.2g
Dietary Fibre	4.7g
Total Sugars	25.9g
Protein	49.2g

## LUPIN TABBOULEH WITH FIGS - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 2

### Ingredients:

- 200g lupin seeds
- 220ml vegetable stock
- 1 onion, chopped
- 200g cherry tomatoes, halved
- 2 dried figs, quartered
- 30g slivered almonds
- 10g parsley, chopped
- Salt and pepper, to taste
- 2 ½ tablespoons walnut oil
- 15ml balsamic vinegar

### Instructions:

1. Cook lupin seeds in vegetable stock according to package directions.
2. Toss cooked lupins with cherry tomatoes, figs, slivered almonds, and parsley.
3. Drizzle with walnut oil and balsamic vinegar.
4. Season to taste and toss to combine.
5. Serve.

Calories	614
Total Fat	24.4g
Saturated Fat	3.1g
Cholesterol	0mg
Sodium	362mg
Total Carbohydrate	67.1g
Dietary Fibre	7g
Total Sugars	15.8g
Protein	44g

## RASPBERRY SPINACH SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 200ml organic almond milk
- 70ml coconut milk
- 40g spinach
- 70g raspberries
- 60g rice protein, vanilla flavor
- 1 tablespoon almond butter

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth. Serve.

Calories	608
Total Fat	32.2g
Saturated Fat	16.1g
Cholesterol	0mg
Sodium	306mg
Total Carbohydrate	27.6g
Dietary Fibre	7.6g
Total Sugars	13.2g
Protein	55.8g

## CHICKPEA JACKET POTATOES

Preparation time: 5 minutes

Cooking time: 45 minutes

Servings: 2

### Ingredients:

- 2 sweet potatoes
- 1 tablespoon coconut oil
- $\frac{3}{4}$  teaspoon cumin seeds
- 1 small onion, diced
- 1 clove garlic, minced
- $\frac{1}{2}$  teaspoon garam masala
- $\frac{1}{2}$  teaspoon ground coriander
- $\frac{1}{4}$  teaspoon ground turmeric
- 1 tablespoon Tikka Masala paste
- 400g can chopped tomatoes
- 300g cooked chickpeas
- 2 tablespoons chopped coriander

### Instructions:

1. Heat oven to 200C. Prick the sweet potatoes all over with a fork, then put on a baking tray and roast in the oven for 45 mins or until tender when pierced with a knife.
2. Meanwhile, melt the coconut oil in a large saucepan over medium heat. Add the cumin seeds and fry for 1 min until fragrant, then add the onion and fry for 7-10 mins until softened.
3. Put the garlic and ginger into the pan and cook for 2-3 mins.
4. Add the spices and tikka masala paste and cook for a further 2 mins until fragrant, then tip in the tomatoes. Bring to a simmer, then tip in the chickpeas and cook for a further 20 mins until thickened. Season to taste.
5. Put the roasted sweet potatoes on plates and cut open lengthways.
6. Spoon over the chickpea curry and squeeze over the lemon wedges.
7. Season, then scatter with coriander before serving.

Calories	521
Total Fat	11.7g
Saturated Fat	6.4g
Cholesterol	0mg
Sodium	58mg
Total Carbohydrate	86.7g
Dietary Fibre	17.6g
Total Sugars	9.6g
Protein	18g

## SUNDAY BREAKFAST MOUSSE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 80g firm tofu, drained well
- 45g rice protein, vanilla flavor
- 30g peanut flour, low-fat
- 100ml organic almond milk
- 5ml maple syrup
- ½ small banana, sliced
- 1 pinch cinnamon

### Instructions:

1. Rinse and drain tofu as much as possible.
2. Place the tofu, rice protein, peanut flour, almond milk, and maple syrup in a food blender.
3. Blend until smooth.
4. Transfer the mousse in a tall glass.
5. Top with banana and cinnamon.
6. Serve.

Calories	514
Total Fat	16.5g
Saturated Fat	2.2g
Cholesterol	0mg
Sodium	126mg
Total Carbohydrate	35.6g
Dietary Fibre	7.9g
Total Sugars	14.4g
Protein	60.3g

## CHICKPEA JACKET POTATOES - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 45 minutes

Servings: 2

### Ingredients:

- 2 sweet potatoes
- 1 tablespoon coconut oil
- ¾ teaspoon cumin seeds
- 1 small onion, diced
- 1 clove garlic, minced
- ½ teaspoon garam masala
- ½ teaspoon ground coriander
- ¼ teaspoon ground turmeric
- 1 tablespoon Tikka Masala paste
- 400g can chopped tomatoes
- 300g cooked chickpeas
- 2 tablespoons chopped coriander

### Instructions:

1. Heat oven to 200C. Prick the sweet potatoes all over with a fork, then put on a baking tray and roast in the oven for 45 mins or until tender when pierced with a knife.
2. Meanwhile, melt the coconut oil in a large saucepan over medium heat. Add the cumin seeds and fry for 1 min until fragrant, then add the onion and fry for 7-10 mins until softened.
3. Put the garlic and ginger into the pan and cook for 2-3 mins.
4. Add the spices and tikka masala paste and cook for a further 2 mins until fragrant, then tip in the tomatoes. Bring to a simmer, then tip in the chickpeas and cook for a further 20 mins until thickened. Season to taste.
5. Put the roasted sweet potatoes on plates and cut open lengthways.
6. Spoon over the chickpea curry and squeeze over the lemon wedges.
7. Season, then scatter with coriander before serving.

Calories	521
Total Fat	11.7g
Saturated Fat	6.4g
Cholesterol	0mg
Sodium	58mg
Total Carbohydrate	86.7g
Dietary Fibre	17.6g
Total Sugars	9.6g
Protein	18g

# CREAMY ORANGE SMOOTHIE

Preparation time: 5 minutes  
Servings: 1

Ingredients:

- 300ml organic almond milk
- 60g rice protein, vanilla flavor
- 1 orange, peeled, segmented
- 3 dates, pitted
- ½ tablespoon tahini
- 1 tablespoon unsweetened desiccated coconut
- 1 small banana
- 2 ice cubes

Instructions:

1. Blend all ingredients until smooth.
2. Serve.

Calories	645
Total Fat	14.5g
Saturated Fat	2.8g
Cholesterol	0mg
Sodium	263mg
Total Carbohydrate	78.6g
Dietary Fibre	10.2g
Total Sugars	54.4g
Protein	55.3g

## SOY BEAN PATTIES

Preparation time: 10 minutes

Cooking time: 1 hour (if not using raw, cooking time is just 10 minutes)

Servings: 2

### Ingredients:

- 100g soy beans
- 350ml vegetable stock
- 1 small zucchini, grated
- 1 small onion, chopped
- 1 clove garlic, minced
- 2 tablespoons parsley, chopped
- 1 tablespoon ground flax seeds + 3 tablespoons water
- Salt and pepper, to taste
- 1 pinch chili powder
- Coconut oil, for frying

### Sauce:

- 200g avocado, peeled, stoned, sliced
- 1 ½ teaspoons green pesto, vegan
- 1 ½ teaspoons cashew butter
- 1 ½ tablespoons olive oil
- 2 tablespoons water
- Salt, to taste

### Instructions:

1. Soak soy beans overnight. Drain and rinse before use. Cook soy beans until tender for 1 hour. You can also get pre-cooked ones.
2. Combine flax seeds and water in a small bowl. Place aside for 10 minutes.
3. Mash the soy beans and place into a bowl.
4. Add flax seeds, zucchini, onion, garlic, parsley, salt, pepper, and chili powder.
5. Shape the mixture into six small patties.
6. Heat coconut oil in a skillet over medium-high heat. Cook patties for 2-3 minutes per side. Place onto paper towels to drain.
7. Make the sauce; combine all the sauce ingredients in a small blender. Blend on high until smooth. Serve with soy bean patties.

Calories	576
Total Fat	42.6g
Saturated Fat	7.4g
Cholesterol	0mg
Sodium	560mg
Total Carbohydrate	33.5g
Dietary Fibre	14.1g
Total Sugars	8.1g
Protein	23.1g

# Week 1 - 2300cal

## GROCERY LIST

### Fruits:

- Blueberries, frozen, 80g
- Pomegranate seeds, 60g
- Avocado, 2 pieces
- Banana, 5 pieces
- Blackberries, 130g
- Blueberries, 60g
- Strawberries, 80g
- Sour cherries, pitted, 100g
- Raspberries, 170g
- Mango, 90g
- Lime, 2 pieces
- Figs, dried, 2 pieces
- Dates, 5 pieces
- Orange, 1 piece

### Vegetables:

- Baby spinach, 40g
- Red bell pepper, 1 piece
- Brussels sprouts, 200g
- Butternut squash, 300g
- Carrots, 2 pieces
- Cherry tomatoes, 200g
- Jalapeno, 2 pieces
- Wild mushrooms, dried, 20g
- Onion, 5 pieces
- Portobello mushrooms, 120g
- Sweet potatoes, 500g
- Pumpkin, 250g
- Radicchio, 150g
- Spinach, 80g
- Zucchini, 3 pieces
- Spring onion, 1 piece
- Garlic, 5 cloves
- Kale, 3 leaves

### Grains and Cereals:

- Semolina, 80g
- Oats, 35g
- Barley flakes, 30g
- Lupins, 200g
- Lupin meal, 20g
- Popped amaranth, 2 tablespoons
- Red quinoa, 100g
- Quinoa, plain, white, 380g

### Can Products:

- Can chopped tomatoes, 1100g (300g are Fire-roasted)

### Beans and Legumes:

- Chickpeas, 700g
- Beluga lentils, 90g
- Cooked lentils, brown, 300g

### Spices and Herbs:

- Garam Masala
- Chipotle powder
- Tikka Masala
- Cilantro
- Parsley
- Salt
- Pepper
- Balsamic vinegar
- Cardamom
- Chili flakes
- Cinnamon
- Cumin
- Coriander
- Turmeric
- Oregano
- Smoked paprika

### Butter; and Oil:

- Almond butter, 30g
- Peanut butter, 15g
- Cashew butter, 20g
- Walnuts oil, 30ml
- Sesame oil, 5ml
- Avocado oil, ½ teaspoon
- Coconut oil, 20ml
- Olive oil, 85ml
- Tahini, 10g

### Nuts and Seeds:

- Chia seeds, 25g
- Flax seeds, 45g
- Almonds, slivered, 30g
- Cashew nuts, slivered, 40g
- Pistachios, 20g
- Hemp seeds, 3 ½ tablespoons
- Sesame seeds, 2 teaspoons

### Soy Products:

- Soy milk, 120ml
- Tofu, firm, 80g
- Soy flakes, 20g
- Soy beans, 80g

### Non-Dairy:

- Coconut milk, 370ml
- Almond milk, organic, 2.22 liters
- Vegan sour cream, 30g
- Almond yogurt, 200g

### Protein Powder:

- Vegan blend protein powder, 25g
- Rice protein, 750g

### Sweeteners:

- Maple syrup, 75ml

### Additional:

- Raw cacao powder, 1 tablespoon
- Chickpea flour, 50g
- Coconut water, 330ml
- Green pesto, Vegan, 1 ½ tablespoons
- Vegetable stock, 930ml
- Strawberry jam, ½ tablespoon
- Peanut flour, low fat, 30g
- Rhubarb, 2 stalks

## Week 2 - 2300 Cal

### MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFASTS	Thick Blueberry Smoothie	Smooth Breakfast Porridge	Pinky Cookie Bowl	Gingerbread Smoothie	Orange Turmeric Chia Pudding	Refreshing Pink Grapefruit Bowl	Chickpea Chocolate Pancakes
LUNCH	Soy Bean Patties – previous night dinner	Loaded Lentils Salad – previous night dinner	Tempeh Squash Bake – previous night dinner	Sweet Potato Noodles with Tofu Sauce – previous night dinner	Fried Quinoa with Peanut Sauce – previous night dinner	Bean Burger Balls with Salad – previous night dinner	Parsnip Noodles with “Cheese” - previous night dinner
SNACKS	Blueberry Mint Smoothie	Everyday Avocado Smoothie	Pineapple Recovery	Fruity Coconut Smoothie	Cherry Mocha Smoothie	Wild Blueberry Spinach Smoothie	Quinoa, Pear and Spinach Salad (in a jar)
DINNER	Loaded Lentils Salad	Tempeh Squash Bake	Sweet Potato Noodles with Tofu Sauce	Fried Quinoa with Peanut Sauce	Bean Burger Balls with Salad	Parsnip Noodles with “Cheese”	Chocolate Almond Smoothie

## MONDAY

### THICK BLUEBERRY SMOOTHIE

Preparation time: 5 minutes

Servings: 1

#### Ingredients:

- 250ml organic almond milk
- 40g avocado, chopped
- 80g blueberries
- 60g rice protein, chocolate flavor
- ½ teaspoon cocoa powder
- 1 tablespoon chia seeds
- 3 ice cubes

#### Instructions:

1. Blend all in a food blender until smooth.
2. Serve.

Calories	500
Total Fat	18.3g
Saturated Fat	2.2g
Cholesterol	0mg
Sodium	226mg
Total Carbohydrate	33.9g
Dietary Fibre	11g
Total Sugars	15.9g
Protein	55.2g

## SOY BEAN PATTIES - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 1 hour (if not using raw, cooking time is just 10 minutes)

Servings: 2

#### Ingredients:

- 100g soy beans
- 350ml vegetable stock
- 1 small zucchini, grated
- 1 small onion, chopped
- 1 clove garlic, minced
- 2 tablespoons parsley, chopped
- 1 tablespoon ground flax seeds + 3 tablespoons water
- Salt and pepper, to taste
- 1 pinch chili powder
- Coconut oil, for frying

#### Sauce:

- 200g avocado, peeled, stoned, sliced
- 1 ½ teaspoons green pesto, vegan
- 1 ½ teaspoons cashew butter
- 1 ½ tablespoons olive oil
- 2 tablespoons water
- Salt, to taste

#### Instructions:

1. Soak soy beans overnight. Drain and rinse before use. Cook soy beans until tender for 1 hour. You can also get pre-cooked ones.
2. Combine flax seeds and water in a small bowl. Place aside for 10 minutes.
3. Mash the soy beans and place into a bowl.
4. Add flax seeds, zucchini, onion, garlic, parsley, salt, pepper, and chili powder.
5. Shape the mixture into six small patties.
6. Heat coconut oil in a skillet over medium-high heat. Cook patties for 2-3 minutes per side. Place onto paper towels to drain.
7. Make the sauce; combine all the sauce ingredients in a small blender. Blend on high until smooth. Serve with soy bean patties.

Calories	576
Total Fat	42.6g
Saturated Fat	7.4g
Cholesterol	0mg
Sodium	560mg
Total Carbohydrate	33.5g
Dietary Fibre	14.1g
Total Sugars	8.1g
Protein	23.1g



## BLUEBERRY MINT SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 100g blueberries
- 30g spinach
- 1 kiwi fruits
- 300ml organic almond milk
- 60g rice protein, berry flavored
- 10ml maple syrup
- 10g chia seeds

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	522
Total Fat	12.1g
Saturated Fat	1g
Cholesterol	0mg
Sodium	281mg
Total Carbohydrate	50.5g
Dietary Fibre	8.8g
Total Sugars	31.6g
Protein	54.5g

## LOADED LENTILS SALAD

Preparation time: 10 minutes

Cooking time: 40 minutes

Servings: 2

### Ingredients:

- 250g sweet potatoes, peeled, cubed
- 200g Brussels Sprouts, cleaned, halved
- 1 teaspoon Herbs de Provence
- ½ tablespoon maple syrup
- 2 ½ tablespoons olive oil, divided
- 120g dried French lentils
- 300ml water
- 30ml balsamic vinegar
- 30g pumpkin seeds
- Salt and pepper, to taste

### Instructions:

1. Preheat oven to 200C. Line two baking sheets with foil or parchment paper.
2. Combine sweet potatoes, Brussels sprouts, Herbs de Provence, maple 1 tablespoon olive oil, and a big pinch of salt and pepper in a medium bowl.
3. Spread onto prepared baking sheets and roast for about 11-13 minutes. Toss and roast until for another 11-13 minutes, or until golden
4. Heat ¼ tablespoon olive oil in a medium pot over medium heat. Add onion and cook until softened, about 5 minutes. Add lentils and water. Bring to a boil then reduce heat to low and simmer until tender, about 15-20 minutes. Season with another pinch of salt and drain any excess water. Return to pot.
5. Add balsamic vinegar and remaining olive oil to pot with lentils. Add veggies and season to taste with salt and pepper. Top with pumpkin seeds and serve.

Calories	650
Total Fat	25.6g
Saturated Fat	4.1g
Cholesterol	0mg
Sodium	48mg
Total Carbohydrate	86.2g
Dietary Fibre	27.8g
Total Sugars	7.2g
Protein	24.5g

## TUESDAY

### SMOOTH BREAKFAST PORRIDGE

Preparation time: 10 minutes + inactive time

Servings: 1

#### Ingredients:

- 40g rolled oats
- 120g almond Greek yogurt
- 40ml organic almond milk
- 15ml maple syrup
- 1 tablespoon peanut butter
- 2 teaspoons cocoa powder
- 50g rice protein, vanilla flavor
- 4 strawberries, sliced

#### Instructions:

1. Combine all ingredients in a food blender, except the strawberries
2. Blend on high until smooth.
3. Transfer into a jar and refrigerate overnight.
4. Top with strawberries and serve.

Calories	626
Total Fat	15.6g
Saturated Fat	2.5g
Cholesterol	0mg
Sodium	304mg
Total Carbohydrate	67.9g
Dietary Fibre	12g
Total Sugars	23.9g
Protein	55.9g

## LOADED LENTILS SALAD - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 40 minutes

Servings: 2

#### Ingredients:

- 250g sweet potatoes, peeled, cubed
- 200g Brussels Sprouts, cleaned, halved
- 1 teaspoon Herbs de Provence
- ½ tablespoon maple syrup
- 2 ½ tablespoons olive oil, divided
- 120g dried French lentils
- 300ml water
- 30ml balsamic vinegar
- 30g pumpkin seeds
- Salt and pepper, to taste

#### Instructions:

1. Preheat oven to 200C. Line two baking sheets with foil or parchment paper.
2. Combine sweet potatoes, Brussels sprouts, Herbs de Provence, maple 1 tablespoon olive oil, and a big pinch of salt and pepper in a medium bowl.
3. Spread onto prepared baking sheets and roast for about 11-13 minutes. Toss and roast until for another 11-13 minutes, or until golden
4. Heat ¼ tablespoon olive oil in a medium pot over medium heat. Add onion and cook until softened, about 5 minutes. Add lentils and water. Bring to a boil then reduce heat to low and simmer until tender, about 15-20 minutes. Season with another pinch of salt and drain any excess water. Return to pot.
5. Add balsamic vinegar and remaining olive oil to pot with lentils. Add veggies and season to taste with salt and pepper. Top with pumpkin seeds and serve.

Calories	650
Total Fat	25.6g
Saturated Fat	4.1g
Cholesterol	0mg
Sodium	48mg
Total Carbohydrate	86.2g
Dietary Fibre	27.8g
Total Sugars	7.2g
Protein	24.5g

## EVERYDAY AVOCADO SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml organic almond milk
- 1 banana
- 35g avocado chopped
- 30g spinach
- 55g rice protein
- 2 dates, pitted
- 1 tablespoon chia seeds

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	540
Total Fat	14.5g
Saturated Fat	1.6g
Cholesterol	0mg
Sodium	244mg
Total Carbohydrate	56.7g
Dietary Fibre	9.4g
Total Sugars	32.7g
Protein	50.4g

## TEMPEH SQUASH BAKE

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 45ml tamari sauce
- 30ml coconut oil
- 15ml raw cider vinegar
- ½ tablespoon ginger, minced
- 2 clove garlic, minced
- 200g tempeh, cut into bite-size pieces
- 1 large butternut squash, spiralized into noodles
- 1 onion, chopped
- 100g cremini mushrooms, sliced
- Salt and pepper, to taste
- 1 teaspoon chopped thyme

### Instructions:

1. Preheat oven to 200C.
2. Whisk tamari, coconut oil, apple cider vinegar, ginger and garlic in a small bowl.
3. Add tempeh, butternut squash noodles, onion, and mushrooms into a large bowl. Sprinkle with thyme. Pour sauce over the tempeh mixture and toss to coat. Sprinkle on sea salt, ground pepper and crushed red pepper flakes to taste.
4. Pour mixture into a square baking dish. Cover with aluminum foil and bake for 35 minutes. Pull baking dish out, remove and discard the aluminum foil, stir and place back in the oven for another 15-20 minutes or until butternut squash is cooked.
5. Remove from baking dish and serve.
6. You can serve with some hot sauce.

Calories	462
Total Fat	25g
Saturated Fat	14.2g
Cholesterol	0mg
Sodium	1278mg
Total Carbohydrate	43.4g
Dietary Fibre	5.8g
Total Sugars	7.9g
Protein	25.1g

## WEDNESDAY PINKY COOKIE BOWL

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml organic almond milk
- 80g dragon fruit
- 60g strawberries
- 1 small banana. Sliced
- 55g rice protein
- 5ml maple syrup
- 1 tablespoon cashew butter

### Topping:

- 1 teaspoon raw cacao nibs
- 2 Vegan chocolate-chip cookies, crumbled (try using raw protein bites for extra-protein)

Calories	643
Total Fat	18.8g
Saturated Fat	3.2g
Cholesterol	0mg
Sodium	277mg
Total Carbohydrate	67g
Dietary Fibre	4.9g
Total Sugars	30.8g
Protein	51.8g

### Instructions:

1. Combine the smoothie ingredients in a blender and blend until completely smooth and creamy, adding more almond milk if necessary.
2. Spoon smoothie into bowl. Top with crushed cookies and cacao nibs.
3. Serve.

## TEMPEH SQUASH BAKE - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 45ml tamari sauce
- 30ml coconut oil
- 15ml raw cider vinegar
- ½ tablespoon ginger, minced
- 2 clove garlic, minced
- 200g tempeh, cut into bite-size pieces
- 1 large butternut squash, spiralized into noodles
- 1 onion, chopped
- 100g cremini mushrooms, sliced
- Salt and pepper, to taste
- 1 teaspoon chopped thyme

Calories	462
Total Fat	25g
Saturated Fat	14.2g
Cholesterol	0mg
Sodium	1278mg
Total Carbohydrate	43.4g
Dietary Fibre	5.8g
Total Sugars	7.9g
Protein	25.1g

### Instructions:

1. Preheat oven to 200C.
2. Whisk tamari, coconut oil, apple cider vinegar, ginger and garlic in a small bowl.
3. Add tempeh, butternut squash noodles, onion, and mushrooms into a large bowl. Sprinkle with thyme. Pour sauce over the tempeh mixture and toss to coat. Sprinkle on sea salt, ground pepper and crushed red pepper flakes to taste.
4. Pour mixture into a square baking dish. Cover with aluminum foil and bake for 35 minutes. Pull baking dish out, remove and discard the aluminum foil, stir and place back in the oven for another 15-20 minutes or until butternut squash is cooked.
5. Remove from baking dish and serve.
6. You can serve with some hot sauce.

## PINEAPPLE RECOVERY

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml organic almond milk
- 60g pineapple
- 55g rice protein
- 1 ½ tablespoons hemp seeds
- 1 tablespoon peanut butter
- 1 extra-small banana, sliced
- 1 ice cube

### Instructions:

1. Blend all until smooth.
2. Serve.

Calories	621
Total Fat	25.5g
Saturated Fat	2.9g
Cholesterol	0mg
Sodium	291mg
Total Carbohydrate	42.3g
Dietary Fibre	4.6g
Total Sugars	24.9g
Protein	58.7g

## SWEET POTATO NOODLES WITH TOFU SAUCE

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

#### Tofu sauce:

- 200g firm tofu, drained
- 2 tablespoons garlic hummus, store-bought
- 2 tablespoons nutritional yeast
- ¼ teaspoon garlic powder
- Salt and pepper, to taste

#### Sweet potato noodles:

- 300g sweet potatoes, spiralized
- 350g pasta sauce, Vegan (or just process fresh tomatoes, with basil, thyme, and garlic)
- 220ml water
- 120g chestnut mushrooms, sliced
- 30g kale, torn into pieces
- Salt and pepper, to taste

### Instructions:

1. Drain and press tofu.
2. Crumble pressed tofu and place in a medium bowl. Add hummus, nutritional yeast, garlic, salt, and pepper. Use your hands to combine mixture. It should be moist and resemble ricotta cheese. Set aside.
3. Preheat oven to 180C.
4. Spray baking dish with cooking spray.
5. Place sweet potato noodles in the pan.
6. Cover noodles evenly with the jar of pasta sauce followed by the water.
7. Top with mushrooms and kale, then sprinkle small handfuls of the “ricotta” evenly on top. Season with a dash of salt and pepper.
8. Bake for 30 minutes. Remove from oven and allow pasta to “set” for 15 minutes prior to serving.

Calories	592
Total Fat	17.9g
Saturated Fat	3.3g
Cholesterol	4mg
Sodium	985mg
Total Carbohydrate	78.2g
Dietary Fibre	15.3g
Total Sugars	18.6g
Protein	31.8g

## THURSDAY GINGERBREAD SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml organic almond milk
- 1 banana, sliced
- 50g frozen cauliflower
- 1 tablespoon maple syrup
- 60g rice protein, chocolate flavor
- ¼ teaspoon vanilla paste or extract
- 1 tablespoon cashew butter
- ½ teaspoon cinnamon
- ¼ teaspoon ginger powder
- 1 pinch nutmeg

### Instructions:

1. Blend all until smooth.
2. Serve.

Calories	603
Total Fat	15.3g
Saturated Fat	2.3g
Cholesterol	0mg
Sodium	242mg
Total Carbohydrate	64.7g
Dietary Fibre	5.8g
Total Sugars	37.7g
Protein	55.5g

## SWEET POTATO NOODLES WITH TOFU SAUCE - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

#### Tofu sauce:

- 200g firm tofu, drained
- 2 tablespoons garlic hummus, store-bought
- 2 tablespoons nutritional yeast
- ¼ teaspoon garlic powder
- Salt and pepper, to taste

#### Sweet potato noodles:

- 300g sweet potatoes, spiralized
- 350g pasta sauce, Vegan (or just process fresh tomatoes, with basil, thyme, and garlic)
- 220ml water
- 120g chestnut mushrooms, sliced
- 30g kale, torn into pieces
- Salt and pepper, to taste

### Instructions:

1. Drain and press tofu.
2. Crumble pressed tofu and place in a medium bowl. Add hummus, nutritional yeast, garlic, salt, and pepper. Use your hands to combine mixture. It should be moist and resemble ricotta cheese. Set aside.
3. Preheat oven to 180C.
4. Spray baking dish with cooking spray.
5. Place sweet potato noodles in the pan.
6. Cover noodles evenly with the jar of pasta sauce followed by the water.
7. Top with mushrooms and kale, then sprinkle small handfuls of the "ricotta" evenly on top. Season with a dash of salt and pepper.
8. Bake for 30 minutes. Remove from oven and allow pasta to "set" for 15 minutes prior to serving.

Calories	592
Total Fat	17.9g
Saturated Fat	3.3g
Cholesterol	4mg
Sodium	985mg
Total Carbohydrate	78.2g
Dietary Fibre	15.3g
Total Sugars	18.6g
Protein	31.8g

## CHOCOLATE ORANGE SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 200ml coconut water
- 1 orange, peeled, segmented
- 2 dates, pitted
- 1 ½ tablespoons cashew butter
- 20g spinach
- 60g rice protein chocolate flavor
- ½ tablespoon cocoa powder
- 60g frozen cauliflower

### Instructions:

1. Blend all until smooth.
2. Serve.

Calories	649
Total Fat	12.7g
Saturated Fat	2.6g
Cholesterol	0mg
Sodium	160mg
Total Carbohydrate	81.8g
Dietary Fibre	9.1g
Total Sugars	62.3g
Protein	57.2g

## FRIED QUINOA WITH PEANUT SAUCE

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 200g cooked quinoa
- ½ tablespoon coconut oil
- 1 small onion, diced
- 1 clove garlic, minced
- 1 teaspoon ginger, minced
- 100g broccoli, shredded
- 1 carrot, shredded
- 1 red bell pepper, seeded, sliced
- 60g edamame, thawed
- 1 baby Bok Choi, chopped
- Salt and pepper, to taste

### Sauce:

- 60ml soy sauce
- 1 ½ tablespoons peanut butter
- ½ tablespoon sesame oil
- 1 tablespoon maple syrup
- 15ml lime juice
- ½ teaspoon hot sauce
- 1 spring onion, sliced

### Instructions:

1. Combine the sauce ingredients, except the spring onion, and place aside.
2. Heat oil in a large pot over medium heat. Once hot, add onion. Cook for 3 minutes and then add garlic and ginger.
3. Cook for another minute or until fragrant. Add broccoli, carrot, peppers, and edamame. Cook for 5 minutes.
4. Add bok choy and cook for another 2 minutes.
5. Turn off heat.
6. Add cooked quinoa and sauce to veggie mix, stirring to combine. Season to taste.
7. Top with green onions.
8. Serve hot or cold.

Calories	418
Total Fat	17.4g
Saturated Fat	4.9g
Cholesterol	0mg
Sodium	1984mg
Total Carbohydrate	53.9g
Dietary Fibre	10g
Total Sugars	15.7g
Protein	18.2g

## FRIDAY ORANGE TURMERIC CHIA PUDDING

Preparation time: 5 minutes + inactive time

Servings: 1

### Ingredients:

- 300ml organic almond milk
- 40g chia seeds
- ½ teaspoon turmeric
- ¼ teaspoon cinnamon
- ½ tablespoon orange preserves
- 1 small pinch white pepper
- 5ml maple syrup
- 45g rice protein
- 1 tablespoon whipped coconut cream

### Instructions:

1. Heat 200ml almond milk, turmeric, ginger, cinnamon, pepper over medium heat until just boiling. Take off heat.
2. Add rest of the almond milk, orange preserves, rice protein, maple syrup and chia seeds and mix vigorously. Taste and adjust sweet, flavor if needed. Let it sit to cool completely for 10 to 15 minutes.
3. Whisk the mixture vigorously again.
4. The chia seeds should have expanded a bit and should distribute well.
5. You can directly serve at this point or pour into serving containers and chill for more hydrated chia seeds and thicker pudding.
6. Garnish with whipped coconut cream.

Calories	579
Total Fat	25.2g
Saturated Fat	5.1g
Cholesterol	0mg
Sodium	247mg
Total Carbohydrate	49.3g
Dietary Fibre	16g
Total Sugars	27.9g
Protein	47.8g



## FRIED QUINOA WITH PEANUT SAUCE - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 200g cooked quinoa
- ½ tablespoon coconut oil
- 1 small onion, diced
- 1 clove garlic, minced
- 1 teaspoon ginger, minced
- 100g broccoli, shredded
- 1 carrot, shredded
- 1 red bell pepper, seeded, sliced
- 60g edamame, thawed
- 1 baby Bok Choi, chopped
- Salt and pepper, to taste

### Sauce:

- 60ml soy sauce
- 1 ½ tablespoons peanut butter
- ½ tablespoon sesame oil
- 1 tablespoon maple syrup
- 15ml lime juice
- ½ teaspoon hot sauce
- 1 spring onion, sliced

### Instructions:

1. Combine the sauce ingredients, except the spring onion, and place aside.
2. Heat oil in a large pot over medium heat. Once hot, add onion. Cook for 3 minutes and then add garlic and ginger.
3. Cook for another minute or until fragrant. Add broccoli, carrot, peppers, and edamame. Cook for 5 minutes.
4. Add bok choy and cook for another 2 minutes.
5. Turn off heat.
6. Add cooked quinoa and sauce to veggie mix, stirring to combine. Season to taste.
7. Top with green onions.
8. Serve hot or cold.

Calories	418
Total Fat	17.4g
Saturated Fat	4.9g
Cholesterol	0mg
Sodium	1984mg
Total Carbohydrate	53.9g
Dietary Fibre	10g
Total Sugars	15.7g
Protein	18.2g

## CHERRY MOCHA SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml freshly brewed coffee, made with water
- 120ml coconut milk
- 120g cherries, frozen
- 2 dates
- 1 tablespoon hemp seeds
- 60g rice protein, chocolate flavor
- 2 teaspoons raw cocoa powder

### Instructions:

1. Blend all until smooth using a food blender.
2. Serve.

Calories	734
Total Fat	36.7g
Saturated Fat	26.6g
Cholesterol	0mg
Sodium	101mg
Total Carbohydrate	48.5g
Dietary Fibre	8.9g
Total Sugars	34g
Protein	59.8g

## BEAN BURGER BALLS WITH SALAD

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- ¾ tablespoon ground flax seeds + 35ml water
- 280g cooked black beans
- ½ small avocado
- 1 teaspoon lemon juice
- 40g corn
- 2 tablespoons chopped cilantro
- ½ small onion, chopped
- 50g oat flour
- 1 ½ tablespoons nutritional yeas
- ½ teaspoon cumin
- Salt and pepper, to taste
- ¼ teaspoon garlic powder
- ¼ teaspoon chili powder
- ¼ teaspoon smoked paprika

Calories	554
Total Fat	18.7g
Saturated Fat	2.3g
Cholesterol	0mg
Sodium	49mg
Total Carbohydrate	72.8g
Dietary Fibre	24.4g
Total Sugars	3.8g
Protein	29.9g

### Salad:

- 60g baby spinach
- 120g cherry tomatoes

### Dressing:

- 30g hemp seeds
- 40ml water
- ½ tablespoon nutritional yeast
- 10ml lemon juice
- ½ teaspoon garlic powder
- Salt, to taste

### Instructions:

1. Make the dressing; blend all ingredients in a food blender until smooth. Place aside.
2. Make the bean balls; place flax and water in a small bowl, stirring to combine. Set aside to “gel.”
3. Place beans and avocado in a large bowl. Use a fork to mash mixture together, leaving some beans whole.
4. Add in the rest of the ingredients and stir to combine.
5. Line a baking sheet with parchment paper. Spray with cooking spray. Form mixture into eight balls. Place onto baking sheet. Place the cherry tomatoes next to the balls. Spray the tomatoes with oil and sprinkle with some salt.
6. Bake the balls and tomatoes for 25-30 minutes.
7. Assemble; combine cherry tomatoes and spinach in a bowl. Top with baked bean balls. Drizzle all with hemp dressing. Serve.

## SATURDAY

### REFRESHING PINK GRAPEFRUIT BOWL

Preparation time: 5 minutes

Servings: 1

#### Ingredients:

- 1 pink grapefruit, peeled, segmented
- 80g frozen cherries
- 1 banana, sliced
- 50g rice protein, vanilla flavor
- 1 ½ tablespoons cashew butter
- 20g granola, Vegan, for topping (flax and pumpkin seeds)

#### Instructions:

1. Segment grapefruit over a bowl. Dump all of the segments and juice into the blender.
2. Add the rest of the ingredients and blend until completely smooth and creamy.
3. Pour into a bowl and add granola.
4. Serve.

Calories	548
Total Fat	17.6g
Saturated Fat	3.4g
Cholesterol	0mg
Sodium	70mg
Total Carbohydrate	70.9g
Dietary Fibre	8.6g
Total Sugars	36.6g
Protein	50.7g

## BEAN BURGER BALLS WITH SALAD - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- ¾ tablespoon ground flax seeds + 35ml water
- 280g cooked black beans
- ½ small avocado
- 1 teaspoon lemon juice
- 40g corn
- 2 tablespoons chopped cilantro
- ½ small onion, chopped
- 50g oat flour
- 1 ½ tablespoons nutritional yeas
- ½ teaspoon cumin
- Salt and pepper, to taste
- ¼ teaspoon garlic powder
- ¼ teaspoon chili powder
- ¼ teaspoon smoked paprika

Calories	554
Total Fat	18.7g
Saturated Fat	2.3g
Cholesterol	0mg
Sodium	49mg
Total Carbohydrate	72.8g
Dietary Fibre	24.4g
Total Sugars	3.8g
Protein	29.9g

### Salad:

- 60g baby spinach
- 120g cherry tomatoes

### Dressing:

- 30g hemp seeds
- 40ml water
- ½ tablespoon nutritional yeast
- 10ml lemon juice
- ½ teaspoon garlic powder
- Salt, to taste

### Instructions:

1. Make the dressing; blend all ingredients in a food blender until smooth. Place aside.
2. Make the bean balls; place flax and water in a small bowl, stirring to combine. Set aside to “gel.”
3. Place beans and avocado in a large bowl. Use a fork to mash mixture together, leaving some beans whole.
4. Add in the rest of the ingredients and stir to combine.
5. Line a baking sheet with parchment paper. Spray with cooking spray. Form mixture into eight balls. Place onto baking sheet. Place the cherry tomatoes next to the balls. Spray the tomatoes with oil and sprinkle with some salt.
6. Bake the balls and tomatoes for 25-30 minutes.
7. Assemble; combine cherry tomatoes and spinach in a bowl. Top with baked bean balls. Drizzle all with hemp dressing. Serve.

## WILD BLUEBERRY SPINACH SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 270ml coconut water
- 130g wild blueberries
- 50g spinach
- 50g rice protein
- ½ banana, sliced
- 20g cashew butter
- 2 ice cubes

### Instructions:

1. Blend all using a food blender until smooth.
2. Serve.

Calories	622
Total Fat	10.7g
Saturated Fat	2.1g
Cholesterol	0mg
Sodium	177mg
Total Carbohydrate	84g
Dietary Fibre	5.9g
Total Sugars	62.6g
Protein	51g

## PARSNIP NOODLES WITH “CHEESE”

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 80g cashews
- 150g parsnip, spiralized or shaved with a veggie peeler or 8oz. shirataki noodles
- 150g broccoli florets
- 10ml olive oil
- 1 onion, chopped
- ½ teaspoon garlic powder
- ¼ teaspoon paprika powder
- ¼ teaspoon turmeric powder
- 1 tablespoon lemon juice
- 170ml water
- 2 ½ tablespoons nutritional yeast
- 40g spinach, chopped into ribbons
- 1 pinch red pepper flakes
- 30g almond meal
- Salt, to taste

### Instructions:

1. Place cashews in a bowl and cover with warm water. Place aside.
2. Make the parsnip noodles; spiralize or shave parsnip. Heat a splash of olive oil in a skillet.
3. Add parsnip and cook over medium heat for 5 minutes or until al dente. Place aside.
4. Heat oil in a skillet over medium heat. Add onion and a pinch of salt and cook for 5 minutes, or until translucent.
5. Add garlic powder, salt, turmeric, paprika, and red pepper flakes, stirring for a minute. Carefully transfer onion mixture to a blender and add greens to pan, sautéing for a couple minutes or until wilted.
6. Add the drained cashews, lemon juice, water, and nutritional yeast to blender and blend until smooth and creamy.
7. Add pasta and broccoli back to pot along with sauce and toss together.
8. Add greens and stir until combined. Taste and add salt if needed.
9. Transfer into a baking dish. Sprinkle with almond meal and bake in heated oven for 10 minutes at 180C.
10. Serve warm.

Calories	518
Total Fat	31.2g
Saturated Fat	4.3g
Cholesterol	0mg
Sodium	67mg
Total Carbohydrate	45.6g
Dietary Fibre	13.9g
Total Sugars	8.3g
Protein	20.4g

## SUNDAY

### CHICKPEA CHOCOLATE PANCAKES

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 1

#### Ingredients:

- 1/3 tablespoon flax seeds + 1 tablespoon water
- 35g chickpea flour
- 10g brown rice flour
- 20g chestnut flour
- 1/3 teaspoon baking powder
- 50g rice protein, chocolate flavor
- 1 teaspoon raw cacao
- 1 pinch of cinnamon, cloves, and cardamom
- 1 pinch of salt
- 100ml organic almond milk
- 1 sliced banana, to serve with
- 5ml maple syrup

Calories	620
Total Fat	7.9g
Saturated Fat	1.3g
Cholesterol	0mg
Sodium	153mg
Total Carbohydrate	86.3g
Dietary Fibre	11.5g
Total Sugars	26.9g
Protein	53.7g

#### Instructions:

1. Combine flax seeds and water in a small bowl. Place aside for 5-10 minutes.
2. In a large mixing bowl, mix the flours, baking powder, protein powder, cacao, spices and salt. Whisk together the milk and the flax mixture and gradually add this to the flour mixture. Stir until you have a smooth batter.
3. Brush a frying pan with a little oil and heat over a medium heat.
4. Pour three spoonfuls of batter into the pan and let them run into three little pancakes.
5. Turn the pancakes when bubbles appear on the surface; then bake for another minute or so until browned on each side. Repeat with the remaining batter.
6. Stack pancakes and top with banana and maple syrup.
7. Serve.

## PARSNIP NOODLES WITH “CHEESE” - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 80g cashews
- 150g parsnip, spiralized or shaved with a veggie peeler or 8oz. shirataki noodles
- 150g broccoli florets
- 10ml olive oil
- 1 onion, chopped
- ½ teaspoon garlic powder
- ¼ teaspoon paprika powder
- ¼ teaspoon turmeric powder
- 1 tablespoon lemon juice
- 170ml water
- 2 ½ tablespoons nutritional yeast
- 40g spinach, chopped into ribbons
- 1 pinch red pepper flakes
- 30g almond meal
- Salt, to taste

Calories	518
Total Fat	31.2g
Saturated Fat	4.3g
Cholesterol	0mg
Sodium	67mg
Total Carbohydrate	45.6g
Dietary Fibre	13.9g
Total Sugars	8.3g
Protein	20.4g

### Instructions:

1. Place cashews in a bowl and cover with warm water. Place aside.
2. Make the parsnip noodles; spiralize or shave parsnip. Heat a splash of olive oil in a skillet.
3. Add parsnip and cook over medium heat for 5 minutes or until al dente. Place aside.
4. Heat oil in a skillet over medium heat. Add onion and a pinch of salt and cook for 5 minutes, or until translucent.
5. Add garlic powder, salt, turmeric, paprika, and red pepper flakes, stirring for a minute. Carefully transfer onion mixture to a blender and add greens to pan, sautéing for a couple minutes or until wilted.
6. Add the drained cashews, lemon juice, water, and nutritional yeast to blender and blend until smooth and creamy.
7. Add pasta and broccoli back to pot along with sauce and toss together.
8. Add greens and stir until combined. Taste and add salt if needed.
9. Transfer into a baking dish. Sprinkle with almond meal and bake in heated oven for 10 minutes at 180C.
10. Serve warm.

# QUINOA, PEAR AND SPINACH SALAD (IN A JAR)

Preparation time: 10 minutes  
Servings: 2

Ingredients:  
Dressing:

- 60ml balsamic vinegar
- 45ml extra-virgin olive oil
- 1 ½ tablespoons maple syrup
- Salt and pepper, to taste

Salad:

- 200g cooked quinoa
- 1 pear, diced
- 4 tablespoons almonds, chopped
- 1 red onion, chopped
- 3 tablespoons dried cherries
- 150g baby spinach

Instructions:

1. Place all dressing ingredients in a bowl and whisk together until combined.
2. Place half of dressing at the bottom of a mason jar.
3. Layer with quinoa and then top with almonds, pear, onion, dried cherries, and finishing with the spinach on top.
4. Place lid on mason jar and refrigerate until ready to eat. Toss in a bowl and stir to combine.
5. It is brilliant for the next day lunch.

Calories	546
Total Fat	29.9g
Saturated Fat	3.6g
Cholesterol	0mg
Sodium	72mg
Total Carbohydrate	64.4g
Dietary Fibre	9.7g
Total Sugars	28.5g
Protein	9.8g

# CHOCOLATE ALMOND SMOOTHIE

Preparation time: 5 minutes  
Servings: 1

Ingredients:

- 250ml organic almond milk
- 50ml water
- 70g rice protein, chocolate flavor
- ½ tablespoon cocoa powder
- 1 ½ small bananas, sliced
- 1 tablespoon almond butter

Instructions:

1. Blend all until smooth.
2. Serve.

Calories	624
Total Fat	17.1g
Saturated Fat	1.8g
Cholesterol	0mg
Sodium	237mg
Total Carbohydrate	59.1g
Dietary Fibre	7.8g
Total Sugars	30.8g
Protein	64.5g



# Week 2 - 2300cal

## GROCERY LIST

### Fruits:

- Cherries, frozen, 80g
- Dragon fruit/pitaya, 80g
- Banana, 7 pieces
- Kiwi, 1 piece
- Avocado, 2 pieces
- Blueberries, 310g  
(130g are wild blueberries)
- Cherries, frozen, 120g
- Cherries, dried, 3 tablespoons
- Dates, 6 pieces
- Lime, 1 piece
- Lemon, 1 piece
- Orange, 1 piece
- Pineapple, 120g
- Pear, 1 piece
- Strawberries, 80g

### Vegetables:

- Baby spinach, 210g
- Red bell pepper, 1 piece
- Broccoli, 250g
- Brussels sprouts, 200g
- Cauliflower, 110g
- Bok Choi, 1 baby
- Butternut squash, large, 1 piece
- Carrot, 1 piece
- Cherry tomatoes, 120g
- Chestnut mushrooms, 120g
- Garlic, 3 cloves
- Corn, 40g
- Edamame, frozen, 60g
- Onion, 4 pieces
- Parsnip, 150g
- Sweet potatoes, 550g
- Spinach, plain, 170g
- Spring onion, 1 piece
- Kale, 30g

### Grains and Cereals:

- Granola, Vegan, 20g
- Rolled oats, 40g
- Quinoa, 400g

### Can Products:

- Pasta sauce, 350g

### Beans and Legumes:

- Cooked black beans, 280g
- French lentils, 120g

### Spices and Herbs:

- Tamari sauce
- Cider vinegar
- Balsamic vinegar
- Soy sauce
- Chili powder
- Cinnamon
- Cloves
- Cardamom
- Garlic powder
- Ginger
- Herbs de Provence
- paprika
- Pepper flakes
- Salt
- Pepper
- Cumin
- Thyme
- Turmeric
- Vanilla
- Cilantro

### Butter; and Oil:

- Almond butter, 15g
- Peanut butter, 50g
- Cashew butter, 65g
- Coconut oil, 30ml
- Extra-virgin olive oil, 45ml
- Olive oil, 45ml
- Sesame oil, ½ tablespoon

### Nuts and Seeds:

- Chia seeds, 65g
- Flax seeds, 30g
- Almonds, chopped, 4 tablespoons
- Cashews, raw, 80g
- Pumpkin seeds, 30g
- Hemp seeds, 35g

### Soy Products:

- Tempeh, 200g
- Tofu, firm, 200g

### Non-Dairy:

- Coconut milk, 120ml
- Almond milk, organic, 2.49 liters
- Almond Greek type yogurt, 120g

### Protein Powder:

- Rice protein, 835g

### Sweeteners:

- Maple syrup, 40ml

### Additional:

- Almond meal, 30g
- Baking powder, ½ teaspoon
- Chickpea flour, 35g
- Cocoa powder. 2 ½ tablespoons
- Nutritional yeast, 4 tablespoons
- Brown rice flour, 10g
- Coconut water, 470ml
- Coffee, prepared with water, 250ml
- Oat flour, 50g
- Raw cacao nibs, 1 teaspoon
- Chocolate chip cookies, vegan type, 2 cookies
- Chestnut flour, 20g
- Garlic Hummus, 2 tablespoons
- Orange preserves. ½ tablespoon

## Week 3 - 2300 Cal

### MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFASTS	Creamy Chia Pudding	Black Coffee Smoothie	Zucchini Banana Overnight Oats	Breakfast Toast	Peanut Butter Green Bowl	Banana Hemp Pudding	Pumpkin Oats
LUNCH	Quinoa, Pear and Spinach Salad (in a jar) – previous night dinner	Parsnip with Baked Pumpkin Tofu – previous night dinner	Golden French Soup – previous night dinner	Curried Chickpea Salad – previous night dinner	Stir-fry with Pineapple Sauce – previous night dinner	Coconut Curried Lentils – previous night dinner	Advanced Salad – previous night dinner
SNACKS	Blueberry Mint Smoothie	Blackberry Hemp Smoothie	Pineapple Recovery	Pink Panther Smoothie	Blue Zucchini Smoothie	Blueberry Almond Butter Smoothie	Banana Split in a Glass
DINNER	Parsnip with Baked Pumpkin Tofu	Golden French Soup	Curried Chickpea Salad	Stir-fry with Pineapple Sauce	Coconut Curried Lentils	Advanced Salad	Chickpea Bolognese with Carrot Noodles

## MONDAY CREAMY CHIA PUDDING

Preparation time: 10 minutes + inactive time

Servings: 1

### Ingredients:

- 200ml organic almond milk
- 25g chia seeds
- ½ teaspoon lemon juice
- 50g rice protein, vanilla flavor
- 3 dates, pitted
- 20g raw cashews
- 70g strawberries, sliced
- 1 tablespoon coconut cream, whipped
- 5ml maple syrup

### Instructions:

1. Place almond milk and chia seeds in a large bowl whisking to combine.
2. Add lemon juice, vanilla, cashews, rice protein, and dates. Stir, cover, and refrigerate for 3 hours or overnight.
3. Combine whipped cream with maple syrup. Place aside.
4. Once chia mixture has chilled, transfer into a high-speed blender along with 50g strawberries and blend well until smooth and creamy.
5. Transfer into a serving bowl, and top with remaining strawberries.

Calories	638
Total Fat	26.1g
Saturated Fat	3.3g
Cholesterol	0mg
Sodium	191mg
Total Carbohydrate	57.8g
Dietary Fibre	14g
Total Sugars	32.6g
Protein	51.8g

## QUINOA, PEAR AND SPINACH SALAD (IN A JAR) - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Servings: 2

### Ingredients:

#### Dressing:

- 60ml balsamic vinegar
- 45ml extra-virgin olive oil
- 1 ½ tablespoons maple syrup
- Salt and pepper, to taste

#### Salad:

- 200g cooked quinoa
- 1 pear, diced
- 4 tablespoons almonds, chopped
- 1 red onion, chopped
- 3 tablespoons dried cherries
- 150g baby spinach

### Instructions:

1. Place all dressing ingredients in a bowl and whisk together until combined.
2. Place half of dressing at the bottom of a mason jar.
3. Layer with quinoa and then top with almonds, pear, onion, dried cherries, and finishing with the spinach on top.
4. Place lid on mason jar and refrigerate until ready to eat. Toss in a bowl and stir to combine.
5. It is brilliant for the next day lunch.

Calories	546
Total Fat	29.9g
Saturated Fat	3.6g
Cholesterol	0mg
Sodium	72mg
Total Carbohydrate	64.4g
Dietary Fibre	9.7g
Total Sugars	28.5g
Protein	9.8g

## BLUEBERRY MINT SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 100g blueberries
- 30g spinach
- 1 kiwi fruits
- 300ml organic almond milk
- 60g rice protein, berry flavored
- 10ml maple syrup
- 10g chia seeds

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	522
Total Fat	12.1g
Saturated Fat	1g
Cholesterol	0mg
Sodium	281mg
Total Carbohydrate	50.5g
Dietary Fibre	8.8g
Total Sugars	31.6g
Protein	54.5g

## PARSNIP WITH BAKED PUMPKIN TOFU

Preparation time: 10 minutes

Cooking time: 50 minutes

Servings: 2

### Ingredients:

#### Vegetables:

- 10ml olive oil
- 180g Brussels sprouts, trimmed, halved
- 40g baby spinach
- 150g butternut squash
- Salt and pepper, to taste

#### Tofu ricotta:

- 180g tofu, drained
- 40g pumpkin puree
- 30g roasted garlic hummus, store-bought
- 2 tablespoons nutritional yeast
- ¼ teaspoon dried sage
- Salt and pepper, to taste

#### Parsnip:

- 200g parsnip, peeled, spiralized or cut into 0.5cm coins
- 300ml pasta sauce, Vegan
- 120ml water

### Instructions:

1. Drain and press tofu.
2. Meanwhile, preheat oven to 180C.
3. Heat olive oil in a large pan over medium heat. Add Brussels sprouts and squash and cook for 10 minutes, stirring often. Season with salt and pepper.
4. Add spinach and cook for 2 more minutes, or until wilted. Set aside.
5. Crumble pressed tofu and place in a medium bowl. Add hummus, pumpkin, nutritional yeast, dried sage, salt, and pepper. Use your hands to combine mixture. It should be moist and resemble ricotta cheese. Set aside.
6. Spray a glass baking dish with cooking spray. Place parsnip coins all over baking dish, so the bottom is covered.
7. Cover parsnip evenly with the jar of pasta sauce followed by the water.
8. Top with vegetable mixture, then sprinkle small handfuls of the "ricotta" evenly on top. Season with a dash of salt and pepper.
9. Bake for 40 minutes. Remove from oven and allow pasta to "set" for 10 minutes prior to serving.

Calories	559
Total Fat	21.4g
Saturated Fat	3.7g
Cholesterol	3mg
Sodium	783mg
Total Carbohydrate	70g
Dietary Fibre	20.8g
Total Sugars	23.2g
Protein	29.8g

## TUESDAY BLACK COFFEE SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 200ml organic almond milk
- 50ml coconut milk
- 80g blueberries, frozen
- 60g black grapes, frozen
- 55g rice protein, vanilla flavor
- 1 tablespoon cacao powder
- 1 tablespoon whole coffee beans

### Instructions:

1. Combine all ingredients in a high-speed blender until smooth.
2. There will be some texture from the coffee beans—but that is a good thing!

Calories	569
Total Fat	25.8g
Saturated Fat	17.9g
Cholesterol	0mg
Sodium	198mg
Total Carbohydrate	39.1g
Dietary Fibre	5.2g
Total Sugars	26.2g
Protein	49.9g

## PARSNIP WITH BAKED PUMPKIN TOFU - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 50 minutes

Servings: 2

### Ingredients:

#### Vegetables:

- 10ml olive oil
- 180g Brussels sprouts, trimmed, halved
- 40g baby spinach
- 150g butternut squash
- Salt and pepper, to taste

#### Tofu ricotta:

- 180g tofu, drained
- 40g pumpkin puree
- 30g roasted garlic hummus, store-bought
- 2 tablespoons nutritional yeast
- ¼ teaspoon dried sage
- Salt and pepper, to taste

#### Parsnip:

- 200g parsnip, peeled, spiralized or cut into 0.5cm coins
- 300ml pasta sauce, Vegan
- 120ml water

### Instructions:

1. Drain and press tofu.
2. Meanwhile, preheat oven to 180C.
3. Heat olive oil in a large pan over medium heat. Add Brussels sprouts and squash and cook for 10 minutes, stirring often. Season with salt and pepper.
4. Add spinach and cook for 2 more minutes, or until wilted. Set aside.
5. Crumble pressed tofu and place in a medium bowl. Add hummus, pumpkin, nutritional yeast, dried sage, salt, and pepper. Use your hands to combine mixture. It should be moist and resemble ricotta cheese. Set aside.
6. Spray a glass baking dish with cooking spray. Place parsnip coins all over baking dish, so the bottom is covered.
7. Cover parsnip evenly with the jar of pasta sauce followed by the water.
8. Top with vegetable mixture, then sprinkle small handfuls of the “ricotta” evenly on top. Season with a dash of salt and pepper.
9. Bake for 40 minutes. Remove from oven and allow pasta to “set” for 10 minutes prior to serving.

Calories	559
Total Fat	21.4g
Saturated Fat	3.7g
Cholesterol	3mg
Sodium	783mg
Total Carbohydrate	70g
Dietary Fibre	20.8g
Total Sugars	23.2g
Protein	29.8g

## BLACKBERRY HEMP SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml coconut water
- 60g rice protein
- 2 tablespoon hemp seeds
- 130g blackberries
- 1 small banana, sliced
- 10ml maple syrup

### Instructions:

1. Blend all in a high-power blender until smooth.
2. Serve.

Calories	728
Total Fat	14.7g
Saturated Fat	0.9g
Cholesterol	0mg
Sodium	137mg
Total Carbohydrate	89.9g
Dietary Fibre	10.5g
Total Sugars	67.2g
Protein	61.5g

## GOLDEN FRENCH SOUP

Preparation time: 10 minutes

Cooking time: 45 minutes

Servings: 2

### Ingredients:

- 40g raw cashews
- 200ml water
- 1 tablespoon olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 1 carrot, chopped
- 1 stalk celery, chopped
- 1 teaspoon cumin, ground
- $\frac{3}{4}$  teaspoon dried thyme
- $\frac{1}{2}$  teaspoon turmeric, ground
- 250g can diced tomatoes, with juices
- 400ml vegetable stock
- 60g chopped kale
- 80g French lentils
- Salt and pepper, to taste
- $\frac{1}{2}$  teaspoon balsamic vinegar

### Instructions:

1. Place the cashews in a bowl and cover with a couple of inches of water. Soak for 1 to 2 hours or overnight.
2. Drain and rinse. Transfer the cashews to a high-speed blender along with 40ml of the water. Blend on high until super smooth and creamy in texture. Set the cashew cream aside.
3. In a large Dutch oven, heat the oil over medium heat. Stir in the onion, garlic, and a couple pinches of salt, and stock until the onion is softened, 4 to 6 minutes.
4. Stir in the carrots and celery and cook for another few minutes or so. Stir in the cumin, thyme, and turmeric until combined.
5. Add the diced tomatoes with their juices, lentils, broth, and remaining water. Increase the heat to high and bring to a low boil. Reduce the heat to medium and simmer, uncovered, for 30 to 35 minutes, until the lentils are tender.
6. Stir in the cashew cream and chard. Add salt, pepper, and balsamic vinegar for a couple of minutes over low-medium heat, until the chard is wilted, and then serve.

Calories	450
Total Fat	18.4g
Saturated Fat	4.3g
Cholesterol	0mg
Sodium	928mg
Total Carbohydrate	57.4g
Dietary Fibre	21g
Total Sugars	11g
Protein	19.9g

## WEDNESDAY

### ZUCCHINI BANANA OVERNIGHT OATS

Preparation time: 10 minutes + inactive time

Servings: 1

#### Ingredients:

- 1 small banana, sliced
- 30g old-fashioned oats
- 250ml organic almond milk
- 60g rice protein, vanilla flavor
- 1 teaspoon chia seeds
- 30g grated zucchini
- 15g slivered almonds, for topping

#### Instructions:

1. Place banana in a medium bowl and mash with a fork. Add the rest of the ingredients, except the almonds, and stir to combine. Cover and place in refrigerator for 4-6 hours or overnight.
2. In the morning, top with slivered almonds and eat at room temperature or warmed.

Calories	636
Total Fat	18.7g
Saturated Fat	1.8g
Cholesterol	0mg
Sodium	226mg
Total Carbohydrate	61.2g
Dietary Fibre	9.8g
Total Sugars	22.1g
Protein	59.6g

## GOLDEN FRENCH SOUP - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 45 minutes

Servings: 2

#### Ingredients:

- 40g raw cashews
- 200ml water
- 1 tablespoon olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 1 carrot, chopped
- 1 stalk celery, chopped
- 1 teaspoon cumin, ground
- $\frac{3}{4}$  teaspoon dried thyme
- $\frac{1}{2}$  teaspoon turmeric, ground
- 250g can diced tomatoes, with juices
- 400ml vegetable stock
- 60g chopped kale
- 80g French lentils
- Salt and pepper, to taste
- $\frac{1}{2}$  teaspoon balsamic vinegar

#### Instructions:

1. Place the cashews in a bowl and cover with a couple of inches of water. Soak for 1 to 2 hours or overnight.
2. Drain and rinse. Transfer the cashews to a high-speed blender along with 40ml of the water. Blend on high until super smooth and creamy in texture. Set the cashew cream aside.
3. In a large Dutch oven, heat the oil over medium heat. Stir in the onion, garlic, and a couple pinches of salt, and stock until the onion is softened, 4 to 6 minutes.
4. Stir in the carrots and celery and cook for another few minutes or so. Stir in the cumin, thyme, and turmeric until combined.
5. Add the diced tomatoes with their juices, lentils, broth, and remaining water. Increase the heat to high and bring to a low boil. Reduce the heat to medium and simmer, uncovered, for 30 to 35 minutes, until the lentils are tender.
6. Stir in the cashew cream and chard. Add salt, pepper, and balsamic vinegar for a couple of minutes over low-medium heat, until the chard is wilted, and then serve.

Calories	450
Total Fat	18.4g
Saturated Fat	4.3g
Cholesterol	0mg
Sodium	928mg
Total Carbohydrate	57.4g
Dietary Fibre	21g
Total Sugars	11g
Protein	19.9g

## PINEAPPLE RECOVERY

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml organic almond milk
- 60g pineapple
- 55g rice protein
- 1 ½ tablespoons hemp seeds
- 1 tablespoon peanut butter
- 1 extra-small banana, sliced
- 1 ice cube

### Instructions:

1. Blend all until smooth.
2. Serve.

Calories	621
Total Fat	25.5g
Saturated Fat	2.9g
Cholesterol	0mg
Sodium	291mg
Total Carbohydrate	42.3g
Dietary Fibre	4.6g
Total Sugars	24.9g
Protein	58.7g

## CURRIED CHICKPEA SALAD

Preparation time: 10 minutes

Servings: 2

### Ingredients:

#### Dressing:

- 2 tablespoons tahini
- 1 tablespoon olive oil
- 1 tablespoon maple syrup
- 1 tablespoon water
- 1 tablespoon lemon juice
- ½ tablespoon curry powder
- ½ teaspoon turmeric
- 1 teaspoon raw cider vinegar
- Salt and pepper, to taste

#### Salad:

- 300g cooked chickpeas
- 2 green onions, chopped
- 2 tablespoons cilantro, chopped
- 1 red bell pepper, seeded, sliced
- 20g raisins
- 30g cashews, chopped

### Instructions:

1. Whisk together all dressing ingredients in a small bowl or n
2. Place salad ingredients in a large bowl. Add dressing and toss to combine.
3. Serve.

Calories	572
Total Fat	26.1g
Saturated Fat	3.7g
Cholesterol	0mg
Sodium	39mg
Total Carbohydrate	70.3g
Dietary Fibre	15.6g
Total Sugars	22.7g
Protein	20g



## THURSDAY BREAKFAST TOAST

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 2 slices sprouted wheat bread
- 2 ½ tablespoons peanut powder, like pb2 or Mighty nut
- 30ml coconut milk
- 30g rice protein, chocolate flavor
- 1 extra-small banana, sliced
- 1 pinch cinnamon

### Instructions:

1. Combine peanut powder, protein powder, and coconut milk in a small bowl. Stir until smooth. If you want a thinner spread, add more milk.
2. Spread peanut butter mix over bread.
3. Top with banana and sprinkle with cinnamon.
4. Serve.

Calories	584
Total Fat	15.9g
Saturated Fat	9.7g
Cholesterol	0mg
Sodium	618mg
Total Carbohydrate	66.4g
Dietary Fibre	12.1g
Total Sugars	19.5g
Protein	48.8g

## CURRIED CHICKPEA SALAD - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Servings: 2

### Ingredients:

#### Dressing:

- 2 tablespoons tahini
- 1 tablespoon olive oil
- 1 tablespoon maple syrup
- 1 tablespoon water
- 1 tablespoon lemon juice
- ½ tablespoon curry powder
- ½ teaspoon turmeric
- 1 teaspoon raw cider vinegar
- Salt and pepper, to taste

#### Salad:

- 300g cooked chickpeas
- 2 green onions, chopped
- 2 tablespoons cilantro, chopped
- 1 red bell pepper, seeded, sliced
- 20g raisins
- 30g cashews, chopped

### Instructions:

1. Whisk together all dressing ingredients in a small bowl or n
2. Place salad ingredients in a large bowl. Add dressing and toss to combine.
3. Serve.

Calories	572
Total Fat	26.1g
Saturated Fat	3.7g
Cholesterol	0mg
Sodium	39mg
Total Carbohydrate	70.3g
Dietary Fibre	15.6g
Total Sugars	22.7g
Protein	20g

## PINK PANTHER SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 130g strawberries
- 1 70g small beet, peeled, sliced
- 1 extra-small banana, sliced
- 250ml water
- 65g rice protein, vanilla flavor
- 1 date, pitted
- 1 ½ tablespoon chia seeds
- 10ml maple syrup

### Instructions:

1. Blend all ingredients in a food blender until smooth.
2. Serve.

Calories	574
Total Fat	7.7g
Saturated Fat	0.9g
Cholesterol	0mg
Sodium	143mg
Total Carbohydrate	72.9g
Dietary Fibre	15.2g
Total Sugars	42.9g
Protein	60.7g

## STIR-FRY WITH PINEAPPLE SAUCE

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 2

### Ingredients:

- 1 tablespoon olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 small red bell pepper, seeded, sliced
- ½ tablespoon minced ginger
- 1 carrot, grated
- 150g broccoli, cut into florets
- 100g snap peas
- 180g cooked quinoa
- 50g roasted cashews
- 60g edamame
- 1 green onion, chopped
- Salt and pepper, to taste

### Sauce:

- 100g pineapple in juice, not drained (Vegan)
- 2 tablespoons tamari sauce
- 10ml maple syrup
- ½ tablespoon rice vinegar
- ½ tablespoon chia seeds
- 1 teaspoon chili powder

### Instructions:

1. Heat olive oil in a large skillet over medium heat.
2. Once hot, add onion. Cook for 5 minutes.
3. Meanwhile, place the sauce ingredients in a blender. Blend until smooth. Set aside.
4. Add garlic and ginger to pan and cook for another 3 minutes.
5. Add carrots, bell pepper, broccoli, and snap peas and cook for another 5-7 minutes, or until veggies are tender.
6. Stir in cooked quinoa, cashews and edamame, stirring until heated through.
7. Pour sauce on top and stir to combine.
8. Season with salt and pepper to taste. Garnish with chopped green onions.

Calories	554
Total Fat	24.8g
Saturated Fat	3.8g
Cholesterol	0mg
Sodium	1088mg
Total Carbohydrate	70g
Dietary Fibre	14.2g
Total Sugars	20.9g
Protein	21.2g

## FRIDAY PEANUT BUTTER GREEN BOWL

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 1 small banana, sliced
- 40g blueberries
- 20g spinach
- 20g cauliflower
- 150ml organic almond milk
- 50g rice protein powder
- ½ teaspoon Maca powder
- 1 tablespoon hemp seeds
- 1 ½ tablespoons peanut butter
- 15g Vegan granola

### Instructions:

1. Combine all ingredients in a food blender, except the granola.
2. Blend on high until smooth.
3. Transfer into a bowl and top with granola.
4. Serve.

Calories	619
Total Fat	27.2g
Saturated Fat	4g
Cholesterol	0mg
Sodium	287mg
Total Carbohydrate	54.7g
Dietary Fibre	8.3g
Total Sugars	28g
Protein	57.5g

## STIR-FRY WITH PINEAPPLE SAUCE - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 2

### Ingredients:

- 1 tablespoon olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 small red bell pepper, seeded, sliced
- ½ tablespoon minced ginger
- 1 carrot, grated
- 150g broccoli, cut into florets
- 100g snap peas
- 180g cooked quinoa
- 50g roasted cashews
- 60g edamame
- 1 green onion, chopped
- Salt and pepper, to taste

Calories	554
Total Fat	24.8g
Saturated Fat	3.8g
Cholesterol	0mg
Sodium	1088mg
Total Carbohydrate	70g
Dietary Fibre	14.2g
Total Sugars	20.9g
Protein	21.2g

### Sauce:

- 100g pineapple in juice, not drained (Vegan)
- 2 tablespoons tamari sauce
- 10ml maple syrup
- ½ tablespoon rice vinegar
- ½ tablespoon chia seeds
- 1 teaspoon chili powder

### Instructions:

1. Heat olive oil in a large skillet over medium heat.
2. Once hot, add onion. Cook for 5 minutes.
3. Meanwhile, place the sauce ingredients in a blender. Blend until smooth. Set aside.
4. Add garlic and ginger to pan and cook for another 3 minutes.
5. Add carrots, bell pepper, broccoli, and snap peas and cook for another 5-7 minutes, or until veggies are tender.
6. Stir in cooked quinoa, cashews and edamame, stirring until heated through.
7. Pour sauce on top and stir to combine.
8. Season with salt and pepper to taste. Garnish with chopped green onions.

## BLUE ZUCCHINI SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 1 banana, sliced
- 70g blueberries, frozen
- 40g zucchini, sliced
- 30g spinach
- 1 tablespoon hemp seeds
- 65g rice protein
- 200ml light coconut milk
- ¼ teaspoon Maca powder
- ¼ teaspoon cinnamon

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend until smooth.
3. Serve.

Calories	621
Total Fat	17.7g
Saturated Fat	8.1g
Cholesterol	0mg
Sodium	169mg
Total Carbohydrate	58.2g
Dietary Fibre	6.9g
Total Sugars	30.7g
Protein	61.1g

## COCONUT CURRIED LENTILS

Preparation time: 10 minutes

Cooking time: 50 minutes

Servings: 2

### Ingredients:

- 500ml water
- 140g yellow lentils

### Sauce:

- 1 teaspoon coconut oil
- 1 shallot, diced
- 2 cloves garlic, minced
- 1 ½ teaspoon minced garlic
- ½ tablespoon curry powder
- ½ teaspoon turmeric
- Salt and pepper, to taste
- 180ml coconut milk
- ½ tablespoon coconut sugar
- 15ml lemon juice
- 15g chopped coriander, for garnish

### Instructions:

1. Bring water to a boil in a large pot or saucepan.
2. Add lentils and bring back to a boil. Once boiling, reduce heat to a simmer and cook lentils uncovered for 4-5 minutes or until just tender. Then drain and set aside.
3. In the meantime, heat a large rimmed skillet over medium heat. Once hot, add oil, shallot, garlic, and ginger. Cook for 2-3 minutes, stirring frequently. Then add salt, curry powder, turmeric, and cayenne and cook for 1 minute more. Lower heat to low.
4. Add coconut milk and coconut sugar and stir to combine.
5. Cook over low heat for 3-4 minutes to combine the flavors.
6. Add the drained, cooked lentils to the coconut sauce and stir.
7. Turn off heat, add lemon juice, and serve sprinkled with chopped coriander.

Calories	445
Total Fat	21.4g
Saturated Fat	18.2g
Cholesterol	0mg
Sodium	31mg
Total Carbohydrate	47.6g
Dietary Fibre	16.6g
Total Sugars	6.9g
Protein	19.4g

## SATURDAY BANANA HEMP PUDDING

Preparation time: 10 minutes + inactive time

Servings: 1

### Ingredients:

- 1 small banana, sliced
- 80g mixed berries
- 80ml coconut milk
- 40g rice protein, vanilla flavor
- ¼ tablespoon hemp seeds
- ½ tablespoon chia seeds
- 1 pinch ground cinnamon

### Instructions:

1. Combine banana, berries, coconut milk, protein in a food blender.
2. Blend until smooth.
3. Next, add hemp seeds, chia, and cinnamon.
4. Blend until smooth. Transfer into a serving bowl and refrigerate overnight.
5. Stir before serving.

Calories	568
Total Fat	27.4g
Saturated Fat	17.8g
Cholesterol	0mg
Sodium	61mg
Total Carbohydrate	44.3g
Dietary Fibre	10.2g
Total Sugars	22.8g
Protein	41.2g

## COCONUT CURRIED LENTILS - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 50 minutes

Servings: 2

### Ingredients:

- 500ml water
- 140g yellow lentils

### Sauce:

- 1 teaspoon coconut oil
- 1 shallot, diced
- 2 cloves garlic, minced
- 1 ½ teaspoon minced garlic
- ½ tablespoon curry powder
- ½ teaspoon turmeric
- Salt and pepper, to taste
- 180ml coconut milk
- ½ tablespoon coconut sugar
- 15ml lemon juice
- 15g chopped coriander, for garnish

### Instructions:

1. Bring water to a boil in a large pot or saucepan.
2. Add lentils and bring back to a boil. Once boiling, reduce heat to a simmer and cook lentils uncovered for 4-5 minutes or until just tender. Then drain and set aside.
3. In the meantime, heat a large rimmed skillet over medium heat. Once hot, add oil, shallot, garlic, and ginger. Cook for 2-3 minutes, stirring frequently. Then add salt, curry powder, turmeric, and cayenne and cook for 1 minute more. Lower heat to low.
4. Add coconut milk and coconut sugar and stir to combine.
5. Cook over low heat for 3-4 minutes to combine the flavors.
6. Add the drained, cooked lentils to the coconut sauce and stir.
7. Turn off heat, add lemon juice, and serve sprinkled with chopped coriander.

Calories	445
Total Fat	21.4g
Saturated Fat	18.2g
Cholesterol	0mg
Sodium	31mg
Total Carbohydrate	47.6g
Dietary Fibre	16.6g
Total Sugars	6.9g
Protein	19.4g

# BLUEBERRY ALMOND BUTTER SMOOTHIE

Preparation time: 5 minutes  
Servings: 1

Ingredients:

- 1 banana, frozen, sliced (slice before freezing)
- 1 tablespoon almond butter
- 70g frozen blueberries
- 70g rice protein, vanilla flavor
- ½ tablespoon flax seeds, ground
- ½ tablespoon chia seeds
- 280ml organic almond milk

Instructions:

1. Blend all until smooth using a food blender.
2. Strain.

Calories	722
Total Fat	24.6g
Saturated Fat	2.3g
Cholesterol	0mg
Sodium	254mg
Total Carbohydrate	60.8g
Dietary Fibre	13g
Total Sugars	31g
Protein	67.8g

## ADVANCED SALAD

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 1 small zucchini, cut into thin slices
- 1 small sweet potato, cut into thin slices
- 200g red cabbage, shredded
- 1 pinch salt
- ¼ teaspoon curry powder

### Dressing:

- 25g tahini
- ¼ teaspoon garlic powder
- ½ tablespoon coconut aminos
- ½ clove garlic, minced
- 1 pinch salt
- 20ml water, to thin the sauce

### Salad:

- 60g spinach
- 30g kale
- 20g arugula
- 2 small radishes, sliced
- 2 tablespoons hemp seeds
- ½ avocado, peeled, sliced
- 1 tablespoon lemon juice

### Topping:

- 120g cooked quinoa
- 150g cooked chickpeas
- 10ml olive oil
- ¼ teaspoon smoked paprika
- Salt, to taste

### Instructions:

1. Prepare the topping; heat skillet with olive oil over medium-high heat. Add smoked paprika and cook 10 seconds. Add chickpeas and cook stirring for 2 minutes. Place aside.
2. Preheat oven to 190C and arrange zucchini, cabbage, and sweet potatoes on baking sheet. Drizzle with coconut oil, sea salt, and curry powder and toss to combine. Roast for 20 minutes or until tender and slightly golden brown.
3. In the meantime, prepare dressing by adding tahini, garlic powder, coconut aminos, sea salt, and garlic to a small mixing bowl and whisking to combine. Then add enough water to thin until pourable and whisk until smooth. Place aside.
4. Assemble salad by adding greens, radishes, hemp seeds, and avocado to a large mixing bowl. Add the lemon juice and gently toss to combine.
5. Add roasted vegetables and toppings and serve with dressing.

Calories	555
Total Fat	28.8g
Saturated Fat	3.3g
Cholesterol	0mg
Sodium	103mg
Total Carbohydrate	59.6g
Dietary Fibre	17.4g
Total Sugars	10.6g
Protein	21.7g



## SUNDAY PUMPKIN OATS

Preparation time: 5 minutes

Cooking time: 25 minutes

Servings: 1

### Ingredients:

- 25g pecans
- 1 ¼ teaspoon coconut oil
- ½ tablespoon coconut sugar
- ¼ tablespoon maple syrup
- 1 small pinch salt

### Oats:

- 180ml organic almond milk
- 30g oats
- 1 pinch cinnamon
- 1 pinch pumpkin pie spice
- 1 tablespoon maple syrup
- 50g rice protein
- 25g pumpkin butter/puree
- ½ tablespoon whipped coconut cream

Calories	755
Total Fat	32g
Saturated Fat	8.9g
Cholesterol	0mg
Sodium	175mg
Total Carbohydrate	71g
Dietary Fibre	5.7g
Total Sugars	41.8g
Protein	48.3g

### Instructions:

1. Preheat oven to 180C and arrange pecans on a foil-lined baking sheet.
2. In the meantime, start your oats by almond milk to a boil in a small saucepan.
3. Once boiling, add a pinch of salt, then add oats. Swirl to coat. Then turn heat to low and cover. Simmer for 15-20 minutes or until the oats are tender.
4. In the meantime, add pecans to preheated oven and toast for 5 minutes.
5. While they're baking, add melted coconut oil, coconut sugar, maple syrup, salt, and cinnamon to a small mixing bowl and whisk vigorously to combine.
6. Remove pecans from oven and add directly to the oil-spice mixture. Toss to coat, then add back to baking sheet. Bake for another 5-7 minutes or until deep golden brown and fragrant. Remove from oven and set aside to cool.
7. Once oats are finished cooking, remove from heat and add cinnamon, pumpkin pie spice, maple syrup and pumpkin puree. Stir to combine. Then taste and adjust seasonings as needed. I added more pumpkin butter and sweetener.
8. Transfer the oats into serving bowl. Top with coconut cream and pecans.

## ADVANCED SALAD - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 1 small zucchini, cut into thin slices
- 1 small sweet potato, cut into thin slices
- 200g red cabbage, shredded
- 1 pinch salt
- ¼ teaspoon curry powder

### Dressing:

- 25g tahini
- ¼ teaspoon garlic powder
- ½ tablespoon coconut aminos
- ½ clove garlic, minced
- 1 pinch salt
- 20ml water, to thin the sauce

### Salad:

- 60g spinach
- 30g kale
- 20g arugula
- 2 small radishes, sliced
- 2 tablespoons hemp seeds
- ½ avocado, peeled, sliced
- 1 tablespoon lemon juice

### Topping:

- 120g cooked quinoa
- 150g cooked chickpeas
- 10ml olive oil
- ¼ teaspoon smoked paprika
- Salt, to taste

### Instructions:

1. Prepare the topping; heat skillet with olive oil over medium-high heat. Add smoked paprika and cook 10 seconds. Add chickpeas and cook stirring for 2 minutes. Place aside.
2. Preheat oven to 190C and arrange zucchini, cabbage, and sweet potatoes on baking sheet. Drizzle with coconut oil, sea salt, and curry powder and toss to combine. Roast for 20 minutes or until tender and slightly golden brown.
3. In the meantime, prepare dressing by adding tahini, garlic powder, coconut aminos, sea salt, and garlic to a small mixing bowl and whisking to combine. Then add enough water to thin until pourable and whisk until smooth. Place aside.
4. Assemble salad by adding greens, radishes, hemp seeds, and avocado to a large mixing bowl. Add the lemon juice and gently toss to combine.
5. Add roasted vegetables and toppings and serve with dressing.

Calories	555
Total Fat	28.8g
Saturated Fat	3.3g
Cholesterol	0mg
Sodium	103mg
Total Carbohydrate	59.6g
Dietary Fibre	17.4g
Total Sugars	10.6g
Protein	21.7g

## BANANA SPLIT IN A GLASS

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 1 frozen banana, sliced
- 65g rice protein, chocolate flavor
- 2 teaspoons raw cacao powder
- ½ tablespoon almond butter
- 150ml organic almond milk

### Topping:

- ½ teaspoon raw cocoa nibs
- ½ teaspoon chia seeds
- 2 ripe cherries

### Instructions:

1. Combine all smoothie ingredients in a food blender.
2. Blend until smooth.
3. Top with chia, cacao nibs, and cherries.
4. Serve.

Calories	515
Total Fat	11.4g
Saturated Fat	1.4g
Cholesterol	0mg
Sodium	194mg
Total Carbohydrate	45.4g
Dietary Fibre	8g
Total Sugars	21.5g
Protein	58.6g

# CHICKPEA BOLOGNESE WITH CARROT NOODLES

Preparation time: 5 minutes

Cooking time: 25 minutes

Servings: 2

## Ingredients:

- 200g cooked chickpeas
- ½ tablespoon olive oil
- ½ tablespoon fresh oregano, chopped
- 1 teaspoon garlic powder
- 1 ½ tablespoons breadcrumbs, Vegan type
- 1 tablespoon nutritional yeast
- ½ tablespoon ground macadamia nuts

## Sauce:

- ½ tablespoon olive oil
- 2 cloves garlic, minced
- 1 carrot, finely chopped
- 200g can tomato sauce
- ½ tablespoon fresh oregano, chopped
- 1 tablespoon nutritional yeast
- ½ tablespoon coconut sugar
- 2 tablespoons chopped cilantro, for garnish

## Carrots:

- 4 carrots, cut into ribbons with vegetable peeler

## Instructions:

1. Preheat oven to 190C.
2. Place chickpeas in a bowl, and toss with olive oil, oregano, salt, garlic powder, breadcrumbs, nutritional yeast, and macadamia nuts.
3. Place chickpeas on a baking sheet and arrange in a single layer. Bake for 20-25 minutes.
4. While chickpeas are baking, heat a large skillet over medium heat. Once hot, add olive oil, garlic and carrots. Cook for 3 minutes, stirring frequently.
5. Remove skillet from heat, add tomato sauce, oregano, and nutritional yeast, and stir. Place back over heat and bring to a low simmer over medium-low heat. Once simmering, reduce heat to low, add sugar, and continue cooking to thicken, stirring occasionally.
6. To make carrot noodles, bring a large pot of water to a boil. Once boiling, add carrots and boil for 2-3 minutes. Drain and set aside.
7. Add 3/4 of the baked chickpeas to the sauce and stir.
8. To serve, top carrot noodles with sauce, remaining chickpeas, and cilantro.
9. Serve.

Calories	442
Total Fat	13.6g
Saturated Fat	1.9g
Cholesterol	0mg
Sodium	735mg
Total Carbohydrate	62.2g
Dietary Fibre	15.3g
Total Sugars	22g
Protein	22g

# Week 3 - 2300cal

## GROCERY LIST

### Fruits:

- Banana, 8 pieces
- Blueberries, frozen, 70g
- Black grapes, frozen, 60g
- Kiwi, 1 piece
- Mixed berries, frozen, 80g
- Blackberries, 130g
- Blueberries, 290g
- Cherries, 2 pieces/cherries
- Lemon, 1 piece
- Pineapple, 160g
- Raisins, 20g
- Strawberries, 200g

### Vegetables:

- Sweet potato, 1 piece
- Radishes, 2 pieces
- Arugula, 20g
- Baby spinach, 40g
- Beet, 70g
- Red bell pepper, 2 pieces
- Broccoli, 150g
- Butternut squash, 150g
- Cabbage, red, 200g
- Carrots, 7 pieces
- Cauliflower, 20g
- Celery, 1 stalk
- Garlic, 9 cloves
- Edamame, 60g
- Green onion, 3 pieces
- Onion, 2 pieces
- Kale, 90g
- Parsnip, 200g
- Shallot, 1 piece
- Snap peas, 10g
- Spinach, 140g
- Zucchini, 2 small

### Grains and Cereals:

- Granola, Vegan type, 15g
- Oats, 60g
- Quinoa, 300g

### Can Products:

- Can pumpkin puree, 40g
- Can diced tomatoes, 250g
- Can tomato sauce, 200g
- Pumpkin butter/puree, 25g
- Pasta sauce, 300ml

### Beans and Legumes:

- Chickpeas, cooked, 650g
- French lentils, 80g
- Yellow lentils, 140g

### Spices and Herbs:

- Cider vinegar
- Cilantro
- Ginger
- Sage
- Salt
- Pepper
- Chili powder
- Cinnamon
- Garlic powder. Smoked paprika
- Thyme
- Turmeric
- Coriander
- Oregano
- Pumpkin pie spice
- Curry powder

### Butter; and Oil:

- Almond butter, 25g
- Peanut butter, 25g
- Olive oil, 80ml
- Coconut oil, 10ml
- Hemp seeds, 7 ¼ tablespoons
- Tahini, 55g

### Nuts and Seeds:

- Chia seeds, 50g
- Macadamia nuts, ground, ½ tablespoon
- Almonds, slivered, 15g
- Cashews, 140g
- Flax seeds, ½ tablespoon
- Pecans, 25g

### Soy Products:

- Tofu, firm, 180g

### Non-Dairy:

- Coconut cream, whipped, 1 ½ tablespoons
- Coconut milk, 540g
- Almond milk, organic, 1.96 liters

### Protein Powder:

- Rice protein, 775g

### Sweeteners:

- Maple syrup, 80ml

### Additional:

- Cacao powder, 20g
- Nutritional yeast, 4 tablespoons
- Breadcrumbs, Vegan, 1 ½ tablespoons
- Coconut water, 250ml
- Whole coffee beans, 1 tablespoon
- Vegetable stock, 400ml
- Raw cocoa nibs, ½ teaspoon
- Coconut aminos, 10ml
- Roasted garlic Hummus, 30g
- Maca powder, ¾ teaspoon
- Peanut powder, 2 ½ tablespoons
- Sprouted wheat bread, 2 slices

## Week 4 - 2300 Cal

### MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFASTS	Raw Granola Bowl	Hidden Kale Smoothie	Maple and Walnut Spiced Smoothie	Breakfast Peanut Pudding	Smoothie Bowl on the Go	Raw Granola Bowl	Protein Waffles with Berry Sauce
LUNCH	Chickpea Bolognese with Carrot Noodles – previous night dinner	The Best Meatballs – previous night dinner	Salad with Garlic Dill Sauce – previous night dinner	Romesco Soup – previous night dinner	Almond Butter Tofu with Beans – previous night dinner	Chickpeas with Dip – previous night dinner	Sweet Potato Lasagna – previous night dinner
SNACKS	Green Smoothie	Pineapple Cucumber Smoothie	Chocolate Almond Smoothie	Mango Berry Smoothie	Pineapple Cucumber Smoothie	Blueberry Mint Smoothie	Shamrock Smoothie
DINNER	The Best “Meatballs”	Salad with Garlic Dill Sauce	Romesco Soup	Almond Butter Tofu with Beans	Chickpeas with Dip	Sweet Potato Lasagna	Tofu Curry with Quinoa

## MONDAY RAW GRANOLA BOWL

Preparation time: 10 minutes

Servings: 1

### Ingredients:

#### Granola:

- 15g almonds
- 2 dates, pitted
- ½ tablespoon hemp seeds
- 1 teaspoon ground flax seeds
- 1 teaspoon chia seeds
- 10g rolled oats
- 10g desiccated coconut, unsweetened
- 1 pinch cinnamon
- 1 pinch maca powder

#### Smoothie:

- 200ml organic almond milk
- 1 tablespoon coconut yogurt
- 60g rice protein, vanilla flavor
- 20g strawberries

### Instructions:

1. Combine granola ingredients in a food processor.
2. Process until you have a mixture that resembles granola. Transfer into a bowl.
3. Combine smoothie ingredients in a food blender.
4. Blend on high until smooth.
5. Pour the smoothie over granola. Stir gently and serve.

Calories	634
Total Fat	26.3g
Saturated Fat	7.6g
Cholesterol	0mg
Sodium	197mg
Total Carbohydrate	41.6g
Dietary Fibre	8.7g
Total Sugars	21.8g
Protein	59.9g

## CHICKPEA BOLOGNESE WITH CARROT NOODLES - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 25 minutes

Servings: 2

### Ingredients:

- 200g cooked chickpeas
- ½ tablespoon olive oil
- ½ tablespoon fresh oregano, chopped
- 1 teaspoon garlic powder
- 1 ½ tablespoons breadcrumbs, Vegan type
- 1 tablespoon nutritional yeast
- ½ tablespoon ground macadamia nuts

### Sauce:

- ½ tablespoon olive oil
- 2 cloves garlic, minced
- 1 carrot, finely chopped
- 200g can tomato sauce
- ½ tablespoon fresh oregano, chopped
- 1 tablespoon nutritional yeast
- ½ tablespoon coconut sugar
- 2 tablespoons chopped cilantro, for garnish

### Carrots:

- 4 carrots, cut into ribbons with vegetable peeler

### Instructions:

1. Preheat oven to 190C.
2. Place chickpeas in a bowl, and toss with olive oil, oregano, salt, garlic powder, breadcrumbs, nutritional yeast, and macadamia nuts.
3. Place chickpeas on a baking sheet and arrange in a single layer. Bake for 20-25 minutes.
4. While chickpeas are baking, heat a large skillet over medium heat. Once hot, add olive oil, garlic and carrots. Cook for 3 minutes, stirring frequently.
5. Remove skillet from heat, add tomato sauce, oregano, and nutritional yeast, and stir. Place back over heat and bring to a low simmer over medium-low heat. Once simmering, reduce heat to low, add sugar, and continue cooking to thicken, stirring occasionally.
6. To make carrot noodles, bring a large pot of water to a boil. Once boiling, add carrots and boil for 2-3 minutes. Drain and set aside.
7. Add 3/4 of the baked chickpeas to the sauce and stir.
8. To serve, top carrot noodles with sauce, remaining chickpeas, and cilantro.
9. Serve.

Calories	442
Total Fat	13.6g
Saturated Fat	1.9g
Cholesterol	0mg
Sodium	735mg
Total Carbohydrate	62.2g
Dietary Fibre	15.3g
Total Sugars	22g
Protein	22g



## GREEN SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml organic almond milk
- ½ small avocado, chopped
- 60g rice protein
- 40g spinach
- 1 small banana, sliced
- 3 ice cubes

### Instructions:

1. Blend all until smooth.
2. Serve.

Calories	577
Total Fat	20.7g
Saturated Fat	2.5g
Cholesterol	0mg
Sodium	261mg
Total Carbohydrate	47.6g
Dietary Fibre	9.8g
Total Sugars	22.7g
Protein	54.2g

## THE BEST “MEATBALLS”

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 160g cooked and cooled quinoa
- 280g cooked black beans
- 30g vegan blend protein powder
- 25ml olive oil
- 2 cloves garlic, minced
- 1 shallot, chopped
- Salt and pepper, to taste
- 2 teaspoons fresh oregano, chopped
- ¼ teaspoon fennel seeds, ground
- 35g Vegan Parmesan cheese
- 25g tomato paste
- 2 tablespoons parsley, chopped

### Sauce:

- 200g marinara sauce, Vegan

### To serve with:

- 1 large zucchini, spiralised, and cooked in simmering water 1 minute

### Instructions:

1. Preheat oven to 180C.
2. Add rinsed, dried black beans to a parchment-lined baking sheet. Bake for 15 minutes or until beans appear cracked and feel dry to the touch. Remove beans from the oven and then increase oven heat to 190C.
3. Heat cast-iron skillet over medium heat. Once hot, add oil, garlic, and shallot. Cook for 2-3 minutes, or until slightly softened, stirring frequently. Remove from heat.
4. Add black beans to a food processor along with garlic, shallot, sea salt, oregano, red pepper flake, and fennel and pulse into a loose meal.
5. Stir in cooked quinoa, protein powder, vegan parmesan cheese, tomato paste, fresh oregano, salt, and pepper. Pulse to combine until a textured dough forms. If the mixture is too wet, add more parmesan.
6. Scoop out 1 1/2 tablespoon of the mixture and gently form into small balls using your hands. Add to a plate and refrigerate for 15 minutes.
7. Heat cast-iron skillet over medium heat. Once hot, add the meatballs and cook for a few minutes, gently turning the meatballs to get a slight crust on either side. Then transfer to the oven and bake for 20 minutes until golden brown on the edges and slightly dry to the touch.
8. Pour the marinara over warm meatballs, sprinkle with parsley, and allow to stand 5 minutes.
9. Serve meatballs with zucchinis.

Calories	641
Total Fat	18.1g
Saturated Fat	2.7g
Cholesterol	2mg
Sodium	683mg
Total Carbohydrate	82.7g
Dietary Fibre	20.2g
Total Sugars	13.3g
Protein	39.6g

TUESDAY  
HIDDEN KALE SMOOTHIE

Preparation time: 5 minutes  
Servings: 1

Ingredients:

- ½ banana, sliced
- 60g raspberries
- ½ tablespoon hemp seeds
- 65g rice protein
- 30g kale, stems removed
- 50ml fresh pomegranate juice
- 200ml water

Instructions:

1. Blend all until smooth using a food blender.
2. Serve.

Calories	421
Total Fat	4g
Saturated Fat	0.3g
Cholesterol	0mg
Sodium	100mg
Total Carbohydrate	38.6g
Dietary Fibre	6.1g
Total Sugars	20.2g
Protein	57.4g

## THE BEST MEATBALLS - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 160g cooked and cooled quinoa
- 280g cooked black beans
- 30g vegan blend protein powder
- 25ml olive oil
- 2 cloves garlic, minced
- 1 shallot, chopped
- Salt and pepper, to taste
- 2 teaspoons fresh oregano, chopped
- ¼ teaspoon fennel seeds, ground
- 35g Vegan Parmesan cheese
- 25g tomato paste
- 2 tablespoons parsley, chopped

### Sauce:

- 200g marinara sauce, Vegan

### To serve with:

- 1 large zucchini, spiralised, and cooked in simmering water 1 minute

### Instructions:

1. Preheat oven to 180C.
2. Add rinsed, dried black beans to a parchment-lined baking sheet. Bake for 15 minutes or until beans appear cracked and feel dry to the touch. Remove beans from the oven and then increase oven heat to 190C.
3. Heat cast-iron skillet over medium heat. Once hot, add oil, garlic, and shallot. Cook for 2-3 minutes, or until slightly softened, stirring frequently. Remove from heat.
4. Add black beans to a food processor along with garlic, shallot, sea salt, oregano, red pepper flake, and fennel and pulse into a loose meal.
5. Stir in cooked quinoa, protein powder, vegan parmesan cheese, tomato paste, fresh oregano, salt, and pepper. Pulse to combine until a textured dough forms. If the mixture is too wet, add more parmesan.
6. Scoop out 1 1/2 tablespoon of the mixture and gently form into small balls using your hands. Add to a plate and refrigerate for 15 minutes.
7. Heat cast-iron skillet over medium heat. Once hot, add the meatballs and cook for a few minutes, gently turning the meatballs to get a slight crust on either side. Then transfer to the oven and bake for 20 minutes until golden brown on the edges and slightly dry to the touch.
8. Pour the marinara over warm meatballs, sprinkle with parsley, and allow to stand 5 minutes.
9. Serve meatballs with zucchinis.

Calories	641
Total Fat	18.1g
Saturated Fat	2.7g
Cholesterol	2mg
Sodium	683mg
Total Carbohydrate	82.7g
Dietary Fibre	20.2g
Total Sugars	13.3g
Protein	39.6g

## PINEAPPLE CUCUMBER SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 60g cucumber, sliced
- 180g pineapple, cubed
- 90ml coconut milk
- 70g spinach
- 50g rice protein
- 120ml water
- 15ml lime juice

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	519
Total Fat	22.3g
Saturated Fat	19.4g
Cholesterol	0mg
Sodium	136mg
Total Carbohydrate	39.4g
Dietary Fibre	6.4g
Total Sugars	24.8g
Protein	46g

## SALAD WITH GARLIC DILL SAUCE

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 2

### Ingredients:

- 200g sweet potatoes
- 500g head broccoli, cut into florets
- 30ml olive oil
- Salt and pepper, to taste
- 1 teaspoon dried dill
- 120g red bell pepper, seeded, sliced

### Chickpeas:

- 400g can chickpeas, rinsed, drained
- 15ml olive oil
- 1 teaspoon tandoori masala spice
- 1 teaspoon coconut sugar
- Salt and cayenne pepper, to taste

### Sauce:

- 60g hummus
- 2 cloves garlic, minced
- 1 teaspoon dried dill
- 30ml lemon juice
- Water, to thin

### Instructions:

1. Preheat oven to 190C and line two baking sheets with parchment paper.
2. Add rinsed dried chickpeas to a mixing bowl and season with oil, tandoori spice, coconut sugar, cayenne, and salt. Toss to combine.
3. Add sweet potatoes and chickpeas to one sheet, and the broccoli and bell pepper to another. Drizzle the vegetables with olive oil and sprinkle with salt and pepper - toss to combine.
4. Bake both for a total of 20-25 minutes, rotating the pans once near the halfway point. Set aside.
5. While vegetables and chickpeas are baking, prepare dressing by adding hummus, garlic, dill, and lemon juice to a small mixing bowl and whisking to combine. Then add only enough water to thin until pourable. Set aside.
6. To serve, divide vegetables and chickpeas between two serving plates and drizzle with dressing, or serve on the side.

Calories	702
Total Fat	27.2g
Saturated Fat	3.7g
Cholesterol	0mg
Sodium	475mg
Total Carbohydrate	99g
Dietary Fibre	25.1g
Total Sugars	17.5g
Protein	25.4g

**WEDNESDAY**  
**MAPLE AND WALNUT SPICED SMOOTHIE**

Preparation time: 5 minutes

Servings: 1

**Ingredients:**

- 120g almond yogurt
- 15g walnuts
- 10 ice cubes
- 80g cold water
- 60g rice protein, vanilla powder
- 2 teaspoons maple syrup
- 1 pinch coriander
- 1 pinch cardamom

**Instructions:**

1. Blend all ingredients in a food blender until smooth.
2. Serve.

Calories	560
Total Fat	19.7g
Saturated Fat	0.5g
Cholesterol	0mg
Sodium	104mg
Total Carbohydrate	38.9g
Dietary Fibre	1g
Total Sugars	23.1g
Protein	57g

## SALAD WITH GARLIC DILL SAUCE - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 2

### Ingredients:

- 200g sweet potatoes
- 500g head broccoli, cut into florets
- 30ml olive oil
- Salt and pepper, to taste
- 1 teaspoon dried dill
- 120g red bell pepper, seeded, sliced

### Chickpeas:

- 400g can chickpeas, rinsed, drained
- 15ml olive oil
- 1 teaspoon tandoori masala spice
- 1 teaspoon coconut sugar
- Salt and cayenne pepper, to taste

### Sauce:

- 60g hummus
- 2 cloves garlic, minced
- 1 teaspoon dried dill
- 30ml lemon juice
- Water, to thin

### Instructions:

1. Preheat oven to 190C and line two baking sheets with parchment paper.
2. Add rinsed dried chickpeas to a mixing bowl and season with oil, tandoori spice, coconut sugar, cayenne, and salt. Toss to combine.
3. Add sweet potatoes and chickpeas to one sheet, and the broccoli and bell pepper to another. Drizzle the vegetables with olive oil and sprinkle with salt and pepper - toss to combine.
4. Bake both for a total of 20-25 minutes, rotating the pans once near the halfway point. Set aside.
5. While vegetables and chickpeas are baking, prepare dressing by adding hummus, garlic, dill, and lemon juice to a small mixing bowl and whisking to combine. Then add only enough water to thin until pourable. Set aside.
6. To serve, divide vegetables and chickpeas between two serving plates and drizzle with dressing, or serve on the side.

Calories	702
Total Fat	27.2g
Saturated Fat	3.7g
Cholesterol	0mg
Sodium	475mg
Total Carbohydrate	99g
Dietary Fibre	25.1g
Total Sugars	17.5g
Protein	25.4g

## CHOCOLATE ALMOND SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml organic almond milk
- 50ml water
- 70g rice protein, chocolate flavor
- ½ tablespoon cocoa powder
- 1 ½ small bananas, sliced
- 1 tablespoon almond butter

### Instructions:

1. Blend all until smooth.
2. Serve.

Calories	624
Total Fat	17.1g
Saturated Fat	1.8g
Cholesterol	0mg
Sodium	237mg
Total Carbohydrate	59.1g
Dietary Fibre	7.8g
Total Sugars	30.8g
Protein	64.5g

## ROMESCO SOUP

Preparation time: 10 minutes

Cooking time: 40 minutes

Servings: 2

### Ingredients:

- 120g red bell peppers, whole
- 60g raw almonds
- 2 cloves garlic, skin on
- 400g can diced tomatoes
- 480ml vegetable stock
- 10ml raw cider vinegar
- ¼ teaspoon smoked paprika
- Salt and pepper, to taste
- 1 teaspoon maple syrup
- 1 teaspoon harissa paste
- 215g can chickpeas, mashed
- 10g pine nuts, toasted

Calories	426
Total Fat	21.9g
Saturated Fat	3.6g
Cholesterol	0mg
Sodium	1480mg
Total Carbohydrate	52.4g
Dietary Fibre	13.2g
Total Sugars	15.9g
Protein	15.1g

### Instructions:

1. Preheat oven to 180C and arrange red peppers, still whole with stems, on one end of a clean baking sheet. On the other end, arrange almonds and garlic (still in skin).
2. Place baking sheet in oven and roast almonds for 10-12 minutes or until slightly cracked and golden brown. Then remove almonds from pan and set aside. Continue baking garlic for another 5-8 minutes. Then remove and set aside.
3. With peppers still on baking sheet, increase heat to 250C. Allow red peppers to roast until skin is blackened, for 10 minutes.
4. Wrap roasted red peppers in foil and steam for 2-3 minutes. Then peel away skin, seeds, and core. Also remove skin from roasted garlic.
5. Add peeled peppers, almonds, garlic, diced tomatoes, vinegar, paprika, sea salt, pepper, maple syrup and harissa to a high-speed blender.
6. Blend until smooth, scraping down sides as needed. Taste and adjust seasonings.
7. Add the soup to a large pot and add the vegetable stock and smashed chickpeas. Bring to a simmer over medium heat. Then reduce heat to low and continue simmering for 10 minutes, stirring occasionally.
8. Serve sprinkled with pine nuts.



## THURSDAY BREAKFAST PEANUT PUDDING

Preparation time: 5 minutes

Cooking time: 5 minutes

Servings: 1

### Ingredients:

- 100ml organic almond milk
- 5g arrowroot starch
- 50g rice protein, vanilla flavor
- 25g peanut butter
- 1 pinch salt
- 1 small banana, sliced
- 10g chopped pistachios

### Instructions:

1. Combine almond milk and starch in a saucepan.
2. Cook over medium heat for 5 minutes.
3. Remove from the heat and stir in rice protein, peanut butter and salt. Whisk until smooth.
4. Transfer into a bowl and refrigerate 10 minutes. Top with banana and pistachios.
5. Serve.

Calories	552
Total Fat	20.3g
Saturated Fat	3.6g
Cholesterol	0mg
Sodium	276mg
Total Carbohydrate	45.9g
Dietary Fibre	5.7g
Total Sugars	22g
Protein	50.8g

## ROMESCO SOUP - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 40 minutes

Servings: 2

### Ingredients:

- 120g red bell peppers, whole
- 60g raw almonds
- 2 cloves garlic, skin on
- 400g can diced tomatoes
- 480ml vegetable stock
- 10ml raw cider vinegar
- ¼ teaspoon smoked paprika
- Salt and pepper, to taste
- 1 teaspoon maple syrup
- 1 teaspoon harissa paste
- 215g can chickpeas, mashed
- 10g pine nuts, toasted

### Instructions:

1. Preheat oven to 180C and arrange red peppers, still whole with stems, on one end of a clean baking sheet. On the other end, arrange almonds and garlic (still in skin).
2. Place baking sheet in oven and roast almonds for 10-12 minutes or until slightly cracked and golden brown. Then remove almonds from pan and set aside. Continue baking garlic for another 5-8 minutes. Then remove and set aside.
3. With peppers still on baking sheet, increase heat to 250C. Allow red peppers to roast until skin is blackened, for 10 minutes.
4. Wrap roasted red peppers in foil and steam for 2-3 minutes. Then peel away skin, seeds, and core. Also remove skin from roasted garlic.
5. Add peeled peppers, almonds, garlic, diced tomatoes, vinegar, paprika, sea salt, pepper, maple syrup and harissa to a high-speed blender.
6. Blend until smooth, scraping down sides as needed. Taste and adjust seasonings.
7. Add the soup to a large pot and add the vegetable stock and smashed chickpeas. Bring to a simmer over medium heat. Then reduce heat to low and continue simmering for 10 minutes, stirring occasionally.
8. Serve sprinkled with pine nuts.

Calories	426
Total Fat	21.9g
Saturated Fat	3.6g
Cholesterol	0mg
Sodium	1480mg
Total Carbohydrate	52.4g
Dietary Fibre	13.2g
Total Sugars	15.9g
Protein	15.1g

## MANGO BERRY SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 100g mango, chopped
- 100g raspberries, frozen
- 1 small banana
- 150ml organic almond milk
- 80ml coconut milk
- 60g rice protein, vanilla flavor
- 20ml lime juice
- 1 pinch cayenne pepper
- ½ teaspoon ginger, minced
- 2 ice cubes

### Instructions:

1. Combine mango, raspberries, rice protein, lime juice, cayenne, ice cubes, coconut milk, and ginger in a food blender.
2. Blend until smooth.
3. Pour into serving glass. Top with almond milk.
4. Stir gently to create swirls.
5. Serve.

Calories	687
Total Fat	24.7g
Saturated Fat	17.5g
Cholesterol	0mg
Sodium	177mg
Total Carbohydrate	68.4g
Dietary Fibre	13.1g
Total Sugars	41.1g
Protein	54.7g

## ALMOND BUTTER TOFU WITH BEANS

Preparation time: 10 minutes

Cooking time: 40 minutes

Servings: 2

### Ingredients:

- 340g firm tofu, drained

### Marinade:

- 15ml sesame oil
- 60ml tamari sauce
- 30ml maple syrup
- 35g almond butter
- 30ml lime juice
- 1 Thai chili, minced
- 1 clove garlic, minced

### Beans:

- 450g green beans, trimmed
- 2 red bell peppers, seeded, sliced

### To serve with:

- 160g cooked quinoa

### Instructions:

1. Preheat oven to 200C and line a baking sheet with parchment paper. Cut tofu into small cubes.
2. Arrange on the lined baking sheet in an even layer and bake for 25-30 minutes.
3. In the meantime, to a small mixing bowl, add half of the sesame oil, tamari, maple syrup, almond butter, lime juice, Thai chili, and garlic. Whisk to combine. Set aside.
4. Add baked tofu to the almond butter-tamari sauce and let marinate for 5 minutes, stirring occasionally. The longer it marinates, the more intense the flavor, but 5-10 minutes is perfectly okay.
5. Heat a large skillet over medium heat. Once hot, add the tofu, leaving most of the marinade behind. Cook 5 minutes stirring occasionally. Remove from the pan and place aside.
6. Cook for about 5 minutes, stirring occasionally, until browned on all sides and slightly caramelized. Remove from pan and set aside.
7. Heat remaining sesame oil in a skillet. Add green beans, bel pepper and 2-3 tablespoons of the marinade. Cover and cook 5 minutes. You are actually steaming the veggies. Remove lid and increase heat and cook 1 minute. Just to sear.
8. Combine tofu and veggies. Serve over cooked quinoa.

Calories	605
Total Fat	25.7g
Saturated Fat	3.3g
Cholesterol	0mg
Sodium	1724mg
Total Carbohydrate	66.7g
Dietary Fibre	15.9g
Total Sugars	22.1g
Protein	39.5g

## FRIDAY SMOOTHIE BOWL ON THE GO

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 150g mixed berries, frozen
- 1 banana, sliced
- 60ml coconut milk
- 50g rice protein, vanilla flavor

### Toppings:

- 5g desiccated coconut
- 1 tablespoon chia seeds
- 1 tablespoon hemp seeds

### Instructions:

1. Combine smoothie ingredients in a food blender.
2. Blend on high until smooth.
3. Transfer into a bowl. Top with coconut chia and hemp.
4. Serve.

Calories	698
Total Fat	30g
Saturated Fat	16.8g
Cholesterol	0mg
Sodium	72mg
Total Carbohydrate	60.5g
Dietary Fibre	16.1g
Total Sugars	30g
Protein	52.6g

## ALMOND BUTTER TOFU WITH BEANS - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 40 minutes

Servings: 2

### Ingredients:

- 340g firm tofu, drained

### Marinade:

- 15ml sesame oil
- 60ml tamari sauce
- 30ml maple syrup
- 35g almond butter
- 30ml lime juice
- 1 Thai chili, minced
- 1 clove garlic, minced

### Beans:

- 450g green beans, trimmed
- 2 red bell peppers, seeded, sliced

### To serve with:

- 160g cooked quinoa

### Instructions:

1. Preheat oven to 200C and line a baking sheet with parchment paper. Cut tofu into small cubes.
2. Arrange on the lined baking sheet in an even layer and bake for 25-30 minutes.
3. In the meantime, to a small mixing bowl, add half of the sesame oil, tamari, maple syrup, almond butter, lime juice, Thai chili, and garlic. Whisk to combine. Set aside.
4. Add baked tofu to the almond butter-tamari sauce and let marinate for 5 minutes, stirring occasionally. The longer it marinates, the more intense the flavor, but 5-10 minutes is perfectly okay.
5. Heat a large skillet over medium heat. Once hot, add the tofu, leaving most of the marinade behind. Cook 5 minutes stirring occasionally. Remove from the pan and place aside.
6. Cook for about 5 minutes, stirring occasionally, until browned on all sides and slightly caramelized. Remove from pan and set aside.
7. Heat remaining sesame oil in a skillet. Add green beans, bel pepper and 2-3 tablespoons of the marinade. Cover and cook 5 minutes. You are actually steaming the veggies. Remove lid and increase heat and cook 1 minute. Just to sear.
8. Combine tofu and veggies. Serve over cooked quinoa.

Calories	605
Total Fat	25.7g
Saturated Fat	3.3g
Cholesterol	0mg
Sodium	1724mg
Total Carbohydrate	66.7g
Dietary Fibre	15.9g
Total Sugars	22.1g
Protein	39.5g

# PINEAPPLE CUCUMBER SMOOTHIE

Preparation time: 5 minutes  
Servings: 1

Ingredients:

- 60g cucumber, sliced
- 180g pineapple, cubed
- 90ml coconut milk
- 70g spinach
- 50g rice protein
- 120ml water
- 15ml lime juice

Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	519
Total Fat	22.3g
Saturated Fat	19.4g
Cholesterol	0mg
Sodium	136mg
Total Carbohydrate	39.4g
Dietary Fibre	6.4g
Total Sugars	24.8g
Protein	46g

## CHICKPEAS WITH DIP

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

#### Chickpeas:

- 140g cooked chickpeas
- 5ml olive oil
- ¼ teaspoon coconut sugar
- ¼ teaspoon smoked paprika
- ¼ teaspoon ground turmeric
- ¼ teaspoon dried oregano
- ¼ teaspoon ground cumin
- Salt and pepper, to taste

#### Sauce:

- 20g hummus
- 1 teaspoon lemon juice
- ½ teaspoon dried dill
- 1 clove garlic, minced
- Water or unsweetened almond milk, to thin

#### Salad:

- 50g tomatoes, chopped
- 10g parsley, chopped
- 5ml lemon juice
- 5ml olive oil
- Salt, to taste

#### Hummus:

- 150g hummus

#### To serve with:

- 50g plantain chips

### Instructions:

1. Preheat oven to 190C and add well-drained chickpeas to a mixing bowl.
2. Top with oil, sugar, and spices and toss to combine. Then spread on a bare or parchment-lined baking sheet. Bake for 20 minutes. Set aside.
3. In the meantime, prepare your sauce by adding all ingredients to a mixing bowl and whisking to combine, only adding enough water or almond milk to thin so it's pourable. Adjust the seasonings.
4. Make the salad by combining salad ingredients in a bowl.
5. To serve, spread hummus on a serving platter and top with roasted chickpeas, tomatoes, and plantain chips. Dig in!

Calories	508
Total Fat	28.9g
Saturated Fat	4.9g
Cholesterol	0mg
Sodium	333mg
Total Carbohydrate	52.8g
Dietary Fibre	14.2g
Total Sugars	4.7g
Protein	14.5g

## SATURDAY RAW GRANOLA BOWL

Preparation time: 10 minutes

Servings: 1

### Ingredients:

#### Granola:

- 15g almonds
- 2 dates, pitted
- ½ tablespoon hemp seeds
- 1 teaspoon ground flax seeds
- 1 teaspoon chia seeds
- 10g rolled oats
- 10g desiccated coconut, unsweetened
- 1 pinch cinnamon
- 1 pinch maca powder

#### Smoothie:

- 200ml organic almond milk
- 1 tablespoon coconut yogurt
- 60g rice protein, vanilla flavor
- 20g strawberries

### Instructions:

1. Combine granola ingredients in a food processor.
2. Process until you have a mixture that resembles granola. Transfer into a bowl.
3. Combine smoothie ingredients in a food blender.
4. Blend on high until smooth.
5. Pour the smoothie over granola. Stir gently and serve.

Calories	634
Total Fat	26.3g
Saturated Fat	7.6g
Cholesterol	0mg
Sodium	197mg
Total Carbohydrate	41.6g
Dietary Fibre	8.7g
Total Sugars	21.8g
Protein	59.9g



## CHICKPEAS WITH DIP - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

#### Chickpeas:

- 140g cooked chickpeas
- 5ml olive oil
- ¼ teaspoon coconut sugar
- ¼ teaspoon smoked paprika
- ¼ teaspoon ground turmeric
- ¼ teaspoon dried oregano
- ¼ teaspoon ground cumin
- Salt and pepper, to taste

#### Sauce:

- 20g hummus
- 1 teaspoon lemon juice
- ½ teaspoon dried dill
- 1 clove garlic, minced
- Water or unsweetened almond milk, to thin

#### Salad:

- 50g tomatoes, chopped
- 10g parsley, chopped
- 5ml lemon juice
- 5ml olive oil
- Salt, to taste

#### Hummus:

- 150g hummus

#### To serve with:

- 50g plantain chips

### Instructions:

1. Preheat oven to 190C and add well-drained chickpeas to a mixing bowl.
2. Top with oil, sugar, and spices and toss to combine. Then spread on a bare or parchment-lined baking sheet. Bake for 20 minutes. Set aside.
3. In the meantime, prepare your sauce by adding all ingredients to a mixing bowl and whisking to combine, only adding enough water or almond milk to thin so it's pourable. Adjust the seasonings.
4. Make the salad by combining salad ingredients in a bowl.
5. To serve, spread hummus on a serving platter and top with roasted chickpeas, tomatoes, and plantain chips. Dig in!

Calories	508
Total Fat	28.9g
Saturated Fat	4.9g
Cholesterol	0mg
Sodium	333mg
Total Carbohydrate	52.8g
Dietary Fibre	14.2g
Total Sugars	4.7g
Protein	14.5g

## BLUEBERRY MINT SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 100g blueberries
- 30g spinach
- 1 kiwi fruits
- 300ml organic almond milk
- 60g rice protein, berry flavored
- 10ml maple syrup
- 10g chia seeds

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	522
Total Fat	12.1g
Saturated Fat	1g
Cholesterol	0mg
Sodium	281mg
Total Carbohydrate	50.5g
Dietary Fibre	8.8g
Total Sugars	31.6g
Protein	54.5g

## SWEET POTATO LASAGNA

Preparation time: 10 minutes

Cooking time: 55 minutes

Servings: 2

### Ingredients:

- 450g sweet potatoes, thinly sliced

### Ricotta filling:

- 20ml olive oil
- Salt and pepper, to taste
- 1 small lemon, juiced
- 180g firm tofu, drained
- 1 tablespoon nutritional yeast
- 15g fresh basil
- ¼ teaspoon dried oregano
- 10g vegan parmesan cheese

### Pesto sauce:

- 30ml olive oil
- 15g basil, finely chopped
- 1 clove garlic
- 10g vegan parmesan cheese
- Salt, to taste
- Water (to thin)

### Instructions:

1. Preheat oven to 190C.
2. Add all tofu filling ingredients to a food processor or blender and pulse to combine until smooth.
3. Peel sweet potatoes and slice thinly with a very sharp knife or mandolin.
4. In a small baking dish, begin laying down the sweet potatoes in a single layer, overlapping slightly.
5. Top with one-third of the tofu ricotta mixture and spread using a spoon or spatula. Top with another layer of sweet potatoes, slightly overlapping. Repeat until you have three total layers of tofu ricotta, and four layers of sweet potatoes. The top layer should be sweet potatoes.
6. Cover with foil and bake for 50 minutes.
7. Then remove foil, increase oven heat to 200C and bake uncovered for another 5 minutes.
8. While the lasagna is cooking, prepare pesto, by adding olive oil, basil, and garlic to a blender or food processor. Mix on medium-low speed to combine. Then add vegan parmesan cheese, a pinch each salt and pepper and pulse to combine again. Add water so the sauce is pourable.
9. Slice lasagna and top with pesto. Serve.

Calories	588
Total Fat	28.2g
Saturated Fat	4.3g
Cholesterol	0mg
Sodium	166mg
Total Carbohydrate	71.2g
Dietary Fibre	11.9g
Total Sugars	2.4g
Protein	17.8g

## SUNDAY

### PROTEIN WAFFLES WITH BERRY SAUCE

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 1

#### Ingredients:

- 20g almond flour
- 25g tapioca starch
- ½ tablespoon coconut sugar
- ½ teaspoon cinnamon
- 1 pinch nutmeg
- 1 tablespoon almond butter
- 2 tablespoons almond milk
- 30g rice protein, vanilla flavor

#### Sauce:

- 60g blackberries
- 35g rice protein, vanilla flavor
- 15ml water
- 5ml maple syrup

Calories	635
Total Fat	20g
Saturated Fat	1.5g
Cholesterol	0mg
Sodium	98mg
Total Carbohydrate	55.6g
Dietary Fibre	7.7g
Total Sugars	21g
Protein	61.4g

#### Instructions:

1. Make the sauce: In a small pot set over medium heat, combine the blackberries, water, maple syrup, and protein. Bring to a boil. Once boiling, boil for 3 minutes, stirring frequently.
2. Mash the berries, leaving some a little chunky for texture and cook and additional 1-2 minutes, stirring constantly, until the mixture forms a thick sauce. Transfer to a small bowl and cover to keep warm.
3. Make the waffles; Rub a waffle iron with coconut oil and heat to the highest setting.
4. In a medium bowl, stir together the almond flour, tapioca starch, coconut sugar, baking powder, cinnamon, allspice and salt. Add in the protein powder, almond milk, and almond butter and whisk until smooth. Your batter will be a little thicker than normal waffles.
5. Drop the batter in the center of the waffle iron and spread out just a little bit.
6. Firmly close the waffle iron and cook until crispy.
7. Serve with blackberry sauce.

## SWEET POTATO LASAGNA - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 55 minutes

Servings: 2

### Ingredients:

- 450g sweet potatoes, thinly sliced

### Ricotta filling:

- 20ml olive oil
- Salt and pepper, to taste
- 1 small lemon, juiced
- 180g firm tofu, drained
- 1 tablespoon nutritional yeast
- 15g fresh basil
- ¼ teaspoon dried oregano
- 10g vegan parmesan cheese

### Pesto sauce:

- 30ml olive oil
- 15g basil, finely chopped
- 1 clove garlic
- 10g vegan parmesan cheese
- Salt, to taste
- Water (to thin)

### Instructions:

1. Preheat oven to 190C.
2. Add all tofu filling ingredients to a food processor or blender and pulse to combine until smooth.
3. Peel sweet potatoes and slice thinly with a very sharp knife or mandolin.
4. In a small baking dish, begin laying down the sweet potatoes in a single layer, overlapping slightly.
5. Top with one-third of the tofu ricotta mixture and spread using a spoon or spatula. Top with another layer of sweet potatoes, slightly overlapping. Repeat until you have three total layers of tofu ricotta, and four layers of sweet potatoes. The top layer should be sweet potatoes.
6. Cover with foil and bake for 50 minutes.
7. Then remove foil, increase oven heat to 200C and bake uncovered for another 5 minutes.
8. While the lasagna is cooking, prepare pesto, by adding olive oil, basil, and garlic to a blender or food processor. Mix on medium-low speed to combine. Then add vegan parmesan cheese, a pinch each salt and pepper and pulse to combine again. Add water so the sauce is pourable.
9. Slice lasagna and top with pesto. Serve.

Calories	588
Total Fat	28.2g
Saturated Fat	4.3g
Cholesterol	0mg
Sodium	166mg
Total Carbohydrate	71.2g
Dietary Fibre	11.9g
Total Sugars	2.4g
Protein	17.8g

## SHAMROCK SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 220ml light coconut milk (frozen into cubes – pour into ice cube tray and freeze)
- 25g coconut cream
- 60g rice protein
- 70ml organic almond milk
- 15ml maple syrup
- 1 ½ tablespoon mint
- Few drops mint extract
- 5g chia seeds
- 20g spinach
- ½ tablespoon cocoa nibs

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth. Add more almond milk if needed, to thin.
3. Serve.

Calories	595
Total Fat	21.2g
Saturated Fat	13.8g
Cholesterol	0mg
Sodium	211mg
Total Carbohydrate	50.3g
Dietary Fibre	3.6g
Total Sugars	34.9g
Protein	51.3g

## TOFU CURRY WITH QUINOA

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 200g hemp tofu
- 10ml olive oil
- ½ teaspoon garam masala
- ¼ teaspoon cinnamon powder
- 1 red onion chopped
- 2 cloves garlic, chopped
- 2cm ginger, minced
- ¼ teaspoon cumin seeds
- ¼ teaspoon fennel seeds
- ½ teaspoon coriander seeds
- 1 clove
- 1 tablespoon pumpkin seeds
- ½ teaspoon poppy seeds
- 1 tomato, chopped
- 120ml coconut milk
- 60ml water
- ½ teaspoon paprika
- ¼ teaspoon cayenne pepper
- Salt, to taste
- 200g cooked quinoa, to serve with

Calories	522
Total Fat	33.8g
Saturated Fat	15.3g
Cholesterol	0mg
Sodium	135mg
Total Carbohydrate	38.5g
Dietary Fibre	9.9g
Total Sugars	5.5g
Protein	21.5g

### Instructions:

1. In a pan, add oil and heat at medium. Add the cubed tofu, garam masala and cinnamon and cook for 4-5 minutes or until lightly golden on some edges. Remove from pan and keep aside.
2. To the same pan, add onion and cook for 4-5 minutes until translucent. Add garlic, ginger, cumin, coriander, fennel seeds, clove, pumpkin seeds, poppy seeds and cook for 2 minutes.
3. Add the tomato and cook for 4-5 minutes until saucy. Mash the larger tomato pieces while it cooks.
4. Cool slightly and blend to a smooth puree with a cup coconut milk. Blend well until the poppy seeds break down.
5. Add puree back to the pan. Add water, paprika, cayenne, salt and sugar and the hemp-tofu cubes.
6. Mix well. Cover and cook on low-medium heat for 15-18 minutes or until the sauce thickens and the tofu picks on the color. Stir twice in between. Taste and adjust salt, spice.
7. The curry needs to cook through to cook the poppy seeds which are somewhat grassy uncooked.
8. Serve hot with quinoa.

# Week 4 - 2300cal

## GROCERY LIST

### Fruits:

- Kiwi, 1 piece
- Avocado, 1 piece
- Banana, 5 pieces
- Mixed berries, frozen, 150g
- Blueberries, 100g
- Dates, 4 pieces
- Lemon, 1 piece
- Blackberries, 60g
- Lime, 2 pieces
- Mango, 100g
- Pineapple, 360g
- Raspberries, 160g
- Strawberries, 40g

### Vegetables:

- Red bell pepper, 2 pieces
- Broccoli, 500g
- Garlic, 11 cloves
- Cucumber, 120g
- Green beans, 450g
- Kale, 30g
- Onion, red, 1 piece
- Sweet potatoes, 650g
- Shallot, 1 piece
- Spinach, 230g
- Thai chili, 1 piece
- Zucchini, 1 large
- Tomatoes, 50g

### Grains and Cereals:

- Rolled oats, 20g
- Quinoa, cooked, 160g
- Quinoa, 360g

### Can Products:

- Can chickpeas, 650g
- Can diced tomatoes, 400g
- Tomato paste, 25g

### Beans and Legumes:

- Chickpeas, cooked, 140g
- Black beans, cooked. 280g

### Spices and Herbs:

- Garam Masala
- Harissa paste
- Tamari sauce
- Tandoori Masala
- Cider vinegar
- Cayenne Pepper
- Salt
- Black pepper
- Basil
- Mint
- Dill
- Ginger
- Parsley
- Cardamom
- Coriander
- Coriander seeds
- Cumin seeds
- Fennel seeds
- Turmeric
- Mint extract
- Smoked paprika
- Oregano
- Cinnamon

### Butter; and Oil:

- Almond butter, 65g
- Peanut butter, 25g
- Olive oil, 140ml
- Sesame oil, 15ml

### Nuts and Seeds:

- Chia seeds, 25g
- Almonds, 90g
- Flax seeds, 10g
- Hemp seeds, 2 ½ tablespoons
- Poppy seeds, ½ teaspoon
- Pine nuts, 10g
- Pistachios, chopped, 10g
- Pumpkin seeds, 1 tablespoon
- Walnuts, 15g

### Soy Products:

- Tofu, firm, 520g

### Non-Dairy:

- Coconut milk, 440ml
- Light coconut milk, 220ml
- Coconut cream, 25g
- Almond milk, organic, 1.58 liters
- Vegan Parmesan cheese, 55g
- Almond yogurt, 120g
- Coconut yogurt, 30g

### Protein Powder:

- Vegan blend protein powder, 30g
- Rice protein, 820g

### Sweeteners:

- Maple syrup, 75ml

### Additional:

- Almond flour, 20g
- Cocoa powder, ½ tablespoons
- Nutritional yeast, 1 tablespoon
- Tapioca starch, 25g
- Pomegranate juice, 50ml
- Hummus, 230g
- Marinara sauce vegan, 200g
- Vegetable stock, 480ml
- Arrowroot starch, 5g
- Hemp tofu, 200g
- Maca powder, ¼ teaspoon
- Plantain chips, 50g
- Cocoa nibs, ½ tablespoon



# Week 1 - 2400 Cal

## MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFASTS	Golden Banana Smoothie	Delightful Oats	Peanut Cookies	Banana Hemp Pudding	Peanut Butter and Jelly Chia	Quinoa Breakfast Bowl	Peach Oat Smoothie
LUNCH	Lentil Mushrooms Stew with Potato Mash	Pumpkin Curry – previous night dinner	Quinoa Veggie Stuffed Mushrooms – previous night dinner	Sweet Potato Pasta with Garlic Sauce	Delicious Cheesy Bake – previous night dinner	Chilaquiles with Plantain chips – previous night dinner	Mexican Quinoa Stuffed Peppers – previous night dinner
SNACKS	Creamy Green Smoothie	Banana Split in a Glass	Coconut Water Smoothie	The Big Green Warrior	Peanut Pineapple Banana Smoothie	Blackberry Hemp Smoothie	PB Berry Smoothie
DINNER	Pumpkin Curry	Quinoa Veggie Stuffed Mushrooms	Sweet Potato Pasta with Garlic Sauce	Delicious Cheesy Bake	Chilaquiles with Plantain chips	Mexican Quinoa Stuffed Peppers	Lentil Mushrooms Stew with Potato Mash

## MONDAY

### GOLDEN BANANA SMOOTHIE

Preparation time: 5 minutes

Servings: 1

#### Ingredients:

- 150g banana, sliced
- 280ml soy milk
- ½ teaspoon ground turmeric
- ¼ teaspoon minced ginger
- 1 pinch ground cinnamon
- 1 pinch black pepper
- 1 pinch ground nutmeg
- 70g rice protein
- 1 pinch ground clove and cardamom
- 60ml fresh carrot juice

#### Instructions:

1. Blend all using a food blender.
2. Serve.

Calories	574
Total Fat	5.7g
Saturated Fat	0.8g
Cholesterol	0mg
Sodium	252mg
Total Carbohydrate	62.9g
Dietary Fibre	6.6g
Total Sugars	34.8g
Protein	68.1g

## LENTIL MUSHROOMS STEW WITH POTATO MASH

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

#### Ingredients:

- 230g yellow potatoes, peeled and quartered evenly
- Salt and pepper, to taste
- 15ml olive oil
- 50ml coconut milk

#### Lentils Stew

- ½ tablespoon olive oil
- 40g chopped shallot
- 100g sliced cremini mushrooms
- 15ml coconut aminos
- Salt and pepper, to taste
- 1 tablespoon chopped thyme
- 90g lentils, dry
- 350ml vegetable stock
- ½ tablespoons tomato paste
- 1 tablespoon mashed potatoes
- Chopped parsley, for garnish

#### Instructions:

1. Heat a large pan over medium heat. Once hot, add oil and shallot and cook for 2 minutes, stirring occasionally.
2. Add mushrooms and coconut aminos and increase heat to medium-high. Cook for 5 minutes, stirring frequently. Add a pinch of salt and pepper.
3. Add thyme, lentils, tomato paste, and vegetable stock. Bring to a low boil over medium-high heat. Once boiling, reduce heat to a simmer and cook on low for about 20 minutes, adding more broth as needed if the mixture looks dry.
4. In the meantime, add potatoes to a large pot and cover with water so they are just submerged. Bring to a boil on high heat and cook for 12-15 minutes or until they slide off easily when pierced with a knife.
5. Once tender, drain potatoes and add back to pot or a mixing bowl. Season with salt, pepper, and a coconut oil. Mash until smooth.
6. Add 1 tablespoon of the mashed potatoes into the lentils and stir to combine.
7. Serve lentils over mashed potatoes and garnish with parsley.

Calories	452
Total Fat	20.1g
Saturated Fat	8.6g
Cholesterol	0mg
Sodium	568mg
Total Carbohydrate	55.8g
Dietary Fibre	19.6g
Total Sugars	4.7g
Protein	18.5g

## CREAMY GREEN SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 1 small banana, sliced
- ½ avocado, sliced
- 60g rice protein
- 40g spinach
- 180ml soy milk
- ¼ teaspoon maca powder
- 25g blueberries
- 1 teaspoon hemp seeds

### Instructions:

1. Blend all ingredients in a food blender until smooth.
2. Serve.

Calories	622
Total Fat	19.6g
Saturated Fat	2.5g
Cholesterol	0mg
Sodium	206mg
Total Carbohydrate	54.4g
Dietary Fibre	11.5g
Total Sugars	25.9g
Protein	60.8g

## PUMPKIN CURRY

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 15ml coconut oil
- 1 small shallot, minced
- 1 teaspoon minced fresh ginger
- 2 cloves garlic, minced
- ½ small red chili pepper
- 1 red bell pepper, seeded, sliced
- 30g Thai red paste
- 300g pumpkin, peeled
- 200ml coconut milk
- 15ml maple syrup
- ½ teaspoon ground turmeric
- Salt and pepper, to taste
- ½ tablespoon tamari sauce
- 80g chopped broccoli
- 15ml lemon juice
- 40g roasted cashews

### For serving:

- 160g cooked quinoa
- Basil, for garnish

### Instructions:

1. Heat a large pot over medium heat. Once hot, add coconut oil, shallot, ginger, garlic, and pepper. Cook for 2-3 minutes, stirring frequently.
2. Add bell pepper and curry paste and stir. Cook for 2 minutes more. Then add pumpkin and stir. Cook for 2 minutes more.
3. Add coconut milk, maple syrup or coconut sugar, turmeric, sea salt, and tamari and stir. Bring to a simmer over medium heat.
4. Once simmering, slightly reduce heat to low and cover.
5. Cook for 10-15 minutes, stirring occasionally.
6. Add broccoli, lemon juice, and cashews and cover. Simmer for 3-4 minutes more over low to medium-low heat.
7. Serve over quinoa sprinkled with chopped basil.

Calories	691
Total Fat	46.3g
Saturated Fat	29.5g
Cholesterol	0mg
Sodium	691mg
Total Carbohydrate	66.1g
Dietary Fibre	11.4g
Total Sugars	18.2g
Protein	13.5g

## TUESDAY DELIGHTFUL OATS

Preparation time: 10 minutes + inactive time

Cooking time: 15 minutes

Servings: 1

### Ingredients:

- 80g steel cut oats
- 260ml water
- 1 pinch salt
- 1 teaspoon ground flax seeds
- 1 teaspoon maple syrup
- ¼ teaspoon cinnamon

### Topping:

- 100ml organic almond milk
- 60g rice protein, vanilla flavor
- 1 tablespoon peanut butter

### Instructions:

1. Combine oats and water in a saucepot. Refrigerate overnight.
2. In the morning, cook the oats with salt for 15 minutes.
3. Remove from the heat and stir in flax seeds, maple syrup, and cinnamon.
4. Transfer the oats into a serving bowl. Top with rice protein, and almond milk. Stir and finally top with peanut butter.
5. Serve.

Calories	700
Total Fat	17.3g
Saturated Fat	2.9g
Cholesterol	0mg
Sodium	386mg
Total Carbohydrate	71.5g
Dietary Fibre	10g
Total Sugars	11.6g
Protein	64.3g

## PUMPKIN CURRY – PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 15ml coconut oil
- 1 small shallot, minced
- 1 teaspoon minced fresh ginger
- 2 cloves garlic, minced
- ½ small red chili pepper
- 1 red bell pepper, seeded, sliced
- 30g Thai red paste
- 300g pumpkin, peeled
- 200ml coconut milk
- 15ml maple syrup
- ½ teaspoon ground turmeric
- Salt and pepper, to taste
- ½ tablespoon tamari sauce
- 80g chopped broccoli
- 15ml lemon juice
- 40g roasted cashews

Calories	691
Total Fat	46.3g
Saturated Fat	29.5g
Cholesterol	0mg
Sodium	691mg
Total Carbohydrate	66.1g
Dietary Fibre	11.4g
Total Sugars	18.2g
Protein	13.5g

### For serving:

- 160g cooked quinoa
- Basil, for garnish

### Instructions:

1. Heat a large pot over medium heat. Once hot, add coconut oil, shallot, ginger, garlic, and pepper. Cook for 2-3 minutes, stirring frequently.
2. Add bell pepper and curry paste and stir. Cook for 2 minutes more. Then add pumpkin and stir. Cook for 2 minutes more.
3. Add coconut milk, maple syrup or coconut sugar, turmeric, sea salt, and tamari and stir. Bring to a simmer over medium heat.
4. Once simmering, slightly reduce heat to low and cover.
5. Cook for 10-15 minutes, stirring occasionally.
6. Add broccoli, lemon juice, and cashews and cover. Simmer for 3-4 minutes more over low to medium-low heat.
7. Serve over quinoa sprinkled with chopped basil.

# BANANA SPLIT IN A GLASS

Preparation time: 5 minutes  
Servings: 1

Ingredients:

- 1 frozen banana, sliced
- 65g rice protein, chocolate flavor
- 2 teaspoons raw cacao powder
- ½ tablespoon almond butter
- 150ml organic almond milk

Topping:

- ½ teaspoon raw cocoa nibs
- ½ teaspoon chia seeds
- 2 ripe cherries

Instructions:

1. Combine all smoothie ingredients in a food blender.
2. Blend until smooth.
3. Top with chia, cacao nibs, and cherries.
4. Serve.

Calories	515
Total Fat	11.4g
Saturated Fat	1.4g
Cholesterol	0mg
Sodium	194mg
Total Carbohydrate	45.4g
Dietary Fibre	8g
Total Sugars	21.5g
Protein	58.6g

## QUINOA VEGGIE STUFFED MUSHROOMS

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 2

### Ingredients:

- 1 teaspoon avocado oil
- 190g cooked quinoa
- 15ml coconut oil
- 200g sweet potatoes, raw, chopped
- 150g red bell pepper, seeded, diced
- 90g red cabbage, chopped
- 1 teaspoon ground cumin, divided
- 1 teaspoon chili powder, divided
- ½ teaspoon salt, divided
- 100g cooked black beans

### Mushrooms:

- 4 Portobello mushrooms, stems removed
- 15ml coconut oil
- ¼ teaspoon cumin
- ¼ teaspoon chili powder
- ½ teaspoon salt
- 30ml balsamic vinegar
- 15ml lime juice

### Instructions:

1. Preheat oven to 200C and set out a rimmed baking sheet.
2. In the meantime, add mushrooms to a baking or serving dish and season with oil, balsamic vinegar, lime juice, cumin, chili powder, and sea salt. Flip/toss to combine and set aside to let marinate.
3. Next, prepare vegetables by heating a large skillet over medium heat. Once hot, add oil, potatoes, and bell pepper. Cook for 3-5 minutes (covered) or until slightly browned, stirring occasionally.
4. Add cabbage, 1/2 tsp cumin, 1/2 tsp chili powder, and 1/4 tsp sea salt and cook for another 3-5 minutes or until all vegetables are tender and slightly golden brown. Set aside.
5. Transfer vegetables from skillet to a large mixing bowl and set aside. Then, to the same skillet over medium heat, add the mushrooms and cook for 2 minutes on both sides to brown and soften. Cover to lightly steam for the final minute. Then transfer to a baking sheet face up and set aside.
6. To the mixing bowl with the vegetables, add cooked quinoa, drained black beans, remaining 1/2 tsp cumin, 1/2 tsp chili powder, 1/4 tsp sea salt and lime juice and toss to combine.
7. Divide the filling between the mushrooms and bake for 5 minutes.
8. Serve warm or reheated in a microwave, the next day.

Calories	508
Total Fat	16.9g
Saturated Fat	12.1g
Cholesterol	0mg
Sodium	624mg
Total Carbohydrate	77.3g
Dietary Fibre	15.9g
Total Sugars	7g
Protein	17.8g

WEDNESDAY  
PEANUT COOKIES

Preparation time: 10 minutes + inactive time  
Servings: 1 (5 cookies)

Ingredients:

- 30g rolled oats
- 1 pinch salt
- 65g Medjool dates, pitted
- 55g peanut butter
- 50g rice protein, vanilla flavor

Instructions:

1. Add oats and salt to a food processor and blend into a flour. Add dates and blend for 30 seconds more or until finely chopped. Add peanut butter and rice protein, and blend until a dough forms.
2. Scoop out 2-Tbsp amounts of dough and carefully form into mounds. Place on a parchment-lined pan or tray. Freeze 10 minutes.
3. Serve.

Calories	813
Total Fat	29.6g
Saturated Fat	6.2g
Cholesterol	0mg
Sodium	314mg
Total Carbohydrate	84.7g
Dietary Fibre	10.9g
Total Sugars	49.8g
Protein	60.5g



## QUINOA VEGGIE STUFFED MUSHROOMS - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 2

### Ingredients:

- 1 teaspoon avocado oil
- 190g cooked quinoa
- 15ml coconut oil
- 200g sweet potatoes, raw, chopped
- 150g red bell pepper, seeded, diced
- 90g red cabbage, chopped
- 1 teaspoon ground cumin, divided
- 1 teaspoon chili powder, divided
- ½ teaspoon salt, divided
- 100g cooked black beans

### Mushrooms:

- 4 Portobello mushrooms, stems removed
- 15ml coconut oil
- ¼ teaspoon cumin
- ¼ teaspoon chili powder
- ½ teaspoon salt
- 30ml balsamic vinegar
- 15ml lime juice

### Instructions:

1. Preheat oven to 200C and set out a rimmed baking sheet.
2. In the meantime, add mushrooms to a baking or serving dish and season with oil, balsamic vinegar, lime juice, cumin, chili powder, and sea salt. Flip/toss to combine and set aside to let marinate.
3. Next, prepare vegetables by heating a large skillet over medium heat. Once hot, add oil, potatoes, and bell pepper. Cook for 3-5 minutes (covered) or until slightly browned, stirring occasionally.
4. Add cabbage, 1/2 tsp cumin, 1/2 tsp chili powder, and 1/4 tsp sea salt and cook for another 3-5 minutes or until all vegetables are tender and slightly golden brown. Set aside.
5. Transfer vegetables from skillet to a large mixing bowl and set aside. Then, to the same skillet over medium heat, add the mushrooms and cook for 2 minutes on both sides to brown and soften. Cover to lightly steam for the final minute. Then transfer to a baking sheet face up and set aside.
6. To the mixing bowl with the vegetables, add cooked quinoa, drained black beans, remaining 1/2 tsp cumin, 1/2 tsp chili powder, 1/4 tsp sea salt and lime juice and toss to combine.
7. Divide the filling between the mushrooms and bake for 5 minutes.
8. Serve warm or reheated in a microwave, the next day.

Calories	508
Total Fat	16.9g
Saturated Fat	12.1g
Cholesterol	0mg
Sodium	624mg
Total Carbohydrate	77.3g
Dietary Fibre	15.9g
Total Sugars	7g
Protein	17.8g

## COCONUT WATER SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 280ml coconut water
- 65g rice protein
- 1 banana
- ¼ avocado, pitted
- 80g raspberries

### Instructions:

1. Blend all until smooth using a food blender.
2. Serve.

Calories	520
Total Fat	8.1g
Saturated Fat	1.6g
Cholesterol	0mg
Sodium	377mg
Total Carbohydrate	56.8g
Dietary Fibre	14.3g
Total Sugars	28.7g
Protein	57.7g

## SWEET POTATO PASTA WITH GARLIC SAUCE

Preparation time: 10 minutes + inactive time

Cooking time: 10 minutes

Servings: 2

### Ingredients:

- 60g raw cashews, soaked overnight
- 2 cloves garlic, minced
- 10g nutritional yeast
- ¼ teaspoon salt
- 1 teaspoon arrowroot starch
- 240ml soy milk
- 1 pinch red pepper flakes

### Pasta:

- 260g sweet potatoes, raw, spiralised
- 15ml olive oil
- Salt, to taste
- 2 tablespoons cilantro, chopped

Calories	507
Total Fat	25.2g
Saturated Fat	3.8g
Cholesterol	0mg
Sodium	369mg
Total Carbohydrate	57.7g
Dietary Fibre	8.6g
Total Sugars	5.6g
Protein	14.1g

### Instructions:

1. Add soaked and drained cashews to a high-speed blender. Then add remaining ingredients: garlic, nutritional yeast, salt, arrowroot starch, and soy milk.
2. Blend on high until creamy and smooth, scraping down sides as needed. Taste and adjust flavor.
3. Transfer sauce to a large, pan and heat over medium-low heat until it just starts to bubble. Whisk as it heats, as it will thicken. Once bubbling reduce heat to a very low simmer to keep warm. The sauce will thicken, so thin with more soy milk as needed.
4. Add 2cm water to a large pot and top with a steamer basket. Heat over medium-high heat and once bubbling, add potato noodles. Steam for 3-5 minutes.
5. Add your sweet potatoes to your sauce and gently toss to combine.
6. Serve garnished with cilantro.

**THURSDAY**  
**BANANA HEMP PUDDING**

Preparation time: 10 minutes + inactive time

Servings: 1

**Ingredients:**

- 1 small banana, sliced
- 80g mixed berries
- 80ml coconut milk
- 40g rice protein, vanilla flavor
- ¾ tablespoon hemp seeds
- ½ tablespoon chia seeds
- 1 pinch ground cinnamon

**Instructions:**

1. Combine banana, berries, coconut milk and protein in a food blender.
2. Blend until smooth.
3. Next, add hemp seeds, chia, and cinnamon.
4. Blend until smooth. Transfer into a serving bowl and refrigerate overnight.
5. Stir before serving.

Calories	568
Total Fat	27.4g
Saturated Fat	17.8g
Cholesterol	0mg
Sodium	61mg
Total Carbohydrate	44.3g
Dietary Fibre	10.2g
Total Sugars	22.8g
Protein	41.2g

## SWEET POTATO PASTA WITH GARLIC SAUCE

Preparation time: 10 minutes + inactive time

Cooking time: 10 minutes

Servings: 2

### Ingredients:

- 60g raw cashews, soaked overnight
- 2 cloves garlic, minced
- 10g nutritional yeast
- ¼ teaspoon salt
- 1 teaspoon arrowroot starch
- 240ml soy milk
- 1 pinch red pepper flakes

### Pasta:

- 260g sweet potatoes, raw, spiralised
- 15ml olive oil
- Salt, to taste
- 2 tablespoons cilantro, chopped

Calories	507
Total Fat	25.2g
Saturated Fat	3.8g
Cholesterol	0mg
Sodium	369mg
Total Carbohydrate	57.7g
Dietary Fibre	8.6g
Total Sugars	5.6g
Protein	14.1g

### Instructions:

1. Add soaked and drained cashews to a high-speed blender. Then add remaining ingredients: garlic, nutritional yeast, salt, arrowroot starch, and soy milk.
2. Blend on high until creamy and smooth, scraping down sides as needed. Taste and adjust flavor.
3. Transfer sauce to a large, pan and heat over medium-low heat until it just starts to bubble. Whisk as it heats, as it will thicken. Once bubbling reduce heat to a very low simmer to keep warm. The sauce will thicken, so thin with more soy milk as needed.
4. Add 2cm water to a large pot and top with a steamer basket. Heat over medium-high heat and once bubbling, add potato noodles. Steam for 3-5 minutes.
5. Add your sweet potatoes to your sauce and gently toss to combine.
6. Serve garnished with cilantro.

## THE BIG GREEN WARRIOR

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 280ml organic almond milk
- 45g spinach
- 45g almonds
- 50g coconut yogurt, non-fat
- 1 tablespoon flax seeds
- 3 tablespoon peanut powder, like pb2
- 60g broccoli
- 50g rice protein powder, vanilla flavor
- 2-3 ice cubes

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	794
Total Fat	37.2g
Saturated Fat	2.6g
Cholesterol	3mg
Sodium	584mg
Total Carbohydrate	50.1g
Dietary Fibre	16.3g
Total Sugars	20.1g
Protein	75.3g

## DELICIOUS CHEESY BAKE

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 190g cooked quinoa
- ½ tablespoons olive oil
- 90g roughly chopped broccoli
- 10g vegan parmesan cheese
- Salt and pepper, to taste

### Sauce:

- 30ml olive oil
- 2 cloves garlic, minced
- 1 tablespoon arrowroot starch
- 250ml organic almond milk
- Salt and pepper, to taste
- 10g nutritional yeast
- 20g vegan parmesan cheese

### Add-ins

- 90g cooked chickpeas
- 35g chopped kale

### Instructions:

1. Preheat oven to 190 and lightly grease baking dish with some oil.
2. Lightly steam your broccoli in the microwave with a splash of water in 45-second increments.
3. Next prepare your sauce. Heat a large, oven-safe skillet over medium heat. Once hot, add oil and minced garlic. Stir and cook for 1-2 minutes, or until light golden brown, then add arrowroot starch and whisk - cook for 1 minute.
4. Slowly add almond milk while whisking, then cook for 2 minutes over medium heat, stirring frequently.
5. Transfer mixture to a blender, along with salt and pepper, nutritional yeast, and vegan parmesan cheese and blend on high until creamy and smooth, scraping down sides as needed.
6. Return sauce back to skillet from earlier and cook over low heat until warmed and slightly thickened - about 2-3 minutes - whisking occasionally. Turn off heat if it starts bubbling too aggressively or gets too thick.
7. Fry quinoa in heated oil for 2 minutes. Transfer into a bowl. Add the steamed broccoli to the mixing bowl and season liberally with salt, pepper and half of the vegan parmesan cheese. Add chickpeas and kale. Add all of the sauce to the mixture and stir to coat. Then transfer to your greased baking dish and top with another sprinkle of vegan parmesan cheese.
8. Cover with foil and bake for 20 minutes. Then remove foil and bake at 200c for minutes more or until bubbly and slightly golden brown.
9. Serve warm.

Calories	524
Total Fat	26.1g
Saturated Fat	3.1g
Cholesterol	0mg
Sodium	306mg
Total Carbohydrate	53.2g
Dietary Fibre	10.1g
Total Sugars	5.4g
Protein	21.7g

## FRIDAY

### PEANUT BUTTER AND JELLY CHIA

Preparation time: 5 minutes + inactive time

Cooking time: 5 minutes

Servings: 1

#### Ingredients:

##### Jam:

- 50g blueberries, frozen
- 1 teaspoon orange juice
- 1 teaspoon chia seeds

##### Chia pudding:

- 100ml organic almond milk
- 50ml coconut milk
- 50g rice protein, vanilla flavor
- 5ml maple syrup
- 2 tablespoons peanut powder, like pb2
- 20g chia seeds
- Fresh blueberries, for topping

#### Instructions:

1. To a small skillet or saucepan, add the blueberries and orange juice. Warm over medium-high heat until bubbling. Then lower heat to medium and cook for 2 minutes - stirring occasionally. Remove from heat and add chia seeds. Stir to combine.
2. Place the jam into a serving bowl or jar and set in a fridge.
3. In the meantime, add almond and coconut milk to a blender, along with remaining ingredients. Blend 30 seconds.
4. Once the jam is chilled, pour over the chia seed pudding.
5. Cover and refrigerate overnight.
6. Stir gently before serving.

Calories	595
Total Fat	26.5g
Saturated Fat	11.7g
Cholesterol	0mg
Sodium	316mg
Total Carbohydrate	41.9g
Dietary Fibre	15.9g
Total Sugars	17.5g
Protein	58.4g

## DELICIOUS CHEESY BAKE - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 190g cooked quinoa
- ½ tablespoons olive oil
- 90g roughly chopped broccoli
- 10g vegan parmesan cheese
- Salt and pepper, to taste

### Sauce:

- 30ml olive oil
- 2 cloves garlic, minced
- 1 tablespoon arrowroot starch
- 250ml organic almond milk
- Salt and pepper, to taste
- 10g nutritional yeast
- 20g vegan parmesan cheese

### Add-ins

- 90g cooked chickpeas
- 35g chopped kale

### Instructions:

1. Preheat oven to 190 and lightly grease baking dish with some oil.
2. Lightly steam your broccoli in the microwave with a splash of water in 45-second increments.
3. Next prepare your sauce. Heat a large, oven-safe skillet over medium heat. Once hot, add oil and minced garlic. Stir and cook for 1-2 minutes, or until light golden brown, then add arrowroot starch and whisk - cook for 1 minute.
4. Slowly add almond milk while whisking, then cook for 2 minutes over medium heat, stirring frequently.
5. Transfer mixture to a blender, along with salt and pepper, nutritional yeast, and vegan parmesan cheese and blend on high until creamy and smooth, scraping down sides as needed.
6. Return sauce back to skillet from earlier and cook over low heat until warmed and slightly thickened - about 2-3 minutes - whisking occasionally. Turn off heat if it starts bubbling too aggressively or gets too thick.
7. Fry quinoa in heated oil for 2 minutes. Transfer into a bowl. Add the steamed broccoli to the mixing bowl and season liberally with salt, pepper and half of the vegan parmesan cheese. Add chickpeas and kale. Add all of the sauce to the mixture and stir to coat. Then transfer to your greased baking dish and top with another sprinkle of vegan parmesan cheese.
8. Cover with foil and bake for 20 minutes. Then remove foil and bake at 200c for minutes more or until bubbly and slightly golden brown.
9. Serve warm.

Calories	524
Total Fat	26.1g
Saturated Fat	3.1g
Cholesterol	0mg
Sodium	306mg
Total Carbohydrate	53.2g
Dietary Fibre	10.1g
Total Sugars	5.4g
Protein	21.7g

## PEANUT PINEAPPLE BANANA SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml organic almond milk
- 1 banana, sliced
- 65g rice protein, vanilla flavor
- 10 whole almonds
- 45g spinach
- 40g Greek Style Coconut yogurt
- 25g peanut powder, pb2

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend until smooth.
3. Serve.

Calories	720
Total Fat	20.7g
Saturated Fat	3.9g
Cholesterol	0mg
Sodium	477mg
Total Carbohydrate	69.9g
Dietary Fibre	11.2g
Total Sugars	37.4g
Protein	71.5g

## CHILAQUILES WITH PLANTAIN CHIPS

Preparation time: 5 minutes

Cooking time: 15 minutes

Servings: 2

### Ingredients:

- 40g plantain chips
- 1 tablespoon olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 400g can crushed tomatoes or tomato sauce
- 1 chipotle in adobo sauce + ½ tablespoon sauce
- 120ml vegetable stock
- 2 tablespoons cilantro, chopped
- 1 spring onion, chopped

### Tofu:

- 120g raw firm tofu, drained
- 200g chickpeas, cooked
- ½ teaspoon cumin
- ½ teaspoon garlic powder
- ¼ teaspoon chili powder
- ¼ teaspoon sea salt

### Instructions:

1. Preheat oven to 180C.
2. Heat large skillet over medium-high heat. Once hot, add olive oil and onion. Cook, stirring frequently, until soft and slightly browned - 3 minutes. Then add garlic and cook for 1-2 minutes more.
3. Add tomato sauce, diced chipotle and adobo sauce, and veggie stock. Heat until bubbly. Then reduce heat to low and simmer for 5 minutes.
4. Transfer sauce to a blender. Blend and place aside.
5. Use a fork to crumble the tofu and place skillet back over medium heat.
6. Add a bit of oil to the pan and then add tofu and chickpeas. Let the tofu lightly brown for 3-4 minutes, stirring once or twice. Then add seasonings (chili powder, salt, garlic powder and cumin) and stir. Cook for another 2 minutes, then remove from pan and set aside.
7. Add chips to the pan and pour over sauce, stirring quickly to coat. Then top with tofu and chickpeas, fresh onion, and cilantro and serve immediately. You can reheat in a microwave but keep the chips aside.

Calories	527
Total Fat	22.8g
Saturated Fat	4.2g
Cholesterol	1mg
Sodium	792mg
Total Carbohydrate	67.1g
Dietary Fibre	16.8g
Total Sugars	7.2g
Protein	22.8g



SATURDAY  
QUINOA BREAKFAST BOWL

Preparation time: 5 minutes  
Servings: 1

Ingredients:

- 60g cooked quinoa
- 80ml coconut milk
- 1 pinch salt
- 1 teaspoon unsweetened cocoa powder
- 55g rice protein, chocolate flavor
- 10ml maple syrup
- 1 square Vegan chocolate, chopped

Topping:

- 30g raspberries
- ½ tablespoon hemp seeds

Instructions:

1. Heat coconut milk in a saucepot.
2. Remove from the heat and stir in quinoa, salt, cocoa powder, rice protein, maple syrup, and chocolate.
3. Transfer into the bowl and top with raspberries and hemp seeds.
4. Serve.

Calories	571
Total Fat	24.8g
Saturated Fat	17.6g
Cholesterol	0mg
Sodium	92mg
Total Carbohydrate	37.5g
Dietary Fibre	6.3g
Total Sugars	15.6g
Protein	52.2g

## CHILAQUILES WITH PLANTAIN CHIPS - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 15 minutes

Servings: 2

### Ingredients:

- 40g plantain chips
- 1 tablespoon olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 400g can crushed tomatoes or tomato sauce
- 1 chipotle in adobo sauce + ½ tablespoon sauce
- 120ml vegetable stock
- 2 tablespoons cilantro, chopped
- 1 spring onion, chopped

### Tofu:

- 120g raw firm tofu, drained
- 200g chickpeas, cooked
- ½ teaspoon cumin
- ½ teaspoon garlic powder
- ¼ teaspoon chili powder
- ¼ teaspoon sea salt

### Instructions:

1. Preheat oven to 180C.
2. Heat large skillet over medium-high heat. Once hot, add olive oil and onion. Cook, stirring frequently, until soft and slightly browned - 3 minutes. Then add garlic and cook for 1-2 minutes more.
3. Add tomato sauce, diced chipotle and adobo sauce, and veggie stock. Heat until bubbly. Then reduce heat to low and simmer for 5 minutes.
4. Transfer sauce to a blender. Blend and place aside.
5. Use a fork to crumble the tofu and place skillet back over medium heat.
6. Add a bit of oil to the pan and then add tofu and chickpeas. Let the tofu lightly brown for 3-4 minutes, stirring once or twice. Then add seasonings (chili powder, salt, garlic powder and cumin) and stir. Cook for another 2 minutes, then remove from pan and set aside.
7. Add chips to the pan and pour over sauce, stirring quickly to coat. Then top with tofu and chickpeas, fresh onion, and cilantro and serve immediately. You can reheat in a microwave but keep the chips aside.

Calories	527
Total Fat	22.8g
Saturated Fat	4.2g
Cholesterol	1mg
Sodium	792mg
Total Carbohydrate	67.1g
Dietary Fibre	16.8g
Total Sugars	7.2g
Protein	22.8g

## BLACKBERRY HEMP SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml coconut water
- 60g rice protein
- 2 tablespoon hemp seeds
- 130g blackberries
- 1 small banana, sliced
- 10ml maple syrup

### Instructions:

1. Blend all in a high-power blender until smooth.
2. Serve.

Calories	728
Total Fat	14.7g
Saturated Fat	0.9g
Cholesterol	0mg
Sodium	137mg
Total Carbohydrate	89.9g
Dietary Fibre	10.5g
Total Sugars	67.2g
Protein	61.5g

## MEXICAN QUINOA STUFFED PEPPERS

Preparation time: 5 minutes

Cooking time: 45 minutes

Servings: 2

### Ingredients:

- 85g quinoa, dry
- 230ml vegetable stock
- 2 large yellow bell peppers, cut in half, seeded
- 5ml olive oil
- 65g jar salsa
- 1 tablespoon nutritional yeast
- 1 teaspoon cumin powder
- $\frac{3}{4}$  teaspoon chili powder
- $\frac{3}{4}$  teaspoon garlic powder
- 220g cooked black beans
- 80g can corn, drained

### Topping:

- 1 small avocado, peeled, sliced
- 2 tablespoons cilantro, chopped
- 2 tablespoons diced red onion

### Instructions:

1. Add quinoa and vegetable stock to a saucepan and bring to a boil over high heat. Once boiling, reduce heat, cover, and simmer until all liquid is absorbed and quinoa is fluffy - about 20 minutes.
2. Preheat oven to 190C and grease baking sheet with some oil.
3. Brush halved peppers with olive oil.
4. Add cooked quinoa to a large mixing bowl and add remaining ingredients - salsa through corn. Mix to thoroughly combine then taste and adjust seasonings accordingly, adding salt, pepper, or more spices as desired.
5. Generously stuff halved peppers with quinoa mixture until all peppers are full, then cover the dish with foil.
6. Bake for 30 minutes covered. Then remove foil, increase heat to 200C another 15 minutes
7. Serve topped with avocado, red onion, and cilantro.

Calories	564
Total Fat	18.9g
Saturated Fat	3.5g
Cholesterol	0mg
Sodium	691mg
Total Carbohydrate	83.8g
Dietary Fibre	24.9g
Total Sugars	7.7g
Protein	24.7g

## SUNDAY PEACH OAT SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 30g oats
- 1 peach, pitted
- 1 banana, sliced
- 55g rice protein
- 60ml orange juice
- 150ml soy milk

### Instructions:

1. Combine all ingredients in a food blender.
2. Allow to stand for 5 minutes.
3. Blend until smooth and serve.

Calories	599
Total Fat	5.6g
Saturated Fat	0.8g
Cholesterol	0mg
Sodium	148mg
Total Carbohydrate	82.8g
Dietary Fibre	9.5g
Total Sugars	42.9g
Protein	56.7g

## MEXICAN QUINOA STUFFED PEPPERS - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 45 minutes

Servings: 2

### Ingredients:

- 85g quinoa, dry
- 230ml vegetable stock
- 2 large yellow bell peppers, cut in half, seeded
- 5ml olive oil
- 65g jar salsa
- 1 tablespoon nutritional yeast
- 1 teaspoon cumin powder
- $\frac{3}{4}$  teaspoon chili powder
- $\frac{3}{4}$  teaspoon garlic powder
- 220g cooked black beans
- 80g can corn, drained

### Topping:

- 1 small avocado, peeled, sliced
- 2 tablespoons cilantro, chopped
- 2 tablespoons diced red onion

### Instructions:

1. Add quinoa and vegetable stock to a saucepan and bring to a boil over high heat. Once boiling, reduce heat, cover, and simmer until all liquid is absorbed and quinoa is fluffy - about 20 minutes.
2. Preheat oven to 190C and grease baking sheet with some oil.
3. Brush halved peppers with olive oil.
4. Add cooked quinoa to a large mixing bowl and add remaining ingredients - salsa through corn. Mix to thoroughly combine then taste and adjust seasonings accordingly, adding salt, pepper, or more spices as desired.
5. Generously stuff halved peppers with quinoa mixture until all peppers are full, then cover the dish with foil.
6. Bake for 30 minutes covered. Then remove foil, increase heat to 200C another 15 minutes
7. Serve topped with avocado, red onion, and cilantro.

Calories	564
Total Fat	18.9g
Saturated Fat	3.5g
Cholesterol	0mg
Sodium	691mg
Total Carbohydrate	83.8g
Dietary Fibre	24.9g
Total Sugars	7.7g
Protein	24.7g

## PB BERRY SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 2 dates, pitted
- 25g peanut powder, like pb2
- 60g rice protein, vanilla flavor
- 1 banana, sliced
- 250ml organic almond milk
- 80g blueberries
- 1 tablespoon flax seeds
- 40g frozen broccoli
- ¼ small avocado, chopped

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	726
Total Fat	21.9g
Saturated Fat	1.6g
Cholesterol	0mg
Sodium	435mg
Total Carbohydrate	72.3g
Dietary Fibre	14.1g
Total Sugars	39.7g
Protein	68.2g

## LENTIL MUSHROOMS STEW WITH POTATO MASH

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 230g yellow potatoes, peeled and quartered evenly
- Salt and pepper, to taste
- 15ml olive oil
- 50ml coconut milk

### Lentils Stew

- ½ tablespoon olive oil
- 40g chopped shallot
- 100g sliced cremini mushrooms
- 15ml coconut aminos
- Salt and pepper, to taste
- 1 tablespoon chopped thyme
- 90g lentils, dry
- 350ml vegetable stock
- ½ tablespoons tomato paste
- 1 tablespoon mashed potatoes
- Chopped parsley, for garnish

### Instructions:

1. Heat a large pan over medium heat. Once hot, add oil and shallot and cook for 2 minutes, stirring occasionally.
2. Add mushrooms and coconut aminos and increase heat to medium-high. Cook for 5 minutes, stirring frequently. Add a pinch of salt and pepper.
3. Add thyme, lentils, tomato paste, and vegetable stock. Bring to a low boil over medium-high heat. Once boiling, reduce heat to a simmer and cook on low for about 20 minutes, adding more broth as needed if the mixture looks dry.
4. In the meantime, add potatoes to a large pot and cover with water so they are just submerged. Bring to a boil on high heat and cook for 12-15 minutes or until they slide off easily when pierced with a knife.
5. Once tender, drain potatoes and add back to pot or a mixing bowl. Season with salt, pepper, and a coconut oil. Mash until smooth.
6. Add 1 tablespoon of the mashed potatoes into the lentils and stir to combine.
7. Serve lentils over mashed potatoes and garnish with parsley.

Calories	452
Total Fat	20.1g
Saturated Fat	8.6g
Cholesterol	0mg
Sodium	568mg
Total Carbohydrate	55.8g
Dietary Fibre	19.6g
Total Sugars	4.7g
Protein	18.5g

# Week 1 - 2400cal

## GROCERY LIST

### Fruits:

- Banana, 5 pieces
- Avocado, 2 pieces
- Blackberries, 130g
- Mixed berries, 80g
- Blueberries, 155g
- Cherries, 2 pieces
- Dates, pitted, 2
- Lemon, 1 piece
- Lime, 1 piece
- Peach, 1 piece
- Medjool dates, 65g
- Raspberries, 110g

### Vegetables:

- Broccoli, 270g
- Pumpkin, 300g
- Red bell pepper, 250g
- Yellow bell peppers, large, 2 pieces
- Red cabbage, 90g
- Red chili pepper, 1 piece
- Garlic, 8 cloves
- Cremini mushrooms, 200g
- Kale, 35g
- Onion, 2 pieces
- Portobello mushrooms, 4 pieces
- Sweet potatoes, 460g
- Yellow potatoes, 460g
- Shallot, 1 piece
- Spinach, 130g
- Spring onion, chopped

### Grains and Cereals:

- Oats, rolled, 60g
- Steel cut oats, 80g
- Quinoa, 685g

### Can Products:

- Can corn, 80g
- Can crushed tomatoes, 400g
- Tomato paste, 15g

### Beans and Legumes:

- Chickpeas, 290g
- Black beans, 320g
- Lentils, 180g

### Spices and Herbs:

- Coconut aminos
- Clove
- Cardamom
- Tamari sauce
- Thai paste
- Cilantro
- Balsamic vinegar
- Chili powder
- Cinnamon
- Cumin
- Garlic Powder
- Turmeric
- Red pepper flakes
- Salt
- Pepper
- Thyme

### Butter; and Oil:

- Almond butter, 10g
- Peanut butter, 70g
- Avocado oil, 5ml
- Coconut oil, 45ml
- Olive oil, 100ml

### Nuts and Seeds:

- Chia seeds, 45g
- Almonds, whole, 60g
- Cashews, raw, 100g
- Flax seeds, 35g
- Hemp seeds, 4 tablespoons

### Soy Products:

- Soy milk, 850ml
- Tofu, firm, 120g

### Non-Dairy:

- Coconut milk, 510ml
- Almond milk, organic, 1.38liters
- Vegan parmesan cheese, 30g
- Coconut yogurt, non-fat, 50g
- Coconut yogurt, Greek style, 40g

### Protein Powder:

- Rice protein, 810g

### Sweeteners:

- Maple syrup, 45ml

### Additional:

- Raw cacao powder, 10g
- Cocoa powder, unsweetened, 5g
- Nutritional yeast, 35g
- Coconut water, 530ml
- Orange juice, 65ml
- Chipotle in adobo, 1 piece
- Carrot juice, 60ml
- Vegetable stock, 1.05 liters
- Arrowroot starch, 30g
- Peanut powder, pb2, 125g
- Plantain chips, 40g
- Vegan chocolate, 1 square
- Raw cocoa nibs, ½ teaspoon
- Maca powder. ¼ teaspoon
- Salsa, jar, 65g

## Week 2 - 2400 Cal

### MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFASTS	Protein Banana Splits	Pumpkin Green Smoothie	PB Acai Bowls	Sweet Potato Pie Oats	Golden Banana Smoothie	Pumpkin Green Smoothie	Breakfast Ener- gy Bites
LUNCH	Lentil Mushrooms Stew with Potato Mash – previous night dinner	Green Chickpea Curry – previous night dinner	Quinoa Lupins Salad Asian style – previous night dinner	Quinoa Bowl with Peanut Dressing – previous night dinner	Eggplant Chickpea Lasagna – previous night dinner	Like a Quiche – previous night dinner	Curried Chickpea Salad – previous night dinner
SNACKS	Hidden Cauli Smoothie	Strawberry Peanut Smoothie	Smoothie with a hint of Basil	Peanut Berry Smoothie	Big Boy Smoothie	Thick Chickpea smoothie	Avocado Banana Smoothie
DINNER	Green Chickpea Curry	Quinoa Lupins Salad Asian style	Quinoa Bowl with Peanut Dressing	Eggplant Chickpea Lasagna	Like a Quiche	Curried Chickpea Salad	Tomato Mung Bean Soup

## MONDAY

### PROTEIN BANANA SPLITS

Preparation time: 10 minutes

Servings: 1

#### Ingredients:

- 1 medium banana, peeled

#### Topping:

- 35g peanut butter
- 40g rice protein, chocolate flavor
- 30g coconut yogurt
- 15ml almond milk
- 1 teaspoon hemp seeds
- 15g raspberries
- 1 teaspoon coconut flakes

#### Instructions:

1. Peel banana and cut through the middle. Do not cut through the banana completely.
2. In a bowl, combine rice protein, coconut yogurt, and almond milk.
3. Top banana with peanut butter, protein mixture, raspberries, hemp seeds, and coconut.
4. Serve.

Calories	542
Total Fat	22.4g
Saturated Fat	5.2g
Cholesterol	3mg
Sodium	231mg
Total Carbohydrate	43.6g
Dietary Fibre	6.5g
Total Sugars	23.4g
Protein	46.9g

## LENTIL MUSHROOMS STEW WITH POTATO MASH - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

#### Ingredients:

- 230g yellow potatoes, peeled and quartered evenly
- Salt and pepper, to taste
- 15ml olive oil
- 50ml coconut milk

#### Lentils Stew

- ½ tablespoon olive oil
- 40g chopped shallot
- 100g sliced cremini mushrooms
- 15ml coconut aminos
- Salt and pepper, to taste
- 1 tablespoon chopped thyme
- 90g lentils, dry
- 350ml vegetable stock
- ½ tablespoons tomato paste
- 1 tablespoon mashed potatoes
- Chopped parsley, for garnish

#### Instructions:

1. Heat a large pan over medium heat. Once hot, add oil and shallot and cook for 2 minutes, stirring occasionally.
2. Add mushrooms and coconut aminos and increase heat to medium-high. Cook for 5 minutes, stirring frequently. Add a pinch of salt and pepper.
3. Add thyme, lentils, tomato paste, and vegetable stock. Bring to a low boil over medium-high heat. Once boiling, reduce heat to a simmer and cook on low for about 20 minutes, adding more broth as needed if the mixture looks dry.
4. In the meantime, add potatoes to a large pot and cover with water so they are just submerged. Bring to a boil on high heat and cook for 12-15 minutes or until they slide off easily when pierced with a knife.
5. Once tender, drain potatoes and add back to pot or a mixing bowl. Season with salt, pepper, and a coconut oil. Mash until smooth.
6. Add 1 tablespoon of the mashed potatoes into the lentils and stir to combine.
7. Serve lentils over mashed potatoes and garnish with parsley.

Calories	452
Total Fat	20.1g
Saturated Fat	8.6g
Cholesterol	0mg
Sodium	568mg
Total Carbohydrate	55.8g
Dietary Fibre	19.6g
Total Sugars	4.7g
Protein	18.5g



## HIDDEN CAULI SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml organic almond milk
- 25g peanut powder, pb2
- 1 tablespoon hemp seeds
- 30g almonds
- 50g cauliflower
- 50g cultured almond yogurt
- 50g rice protein, vanilla flavor
- 1 small banana, sliced
- 2-3 ice cubes
- 1 pinch cinnamon

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	682
Total Fat	33.8g
Saturated Fat	2.2g
Cholesterol	0mg
Sodium	421mg
Total Carbohydrate	35.5g
Dietary Fibre	10.1g
Total Sugars	14g
Protein	65.6g

## GREEN CHICKPEA CURRY

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 15ml coconut oil
- 1 small onion, diced
- 3 cloves garlic, minced
- ½ tablespoon ginger, minced
- 40g carrots, chopped
- 300g cooked chickpeas
- 35g green curry paste
- 400ml light coconut milk
- 120ml vegetable stock
- 15g coconut sugar
- ¾ teaspoon lime zest, finely grated
- 50g couscous

### Topping:

- 80g raw firm tofu, cubed
- ¾ tablespoon cornstarch
- Salt and pepper, to taste
- 10ml olive oil

### Instructions:

1. Heat a pot, large saucepan or deep skillet over medium heat. Once hot, add coconut oil, garlic, ginger, carrot and onion. Cook, stirring frequently, for 3-4 minutes. Add curry paste and stir to coat. Cook for 1 minute.
2. Add chickpeas and stir to coat once more. Cook for 3-4 minutes.
3. Add coconut milk, vegetable broth, coconut sugar, lime zest, and stir to combine. Bring mixture to a heavy simmer over medium-high heat.
4. Once simmering, add couscous, stir and reduce heat to low. Cover and simmer for 15 minutes.
5. Taste and adjust seasonings as needed.
6. Then turn off heat and let rest for at least 10 minutes before serving. This will allow the flavor to permeate the chickpeas and couscous even more. Serve topped with crispy tofu.
7. To make the tofu; toss tofu with cornstarch, salt and pepper, until coated. Heat olive oil and cook for 4 minutes per side.

Calories	717
Total Fat	30.9g
Saturated Fat	15.5g
Cholesterol	0mg
Sodium	859mg
Total Carbohydrate	94.9g
Dietary Fibre	14.5g
Total Sugars	22.3g
Protein	20.7g

## TUESDAY PUMPKIN GREEN SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 1 banana, frozen, sliced /slice before freezing)
- 60g canned pumpkin
- 60g rice protein, vanilla flavor
- 80g spinach, frozen
- 100ml light coconut milk
- 150ml organic almond milk
- 15g oats
- ½ teaspoon pumpkin pie spice

### Instructions:

1. Add all ingredients to a blender.
2. Blend until creamy and smooth.
3. Serve.

Calories	549
Total Fat	11g
Saturated Fat	4.6g
Cholesterol	0mg
Sodium	261mg
Total Carbohydrate	59.8g
Dietary Fibre	8.2g
Total Sugars	25.4g
Protein	55.7g

## GREEN CHICKPEA CURRY - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 15ml coconut oil
- 1 small onion, diced
- 3 cloves garlic, minced
- ½ tablespoon ginger, minced
- 40g carrots, chopped
- 300g cooked chickpeas
- 35g green curry paste
- 400ml light coconut milk
- 120ml vegetable stock
- 15g coconut sugar
- ¾ teaspoon lime zest, finely grated
- 50g couscous

### Topping:

- 80g raw firm tofu, cubed
- ¾ tablespoon cornstarch
- Salt and pepper, to taste
- 10ml olive oil

### Instructions:

1. Heat a pot, large saucepan or deep skillet over medium heat. Once hot, add coconut oil, garlic, ginger, carrot and onion. Cook, stirring frequently, for 3-4 minutes. Add curry paste and stir to coat. Cook for 1 minute.
2. Add chickpeas and stir to coat once more. Cook for 3-4 minutes.
3. Add coconut milk, vegetable broth, coconut sugar, lime zest, and stir to combine. Bring mixture to a heavy simmer over medium-high heat.
4. Once simmering, add couscous, stir and reduce heat to low. Cover and simmer for 15 minutes.
5. Taste and adjust seasonings as needed.
6. Then turn off heat and let rest for at least 10 minutes before serving. This will allow the flavor to permeate the chickpeas and couscous even more. Serve topped with crispy tofu.
7. To make the tofu; toss tofu with cornstarch, salt and pepper, until coated. Heat olive oil and cook for 4 minutes per side.

Calories	717
Total Fat	30.9g
Saturated Fat	15.5g
Cholesterol	0mg
Sodium	859mg
Total Carbohydrate	94.9g
Dietary Fibre	14.5g
Total Sugars	22.3g
Protein	20.7g

## STRAWBERRY PEANUT SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 200ml organic almond milk
- 50g soy yogurt
- 60g rice protein, vanilla flavor
- 2 tablespoons peanut powder, pb2
- 80g strawberries, sliced
- 60g frozen broccoli
- 1 tablespoon flax seeds

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend until creamy and smooth.
3. Serve.

Calories	524
Total Fat	12g
Saturated Fat	0.7g
Cholesterol	0mg
Sodium	409mg
Total Carbohydrate	42.6g
Dietary Fibre	9.2g
Total Sugars	20.7g
Protein	65.1g

## QUINOA LUPINS SALAD ASIAN STYLE

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 30g quinoa, dry
- 40g lupin seeds
- 1 teaspoon sesame oil
- 150ml water
- Vegetables:
- 90g frozen edamame
- 375g head broccoli, cut into florets
- 45g red bell pepper, seeded, sliced
- 90g shredded red cabbage
- 60g kale, stem removed, thinly sliced

### Dressing:

- 15g peanut butter
- 45g chili garlic sauce
- 35ml maple syrup
- 35ml tamari
- 25ml lime juice
- 25ml sesame oil
- 1 tablespoon crushed peanuts
- ½ teaspoon minced ginger

### Instructions:

1. Heat a small saucepan over medium heat. Add sesame oil and rinsed quinoa and lupin seeds. Toast stirring frequently, for 2-3 minutes, then add water. Bring to a boil over medium-high heat. Then reduce heat to low, cover and cook for 18-20 minutes. Once cooked, fluff with a fork and place aside.
2. While the quinoa is cooking, add 2cm of water to a medium saucepan, heat over medium-high heat, and insert a steamer basket. Once water is simmering, add the edamame, then the broccoli and cover. Cook for 2 minutes to gently thaw the edamame and steam the broccoli. Then remove from heat and transfer to a large mixing bowl. Set in the refrigerator to chill.
3. Next prepare dressing by adding all ingredients to a small mixing bowl and whisking to combine.
4. Add quinoa, sliced red pepper, and cabbage to the steamed broccoli and edamame and top with dressing. Toss to combine. Serve.

Calories	589
Total Fat	26.8g
Saturated Fat	3.8g
Cholesterol	0mg
Sodium	1669mg
Total Carbohydrate	69.5g
Dietary Fibre	10.9g
Total Sugars	25.6g
Protein	27.6g

## WEDNESDAY PB ACAI BOWLS

Preparation time: 10 minutes

Servings: 1

### Ingredients:

- 100g acai berries, frozen
- 1 large banana, sliced, frozen
- 1 tablespoon peanut powder, pb2
- 100ml unsweetened coconut milk
- 50g rice protein, chocolate flavor
- 20g spinach, frozen
- 20g blueberries

### Toppings:

- ½ tablespoon hemp seeds
- 5g shredded coconut
- 10g peanut butter

### Instructions:

1. Add frozen acai, frozen banana, peanut butter powder, milk, and protein powder, to a high-speed blender.
2. Blend until smooth.
3. Add spinach and blueberries. Blend 20 seconds.
4. Transfer into a bowl. Top with hemp seeds, coconut, and peanut butter.

Calories	580
Total Fat	19.2g
Saturated Fat	5.5g
Cholesterol	0mg
Sodium	244mg
Total Carbohydrate	53.8g
Dietary Fibre	13.4g
Total Sugars	23.5g
Protein	52.9g

## QUINOA LUPINS SALAD ASIAN STYLE - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 30g quinoa, dry
- 40g lupin seeds
- 1 teaspoon sesame oil
- 150ml water
- Vegetables:
- 90g frozen edamame
- 375g head broccoli, cut into florets
- 45g red bell pepper, seeded, sliced
- 90g shredded red cabbage
- 60g kale, stem removed, thinly sliced

### Dressing:

- 15g peanut butter
- 45g chili garlic sauce
- 35ml maple syrup
- 35ml tamari
- 25ml lime juice
- 25ml sesame oil
- 1 tablespoon crushed peanuts
- ½ teaspoon minced ginger

### Instructions:

1. Heat a small saucepan over medium heat. Add sesame oil and rinsed quinoa and lupin seeds. Toast stirring frequently, for 2-3 minutes, then add water. Bring to a boil over medium-high heat. Then reduce heat to low, cover and cook for 18-20 minutes. Once cooked, fluff with a fork and place aside.
2. While the quinoa is cooking, add 2cm of water to a medium saucepan, heat over medium-high heat, and insert a steamer basket. Once water is simmering, add the edamame, then the broccoli and cover. Cook for 2 minutes to gently thaw the edamame and steam the broccoli. Then remove from heat and transfer to a large mixing bowl. Set in the refrigerator to chill.
3. Next prepare dressing by adding all ingredients to a small mixing bowl and whisking to combine.
4. Add quinoa, sliced red pepper, and cabbage to the steamed broccoli and edamame and top with dressing. Toss to combine. Serve.

Calories	589
Total Fat	26.8g
Saturated Fat	3.8g
Cholesterol	0mg
Sodium	1669mg
Total Carbohydrate	69.5g
Dietary Fibre	10.9g
Total Sugars	25.6g
Protein	27.6g

## SMOOTHIE WITH A HINT OF BASIL

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 300ml organic almond milk
- 10 almonds
- 1 ½ tablespoons flax seeds
- 60g spinach
- 55g rice protein
- 4 leaves basil
- 1 small banana, sliced
- 80g frozen blueberries
- 50g frozen raspberries

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	665
Total Fat	18.7g
Saturated Fat	1.7g
Cholesterol	0mg
Sodium	299mg
Total Carbohydrate	73.3g
Dietary Fibre	14.8g
Total Sugars	42.4g
Protein	55.3g

## QUINOA BOWL WITH PEANUT DRESSING

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 95g red quinoa
- 230ml water
- 100g greens beans, trimmed
- 60g red bell pepper, seeded, sliced
- 25g mung bean sprouts
- 50g thinly shredded red cabbage
- 120g carrots, thinly sliced
- 2 tablespoons chopped cilantro, to serve with

### Peanut sauce:

- 80g peanut butter
- 15ml tamari
- 30ml maple syrup
- 45ml lime juice
- 1 tsp chili garlic sauce
- 50ml water

### Instructions:

1. Heat a small saucepan over medium heat and add rinsed, drained quinoa. "Toast" for 3-4 minutes, stirring frequently, to remove excess liquid and add a nutty flavor to the quinoa.
2. Add water, stir, and bring to a low boil. Then reduce heat to a simmer, cover, and cook for about 18-20 minutes. Fluff with fork and place aside.
3. While quinoa is cooking, steam green beans until just tender, by placing in a pot with simmering water and steaming 4 minutes.
4. Once steamed, add green beans to a bowl of ice water. Drain and place aside.
5. Make peanut sauce whisking all the ingredients.
6. To serve, divide quinoa between 2 serving bowls and top with green beans, red bell pepper, mung bean sprouts, and carrots. Serve with peanut sauce and sprinkled with cilantro.

Calories	544
Total Fat	23.3g
Saturated Fat	4.3g
Cholesterol	0mg
Sodium	784mg
Total Carbohydrate	72.6g
Dietary Fibre	10.3g
Total Sugars	26.5g
Protein	20.5g

## THURSDAY

### SWEET POTATO PIE OATS

Preparation time: 5 minutes

Cooking time: 10 minutes

Servings: 1

#### Ingredients:

- 25g rolled oats
- 200ml organic almond milk
- 30g sweet potatoes, mashed
- 10ml maple syrup
- 50g rice protein, vanilla flavor
- ¼ teaspoon cinnamon
- ½ tablespoon flax meal
- 1 pinch salt

#### Topping:

- 1 tablespoon coconut cream - whipped with some maple syrup
- 20g slivered almonds

Calories	627
Total Fat	21.5g
Saturated Fat	4.4g
Cholesterol	0mg
Sodium	192mg
Total Carbohydrate	59.7g
Dietary Fibre	7.6g
Total Sugars	25.4g
Protein	50.6g

#### Instructions:

1. Bring milk to a simmer in a saucepot over medium-high heat.
2. Stir in oats, maple syrup, and cinnamon. Cook stirring for 5 minutes.
3. Stir in sweet potato, rice protein, salt, and flax meal.
4. Cook for an additional 3-4 minutes.
5. Serve warm, topped with coconut cream and slivered almonds.

## QUINOA BOWL WITH PEANUT DRESSING - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 95g red quinoa
- 230ml water
- 100g greens beans, trimmed
- 60g red bell pepper, seeded, sliced
- 25g mung bean sprouts
- 50g thinly shredded red cabbage
- 120g carrots, thinly sliced
- 2 tablespoons chopped cilantro, to serve with

### Peanut sauce:

- 80g peanut butter
- 15ml tamari
- 30ml maple syrup
- 45ml lime juice
- 1 tsp chili garlic sauce
- 50ml water

### Instructions:

1. Heat a small saucepan over medium heat and add rinsed, drained quinoa. "Toast" for 3-4 minutes, stirring frequently, to remove excess liquid and add a nutty flavor to the quinoa.
2. Add water, stir, and bring to a low boil. Then reduce heat to a simmer, cover, and cook for about 18-20 minutes. Fluff with fork and place aside.
3. While quinoa is cooking, steam green beans until just tender, by placing in a pot with simmering water and steaming 4 minutes.
4. Once steamed, add green beans to a bowl of ice water. Drain and place aside.
5. Make peanut sauce whisking all the ingredients.
6. To serve, divide quinoa between 2 serving bowls and top with green beans, red bell pepper, mung bean sprouts, and carrots. Serve with peanut sauce and sprinkled with cilantro.

Calories	544
Total Fat	23.3g
Saturated Fat	4.3g
Cholesterol	0mg
Sodium	784mg
Total Carbohydrate	72.6g
Dietary Fibre	10.3g
Total Sugars	26.5g
Protein	20.5g

## PEANUT BERRY SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml coconut water
- 55g rice protein, vanilla flavor
- 50g spinach
- 40g blueberries, frozen
- 80g strawberries, sliced
- 1 small banana, sliced
- 1 tablespoon hemp seeds
- 25g peanut butter

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until creamy and smooth.
3. Serve.

Calories	638
Total Fat	20.8g
Saturated Fat	3.6g
Cholesterol	0mg
Sodium	484mg
Total Carbohydrate	57.3g
Dietary Fibre	11g
Total Sugars	32.1g
Protein	61g



# EGGPLANT CHICKPEA LASAGNA

Preparation time: 10 minutes + inactive time

Cooking time: 35 minutes

Servings: 2

## Ingredients:

- 1 eggplant, cut into 0.5cm thick slices
- Sea salt
- ½ tablespoon olive oil

## Chickpea sauce:

- 380g jar marinara sauce, vegan type
- 60ml water
- 100g cooked chickpeas, crushed

## Tofu ricotta:

- 150g firm tofu, drained
- 50ml lemon juice
- 1 tablespoon nutritional yeast
- 10g basil, chopped
- ½ teaspoon dried oregano
- Salt and pepper, to taste
- 10ml olive oil
- 15g vegan parmesan cheese

Calories	534
Total Fat	21.1g
Saturated Fat	3.6g
Cholesterol	4mg
Sodium	903mg
Total Carbohydrate	62.1g
Dietary Fibre	20.8g
Total Sugars	26.7g
Protein	29.1g

## Instructions:

1. Preheat oven to 220C. Line a baking sheet with parchment paper.
2. Generously salt eggplant slices on both sides and arrange in a colander in the sink to remove excess water/bitterness for 15 minutes.
3. Rinse salted eggplant slices well and dry thoroughly between two clean absorbent towels. Lay a baking sheet on top and place something heavy on top to absorb excess moisture.
4. Arrange slices on 1-2 baking sheets in an even layer and drizzle with olive oil. Bake for 15 minutes. Remove from the oven and place aside.
5. While eggplant is baking, add marinara sauce and water to a large saucepan and bring to a low boil over medium heat. Then add crushed chickpeas and cook 10 minutes.
6. In the meantime, make tofu ricotta. Add all ricotta ingredients to a food processor or blender and pulse to combine, scraping down sides as needed.
7. Spread a thin layer of lentil marinara sauce into your baking dish. Then layer on a few pieces of eggplant.
8. Spoon half of the ricotta filling over the eggplant slices and spread into an even layer. Then top with another layer of marinara sauce. Repeat until you have used up all the ricotta. The top layer should be marinara, eggplant noodles, marinara.
9. Sprinkle the top with vegan parmesan cheese and bake for 20 minutes. serve warm.

FRIDAY  
GOLDEN BANANA SMOOTHIE

Preparation time: 5 minutes  
Servings: 1

Ingredients:

- 150g banana, sliced
- 280ml soy milk
- ½ teaspoon ground turmeric
- ¼ teaspoon minced ginger
- 1 pinch ground cinnamon
- 1 pinch black pepper
- 1 pinch ground nutmeg
- 70g rice protein
- 1 pinch ground clove and cardamom
- 60ml fresh carrot juice

Instructions:

1. Blend all using a food blender.
2. Serve.

Calories	574
Total Fat	5.7g
Saturated Fat	0.8g
Cholesterol	0mg
Sodium	252mg
Total Carbohydrate	62.9g
Dietary Fibre	6.6g
Total Sugars	34.8g
Protein	68.1g

## EGGPLANT CHICKPEA LASAGNA - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes + inactive time

Cooking time: 35 minutes

Servings: 2

### Ingredients:

- 1 eggplant, cut into 0.5cm thick slices
- Sea salt
- ½ tablespoon olive oil

### Chickpea sauce:

- 380g jar marinara sauce, vegan type
- 60ml water
- 100g cooked chickpeas, crushed

### Tofu ricotta:

- 150g firm tofu, drained
- 50ml lemon juice
- 1 tablespoon nutritional yeast
- 10g basil, chopped
- ½ teaspoon dried oregano
- Salt and pepper, to taste
- 10ml olive oil
- 15g vegan parmesan cheese

Calories	534
Total Fat	21.1g
Saturated Fat	3.6g
Cholesterol	4mg
Sodium	903mg
Total Carbohydrate	62.1g
Dietary Fibre	20.8g
Total Sugars	26.7g
Protein	29.1g

### Instructions:

1. Preheat oven to 220C. Line a baking sheet with parchment paper.
2. Generously salt eggplant slices on both sides and arrange in a colander in the sink to remove excess water/bitterness for 15 minutes.
3. Rinse salted eggplant slices well and dry thoroughly between two clean absorbent towels. Lay a baking sheet on top and place something heavy on top to absorb excess moisture.
4. Arrange slices on 1-2 baking sheets in an even layer and drizzle with olive oil. Bake for 15 minutes. Remove from the oven and place aside.
5. While eggplant is baking, add marinara sauce and water to a large saucepan and bring to a low boil over medium heat. Then add crushed chickpeas and cook 10 minutes.
6. In the meantime, make tofu ricotta. Add all ricotta ingredients to a food processor or blender and pulse to combine, scraping down sides as needed.
7. Spread a thin layer of lentil marinara sauce into your baking dish. Then layer on a few pieces of eggplant.
8. Spoon half of the ricotta filling over the eggplant slices and spread into an even layer. Then top with another layer of marinara sauce. Repeat until you have used up all the ricotta. The top layer should be marinara, eggplant noodles, marinara.
9. Sprinkle the top with vegan parmesan cheese and bake for 20 minutes. serve warm.

## BIG BOY SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 300ml organic almond milk
- 60g rice protein
- 20g oatmeal
- 2 tablespoons peanut butter
- 1 small banana
- 50g blueberries
- 100g mango
- 50g spinach

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	806
Total Fat	26.7g
Saturated Fat	4.5g
Cholesterol	0mg
Sodium	442mg
Total Carbohydrate	83.7g
Dietary Fibre	10.9g
Total Sugars	45.2g
Protein	64.9g

## LIKE A QUICHE

Preparation time: 10 minutes

Cooking time: 1 hour

Servings: 2

### Ingredients:

- 3 medium potatoes, grated
- 1 tablespoon vegan butter
- Salt and pepper, to taste
- 1 spring onion, chopped
- 2 tablespoons chopped parsley

### Filling:

- 150g firm tofu, drained
- 1 tablespoon nutritional yeast
- 2 tablespoons hummus
- Sea salt and black pepper, to taste
- 2 clove garlic, minced
- 1 leeks, thinly sliced
- 100g cherry tomatoes, halved
- 80g chopped broccoli

### Instructions:

1. Preheat oven to 220C and gently spray baking dish with olive oil.
2. Grate potatoes and then transfer to a clean towel and firmly squeeze out excess moisture. Add to pie dish and drizzle with melted vegan butter and season to taste. Toss to coat, then use fingers press into the pan and up the sides to form an even layer.
3. Bake for 25 minutes or until golden brown all over. Set aside. When you take out the crust, lower oven heat to 200C.
4. Prep veggies and garlic and add to a baking sheet. Toss with olive oil and a healthy pinch each salt and pepper and toss to coat. Place in the oven and bake until soft and golden brown, for 20 minutes. Set aside and lower oven heat to 190C.
5. To prepare tofu filling, add drained tofu to a food processor with nutritional yeast, hummus, and a salt and pepper. Set aside.
6. Remove veggies from oven, add to a mixing bowl and top with the tofu mixture. Toss to coat, then add to the crust and spread into an even layer.
7. Bake quiche at 190C for 30 minutes.
8. Let cool briefly, and then serve with fresh herbs or green onion.

Calories	479
Total Fat	14.6g
Saturated Fat	2g
Cholesterol	0mg
Sodium	191mg
Total Carbohydrate	68.1g
Dietary Fibre	13.1g
Total Sugars	7.6g
Protein	24.6g

## SATURDAY PUMPKIN GREEN SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 1 banana, frozen, sliced /slice before freezing)
- 60g canned pumpkin
- 60g rice protein, vanilla flavor
- 80g spinach, frozen
- 100ml light coconut milk
- 150ml organic almond milk
- 15g oats
- ½ teaspoon pumpkin pie spice

### Instructions:

1. Add all ingredients to a blender.
2. Blend until creamy and smooth.
3. Serve.

Calories	549
Total Fat	11g
Saturated Fat	4.6g
Cholesterol	0mg
Sodium	261mg
Total Carbohydrate	59.8g
Dietary Fibre	8.2g
Total Sugars	25.4g
Protein	55.7g

## LIKE A QUICHE - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 1 hour

Servings: 2

### Ingredients:

- 3 medium potatoes, grated
- 1 tablespoon vegan butter
- Salt and pepper, to taste
- 1 spring onion, chopped
- 2 tablespoons chopped parsley

### Filling:

- 150g firm tofu, drained
- 1 tablespoon nutritional yeast
- 2 tablespoons hummus
- Sea salt and black pepper, to taste
- 2 clove garlic, minced
- 1 leeks, thinly sliced
- 100g cherry tomatoes, halved
- 80g chopped broccoli

### Instructions:

1. Preheat oven to 220C and gently spray baking dish with olive oil.
2. Grate potatoes and then transfer to a clean towel and firmly squeeze out excess moisture. Add to pie dish and drizzle with melted vegan butter and season to taste. Toss to coat, then use fingers press into the pan and up the sides to form an even layer.
3. Bake for 25 minutes or until golden brown all over. Set aside. When you take out the crust, lower oven heat to 200C.
4. Prep veggies and garlic and add to a baking sheet. Toss with olive oil and a healthy pinch each salt and pepper and toss to coat. Place in the oven and bake until soft and golden brown, for 20 minutes. Set aside and lower oven heat to 190C.
5. To prepare tofu filling, add drained tofu to a food processor with nutritional yeast, hummus, and a salt and pepper. Set aside.
6. Remove veggies from oven, add to a mixing bowl and top with the tofu mixture. Toss to coat, then add to the crust and spread into an even layer.
7. Bake quiche at 190C for 30 minutes.
8. Let cool briefly, and then serve with fresh herbs or green onion.

Calories	479
Total Fat	14.6g
Saturated Fat	2g
Cholesterol	0mg
Sodium	191mg
Total Carbohydrate	68.1g
Dietary Fibre	13.1g
Total Sugars	7.6g
Protein	24.6g

## THICK CHICKPEA SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 100ml coconut milk
- 180ml organic almond milk
- 60g cooked chickpeas
- 60g blueberries
- 2 tablespoons peanut powder, pb2
- 1 tablespoon hemp seeds
- 60g rice protein, vanilla flavor
- 4 ice cubes

### Instructions:

1. Blend all ingredients in a food blender until smooth and creamy.
2. Serve.

Calories	785
Total Fat	39.9g
Saturated Fat	22.3g
Cholesterol	0mg
Sodium	357mg
Total Carbohydrate	50.1g
Dietary Fibre	12.7g
Total Sugars	19.6g
Protein	64.5g

## CURRIED CHICKPEA SALAD

Preparation time: 10 minutes

Servings: 2

### Ingredients:

#### Dressing:

- 2 tablespoons tahini
- 1 tablespoon olive oil
- 1 tablespoon maple syrup
- 1 tablespoon water
- 1 tablespoon lemon juice
- ½ tablespoon curry powder
- ½ teaspoon turmeric
- 1 teaspoon raw cider vinegar
- Salt and pepper, to taste

#### Salad:

- 300g cooked chickpeas
- 2 green onions, chopped
- 2 tablespoons cilantro, chopped
- 1 red bell pepper, seeded, sliced
- 20g raisins
- 30g cashews, chopped

### Instructions:

1. Whisk together all dressing ingredients in a small bowl or n
2. Place salad ingredients in a large bowl. Add dressing and toss to combine.
3. Serve.

Calories	572
Total Fat	26.1g
Saturated Fat	3.7g
Cholesterol	0mg
Sodium	39mg
Total Carbohydrate	70.3g
Dietary Fibre	15.6g
Total Sugars	22.7g
Protein	20g

## SUNDAY BREAKFAST ENERGY BITES

Preparation time: 10 minutes

Servings: 1, 5 balls

### Ingredients:

- 60g pitted dates
- 60g almonds
- 40g rice protein, chocolate flavor
- 1 teaspoon cacao powder
- 1 tablespoon hemp seeds
- 15g almond butter
- 1 teaspoon melted coconut oil
- A splash of water

### Instructions:

1. Add dates to a food processor and pulse/mix until small bites remain or a ball forms. Scoop out and set aside.
2. Add almonds to the food processor and pulse into a fine meal. Then add rice protein, cacao powder, hemp seeds and sea salt. Pulse a few more times to combine.
3. Add the dates back in along with the almond butter and melted coconut oil. Mix/pulse to combine. The result should be a moist dough-like mixture. If too dry add a splash of water or orange juice.
4. Refrigerate for 10 minutes. Shape into 5 balls. Serve.

Calories	815
Total Fat	43.5g
Saturated Fat	7g
Cholesterol	0mg
Sodium	50mg
Total Carbohydrate	65.3g
Dietary Fibre	14.4g
Total Sugars	42.7g
Protein	52.8g

## CURRIED CHICKPEA SALAD - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Servings: 2

### Ingredients:

#### Dressing:

- 2 tablespoons tahini
- 1 tablespoon olive oil
- 1 tablespoon maple syrup
- 1 tablespoon water
- 1 tablespoon lemon juice
- ½ tablespoon curry powder
- ½ teaspoon turmeric
- 1 teaspoon raw cider vinegar
- Salt and pepper, to taste

#### Salad:

- 300g cooked chickpeas
- 2 green onions, chopped
- 2 tablespoons cilantro, chopped
- 1 red bell pepper, seeded, sliced
- 20g raisins
- 30g cashews, chopped

### Instructions:

1. Whisk together all dressing ingredients in a small bowl or n
2. Place salad ingredients in a large bowl. Add dressing and toss to combine.
3. Serve.

Calories	572
Total Fat	26.1g
Saturated Fat	3.7g
Cholesterol	0mg
Sodium	39mg
Total Carbohydrate	70.3g
Dietary Fibre	15.6g
Total Sugars	22.7g
Protein	20g

## AVOCADO BANANA SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 280ml organic almond milk
- 1 small banana, sliced
- 60g rice protein, vanilla flavor
- ¼ avocado, chopped
- 60g spinach

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	551
Total Fat	18g
Saturated Fat	2.8g
Cholesterol	0mg
Sodium	291mg
Total Carbohydrate	45.9g
Dietary Fibre	7.8g
Total Sugars	23.3g
Protein	54.2g

## TOMATO MUNG BEAN SOUP

Preparation time: 10 minutes + inactive time

Cooking time: 35 minutes

Servings: 2

### Ingredients:

- 120g mung beans, dry, soaked overnight, rinsed, drained
- 360ml water

### Soup:

- 20ml olive oil
- 1 onion, diced
- 100g carrots, chopped
- 40g celery stalk, chopped
- 180g zucchini, sliced
- 100g green beans, trimmed
- 400g can fire roasted tomatoes, with juices
- 480ml vegetable stock
- Salt and pepper, to taste
- 35g kale, chopped
- Chopped parsley, to serve with

Calories	425
Total Fat	12.4g
Saturated Fat	3.5g
Cholesterol	0mg
Sodium	765mg
Total Carbohydrate	64.5g
Dietary Fibre	15.5g
Total Sugars	13.2g
Protein	20g

### Instructions:

1. Place the mung beans in a saucepot. Add water. Cook for 17-20 minutes.
2. In the meantime, heat a separate large pot over medium heat. Once hot, add oil and onion. Cook for 4-5 minutes.
3. Add carrots and celery and cook for 4-5 minutes more or until slightly tender, stirring frequently. Then add zucchini, green beans, fire-roasted tomatoes, vegetable broth, and salt and pepper. Stir to combine and increase heat. Bring to a low boil.
4. Once boiling, reduce heat to a simmer and add cooked and drained mung beans. Simmer for 10-15 minutes more or until all vegetables are tender.
5. Add kales and cook 5 minutes more, stirring occasionally. Then remove from heat and let rest 5 minutes. Sprinkle with parsley and serve.



# Week 2 - 2400cal

## GROCERY LIST

### Fruits:

- Blueberries, frozen, 80g
- Raspberries, frozen, 50g
- Acai berries, frozen, 100g
- Avocado, 1 piece
- Banana, 9 bananas
- Dates, pitted, 60g
- Lemon, 1 piece
- Lime, 1 piece
- Mango, 100g
- Strawberries, 80g
- Raspberries, fresh, 15g
- Raisins, 20g

### Vegetables:

- Broccoli, frozen, 60g
- Edamame frozen, 60g
- Red bell pepper, 3 pieces
- Broccoli, raw, 80g
- Cabbage, red, 140g
- Cauliflower, 50g
- Celery, stalk, 40g
- Cherry tomatoes, 100g
- Garlic, 5 cloves
- Eggplant, 1 piece
- Green beans, 100g
- Kale, 95g
- Leek, 1piece
- Mung bean sprouts, 25g
- Onion, 2 pieces
- Green onion, 3 pieces
- Pumpkin, 120g
- Zucchini, 180g
- Spinach, 350g
- Sweet potatoes, 4 potatoes

### Grains and Cereals:

- Oatmeal, 20g
- Oats, plain, 30g
- Rolled oats, 25g
- Couscous, 50g
- Quinoa, dry, 30g

### Can Products:

- Can fire roasted tomatoes, 400g

### Beans and Legumes:

- Chickpeas, 760g
- Mung beans, dry, 120g
- Lentils, red, 95g

### Spices and Herbs:

- Cardamom
- Cinnamon
- Cloves
- Chili -Garlic sauce
- Raw cider vinegar
- Basil
- Parsley
- Tamari
- Oregano
- Pumpkin pie spice
- Nutmeg
- Turmeric
- Curry powder
- Salt
- Pepper

### Butter; and Oil:

- Almond butter, 15g
- Peanut butter, 170g
- Vegan butter, 15g
- Coconut oil, 20ml
- Olive oil, 60ml
- Sesame oil, 25ml
- Tahini, 30g

### Nuts and Seeds:

- Almonds, 120g
- Cashews, raw, 30g
- Flax seeds, 1 ½ tablespoons
- Peanuts, crushed, 1 tablespoon
- Hemp seeds, 4 tablespoons

### Soy Products:

- Tofu, 380g
- Soy yogurt, 50g

### Non-Dairy:

- Coconut cream, 15g
- Coconut milk, 800ml
- Almond milk, organic, 2.03 liters
- Vegan parmesan cheese, 15g
- Cultured almond yogurt, 50g

### Protein Powder:

- Rice protein, 715g

### Sweeteners:

- Coconut sugar, 15g
- Maple syrup, 90ml

### Additional:

- Cacao powder, 1teaspoon
- Coconut flakes, 1 teaspoon
- Cornstarch, ¾ tablespoon
- Flax meal, ½ tablespoon
- Nutritional yeast, 2 tablespoons
- Carrot juice, 60ml
- Hummus, 30g
- Marinara sauce, jar, 380g
- Vegetable stock, 600ml
- Peanut powder,pb2, 70g

## Week 3 - 2400 Cal

### MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFASTS	Blueberry Cacao Bowl	Matcha Bowl	Mocha Late Quinoa	Blueberry Pie Oatmeal	Golden Mango Oats	Blueberry Cacao Bowl	Lemon Curd Pudding
LUNCH	Tomato Mung Bean Soup – previous night dinner	Shepherds Pie – previous night dinner	Portabella Steaks – previous night dinner	Sweet Potato Curry Soup – previous night dinner	Cheesy Squash Pasta with Meatballs – previous night dinner	Kale Lentils Stuffed Potatoes with Cream – previous night dinner	Cauliflower Chickpea Bowl – previous night dinner
SNACKS	Big Boy Smoothie	Raspberry Spinach Blast	All Included Smoothie	Peanut Banana Spinach Smoothie	Coconut Strawberry Smoothie	Swamp Smoothie	Mango Hemp Smoothie
DINNER	Shepherds Pie	Portabella Steaks	Sweet Potato Curry Soup	Cheesy Squash Pasta with Meatballs	Kale Lentils Stuffed Potatoes with Cream	Cauliflower Chickpea Bowl	Sweet Potato Nachos

## MONDAY BLUEBERRY CACAO BOWL

Preparation time: 10 minutes

Servings: 1

### Ingredients:

#### Smoothie bowl:

- 280ml organic almond milk
- 120g blueberries, frozen
- 20g spinach, frozen
- ¼ avocado, chopped
- 50g rice protein, chocolate flavor
- 1 date, pitted
- 1 tablespoon hemp seeds
- ½ tablespoon cacao powder

#### Toppings:

- 25g granola, Vegan

### Instructions:

1. Combine smoothie bowl ingredients in a food blender.
2. Blend on high until smooth.
3. Transfer into a bowl and top with granola.
4. Serve.

Calories	579
Total Fat	28g
Saturated Fat	3.1g
Cholesterol	0mg
Sodium	255mg
Total Carbohydrate	55.3g
Dietary Fibre	10.6g
Total Sugars	30.3g
Protein	53.9g

## TOMATO MUNG BEAN SOUP - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes + inactive time

Cooking time: 35 minutes

Servings: 2

### Ingredients:

- 120g mung beans, dry, soaked overnight, rinsed, drained
- 360ml water

#### Soup:

- 20ml olive oil
- 1 onion, diced
- 100g carrots, chopped
- 40g celery stalk, chopped
- 180g zucchini, sliced
- 100g green beans, trimmed
- 400g can fire roasted tomatoes, with juices
- 480ml vegetable stock
- Salt and pepper, to taste
- 35g kale, chopped
- Chopped parsley, to serve with

Calories	425
Total Fat	12.4g
Saturated Fat	3.5g
Cholesterol	0mg
Sodium	765mg
Total Carbohydrate	64.5g
Dietary Fibre	15.5g
Total Sugars	13.2g
Protein	20g

### Instructions:

1. Place the mung beans in a saucepot. Add water. Cook for 17-20 minutes.
2. In the meantime, heat a separate large pot over medium heat. Once hot, add oil and onion. Cook for 4-5 minutes.
3. Add carrots and celery and cook for 4-5 minutes more or until slightly tender, stirring frequently. Then add zucchini, green beans, fire-roasted tomatoes, vegetable broth, and salt and pepper. Stir to combine and increase heat. Bring to a low boil.
4. Once boiling, reduce heat to a simmer and add cooked and drained mung beans. Simmer for 10-15 minutes more or until all vegetables are tender.
5. Add kales and cook 5 minutes more, stirring occasionally. Then remove from heat and let rest 5 minutes. Sprinkle with parsley and serve.

## BIG BOY SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 300ml organic almond milk
- 60g rice protein
- 20g oatmeal
- 2 tablespoons peanut butter
- 1 small banana
- 50g blueberries
- 100g mango
- 50g spinach

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	806
Total Fat	26.7g
Saturated Fat	4.5g
Cholesterol	0mg
Sodium	442mg
Total Carbohydrate	83.7g
Dietary Fibre	10.9g
Total Sugars	45.2g
Protein	64.9g

## SHEPHERDS PIE

Preparation time: 10 minutes

Cooking time: 50 minutes

Servings: 2

### Ingredients:

- 150g large organic sweet potatoes, peeled, cut into big chunks
- 10ml coconut oil
- Salt, to taste
- 10ml maple syrup

### Filling:

- 5ml coconut oil
- 1 onion, diced
- 1 clove garlic, minced
- 120g brown lentils, dry
- 340ml vegetable stock
- $\frac{3}{4}$  teaspoon fresh thyme
- 140g bag frozen mixed veggies: peas, carrots, green beans, and corn

### Mushrooms:

- 20g portobello mushrooms, cut into 0.5cm slices
- 20ml balsamic vinegar
- 5ml olive oil
- Salt and pepper, to taste
- 1 clove garlic, minced

### Instructions:

1. Place sweet potatoes in a large pot and fill with water until they're just covered. Bring to a boil over high heat. Then reduce to medium-high heat and cook for 15-20 minutes or until tender.
2. Once cooked, drain and transfer to a large mixing bowl. Use a masher or fork to mash until smooth. Add coconut oil and season with salt and pepper to taste. Add maple syrup. Loosely cover and set aside.
3. While potatoes are cooking, preheat oven to 250C and lightly grease a baking dish.
4. Combine mushrooms with remaining mushroom ingredients and let it stand for 5 minutes. Next heat a large pot over medium heat. Once hot, add oil, onions, and garlic and sauté until lightly browned and caramelized - about 4-5 minutes.
5. Add a pinch each salt and pepper. Then add lentils, vegetable broth, and thyme and stir. Bring to a low boil. Then reduce heat to simmer. Continue cooking until lentils are tender for 20 minutes.
6. Heat a large skillet over medium heat. Once hot, add a dash of oil and the mushrooms with their marinade. Spread into an even layer and cook on one side for 2-3 minutes. Then carefully flip and cook on other side for 2-3 minutes. Then remove from heat and set aside.
7. In the last 10 minutes of cooking the lentils, add the frozen veggies, stir, cover.
8. Transfer the lentil mixture to your oven-safe baking dish and top with portobello mushrooms then mashed sweet potatoes. Smooth down with a spoon or fork and season with salt and pepper.
9. Set on a baking sheet to catch any overflow and bake for 20 minutes or until the potatoes are lightly browned on top and the edges are bubbling.
10. Let cool briefly before serving. Serve.

Calories	504
Total Fat	13.9g
Saturated Fat	8.2g
Cholesterol	0mg
Sodium	625mg
Total Carbohydrate	79.1g
Dietary Fibre	24.5g
Total Sugars	12.8g
Protein	19.4g

## TUESDAY MATCHA BOWL

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 1 banana, frozen (slice before freezing)
- 30g chopped pineapple
- 200ml organic almond milk
- 60g rice protein, vanilla flavor
- 1 teaspoon Matcha powder
- 30g broccoli, chopped
- 20g spinach, frozen
- 1 ½ tablespoons whipped coconut cream

### Toppings:

- 20g raspberries
- 1 teaspoon chia seeds

### Instructions:

1. Blend all ingredients in a food blender until smooth and creamy. If you feel the smoothie is thin, add more pineapple. It should be somewhere drinkable and scoopable.
2. Transfer the smoothie into a bowl.
3. Top with chia and raspberries.
4. Serve.

Calories	572
Total Fat	12.4g
Saturated Fat	5.1g
Cholesterol	0mg
Sodium	230mg
Total Carbohydrate	63.8g
Dietary Fibre	7.8g
Total Sugars	40.4g
Protein	54g

## SHEPHERDS PIE - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 50 minutes

Servings: 2

### Ingredients:

- 150g large organic sweet potatoes, peeled, cut into big chunks
- 10ml coconut oil
- Salt, to taste
- 10ml maple syrup

### Filling:

- 5ml coconut oil
- 1 onion, diced
- 1 clove garlic, minced
- 120g brown lentils, dry
- 340ml vegetable stock
- $\frac{3}{4}$  teaspoon fresh thyme
- 140g bag frozen mixed veggies: peas, carrots, green beans, and corn

### Mushrooms:

- 20g portobello mushrooms, cut into 0.5cm slices
- 20ml balsamic vinegar
- 5ml olive oil
- Salt and pepper, to taste
- 1 clove garlic, minced

### Instructions:

1. Place sweet potatoes in a large pot and fill with water until they're just covered. Bring to a boil over high heat. Then reduce to medium-high heat and cook for 15-20 minutes or until tender.
2. Once cooked, drain and transfer to a large mixing bowl. Use a masher or fork to mash until smooth. Add coconut oil and season with salt and pepper to taste. Add maple syrup. Loosely cover and set aside.
3. While potatoes are cooking, preheat oven to 250C and lightly grease a baking dish.
4. Combine mushrooms with remaining mushroom ingredients and let it stand for 5 minutes. Next heat a large pot over medium heat. Once hot, add oil, onions, and garlic and sauté until lightly browned and caramelized - about 4-5 minutes.
5. Add a pinch each salt and pepper. Then add lentils, vegetable broth, and thyme and stir. Bring to a low boil. Then reduce heat to simmer. Continue cooking until lentils are tender for 20 minutes.
6. Heat a large skillet over medium heat. Once hot, add a dash of oil and the mushrooms with their marinade. Spread into an even layer and cook on one side for 2-3 minutes. Then carefully flip and cook on other side for 2-3 minutes. Then remove from heat and set aside.
7. In the last 10 minutes of cooking the lentils, add the frozen veggies, stir, cover.
8. Transfer the lentil mixture to your oven-safe baking dish and top with portobello mushrooms then mashed sweet potatoes. Smooth down with a spoon or fork and season with salt and pepper.
9. Set on a baking sheet to catch any overflow and bake for 20 minutes or until the potatoes are lightly browned on top and the edges are bubbling.
10. Let cool briefly before serving. Serve.

Calories	504
Total Fat	13.9g
Saturated Fat	8.2g
Cholesterol	0mg
Sodium	625mg
Total Carbohydrate	79.1g
Dietary Fibre	24.5g
Total Sugars	12.8g
Protein	19.4g

## RASPBERRY SPINACH BLAST

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 270ml organic almond milk
- 60g raspberries
- 60g rice protein powder
- 50g spinach
- 2 tablespoons peanut powder, pb2
- 1 tablespoon hemp seeds
- 40g almonds
- 2 ice cubes

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	802
Total Fat	38.5g
Saturated Fat	2.5g
Cholesterol	0mg
Sodium	476mg
Total Carbohydrate	46.2g
Dietary Fibre	17.3g
Total Sugars	16.8g
Protein	76.8g

## PORTABELLA STEAKS

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 2

### Ingredients:

- 4 Portabella mushrooms, stems removed
- 60ml balsamic vinegar
- 45ml olive oil
- ½ teaspoon cumin
- ¼ teaspoon black pepper
- ¼ teaspoon smoked paprika
- 2 cloves garlic
- 150g cooked millet, to serve with

### Sauce/chimichurri:

- 65g parsley
- 2 cloves garlic, minced
- 1 shallot, minced
- 1 pinch red pepper flakes
- 30ml olive oil
- 35ml lemon juice
- Salt and pepper, to taste
- 115g avocado, peeled, pitted

### Instructions:

1. Add mushrooms to a shallow baking dish.
2. In a small mixing bowl, whisk together balsamic vinegar, olive oil, cumin, black pepper, paprika, and garlic. Taste and adjust seasonings as needed.
3. Add sauce to the mushrooms and use a pastry brush to brush on all sides. Marinate on one side for 5 minutes, then the other side for 5 minutes.
4. In the meantime, prepare chimichurri by adding parsley, garlic, shallot, red pepper flake, olive oil, lemon juice, salt, and pepper to a medium mixing bowl and whisking to combine. Taste and adjust flavor as needed, adding more lemon juice for acidity, salt for flavor, or red pepper flake for heat. Add avocado and toss to combine. Set aside.
5. Heat a grill or a large skillet over medium heat. Cook on each side for 2-3 minutes, or until caramelized and deep golden brown. Brush on any remaining marinade while cooking to infuse more flavor. Serve with millet and topped with chimichurri.

Calories	585
Total Fat	46.6g
Saturated Fat	6.8g
Cholesterol	0mg
Sodium	36mg
Total Carbohydrate	39.3g
Dietary Fibre	9.2g
Total Sugars	2g
Protein	8.1g



## WEDNESDAY MOCHA LATE QUINOA

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 1

### Ingredients:

- 30g quinoa
- 60ml freshly brewed coffee, prepared with water
- 80ml coconut milk
- 55g rice protein, vanilla flavor
- 2 teaspoon cacao powder
- 1 tablespoon coconut cream

### Instructions:

1. Combine quinoa, coffee, coconut milk, and cacao in a saucepan.
2. Bring to a simmer. Cook 15-20 minutes.
3. Stir in protein powder and let the mixture stand 5 minutes.
4. Serve.

Calories	579
Total Fat	24.4g
Saturated Fat	20.3g
Cholesterol	0mg
Sodium	89mg
Total Carbohydrate	40.7g
Dietary Fibre	4.8g
Total Sugars	15.3g
Protein	51.4g

## PORTABELLA STEAKS - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 2

### Ingredients:

- 4 Portabella mushrooms, stems removed
- 60ml balsamic vinegar
- 45ml olive oil
- ½ teaspoon cumin
- ¼ teaspoon black pepper
- ¼ teaspoon smoked paprika
- 2 cloves garlic
- 150g cooked millet, to serve with

### Sauce/chimichurri:

- 65g parsley
- 2 cloves garlic, minced
- 1 shallot, minced
- 1 pinch red pepper flakes
- 30ml olive oil
- 35ml lemon juice
- Salt and pepper, to taste
- 115g avocado, peeled, pitted

### Instructions:

1. Add mushrooms to a shallow baking dish.
2. In a small mixing bowl, whisk together balsamic vinegar, olive oil, cumin, black pepper, paprika, and garlic. Taste and adjust seasonings as needed.
3. Add sauce to the mushrooms and use a pastry brush to brush on all sides. Marinate on one side for 5 minutes, then the other side for 5 minutes.
4. In the meantime, prepare chimichurri by adding parsley, garlic, shallot, red pepper flake, olive oil, lemon juice, salt, and pepper to a medium mixing bowl and whisking to combine. Taste and adjust flavor as needed, adding more lemon juice for acidity, salt for flavor, or red pepper flake for heat. Add avocado and toss to combine. Set aside.
5. Heat a grill or a large skillet over medium heat. Cook on each side for 2-3 minutes, or until caramelized and deep golden brown. Brush on any remaining marinade while cooking to infuse more flavor. Serve with millet and topped with chimichurri.

Calories	585
Total Fat	46.6g
Saturated Fat	6.8g
Cholesterol	0mg
Sodium	36mg
Total Carbohydrate	39.3g
Dietary Fibre	9.2g
Total Sugars	2g
Protein	8.1g

## ALL INCLUDED SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml coconut water
- 1 banana, sliced
- 60g broccoli
- 40g spinach, frozen
- 80g strawberries
- 60g rice protein, desired flavor
- 25g peanut powder, pb2
- 2 ice cubes

### Instructions:

1. Blend all ingredients in a food blender until smooth.
2. Serve.

Calories	526
Total Fat	4.5g
Saturated Fat	0.6g
Cholesterol	0mg
Sodium	575mg
Total Carbohydrate	63.5g
Dietary Fibre	13.9g
Total Sugars	31.1g
Protein	65g

## SWEET POTATO CURRY SOUP

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

#### Soup:

- 10ml coconut oil
- 1 onion, diced
- 2 cloves garlic, minced
- 300g sweet potato, peeled, cubed
- 1 tablespoon curry powder
- ¼ teaspoon chili powder
- Salt and pepper, to taste
- 150ml coconut milk
- 250ml light coconut milk

### Chickpeas:

- 100g cooked chickpeas
- 1 tablespoon olive oil
- ¼ teaspoon curry powder
- ¼ teaspoon garlic powder
- Salt and pepper, to taste

### Instructions:

1. Preheat oven to 200C.
2. Then start the soup by cooking the onions in a large pot over medium heat in coconut oil. Cook for a few minutes and then add garlic and stir.
3. Season with salt and pepper and stir. Add sweet potatoes, curry powder, chili and stir.
4. Cook for 5 minutes, stirring frequently.
5. Add a pinch of salt and the coconut milk, plain and light. Then cover.
6. Bring to a simmer and then reduce heat to low. Simmer for 25 minutes more.
7. In the meantime, prep your chickpeas by tossing them in olive oil and spices and spreading evenly on a baking sheet. Bake for 25 minutes or until crispy on the outside and slightly soft on the inside. Remove and set aside for serving.
8. At the end of 25 minutes, taste and adjust seasonings as needed. Then puree the soup using an immersion blender, food processor or blender. Reheat the soup and serve topped with spiced chickpeas.

Calories	667
Total Fat	38.4g
Saturated Fat	26.1g
Cholesterol	0mg
Sodium	76mg
Total Carbohydrate	77.1g
Dietary Fibre	14.8g
Total Sugars	11.9g
Protein	10.7g

## THURSDAY

### BLUEBERRY PIE OATMEAL

Preparation time: 5 minutes

Cooking time: 5 minutes

Servings: 1

#### Ingredients:

- 30g oatmeal
- 150ml organic almond milk
- 50g rice protein, vanilla flavor
- 80ml water
- 60g blueberries, divided
- 1 tablespoon cashew butter
- ½ teaspoon cinnamon
- 10ml maple syrup
- 2 tablespoons almond Greek yogurt

#### Instructions:

1. In a medium microwave-safe bowl, add oats, milk, water, vanilla, and salt. Stir to combine.
2. Microwave for about 3 minutes, or until oats are cooked through.
3. When oats are cooked, add half the blueberries, rice protein, cashew butter, and cinnamon. Stir to combine.
4. Top oatmeal with yogurt and remaining blueberries. Drizzle maple syrup on top.

Calories	539
Total Fat	14.4g
Saturated Fat	2.1g
Cholesterol	0mg
Sodium	187mg
Total Carbohydrate	54.2g
Dietary Fibre	6.4g
Total Sugars	20.6g
Protein	49.5g

## SWEET POTATO CURRY SOUP - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

#### Soup:

- 10ml coconut oil
- 1 onion, diced
- 2 cloves garlic, minced
- 300g sweet potato, peeled, cubed
- 1 tablespoon curry powder
- ¼ teaspoon chili powder
- Salt and pepper, to taste
- 150ml coconut milk
- 250ml light coconut milk

#### Chickpeas:

- 100g cooked chickpeas
- 1 tablespoon olive oil
- ¼ teaspoon curry powder
- ¼ teaspoon garlic powder
- Salt and pepper, to taste

### Instructions:

1. Preheat oven to 200C.
2. Then start the soup by cooking the onions in a large pot over medium heat in coconut oil. Cook for a few minutes and then add garlic and stir.
3. Season with salt and pepper and stir. Add sweet potatoes, curry powder, chili and stir.
4. Cook for 5 minutes, stirring frequently.
5. Add a pinch of salt and the coconut milk, plain and light. Then cover.
6. Bring to a simmer and then reduce heat to low. Simmer for 25 minutes more.
7. In the meantime, prep your chickpeas by tossing them in olive oil and spices and spreading evenly on a baking sheet. Bake for 25 minutes or until crispy on the outside and slightly soft on the inside. Remove and set aside for serving.
8. At the end of 25 minutes, taste and adjust seasonings as needed. Then puree the soup using an immersion blender, food processor or blender. Reheat the soup and serve topped with spiced chickpeas.

Calories	667
Total Fat	38.4g
Saturated Fat	26.1g
Cholesterol	0mg
Sodium	76mg
Total Carbohydrate	77.1g
Dietary Fibre	14.8g
Total Sugars	11.9g
Protein	10.7g

## PEANUT BANANA SPINACH SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 260ml coconut water
- 1 banana, sliced
- 60g rice protein, vanilla flavor
- 2 tablespoons peanut powder, pb2
- 60g spinach
- 2 ice cubes

### Instructions:

1. Blend all ingredients using a high-speed blender.
2. Once you have smooth and creamy mixture, you can serve it and enjoy.

Calories	485
Total Fat	4.1g
Saturated Fat	0.6g
Cholesterol	0mg
Sodium	571mg
Total Carbohydrate	54.1g
Dietary Fibre	11.1g
Total Sugars	26.2g
Protein	63.4g

# CHEESY SQUASH PASTA WITH MEATBALLS

Preparation time: 10 minutes

Cooking time: 40 minutes

Servings: 2

## Ingredients:

### Cashew cheese:

- 60g raw cashews, soaked overnight or in hot water for 30 minutes
- 15g nutritional yeast
- 15 ml lemon juice
- Salt and pepper, to taste
- 1/8 teaspoon garlic powder
- 30ml water
- 1 teaspoon basil, chopped

### Spaghetti:

- 750g spaghetti squash
- 2 teaspoons olive oil
- Salt, to taste
- 150g marinara sauce

### Meatballs:

- 70g cooked quinoa
- 200g cooked black beans
- 10ml olive oil
- 2 cloves garlic, minced
- 1 shallot, chopped
- Salt and pepper, to taste
- 20g Vegan parmesan cheese
- 15g tomato paste

## Instructions:

1. Combine all meatballs ingredients in a food processor, except the oil. Process until coarse. Shape the mixture into 6 meatballs. Set in a fridge for 10 minutes.
2. Heat an oven-safe metal or cast-iron skillet over medium heat with oil. Once hot, add the meatballs and sauté for a few minutes, gently turning the meatballs to get a slight crust on either side. Then transfer to the oven and bake for 20-30 minutes or until golden brown on the edges and slightly dry to the touch.
3. In the meantime, make the cashew cheese; rinse and drain cashews. Place in a food blender. Blend with remaining ingredients until smooth. Place aside.
4. Heat oven to 200C. Slice spaghetti squash crosswise into 4cm-wide rings. Scoop out the seeds and strings and rub the flesh with oil and sea salt.
5. Lay squash on a baking sheet - cut side down if cut in half lengthwise. Roast until tender - about 40 minutes. Pull out the squash spaghetti and arrange onto plate.
6. Top with meatballs and some marinara sauce. Serve.

Calories	694
Total Fat	28.6g
Saturated Fat	4.7g
Cholesterol	2mg
Sodium	522mg
Total Carbohydrate	86.3g
Dietary Fibre	15g
Total Sugars	7.8g
Protein	28.3g

## FRIDAY GOLDEN MANGO OATS

Preparation time: 5 minutes

Cooking time: 5 minutes

Servings: 1

### Ingredients:

- 60ml coconut milk
- 2 tablespoons chia seeds
- 25g oats
- 1 tablespoon sunflower seeds
- 100g mango, cubed
- 120ml organic almond milk
- ¼ teaspoon turmeric
- 50g rice protein, vanilla flavor
- 20g blueberries, for topping

### Instructions:

1. Mix the chia and coconut milk. Allow to sit for 10 minutes. Place into a jar.
2. Toast the oats in skillet over medium heat for 3 to 4 mins. Add the sunflower seeds or nuts half way through. You want the oats to get just slightly toasty and nutty. Allow to cool, and add to the jar.
3. Blend the mango with the almond milk, rice protein, and turmeric.
4. Pour the mango mixture into the jars and mix lightly to combine with the oats.
5. Let the mixture chill overnight.
6. Top with fresh blueberries before serving.

Calories	679
Total Fat	30.4g
Saturated Fat	14.6g
Cholesterol	0mg
Sodium	144mg
Total Carbohydrate	56.8g
Dietary Fibre	16.3g
Total Sugars	22.8g
Protein	53.5g

# CHEESY SQUASH PASTA WITH MEATBALLS - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 40 minutes

Servings: 2

## Ingredients:

### Cashew cheese:

- 60g raw cashews, soaked overnight or in hot water for 30 minutes
- 15g nutritional yeast
- 15 ml lemon juice
- Salt and pepper, to taste
- 1/8 teaspoon garlic powder
- 30ml water
- 1 teaspoon basil, chopped

### Spaghetti:

- 750g spaghetti squash
- 2 teaspoons olive oil
- Salt, to taste
- 150g marinara sauce

### Meatballs:

- 70g cooked quinoa
- 200g cooked black beans
- 10ml olive oil
- 2 cloves garlic, minced
- 1 shallot, chopped
- Salt and pepper, to taste
- 20g Vegan parmesan cheese
- 15g tomato paste

## Instructions:

1. Combine all meatballs ingredients in a food processor, except the oil. Process until coarse. Shape the mixture into 6 meatballs. Set in a fridge for 10 minutes.
2. Heat an oven-safe metal or cast-iron skillet over medium heat with oil. Once hot, add the meatballs and sauté for a few minutes, gently turning the meatballs to get a slight crust on either side. Then transfer to the oven and bake for 20-30 minutes or until golden brown on the edges and slightly dry to the touch.
3. In the meantime, make the cashew cheese; rinse and drain cashews. Place in a food blender. Blend with remaining ingredients until smooth. Place aside.
4. Heat oven to 200C. Slice spaghetti squash crosswise into 4cm-wide rings. Scoop out the seeds and strings and rub the flesh with oil and sea salt.
5. Lay squash on a baking sheet - cut side down if cut in half lengthwise. Roast until tender - about 40 minutes. Pull out the squash spaghetti and arrange onto plate.
6. Top with meatballs and some marinara sauce. Serve.

Calories	694
Total Fat	28.6g
Saturated Fat	4.7g
Cholesterol	2mg
Sodium	522mg
Total Carbohydrate	86.3g
Dietary Fibre	15g
Total Sugars	7.8g
Protein	28.3g

## COCONUT STRAWBERRY SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 100g strawberries, frozen
- 120ml coconut water
- 120g coconut yogurt
- 1 tablespoon hemp seeds
- 50g rice protein, vanilla flavor
- 10ml maple syrup

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	484
Total Fat	11g
Saturated Fat	3.4g
Cholesterol	12mg
Sodium	236mg
Total Carbohydrate	39.8g
Dietary Fibre	3.8g
Total Sugars	29g
Protein	56.6g

## KALE LENTILS STUFFED POTATOES WITH CREAM

Preparation time: 10 minutes

Cooking time: 45 minutes

Servings: 2

### Ingredients:

- 2 medium sweet potatoes, scrubbed
- 200g cooked lentils
- 2 teaspoons olive oil
- 1 onion, chopped
- ½ teaspoon chili powder
- ½ teaspoon smoked paprika
- 2 tablespoons tomato paste
- Salt and pepper, to taste
- 120ml vegetable stock
- 30g curly kale, chopped

### Cream:

- 60g raw pumpkin seeds, soaked for 2 hours
- 120ml water
- 2 teaspoons lime juice
- Salt and pepper, to taste

### Instructions:

1. Preheat your oven to 200C.
2. Prick the skins of the potatoes with a fork and transfer them to the oven. Bake for 45 minutes, or until fork tender all the way through.
3. To make the cream, add the pumpkin seeds, water, lime juice, and salt to a food processor or high-speed blender and blend till smooth and creamy. Adjust the salt to taste.
4. Heat the oil in a large skillet over medium heat. Add the onion and cook for 5 minutes, or until clear and soft. Add the paprika and chili, salt, tomato paste, and broth and give everything a good stir. Add the kale and cook for 5-7 minutes, or until the kale is completely tender. Fold in the lentils and add an extra splash of broth if needed. Season to taste.
5. Cut the potatoes in half and top each with a generous scoop of the lentil mixture, followed by a few tablespoons of the pumpkin seed cream.
6. Serve.

Calories	543
Total Fat	19.9g
Saturated Fat	3.9g
Cholesterol	0mg
Sodium	472mg
Total Carbohydrate	78g
Dietary Fibre	17.7g
Total Sugars	7.8g
Protein	20.6g



## SATURDAY BLUEBERRY CACAO BOWL

Preparation time: 10 minutes

Servings: 1

### Ingredients:

#### Smoothie bowl:

- 280ml organic almond milk
- 120g blueberries, frozen
- 20g spinach, frozen
- ¼ avocado, chopped
- 50g rice protein, chocolate flavor
- 1 date, pitted
- 1 tablespoon hemp seeds
- ½ tablespoon cacao powder

#### Toppings:

- 25g granola, Vegan

### Instructions:

1. Combine smoothie bowl ingredients in a food blender.
2. Blend on high until smooth.
3. Transfer into a bowl and top with granola.
4. Serve.

Calories	579
Total Fat	28g
Saturated Fat	3.1g
Cholesterol	0mg
Sodium	255mg
Total Carbohydrate	55.3g
Dietary Fibre	10.6g
Total Sugars	30.3g
Protein	53.9g

# KALE LENTILS STUFFED POTATOES WITH CREAM - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes  
Cooking time: 45 minutes  
Servings: 2

### Ingredients:

- 2 medium sweet potatoes, scrubbed
- 200g cooked lentils
- 2 teaspoons olive oil
- 1 onion, chopped
- ½ teaspoon chili powder
- ½ teaspoon smoked paprika
- 2 tablespoons tomato paste
- Salt and pepper, to taste
- 120ml vegetable stock
- 30g curly kale, chopped

### Cream:

- 60g raw pumpkin seeds, soaked for 2 hours
- 120ml water
- 2 teaspoons lime juice
- Salt and pepper, to taste

### Instructions:

1. Preheat your oven to 200C.
2. Prick the skins of the potatoes with a fork and transfer them to the oven. Bake for 45 minutes, or until fork tender all the way through.
3. To make the cream, add the pumpkin seeds, water, lime juice, and salt to a food processor or high-speed blender and blend till smooth and creamy. Adjust the salt to taste.
4. Heat the oil in a large skillet over medium heat. Add the onion and cook for 5 minutes, or until clear and soft. Add the paprika and chili, salt, tomato paste, and broth and give everything a good stir. Add the kale and cook for 5-7 minutes, or until the kale is completely tender. Fold in the lentils and add an extra splash of broth if needed. Season to taste.
5. Cut the potatoes in half and top each with a generous scoop of the lentil mixture, followed by a few tablespoons of the pumpkin seed cream.
6. Serve.

Calories	543
Total Fat	19.9g
Saturated Fat	3.9g
Cholesterol	0mg
Sodium	472mg
Total Carbohydrate	78g
Dietary Fibre	17.7g
Total Sugars	7.8g
Protein	20.6g

# SWAMP SMOOTHIE

Preparation time: 5 minutes  
Servings: 1

### Ingredients:

- 100g strawberries
- 1 small banana, sliced
- 250ml organic almond milk
- 1 tablespoons peanut powder, pb2
- 2 teaspoons cacao powder
- 20g spinach
- 50g rice protein powder
- 1 tablespoon hemp seeds
- 20g broccoli

### Instructions:

1. Blend all until smooth using a high-powder blender.
2. Serve.

Calories	611
Total Fat	18.8g
Saturated Fat	1.4g
Cholesterol	0mg
Sodium	444mg
Total Carbohydrate	58.1g
Dietary Fibre	11.7g
Total Sugars	27.8g
Protein	61.1g

## CAULIFLOWER CHICKPEA BOWL

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- ½ teaspoon cumin seeds
- 1 head cauliflower, cut into florets
- Salt and pepper, to tasted
- 10ml olive oil
- 2 tablespoons breadcrumbs, plain, Vegan

### Chickpeas:

- 300g cooked chickpeas
- 10ml olive oil
- Salt and pepper, to taste
- ½ teaspoon cumin powder
- ½ teaspoon cayenne
- ½ teaspoon paprika
- 1 teaspoon lime juice
- ¼ teaspoon cinnamon

### Dressing:

- 50g raw cashews, soaked overnight, rinsed, drained
- 20ml water
- 10g mint
- 1 pinch cumin powder
- 1 pinch garlic powder
- Salt, to taste

### Salad:

- 60g baby spinach
- 100g cherry tomatoes
- 20g slivered almonds

### Instructions:

1. Toast the cumin seeds on a skillet over medium heat until fragrant, for 2 minutes. Grind into a coarse powder. Toss the cauliflower florets in oil or spray oil to coat all the florets. Rub a little with your hands to coat. Add salt, cumin and the spices and mix well to coat. Add breadcrumbs and toss to coat. Place on baking sheet and bake 220C for 25 minutes.
2. Add chickpeas and all the ingredients except lime juice in a skillet. Cook over medium heat for 3 to 4 minutes. Add lime juice and toss.
3. Make the herb sauce: rinse and drain cashews. Blend everything until well combined.
4. Combine cherry tomatoes and spinach in a bowl. Top with cauliflower and chickpeas. Drizzle all with cashew sauce and sprinkle with almonds.
5. Serve.

Calories	653
Total Fat	31.2g
Saturated Fat	4.6g
Cholesterol	0mg
Sodium	180mg
Total Carbohydrate	76.5g
Dietary Fibre	23.1g
Total Sugars	17.8g
Protein	27.6g

## SUNDAY LEMON CURD PUDDING

Preparation time: 10 minutes + inactive time

Servings: 1

### Ingredients:

- Zest of ½ lemon
- Juice of 1 lemon
- 100ml coconut milk
- 50ml water
- 50g rice protein, vanilla flavor
- 1 pinch turmeric
- 3 tablespoons chia seeds
- 1 teaspoon maple syrup
- 1 pinch salt
- ½ tablespoon whipped coconut cream, to serve with

Calories	670
Total Fat	39.1g
Saturated Fat	24.1g
Cholesterol	0mg
Sodium	81mg
Total Carbohydrate	40.4g
Dietary Fibre	18.9g
Total Sugars	16.2g
Protein	52.5g

### Instructions:

1. Blend the lemon zest, juice, coconut milk, water, rice protein, maple syrup, salt and turmeric until well combined. Add chia seeds and pulse once or twice to distribute the chia seeds well.
2. Taste and adjust sweet and tang. Add more lemon juice or zest to taste and mix/blend in.
3. Pour the mixture into glasses. Chill overnight in the refrigerator.
4. Garnish with whipped coconut cream and serve.

## CAULIFLOWER CHICKPEA BOWL – PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- ½ teaspoon cumin seeds
- 1 head cauliflower, cut into florets
- Salt and pepper, to tasted
- 10ml olive oil
- 2 tablespoons breadcrumbs, plain, Vegan

### Chickpeas:

- 300g cooked chickpeas
- 10ml olive oil
- Salt and pepper, to taste
- ½ teaspoon cumin powder
- ½ teaspoon cayenne
- ½ teaspoon paprika
- 1 teaspoon lime juice
- ¼ teaspoon cinnamon

### Dressing:

- 50g raw cashews, soaked overnight, rinsed, drained
- 20ml water
- 10g mint
- 1 pinch cumin powder
- 1 pinch garlic powder
- Salt, to taste

### Salad:

- 60g baby spinach
- 100g cherry tomatoes
- 20g slivered almonds

### Instructions:

1. Toast the cumin seeds on a skillet over medium heat until fragrant, for 2 minutes. Grind into a coarse powder. Toss the cauliflower florets in oil or spray oil to coat all the florets. Rub a little with your hands to coat. Add salt, cumin and the spices and mix well to coat. Add breadcrumbs and toss to coat. Place on baking sheet and bake 220C for 25 minutes.
2. Add chickpeas and all the ingredients except lime juice in a skillet. Cook over medium heat for 3 to 4 minutes. Add lime juice and toss.
3. Make the herb sauce: rinse and drain cashews. Blend everything until well combined.
4. Combine cherry tomatoes and spinach in a bowl. Top with cauliflower and chickpeas. Drizzle all with cashew sauce and sprinkle with almonds.
5. Serve.

Calories	653
Total Fat	31.2g
Saturated Fat	4.6g
Cholesterol	0mg
Sodium	180mg
Total Carbohydrate	76.5g
Dietary Fibre	23.1g
Total Sugars	17.8g
Protein	27.6g

## MANGO HEMP SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml coconut water
- 100g mango
- 40g strawberries
- 60g rice protein vanilla flavor
- 1 tablespoon hemp seeds
- 10ml maple syrup

### Instructions:

1. Blend all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	468
Total Fat	7.9g
Saturated Fat	0.9g
Cholesterol	0mg
Sodium	337mg
Total Carbohydrate	43.1g
Dietary Fibre	5.6g
Total Sugars	33.2g
Protein	56.5g

## SWEET POTATO NACHOS

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 2

### Ingredients:

- 2 medium sweet potatoes, scrubbed, cut into spears
- 1 tablespoon olive oil
- ¼ teaspoon smoked paprika
- ¼ teaspoon chili powder
- ¼ teaspoon cumin powder
- 1 pinch garlic powder
- Salt and pepper, to taste

### Cheese:

- 30g cashews, soaked in warm water 30 minutes
- ½ tablespoon tomato paste
- ¼ teaspoon chili powder
- 2 tablespoons nutritional yeast
- 30ml water
- 2 teaspoons lemon juice
- Salt, to taste

### Additional:

- 50g cherry tomatoes, halved
- 1 small onion, thinly sliced
- ½ avocado, peeled, sliced
- 1 tablespoon cilantro
- 2 teaspoons lime juice
- 120g cooked black beans

### Instructions:

1. To prepare the sweet potatoes, preheat the oven to 200C and line rimmed baking sheets with parchment paper. Put the sweet potatoes in a large bowl, drizzle with the oil, and toss until evenly coated. In a small bowl, stir together the salt, paprika, chili powder, cumin, garlic powder, and pepper. Scatter the spice mixture over the sweet potatoes and toss again. Spread the sweet potatoes on the baking sheets in an even layer. Bake, stirring occasionally, for about 35 minutes, until quite crispy.
2. Meanwhile, make the cheese sauce. Combine all the ingredients in a blender and process until totally smooth. If the sauce is thicker than you'd like, add water by the tablespoon until it's the right consistency for you.
3. To prepare the add-ins, put the tomatoes, onion, avocado, cilantro, lime juice, and salt in a medium bowl and toss to combine.
4. Put the sweet potatoes in a large serving dish. Top with the tomato mixture, then the black beans. Finally, drizzle the cheese sauce evenly over the top. Serve right away.

Calories	587
Total Fat	24.9g
Saturated Fat	4.3g
Cholesterol	0mg
Sodium	31mg
Total Carbohydrate	76.3g
Dietary Fibre	20.4g
Total Sugars	3.8g
Protein	19.7g

# Week 3 - 2400cal

## GROCERY LIST

### Fruits:

- Avocado, 2 pieces
- Banana, 5 pieces
- Blueberries, 370g
- Mango, 300g
- Dates, 2 pieces
- Lemon, 2 pieces
- Lime, 1 piece
- Pineapple, 30g
- Strawberries, 320g
- Raspberries, 80g

### Vegetables:

- Mixed veggies, frozen, 140g
- Baby spinach, 60g
- Broccoli, 110g
- Cauliflower, 1 head
- Cherry tomatoes, 150g
- Curly kale, 30g
- Onion, 4 pieces
- Garlic, 10 cloves
- Mushrooms, Portabella, 80g
- Sweet potatoes, 1000g
- Shallots, 2 pieces
- Spaghetti squash, 750g
- Spinach, 280g

### Grains and Cereals:

- Granola, Vegan type, 50g
- Oatmeal, 50g
- Oats, 25g
- Millet, cooked, 150g
- Quinoa, 100g

### Can Products:

- Marinara sauce, 150g
- Tomato paste, 50g

### Beans and Legumes:

- Chickpeas, 400g
- Black beans, 320g
- Brown lentils, dry, 120g
- Cooked lentils, any kind, 200g

### Spices and Herbs:

- Parsley
- Basil
- Salt
- Pepper
- Mint
- Cilantro
- Balsamic vinegar
- Cayenne
- Thyme
- Smoked paprika
- Turmeric
- Cumin
- Garlic powder
- Cinnamon
- Chili powder
- Cumin seeds
- Paprika

### Butter; and Oil:

- Peanut butter, 30g
- Cashew butter, 15g
- Coconut oil, 25ml
- Olive oil; 160ml

### Nuts and Seeds:

- Chia seeds, 75g
- Almonds, 60g
- Cashews, raw, 140g
- Pumpkin seeds, 60g
- Sunflower seeds, 15g
- Hemp seeds, 75g

### Non-Dairy:

- Coconut cream, 40g
- Coconut milk, 640ml
- Almond milk, organic, 1.85 liters
- Vegan parmesan, 20g
- Almond yogurt, Greek type, 30g
- Coconut yogurt, 120g

### Protein Powder:

- Rice protein, 775g

### Sweeteners:

- Maple syrup, 45ml

### Additional:

- Nutritional yeast, 45g
- Cacao powder, 35g
- Coconut water, 800ml
- Freshly brewed coffee, 60ml
- Breadcrumbs, plain, 30g
- Vegetable stock, 460ml
- Peanut powder, 100g



## Week 4 - 2400 Cal

### MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFASTS	Buckwheat Coconut Banana Porridge	Faux Oatmeal with Raspberries	Pear Muesli	Cream of Millet Porridge	Mocha Banana Overnight Oats	Cashew Banana Yogurt	Sweet Lucuma Smoothie
LUNCH	Sweet Potato Nachos – previous night dinner	Millet Stuffed Eggplant – previous night dinner	Spanish Quinoa with Chickpeas – previous night dinner	Quinoa Jambalaya – previous night dinner	Something Like a Scramble – previous night dinner	Lentil, Potato, and Coconut Curry – previous night dinner	Amaranth Polenta with Chickpea Marinara – previous night dinner
SNACKS	Blueberry Power Smoothie	Spinach Apple Smoothie	Strawberry Avocado Mint Smoothie	PBandJ with Banana	Hulk Smoothie	Creamy Banana Smoothie	Pear Hempseed Smoothie
DINNER	Millet Stuffed Eggplant	Spanish Quinoa with Chickpeas	Quinoa Jambalaya	Something Like a Scramble	Lentil, Potato, and Coconut Curry	Amaranth Polenta with Chickpea Marinara	Loaded Kale Potatoes

## MONDAY

### BUCKWHEAT COCONUT BANANA PORRIDGE

Preparation time: 10 minutes + inactive time

Servings: 1

#### Ingredients:

- 35g buckwheat groats, soaked overnight, rinsed, drained
- 90ml coconut milk
- 20ml coconut water
- ¼ teaspoon cinnamon
- 60g rice protein, chocolate flavor
- ½ tablespoon flax meal
- 10ml maple syrup

#### Topping:

- 1 banana, sliced

#### Instructions:

1. Place the buckwheat groats in a food processor and pulse a few times to break down. add the coconut milk, maple syrup, cinnamon, rice protein, and flax seeds.
2. Process till the mixture has a smooth consistency.
3. Transfer into a bowl and top with sliced banana.

Calories	605
Total Fat	23.8g
Saturated Fat	19.3g
Cholesterol	0mg
Sodium	90mg
Total Carbohydrate	46g
Dietary Fibre	6.8g
Total Sugars	15g
Protein	55.8g

## SWEET POTATO NACHOS - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 2

### Ingredients:

- 2 medium sweet potatoes, scrubbed, cut into spears
- 1 tablespoon olive oil
- ¼ teaspoon smoked paprika
- ¼ teaspoon chili powder
- ¼ teaspoon cumin powder
- 1 pinch garlic powder
- Salt and pepper, to taste

### Cheese:

- 30g cashews, soaked in warm water 30 minutes
- ½ tablespoon tomato paste
- ¼ teaspoon chili powder
- 2 tablespoons nutritional yeast
- 30ml water
- 2 teaspoons lemon juice
- Salt, to taste

### Additional:

- 50g cherry tomatoes, halved
- 1 small onion, thinly sliced
- ½ avocado, peeled, sliced
- 1 tablespoon cilantro
- 2 teaspoons lime juice
- 120g cooked black beans

### Instructions:

1. To prepare the sweet potatoes, preheat the oven to 200C and line rimmed baking sheets with parchment paper. Put the sweet potatoes in a large bowl, drizzle with the oil, and toss until evenly coated. In a small bowl, stir together the salt, paprika, chili powder, cumin, garlic powder, and pepper. Scatter the spice mixture over the sweet potatoes and toss again. Spread the sweet potatoes on the baking sheets in an even layer. Bake, stirring occasionally, for about 35 minutes, until quite crispy.
2. Meanwhile, make the cheese sauce. Combine all the ingredients in a blender and process until totally smooth. If the sauce is thicker than you'd like, add water by the tablespoon until it's the right consistency for you.
3. To prepare the add-ins, put the tomatoes, onion, avocado, cilantro, lime juice, and salt in a medium bowl and toss to combine.
4. Put the sweet potatoes in a large serving dish. Top with the tomato mixture, then the black beans. Finally, drizzle the cheese sauce evenly over the top. Serve right away.

Calories	587
Total Fat	24.9g
Saturated Fat	4.3g
Cholesterol	0mg
Sodium	31mg
Total Carbohydrate	76.3g
Dietary Fibre	20.4g
Total Sugars	3.8g
Protein	19.7g

## BLUEBERRY POWER SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 280ml light coconut milk
- 70g rice protein, chocolate flavor
- 1 banana, sliced
- 2 tablespoons peanut powder, pb2
- 80g raspberries
- 1 teaspoon cacao powder

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	694
Total Fat	18.4g
Saturated Fat	11g
Cholesterol	0mg
Sodium	362mg
Total Carbohydrate	71.9g
Dietary Fibre	10.7g
Total Sugars	35g
Protein	69.6g

## MILLET STUFFED EGGPLANT

Preparation time: 10 minutes

Cooking time: 1 hour

Servings: 2

### Ingredients:

- 90g millet
- 2 small eggplants
- Salt and pepper, to taste
- 1 tablespoon olive oil
- 1 onion, chopped
- 1 tomato, chopped
- 2 cloves garlic, minced
- 1 tablespoon tamarind paste
- 1 teaspoon ground cumin
- $\frac{3}{4}$  teaspoon ground coriander
- 20g currants
- 2 tablespoon pine nuts, toasted
- 10g parsley, chopped

### Tahini dressing:

- 30g tahini
- 15ml water
- 10ml lemon juice
- Salt, to taste
- 1 pinch smoked paprika

### Instructions:

1. Preheat the oven to 180C. Halve lengthwise, then lightly score your eggplants. Sprinkle them with plenty of coarse salt and allow them to sit for about 10 minutes. Pat them off, then transfer them to the oven. Bake for 40 minutes. Increase oven to 200C.
2. While the eggplants bake, cook the millet according to package directions.
3. Very gently scoop the eggplant flesh from the eggplants, being sure to leave about 0.5cm of flesh in the skins. Roughly chop the eggplant flesh.
4. Heat the olive oil in a large, deep skillet. Add the onion. Cook, stirring occasionally, for 5-7 minutes. Add the tomato and garlic. Cook, stirring frequently, for another 2 minutes. Add the tamarind paste, cumin, coriander, and pinch of salt. Stir in cooked millet, currants, and pine nuts. Add a splash of the water and chopped eggplant flesh.
5. Stuff the eggplants with the prepared mixture. Bake 25 minutes.
6. Whisk the dressing ingredients in a bowl.
7. Remove the eggplants from the oven. Drizzle with tahini and sprinkle with parsley.

Calories	507
Total Fat	24g
Saturated Fat	3g
Cholesterol	0mg
Sodium	37mg
Total Carbohydrate	66.8g
Dietary Fibre	18.7g
Total Sugars	15.6g
Protein	13.4g

## TUESDAY

### FAUX OATMEAL WITH RASPBERRIES

Preparation time: 5 minutes

Cooking time: 7 minutes

Servings: 1

#### Ingredients:

- 15g desiccated coconut
- 20g coconut chips
- 25g slivered almonds
- 15g chia seeds
- 70ml coconut milk
- 55g rice protein powder, vanilla flavor
- ½ teaspoon cinnamon
- 30g raspberries, mashed

#### Instructions:

1. Heat a skillet over medium-high heat.
2. Add slivered almonds and toast for 2 minutes, gently shaking.
3. Remove from the heat and add coconut chips, chia seeds, and desiccated coconut.
4. Pour in coconut milk and place back on the heat.
5. Cook 5 minutes, stirring.
6. Remove from the heat and stir in protein powder.
7. Transfer into a bowl and top with sliced mashed raspberries.

Calories	788
Total Fat	48.8g
Saturated Fat	29.7g
Cholesterol	0mg
Sodium	81mg
Total Carbohydrate	38.5g
Dietary Fibre	16.6g
Total Sugars	16.3g
Protein	57.4g

# MILLET STUFFED EGGPLANT - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes  
Cooking time: 1 hour  
Servings: 2

### Ingredients:

- 90g millet
- 2 small eggplants
- Salt and pepper, to taste
- 1 tablespoon olive oil
- 1 onion, chopped
- 1 tomato, chopped
- 2 cloves garlic, minced
- 1 tablespoon tamarind paste
- 1 teaspoon ground cumin
- ¾ teaspoon ground coriander
- 20g currants
- 2 tablespoon pine nuts, toasted
- 10g parsley, chopped

### Tahini dressing:

- 30g tahini
- 15ml water
- 10ml lemon juice
- Salt, to taste
- 1 pinch smoked paprika

### Instructions:

1. Preheat the oven to 180C. Halve lengthwise, then lightly score your eggplants. Sprinkle them with plenty of coarse salt and allow them to sit for about 10 minutes. Pat them off, then transfer them to the oven. Bake for 40 minutes. Increase oven to 200C.
2. While the eggplants bake, cook the millet according to package directions.
3. Very gently scoop the eggplant flesh from the eggplants, being sure to leave about 0.5cm of flesh in the skins. Roughly chop the eggplant flesh.
4. Heat the olive oil in a large, deep skillet. Add the onion. Cook, stirring occasionally, for 5-7 minutes. Add the tomato and garlic. Cook, stirring frequently, for another 2 minutes. Add the tamarind paste, cumin, coriander, and pinch of salt. Stir in cooked millet, currants, and pine nuts. Add a splash of the water and chopped eggplant flesh.
5. Stuff the eggplants with the prepared mixture. Bake 25 minutes.
6. Whisk the dressing ingredients in a bowl.
7. Remove the eggplants from the oven. Drizzle with tahini and sprinkle with parsley.

Calories	507
Total Fat	24g
Saturated Fat	3g
Cholesterol	0mg
Sodium	37mg
Total Carbohydrate	66.8g
Dietary Fibre	18.7g
Total Sugars	15.6g
Protein	13.4g

# SPINACH APPLE SMOOTHIE

Preparation time: 5 minutes  
Servings: 1

### Ingredients:

- 100g apple, peeled, cored
- 1 large banana, sliced
- 280ml organic almond milk
- 25g hemp seeds
- 50g rice protein
- 30g spinach
- 2 ice cubes

### Instructions:

1. Blend all ingredients in a food blender until smooth.
2. Serve.

Calories	620
Total Fat	20.3g
Saturated Fat	1.4g
Cholesterol	0mg
Sodium	253mg
Total Carbohydrate	59.7g
Dietary Fibre	8.3g
Total Sugars	35.7g
Protein	53.4g

## SPANISH QUINOA WITH CHICKPEAS

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 15ml olive oil
- 1 onion, diced
- 50g quinoa, dry
- 200ml vegetable stock
- 100g tomato sauce
- 1 tablespoon tomato paste
- ½ teaspoon smoked paprika
- ½ teaspoon chili powder
- ½ teaspoon dried basil
- 250g cooked chickpeas
- Salt and pepper, to taste
- 150g broccoli
- 1 splash red wine
- Chopped cilantro, for garnish

Calories	432
Total Fat	13.3g
Saturated Fat	2.4g
Cholesterol	0mg
Sodium	617mg
Total Carbohydrate	66.2g
Dietary Fibre	15.9g
Total Sugars	13.7g
Protein	18.5g

### Instructions:

1. Heat the oil in a medium sized pot over medium heat. When the oil is shimmering, add the onion.
2. Cook, stirring frequently, for 5 minutes, or until the onion is soft and clear. Add the quinoa, broth, tomato sauce and paste, paprika, chili powder, basil, salt, and chickpeas to the pot. Bring to a boil.
3. Reduce the heat to low, cover, and simmer for 13-15 minutes, or until the quinoa has absorbed all of the cooking liquid.
4. Fluff the quinoa with a fork and allow it to sit, covered, for 5 minutes.
5. Stir in vinegar and adjust seasonings as needed, and fold in some chopped cilantro.
6. Serve with steamed broccoli.

To steam the broccoli; fill saucepot with 3cm water. Insert a steaming basket and place the broccoli on top. When the water begins to simmer, close with lid. Steam for 4 minutes or until crisp tender.

WEDNESDAY  
PEAR MUESLI

Preparation time: 15 minutes  
Servings: 1

Ingredients:

- 250ml organic almond milk
- 20g cashews, soaked overnight
- 1 Medjool date
- 50g rice protein, vanilla flavor

Muesli:

- 25g rolled oats
- 1 teaspoon chia seeds
- 1 tablespoon raisins
- ¼ teaspoon cinnamon
- ¼ teaspoon ginger powder
- 1 small pear, sliced, or grated

Calories	654
Total Fat	19.2g
Saturated Fat	2.4g
Cholesterol	0mg
Sodium	216mg
Total Carbohydrate	72g
Dietary Fibre	10.9g
Total Sugars	32.9g
Protein	51.2g

Instructions:

1. Rinse and drain cashews. Place in a food blender and add almond milk, dates, and rice protein.
2. Blend until smooth.
3. Stir in oats, chia seeds, raisins, cinnamon, ginger and pear.
4. Allow to sit for 10 minutes.
5. Serve.



## SPANISH QUINOA WITH CHICKPEAS - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 15ml olive oil
- 1 onion, diced
- 50g quinoa, dry
- 200ml vegetable stock
- 100g tomato sauce
- 1 tablespoon tomato paste
- ½ teaspoon smoked paprika
- ½ teaspoon chili powder
- ½ teaspoon dried basil
- 250g cooked chickpeas
- Salt and pepper, to taste
- 150g broccoli
- 1 splash red wine
- Chopped cilantro, for garnish

Calories	432
Total Fat	13.3g
Saturated Fat	2.4g
Cholesterol	0mg
Sodium	617mg
Total Carbohydrate	66.2g
Dietary Fibre	15.9g
Total Sugars	13.7g
Protein	18.5g

### Instructions:

1. Heat the oil in a medium sized pot over medium heat. When the oil is shimmering, add the onion.
2. Cook, stirring frequently, for 5 minutes, or until the onion is soft and clear. Add the quinoa, broth, tomato sauce and paste, paprika, chili powder, basil, salt, and chickpeas to the pot. Bring to a boil.
3. Reduce the heat to low, cover, and simmer for 13-15 minutes, or until the quinoa has absorbed all of the cooking liquid.
4. Fluff the quinoa with a fork and allow it to sit, covered, for 5 minutes.
5. Stir in vinegar and adjust seasonings as needed, and fold in some chopped cilantro.
6. Serve with steamed broccoli.

To steam the broccoli; fill saucepot with 3cm water. Insert a steaming basket and place the broccoli on top. When the water begins to simmer, close with lid. Steam for 4 minutes or until crisp tender.

## STRAWBERRY AVOCADO MINT SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- ½ banana, frozen (slice before freezing)
- ½ avocado, peeled, sliced
- 60g rice protein, vanilla flavor
- 1 ½ tablespoons hemp seeds
- 120g strawberries, halved
- 280ml cashew milk

### Instructions:

1. Blend all ingredients in a food blender until smooth and creamy.
2. Serve.

Calories	733
Total Fat	27.5g
Saturated Fat	2.6g
Cholesterol	0mg
Sodium	291mg
Total Carbohydrate	66.1g
Dietary Fibre	12.6g
Total Sugars	34.4g
Protein	60.1g

## QUINOA JAMBALAYA

Preparation time: 5 minutes

Cooking time: 35 minutes

Servings: 2

### Ingredients:

- 20ml extra virgin olive oil
- 1 yellow onion, diced
- 2 cloves garlic, chopped
- 2 Vegan sausages, sliced (kielbasa style)
- 2 large stalks celery, diced
- ½ tablespoon chopped jalapeno peppers
- 300g can chopped tomatoes
- 90g dry quinoa
- 550ml vegetable stock
- 1 teaspoon vegan Worcestershire sauce
- 1 bay leaf
- ½ teaspoon smoked paprika
- 1 teaspoon hot sauce
- 10g cilantro, chopped

Calories	570
Total Fat	26.8g
Saturated Fat	5g
Cholesterol	0mg
Sodium	1645mg
Total Carbohydrate	52.3g
Dietary Fibre	6.8g
Total Sugars	6.7g
Protein	35.3g

### Instructions:

1. Heat oil in a large skillet or saucepan.
2. Add onion, garlic, celery, Vegan sausage, and jalapeño to oil and sauté until onions are translucent, about 3 minutes.
3. Add tomatoes and cook an additional minute or two to soften them up.
4. Add quinoa, vegetable stock, Worcestershire sauce, bay leaves, paprika, hot sauce, salt, and pepper to pan and stir to combine. Cover and bring mixture to a simmer. Let it cook for 20-25 minutes, until the quinoa has absorbed all the liquid and cooked through.
5. Stir in fresh cilantro and serve immediately.

## THURSDAY

### CREAM OF MILLET PORRIDGE

Preparation time: 5 minutes

Cooking time: 15 minutes

Servings: 1

#### Ingredients:

- 50g millet, roughly ground
- 40ml coconut milk
- 50g rice protein, vanilla flavor
- 90ml water
- 10ml maple syrup
- 2 dried figs, chopped
- 1 teaspoon minced ginger

#### Instructions:

1. Place the millet into a medium saucepan with the water, milk, ginger, and cinnamon.
2. Bring it to a boil and reduce to a simmer. Cook, stirring frequently, for about 15-18 minutes, or until the millet tastes a little sweet.
3. You may need to add water as you go along; the ground millet is super absorbent.
4. When the millet is ready, stir in the maple syrup and rice protein.
5. Transfer the porridge into a bowl. Top with coconut milk and stir gently.
6. Finish off with chopped figs.

Calories	586
Total Fat	9.9g
Saturated Fat	6.9g
Cholesterol	0mg
Sodium	75mg
Total Carbohydrate	77.5g
Dietary Fibre	8.9g
Total Sugars	29.8g
Protein	48.1g

## QUINOA JAMBALAYA - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 35 minutes

Servings: 2

#### Ingredients:

- 20ml extra virgin olive oil
- 1 yellow onion, diced
- 2 cloves garlic, chopped
- 2 Vegan sausages, sliced (kielbasa style)
- 2 large stalks celery, diced
- ½ tablespoon chopped jalapeno peppers
- 300g can chopped tomatoes
- 90g dry quinoa
- 550ml vegetable stock
- 1 teaspoon vegan Worcestershire sauce
- 1 bay leaf
- ½ teaspoon smoked paprika
- 1 teaspoon hot sauce
- 10g cilantro, chopped

#### Instructions:

1. Heat oil in a large skillet or saucepan.
2. Add onion, garlic, celery, Vegan sausage, and jalapeño to oil and sauté until onions are translucent, about 3 minutes.
3. Add tomatoes and cook an additional minute or two to soften them up.
4. Add quinoa, vegetable stock, Worcestershire sauce, bay leaves, paprika, hot sauce, salt, and pepper to pan and stir to combine. Cover and bring mixture to a simmer. Let it cook for 20-25 minutes, until the quinoa has absorbed all the liquid and cooked through.
5. Stir in fresh cilantro and serve immediately.

Calories	570
Total Fat	26.8g
Saturated Fat	5g
Cholesterol	0mg
Sodium	1645mg
Total Carbohydrate	52.3g
Dietary Fibre	6.8g
Total Sugars	6.7g
Protein	35.3g

## PBANDJ WITH BANANA

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 200ml organic almond milk
- 60ml coconut milk
- ½ small banana, sliced, frozen
- 80g raspberries
- 2 tablespoons pb2
- 1 tablespoon hemp seeds
- 1 tablespoon flax seeds
- 50g rice protein, vanilla flavor
- 1 pinch cinnamon

### Instructions:

1. Blend all ingredients in a food blender until smooth.
2. Serve.

Calories	706
Total Fat	32.5g
Saturated Fat	13.9g
Cholesterol	0mg
Sodium	380mg
Total Carbohydrate	48.9g
Dietary Fibre	14.4g
Total Sugars	21.2g
Protein	61g

## SOMETHING LIKE A SCRAMBLE

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- ½ tablespoon olive oil
- 1 onion, diced
- 1 red bell pepper, seeded, chopped
- 1 green bell peppers, seeded, chopped
- ½ small poblano pepper, seeded, chopped
- 200g button mushrooms, sliced
- ½ teaspoon turmeric powder
- ½ teaspoon chili powder
- 1 pinch smoked paprika
- Salt and pepper, to taste
- 1 ½ tablespoons nutritional yeast
- 300g cooked chickpeas
- 60ml water

### To serve with:

- 2 lime wedges
- 180g cooked quinoa
- 1 tablespoon chopped parsley

### Instructions:

1. Heat the oil over medium heat in a large skillet. Add the onion and peppers. Cook, stirring often, for 5 minutes.
2. Add a few tablespoons of water as needed to prevent the vegetables from sticking.
3. Add the mushrooms and a pinch of salt. Mix the vegetables and cover the skillet. Allow the mushrooms to cook for another 5 minutes.
4. While the vegetables cook, mix your spices together. When the mushrooms are cooked, add the spice blend, the nutritional yeast, and the chickpeas, as well as about a 60ml of water. Stir the mixture thoroughly to be sure everything is well combined.
5. Continue to cook for another 3-5 minutes. Check the mixture for seasoning and season to taste with additional spices, salt, or pepper.
6. To serve, divide the chickpea scramble over even portions of cooked quinoa, and garnish with lime wedges and parsley.

Calories	523
Total Fat	10.7g
Saturated Fat	1g
Cholesterol	0mg
Sodium	37mg
Total Carbohydrate	85.6g
Dietary Fibre	22.3g
Total Sugars	17.1g
Protein	29g

## FRIDAY

### MOCHA BANANA OVERNIGHT OATS

Preparation time: 5 minutes + inactive time

Servings: 1

#### Ingredients:

- 180ml organic almond milk
- ½ banana, sliced
- 60ml freshly brewed coffee, prepared with water
- 1 date, pitted
- 1 pinch salt
- 30g rolled oats
- 1 tablespoon chia seeds
- 1 tablespoon cocoa powder
- 50g rice protein, chocolate flavor
- 1 tablespoon peanut powder, pb2

#### Instructions:

1. Blend the banana, almond milk, coffee, dates, cocoa powder, rice protein, pb2, and sea salt together in a blender till smooth.
2. Place the oats and chia seeds in an airtight container. Pour the liquid mixture over the oats and chia seeds, then stir everything well to combine.
3. Cover and refrigerate overnight.
4. In the morning, stir your oats again and add a small splash of additional almond milk as needed.
5. Serve.

Calories	563
Total Fat	13.8g
Saturated Fat	1.7g
Cholesterol	0mg
Sodium	268mg
Total Carbohydrate	62.3g
Dietary Fibre	13.8g
Total Sugars	19.8g
Protein	55.4g

## SOMETHING LIKE A SCRAMBLE - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- ½ tablespoon olive oil
- 1 onion, diced
- 1 red bell pepper, seeded, chopped
- 1 green bell peppers, seeded, chopped
- ½ small poblano pepper, seeded, chopped
- 200g button mushrooms, sliced
- ½ teaspoon turmeric powder
- ½ teaspoon chili powder
- 1 pinch smoked paprika
- Salt and pepper, to taste
- 1 ½ tablespoons nutritional yeast
- 300g cooked chickpeas
- 60ml water

Calories	523
Total Fat	10.7g
Saturated Fat	1g
Cholesterol	0mg
Sodium	37mg
Total Carbohydrate	85.6g
Dietary Fibre	22.3g
Total Sugars	17.1g
Protein	29g

### To serve with:

- 2 lime wedges
- 180g cooked quinoa
- 1 tablespoon chopped parsley

### Instructions:

1. Heat the oil over medium heat in a large skillet. Add the onion and peppers. Cook, stirring often, for 5 minutes.
2. Add a few tablespoons of water as needed to prevent the vegetables from sticking.
3. Add the mushrooms and a pinch of salt. Mix the vegetables and cover the skillet. Allow the mushrooms to cook for another 5 minutes.
4. While the vegetables cook, mix your spices together. When the mushrooms are cooked, add the spice blend, the nutritional yeast, and the chickpeas, as well as about a 60ml of water. Stir the mixture thoroughly to be sure everything is well combined.
5. Continue to cook for another 3-5 minutes. Check the mixture for seasoning and season to taste with additional spices, salt, or pepper.
6. To serve, divide the chickpea scramble over even portions of cooked quinoa, and garnish with lime wedges and parsley.

## HULK SMOOTHIE

Preparation time: 5 minutes

### Ingredients:

- 300ml organic almond milk
- 50g broccoli, frozen
- 60g blueberries, frozen
- 2 tablespoons peanut powder, pb2
- 2 tablespoons hemp seeds
- 1 tablespoon flax seeds
- 60g rice protein, chocolate flavor
- 1 banana, sliced

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	797
Total Fat	28.4g
Saturated Fat	1.9g
Cholesterol	0mg
Sodium	460mg
Total Carbohydrate	66.4g
Dietary Fibre	13.2g
Total Sugars	32.1g
Protein	75.2g

## LENTIL, POTATO, AND COCONUT CURRY

Preparation time: 5 minutes

Cooking time: 40 minutes

Servings: 2

### Ingredients:

- 10ml olive oil
- 1 onion, diced
- 1 carrot, peeled, chopped
- 2 cloves garlic, minced
- 50g red lentils
- 200g sweet potatoes, peeled, cubed
- 100g cooked chickpeas
- ½ teaspoon turmeric
- ½ teaspoon Garam Masala
- 1 teaspoon mild curry powder
- 100ml coconut milk
- 480ml vegetable stock
- Salt and pepper, to taste

### Instructions:

1. Heat oil in a large pot over medium heat. Add the onion and carrot.
2. Cook the vegetables until the onion is soft and clear, about 5 minutes. Add the garlic and continue to cook, stirring frequently, for another 2 minutes.
3. Add a few tablespoons water to the pot to help prevent sticking if necessary.
4. Add the lentils, sweet potato, turmeric, garam masala, curry powder, salt, and pepper.
5. Stir to combine everything.
6. Add the stock and bring to a boil. Reduce to a simmer and cook for 25 minutes or until the lentils and sweet potato are tender.
7. Stir in the coconut milk and chickpeas. Simmer for 10 minutes.
8. Serve.

Calories	500
Total Fat	20.9g
Saturated Fat	13.7g
Cholesterol	0mg
Sodium	894mg
Total Carbohydrate	71.5g
Dietary Fibre	19.1g
Total Sugars	11g
Protein	14.8g

## SATURDAY CASHEW BANANA YOGURT

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 50g cashews, soaked overnight
- 1 large banana, sliced (reserve few slices)
- 15ml lemon juice
- 100ml coconut water
- 1 tablespoon peanut powder, pb2
- 50g rice protein, vanilla flavor
- 1 pinch salt

### Instructions:

1. Rinse and drain cashews.
2. Place the cashews and remaining ingredients, except the coconut water in a food processor.
3. Blend on high until almost smooth. Set the processor to low and stream in coconut water. Keep processing until everything is smooth.
4. Transfer into a serving bowl and top with reserved banana slices.
5. Serve.

Calories	670
Total Fat	24.2g
Saturated Fat	4g
Cholesterol	0mg
Sodium	268mg
Total Carbohydrate	59.1g
Dietary Fibre	8.5g
Total Sugars	23.1g
Protein	56.7g

## LENTIL, POTATO, AND COCONUT CURRY - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 40 minutes

Servings: 2

### Ingredients:

- 10ml olive oil
- 1 onion, diced
- 1 carrot, peeled, chopped
- 2 cloves garlic, minced
- 50g red lentils
- 200g sweet potatoes, peeled, cubed
- 100g cooked chickpeas
- ½ teaspoon turmeric
- ½ teaspoon Garam Masala
- 1 teaspoon mild curry powder
- 100ml coconut milk
- 480ml vegetable stock
- Salt and pepper, to taste

Calories	500
Total Fat	20.9g
Saturated Fat	13.7g
Cholesterol	0mg
Sodium	894mg
Total Carbohydrate	71.5g
Dietary Fibre	19.1g
Total Sugars	11g
Protein	14.8g

### Instructions:

1. Heat oil in a large pot over medium heat. Add the onion and carrot.
2. Cook the vegetables until the onion is soft and clear, about 5 minutes. Add the garlic and continue to cook, stirring frequently, for another 2 minutes.
3. Add a few tablespoons water to the pot to help prevent sticking if necessary.
4. Add the lentils, sweet potato, turmeric, garam masala, curry powder, salt, and pepper.
5. Stir to combine everything.
6. Add the stock and bring to a boil. Reduce to a simmer and cook for 25 minutes or until the lentils and sweet potato are tender.
7. Stir in the coconut milk and chickpeas. Simmer for 10 minutes.
8. Serve.



## CREAMY BANANA SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 280ml organic almond milk
- 1 banana, sliced
- 60g rice protein, chocolate flavor
- 2 tablespoons peanut powder, pb2
- 1 tablespoon chia seeds
- ½ tablespoon coconut cream

### Instructions:

1. Blend all ingredients in a food blender until smooth.
2. Serve.

Calories	618
Total Fat	17.1g
Saturated Fat	2.7g
Cholesterol	0mg
Sodium	432mg
Total Carbohydrate	59.4g
Dietary Fibre	12.1g
Total Sugars	29.7g
Protein	64.7g

## AMARANTH POLENTA WITH CHICKPEA MARINARA

Preparation time: 5 minutes

Cooking time: 40 minutes

Servings: 2

### Ingredients:

#### Marinara:

- 10ml olive oil
- 1 onion, chopped
- ½ tablespoon coconut sugar
- 2 cloves garlic, minced
- ¼ teaspoon dried thyme
- ¼ teaspoon dried oregano
- 2 tablespoons tomato paste
- Salt and pepper, to taste
- 250g cooked chickpeas
- 300g can chopped tomatoes

#### Amaranth polenta:

- 350ml vegetable stock
- 120g amaranth
- 30ml soy milk
- 1 tablespoon nutritional yeast
- ¼ teaspoon garlic powder
- Salt, to taste

### Instructions:

1. To make the marinara, heat the olive oil in a medium pot over medium-high heat. Add the onion and coconut sugar.
2. Cook the onions for 5-7 minutes, or until they're golden.
3. Add the garlic and cook for 2 minutes.
4. Stir in the oregano, thyme, salt, tomatoes, tomato paste, and chickpeas.
5. Simmer, uncovered, for 10 minutes. Remove from heat.
6. To prepare the polenta, bring the broth and salt to boil in a medium sized pot. When it boils, whisk in the amaranth and reduce the heat to medium low.
7. Cook, uncovered, stirring frequently for 20-25 minutes, or until the mixture is thick and a bit bubbly.
8. Stir in the soy milk, nutritional yeast, garlic, and pepper.
9. Simmer for another 5 minutes, or until the polenta has a thick texture.
10. Divide the amaranth into two and top each with a cup of chickpea marinara.
11. Serve.

Calories	603
Total Fat	14.2g
Saturated Fat	3.7g
Cholesterol	0mg
Sodium	617mg
Total Carbohydrate	97.8g
Dietary Fibre	19.1g
Total Sugars	17.6g
Protein	27.1g

## SUNDAY SWEET LUCUMA SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 1 banana, sliced
- 25g oatmeal
- 1 tablespoon almond butter
- 1 tablespoon peanut powder, pb2
- 50g rice protein, vanilla flavor
- 250ml organic almond milk
- ½ tablespoon lucuma powder
- 1 pinch cinnamon

### Instructions:

1. Blend all ingredients in a food blender until smooth.
2. Serve.

Calories	663
Total Fat	19.3g
Saturated Fat	1.6g
Cholesterol	0mg
Sodium	307mg
Total Carbohydrate	70.6g
Dietary Fibre	13.2g
Total Sugars	25.7g
Protein	55g

## AMARANTH POLENTA WITH CHICKPEA MARINARA - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 40 minutes

Servings: 2

### Ingredients:

#### Marinara:

- 10ml olive oil
- 1 onion, chopped
- ½ tablespoon coconut sugar
- 2 cloves garlic, minced
- ¼ teaspoon dried thyme
- ¼ teaspoon dried oregano
- 2 tablespoons tomato paste
- Salt and pepper, to taste
- 250g cooked chickpeas
- 300g can chopped tomatoes

#### Amaranth polenta:

- 350ml vegetable stock
- 120g amaranth
- 30ml soy milk
- 1 tablespoon nutritional yeast
- ¼ teaspoon garlic powder
- Salt, to taste

### Instructions:

1. To make the marinara, heat the olive oil in a medium pot over medium-high heat. Add the onion and coconut sugar.
2. Cook the onions for 5-7 minutes, or until they're golden.
3. Add the garlic and cook for 2 minutes.
4. Stir in the oregano, thyme, salt, tomatoes, tomato paste, and chickpeas.
5. Simmer, uncovered, for 10 minutes. Remove from heat.
6. To prepare the polenta, bring the broth and salt to boil in a medium sized pot. When it boils, whisk in the amaranth and reduce the heat to medium low.
7. Cook, uncovered, stirring frequently for 20-25 minutes, or until the mixture is thick and a bit bubbly.
8. Stir in the soy milk, nutritional yeast, garlic, and pepper.
9. Simmer for another 5 minutes, or until the polenta has a thick texture.
10. Divide the amaranth into two and top each with a cup of chickpea marinara.
11. Serve.

Calories	603
Total Fat	14.2g
Saturated Fat	3.7g
Cholesterol	0mg
Sodium	617mg
Total Carbohydrate	97.8g
Dietary Fibre	19.1g
Total Sugars	17.6g
Protein	27.1g

## PEAR HEMPSEED SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 280ml organic almond milk
- 50g avocado, chopped
- 1 small banana, sliced
- 1 small pear, peeled, cored
- 1 tablespoon hemp seeds
- 60g rice protein
- 30g spinach

### Instructions:

1. Combine all ingredients in a food blender
2. Blend on high until creamy and smooth.
3. Serve.

Calories	674
Total Fat	22.8g
Saturated Fat	2.1g
Cholesterol	0mg
Sodium	270mg
Total Carbohydrate	63.1g
Dietary Fibre	11.5g
Total Sugars	34.6g
Protein	58.7g

## LOADED KALE POTATOES

Preparation time: 10 minutes

Cooking time: 1 hour

Servings: 2

### Ingredients:

- 1 small head garlic
- 1 teaspoon olive oil
- 2 medium russet potatoes, scrubbed
- 60ml coconut milk
- 1 tablespoon vegan butter
- 1 tablespoon nutritional yeast
- 120g kale, sliced
- 2 tablespoons vegan parmesan
- 2 tablespoons almond meal
- Salt and pepper, to taste

### Instructions:

1. Preheat your oven to 200C.
2. Cut the top of the garlic head off crosswise, so that the cloves are exposed. Rub the half teaspoon olive oil over the cloves, then wrap the head of garlic in foil. Place the garlic and the four potatoes onto a baking sheet. Bake for 45-55 minutes, or until the potatoes are completely fork tender. Remove the potatoes and garlic from the oven. Allow the potatoes to cool for about 10 minutes, until they can be handled. Raise the oven temperature to a broil.
3. About 15 minutes before the potatoes and garlic are ready, bring a pot of water to boil with a steamer attachment. Steam the chopped kale till tender, for 3 minutes.
4. Slice the potatoes in half lengthwise. Use a spoon to gently scoop the flesh out, making sure not to break the skins. Transfer the potato flesh to a mixing bowl. Squeeze the roasted garlic right into the potato; the cloves should be very soft and slip out of the skin easily when you give it a good squeeze.
5. Add the coconut milk, vegan buttery spread (and the nutritional yeast to the potato/garlic mixture.
6. Use a potato masher or a large fork to mash the potatoes, adding extra coconut milk as needed to achieve a creamy texture. Season to taste.
7. Scoop the potato/kale mixture into the empty potato skins.
8. Top each with about a half tablespoon of vegan parmesan, nutritional yeast, and almond meal.
9. Place the baking sheet under the broiler for 5 minutes, or until the tops of the potatoes are crispy and gently golden. Serve.
10. You can easily reheat in microwave, just cover with a damp paper towel.

Calories	406
Total Fat	16.1g
Saturated Fat	8.3g
Cholesterol	0mg
Sodium	207mg
Total Carbohydrate	51.3g
Dietary Fibre	9.5g
Total Sugars	3.8g
Protein	16.1g

# Week 4 - 2400cal

## GROCERY LIST

### Fruits:

- Date, Medjool, 1 piece
- Apple, 1 piece
- Avocado, 2 pieces
- Banana, 9 pieces
- Blueberries, 120g
- Currants, 20g
- Date, plain, 1 piece
- Lemon, 1 piece
- Lime, 1 piece
- Pear, 1 piece
- Raisins, 15g
- Raspberries, 190g
- Figs, dried, 2 pieces
- Strawberries, 120g

### Vegetables:

- Red bell pepper, 1 piece
- Green bell pepper, 1 piece
- Broccoli, 250g
- Mushrooms, button, 200g
- Carrot, 1 piece
- Celery, stalk, 2 pieces
- Garlic, 2 heads
- Eggplant, 2 pieces
- Onion, 6 pieces
- Jalapeno, 1 piece
- Poblano pepper, 1 piece
- Sweet potato, 200g
- Russet potato, 2 medium
- Kale, 120g
- Tomato, chopped, 1 piece
- Spinach, 30g

### Grains and Cereals:

- Amaranth, 120g
- Buckwheat groats, 35g
- Millet, 140g
- Quinoa, 320g
- Red lentils, 50g

### Can Products:

- Can tomatoes, 600g
- Tomato paste, 45g
- Tomato sauce, 100ml

### Beans and Legumes:

- Chickpeas, 900g

### Spices and Herbs:

- Garam Masala
- Tamarin paste
- Parsley
- Ginger
- Bay leaf
- Chili powder
- Cinnamon
- Mild curry powder
- Cumin
- Coriander
- Garlic powder
- Dried Oregano
- Salt
- Pepper
- Smoked paprika
- Thyme

### Butter; and Oil:

- Almond butter, 15g
- Vegan butter, 15g
- Olive oil, 50ml
- Extra-virgin olive oil, 20ml
- Tahini, 30g

### Nuts and Seeds:

- Chia seeds, 50g
- Almonds, slivered, 25g
- Cashews, raw, 70g
- Flax seeds, 3 tablespoons
- Pine nuts, 3 tablespoons
- Hemp seeds, 105g

### Soy Products:

- Soy milk, 30ml

### Non-Dairy:

- Coconut milk, 700ml
- Almond milk, organic, 2.32 liters
- Vegan parmesan, 20g
- Cashew milk, 280ml

### Protein Powder:

- Rice protein, 835g

### Sweeteners:

- Coconut sugar, 10g
- Maple syrup, 20ml

### Additional:

- Almond meal, 30g
- Cacao powder, 5g
- Cocoa powder, 10g
- Flax meal, ½ tablespoon
- Nutritional yeast, 35g
- Red wine, splash
- Coconut water, 120ml
- Coffee, prepared with water, 60ml
- Vegetable stock, 1.58 liters
- Vegan sausages, 2 pieces
- Coconut chips, 20g
- Lucuma powder, ½ tablespoon
- Peanut powder, pb2, 140g

# Week 1 - 2500 Cal

## MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFASTS	Power Smoothie	Strawberry Oats Smoothie	Orange Vanilla Chia Pudding	Vital Muesli	Buckwheat Cereal Breakfast	Quinoa Breakfast Pudding	Banana Pear and Avocado Smoothie
LUNCH	Lentils with Avocado and Spinach	Tempeh Strips with Quinoa and Broccoli – previous night dinner	Lentil Chickpea Salad with Radishes – previous night dinner	Broccoli Quinoa Pan – previous night dinner	Split Pea Soup with Tempeh Croutons – previous night dinner	Red Lentil Shakshuka – previous night dinner	Scramble with Spinach Salad – previous night dinner
SNACKS	Banana Spinach Date Smoothie	Yogurt Smoothie	Banana Peanut Chocolate Smoothie	Broccoli Pineapple Smoothie	Big Protein Smoothie	Date, Banana and Peanut Smoothie	Banana Cherry Smoothie
DINNER	Tempeh Strips with Quinoa and Broccoli	Lentil Chickpea Salad with Radishes	Broccoli Quinoa Pan	Split Pea Soup with Tempeh Croutons	Red Lentil Shakshuka	Scramble with Spinach Salad	Fast Nutritious Salad

## MONDAY POWER SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 1 banana
- 120g strawberries
- 100ml coconut milk
- 180ml organic almond milk
- 60g rice protein powder
- 15g peanut powder, pb2

### Instructions:

1. Blend all ingredients in a food blender until smooth and creamy.
2. Serve.

Calories	726
Total Fat	31.7g
Saturated Fat	21.9g
Cholesterol	0mg
Sodium	315mg
Total Carbohydrate	58.1g
Dietary Fibre	10.2g
Total Sugars	31.4g
Protein	60.3g

## LENTILS WITH AVOCADO AND SPINACH

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 95g green lentils, dry
- 25ml olive oil
- 3 cloves garlic, minced
- 95g asparagus, trimmed
- 180g spinach
- 100g avocado, peeled, sliced
- 30g hummus
- 2 teaspoons hot sauce
- 30g almonds, chopped
- Salt and pepper, to taste

### Instructions:

1. Cook the lentils in boiling water until tender, but not broken, for 15-20 minutes.
2. In the meantime, heat the oil in a large pan over medium-high. Chop asparagus into pieces and add to pan.
3. Cook until slightly tender, 3 minutes.
4. Add the garlic and cook 30 seconds.
5. Add the spinach and cook until wilted, 2 minutes. Add a small splash of water if needed. Season with a little salt and pepper.
6. Serve lentils with veggies, topped with avocado slices, a dollop of hummus and a little hot sauce. Add chopped almonds and enjoy!

Calories	520
Total Fat	31.5g
Saturated Fat	4.7g
Cholesterol	0mg
Sodium	263mg
Total Carbohydrate	44.9g
Dietary Fibre	23.7g
Total Sugars	3.2g
Protein	21.5g

## BANANA SPINACH DATE SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml organic almond milk
- 2 tablespoons peanut powder, pb2
- 60g rice protein
- 1 banana, sliced
- 60g spinach
- 2 tablespoons flax seeds
- 1 Medjool date, pitted

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend until smooth and creamy. You can toss in few ice cubes.
3. Serve.

Calories	721
Total Fat	14.8g
Saturated Fat	1.3g
Cholesterol	0mg
Sodium	462mg
Total Carbohydrate	95.8g
Dietary Fibre	15.2g
Total Sugars	53.7g
Protein	66.7g

## TEMPEH STRIPS WITH QUINOA AND BROCCOLI

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 2

### Ingredients:

- 20g almond butter
- 20ml rice vinegar
- 3 teaspoons soy sauce
- 230g tempeh, cut into strips
- Cooking spray

### To serve with:

- 200g cooked quinoa
- 220g broccoli
- 10ml olive oil
- Salt and pepper

### Instructions:

1. Preheat oven or toaster to 180C. Cover baking pan with aluminum foil and lightly coat with non-stick spray. Set aside
2. Combine almond butter, rice vinegar and soy sauce in a bowl.
3. Arrange tempeh strips on a prepared baking pan. Bake for 8 minutes, turn and bake for 5 more minutes, or until golden.
4. In the meantime, make the broccoli; cook broccoli in salted water for 6-7 minutes or until crisp tender. Drain and toss with olive oil, salt, and pepper.
5. Serve tempeh slices with quinoa and broccoli and drizzle all with almond sauce.

Calories	494
Total Fat	25.6g
Saturated Fat	3.8g
Cholesterol	0mg
Sodium	547mg
Total Carbohydrate	41.9g
Dietary Fibre	6g
Total Sugars	2.5g
Protein	30.7g

## TUESDAY STRAWBERRY OATS SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 1 banana
- 250ml organic almond milk
- 25g oatmeal
- 60g rice protein, vanilla flavor
- 1 ½ tablespoons peanut butter

### Instructions:

1. Throw everything in a blender and blend.
2. Add some ice cubes if you want it to be colder and less thick.

Calories	659
Total Fat	20.9g
Saturated Fat	3.5g
Cholesterol	0mg
Sodium	334mg
Total Carbohydrate	60.3g
Dietary Fibre	7g
Total Sugars	24.7g
Protein	60.7g

## TEMPEH STRIPS WITH QUINOA AND BROCCOLI - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 2

### Ingredients:

- 20g almond butter
- 20ml rice vinegar
- 3 teaspoons soy sauce
- 230g tempeh, cut into strips
- Cooking spray

### To serve with:

- 200g cooked quinoa
- 220g broccoli
- 10ml olive oil
- Salt and pepper

### Instructions:

1. Preheat oven or toaster to 180C. Cover baking pan with aluminum foil and lightly coat with non-stick spray. Set aside
2. Combine almond butter, rice vinegar and soy sauce in a bowl.
3. Arrange tempeh strips on a prepared baking pan. Bake for 8 minutes, turn and bake for 5 more minutes, or until golden.
4. In the meantime, make the broccoli; cook broccoli in salted water for 6-7 minutes or until crisp tender. Drain and toss with olive oil, salt, and pepper.
5. Serve tempeh slices with quinoa and broccoli and drizzle all with almond sauce.

Calories	494
Total Fat	25.6g
Saturated Fat	3.8g
Cholesterol	0mg
Sodium	547mg
Total Carbohydrate	41.9g
Dietary Fibre	6g
Total Sugars	2.5g
Protein	30.7g



## YOGURT SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 180ml organic almond milk
- 100ml cultured almond yogurt, Vegan
- 60g rice protein
- 20g almonds
- ¾ tablespoon chia seeds
- 40g kale
- 1 tablespoon rolled oats
- ½ small banana, sliced
- 80g blueberries

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	735
Total Fat	27.7g
Saturated Fat	1.6g
Cholesterol	0mg
Sodium	208mg
Total Carbohydrate	64.4g
Dietary Fibre	10.1g
Total Sugars	31.4g
Protein	62.5g

## LENTIL CHICKPEA SALAD WITH RADISHES

Preparation time: 10 minutes

Servings: 2

### Ingredients:

#### Dressing:

- 30ml lemon juice
- 20ml olive oil
- ½ teaspoon Dijon mustard
- ½ teaspoon maple syrup
- Salt and pepper, to taste
- 1 small clove garlic, minced

#### Salad:

- 300g cooked chickpea
- 200g cooked lentils
- 4 radishes, thinly sliced
- ½ avocado, sliced
- 2 tablespoons dill, chopped
- 1 tablespoon mint, chopped
- Salt and pepper, to taste

### Instructions:

1. To make the dressing: whisk together the ingredients in a small bowl.
2. In a large serving bowl, combine the lentils, chickpeas, sliced radishes and herbs. Drizzle in the dressing and toss to combine.
3. Serve topped with avocado.

Calories	566
Total Fat	23.9g
Saturated Fat	4g
Cholesterol	0mg
Sodium	44mg
Total Carbohydrate	69.6g
Dietary Fibre	23.6g
Total Sugars	10.8g
Protein	24.3g

## WEDNESDAY

### ORANGE VANILLA CHIA PUDDING

Preparation time: 5 minutes + inactive time

Cooking time: 5 minutes

Servings: 1

#### Ingredients:

- 50ml coconut milk
- 220ml cashew milk
- 3 tablespoons chia seeds
- 50g rice protein, vanilla flavor
- ½ teaspoon orange zest, finely grated

#### Topping:

- ½ orange, peeled, and segmented
- 10ml maple syrup
- 5g slivered almonds

#### Instructions:

1. Combine coconut milk, cashew milk, chia, rice protein, and orange zest in a bowl.
2. Cover and refrigerate overnight.
3. In the morning, place orange segments and maple syrup in a saucepot.
4. Cook until gently caramelized over medium-heat, for 2 minutes.
5. Stir the chia and transfer into a serving bowl.
6. Top with oranges and slivered almonds.
7. Serve.

Calories	652
Total Fat	30.7g
Saturated Fat	12.3g
Cholesterol	0mg
Sodium	218mg
Total Carbohydrate	51.9g
Dietary Fibre	19.2g
Total Sugars	27.2g
Protein	52.8g

## LENTIL CHICKPEA SALAD WITH RADISHES - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Servings: 2

#### Ingredients:

#### Dressing:

- 30ml lemon juice
- 20ml olive oil
- ½ teaspoon Dijon mustard
- ½ teaspoon maple syrup
- Salt and pepper, to taste
- 1 small clove garlic, minced

#### Salad:

- 300g cooked chickpea
- 200g cooked lentils
- 4 radishes, thinly sliced
- ½ avocado, sliced
- 2 tablespoons dill, chopped
- 1 tablespoon mint, chopped
- Salt and pepper, to taste

#### Instructions:

1. To make the dressing: whisk together the ingredients in a small bowl.
2. In a large serving bowl, combine the lentils, chickpeas, sliced radishes and herbs. Drizzle in the dressing and toss to combine.
3. Serve topped with avocado.

Calories	566
Total Fat	23.9g
Saturated Fat	4g
Cholesterol	0mg
Sodium	44mg
Total Carbohydrate	69.6g
Dietary Fibre	23.6g
Total Sugars	10.8g
Protein	24.3g

# BANANA PEANUT CHOCOLATE SMOOTHIE

Preparation time: 5 minutes  
Servings: 1

Ingredients:

- 1 large banana, sliced
- 280ml organic almond milk
- 30g almonds, chopped
- 2 tablespoons pb2, peanut powder
- 65g rice protein, chocolate flavor
- 60g spinach
- 3 ice cubes

Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	747
Total Fat	26.3g
Saturated Fat	1.9g
Cholesterol	0mg
Sodium	482mg
Total Carbohydrate	62.6g
Dietary Fibre	12.6g
Total Sugars	28.8g
Protein	73.9g

# BROCCOLI QUINOA PAN

Preparation time: 5 minutes  
Cooking time: 20 minutes  
Servings: 2

Ingredients:

- 20g sultanas
- 20ml olive oil
- 800g broccoli, cut into florets
- 220g cooked quinoa
- 1 red chili pepper, seeded, chopped
- 35g sun-dried tomatoes, packed in oil, drained
- 20g almond butter
- 25g black olives, pitted
- 50ml vegetable stock
- 80ml water
- 1 tablespoon capers, rinsed
- 4 stems parsley, chopped
- Salt and pepper, to taste

Instructions:

1. Soak sultanas in 100ml warm water. Place aside.
2. Combine red chili pepper, sun-dried tomatoes, almond butter, and vegetable stock in a food blender. Blend until smooth.
3. Heat olive oil in a large skillet over medium-high heat.
4. Cook broccoli for 5 minutes. season to taste with salt. Cover and reduce heat. Continue to cook for 10 minutes.
5. Stir in sultanas with soaking water, water, olives, capers, almond sauce, and quinoa.
6. Stir gently to combine. Cook 2 minutes.
7. Transfer into a serving bowl.
8. Garnish with chopped parsley.

Calories	500
Total Fat	23.1g
Saturated Fat	2.6g
Cholesterol	0mg
Sodium	545mg
Total Carbohydrate	65.1g
Dietary Fibre	15.6g
Total Sugars	10.1g
Protein	18.9g

## THURSDAY VITAL MUESLI

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 150g almond yogurt
- 50ml coconut milk
- 50g rice protein, vanilla flavor
- 1 extra-small banana, sliced
- 80g mixed berries
- 1 tablespoon almond butter
- 1 tablespoon puffed amaranth
- 1 date, pitted
- 25g oatmeal
- 1 teaspoon sunflower seeds
- ½ tablespoon slivered almonds

Calories	860
Total Fat	35.9g
Saturated Fat	13g
Cholesterol	0mg
Sodium	148mg
Total Carbohydrate	80.9g
Dietary Fibre	12.5g
Total Sugars	33.8g
Protein	58.7g

### Instructions:

1. Combine almond yogurt, coconut milk, rice protein, date, and almond butter in a food blender.
2. Blend on high until smooth.
3. Mash the banana with a fork.
4. Transfer the yogurt mix into a bowl. Top with mashed banana, puffed amaranth, oatmeal, sunflower seeds, and slivered almonds.
5. Stir gently and finish off with mixed berries. Serve.

## BROCCOLI QUINOA PAN - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 20g sultanas
- 20ml olive oil
- 800g broccoli, cut into florets
- 220g cooked quinoa
- 1 red chili pepper, seeded, chopped
- 35g sun-dried tomatoes, packed in oil, drained
- 20g almond butter
- 25g black olives, pitted
- 50ml vegetable stock
- 80ml water
- 1 tablespoon capers, rinsed
- 4 stems parsley, chopped
- Salt and pepper, to taste

Calories	500
Total Fat	23.1g
Saturated Fat	2.6g
Cholesterol	0mg
Sodium	545mg
Total Carbohydrate	65.1g
Dietary Fibre	15.6g
Total Sugars	10.1g
Protein	18.9g

### Instructions:

1. Soak sultanas in 100ml warm water. Place aside.
2. Combine red chili pepper, sun-dried tomatoes, almond butter, and vegetable stock in a food blender. Blend until smooth.
3. Heat olive oil in a large skillet over medium-high heat.
4. Cook broccoli for 5 minutes. season to taste with salt. Cover and reduce heat. Continue to cook for 10 minutes.
5. Stir in sultanas with soaking water, water, olives, capers, almond sauce, and quinoa.
6. Stir gently to combine. Cook 2 minutes.
7. Transfer into a serving bowl.
8. Garnish with chopped parsley.

## BROCCOLI PINEAPPLE SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 280ml organic almond milk
- 60g pineapple, chopped
- 1 tablespoon flax seeds
- 60g rice protein
- 1 small banana, sliced, frozen
- 50g broccoli

### Instructions:

1. Blend all ingredients in a food blender until smooth.
2. Serve.

Calories	503
Total Fat	10.4g
Saturated Fat	1g
Cholesterol	0mg
Sodium	260mg
Total Carbohydrate	48.7g
Dietary Fibre	6.7g
Total Sugars	27.6g
Protein	54.4g

## SPLIT PEA SOUP WITH TEMPEH CROUTONS

Preparation time: 10 minutes + inactive time

Cooking time: 40 minutes

Servings: 2

### Ingredients:

- 10ml olive oil
- 1 small onion, chopped
- 1 carrot, peeled, chopped
- 1 small celery stalk, chopped
- 1 clove garlic, minced
- ½ teaspoon dried thyme
- 1 pinch smoked paprika
- Salt and pepper, to taste
- 200g green split peas, soaked overnight
- 80g potatoes, peeled, cubed
- 500ml vegetable stock
- 5ml lemon juice

### Tempeh:

- 120g tempeh, cut into cubes
- 10ml lemon juice
- 1 tablespoon tamari
- 10ml olive oil
- Black pepper, to taste

### Instructions:

1. To prepare the tempeh croutons, whisk together the lemon juice, tamari, syrup, oil, and a pinch of black pepper. Place the tempeh cubes in a bowl.
2. Pour the marinade over the cubes, cover, and shake a bit to coat. Refrigerate the cubes overnight.
3. Preheat oven to 180C. Arrange cubes on a baking sheet lined with parchment paper. Bake 15 minutes.
4. In the meantime, make the soup: heat olive oil in a saucepot.
5. Add the onion, carrots, and celery. Cook for 5-7 minutes, or until the onions are soft and clear. Add the garlic, thyme, and paprika. Cook for another minute, or until the garlic is fragrant.
6. Add the salt, pepper, split peas, potato, and vegetable stock to the pot. Bring mixture to a boil, reduce heat to low, and cover. Simmer for 40 minutes.
7. Use an immersion blender to puree the soup. Finally, stir in the lemon juice.
8. To serve, divide the soup into bowls and top each bowl with a few tempeh croutons.

Calories	614
Total Fat	19.4g
Saturated Fat	5g
Cholesterol	0mg
Sodium	1316mg
Total Carbohydrate	82.2g
Dietary Fibre	28.3g
Total Sugars	14g
Protein	38.2g

## FRIDAY

### BUCKWHEAT CEREAL BREAKFAST

Preparation time: 10 minutes + inactive time

Servings: 1

#### Ingredients:

- 200ml organic almond milk
- 60g rice protein, vanilla flavor
- 1 pinch cinnamon
- ¼ teaspoon ground turmeric
- 1 ½ tablespoon chia seeds
- 20g buckwheat cereals
- 1 date, pitted
- 30g raspberries

#### Instructions:

1. Blend the almond milk, dates, rice protein, cinnamon, and turmeric together in a powerful blender till smooth.
2. Pour the mixture over the chia seeds. Stir the mixture with a whisk refrigerate overnight.
3. To assemble the parfaits, place buckwheat cereal at the bottom of a bowl or a mason jar.
4. Place the chia pudding on top, and then top with raspberries.
5. Serve.

Calories	512
Total Fat	13.6g
Saturated Fat	1.5g
Cholesterol	0mg
Sodium	268mg
Total Carbohydrate	43.5g
Dietary Fibre	12.1g
Total Sugars	15.6g
Protein	57.1g

## SPLIT PEA SOUP WITH TEMPEH CROUTONS - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes + inactive time

Cooking time: 40 minutes

Servings: 2

### Ingredients:

- 10ml olive oil
- 1 small onion, chopped
- 1 carrot, peeled, chopped
- 1 small celery stalk, chopped
- 1 clove garlic, minced
- ½ teaspoon dried thyme
- 1 pinch smoked paprika
- Salt and pepper, to taste
- 200g green split peas, soaked overnight
- 80g potatoes, peeled, cubed
- 500ml vegetable stock
- 5ml lemon juice

Calories	614
Total Fat	19.4g
Saturated Fat	5g
Cholesterol	0mg
Sodium	1316mg
Total Carbohydrate	82.2g
Dietary Fibre	28.3g
Total Sugars	14g
Protein	38.2g

### Tempeh:

- 120g tempeh, cut into cubes
- 10ml lemon juice
- 1 tablespoon tamari
- 10ml olive oil
- Black pepper, to taste

### Instructions:

1. To prepare the tempeh croutons, whisk together the lemon juice, tamari, syrup, oil, and a pinch of black pepper. Place the tempeh cubes in a bowl.
2. Pour the marinade over the cubes, cover, and shake a bit to coat. Refrigerate the cubes overnight.
3. Preheat oven to 180C. Arrange cubes on a baking sheet lined with parchment paper. Bake 15 minutes.
4. In the meantime, make the soup: heat olive oil in a saucepot.
5. Add the onion, carrots, and celery. Cook for 5-7 minutes, or until the onions are soft and clear. Add the garlic, thyme, and paprika. Cook for another minute, or until the garlic is fragrant.
6. Add the salt, pepper, split peas, potato, and vegetable stock to the pot. Bring mixture to a boil, reduce heat to low, and cover. Simmer for 40 minutes.
7. Use an immersion blender to puree the soup. Finally, stir in the lemon juice.
8. To serve, divide the soup into bowls and top each bowl with a few tempeh croutons.

## BIG PROTEIN SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 280ml organic almond milk
- 80g raspberries, frozen
- 50g broccoli, frozen
- 2 tablespoons peanut powder, pb2
- 60g rice protein, vanilla flavor
- 1 banana, sliced
- 3 ice cubes
- 30g almonds
- 1 date, pitted

### Instructions:

1. Combine all ingredients in a high-powder food blender.
2. Blend on high until smooth.
3. Serve.

Calories	780
Total Fat	26.7g
Saturated Fat	1.9g
Cholesterol	0mg
Sodium	446mg
Total Carbohydrate	74.9g
Dietary Fibre	18g
Total Sugars	35.7g
Protein	70.5g

# RED LENTIL SHAKSHUKA

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 2

## Ingredients:

- 20ml olive oil
- 1 small onion, chopped
- ½ carrot, peeled, chopped
- Salt and pepper, to taste
- 1 clove garlic, minced
- ½ tablespoon curry powder
- 380g strained tomatoes
- 85g red lentils, dry
- 60ml coconut milk
- 50ml water
- 120g firm tofu, drained, cut crosswise
- 2 tablespoons chopped cilantro
- 180g cooked quinoa, to serve with

Calories	528
Total Fat	21.9g
Saturated Fat	8.4g
Cholesterol	0mg
Sodium	50mg
Total Carbohydrate	64.1g
Dietary Fibre	21.3g
Total Sugars	12.1g
Protein	22.8g

## Instructions:

1. In a medium-sized skillet over medium heat, warm the olive oil.
2. Add the onions, carrots, and salt and cook for 8 minutes, stirring occasionally.
3. Add the garlic and cook for another minute, then the curry powder. Cook for 30 seconds, stirring constantly, or until the curry is fragrant.
4. Add the tomatoes with their juice, lentils, coconut milk, water, and a pinch of salt and black pepper.
5. Bring to a boil, then lower heat to maintain a simmer. Cook for about 20 minutes, or until the lentils are tender, stirring frequently and scraping the bottom the pan so the sauce doesn't stick.
6. In the meantime, spray clean skillet with some cooking spray. Season tofu with salt and pepper.
7. Cook the tofu for 3 minutes per side or until browned. Transfer the tofu into skillet with lentils. Allow to rest for 5 minutes.
8. Sprinkle with cilantro and serve with quinoa.



## SATURDAY QUINOA BREAKFAST PUDDING

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 1

### Ingredients:

- 150g cooked quinoa
- 60g rice protein, vanilla flavor
- 140ml coconut milk
- 1 teaspoon maple syrup
- 1 teaspoon chia seeds
- 30g blueberries
- 20grapsberries

### Instructions:

1. Combine cooked quinoa, rice protein, coconut milk, maple syrup, and chia seeds in a saucepan.
2. Set over medium heat and cook stirring for 5 minutes, or until just thickened. Stir in blueberries and mash gently.
3. Transfer into a bowl and top with raspberries.
4. Serve.

Calories	803
Total Fat	39.1g
Saturated Fat	30.2g
Cholesterol	0mg
Sodium	104mg
Total Carbohydrate	58.3g
Dietary Fibre	11.1g
Total Sugars	15.6g
Protein	59.9g

## RED LENTIL SHAKSHUKA - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 20ml olive oil
- 1 small onion, chopped
- ½ carrot, peeled, chopped
- Salt and pepper, to taste
- 1 clove garlic, minced
- ½ tablespoon curry powder
- 380g strained tomatoes
- 85g red lentils, dry
- 60ml coconut milk
- 50ml water
- 120g firm tofu, drained, cut crosswise
- 2 tablespoons chopped cilantro
- 180g cooked quinoa, to serve with

### Instructions:

1. In a medium-sized skillet over medium heat, warm the olive oil.
2. Add the onions, carrots, and salt and cook for 8 minutes, stirring occasionally.
3. Add the garlic and cook for another minute, then the curry powder. Cook for 30 seconds, stirring constantly, or until the curry is fragrant.
4. Add the tomatoes with their juice, lentils, coconut milk, water, and a pinch of salt and black pepper.
5. Bring to a boil, then lower heat to maintain a simmer. Cook for about 20 minutes, or until the lentils are tender, stirring frequently and scraping the bottom the pan so the sauce doesn't stick.
6. In the meantime, spray clean skillet with some cooking spray. Season tofu with salt and pepper.
7. Cook the tofu for 3 minutes per side or until browned. Transfer the tofu into skillet with lentils. Allow to rest for 5 minutes.
8. Sprinkle with cilantro and serve with quinoa.

Calories	528
Total Fat	21.9g
Saturated Fat	8.4g
Cholesterol	0mg
Sodium	50mg
Total Carbohydrate	64.1g
Dietary Fibre	21.3g
Total Sugars	12.1g
Protein	22.8g

## DATE, BANANA AND PEANUT SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 1 large banana, sliced
- 280ml organic almond milk
- 60g rice protein, chocolate flavor
- 2 dates, pitted
- 1 tablespoon hemp seeds
- 2 tablespoons peanut powder, pb2

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	671
Total Fat	18g
Saturated Fat	1.1g
Cholesterol	0mg
Sodium	429mg
Total Carbohydrate	66.9g
Dietary Fibre	9.4g
Total Sugars	37.5g
Protein	67.2g

## SCRAMBLE WITH SPINACH SALAD

Preparation time: 5 minutes

Cooking time: 15 minutes

Servings: 2

### Ingredients:

- 10ml olive oil
- 150g firm tofu, drained and pressed
- 120g cooked chickpeas
- 1 clove garlic, minced
- 100g cherry tomatoes
- 15g tahini
- 30g garlic roasted hummus
- ½ tablespoon tamari
- 15ml lemon juice
- Salt and pepper, to taste
- 150g amaranth, cooked
- 50g baby spinach

### Instructions:

1. Heat the oil in a skillet or a large saucepan over medium high heat. Add the tofu.
2. Cook for about 2 minutes per side, until each side is lightly browned.
3. Add the garlic and cook for 1 minute longer.
4. Add the chickpeas, cherry tomatoes, tahini, hummus, tamari, and lemon to the pan. Cook until the mixture is thoroughly warmed and soft. Serve over spinach salad and with cooked amaranth.

Calories	466
Total Fat	23.4g
Saturated Fat	3.4g
Cholesterol	0mg
Sodium	365mg
Total Carbohydrate	44.4g
Dietary Fibre	9.8g
Total Sugars	4.7g
Protein	23.4g

## SUNDAY BANANA PEAR AND AVOCADO SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 1 banana, sliced
- ½ avocado, pitted, sliced
- 1 small pear, cored, peeled, sliced
- 30g spinach
- 1 teaspoon lemon juice
- 280ml organic almond milk
- 60g rice protein
- 1 tablespoon hemp seeds
- 1 date, pitted

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Add more milk to thin the smoothie, if desired.
4. Serve.

Calories	775
Total Fat	28.6g
Saturated Fat	3g
Cholesterol	0mg
Sodium	274mg
Total Carbohydrate	76.5g
Dietary Fibre	15.1g
Total Sugars	42.1g
Protein	59.9g

## SCRAMBLE WITH SPINACH SALAD - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 15 minutes

Servings: 2

### Ingredients:

- 10ml olive oil
- 150g firm tofu, drained and pressed
- 120g cooked chickpeas
- 1 clove garlic, minced
- 100g cherry tomatoes
- 15g tahini
- 30g garlic roasted hummus
- ½ tablespoon tamari
- 15ml lemon juice
- Salt and pepper, to taste
- 150g amaranth, cooked
- 50g baby spinach

### Instructions:

1. Heat the oil in a skillet or a large saucepan over medium high heat. Add the tofu.
2. Cook for about 2 minutes per side, until each side is lightly browned.
3. Add the garlic and cook for 1 minute longer.
4. Add the chickpeas, cherry tomatoes, tahini, hummus, tamari, and lemon to the pan. Cook until the mixture is thoroughly warmed and soft. Serve over spinach salad and with cooked amaranth.

Calories	466
Total Fat	23.4g
Saturated Fat	3.4g
Cholesterol	0mg
Sodium	365mg
Total Carbohydrate	44.4g
Dietary Fibre	9.8g
Total Sugars	4.7g
Protein	23.4g

## BANANA CHERRY SMOOTHIE

Preparation time: 5 minutes  
Servings: 1

### Ingredients:

- 1 large banana
- 2 tablespoons peanut butter
- 60g rice protein, vanilla flavor
- ½ teaspoon cinnamon
- 60g cherries, frozen
- 270ml soy milk

### Instructions:

1. Blend all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	702
Total Fat	20.5g
Saturated Fat	3.9g
Cholesterol	0mg
Sodium	350mg
Total Carbohydrate	67g
Dietary Fibre	7.9g
Total Sugars	38.3g
Protein	67g

## FAST NUTRITIOUS SALAD

Preparation time: 10 minutes  
Servings: 2

### Ingredients:

- 400g cooked green peas (cook 3 minutes in simmering water, submerge in cold water to stop the cooking process)
- 400g cooked lentils
- 50g arugula
- 3 tablespoons capers

### Dressing:

- 30g peanut butter
- 15ml caper brine
- 15g tahini
- 15ml tamari
- 15ml balsamic vinegar
- 30ml hot sauce, desired brand

### Instructions:

1. Whisk together all ingredients in a bowl until they come together to a smooth dressing.
2. Mix arugula, peas, lentils, and capers in a bowl. Top with dressing and enjoy.

Calories	539
Total Fat	13.2g
Saturated Fat	2.4g
Cholesterol	0mg
Sodium	1511mg
Total Carbohydrate	75.7g
Dietary Fibre	29.3g
Total Sugars	15.3g
Protein	35.4g

# Week 1 - 2500cal

## GROCERY LIST

### Fruits:

- Banana, 11 pieces
- Lemon, 2 pieces
- Raspberries, 120g
- Avocado, 3 pieces
- Blueberries, 110g
- Cherries, frozen, 60g
- Dates, pitted, 7 pieces
- Medjool date, 1 piece
- Mixed berries, 80g
- Orange, 1 piece
- Pear, 1 piece
- Pineapple, 60g
- Strawberries, 120g
- Sultanas, 20g

### Vegetables:

- Arugula, 50g
- Broccoli, 1120g
- Kale, 40g
- Spinach, 390g
- Asparagus, 95g
- Baby spinach, 50g
- Carrots, 2 pieces
- Cherry tomatoes, 100g
- Celery, stalk, 100g
- Garlic, cloves, 7 cloves
- Onion, 4 pieces
- Potatoes, 80g
- Radishes, 4 pieces
- Red chili pepper, 1 piece

### Grains and Cereals:

- Rolled oats, 20g
- Amaranth, cooked, 150g
- Buckwheat cereals, 20g
- Quinoa, cooked, 750g
- Oatmeal, 50g

### Can Products:

- Strained tomatoes, 380g

### Beans and Legumes:

- Chickpeas, 420g
- Green peas, 400g
- Lentils, 600g
- Green lentils, 95g
- Split peas, 200g
- Red lentils, 85g

### Spices and Herbs:

- Soy sauce
- Cilantro
- Cinnamon
- Dijon
- Turmeric
- Smoked paprika
- Salt
- Pepper
- Rice vinegar
- Dill
- Parsley
- Tamari
- Thyme
- Mint

### Butter; and Oil:

- Peanut butter, 70g
- Almond butter, 55g
- Olive oil, 125ml
- Tahini, 30g

### Nuts and Seeds:

- Almonds, whole, 20g
- Almonds, chopped, 60g
- Chia seeds, 40g
- Hemp seeds, 30g
- Almonds, slivered, 10g
- Sunflower seeds, 5g

### Soy Products:

- Tofu, firm, 270g
- Soy milk, 270ml
- Tempeh, 350g

### Non-Dairy:

- Coconut milk, 600ml
- Almond yogurt, 150g
- Cashew milk, 220ml
- Almond yogurt, cultured, 100g
- Almond milk, organic, 2.79liters

### Protein Powder:

- Rice protein, 825g

### Sweeteners:

- Maple syrup, 25ml

### Additional:

- Capers, 4 tablespoons
- Garlic roasted hummus, 30g
- Hummus, plain, 30g
- Peanut powder, 111g
- Sun dried tomatoes, packed in oil, 35g
- Vegetable stock, 550ml

## Week 2 - 2500 Cal

### MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFASTS	Vanilla Chia Oats with Rhubarb Compote	Buckwheat Coconut Banana Porridge	Green Breakfast	Instant Muesli	Super Bowl	Pear Muesli	Creamy Porridge
LUNCH	Fast Nutritious Salad – previous night dinner	Amaranth Polenta with Chickpea Marinara – previous night dinner	Protein Packed Salad – previous night dinner	Lentils Soup with Avocado – previous night dinner	Creamy Kale and Chickpeas – previous night dinner	Cauliflower Chickpea Bowl – previous night dinner	Delicious Mixed Bowl – previous night dinner
SNACKS	Strawberry Almond Smoothie	Mango Avocado Smoothie	Green Colada Smoothie	XXL Smoothie	Strawberry Avocado Mint Smoothie	Mango Coconut Smoothie	Protein Pineapple Mint Smoothie
DINNER	Amaranth Polenta with Chickpea Marinara	Protein Packed Salad	Lentils Soup with Avocado	Creamy Kale and Chickpeas	Cauliflower Chickpea Bowl	Delicious Mixed Bowl	Savory Chickpea Pancakes

## MONDAY

### VANILLA CHIA OATS WITH RHUBARB COMPOTE

Preparation time: 10 minutes + inactive time

Cooking time: 15 minutes

Servings: 1

#### Ingredients:

- 200ml organic almond milk
- 1 date, pitted
- 60g rice protein, vanilla flavor
- 30g rolled oats
- 1 tablespoon chia seeds

#### Compote:

- 120g rhubarb, chopped
- 20g coconut sugar
- 40ml water

#### Instructions:

1. To make the overnight oats, blend the almond milk with the dates and rice protein.
2. Transfer the oats and chia seeds to a large bowl and pour the milk over them. Stir everything well.
3. Cover and place in the fridge overnight. In the morning, add an extra splash of almond milk if the mixture is very thick.
4. To prepare the stewed rhubarb, place the rhubarb, water, and sugar in a small saucepan. Bring it to a boil as you stir, to dissolve the sugar. Reduce the heat to a simmer and simmer, uncovered, for 15-20 minutes, or until it has thickened to resemble a loose jam. Taste and add an extra pinch of sugar if it's a little too tart for you.
5. To serve, scoop the overnight oats into two bowls and top each with stewed rhubarb.

Calories	598
Total Fat	12.2g
Saturated Fat	1.3g
Cholesterol	0mg
Sodium	199mg
Total Carbohydrate	67.5g
Dietary Fibre	10.9g
Total Sugars	33.7g
Protein	58g

## FAST NUTRITIOUS SALAD - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Servings: 2

#### Ingredients:

- 400g cooked green peas (cook 3 minutes in simmering water, submerge in cold water to stop the cooking process)
- 400g cooked lentils
- 50g arugula
- 3 tablespoons capers

#### Dressing:

- 30g peanut butter
- 15ml caper brine
- 15g tahini
- 15ml tamari
- 15ml balsamic vinegar
- 30ml hot sauce, desired brand

#### Instructions:

1. Whisk together all ingredients in a bowl until they come together to a smooth dressing.
2. Mix arugula, peas, lentils, and capers in a bowl. Top with dressing and enjoy.

Calories	539
Total Fat	13.2g
Saturated Fat	2.4g
Cholesterol	0mg
Sodium	1511mg
Total Carbohydrate	75.7g
Dietary Fibre	29.3g
Total Sugars	15.3g
Protein	35.4g

## STRAWBERRY ALMOND SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 220ml organic almond milk
- 40ml coconut milk
- 40g almonds
- 60g rice protein, vanilla flavor
- 70g strawberries
- 1 tablespoon hemp seeds

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	738
Total Fat	42.6g
Saturated Fat	10.8g
Cholesterol	0mg
Sodium	211mg
Total Carbohydrate	28.2g
Dietary Fibre	7.8g
Total Sugars	13.7g
Protein	64.8g

## AMARANTH POLENTA WITH CHICKPEA MARINARA

Preparation time: 5 minutes

Cooking time: 40 minutes

Servings: 2

### Ingredients:

#### Marinara:

- 10ml olive oil
- 1 onion, chopped
- ½ tablespoon coconut sugar
- 2 cloves garlic, minced
- ¼ teaspoon dried thyme
- ¼ teaspoon dried oregano
- 2 tablespoons tomato paste
- Salt and pepper, to taste
- 250g cooked chickpeas
- 300g can chopped tomatoes

#### Amaranth polenta:

- 350ml vegetable stock
- 120g amaranth
- 30ml soy milk
- 1 tablespoon nutritional yeast
- ¼ teaspoon garlic powder
- Salt, to taste

### Instructions:

1. To make the marinara, heat the olive oil in a medium pot over medium-high heat. Add the onion and coconut sugar.
2. Cook the onions for 5-7 minutes, or until they're golden.
3. Add the garlic and cook for 2 minutes.
4. Stir in the oregano, thyme, salt, tomatoes, tomato paste, and chickpeas.
5. Simmer, uncovered, for 10 minutes. Remove from heat.
6. To prepare the polenta, bring the broth and salt to boil in a medium sized pot. When it boils, whisk in the amaranth and reduce the heat to medium low.
7. Cook, uncovered, stirring frequently for 20-25 minutes, or until the mixture is thick and a bit bubbly.
8. Stir in the soy milk, nutritional yeast, garlic, and pepper.
9. Simmer for another 5 minutes, or until the polenta has a thick texture.
10. Divide the amaranth into two and top each with a cup of chickpea marinara.
11. Serve.

Calories	603
Total Fat	14.2g
Saturated Fat	3.7g
Cholesterol	0mg
Sodium	617mg
Total Carbohydrate	97.8g
Dietary Fibre	19.1g
Total Sugars	17.6g
Protein	27.1g



## TUESDAY

### BUCKWHEAT COCONUT BANANA PORRIDGE

Preparation time: 10 minutes + inactive time

Servings: 1

#### Ingredients:

- 35g buckwheat groats, soaked overnight, rinsed, drained
- 90ml coconut milk
- 20ml coconut water
- ¼ teaspoon cinnamon
- 60g rice protein, chocolate flavor
- ½ tablespoon flax meal
- 10ml maple syrup

#### Topping:

- 1 banana, sliced

#### Instructions:

1. Place the buckwheat groats in a food processor and pulse a few times to break down. add the coconut milk, maple syrup, cinnamon, rice protein, and flax seeds.
2. Process till the mixture has a smooth consistency.
3. Transfer into a bowl and top with sliced banana.

Calories	605
Total Fat	23.8g
Saturated Fat	19.3g
Cholesterol	0mg
Sodium	90mg
Total Carbohydrate	46g
Dietary Fibre	6.8g
Total Sugars	15g
Protein	55.8g

## AMARANTH POLENTA WITH CHICKPEA MARINARA - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 40 minutes

Servings: 2

### Ingredients:

#### Marinara:

- 10ml olive oil
- 1 onion, chopped
- ½ tablespoon coconut sugar
- 2 cloves garlic, minced
- ¼ teaspoon dried thyme
- ¼ teaspoon dried oregano
- 2 tablespoons tomato paste
- Salt and pepper, to taste
- 250g cooked chickpeas
- 300g can chopped tomatoes

#### Amaranth polenta:

- 350ml vegetable stock
- 120g amaranth
- 30ml soy milk
- 1 tablespoon nutritional yeast
- ¼ teaspoon garlic powder
- Salt, to taste

### Instructions:

1. To make the marinara, heat the olive oil in a medium pot over medium-high heat. Add the onion and coconut sugar.
2. Cook the onions for 5-7 minutes, or until they're golden.
3. Add the garlic and cook for 2 minutes.
4. Stir in the oregano, thyme, salt, tomatoes, tomato paste, and chickpeas.
5. Simmer, uncovered, for 10 minutes. Remove from heat.
6. To prepare the polenta, bring the broth and salt to boil in a medium sized pot. When it boils, whisk in the amaranth and reduce the heat to medium low.
7. Cook, uncovered, stirring frequently for 20-25 minutes, or until the mixture is thick and a bit bubbly.
8. Stir in the soy milk, nutritional yeast, garlic, and pepper.
9. Simmer for another 5 minutes, or until the polenta has a thick texture.
10. Divide the amaranth into two and top each with a cup of chickpea marinara.
11. Serve.

Calories	603
Total Fat	14.2g
Saturated Fat	3.7g
Cholesterol	0mg
Sodium	617mg
Total Carbohydrate	97.8g
Dietary Fibre	19.1g
Total Sugars	17.6g
Protein	27.1g

## MANGO AVOCADO SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml organic almond milk
- 100g mango
- 60g rice protein, vanilla flavor
- 1 tablespoon hemp seeds
- ½ avocado, peeled, sliced

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	624
Total Fat	21.9g
Saturated Fat	3.1g
Cholesterol	0mg
Sodium	163mg
Total Carbohydrate	79.9g
Dietary Fibre	24.5g
Total Sugars	5.8g
Protein	30.5g

## PROTEIN PACKED SALAD

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 2

### Ingredients:

- 40g quinoa, dry
- 100g shelled edamame
- 2 roasted bell peppers, chopped (get those from a jar)
- 250g cooked kidney beans
- 200g cooked black beans
- 60g arugula
- 150g green beans, cut into 2cm pieces, steamed
- 2 spring onions, chopped
- Salt and pepper, to taste

### Vinaigrette:

- 1 small head garlic, topped sliced
- 35ml olive oil
- 30ml lemon juice
- ½ tablespoon raw cider vinegar
- 1 teaspoon Dijon mustard
- ½ teaspoon maple syrup
- Salt and pepper, to taste

### Instructions:

1. Preheat your oven to 180C. Drizzle a little olive oil over the head of the garlic and rub it over the exposed garlic cloves. Wrap the garlic in foil, place it on a baking sheet, and roast for 30-35 minutes, or until the cloves are soft and fragrant.
2. While the garlic roasts, rinse the quinoa through a fine sieve. Cook the quinoa according to package directions. Fluff the quinoa with a fork, re-cover, and allow it to rest while you prepare the rest of the salad.
3. When the garlic is ready, squeeze all of the cloves out of the garlic head into a blender or a food processor. Add all remaining dressing ingredients. Blend the dressing till smooth.
4. To prepare the salad, combine the edamame, green beans, bell pepper, kidney beans, black beans, and arugula into a large mixing bowl.
5. Add the cooked quinoa, green onions if using, and then the vinaigrette. Toss the salad well to combine, then adjust salt and pepper to taste.
6. Serve.

Calories	624
Total Fat	21.9g
Saturated Fat	3.1g
Cholesterol	0mg
Sodium	163mg
Total Carbohydrate	79.9g
Dietary Fibre	24.5g
Total Sugars	5.8g
Protein	30.5g

## WEDNESDAY GREEN BREAKFAST

Preparation time: 10 minutes

Servings: 1

### Ingredients:

- 200ml organic almond milk
- 1 kale leaf
- 1 banana, sliced
- 1 small kiwi, peeled, sliced
- 130g cooked quinoa
- 50g rice protein
- 1 tablespoon pumpkin seeds
- 2 tablespoons pomegranate seeds/arils

### Instructions:

1. Combine almond milk, kale, kiwi, banana, and rice protein in a food blender.
2. Blend until smooth.
3. Transfer into a bowl.
4. Stir in quinoa, and top with pumpkin seeds and pomegranate seeds.
5. Serve.

Calories	642
Total Fat	13g
Saturated Fat	1.3g
Cholesterol	0mg
Sodium	200mg
Total Carbohydrate	82.5g
Dietary Fibre	9.6g
Total Sugars	29.8g
Protein	52.2g

## PROTEIN PACKED SALAD - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 2

### Ingredients:

- 40g quinoa, dry
- 100g shelled edamame
- 2 roasted bell peppers, chopped (get those from a jar)
- 250g cooked kidney beans
- 200g cooked black beans
- 60g arugula
- 150g green beans, cut into 2cm pieces, steamed
- 2 spring onions, chopped
- Salt and pepper, to taste

### Vinaigrette:

- 1 small head garlic, topped sliced
- 35ml olive oil
- 30ml lemon juice
- ½ tablespoon raw cider vinegar
- 1 teaspoon Dijon mustard
- ½ teaspoon maple syrup
- Salt and pepper, to taste

### Instructions:

1. Preheat your oven to 180C. Drizzle a little olive oil over the head of the garlic and rub it over the exposed garlic cloves. Wrap the garlic in foil, place it on a baking sheet, and roast for 30-35 minutes, or until the cloves are soft and fragrant.
2. While the garlic roasts, rinse the quinoa through a fine sieve. Cook the quinoa according to package directions. Fluff the quinoa with a fork, re-cover, and allow it to rest while you prepare the rest of the salad.
3. When the garlic is ready, squeeze all of the cloves out of the garlic head into a blender or a food processor. Add all remaining dressing ingredients. Blend the dressing till smooth.
4. To prepare the salad, combine the edamame, green beans, bell pepper, kidney beans, black beans, and arugula into a large mixing bowl.
5. Add the cooked quinoa, green onions if using, and then the vinaigrette. Toss the salad well to combine, then adjust salt and pepper to taste.
6. Serve.

Calories	624
Total Fat	21.9g
Saturated Fat	3.1g
Cholesterol	0mg
Sodium	163mg
Total Carbohydrate	79.9g
Dietary Fibre	24.5g
Total Sugars	5.8g
Protein	30.5g

## GREEN COLADA SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 1 teaspoon ginger, minced
- 10ml lemon juice
- 40ml coconut milk
- 80ml organic almond milk
- 80ml coconut water
- 1 banana, sliced
- 30g kale, stems removed
- ½ tablespoon flax seeds
- 1 tablespoon hemp seeds
- 5ml maple syrup
- 60g rice protein

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	638
Total Fat	23g
Saturated Fat	11.8g
Cholesterol	0mg
Sodium	229mg
Total Carbohydrate	51.5g
Dietary Fibre	7.2g
Total Sugars	27.1g
Protein	58.9g

## LENTILS SOUP WITH AVOCADO

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 10ml olive oil
- 1 onion, chopped
- 1 clove garlic, minced
- 1 teaspoon minced ginger
- 1 carrot, sliced
- 80g dry red lentils, rinsed
- 1 sweet potato, peeled, and cubed
- ½ teaspoon turmeric
- 1 teaspoon mild curry powder
- Salt and pepper, to taste
- 500ml vegetable stock
- 60ml coconut milk
- ½ avocado, pitted, cubed

### Instructions:

1. Heat oil in a large pot over medium heat.
2. Add onion and carrots. Cook until the onion is soft and clear, about 5 minutes.
3. Add the garlic and ginger. Cook for 1 more minute, stirring frequently. If the vegetables start to stick, add a tablespoon or two of water.
4. Add the lentils, potato, turmeric, curry, salt, pepper, and vegetable stock.
5. Bring the mixture to a boil. Reduce to a simmer, stir in coconut milk, and cook for 25 minutes, or until the lentils and sweet potato are tender.
6. Allow lentils to cool a bit, then serve with fresh avocado cubes.

Calories	551
Total Fat	24.8g
Saturated Fat	11.5g
Cholesterol	0mg
Sodium	821mg
Total Carbohydrate	76.6g
Dietary Fibre	18.8g
Total Sugars	8.1g
Protein	16g

## THURSDAY INSTANT MUESLI

Preparation time: 10 minutes

Servings: 1

### Ingredients:

- 15g dried apple rings, chopped
- 1 tablespoon coconut yogurt
- 60g rice protein, vanilla flavor
- 1 teaspoon sunflower seeds
- ½ teaspoon chia seeds
- 35g porridge oats
- 20g chopped dates
- 5ml maple syrup
- 30g strawberries, sliced

### Instructions:

1. Cut the apple rings into bite-sized pieces, then mix all the ingredients, except the strawberries and maple syrup, in a bowl and let sit for a minute or two, until the mix is soft and creamy.
2. Serve topped with strawberries and maple syrup.

Calories	513
Total Fat	4.3g
Saturated Fat	0.9g
Cholesterol	0mg
Sodium	88mg
Total Carbohydrate	64.2g
Dietary Fibre	7.9g
Total Sugars	32.1g
Protein	55.3g

## LENTILS SOUP WITH AVOCADO - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 10ml olive oil
- 1 onion, chopped
- 1 clove garlic, minced
- 1 teaspoon minced ginger
- 1 carrot, sliced
- 80g dry red lentils, rinsed
- 1 sweet potato, peeled, and cubed
- ½ teaspoon turmeric
- 1 teaspoon mild curry powder
- Salt and pepper, to taste
- 500ml vegetable stock
- 60ml coconut milk
- ½ avocado, pitted, cubed

### Instructions:

1. Heat oil in a large pot over medium heat.
2. Add onion and carrots. Cook until the onion is soft and clear, about 5 minutes.
3. Add the garlic and ginger. Cook for 1 more minute, stirring frequently. If the vegetables start to stick, add a tablespoon or two of water.
4. Add the lentils, potato, turmeric, curry, salt, pepper, and vegetable stock.
5. Bring the mixture to a boil. Reduce to a simmer, stir in coconut milk, and cook for 25 minutes, or until the lentils and sweet potato are tender.
6. Allow lentils to cool a bit, then serve with fresh avocado cubes.

Calories	551
Total Fat	24.8g
Saturated Fat	11.5g
Cholesterol	0mg
Sodium	821mg
Total Carbohydrate	76.6g
Dietary Fibre	18.8g
Total Sugars	8.1g
Protein	16g

## XXL SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 270ml soy milk
- 30ml water
- 60g rice protein, vanilla flavor
- 2 tablespoons peanut powder pb2
- 30g spinach
- 60g broccoli, frozen
- 1 banana, sliced
- 30g raspberries
- 40g almonds
- 1 tablespoon ground flax seeds

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Add more water if desired, to thin the smoothie.
4. Serve.

Calories	898
Total Fat	31.2g
Saturated Fat	2.6g
Cholesterol	0mg
Sodium	461mg
Total Carbohydrate	81.4g
Dietary Fibre	20.4g
Total Sugars	35.6g
Protein	82.6g

## CREAMY KALE AND CHICKPEAS

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 10ml olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- ½ teaspoon cumin seeds
- ½ tablespoon minced ginger
- ¾ teaspoon Garam Masala
- ¼ teaspoon turmeric
- ¼ teaspoon coriander
- 120g kale, chopped
- 60ml vegetable stock
- 120ml soy milk
- 30g raw cashews
- 1 tablespoon nutritional yeast
- ¾ tablespoon tomato paste
- 200g cooked chickpeas
- 180g cooked quinoa, to serve with
- 1 pinch red pepper flakes
- Salt and pepper, to taste

### Instructions:

1. Heat olive oil in a large, non-stick skillet over medium-high heat. Add onion and cook until softened and beginning to brown, 4-5 minutes.
2. Add the garlic, ginger, and cumin seeds and cook for 1 minute. Add the remaining spices and cook for another minute, stirring constantly to prevent burning.
3. Reduce heat to medium. Stir in the kale and vegetable stock. Cover and cook until the kale is bright green and tender, about 5 minutes, stirring occasionally.
4. While the kale is cooking, put the soy milk, cashews, nutritional yeast, and tomato paste in the blender and puree until smooth. When the kale is done, add it to the blender and blend until smooth.
5. Transfer blended mixture back to the skillet and bring to a simmer. Check seasonings and add more to taste.
6. Stir in chickpeas and continue simmering about 10 minutes. Add salt to taste and serve over cooked quinoa.

Calories	531
Total Fat	18.5g
Saturated Fat	2.8g
Cholesterol	0mg
Sodium	179mg
Total Carbohydrate	74g
Dietary Fibre	15.2g
Total Sugars	11.1g
Protein	23.3g

## FRIDAY SUPER BOWL

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 1

### Ingredients:

- 50g rolled oats
- 50g rice protein, vanilla flavor
- 100ml boiling water
- 80ml organic almond milk
- 1 tablespoon almond butter
- 1 teaspoon chia seeds
- 1 teaspoon pumpkin seeds
- 5ml maple syrup
- 30g blueberries

### Instructions:

1. Place the oats in a saucepan with the boiling water, stir it together and then let it sit with the lid of the pan on for 10 minutes.
2. Once the oats have soaked and are soft, place the pan on a heat heat it up with the almond milk for 3-4, stirring it every minute or so. Remove from the heat and stir in rice protein.
3. Serve topped with chia seeds, pumpkin seeds, almond butter and blueberries.

Calories	576
Total Fat	17.3g
Saturated Fat	1.8g
Cholesterol	0mg
Sodium	116mg
Total Carbohydrate	54.5g
Dietary Fibre	9g
Total Sugars	12.3g
Protein	52.8g

## CREAMY KALE AND CHICKPEAS - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 10ml olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- ½ teaspoon cumin seeds
- ½ tablespoon minced ginger
- ¾ teaspoon Garam Masala
- ¼ teaspoon turmeric
- ¼ teaspoon coriander
- 120g kale, chopped
- 60ml vegetable stock
- 120ml soy milk
- 30g raw cashews
- 1 tablespoon nutritional yeast
- ¾ tablespoon tomato paste
- 200g cooked chickpeas
- 180g cooked quinoa, to serve with
- 1 pinch red pepper flakes
- Salt and pepper, to taste

### Instructions:

1. Heat olive oil in a large, non-stick skillet over medium-high heat. Add onion and cook until softened and beginning to brown, 4-5 minutes.
2. Add the garlic, ginger, and cumin seeds and cook for 1 minute. Add the remaining spices and cook for another minute, stirring constantly to prevent burning.
3. Reduce heat to medium. Stir in the kale and vegetable stock. Cover and cook until the kale is bright green and tender, about 5 minutes, stirring occasionally.
4. While the kale is cooking, put the soy milk, cashews, nutritional yeast, and tomato paste in the blender and puree until smooth. When the kale is done, add it to the blender and blend until smooth.
5. Transfer blended mixture back to the skillet and bring to a simmer. Check seasonings and add more to taste.
6. Stir in chickpeas and continue simmering about 10 minutes. Add salt to taste and serve over cooked quinoa.

Calories	531
Total Fat	18.5g
Saturated Fat	2.8g
Cholesterol	0mg
Sodium	179mg
Total Carbohydrate	74g
Dietary Fibre	15.2g
Total Sugars	11.1g
Protein	23.3g



# STRAWBERRY AVOCADO MINT SMOOTHIE

Preparation time: 5 minutes  
Servings: 1

Ingredients:

- ½ banana, frozen (slice before freezing)
- ½ avocado, peeled, sliced
- 60g rice protein, vanilla flavor
- 1 ½ tablespoons hemp seeds
- 120g strawberries, halved
- 280ml cashew milk

Instructions:

1. Blend all ingredients in a food blender until smooth and creamy.
2. Serve.

Calories	733
Total Fat	27.5g
Saturated Fat	2.6g
Cholesterol	0mg
Sodium	291mg
Total Carbohydrate	66.1g
Dietary Fibre	12.6g
Total Sugars	34.4g
Protein	60.1g

## CAULIFLOWER CHICKPEA BOWL

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- ½ teaspoon cumin seeds
- 1 head cauliflower, cut into florets
- Salt and pepper, to tasted
- 10ml olive oil
- 2 tablespoons breadcrumbs, plain, Vegan

### Chickpeas:

- 300g cooked chickpeas
- 10ml olive oil
- Salt and pepper, to taste
- ½ teaspoon cumin powder
- ½ teaspoon cayenne
- ½ teaspoon paprika
- 1 teaspoon lime juice
- ¼ teaspoon cinnamon

### Dressing:

- 50g raw cashews, soaked overnight, rinsed, drained
- 20ml water
- 10g mint
- 1 pinch cumin powder
- 1 pinch garlic powder
- Salt, to taste

### Salad:

- 60g baby spinach
- 100g cherry tomatoes
- 20g slivered almonds

### Instructions:

1. Toast the cumin seeds on a skillet over medium heat until fragrant, for 2 minutes. Grind into a coarse powder. Toss the cauliflower florets in oil or spray oil to coat all the florets. Rub a little with your hands to coat. Add salt, cumin and the spices and mix well to coat. Add breadcrumbs and toss to coat. Place on baking sheet and bake 220C for 25 minutes.
2. Add chickpeas and all the ingredients except lime juice in a skillet. Cook over medium heat for 3 to 4 minutes. Add lime juice and toss.
3. Make the herb sauce: rinse and drain cashews. Blend everything until well combined.
4. Combine cherry tomatoes and spinach in a bowl. Top with cauliflower and chickpeas. Drizzle all with cashew sauce and sprinkle with almonds.
5. Serve.

Calories	653
Total Fat	31.2g
Saturated Fat	4.6g
Cholesterol	0mg
Sodium	180mg
Total Carbohydrate	76.5g
Dietary Fibre	23.1g
Total Sugars	17.8g
Protein	27.6g

## SATURDAY PEAR MUESLI

Preparation time: 15 minutes

Servings: 1

### Ingredients:

- 250ml organic almond milk
- 20g cashews, soaked overnight
- 1 Medjool date
- 50g rice protein, vanilla flavor

### Muesli:

- 25g rolled oats
- 1 teaspoon chia seeds
- 1 tablespoon raisins
- ¼ teaspoon cinnamon
- ¼ teaspoon ginger powder
- 1 small pear, sliced, or grated

### Instructions:

1. Rinse and drain cashews. Place in a food blender and add almond milk, dates, and rice protein.
2. Blend until smooth.
3. Stir in oats, chia seeds, raisins, cinnamon, ginger and pear.
4. Allow to sit for 10 minutes.
5. Serve.

Calories	654
Total Fat	19.2g
Saturated Fat	2.4g
Cholesterol	0mg
Sodium	216mg
Total Carbohydrate	72g
Dietary Fibre	10.9g
Total Sugars	32.9g
Protein	51.2g

## CAULIFLOWER CHICKPEA BOWL – PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- ½ teaspoon cumin seeds
- 1 head cauliflower, cut into florets
- Salt and pepper, to tasted
- 10ml olive oil
- 2 tablespoons breadcrumbs, plain, Vegan

### Chickpeas:

- 300g cooked chickpeas
- 10ml olive oil
- Salt and pepper, to taste
- ½ teaspoon cumin powder
- ½ teaspoon cayenne
- ½ teaspoon paprika
- 1 teaspoon lime juice
- ¼ teaspoon cinnamon

### Dressing:

- 50g raw cashews, soaked overnight, rinsed, drained
- 20ml water
- 10g mint
- 1 pinch cumin powder
- 1 pinch garlic powder
- Salt, to taste

### Salad:

- 60g baby spinach
- 100g cherry tomatoes
- 20g slivered almonds

### Instructions:

1. Toast the cumin seeds on a skillet over medium heat until fragrant, for 2 minutes. Grind into a coarse powder. Toss the cauliflower florets in oil or spray oil to coat all the florets. Rub a little with your hands to coat. Add salt, cumin and the spices and mix well to coat. Add breadcrumbs and toss to coat. Place on baking sheet and bake 220C for 25 minutes.
2. Add chickpeas and all the ingredients except lime juice in a skillet. Cook over medium heat for 3 to 4 minutes. Add lime juice and toss.
3. Make the herb sauce: rinse and drain cashews. Blend everything until well combined.
4. Combine cherry tomatoes and spinach in a bowl. Top with cauliflower and chickpeas. Drizzle all with cashew sauce and sprinkle with almonds.
5. Serve.

Calories	653
Total Fat	31.2g
Saturated Fat	4.6g
Cholesterol	0mg
Sodium	180mg
Total Carbohydrate	76.5g
Dietary Fibre	23.1g
Total Sugars	17.8g
Protein	27.6g

## MANGO COCONUT SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 200ml coconut water
- 60g rice protein, vanilla flavor
- 70g mango, chopped
- 2-3 mint leaves

### Instructions:

1. Combine all ingredients in a food blender.
2. You can use the frozen mango hunks.
3. Blend until smooth and creamy.
4. Serve.

Calories	309
Total Fat	0.7g
Saturated Fat	0.4g
Cholesterol	0mg
Sodium	282mg
Total Carbohydrate	23.6g
Dietary Fibre	3.3g
Total Sugars	17.8g
Protein	50.6g

## DELICIOUS MIXED BOWL

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 180g cooked quinoa
- 350g sweet potato, peeled
- 400g can black beans, rinsed, drained
- 200g spinach
- 2 cloves garlic, minced
- 15ml olive oil
- ½ lemon, juiced
- 15g tahini
- 15ml tamari sauce
- Salt and pepper, to taste

### Dressing:

- 25g tahini
- 15ml water
- 10ml lemon juice
- 25ml olive oil

### Instructions:

1. Peel the sweet potato and cut it into chunks, place these in a steamer and allow it to steam for about 30 minutes.
2. Place the steamed sweet potato in a bowl and mash it with 1 clove of crushed garlic, 1 tablespoon of tahini, the juice of half a lemon and a little salt.
3. Heat olive oil in a skillet over medium-high heat.
4. When the sweet potato is almost ready place the black beans, beans, spinach, tamari and the remaining crushed clove of garlic into a pan and cook them for a couple of minute until the spinach has wilted and the beans are hot
5. Finally mix the dressing together in a mug, then place everything in a bowl and pour the dressing over it.
6. Serve.

Calories	888
Total Fat	32.3g
Saturated Fat	4.2g
Cholesterol	0mg
Sodium	8407mg
Total Carbohydrate	121.4g
Dietary Fibre	24.7g
Total Sugars	5.6g
Protein	38.6g

## SUNDAY CREAMY PORRIDGE

Preparation time: 5 minutes

Cooking time: 10 minutes

Servings: 1

### Ingredients:

- 250ml water
- 30g oats
- 60ml coconut milk
- 60g rice protein, vanilla flavor
- 15g almond butter
- 15ml coconut oil
- 1 banana, sliced
- 20g blueberries
- 1 tablespoon slivered almonds

### Instructions:

1. Combine the oats, water, coconut milk and slices of banana to a saucepan and allow it to heat for about 10 minutes, until the liquid has all been absorbed.
2. Stir in the almond butter and coconut oil and let them dissolve into mix.
3. Top with blueberries and slivered almonds.

Calories	767
Total Fat	35.1g
Saturated Fat	25.6g
Cholesterol	0mg
Sodium	91mg
Total Carbohydrate	61g
Dietary Fibre	8.9g
Total Sugars	22.1g
Protein	57.1g

## DELICIOUS MIXED BOWL - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

- 180g cooked quinoa
- 350g sweet potato, peeled
- 400g can black beans, rinsed, drained
- 200g spinach
- 2 cloves garlic, minced
- 15ml olive oil
- ½ lemon, juiced
- 15g tahini
- 15ml tamari sauce
- Salt and pepper, to taste

### Dressing:

- 25g tahini
- 15ml water
- 10ml lemon juice
- 25ml olive oil

### Instructions:

1. Peel the sweet potato and cut it into chunks, place these in a steamer and allow it to steam for about 30 minutes.
2. Place the steamed sweet potato in a bowl and mash it with 1 clove of crushed garlic, 1 tablespoon of tahini, the juice of half a lemon and a little salt.
3. Heat olive oil in a skillet over medium-high heat.
4. When the sweet potato is almost ready place the black beans, beans, spinach, tamari and the remaining crushed clove of garlic into a pan and cook them for a couple of minute until the spinach has wilted and the beans are hot
5. Finally mix the dressing together in a mug, then place everything in a bowl and pour the dressing over it.
6. Serve.

Calories	888
Total Fat	32.3g
Saturated Fat	4.2g
Cholesterol	0mg
Sodium	8407mg
Total Carbohydrate	121.4g
Dietary Fibre	24.7g
Total Sugars	5.6g
Protein	38.6g

# PROTEIN PINEAPPLE MINT SMOOTHIE

Preparation time: 5 minutes  
Servings: 1

Ingredients:

- 250ml coconut water
- 15g spinach
- 80g frozen pineapple
- 60g rice protein, vanilla flavor
- 1 tablespoon fresh mint, chopped

Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	322
Total Fat	0.7g
Saturated Fat	0.5g
Cholesterol	0mg
Sodium	348mg
Total Carbohydrate	26.5g
Dietary Fibre	4.6g
Total Sugars	17.5g
Protein	51.4g

## SAVORY CHICKPEA PANCAKES

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 2

### Ingredients:

- 150g chickpea flour
- 200ml water
- Salt, to taste
- 10g chives, snipped
- 10ml lemon juice

### Topping:

- 10ml olive oil
- 1 clove garlic, minced
- 100g cherry tomatoes, sliced
- 50g peas
- 2 tablespoons vegan sour cream
- ½ avocado, sliced
- Salt and pepper, to taste

Calories	518
Total Fat	22.8g
Saturated Fat	6g
Cholesterol	0mg
Sodium	75mg
Total Carbohydrate	58.6g
Dietary Fibre	14.8g
Total Sugars	13.7g
Protein	21.5g

### Instructions:

1. Place the chickpea flour into a bowl and slowly pour the water in, whisking in until the mix is smooth and there are small bubbles on the surface. At this point stir in the chives, lemon juice, salt and pepper and give it a final whisk.
2. Heat a splash of olive oil in a small saucepan.
3. Once the pan is hot pour half of the mix in. Let it cook for 2 ½ – 3 minutes, until the top side is no longer runny. Then flip and let it cook for a further 2 minutes. Then do the same with the other half of the mix, so that both pancakes are ready.
4. In the meantime, make the topping; heat olive oil in a skillet. Add garlic and cook 1 minute.
5. Add cherry tomatoes and cook 5 minutes or until softened. Stir in the peas and continue to cook for 3 minutes. Season to taste.
6. Spread sour cream over chickpea pancakes.
7. Top with cherry tomato-pea mixture and sliced avocado.
8. Serve. Keep the topping and pancakes in separate containers. You can easily reheat pancakes in a microwave.



# Week 2 - 2500cal

## GROCERY LIST

### Fruits:

- Raisins, dried, 15g
- Pineapple, frozen, 80g
- Avocado, 2 pieces
- Banana, 6 pieces
- Blueberries, 50g
- Date, pitted, 25g
- Kiwi, 1 piece
- Lemon, 2 pieces
- Mango, 170g
- Medjool, 1 piece
- Pear, 1 piece
- Pomegranate seeds, 30g
- Raspberries, 30g
- Rhubarb, 120g
- Strawberries, 220g

### Vegetables:

- Peas, 50g
- Shelled edamame, 200g
- Arugula, 120g
- Green beans, 300g
- Broccoli, 60g
- Carrot, 1 piece
- Cauliflower, 1 head
- Garlic, 8 cloves + 2 small heads
- Cauliflower, 1 head
- Cherry tomatoes, 200g
- Chives, 10g
- Kael, 1 leaf
- Onion, 2 pieces
- Spring onion, 4 pieces
- Sweet potato, 500g
- Spinach, baby, 60g
- Spinach, plain, 245g

### Grains and Cereals:

- Amaranth, 120g
- Buckwheat groats, 35g
- Oats, 30g
- Rolled oats, 105g
- Porridge oats, 35g
- Quinoa, cooked, 490g
- Quinoa, dry, 80g

### Can Products:

- Can black beans, 400g
- Can chopped tomatoes, 300g
- Tomato paste, 50g

### Beans and Legumes:

- Cooked black beans, 400g
- Chickpeas, coked, 750g
- Cooked kidney beans, 500g
- Red lentils, dry, 80g

### Spices and Herbs:

- Oregano
- Cider vinegar
- Salt
- Pepper
- Paprika
- Dijon
- Tamari sauce
- Cayenne
- Cinnamon
- Coriander
- Cumin seeds
- Curry powder
- Garam Masala
- Garlic powder
- Red pepper flakes
- Thyme
- Turmeric
- Ginger
- Mint

### Butter; and Oil:

- Coconut oil, 15ml
- Olive oil, 170ml
- Almond butter, 30g

### Nuts and Seeds:

- Almonds, slivered, 35g
- Chia seeds, 35g
- Flax seeds, 10g
- Flax seeds, whole, 1 ½ teaspoons
- Sunflower seeds, 5g
- Almonds, whole, 80g
- Hemp seeds, 40g
- Pumpkin seeds, 20g
- Cashews, 100g

### Soy Products:

- Soy milk, 420ml

### Non-Dairy:

- Coconut yogurt, 15g
- Vegan sour cream, 30g
- Organic almond milk, 1.3 liters
- Coconut milk, 290ml
- Cashew milk, 280ml

### Protein Powder:

- Rice protein, chocolate + vanilla, 810g

### Sweeteners:

- Coconut sugar, 30g
- Maple syrup, 30ml

### Additional:

- Breadcrumbs, plain, Vegan, 30g
- Chickpea flour, 150g
- Coconut water, 550ml
- Roasted bell pepper, jar, 4 pieces
- Vegetable stock, 910ml
- Nutritional yeas, 2 tablespoons
- Dried apple rings, 15g

## Week 3 - 2500 Cal

### MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFASTS	Blueberry Vanilla Apple Oats	Creamy Overnight Oats	Pinky Cookie Bowl	Date Chia Pudding with Fresh Raspberries	Nordic Porridge	Green Breakfast	Pear Cinnamon Oats
LUNCH	Savory Chickpea Pancakes – previous night dinner	Sweet Potato Carrot Mash with Chickpeas – previous night dinner	Nuts and Peas Quinoa Bowl – previous night dinner	Roasted Asparagus Salad – previous night dinner	Stir-fry with Pineapple Sauce – previous night dinner	Raw Green Soup – previous night dinner	Simple Stir Fry – previous night dinner
SNACKS	All What You Need Smoothie	Blueberry Mint Smoothie	Banana Nut Smoothie	Strawberry Broc Smoothie	Gourmet Smoothie	Creamy Currants Smoothie	Cashew Strawberry Smoothie
DINNER	Sweet Potato Carrot Mash with Chickpeas	Nuts and Peas Quinoa Bowl	Roasted Asparagus Salad	Stir-fry with Pineapple Sauce	Raw Green Soup	Simple Stir Fry	Chickpeas Pesto Salad

## MONDAY

### BLUEBERRY VANILLA APPLE OATS

Preparation time: 5 minutes

Cooking time: 10 minutes

Servings: 1

#### Ingredients:

- 100g blueberries
- 40g oatmeal
- 50g rice protein, vanilla flavor
- 240ml organic almond milk
- 1 red apple, peeled, cored, and grated
- 5ml maple syrup

#### Instructions:

1. Place the blueberries in a saucepan with a splash of boiling water. Let them bubble for 5-10 minutes until the blueberries are soft and juicy
2. Mix the grated apple, oats and organic almond milk in a separate saucepan and cook for 3-5 minutes.
3. Once the compote and porridge have cooked mix them together, add protein powder, maple syrup, and enjoy.

Calories	619
Total Fat	9.9g
Saturated Fat	0.9g
Cholesterol	0mg
Sodium	209mg
Total Carbohydrate	87.4g
Dietary Fibre	11.9g
Total Sugars	44.7g
Protein	48.5g

## SAVORY CHICKPEA PANCAKES - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 2

#### Ingredients:

- 150g chickpea flour
- 200ml water
- Salt, to taste
- 10g chives, snipped
- 10ml lemon juice

#### Topping:

- 10ml olive oil
- 1 clove garlic, minced
- 100g cherry tomatoes, sliced
- 50g peas
- 2 tablespoons vegan sour cream
- ½ avocado, sliced
- Salt and pepper, to taste

#### Instructions:

1. Place the chickpea flour into a bowl and slowly pour the water in, whisking in until the mix is smooth and there are small bubbles on the surface. At this point stir in the chives, lemon juice, salt and pepper and give it a final whisk.
2. Heat a splash of olive oil in a small saucepan.
3. Once the pan is hot pour half of the mix in. Let it cook for 2 ½ – 3 minutes, until the top side is no longer runny. Then flip and let it cook for a further 2 minutes. Then do the same with the other half of the mix, so that both pancakes are ready.
4. In the meantime, make the topping; heat olive oil in a skillet. Add garlic and cook 1 minute.
5. Add cherry tomatoes and cook 5 minutes or until softened. Stir in the peas and continue to cook for 3 minutes. Season to taste.
6. Spread sour cream over chickpea pancakes.
7. Top with cherry tomato-pea mixture and sliced avocado.
8. Serve. Keep the topping and pancakes in separate containers. You can easily reheat pancakes in a microwave.

Calories	518
Total Fat	22.8g
Saturated Fat	6g
Cholesterol	0mg
Sodium	75mg
Total Carbohydrate	58.6g
Dietary Fibre	14.8g
Total Sugars	13.7g
Protein	21.5g

## ALL WHAT YOU NEED SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 150ml organic almond milk
- 100ml coconut milk
- ½ banana, sliced
- ¼ avocado, sliced
- ½ tablespoon flax seeds
- 60g rice protein
- 5 almonds, whole
- 80g broccoli, frozen
- 60g pitted cherries

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	840
Total Fat	46g
Saturated Fat	23.2g
Cholesterol	0mg
Sodium	208mg
Total Carbohydrate	50.1g
Dietary Fibre	12.2g
Total Sugars	26.4g
Protein	63.3g

## SWEET POTATO CARROT MASH WITH CHICKPEAS

Preparation time: 10 minutes

Cooking time: 40 minutes

Servings: 2

### Ingredients:

#### Mash:

- 1 sweet potato, peeled, cubed
- 300g carrots, peeled
- 20ml olive oil
- ¾ teaspoon Herbs De Provence

#### Chickpeas:

- 400g can chickpeas
- ½ teaspoon cumin powder
- ½ tablespoon chili flakes
- ½ tablespoon paprika powder
- Salt and pepper, to taste
- Splash of olive oil

#### Spinach:

- 150g spinach
- 1 clove garlic, minced
- 5ml olive oil
- Salt, to taste

### Instructions:

1. Pre heat the oven to 200C
2. Peel the sweet potatoes and carrots, then cut them into chunks.
3. Steam the vegetables for 40 minutes.
4. In the meantime, rinse and drain the chickpeas and place them on a baking tray with the paprika, cumin, chili flakes, salt and pepper and drizzle a little olive oil at the end. Bake the chickpeas for 40 mins, until they're crunchy
5. Once the sweet potato and carrots chunks are really soft, mash them with the olive oil, herbs, salt and pepper
6. Cook the spinach; heat olive oil in a skillet, with a pinch of salt and pepper.
7. Add garlic and cook 2 minutes.
8. Add spinach and cook 3 minutes. Serve spinach and chickpeas with mash.

Calories	507
Total Fat	16.7g
Saturated Fat	2.3g
Cholesterol	0mg
Sodium	762mg
Total Carbohydrate	79.2g
Dietary Fibre	15.8g
Total Sugars	7.8g
Protein	14.2g

## TUESDAY

### CREAMY OVERNIGHT OATS

Preparation time: 5 minutes + inactive time

Servings: 1

#### Ingredients:

- 60g oats
- 200ml organic almond milk
- 50g rice protein, vanilla flavor
- 15g peanut butter
- ½ tablespoon chia seeds
- 20g raisins
- 10ml maple syrup

#### Instructions:

1. Place the almond milk, peanut butter, oats, rice protein, chia seeds, raisins, maple syrup and salt in a big bowl and give it all a good stir together.
2. Place the bowl in the fridge and allow it to thicken overnight to enjoy in the morning.

Calories	703
Total Fat	19.3g
Saturated Fat	2.9g
Cholesterol	0mg
Sodium	255mg
Total Carbohydrate	80.6g
Dietary Fibre	10.2g
Total Sugars	28.2g
Protein	55.4g

## SWEET POTATO CARROT MASH WITH CHICKPEAS - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 40 minutes

Servings: 2

#### Ingredients:

##### Mash:

- 1 sweet potato, peeled, cubed
- 300g carrots, peeled
- 20ml olive oil
- ¾ teaspoon Herbs De Provence

##### Chickpeas:

- 400g can chickpeas
- ½ teaspoon cumin powder
- ½ tablespoon chili flakes
- ½ tablespoon paprika powder
- Salt and pepper, to taste
- Splash of olive oil

##### Spinach:

- 150g spinach
- 1 clove garlic, minced
- 5ml olive oil
- Salt, to taste

#### Instructions:

1. Pre heat the oven to 200C
2. Peel the sweet potatoes and carrots, then cut them into chunks.
3. Steam the vegetables for 40 minutes.
4. In the meantime, rinse and drain the chickpeas and place them on a baking tray with the paprika, cumin, chili flakes, salt and pepper and drizzle a little olive oil at the end. Bake the chickpeas for 40 mins, until they're crunchy
5. Once the sweet potato and carrots chunks are really soft, mash them with the olive oil, herbs, salt and pepper
6. Cook the spinach; heat olive oil in a skillet, with a pinch of salt and pepper.
7. Add garlic and cook 2 minutes.
8. Add spinach and cook 3 minutes. Serve spinach and chickpeas with mash.

Calories	507
Total Fat	16.7g
Saturated Fat	2.3g
Cholesterol	0mg
Sodium	762mg
Total Carbohydrate	79.2g
Dietary Fibre	15.8g
Total Sugars	7.8g
Protein	14.2g

## BLUEBERRY MINT SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 100g blueberries
- 30g spinach
- 1 kiwi
- 300ml organic almond milk
- 60g rice protein, berry flavored
- 10ml maple syrup
- 10g chia seeds

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	522
Total Fat	12.1g
Saturated Fat	1g
Cholesterol	0mg
Sodium	281mg
Total Carbohydrate	50.5g
Dietary Fibre	8.8g
Total Sugars	31.6g
Protein	54.5g

## NUTS AND PEAS QUINOA BOWL

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 120g dry quinoa
- 300g frozen peas
- 70g almonds
- 40ml olive oil
- 2 cloves garlic, minced
- 100g kale
- Salt and pepper, to taste
- 1 zucchini
- ½ lime, juiced
- 1 tablespoon tamari
- 1 pinch chili flakes

### Instructions:

1. Cook quinoa according to package instructions, for 15-20 minutes.
2. While the quinoa cooks, toast the almonds in a large frying pan with ½ tablespoon of tamari. Let the heat until they start to brown and slightly catch. Put to one side
3. In the same pan (but without the almonds) add half of olive oil, garlic and chili flakes.
4. Start to heat this, once it's bubbling add the chopped kale and zucchini.
5. Cook for 5-10 minutes and remove from the heat.
6. Place the peas in a pan with cold water, bring them to the boil and then drain them. Add half the peas to a food processor with the remaining of olive oil, juice of lime, some salt and pepper to taste and blend to a puree.
7. Add the other half of the peas, the zucchini, kale, remaining tamari and a little olive oil into the quinoa and stir, season to taste
8. Serve the quinoa with the pea puree on the side or mix it in to make it extra creamy. Then finally sprinkle the almond over the top of your bowl!
9. Serve.

Calories	758
Total Fat	40.7g
Saturated Fat	4.6g
Cholesterol	0mg
Sodium	647mg
Total Carbohydrate	79.2g
Dietary Fibre	19.3g
Total Sugars	10.6g
Protein	27.5g

## WEDNESDAY PINKY COOKIE BOWL

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml organic almond milk
- 80g dragon fruit
- 60g strawberries
- 1 small banana. Sliced
- 55g rice protein
- 5ml maple syrup
- 1 tablespoon cashew butter

### Topping:

- 1 teaspoon raw cacao nibs
- 2 Vegan chocolate-chip cookies, crumbled (try using raw protein bites for extra-protein)

### Instructions:

1. Combine the smoothie ingredients in a blender and blend until completely smooth and creamy, adding more almond milk if necessary.
2. Spoon smoothie into bowl. Top with crushed cookies and cacao nibs.
3. Serve.

Calories	643
Total Fat	18.8g
Saturated Fat	3.2g
Cholesterol	0mg
Sodium	277mg
Total Carbohydrate	67g
Dietary Fibre	4.9g
Total Sugars	30.8g
Protein	51.8g

## NUTS AND PEAS QUINOA BOWL - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 120g dry quinoa
- 300g frozen peas
- 70g almonds
- 40ml olive oil
- 2 cloves garlic, minced
- 100g kale
- Salt and pepper, to taste
- 1 zucchini
- ½ lime, juiced
- 1 tablespoon tamari
- 1 pinch chili flakes

### Instructions:

1. Cook quinoa according to package instructions, for 15-20 minutes.
2. While the quinoa cooks, toast the almonds in a large frying pan with ½ tablespoon of tamari. Let the heat until they start to brown and slightly catch. Put to one side
3. In the same pan (but without the almonds) add half of olive oil, garlic and chili flakes.
4. Start to heat this, once it's bubbling add the chopped kale and zucchini.
5. Cook for 5-10 minutes and remove from the heat.
6. Place the peas in a pan with cold water, bring them to the boil and then drain them. Add half the peas to a food processor with the remaining of olive oil, juice of lime, some salt and pepper to taste and blend to a puree.
7. Add the other half of the peas, the zucchini, kale, remaining tamari and a little olive oil into the quinoa and stir, season to taste
8. Serve the quinoa with the pea puree on the side or mix it in to make it extra creamy. Then finally sprinkle the almond over the top of your bowl!
9. Serve.

Calories	758
Total Fat	40.7g
Saturated Fat	4.6g
Cholesterol	0mg
Sodium	647mg
Total Carbohydrate	79.2g
Dietary Fibre	19.3g
Total Sugars	10.6g
Protein	27.5g

## BANANA NUT SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml organic almond milk
- 15g almonds, whole
- 2 tablespoons peanut powder, pb2
- 1 banana, frozen, sliced
- 40g strawberries

### Instructions:

1. Combine all ingredients in a food bender.
2. Bled on high until smooth and creamy.
3. Serve.

Calories	613
Total Fat	17.8g
Saturated Fat	1.2g
Cholesterol	0mg
Sodium	411mg
Total Carbohydrate	54.9g
Dietary Fibre	9.8g
Total Sugars	26.8g
Protein	64.8g

## ROASTED ASPARAGUS SALAD

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 300g gold potatoes, peeled
- 200g cooked chickpeas
- 300g asparagus, trimmed, cut into 3cm pieces
- 10ml olive oil
- 1 onion, cut into wedges
- 2 cloves garlic, unpeeled
- Salt and pepper, to taste

### Vinaigrette:

- 30ml balsamic vinegar, white
- 30ml olive oil
- ½ clove garlic, minced
- ¼ teaspoon oregano
- ¼ teaspoon chia seeds
- 10ml lemon juice
- Salt and pepper, to taste

Calories	492
Total Fat	22.2g
Saturated Fat	3.1g
Cholesterol	0mg
Sodium	15mg
Total Carbohydrate	64.1g
Dietary Fibre	16.5g
Total Sugars	12.2g
Protein	15.3g

### Instructions:

1. Preheat oven to 200C.
2. Cook the potatoes until tender but still firm in any way you choose (boil, microwave, or bake). Allow to cool slightly and cut into 2cm dice. Place in a large serving bowl along with the chickpeas.
3. While the potatoes are cooking, spread the asparagus on a baking sheet and sprinkle the onion over it.
4. In a corner of the sheet, place the unpeeled garlic cloves. Drizzle all with olive oil.
5. Roast until asparagus is tender yet still crisp, about 15 minutes, stirring once after 7 minutes. Remove from oven.
6. Set the garlic aside to cool for a few minutes and put the asparagus into the bowl with the potatoes.
7. When the garlic is cool, peel it and place it in a small bowl. Mash it well with a fork; then stir in the salad dressing.
8. To make the salad dressing; whisk all ingredients in a bowl.
9. Pour the dressing over the asparagus and stir gently to combine.
10. Season to taste with salt and pepper.



## THURSDAY

### DATE CHIA PUDDING WITH FRESH RASPBERRIES

Preparation time: 10 minutes + inactive time

Servings: 1

#### Ingredients:

- 280ml organic almond milk
- 4 tablespoons chia seeds
- 50g rice protein, vanilla flavor
- 1 teaspoon date syrup
- 2 tablespoons coconut yogurt
- 30g raspberries

#### Instructions:

1. Place the chia seeds, date syrup, rice protein, and yoghurt in a jar and then pour the milk in. Stir everything together before placing a lid on the jar.
2. Store the jar in the fridge overnight.
3. Stir once again before topping with raspberries and serving.

Calories	605
Total Fat	28.9g
Saturated Fat	4.6g
Cholesterol	0mg
Sodium	240mg
Total Carbohydrate	41.8g
Dietary Fibre	22g
Total Sugars	15.5g
Protein	55.6g

## ROASTED ASPARAGUS SALAD - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 2

#### Ingredients:

- 300g gold potatoes, peeled
- 200g cooked chickpeas
- 300g asparagus, trimmed, cut into 3cm pieces
- 10ml olive oil
- 1 onion, cut into wedges
- 2 cloves garlic, unpeeled
- Salt and pepper, to taste

#### Vinaigrette:

- 30ml balsamic vinegar, white
- 30ml olive oil
- ½ clove garlic, minced
- ¼ teaspoon oregano
- ¼ teaspoon chia seeds
- 10ml lemon juice
- Salt and pepper, to taste

#### Instructions:

1. Preheat oven to 200C.
2. Cook the potatoes until tender but still firm in any way you choose (boil, microwave, or bake). Allow to cool slightly and cut into 2cm dice. Place in a large serving bowl along with the chickpeas.
3. While the potatoes are cooking, spread the asparagus on a baking sheet and sprinkle the onion over it.
4. In a corner of the sheet, place the unpeeled garlic cloves. Drizzle all with olive oil.
5. Roast until asparagus is tender yet still crisp, about 15 minutes, stirring once after 7 minutes. Remove from oven.
6. Set the garlic aside to cool for a few minutes and put the asparagus into the bowl with the potatoes.
7. When the garlic is cool, peel it and place it in a small bowl. Mash it well with a fork; then stir in the salad dressing.
8. To make the salad dressing; whisk all ingredients in a bowl.
9. Pour the dressing over the asparagus and stir gently to combine.
10. Season to taste with salt and pepper.

Calories	492
Total Fat	22.2g
Saturated Fat	3.1g
Cholesterol	0mg
Sodium	15mg
Total Carbohydrate	64.1g
Dietary Fibre	16.5g
Total Sugars	12.2g
Protein	15.3g

## STRAWBERRY BROCC SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 280ml organic almond milk
- 1 tablespoon almond butter
- 2 tablespoons peanut powder, pb2
- 1 banana, sliced
- 40g strawberries
- 60g broccoli, frozen
- 60g rice protein, vanilla flavor
- 1 ½ tablespoons hemp seeds

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	810
Total Fat	31.1g
Saturated Fat	2.2g
Cholesterol	0mg
Sodium	527mg
Total Carbohydrate	63.4g
Dietary Fibre	11.2g
Total Sugars	29.8g
Protein	77.6g

## STIR-FRY WITH PINEAPPLE SAUCE

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 2

### Ingredients:

- 1 tablespoon olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 small red bell pepper, seeded, sliced
- ½ tablespoon minced ginger
- 1 carrot, grated
- 150g broccoli, cut into florets
- 100g snap peas
- 180g cooked quinoa
- 50g roasted cashews
- 60g edamame
- 1 green onion, chopped
- Salt and pepper, to taste

### Sauce:

- 100g pineapple in juice, not drained (Vegan)
- 2 tablespoons tamari sauce
- 10ml maple syrup
- ½ tablespoon rice vinegar
- ½ tablespoon chia seeds
- 1 teaspoon chili powder

### Instructions:

1. Heat olive oil in a large skillet over medium heat.
2. Once hot, add onion. Cook for 5 minutes.
3. Meanwhile, place the sauce ingredients in a blender. Blend until smooth. Set aside.
4. Add garlic and ginger to pan and cook for another 3 minutes.
5. Add carrots, bell pepper, broccoli, and snap peas and cook for another 5-7 minutes, or until veggies are tender.
6. Stir in cooked quinoa, cashews and edamame, stirring until heated through.
7. Pour sauce on top and stir to combine.
8. Season with salt and pepper to taste. Garnish with chopped green onions.

Calories	554
Total Fat	24.8g
Saturated Fat	3.8g
Cholesterol	0mg
Sodium	1088mg
Total Carbohydrate	70g
Dietary Fibre	14.2g
Total Sugars	20.9g
Protein	21.2g

**FRIDAY**  
**NORDIC PORRIDGE**

Preparation time: 5 minutes

Cooking time: 10 minutes

Servings: 1

**Ingredients:**

- 30g rolled oats
- 140ml coconut milk
- 50g rice protein, vanilla flavor
- 125ml water
- 1 pinch cinnamon
- 1 pinch turmeric
- 1 pinch ginger powder
- 1 pinch cardamom
- 1 teaspoon flax seeds
- 1 teaspoon Maca
- 1 teaspoon maple syrup
- 1 apple, grated
- 1 tablespoon coconut yogurt
- 1 pinch salt
- 1 teaspoon raisins

Calories	812
Total Fat	37g
Saturated Fat	30.5g
Cholesterol	0mg
Sodium	90mg
Total Carbohydrate	76.8g
Dietary Fibre	13.4g
Total Sugars	38.7g
Protein	49.9g

**Instructions:**

1. Mix the oats, coconut milk, water and a pinch of salt in a saucepan and start to warm it over a medium heat. Then add in all the spices, including Maca and flax seeds.
2. Keep stirring the porridge and watch it infuse with the spices for 5- 10 minutes.
3. Remove from the heat and stir in rice protein, apple, and maple syrup.
4. Serve topped with coconut yogurt and raisins.

## STIR-FRY WITH PINEAPPLE SAUCE - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 2

### Ingredients:

- 1 tablespoon olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 small red bell pepper, seeded, sliced
- ½ tablespoon minced ginger
- 1 carrot, grated
- 150g broccoli, cut into florets
- 100g snap peas
- 180g cooked quinoa
- 50g roasted cashews
- 60g edamame
- 1 green onion, chopped
- Salt and pepper, to taste

Calories	554
Total Fat	24.8g
Saturated Fat	3.8g
Cholesterol	0mg
Sodium	1088mg
Total Carbohydrate	70g
Dietary Fibre	14.2g
Total Sugars	20.9g
Protein	21.2g

### Sauce:

- 100g pineapple in juice, not drained (Vegan)
- 2 tablespoons tamari sauce
- 10ml maple syrup
- ½ tablespoon rice vinegar
- ½ tablespoon chia seeds
- 1 teaspoon chili powder

### Instructions:

1. Heat olive oil in a large skillet over medium heat.
2. Once hot, add onion. Cook for 5 minutes.
3. Meanwhile, place the sauce ingredients in a blender. Blend until smooth. Set aside.
4. Add garlic and ginger to pan and cook for another 3 minutes.
5. Add carrots, bell pepper, broccoli, and snap peas and cook for another 5-7 minutes, or until veggies are tender.
6. Stir in cooked quinoa, cashews and edamame, stirring until heated through.
7. Pour sauce on top and stir to combine.
8. Season with salt and pepper to taste. Garnish with chopped green onions.

## GOURMET SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 60g carrot juice
- 200ml organic almond milk
- 15g oatmeal
- 5ml maple syrup
- 65g rice protein
- 2 tablespoons hemp seeds
- 1 large banana, frozen
- 4 almonds
- 3 ice cubes

Calories	718
Total Fat	23g
Saturated Fat	1.7g
Cholesterol	0mg
Sodium	219mg
Total Carbohydrate	61.3g
Dietary Fibre	7.3g
Total Sugars	28.4g
Protein	68.5g

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth. Stop the blender to scrape down the sides.
3. Blend once again, for 20 seconds.
4. Serve.

## RAW GREEN SOUP

Preparation time: 5 minutes

Cooking time: 3 minutes

Servings: 2

### Ingredients:

- 200ml vegetable stock
- 30g raw cashews
- 1 clove garlic, peeled
- 280g frozen peas, thawed
- 80g spinach
- 10ml lemon juice
- ¼ tablespoon chopped mint
- 40g vegan blend protein powder
- Salt and pepper, to taste

### Topping:

- 1 tablespoon hemp seeds
- 2 tablespoons coconut yogurt
- 10ml olive oil

### Instructions:

1. Place the vegetable stock, cashews, and garlic into blender and blend at the highest speed until completely smooth.
2. Add the peas, spinach, lemon juice, and mint and blend at high speed, using a pusher if your blender has one, until thick and smooth.
3. Taste and add freshly ground black pepper and salt.
4. Transfer the soup in a saucepot. Heat over medium-high heat and bring to a simmer. Cook 3 minutes.
5. Divide between two bowls. Top with hemp seeds, coconut yogurt and a drizzle of olive oil.

Calories	393
Total Fat	17.6g
Saturated Fat	3.3g
Cholesterol	0mg
Sodium	624mg
Total Carbohydrate	32.3g
Dietary Fibre	11.2g
Total Sugars	9.6g
Protein	27.9g

**SATURDAY**  
**GREEN BREAKFAST**  
Preparation time: 10 minutes  
Servings: 1

**Ingredients:**

- 200ml organic almond milk
- 1 kale leaf
- 1 banana, sliced
- 1 small kiwi, peeled, sliced
- 130g cooked quinoa
- 50g rice protein
- 1 tablespoon pumpkin seeds
- 2 tablespoons pomegranate seeds/arils

**Instructions:**

1. Combine almond milk, kale, kiwi, banana, and rice protein in a food blender.
2. Blend until smooth.
3. Transfer into a bowl.
4. Stir in quinoa, and top with pumpkin seeds and pomegranate seeds.
5. Serve.

Calories	642
Total Fat	13g
Saturated Fat	1.3g
Cholesterol	0mg
Sodium	200mg
Total Carbohydrate	82.5g
Dietary Fibre	9.6g
Total Sugars	29.8g
Protein	52.2g

**RAW GREEN SOUP - PREVIOUS NIGHT DINNER**

Preparation time: 5 minutes  
Cooking time: 3 minutes  
Servings: 2

**Ingredients:**

- 200ml vegetable stock
- 30g raw cashews
- 1 clove garlic, peeled
- 280g frozen peas, thawed
- 80g spinach
- 10ml lemon juice
- ¾ tablespoon chopped mint
- 40g vegan blend protein powder
- Salt and pepper, to taste

**Topping:**

- 1 tablespoon hemp seeds
- 2 tablespoons coconut yogurt
- 10ml olive oil

**Instructions:**

1. Place the vegetable stock, cashews, and garlic into blender and blend at the highest speed until completely smooth.
2. Add the peas, spinach, lemon juice, and mint and blend at high speed, using a pusher if your blender has one, until thick and smooth.
3. Taste and add freshly ground black pepper and salt.
4. Transfer the soup in a saucepot. Heat over medium-high heat and bring to a simmer. Cook 3 minutes.
5. Divide between two bowls. Top with hemp seeds, coconut yogurt and a drizzle of olive oil.

Calories	393
Total Fat	17.6g
Saturated Fat	3.3g
Cholesterol	0mg
Sodium	624mg
Total Carbohydrate	32.3g
Dietary Fibre	11.2g
Total Sugars	9.6g
Protein	27.9g

## CREAMY CURRANTS SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 200ml coconut milk
- 50ml coconut water
- 1 small banana, sliced
- 60g red currants
- 60g rice protein, vanilla flavor

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	804
Total Fat	48.2g
Saturated Fat	42.5g
Cholesterol	0mg
Sodium	155mg
Total Carbohydrate	45.4g
Dietary Fibre	9.6g
Total Sugars	25.3g
Protein	55.2g

## SIMPLE STIR FRY

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 90g dry quinoa
- 1 sweet potato, peeled, cubed
- 1 crown broccoli, cut into florets
- 3 cloves garlic, minced
- 50g kale
- 400g can black beans, rinsed, drained
- 1 lemon
- Salt and pepper, to taste
- 10ml olive oil

### Instructions:

1. Start by cooking the quinoa according
2. After 10 minutes chop the sweet potato into bites, then steam over simmering water in a steaming basket for 20 minutes.
3. 10 minutes before the quinoa and sweet potatoes are cooked chop the broccoli into bite sized pieces. Crush the garlic and put it into a pan with olive oil and salt. Once the garlic is hot add the broccoli and let it cook.
4. Add beans and kale.
5. Once this has cooked for about 5 minutes and the broccoli tastes cooked, add the quinoa, sweet potatoes and lemon juice. Heat everything together before serving.

Calories	619
Total Fat	9.2g
Saturated Fat	1.3g
Cholesterol	0mg
Sodium	82mg
Total Carbohydrate	111.1g
Dietary Fibre	24.9g
Total Sugars	3.3g
Protein	30.4g

## SUNDAY PEAR CINNAMON OATS

Preparation time: 5 minutes

Cooking time: 5 minutes

Servings: 1

### Ingredients:

- 50g porridge oats
- 190ml organic almond milk
- 55g rice protein, vanilla flavor
- ½ teaspoon cinnamon
- ½ teaspoon maple syrup
- 30g pear sauce (or just bake pear and puree it, or pear baby puree)
- 15g walnuts, chopped

### Instructions:

1. Place your oats, milk, cinnamon, and maple syrup in a pan over a medium heat and cook for around 5-8 minutes until smooth and creamy.
2. Remove from the heat and stir in rice protein and pear sauce.
3. Top with walnuts and serve.

Calories	593
Total Fat	17.3g
Saturated Fat	1.5g
Cholesterol	0mg
Sodium	183mg
Total Carbohydrate	53.1g
Dietary Fibre	7.2g
Total Sugars	13.3g
Protein	55.9g

## SIMPLE STIR FRY - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 2

### Ingredients:

- 90g dry quinoa
- 1 sweet potato, peeled, cubed
- 1 crown broccoli, cut into florets
- 3 cloves garlic, minced
- 50g kale
- 400g can black beans, rinsed, drained
- 1 lemon
- Salt and pepper, to taste
- 10ml olive oil

### Instructions:

1. Start by cooking the quinoa according
2. After 10 minutes chop the sweet potato into bites, then steam over simmering water in a steaming basket for 20 minutes.
3. 10 minutes before the quinoa and sweet potatoes are cooked chop the broccoli into bite sized pieces. Crush the garlic and put it into a pan with olive oil and salt. Once the garlic is hot add the broccoli and let it cook.
4. Add beans and kale.
5. Once this has cooked for about 5 minutes and the broccoli tastes cooked, add the quinoa, sweet potatoes and lemon juice. Heat everything together before serving.

Calories	619
Total Fat	9.2g
Saturated Fat	1.3g
Cholesterol	0mg
Sodium	82mg
Total Carbohydrate	111.1g
Dietary Fibre	24.9g
Total Sugars	3.3g
Protein	30.4g



## CASHEW STRAWBERRY SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml unsweetened cashew milk
- 80g strawberries
- 30g spinach
- 65g rice protein, vanilla
- 10 almonds
- 1 tablespoon hemp seeds

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	461
Total Fat	14.9g
Saturated Fat	0.9g
Cholesterol	0mg
Sodium	236mg
Total Carbohydrate	19.4g
Dietary Fibre	4.7g
Total Sugars	8.8g
Protein	61.7g

## CHICKPEAS PESTO SALAD

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 2

### Ingredients:

#### Pesto:

- 60g pine nuts
- 30g basil
- 35ml olive oil
- 2 cloves garlic, peeled
- 1 lemon, juiced
- Salt and pepper, to taste

#### Salad:

- 600g can chickpeas, rinsed, drained
- 60g arugula
- 60g pomegranate seeds
- 1 lemon, juiced
- 20g pumpkin seeds

### Instructions:

1. Make the pesto; peel garlic and then put all the required ingredients into a food processor and blend until smooth, then leave to one side.
2. Drain and rinse the chickpeas and then place them in a frying pan with the pesto and cook the two together for 2-3 minutes or until warm.
3. While they cook squeeze the lemon for the salad over the chickpeas and season to taste with salt and pepper.
4. Add arugula, pumpkin seeds and pomegranates to your plates, drizzle them with olive oil and then add the chick-peas on top.

Calories	809
Total Fat	45.6g
Saturated Fat	5.1g
Cholesterol	0mg
Sodium	910mg
Total Carbohydrate	86.6g
Dietary Fibre	17.3g
Total Sugars	5.9g
Protein	23.7g

# Week 3 - 2500cal

## GROCERY LIST

### Fruits:

- Cherries, pitted, 60g
- Red currants, 60g
- Raisins, 25g
- Apple, green, 1 piece
- Apple, red, 1 piece
- Avocado, 1 piece
- Banana, 7 pieces
- Blueberries, 200g
- Kiwi, 2 pieces
- Lemon, 3 pieces
- Lime, 1 piece
- Pomegranate seeds, 80g
- Raspberries, 30g
- Strawberries, 220g

### Vegetables:

- Arugula, 60g
- Asparagus, 300g
- Edamame, 60g
- Peas, frozen, 580g
- Broccoli, 290g + 1 crown
- Carrot, 350g
- Garlic, 14 cloves
- Gold potatoes, 300g
- Kale, 165g
- Green onion, 1 piece
- Onion, 2 pieces
- Red bell pepper, 1 piece
- Sweet potato, 2 pieces, medium
- Snap peas, 100g
- Spinach, 290g
- Zucchini, 1 piece

### Grains and Cereals:

- Oats, 60g
- Rolled oats, 30g
- Porridge oats, 50g
- Quinoa, cooked, 310g
- Quinoa, dry, 210g

### Can Products:

- Can black beans, 400g
- Can chickpeas, 1kg
- Pineapple, in juice, 100g

### Beans and Legumes:

- Chickpeas, cooked, 200g

### Spices and Herbs:

- Salt
- Pepper
- Balsamic vinegar
- Cardamom
- Chili flakes
- Chili powder
- Cinnamon
- Ginger
- Herbs de Provence
- Oregano
- Turmeric
- Rice vinegar
- Mint
- Ginger root
- Paprika powder

### Butter; and Oil:

- Olive oil, 175ml
- Almond butter, 15g
- Peanut butter, 15g
- Cashew butter, 15g

### Nuts and Seeds:

- Chia seeds, 50g
- Flax seeds, 15g
- Walnuts, 15g
- Almonds, 108g
- Hemp seeds, 75g
- Pumpkin seeds, 35g
- Cashews, 80g

### Non-Dairy:

- Coconut yogurt, 75g
- Organic almond milk, 2.5 liters
- Cashew milk, unsweetened, 250ml
- Coconut milk, 440ml

### Protein Powder:

- Vegan blend protein powder, 40g
- Rice protein, vanilla, chocolate, and berry flavored, 730g

### Sweeteners:

- Date syrup, 5ml
- Maple syrup, 55ml

### Additional:

- Coconut water, 50ml
- Pear sauce, 30g
- Vegetable stock, 200ml
- Maca powder, 1 teaspoon
- Peanut powder, 50g

## Week 4 - 2500 Cal

### MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFASTS	Brown Rice Banana Smoothie	Fig Chia Seed Porridge	Nordic "Rice" with Sauce	Power Oats	Thick Apricot Smoothie	Orange Vanilla Chia Pudding	Delightful Oats
LUNCH	Chickpeas Pesto Salad – previous night dinner	Quinoa with Vegetables in Almond Sauce - previous night dinner	Coconut Pea Curry – previous night dinner	Power Bowl – previous night dinner	Sweet and Sour Skillet – previous night dinner	Protein Packed Salad – previous night dinner	Tofu in Creamy Sauce – previous night dinner
SNACKS	Satisfying Blueberry Smoothie	Banana Raspberry Protein Smoothie	Blueberry Hazelnut Smoothie	Raspberry Almond Smoothie	Peanut Avocado Smoothie	Blueberry Mango Smoothie	Orange Chia Chocolate Shake
DINNER	Quinoa with Vegetables in Almond Sauce	Coconut Pea Curry	Power Bowl	Sweet and Sour Skillet	Protein Packed Salad	Tofu in Creamy Sauce	Mexican Quinoa Stuffed Peppers

## MONDAY

### BROWN RICE BANANA SMOOTHIE

Preparation time: 5 minutes

Servings: 1

#### Ingredients:

- 60g rice protein, vanilla flavor
- 200ml brown rice milk
- 30g peanut butter
- 50g spinach
- 1 banana, sliced, frozen
- ½ tablespoon hemp seeds
- 2 ice cubes

#### Instructions:

1. Place frozen banana in a food blender.
2. Add remaining ingredients.
3. Blend on high until smooth and creamy.
4. Serve.

Calories	661
Total Fat	20.7g
Saturated Fat	3.7g
Cholesterol	0mg
Sodium	320mg
Total Carbohydrate	61.2g
Dietary Fibre	6.2g
Total Sugars	20.5g
Protein	61.6g

## CHICKPEAS PESTO SALAD - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 2

#### Ingredients:

##### Pesto:

- 60g pine nuts
- 30g basil
- 35ml olive oil
- 2 cloves garlic, peeled
- 1 lemon, juiced
- Salt and pepper, to taste

##### Salad:

- 600g can chickpeas, rinsed, drained
- 60g arugula
- 60g pomegranate seeds
- 1 lemon, juiced
- 20g pumpkin seeds

#### Instructions:

1. Make the pesto; peel garlic and then put all the required ingredients into a food processor and blend until smooth, then leave to one side.
2. Drain and rinse the chickpeas and then place them in a frying pan with the pesto and cook the two together for 2-3 minutes or until warm.
3. While they cook squeeze the lemon for the salad over the chickpeas and season to taste with salt and pepper.
4. Add arugula, pumpkin seeds and pomegranates to your plates, drizzle them with olive oil and then add the chick-peas on top.

Calories	809
Total Fat	45.6g
Saturated Fat	5.1g
Cholesterol	0mg
Sodium	910mg
Total Carbohydrate	86.6g
Dietary Fibre	17.3g
Total Sugars	5.9g
Protein	23.7g

## SATISFYING BLUEBERRY SMOOTHIE

Preparation time: 5 minutes  
Servings: 1

Ingredients:

- 240ml coconut water
- 60g rice protein, vanilla flavor
- 80g blueberries, fresh or frozen
- 1 tablespoon hemp seeds

Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	404
Total Fat	7.6g
Saturated Fat	0.8g
Cholesterol	0mg
Sodium	324mg
Total Carbohydrate	27.2g
Dietary Fibre	5.1g
Total Sugars	17.2g
Protein	55.9g

## QUINOA WITH VEGETABLES IN ALMOND SAUCE

Preparation time: 5 minutes  
Cooking time: 20 minutes  
Servings: 2

Ingredients:

- 1 tablespoon olive oil
- 300g broccoli, cut into florets
- 1 carrot, cut into rounds
- 1 red bell pepper, seeded, sliced
- 150g dry quinoa
- 2 teaspoons paprika powder
- Salt and pepper, to taste
- 250ml vegetable stock
- 70g almond butter
- 3 sprigs parsley, chopped

Instructions:

1. Cook quinoa according to package directions.
2. Heat olive oil in a skillet over medium-high heat.
3. Add carrot, and bell pepper. Cook 5 minutes. Add paprika powder and cook 1 minute. Toss in broccoli.
4. In a bowl, whisk almond butter with vegetable stock. Pour the mixture over vegetables and simmer 10 minutes.
5. Fluff the quinoa with a fork.
6. Place quinoa into a serving bowl. Top with vegetables and serve.

Calories	648
Total Fat	33g
Saturated Fat	3.5g
Cholesterol	0mg
Sodium	296mg
Total Carbohydrate	74.2g
Dietary Fibre	12.6g
Total Sugars	9.7g
Protein	21.4g

## TUESDAY

### FIG CHIA SEED PORRIDGE

Preparation time: 5 minutes

Cooking time: 2 minutes

Servings: 1

#### Ingredients:

- 150ml organic almond milk
- 2 tablespoons chia seeds
- 60g rice protein, vanilla flavor
- 2 fresh figs
- 1 teaspoon cinnamon
- ½ tablespoon pure maple syrup
- 1 small banana
- 1 tablespoon chopped raw pistachios, to garnish

#### Instructions:

1. Finely chop the figs and place in a food blender.
2. Add almond milk and chia seeds.
3. Blend on high until smooth.
4. Transfer the mixture in a small saucepan.
5. Bring to a simmer over medium heat. Cook the porridge for 2 minutes.
6. In the meantime, mash bananas in a bowl, with cinnamon, and maple syrup.
7. Stir the banana mixture into the chia seed porridge, add rice protein, and remove from the heat.
8. Allow to stand for 1 minute. Transfer the mixture into a serving bowl and top with crushed pistachios.

Calories	639
Total Fat	15.6g
Saturated Fat	1.7g
Cholesterol	0mg
Sodium	187mg
Total Carbohydrate	76.2g
Dietary Fibre	18g
Total Sugars	42.7g
Protein	58.7g

## QUINOA WITH VEGETABLES IN ALMOND SAUCE - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 2

#### Ingredients:

- 1 tablespoon olive oil
- 300g broccoli, cut into florets
- 1 carrot, cut into rounds
- 1 red bell pepper, seeded, sliced
- 150g dry quinoa
- 2 teaspoons paprika powder
- Salt and pepper, to taste
- 250ml vegetable stock
- 70g almond butter
- 3 sprigs parsley, chopped

#### Instructions:

1. Cook quinoa according to package directions.
2. Heat olive oil in a skillet over medium-high heat.
3. Add carrot, and bell pepper. Cook 5 minutes. Add paprika powder and cook 1 minute. Toss in broccoli.
4. In a bowl, whisk almond butter with vegetable stock. Pour the mixture over vegetables and simmer 10 minutes.
5. Fluff the quinoa with a fork.
6. Place quinoa into a serving bowl. Top with vegetables and serve.

Calories	648
Total Fat	33g
Saturated Fat	3.5g
Cholesterol	0mg
Sodium	296mg
Total Carbohydrate	74.2g
Dietary Fibre	12.6g
Total Sugars	9.7g
Protein	21.4g

## BANANA RASPBERRY PROTEIN SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 270ml soy milk
- 60g rice protein, vanilla flavor
- 40g raspberries
- 1 banana, frozen, sliced
- 1 tablespoon hemp seeds
- 3 ice cubes
- 1 tablespoon Goji berries
- 2 tablespoons peanut powder, pb2

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	719
Total Fat	16g
Saturated Fat	1.1g
Cholesterol	0mg
Sodium	404mg
Total Carbohydrate	74.6g
Dietary Fibre	12.9g
Total Sugars	39.9g
Protein	74.9g

## COCONUT PEA CURRY

Preparation time: 5 minutes

Cooking time: 10 minutes

Servings: 2

### Ingredients:

- 300g frozen peas
- 100g spinach
- 15g minced ginger
- 1 shallot, chopped
- 15ml olive oil
- 2 tablespoons curry powder
- 400ml vegetable stock
- 200ml coconut milk
- 2 tablespoons lime juice
- 70g shirataki noodles
- 10ml soy sauce
- Salt and pepper, to taste

### Instructions:

1. Heat olive oil in a saucepot over medium-high heat.
2. Add shallot and ginger. Cook stirring for 3 minutes. Add curry powder and cook 30 seconds.
3. Add peas and spinach. Cook 2 minutes.
4. Pour in vegetable stock and coconut milk.
5. Simmer 5 minutes.
6. Add shirataki noodles and cook according to package directions.
7. Season with lime juice, soy sauce, salt, and pepper.
8. Serve warm.

Calories	509
Total Fat	35.1g
Saturated Fat	24.5g
Cholesterol	0mg
Sodium	984mg
Total Carbohydrate	45.7g
Dietary Fibre	14.7g
Total Sugars	14.6g
Protein	14.6g

WEDNESDAY

NORDIC “RICE” WITH SAUCE

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 1

Ingredients:

- 60g cooked rice
- 200ml organic almond milk
- 60g rice protein, vanilla flavor
- 1 tablespoon almond butter

Orange sauce:

- 1 fresh orange, halved
- ¼ teaspoon cinnamon
- 1 pinch cardamom
- ¼ teaspoon ginger powder
- ¼ tablespoon cornstarch
- ¼ tablespoon maple syrup

Instructions:

1. Place rice in a saucepot with almond milk.
2. Bring the mixture to a boil. Reduce heat and simmer for 5 minutes.
3. Remove from the heat and stir in rice protein.
4. In the meantime, make the orange sauce; squeeze half the orange and slice the remaining half.
5. Combine 1 tablespoon orange juice with cornstarch.
6. Bring the remaining orange juice with cinnamon, cardamom, and ginger to a simmer.
7. Stir in cornstarch mixture and simmer 30 seconds.
8. Add segmented orange and simmer 3 minutes. Remove from the heat.
9. Place the rice in a serving bowl. Top with almond butter, orange sauce and serve.

Calories	591
Total Fat	15.4g
Saturated Fat	1.4g
Cholesterol	0mg
Sodium	265mg
Total Carbohydrate	58.6g
Dietary Fibre	5.7g
Total Sugars	27.9g
Protein	55.6g



## COCONUT PEA CURRY - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 10 minutes

Servings: 2

### Ingredients:

- 300g frozen peas
- 100g spinach
- 15g minced ginger
- 1 shallot, chopped
- 15ml olive oil
- 2 tablespoons curry powder
- 400ml vegetable stock
- 200ml coconut milk
- 2 tablespoons lime juice
- 70g shirataki noodles
- 10ml soy sauce
- Salt and pepper, to taste

Calories	509
Total Fat	35.1g
Saturated Fat	24.5g
Cholesterol	0mg
Sodium	984mg
Total Carbohydrate	45.7g
Dietary Fibre	14.7g
Total Sugars	14.6g
Protein	14.6g

### Instructions:

1. Heat olive oil in a saucepot over medium-high heat.
2. Add shallot and ginger. Cook stirring for 3 minutes. Add curry powder and cook 30 seconds.
3. Add peas and spinach. Cook 2 minutes.
4. Pour in vegetable stock and coconut milk.
5. Simmer 5 minutes.
6. Add shirataki noodles and cook according to package directions.
7. Season with lime juice, soy sauce, salt, and pepper.
8. Serve warm.

## BLUEBERRY HAZELNUT SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 60g blueberries, frozen
- 60g rice protein, chocolate flavor
- 200ml organic almond milk
- 1 tablespoon hemp seeds
- 1 small banana, frozen. Sliced
- 1 tablespoon hazelnut butter

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until smooth.
3. Serve.

Calories	629
Total Fat	24g
Saturated Fat	1.7g
Cholesterol	0mg
Sodium	224mg
Total Carbohydrate	45.3g
Dietary Fibre	6.1g
Total Sugars	26.7g
Protein	59.2g

## POWER BOWL

Preparation time: 10 minutes

Cooking time: 45 minutes

Servings: 2

### Ingredients:

#### Bowls:

- 90g dry quinoa
- 60g spinach

#### Dressing:

- 15ml olive oil
- ½ tablespoon maple syrup
- ½ tablespoon Dijon mustard
- ½ tablespoon tamari
- ½ tablespoon cider vinegar
- ½ tablespoon balsamic vinegar
- 1 tablespoon nutritional yeast
- 1 ½ tablespoon warm water, if needed

#### Vegetables:

- 450g sweet potato, peeled
- 15ml olive oil
- 4 sprigs thyme
- 4 sprigs rosemary
- Salt and pepper, to taste

#### Tempeh:

- 120g tempeh, cut into 1-5cm strips
- 120ml cider vinegar
- 1 tablespoon tamari
- 1 tablespoon Dijon
- 1 clove garlic, minced

### Instructions:

1. Preheat the oven to 200C, oil a 23cm square baking pan, and line a rimmed baking sheet with parchment paper. Cook the quinoa according to package directions.
2. Meanwhile, prepare the tempeh. Put the strips in the oiled pan. In a small bowl or measuring cup, whisk together the cider, mustard, tamari, and garlic. Pour the mixture over the tempeh and cover the pan with foil.
3. To cook the sweet potatoes, put them in a large bowl, drizzle with the oil, and toss until evenly coated. Spread them evenly on the lined baking sheet nestle the herb sprigs among them. Sprinkle generously with salt and pepper.
4. Bake both the tempeh and the root vegetables for 25 minutes. Remove the foil from the tempeh and stir the vegetables well, then bake for another 20 minutes or so, until the tempeh is browning and the sweet are tender; there will be some marinade left in the tempeh pan, but it should have thickened up considerably. If it hasn't, bake the tempeh for 5 to 10 more minutes.
5. To make the dressing, combine the oil, maple syrup, mustard, tamari, apple cider vinegar, balsamic vinegar, and nutritional yeast in a small bowl or measuring cup. Whisk to combine. If the dressing is thicker than you'd like, whisk in the warm water as needed.
6. To serve, divide the greens among two bowls, top with quinoa, tempeh, and sweet potatoes.
7. Drizzle with the dressing and serve right away.

Calories	747
Total Fat	24.5g
Saturated Fat	4g
Cholesterol	0mg
Sodium	741mg
Total Carbohydrate	108.2g
Dietary Fibre	16.2g
Total Sugars	4.7g
Protein	25.6g

## THURSDAY POWER OATS

Preparation time: 5 minutes + inactive time

Cooking time: 5 minutes

Servings: 1

### Ingredients:

- 30g rolled oats
- 180ml organic almond milk
- 1 banana, mashed
- 2 tablespoons chia seeds
- 80ml water
- 60g rice protein, chocolate flavor
- 1 tablespoon ground flax seeds

### Toppings:

- 1 tablespoon almond butter
- 1 tablespoon crushed almonds
- 1 pinch cinnamon

Calories	848
Total Fat	34.5g
Saturated Fat	3.4g
Cholesterol	0mg
Sodium	188mg
Total Carbohydrate	75.3g
Dietary Fibre	21.4g
Total Sugars	22.6g
Protein	68.6g

### Instructions:

1. The night before: mash banana in a bowl. Add rolled oats, almond milk, chia, and water. Cover and refrigerate overnight.
2. In the morning: Scoop the oat mixture into a medium pot. Increase heat to medium-high and bring to a simmer. Reduce heat immediately to medium-low and stir frequently until heated throughout and thickened. At the end of cooking, stir in flax and rice protein.
3. Transfer the oats into the bowl.
4. Top with almond butter, cinnamon, and almonds.
5. Serve.

## POWER BOWL - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 45 minutes

Servings: 2

### Ingredients:

#### Bowls:

- 90g dry quinoa
- 60g spinach

#### Dressing:

- 15ml olive oil
- ½ tablespoon maple syrup
- ½ tablespoon Dijon mustard
- ½ tablespoon tamari
- ½ tablespoon cider vinegar
- ½ tablespoon balsamic vinegar
- 1 tablespoon nutritional yeast
- 1 ½ tablespoon warm water, if needed

#### Vegetables:

- 450g sweet potato, peeled
- 15ml olive oil
- 4 sprigs thyme
- 4 sprigs rosemary
- Salt and pepper, to taste

#### Tempeh:

- 120g tempeh, cut into 1-5cm strips
- 120ml cider vinegar
- 1 tablespoon tamari
- 1 tablespoon Dijon
- 1 clove garlic, minced

### Instructions:

1. Preheat the oven to 200C, oil a 23cm square baking pan, and line a rimmed baking sheet with parchment paper. Cook the quinoa according to package directions.
2. Meanwhile, prepare the tempeh. Put the strips in the oiled pan. In a small bowl or measuring cup, whisk together the cider, mustard, tamari, and garlic. Pour the mixture over the tempeh and cover the pan with foil.
3. To cook the sweet potatoes, put them in a large bowl, drizzle with the oil, and toss until evenly coated. Spread them evenly on the lined baking sheet nestle the herb sprigs among them. Sprinkle generously with salt and pepper.
4. Bake both the tempeh and the root vegetables for 25 minutes. Remove the foil from the tempeh and stir the vegetables well, then bake for another 20 minutes or so, until the tempeh is browning and the sweet are tender; there will be some marinade left in the tempeh pan, but it should have thickened up considerably. If it hasn't, bake the tempeh for 5 to 10 more minutes.
5. To make the dressing, combine the oil, maple syrup, mustard, tamari, apple cider vinegar, balsamic vinegar, and nutritional yeast in a small bowl or measuring cup. Whisk to combine. If the dressing is thicker than you'd like, whisk in the warm water as needed.
6. To serve, divide the greens among two bowls, top with quinoa, tempeh, and sweet potatoes.
7. Drizzle with the dressing and serve right away.

Calories	747
Total Fat	24.5g
Saturated Fat	4g
Cholesterol	0mg
Sodium	741mg
Total Carbohydrate	108.2g
Dietary Fibre	16.2g
Total Sugars	4.7g
Protein	25.6g

## RASPBERRY ALMOND SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 200ml coconut water
- 60g rice protein, vanilla flavor
- 50g raspberries
- 1 tablespoon blanched almond butter

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until completely smooth.
3. Serve or chill briefly before serving.

Calories	394
Total Fat	10.2g
Saturated Fat	1.3g
Cholesterol	0mg
Sodium	354mg
Total Carbohydrate	22.5g
Dietary Fibre	6g
Total Sugars	11.2g
Protein	53g

## SWEET AND SOUR SKILLET

Preparation time: 5 minutes

Cooking time: 25 minutes

Servings: 2

### Ingredients:

#### Sweet and sour sauce:

- 3 tablespoons coconut sugar
- ½ tablespoon maple sugar
- 30ml raw cider vinegar
- 30ml rice vinegar
- 1 ½ tablespoons ketchup
- 2 teaspoons tamari sauce
- 30ml water
- ½ teaspoon garlic powder

#### Chickpeas:

- 15ml olive oil
- 2 cloves garlic, minced
- 1 red bell pepper, seeded, sliced
- 1 green bell pepper, seeded, sliced
- 150g broccoli
- 250g cooked chickpeas
- Salt and pepper, to taste
- 30ml water
- 2 teaspoons cornstarch
- 180g cooked or steamed quinoa, to serve with
- 1 green onion, thinly sliced

### Instructions:

1. Mix all the sauce ingredients in a bowl and set aside.
2. Heat oil over medium high heat in a large skillet. Add garlic and cook for 2 minutes or until translucent.
3. Add the peppers and mix in. Cover and cook for 2 minutes.
4. Add the broccoli and mix in. Cover and cook for 1 minute.
5. Add the chickpeas, sauce ingredients, a generous dash of salt and black pepper. Reduce heat to medium. Cover and cook for 10 minutes.
6. Taste the sauce carefully and adjust to preference.
7. Mix cornstarch in room temperature water and add the mixture to the pan. Mix in. Cover and cook for 2 to 3 minutes until the sauce thickens.
8. Garnish with sliced green onion and serve over quinoa.

Calories	561
Total Fat	12.9g
Saturated Fat	1.4g
Cholesterol	0mg
Sodium	507mg
Total Carbohydrate	95.3g
Dietary Fibre	16.1g
Total Sugars	36.7g
Protein	19.5g

## FRIDAY THICK APRICOT SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 2 apricots, halved
- ½ tablespoon chia seeds
- 60g rice protein, vanilla flavor
- 10g rolled oats
- ½ banana, sliced, frozen
- 30ml orange juice
- 160ml organic almond milk
- 5ml maple syrup
- 1 pinch cinnamon
- 5 almonds

### Instructions:

1. Add all ingredients to a blender and let set for 5-10 minutes so the oats and chia seeds can soak. Then blend until smooth.
2. To thicken, add another quarter-half a frozen banana or to thin more milk.
3. Serve immediately.

Calories	510
Total Fat	11.2g
Saturated Fat	1g
Cholesterol	0mg
Sodium	176mg
Total Carbohydrate	49.3g
Dietary Fibre	7.2g
Total Sugars	26.8g
Protein	55.4g

## SWEET AND SOUR SKILLET - PREVIOUS NIGHT DINNER

Preparation time: 5 minutes

Cooking time: 25 minutes

Servings: 2

### Ingredients:

#### Sweet and sour sauce:

- 3 tablespoons coconut sugar
- ½ tablespoon maple sugar
- 30ml raw cider vinegar
- 30ml rice vinegar
- 1 ½ tablespoons ketchup
- 2 teaspoons tamari sauce
- 30ml water
- ½ teaspoon garlic powder

#### Chickpeas:

- 15ml olive oil
- 2 cloves garlic, minced
- 1 red bell pepper, seeded, sliced
- 1 green bell pepper, seeded, sliced
- 150g broccoli
- 250g cooked chickpeas
- Salt and pepper, to taste
- 30ml water
- 2 teaspoons cornstarch
- 180g cooked or steamed quinoa, to serve with
- 1 green onion, thinly sliced

### Instructions:

1. Mix all the sauce ingredients in a bowl and set aside.
2. Heat oil over medium high heat in a large skillet. Add garlic and cook for 2 minutes or until translucent.
3. Add the peppers and mix in. Cover and cook for 2 minutes.
4. Add the broccoli and mix in. Cover and cook for 1 minute.
5. Add the chickpeas, sauce ingredients, a generous dash of salt and black pepper. Reduce heat to medium. Cover and cook for 10 minutes.
6. Taste the sauce carefully and adjust to preference.
7. Mix cornstarch in room temperature water and add the mixture to the pan. Mix in. Cover and cook for 2 to 3 minutes until the sauce thickens.
8. Garnish with sliced green onion and serve over quinoa.

Calories	561
Total Fat	12.9g
Saturated Fat	1.4g
Cholesterol	0mg
Sodium	507mg
Total Carbohydrate	95.3g
Dietary Fibre	16.1g
Total Sugars	36.7g
Protein	19.5g

## PEANUT AVOCADO SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 150ml organic almond milk
- 100ml coconut milk
- ¼ avocado, chopped
- 1 banana, frozen, sliced
- 60g rice protein, chocolate flavor
- 2 tablespoons peanut powder, pb2
- 2 ice cubes

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend on high until creamy.
3. Serve.

Calories	796
Total Fat	38g
Saturated Fat	22.5g
Cholesterol	0mg
Sodium	369mg
Total Carbohydrate	59.7g
Dietary Fibre	12.7g
Total Sugars	28g
Protein	64.1g

## PROTEIN PACKED SALAD

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 2

### Ingredients:

- 40g quinoa, dry
- 100g shelled edamame
- 2 roasted bell peppers, chopped (get those from a jar)
- 250g cooked kidney beans
- 200g cooked black beans
- 60g arugula
- 150g green beans, cut into 2cm pieces, steamed
- 2 spring onions, chopped
- Salt and pepper, to taste

### Vinaigrette:

- 1 small head garlic, topped sliced
- 35ml olive oil
- 30ml lemon juice
- ½ tablespoon raw cider vinegar
- 1 teaspoon Dijon mustard
- ½ teaspoon maple syrup
- Salt and pepper, to taste

### Instructions:

1. Preheat your oven to 180C. Drizzle a little olive oil over the head of the garlic and rub it over the exposed garlic cloves. Wrap the garlic in foil, place it on a baking sheet, and roast for 30-35 minutes, or until the cloves are soft and fragrant.
2. While the garlic roasts, rinse the quinoa through a fine sieve. Cook the quinoa according to package directions. Fluff the quinoa with a fork, re-cover, and allow it to rest while you prepare the rest of the salad.
3. When the garlic is ready, squeeze all of the cloves out of the garlic head into a blender or a food processor. Add all remaining dressing ingredients. Blend the dressing till smooth.
4. To prepare the salad, combine the edamame, green beans, bell pepper, kidney beans, black beans, and arugula into a large mixing bowl.
5. Add the cooked quinoa, green onions if using, and then the vinaigrette. Toss the salad well to combine, then adjust salt and pepper to taste.
6. Serve.

Calories	624
Total Fat	21.9g
Saturated Fat	3.1g
Cholesterol	0mg
Sodium	163mg
Total Carbohydrate	79.9g
Dietary Fibre	24.5g
Total Sugars	5.8g
Protein	30.5g



## SATURDAY

### ORANGE VANILLA CHIA PUDDING

Preparation time: 5 minutes + inactive time

Cooking time: 5 minutes

Servings: 1

#### Ingredients:

- 50ml coconut milk
- 220ml cashew milk
- 3 tablespoons chia seeds
- 50g rice protein, vanilla flavor
- ½ teaspoon orange zest, finely grated

#### Topping:

- ½ orange, peeled, and segmented
- 10ml maple syrup
- 5g slivered almonds

#### Instructions:

1. Combine coconut milk, cashew milk, chia, rice protein, and orange zest in a bowl.
2. Cover and refrigerate overnight.
3. In the morning, place orange segments and maple syrup in a saucepot.
4. Cook until gently caramelized over medium-heat, for 2 minutes.
5. Stir the chia and transfer into a serving bowl.
6. Top with oranges and slivered almonds.
7. Serve.

Calories	652
Total Fat	30.7g
Saturated Fat	12.3g
Cholesterol	0mg
Sodium	218mg
Total Carbohydrate	51.9g
Dietary Fibre	19.2g
Total Sugars	27.2g
Protein	52.8g

## PROTEIN PACKED SALAD - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 2

### Ingredients:

- 40g quinoa, dry
- 100g shelled edamame
- 2 roasted bell peppers, chopped (get those from a jar)
- 250g cooked kidney beans
- 200g cooked black beans
- 60g arugula
- 150g green beans, cut into 2cm pieces, steamed
- 2 spring onions, chopped
- Salt and pepper, to taste

### Vinaigrette:

- 1 small head garlic, topped sliced
- 35ml olive oil
- 30ml lemon juice
- ½ tablespoon raw cider vinegar
- 1 teaspoon Dijon mustard
- ½ teaspoon maple syrup
- Salt and pepper, to taste

### Instructions:

1. Preheat your oven to 180C. Drizzle a little olive oil over the head of the garlic and rub it over the exposed garlic cloves. Wrap the garlic in foil, place it on a baking sheet, and roast for 30-35 minutes, or until the cloves are soft and fragrant.
2. While the garlic roasts, rinse the quinoa through a fine sieve. Cook the quinoa according to package directions. Fluff the quinoa with a fork, re-cover, and allow it to rest while you prepare the rest of the salad.
3. When the garlic is ready, squeeze all of the cloves out of the garlic head into a blender or a food processor. Add all remaining dressing ingredients. Blend the dressing till smooth.
4. To prepare the salad, combine the edamame, green beans, bell pepper, kidney beans, black beans, and arugula into a large mixing bowl.
5. Add the cooked quinoa, green onions if using, and then the vinaigrette. Toss the salad well to combine, then adjust salt and pepper to taste.
6. Serve.

Calories	624
Total Fat	21.9g
Saturated Fat	3.1g
Cholesterol	0mg
Sodium	163mg
Total Carbohydrate	79.9g
Dietary Fibre	24.5g
Total Sugars	5.8g
Protein	30.5g

## BLUEBERRY MANGO SMOOTHIE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 250ml organic almond milk
- 80g wild blueberries, frozen
- 60g rice protein, vanilla flavor
- 90g mango, chopped
- 1 tablespoon hemp seeds

### Instructions:

1. Combine all ingredients in a food blender.
2. Blend until smooth.
3. Transfer into a serving glass and enjoy.

Calories	502
Total Fat	14.3g
Saturated Fat	1g
Cholesterol	0mg
Sodium	223mg
Total Carbohydrate	37.8g
Dietary Fibre	3.9g
Total Sugars	28g
Protein	56.4g

## TOFU IN CREAMY SAUCE

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

### Ingredients:

#### Tofu:

- 280g firm tofu, drained, pressed, cubed
- ¼ teaspoon Garam Masala
- ¼ teaspoon paprika powder
- ¼ teaspoon turmeric
- Salt and pepper, to taste
- 1 teaspoon ginger paste
- 1 teaspoon minced garlic
- 1 ½ teaspoons water
- 1 ¼ tablespoon cornstarch
- 1 teaspoon nutritional yeast
- 1 teaspoon olive oil

#### Sauce:

- 1 teaspoon olive oil
- 2 cloves garlic, chopped
- 3 tomatoes, chopped
- 1-cm ginger, minced
- 1 chili pepper, seeded, chopped
- 40g raw cashews, soaked in hot water 15 minutes
- 80ml water + 60ml
- ½ teaspoon smoked paprika
- ¼ teaspoon garam masala
- 1 pinch cayenne
- ¼ teaspoon coconut sugar
- Salt and pepper, to taste

#### To serve with:

- 200g cooked chickpeas
- 10ml olive oil
- 1 pinch cinnamon
- Salt and pepper, to taste
- Cayenne pepper, to taste
- 2 tablespoons fresh cilantro, chopped

### Instructions:

1. Press and cube the tofu. In a bowl, mix the rest of the ingredients under baked tofu, to make a marinade. Add tofu and toss well. Marinade for 15 minutes, but if short with time, you can skip. Preheat the oven to 200C. Place the tofu cubes on parchment lined sheet. Bake for 15 to 20 minutes. On a separate baking sheet, toss chickpeas with olive oil, cinnamon, cayenne, salt and pepper. Bake same as tofu.
2. Make the sauce; heat oil in a skillet over medium heat. Add garlic and cook until golden.
3. Puree the tomato with the chopped ginger and half the chili pepper. Add to the skillet and cook until the puree starts to thicken.
4. In the same blender, blend the cashews and water until smooth. Blend the cashews for a minute, let it rest for a minute and then blend again for about a minute for a creamy result. Reserve ½ tablespoon of the cream for garnish. Add the rest of the cashew cream to the skillet. Add spices, salt and sugar and mix well. Use 60ml water to rinse out your blender and add to the skillet. Mix and Bring to a boil. Taste and adjust seasonings. Add more water if needed for preferred consistency
5. Fold in the baked tofu. Simmer for 1 minute. Mix in the ginger and remaining chili. Alternatively, Add a drizzle of the cashew cream and top with baked chickpeas and cilantro.
6. Serve.

Calories	692
Total Fat	38.6g
Saturated Fat	5.7g
Cholesterol	0mg
Sodium	41mg
Total Carbohydrate	57.3g
Dietary Fibre	15.2g
Total Sugars	10.5g
Protein	38.1g

## SUNDAY DELIGHTFUL OATS

Preparation time: 10 minutes + inactive time

Cooking time: 15 minutes

Servings: 1

### Ingredients:

- 80g steel cut oats
- 260ml water
- 1 pinch salt
- 1 teaspoon ground flax seeds
- 1 teaspoon maple syrup
- ¼ teaspoon cinnamon

### Topping:

- 100ml organic almond milk
- 60g rice protein, vanilla flavor
- 1 tablespoon peanut butter

Calories	700
Total Fat	17.3g
Saturated Fat	2.9g
Cholesterol	0mg
Sodium	386mg
Total Carbohydrate	71.5g
Dietary Fibre	10g
Total Sugars	11.6g
Protein	64.3g

### Instructions:

1. Combine oats and water in a saucepot. Refrigerate overnight.
2. In the morning, cook the oats with salt for 15 minutes.
3. Remove from the heat and stir in flax seeds, maple syrup, and cinnamon.
4. Transfer the oats into a serving bowl. Top with rice protein, and almond milk. Stir and finally top with peanut butter.
5. Serve.

# TOFU IN CREAMY SAUCE - PREVIOUS NIGHT DINNER

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

Ingredients:

Tofu:

- 280g firm tofu, drained, pressed, cubed
- ¼ teaspoon Garam Masala
- ¼ teaspoon paprika powder
- ¼ teaspoon turmeric
- Salt and pepper, to taste
- 1 teaspoon ginger paste
- 1 teaspoon minced garlic
- 1 ½ teaspoons water
- 1 ¼ tablespoon cornstarch
- 1 teaspoon nutritional yeast
- 1 teaspoon olive oil

Sauce:

- 1 teaspoon olive oil
- 2 cloves garlic, chopped
- 3 tomatoes, chopped
- 1-cm ginger, minced
- 1 chili pepper, seeded, chopped
- 40g raw cashews, soaked in hot water 15 minutes
- 80ml water + 60ml
- ½ teaspoon smoked paprika
- ¼ teaspoon garam masala
- 1 pinch cayenne
- ¼ teaspoon coconut sugar
- Salt and pepper, to taste

To serve with:

- 200g cooked chickpeas
- 10ml olive oil
- 1 pinch cinnamon
- Salt and pepper, to taste
- Cayenne pepper, to taste
- 2 tablespoons fresh cilantro, chopped

Instructions:

1. Press and cube the tofu. In a bowl, mix the rest of the ingredients under baked tofu, to make a marinade. Add tofu and toss well. Marinade for 15 minutes, but if short with time, you can skip. Preheat the oven to 200C. Place the tofu cubes on parchment lined sheet. Bake for 15 to 20 minutes. On a separate baking sheet, toss chickpeas with olive oil, cinnamon, cayenne, salt and pepper. Bake same as tofu.
2. Make the sauce; heat oil in a skillet over medium heat. Add garlic and cook until golden.
3. Puree the tomato with the chopped ginger and half the chili pepper. Add to the skillet and cook until the puree starts to thicken.
4. In the same blender, blend the cashews and water until smooth. Blend the cashews for a minute, let it rest for a minute and then blend again for about a minute for a creamy result. Reserve ½ tablespoon of the cream for garnish. Add the rest of the cashew cream to the skillet. Add spices, salt and sugar and mix well. Use 60ml water to rinse out your blender and add to the skillet. Mix and Bring to a boil. Taste and adjust seasonings. Add more water if needed for preferred consistency
5. Fold in the baked tofu. Simmer for 1 minute. Mix in the ginger and remaining chili. Alternatively, Add a drizzle of the cashew cream and top with baked chickpeas and cilantro.
6. Serve.

Calories	692
Total Fat	38.6g
Saturated Fat	5.7g
Cholesterol	0mg
Sodium	41mg
Total Carbohydrate	57.3g
Dietary Fibre	15.2g
Total Sugars	10.5g
Protein	38.1g

## ORANGE CHIA CHOCOLATE SHAKE

Preparation time: 5 minutes

Servings: 1

### Ingredients:

- 200ml organic almond milk
- 50g orange juice, freshly squeezed
- 1 tablespoon chia seeds
- 60g rice protein, chocolate flavor
- ¼ teaspoon orange zest
- 5ml maple syrup
- 2 teaspoons cacao powder
- 6 almonds
- 1 small banana, sliced, frozen

### Instructions:

1. Combine all ingredients in a food blender.
2. Add ice cubes if desired.
3. Blend all the ingredients until smooth.
4. Serve.

Calories	542
Total Fat	14.5g
Saturated Fat	1.6g
Cholesterol	0mg
Sodium	194mg
Total Carbohydrate	52.2g
Dietary Fibre	10g
Total Sugars	27.8g
Protein	56.5g

## MEXICAN QUINOA STUFFED PEPPERS

Preparation time: 5 minutes

Cooking time: 45 minutes

Servings: 2

### Ingredients:

- 85g quinoa, dry
- 230ml vegetable stock
- 2 large yellow bell peppers, cut in half, seeded
- 5ml olive oil
- 65g jar salsa
- 1 tablespoon nutritional yeast
- 1 teaspoon cumin powder
- ¾ teaspoon chili powder
- ¾ teaspoon garlic powder
- 220g cooked black beans
- 80g can corn, drained

### Topping:

- 1 small avocado, peeled, sliced
- 2 tablespoons cilantro, chopped
- 2 tablespoons diced red onion

### Instructions:

1. Add quinoa and vegetable stock to a saucepan and bring to a boil over high heat. Once boiling, reduce heat, cover, and simmer until all liquid is absorbed and quinoa is fluffy - about 20 minutes.
2. Preheat oven to 190C and grease baking sheet with some oil.
3. Brush halved peppers with olive oil.
4. Add cooked quinoa to a large mixing bowl and add remaining ingredients - salsa through corn. Mix to thoroughly combine then taste and adjust seasonings accordingly, adding salt, pepper, or more spices as desired.
5. Generously stuff halved peppers with quinoa mixture until all peppers are full, then cover the dish with foil.
6. Bake for 30 minutes covered. Then remove foil, increase heat to 200C another 15 minutes
7. Serve topped with avocado, red onion, and cilantro.

Calories	564
Total Fat	18.9g
Saturated Fat	3.5g
Cholesterol	0mg
Sodium	691mg
Total Carbohydrate	83.8g
Dietary Fibre	24.9g
Total Sugars	7.7g
Protein	24.7g

# Week 4 - 2500cal

## GROCERY LIST

### Fruits:

- Goji berries, 15g
- Apricots, 2 pieces
- Avocado, 1 piece
- Banana, 8 pieces
- Blueberries, wild, 140g
- Figs, 2 pieces
- Lemon, 1 piece
- Mango, 90g
- Orange, 1 piece
- Raspberries, 90g

### Vegetables:

- Peas, frozen, 300g
- Edamame, 100g
- Green beans, 140g
- Broccoli, 450g
- Carrot, 1 piece
- Chili pepper, 1 piece
- Garlic, 5 cloves + 1 head
- Red onion, 1 piece
- Green onion/spring onion, 3 pieces
- Red bell pepper, 2 pieces
- Yellow bell pepper, 2 pieces
- Sweet potato, 450g
- Shallot, 1 piece
- Spinach, 210g
- Tomatoes, ripe, 3 pieces

### Grains and Cereals:

- Rolled oats, 40g
- Quinoa, dry, 365g
- Quinoa, steamed, 180g
- Rice, cooked, 60g
- Steel cut oats, 80g

### Can Products:

- Can corn, 80g

### Beans and Legumes:

- Cooked black beans, 420g
- Cooked chickpeas, 450g
- Cooked kidney beans, 250g

### Spices and Herbs:

- Cayenne pepper
- Cider vinegar
- Dijon
- Ketchup
- Tamari
- Balsamic vinegar
- Cardamom
- Chili powder
- Cinnamon
- Cumin
- Curry powder
- Garam Masala
- Ginger powder
- Garlic powder
- Smoked paprika
- Turmeric
- Soy sauce
- Thyme
- Rice vinegar
- Cilantro
- Parsley
- Rosemary
- Salt
- Pepper
- Ginger paste

### Butter; and Oil:

- Olive oil, 135ml
- Almond butter, blanched, 15g
- Almond butter, plain, 100g
- Hazelnut butter, 15g
- Peanut butter, 45g

### Nuts and Seeds:

- Almonds, crushed, 15g
- Almonds, slivered, 5g
- Chia seeds, 80g
- Flax seeds, ground, 20g
- Almonds, whole, 11 pieces
- Hemp seeds, 70g
- Cashews, raw, 40g
- Pistachios, chopped, 15g

### Soy Products:

- Soy milk, 270ml
- Tempeh, 120g
- Tofu, firm, 280g

### Non-Dairy:

- Brown rice milk, 200ml
- Almond milk, organic, 1.6liters
- Coconut milk, 350ml
- Cashew milk, 220ml

### Protein Powder:

- Rice protein, vanilla, chocolate, 830g

### Sweeteners:

- Coconut sugar, 45g
- Maple syrup, 50ml
- Maple sugar, 10g

### Additional:

- Cacao powder, 10g
- Cornstarch, 30g
- Coconut water, 440ml
- Roasted bell pepper, 2 pieces
- Salsa, jar, 65g
- Vegetable stock, 880ml
- Orange juice, 80ml
- Peanut powder, pb2, 60g
- Shirataki noodles, 70g
- Nutritional yeast, 35g