MIGH MIRE

MARCH PLANT-BASED RECIPE PACK

TIGHTEN W



Delicious, Quick Simple Breakfast, Lunch, Dinner treats

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RECIPE KEY

Look for these helpful icons throughout the file.

- GF Gluten Free
- Dairy Free
- Low Carb (under 20g serving)
- MP Meal Prep/Freezer Friendly
- HP High Protein (over 20g per serving)
- V Vegetarian
- Quick (under 30 mins)
- N Contains Nuts



SAMPLE WEEKLY MEAL PLANNER

Bean Salad

Lettuce Tacos

Lettuce Tacos

FRIDAY SUNDAY MONDAY **TUESDAY** WEDNESDAY **THURSDAY SATURDAY BREAKFAST BREAKFAST BREAKFAST BREAKFAST BREAKFAST BREAKFAST BREAKFAST** Overnight Vanilla Overnight Vanilla Overnight Apple Pie Overnight Black Forest Apple Pie Blueberry Blueberry Cinnamon Cinnamon Cake Protein Oats Oats Blueberry Chia Blueberry Chia Protein Oats Protein Oats Smoothie **Pudding** Pudding LUNCH LUNCH LUNCH LUNCH LUNCH LUNCH LUNCH Veggie Detox Warm Kale Salad Warm Kale Salad Vegan White Veggie Detox Chickpea Chickpea with a Creamy with a Creamy "Tuna" "Tuna" Bean Tuscan Wraps Wraps Tahini Dressing Tahini Dressing Sandwich Sandwich Soup **SNACK** SNACK SNACK SNACK **SNACK SNACK SNACK** E.g. Tropical Green Hurricane, Hurricane, Hurricane. Hurricane, Hurricane. Hurricane, Hurricane. **Peanut Butter** Peanut Butter Protein Peanut Butter Protein **Peanut Butter** Peanut Butter Protein Peanut Butter Protein Peanut Butter Protein Bites, Raw Protein Bites, Raw Bites, Raw Trail Mix Protein Bites, Raw Bites, Raw Trail Mix Bites, Raw Trail Mix Bites, Raw Trail Mix Trail Mix Trail Mix Trail Mix DINNER DINNER DINNER DINNER DINNER DINNER DINNER Italian Stuffed Italian Stuffed Vegetable Chickpea Chickpea Santa Fe Meal Out -

Portabella

Mushroom

Portabella

Mushroom

Kitchari

Enjoy!

WEEKLY SHOPPING LIST

FRUITS & VEGETABLES

NON-DAIRY, CANS & CONDIMENTS

SEEDS, HERBS & SPICES

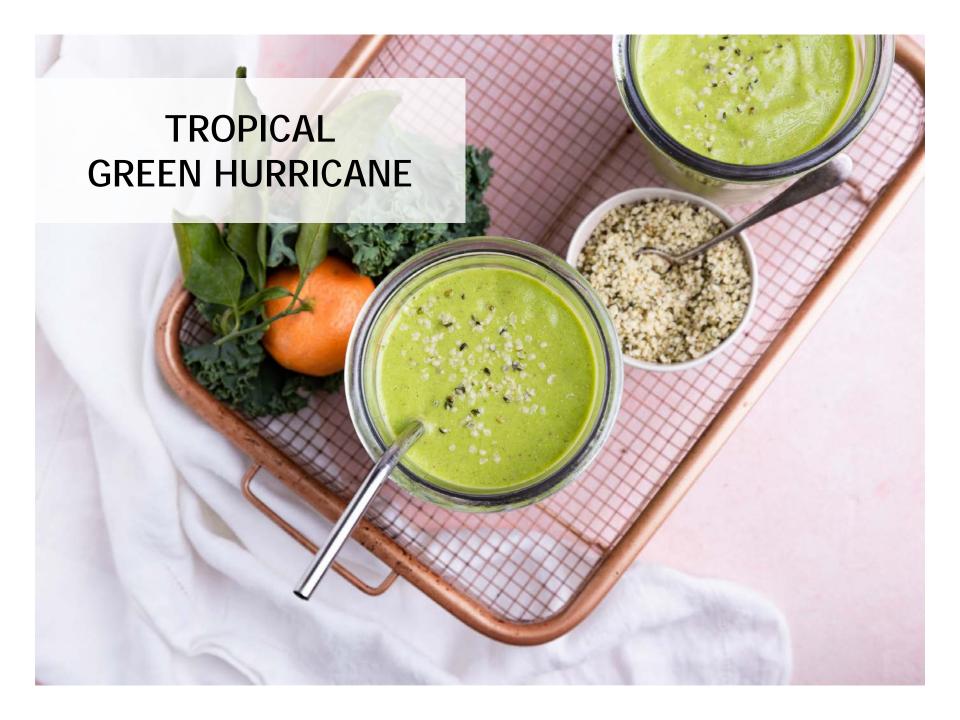
BAKING GOODS & MISC

Oils

Fruits	Non-Dairy
3x apples	1 carton soy milk or other
2x large navel oranges	plant-based milk
4x lemons	·
○ 4x limes	350 grams extra firm tofu
○ 1 mango	 175 grams smoked tofu or tempeh
○ 1 avocado	Cans and Condiments
Vegetables	540g can of cannellini beans
1 large bunch of kale	
(10 large leaves)	○ 540g can of chickpeas
1 handful spinach	1 small jar Tahini paste
3x celery stalks	 small bottle soy sauce
1 green onion stalk or bunch (spring onions)	osmall bottle apple cider vinegar
 3x medium yellow cooking onions 	O vegan mayo
6x medium carrots	O mustard
2x yellow potatoes (yukon gold)	_
1 red capsicum	natural peanut butter
1 yellow capsicum	white wine vinegar
4x large Portabella mushrooms2x small head of cauliflower or one	1 small jar sun dried tomatoes in
extra large	Ooil
small head of butter or Romaine	
lettuce	ostore-bought salsa
 2x Romaine hearts or small package 	sweet chilli sauce (optional)
of mixed greens	
10 baby bok choy	
1 small red onion	
1 cucumber	0
Frozen	0
of frozen pineapple chunks	
of frozen mango chunks	0
frozen blueberries	
ofrozen banana	
frozen cherries	

	Grains and Seeds
	small bag hemp seeds
	Basmati rice
	Mung Dahl beans or red split
	lentils
	dried quinoa
	red split lentils
	pumpkin seeds
	chia seeds
	Fresh Herbs and Spices
	small bunch parsley
	small bunch dill (optional)
	small bunch coriander small bunch basil leaves
	small piece ginger root
	1 large bulb garlic
	ground cinnamon
	cinnamon stick
	ground allspice
	dried basil
	dried oregano
	dried thyme
	chilli powder
	ground cumin
	cardamom pods
\bigcirc	ground turmeric
	cumin seeds
\bigcirc	salt
	nenner

olive oil
occonut oil
Sweeteners
o stevia extract
 agave syrup
maple syrup
Baking Goods
quick rolled oats
O vanilla extract
ococoa powder
 whole grain sprouted bread
nutritional yeast (small bag)
Other
O plant-based vanilla protein
 plant-based chocolate protein
 vegan vegetable stock cubes
peanut dressing (optional)
 chopped roasted peanuts
oraw cashews
oraw walnuts
O dried mango
coconut flakes
rice wrapstaco seasoning mix
dried cranberries
O di led ci aliberi les
0



TROPICAL GREEN HURRICANE



Prep: 5 mins Cook: 0 mins



Nutrition per serving: 355 kcal 11g Fats 54g Carbs 10g Protein









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WHAT YOU NEED

- 1 large navel orange
- 1 cup (165g) frozen mangoes
- 1 cup (210g) frozen pineapple
- 1 cup (240ml) water
- 1 apple
- 1 large kale leaf
- 4 tbsp. hemp seeds

WHAT YOU NEED TO DO

Peel the orange. Place all the ingredients into a high powered blender and blend until smooth. Pour into two large glasses and serve immediately.





APPLE PIE OATS



Prep: 2 mins Cook: 8 mins



Nutrition per serving: 215 kcal 3g Fats 40g Carbs 7g Protein









WHAT YOU NEED

- 1 cup (80g) regular rolled oats
- 2 cups (480ml) water
- ¼ tsp. salt
- ¼ tsp. allspice
- ½ tsp. ground cinnamon
- 10 drops stevia
- 1 cup soy milk, or other plant-based milk

Apple Topping:

- 2 apples
- ½ tsp. lemon juice
- 1/4 tsp. allspice
- ½ tsp. ground cinnamon

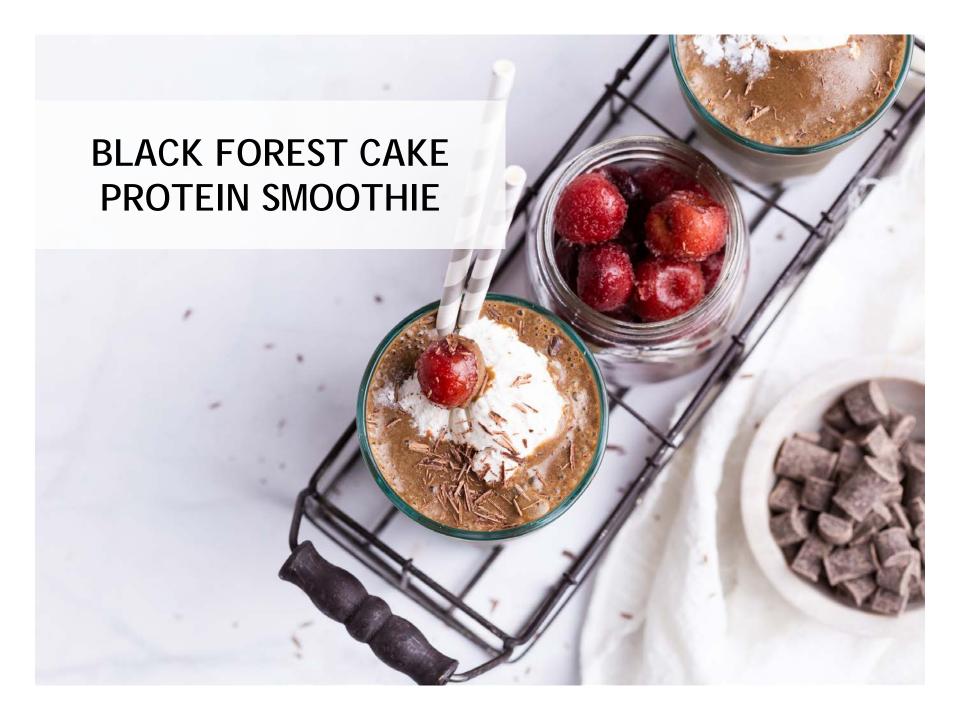
WHAT YOU NEED TO DO

Place the oats, water, salt, all spice, cinnamon and stevia into a medium saucepan with a lid. Bring the water to a boil, reduce the heat to a simmer and cook gently for approx. 8 minutes until the water is completely absorbed.

While the oats are cooking, make the apple topping. Start by chopping the apples into small pieces and add them into a frying pan along with the lemon juice, allspice and cinnamon. Cook for 3-5 minutes until the apples have softened slightly.

To assemble, spoon the cooked oats into two bowls, top with the apples and pour ½ cup of soy milk over each bowl of oats. Serve immediately.

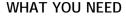




BLACK FOREST CAKE PROTEIN SMOOTHIE



Nutrition per serving: 274 kcal 2g Fats 49g Carbs 15g Protein



- 1 ½ frozen bananas, sliced
- 2 cups (480ml) soy milk
- ½ cup (100g) vegan chocolate protein powder
- 1 cup (140g) frozen cherries
- 1 small handful spinach
- 2 tbsp. cocoa powder
- ¼ tsp. vanilla extract
- coconut cream (optional)

WHAT YOU NEED TO DO

Pour the soy milk into a blender and top with banana slices, protein powder, cherries, spinach, cocoa powder and vanilla extract.

Blend until smooth and pour into two large glasses. Top with a little coconut cream (optional) and serve immediately.

Note:

Nutritional info uses unsweetened soy milk and unsweetened protein powder.













OVERNIGHT VANILLA BLUEBERRY PROTEIN OATS



Prep: 5 mins Cook: 0 mins



Nutrition per serving: 283 kcal 7g Fats 42g Carbs 13g Protein

WHAT YOU NEED

- 2 tbsp. plant-based vanilla protein powder
- 1 cup (80g) quick rolled oats
- 1 tbsp. hemp seeds
- 1 ½ cups (360ml) soy milk or plant milk of choice
- ½ cup (95g) frozen blueberries
- ¼ tsp. vanilla extract
- 2 tsp. agave syrup or sweetener of choice

WHAT YOU NEED TO DO

Take two jars or containers with lids. Pour in oats, vegan protein powder, hemp seeds, vanilla extract, agave syrup and plant-based milk in equal amounts into each jar.

Shake the ingredients in the jar well to combine. Top with frozen blueberries. Place into the fridge overnight.

An ideal grab and go breakfast in the morning.

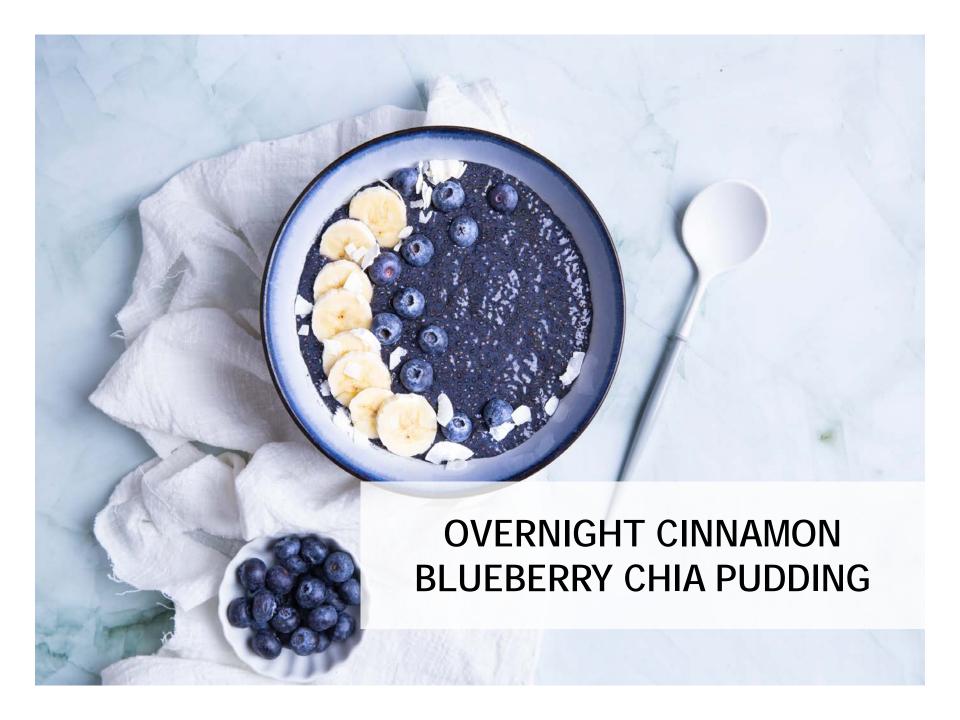
Note:

Nutritional info uses agave syrup and unsweetened pea protein.









OVERNIGHT CINNAMON BLUEBERRY CHIA PUDDING









WHAT YOU NEED

- 1 cup (190g) frozen blueberries
- 1 ½ cups (360ml) soy milk or other plant-based milk
- ¼ cup + 1 ½ tbsp. (50g) chia seeds
- 1 tbsp. maple syrup or agave syrup
- ½ tsp. ground cinnamon
- 1 tbsp. plant vanilla protein powder
- fresh fruit/berries (optional - not included in nutritional calculations)

WHAT YOU NEED TO DO

Blend the frozen blueberries, protein powder, plant-based milk, and maple syrup in a blender until smooth.

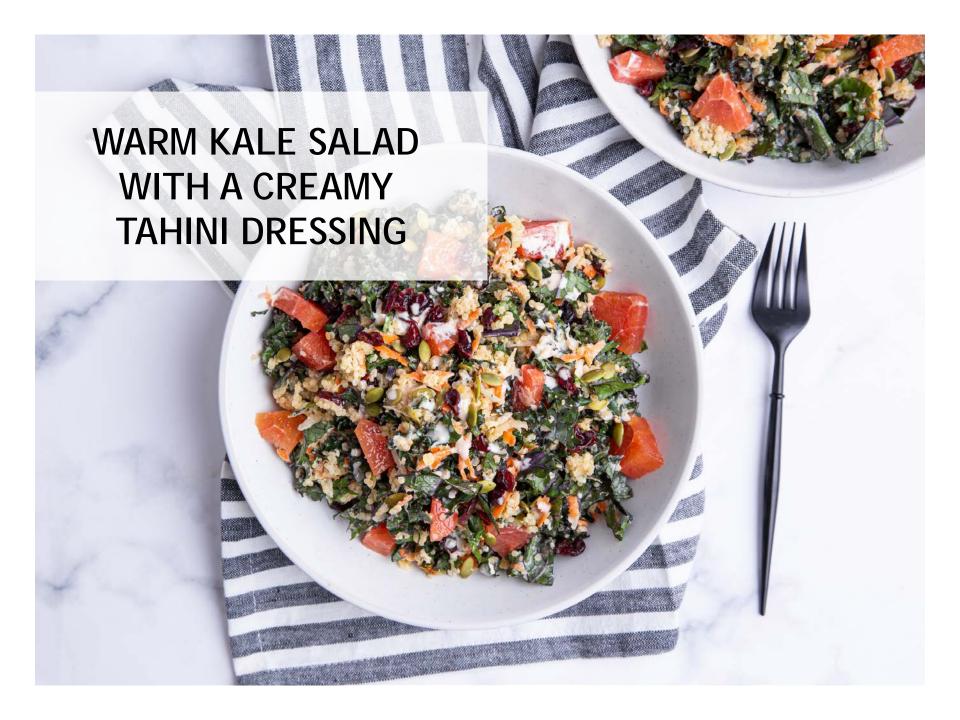
Pour the chia seeds into a medium-sized bowl. Cover with the blueberry smoothie mixture and mix together thoroughly with a whisk. Place into the fridge for 5 minutes, then take out and whisk again until all the chia seed clumps have broken up.

Leave the pudding in the fridge overnight. In the morning, remove the pudding from the fridge and if desired, top with berries or other fruit of choice.

Note:

Nutritional info uses agave syrup and unsweetened pea protein.





WARM KALE SALAD WITH A CREAMY TAHINI DRESSING



Prep: 10 mins Cook: 15 mins



Nutrition per serving: 440 kcal 16g Fats 57g Carbs 17g Protein





WHAT YOU NEED

- ½ cup (90g) dried quinoa
- ¼ cup (45g) split red lentils
- 1 ½ (360ml) cups water
- 4 large kale leaves
- ¼ cup (37g) dried cranberries
- 3 tbsp. pumpkin seeds
- 1 navel orange
- salt and pepper

Dressing:

- 4 tbsp. tahini paste
- 2 cloves garlic
- 1 lemon, juiced
- ½ tsp. soy sauce
- 1 tsp. maple syrup
- 3 tbsp. water
- 1 tbsp. apple cider vinegar

WHAT YOU NEED TO DO

Place the lentils and quinoa into a saucepan with the water and a large pinch of salt and pepper. Bring to the boil, then turn down the heat and reduce to a simmer. Cover the pan with a lid and let the quinoa and lentils simmer gently for 15 minutes.

Make your dressing by whisking tahini, lemon juice, soy sauce, maple syrup, minced garlic, apple cider vinegar, and water in a small bow. Set aside.

Rinse the kale leaves and remove and discard the stems. Chop the kale, remove the skin from the orange and chop, and grate the carrots. Place into a large bowl and top with pumpkin seeds and dried cranberries.

Once the quinoa has cooked, drain of any excess water with a sieve and pour the quinoa into the large bowl with kale. Pour over the dressing and mix all ingredients to combine.

Note:

- You can omit cranberries and or oranges to reduce carbs.
- To save preparation time, omit the dressing and buy storebought tahini dressing.





CHICKPEA "TUNA" SANDWICH



Prep: 8 mins Cook: 0 mins



Nutrition per serving: 397 kcal 13g Fats 51g Carbs 19g Protein





WHAT YOU NEED

- 1 ½ cups (250g) chickpeas (drained from can)
- 1 celery stalk
- 1 green onion stalk (spring onion)
- 2 tbsp. vegan mayo
- ½ tbsp. freshly squeezed lemon juice (½ lemon)
- ¼ cup (15g) parsley or dill
- ½ tsp. mustard
- 4 slices sprouted whole grain bread
- 1 cup mixed greens or 2 large leaves of lettuce

WHAT YOU NEED TO DO

Drain the chickpeas and place them into a bowl. Mash the chickpeas with a potato masher, leaving some chunks of chickpea in the mix.

Now chop the celery, green onion stalk, parsley or dill into tiny pieces. Place the chopped celery, green onion stalk, mayo, lemon juice, parsley or dill, and mustard into the chickpea bowl. Mix well to combine.

Spread the chickpea mixture onto the bread and top with lettuce and your other favourite sandwich toppings.

Note:

To reduce carbs, serve chickpea mixture in lettuce wraps.





VEGAN WHITE BEAN TUSCAN SOUP









WHAT YOU NEED

- 1 medium yellow cooking onion
- 2 medium carrots
- 2 large stalks celery
- 2 small yellow potatoes (yukon gold)
- 540g can of cannellini beans
- 4 cups (1I) vegetable stock
- 2 cups (480ml) water
- 1 tbsp. olive oil
- 4 cloves garlic
- 1 tsp. dried basil
- 1 tsp. dried oregano
- 1 tsp. dried thyme
- 2 large kale leaves
- ¾ tsp. salt
- 1 lemon (optional)
- parsley for garnish (optional)

WHAT YOU NEED TO DO

Chop the onion, carrots, celery, and potatoes into small pieces, set aside. Drain and rinse your cannellini beans, set aside. Mince your 4 cloves of garlic, set aside.

Place a large saucepan on the stove and pour in the olive oil. Heat the oil on a medium low heat and add in your onions, carrots, celery and potatoes. Cook for 3 minutes.

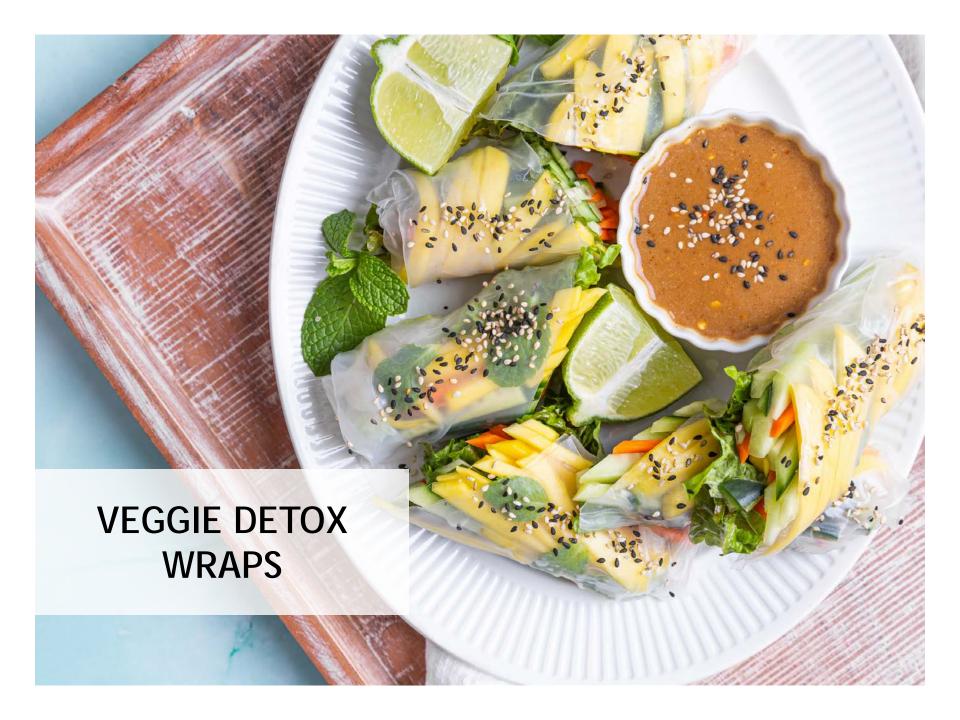
Now add in your garlic, basil, oregano, thyme and salt and cook for a further minute. Pour in your vegetable stock, cannellini beans and water and bring to the boil. Reduce the heat to a simmer and let the soup simmer gently for 15 minutes.

De-stem the kale, discarding the stems and chop up the leaves, add the kale leaves to the soup and stir. Simmer gently for a further 5 minutes. Serve the soup with some freshly squeezed lemon juice and fresh parsley.

Note:

To reduce carbs, leave the potatoes out of the soup.





VEGGIE DETOX WRAPS



Prep: 15 mins Cook: 0 mins



serving: 274 kcal 6g Fats 43g Carbs 12g Protein





WHAT YOU NEED

- 1 large carrot
- ½ medium cucumber
- 1 mango
- 10 leaves of lettuce of choice
- 1 tbsp. sesame seeds (optional)
- 175g marinated smoked tofu or tempeh (optional)
- 4 rice wraps

Homemade dipping sauce:

- 1 lime
- 1 tsp. agave syrup

WHAT YOU NEED TO DO

Peel and slice the carrots, cucumber and mango into long thin matchsticks. Chop the tofu into small cubes. Wash and dry the lettuce.

Hydrate the rice wraps one at a time in lukewarm water. After hydrating, fill each wrap with ¼ amount of vegetables and tofu near the edge of the wrap. Roll the first wrap up by folding the sides over your ingredients and rolling it up like a burrito. Set aside and repeat this process for the next 3 wraps.

If it is too hard to roll. Take out some of the ingredients. If your rice wrap keeps ripping, it is too wet and over hydrated.

Once all the wraps are wrapped up, sprinkle with the sesame seeds.

To make the dipping sauce, juice one lime and add 1 teaspoon of agave syrup and stir to combine. Serve the sauce with the wraps.

Note:

In a place of the homemade dipping sauce, you can substitute ¼ cup of store-bought sweet chilli sauce or a peanut dressing.





CHICKPEA LETTUCE TACOS









WHAT YOU NEED

- 1 medium yellow onion, chopped
- 1 small red capsicum, sliced
- 1 small yellow capsicum, sliced
- 1 small head of cauliflower or ½ large
- 1x (540g) can of chickpeas
- 1x (35g) pack of taco seasoning of choice
- 1 tbsp. olive oil
- 16 Romaine or butter lettuce leaves
- 1 avocado
- 1 lime
- 200g tub salsa

WHAT YOU NEED TO DO

Preheat the oven to 200°C. Line two baking sheets with baking parchment.

Remove the stem from the cauliflower and cut the cauliflower head into small bite sized pieces.

Place the cauliflower, capsicums, onion, drained and rinsed chickpeas into a large bowl. Drizzle with olive oil and sprinkle on the taco seasoning. Mix well to combine and pour onto the two lined baking sheets.

Place the trays into the oven and bake for 18 minutes, until the cauliflower edges start to brown a little.

While the cauliflower is cooking, chop and peel the avocado, squeeze ½ the lime juice over the top to keep it from browning. Break off leaves from the head of lettuce, wash and place into a bowl.

Remove the cauliflower taco filling from the oven. Arrange equally on the lettuce leaves and garnish with the avocado and store-bought salsa. Serve immediately.

Note:

Nutritional info is without salsa.





SANTA FE BEAN SALAD



Serves: 4 Prep: 10 mins Cook: 0 mins



Nutrition per serving: 347 kcal 15g Fats 42g Carbs 11g Protein





WHAT YOU NEED

- 2 Romaine hearts
- 1 cup (170g) can chickpeas
- 1 cup (170g) can black beans
- 1 cup (250g) can sweetcorn
- 1 small red onion, chopped
- 1 handful coriander, chopped

Salad Dressing:

- 2 tbsp. peanut butter
- 2 limes, juiced
- 2 tbsp. white wine vinegar
- 2 tbsp. olive oil
- ½ tsp. cumin powder
- ½ tsp. chilli powder
- 2 tsp. agave syrup
- 2 tbsp. fresh chopped coriander

WHAT YOU NEED TO DO

Place the onion, lettuce and coriander into a large salad bowl.

Drain and rinse the chickpeas, sweetcorn, and black beans under cold water. Add them into the large salad bowl.

Make the salad dressing by pouring the olive oil, lime juice, white wine vinegar, peanut butter, chilli powder, cumin, agave syrup, and fresh cilantro into a blender or food processor. Blend until smooth.

Pour the salad dressing over the bean and chickpea salad in the large bowl. Mix well to combine and serve immediately.

Note:

- You can replace dressing with a store-bought Mexican or Moroccan spiced dressing to save time and reduce ingredients.
- Nutritional info is without dipping sauce or sesame seeds.





ITALIAN STUFFED PORTABELLA MUSHROOM



Cook: 20 mins

Nutrition per serving: 276 kcal 8g Fats 27g Carbs 24g Protein





WHAT YOU NEED

- 4 large portabella mushrooms
- 350g extra firm tofu
- 1 cup (54g) sun dried tomatoes in oil
- ½ cup (25g) packed fresh basil leaves
- ¼ cup (13g) packed fresh parsley
- 2 cloves garlic, minced
- 2 tbsp. nutritional yeast
- ½ lemon
- salt and pepper to taste
- 8 cups mixed salad leaves

WHAT YOU NEED TO DO

Preheat the oven to 180°C. Line a baking sheet with baking parchment.

Wash and remove the stems from the portabella mushroom. Place the 4 mushrooms onto the baking sheet.

Drain the sun dried tomatoes and place them into a food processor along with the basil, parsley, garlic, nutritional yeast, lemon juice, salt and pepper. Pulse until the tomatoes form a chunky paste. Chop the tofu into large cubes and add into the food processor. Pulse again until the mixture resembles large bread crumbs.

Scoop the filling evenly onto the 4 portabella mushroom caps. Place the baking sheet in the oven and bake for 18-20 minutes, until the mushrooms are soft and the filling is heated through.

While the mushrooms are baking, make a side salad with 8 cups of mixed salad leaves and your favourite toppings.





VEGETABLE KITCHARI



Prep: 10 mins Cook: 20 mins



Nutrition per serving: 420 kcal 16g Fats 58g Carbs 11g Protein





WHAT YOU NEED

- 1 cup (200g) uncooked Basmati or rice of choice
- ½ cup (95g) split mung Dahl beans (or substitute with split red lentils)
- 5 cups (1.2I) water
- 2 tbsp. coconut oil
- 3 cardamom pods
- ¼ tsp. ground turmeric
- 1 tsp. salt
- ½ small cinnamon stick
- ½ tbsp. freshly grated ginger
- 1 tsp. cumin seeds
- 1 small onion, diced
- 10 baby bok choy, cut in half
- 2 large carrots
- ½ head cauliflower
- pinch of black pepper
- 1 lime (optional)

WHAT YOU NEED TO DO

Rinse the rice and the mung beans in a strainer.

Chop the carrots into large sized pieces. Cut the cauliflower in half, remove and discard the stem, and cut up the head into florets.

In a large pan, heat the coconut oil over a low heat. Melt the coconut oil and add in the cardamom pods, ginger, cinnamon stick, cumin seeds and onion. Sauté gently for 2 minutes. Now add in the chopped carrots and cauliflower, water, salt, ground turmeric, and a pinch of ground pepper. Bring to the boil and reduce heat to simmer. Set a timer for 10 minutes.

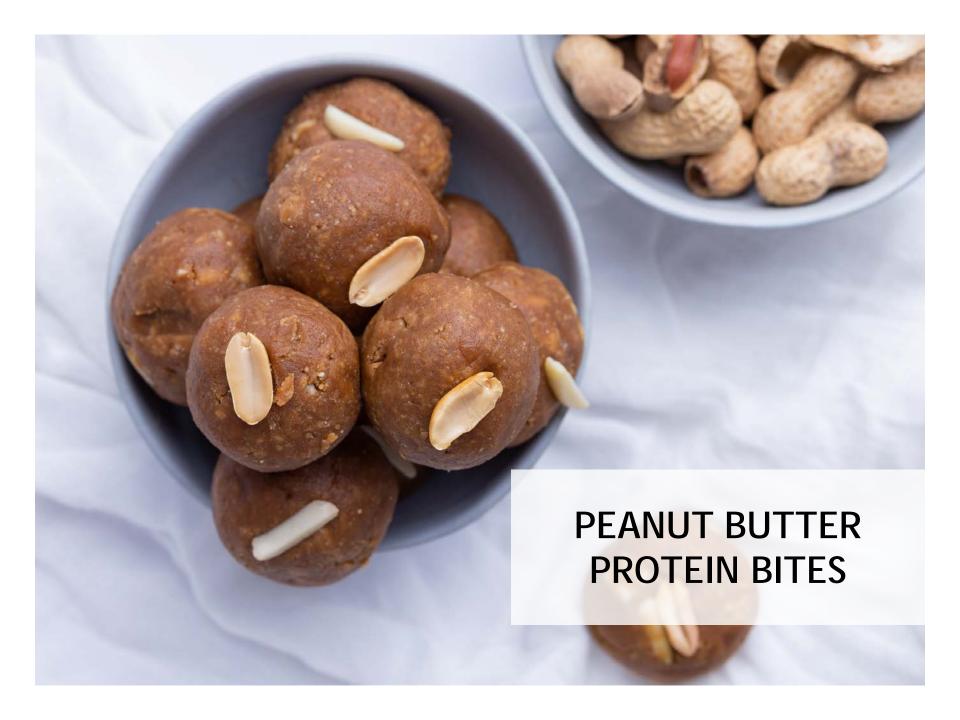
After 10 minutes, add in your bok choy, set the timer and cook for a further 14 minutes.

Once cooked serve the mixture into 4 bowls, top with cilantro and squeeze of lime (optional).

Note:

- You can use whatever vegetables that you happen to have in your fridge.
- To reduce calories and fat you can use 1 tablespoon of coconut oil instead of two.





PEANUT BUTTER PROTEIN BITES



Prep: 15 mins Cook: 0 mins









WHAT YOU NEED

- 1 cup (240q) natural peanut butter (without sugar)
- 1 cup (200g) vegan vanilla protein powder of choice
- ¼ cup + 2 tbsp. (100g) agave syrup
- ¼ cup (40g) chopped roasted peanuts
- ¼ tsp. vanilla extract
- 2 tbsp. soy milk or other plant-based milk of choice

WHAT YOU NEED TO DO

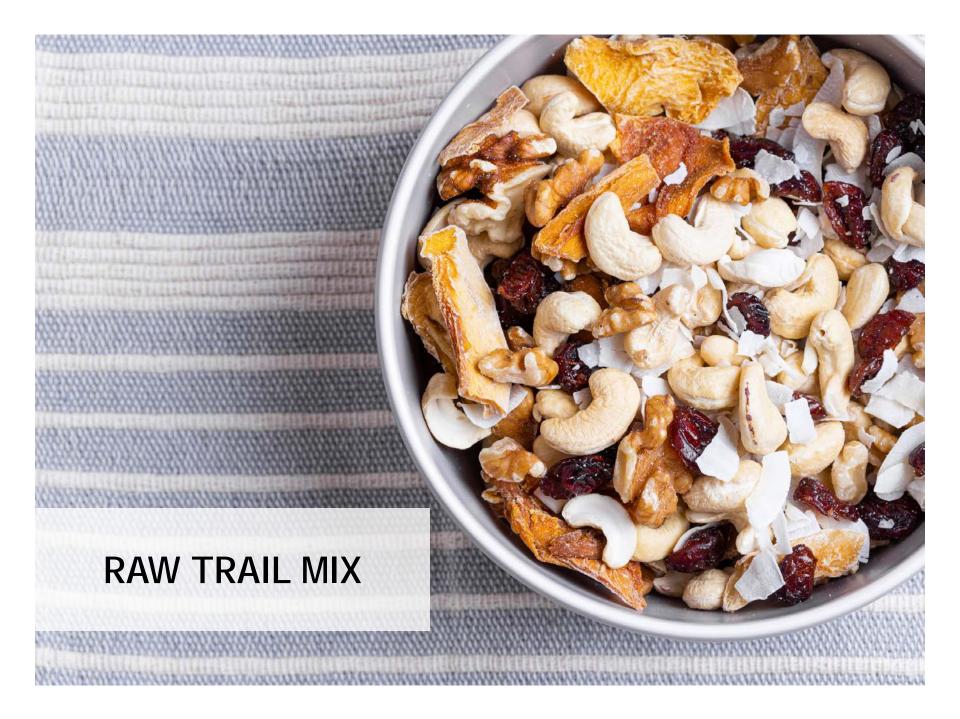
Spoon the peanut butter, vegan protein powder, agave syrup, vanilla extract, and plant-based milk into a food processor. Blend until well combined. Now, add in the chopped peanuts and pulse a few more times.

Add more peanut butter or coconut oil if the mixture is too crumbly. The mixture should hold together to form into balls.

Take one heaped tablespoon of the mixture and form into a ball. Repeat this process until you have 14-15 balls. Top each ball with a peanut.

Place in an airtight container and store in the fridge.





RAW TRAIL MIX



Serves: 7 Prep: 4 mins Cook: 0 mins



Nutrition per serving: 219 kcal 15g Fats 17g Carbs 4g Protein





WHAT YOU NEED

- 1 cup (150g) raw cashews
- ⅓ cup (24g) raw coconut flakes
- ⅓ cup (45g) dried cranberries
- ⅓ cup (50g) raw walnuts
- 1/₃ cup (45g) dried mango

WHAT YOU NEED TO DO

Place all the ingredients into an airtight container and give a good stir to combine. Take out a small handful for a quick snack.

Note:

To reduce carbs, eliminate the dried mango and replace with pumpkin seeds to increase protein.

