



THE SCULPTED  
**VEGAN**

# MEAL PLANS

**12 WEEKS OF MACRO & CALORIE COUNTED  
— MEAL PLANS 1700 - 1900CAL —**

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# 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

#### 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

## 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 Cauliflower 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
- ¾ 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

#### 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 Fibre	11.7g
Total Sugars	7.1g
Protein	30g

## 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

### 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

## 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

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

### 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.

## 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

### 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

## 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

### 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

## 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

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.

## 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

### 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

## 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