

JUNE PLANT-BASED RECIPE PACK

TIGHTEN *up*

Delicious, Quick Simple Breakfast, Lunch, Dinner treats

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RECIPE KEY

Look for these helpful icons throughout the file.

GF

Gluten Free

DF

Dairy Free

LC

Low Carb (under 20g serving)

MP

Meal Prep/Freezer Friendly

HP

High Protein (over 20g per serving)

V

Vegetarian

Q

Quick (under 30 mins)

N

Contains Nuts

SAMPLE WEEKLY MEAL PLANNER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST Blackberry PB&J Overnight Oats	BREAKFAST Blackberry PB&J Overnight Oats	BREAKFAST Chai-Spiced Quinoa Porridge	BREAKFAST Chai-Spiced Quinoa Porridge	BREAKFAST Baked Banana Berry Oats	BREAKFAST Baked Banana Berry Oats	BREAKFAST Peachy Detox Smoothie
LUNCH Berry Rocket (Arugula) Salad	LUNCH Berry Rocket (Arugula) Salad	LUNCH Roasted Za'atar Veggie Flatbread	LUNCH Roasted Za'atar Veggie Flatbread	LUNCH Mexican Power Bowls	LUNCH Mexican Power Bowls	LUNCH Spicy Vegetable Soup
SNACK E.g. Power Peanut Protein Bars, Apple Nachos, Silken Tropical Smoothie, Peachy Detox Smoothie	SNACK E.g. Power Peanut Protein Bars, Apple Nachos, Silken Tropical Smoothie, Peachy Detox Smoothie	SNACK E.g. Power Peanut Protein Bars, Apple Nachos, Silken Tropical Smoothie, Peachy Detox Smoothie	SNACK E.g. Power Peanut Protein Bars, Apple Nachos, Silken Tropical Smoothie, Peachy Detox Smoothie	SNACK E.g. Power Peanut Protein Bars, Apple Nachos, Silken Tropical Smoothie, Peachy Detox Smoothie	SNACK E.g. Power Peanut Protein Bars, Apple Nachos, Silken Tropical Smoothie, Peachy Detox Smoothie	SNACK E.g. Power Peanut Protein Bars, Apple Nachos, Silken Tropical Smoothie, Peachy Detox Smoothie
DINNER Chickpea Curry with Rice	DINNER Mushroom Burger with Tofu Fries	DINNER Mushroom Burger with Tofu Fries	DINNER Nourishing Salad Bowls	DINNER Nourishing Salad Bowls	DINNER Meal Out – Enjoy!	DINNER Roasted Vegetable Curry Bowl

WEEKLY SHOPPING LIST

FRUITS & VEGETABLES

Fruits

- ☐ 2x packs blackberries
- ☐ 1 pack blueberries
- ☐ 1 pack raspberries
- ☐ 1 passion fruit
- ☐ 1 orange
- ☐ 1 lime
- ☐ 3x overripe bananas
- ☐ 2x large apples
- ☐ 1 avocado

Vegetables

- ☐ 1 large cucumber
- ☐ 1 bag of rocket
- ☐ 1 bag of spinach
- ☐ 2x bags mixed lettuce leaves
- ☐ 1 large green lettuce
- ☐ 18x large French green beans
- ☐ 2x red onions
- ☐ 3x yellow onions
- ☐ 1 zucchini
- ☐ 4x large portobello mushrooms
- ☐ 2x tomatoes
- ☐ 2x packs cherry tomatoes
- ☐ 2x bulbs garlic
- ☐ 1 green capsicum
- ☐ 1 red capsicum
- ☐ 3x celery stalks
- ☐ 11x carrots
- ☐ 2 small sweet potatoes
- ☐ 1 large cauliflower
- ☐ 260g asparagus (approx. 16 large ones)
- ☐ 1 small butternut pumpkin
- ☐ 425g bag baby potatoes)
- ☐ _____

NON-DAIRY, PLANT-BASED FROZEN FOODS & CONDIMENTS

Non-dairy & Plant-based

- ☐ 1 large carton soy milk or other plant-based milk
- ☐ 1x (350g) extra firm tofu
- ☐ 1x (300g) silken tofu
- ☐ vegan protein powder of choice chocolate flavour
- ☐ vegan protein powder of choice vanilla flavour
- ☐ spirulina powder

Condiments/Sauces

- ☐ peanut butter
- ☐ coconut butter
- ☐ coconut oil
- ☐ olive oil
- ☐ avocado oil
- ☐ sesame oil
- ☐ balsamic vinegar
- ☐ balsamic dressing
- ☐ balsamic glazed (optional)
- ☐ hummus or white bean dip
- ☐ salsa of choice
- ☐ soy sauce

Condiments/Sauces

- ☐ frozen peaches
- ☐ frozen strawberries
- ☐ frozen raspberries
- ☐ frozen mangoes
- ☐ frozen sweetcorn

SEEDS, NUTS, LEGUMES, HERBS & SPICES

Seeds and Nuts

- ☐ chia seeds
- ☐ hemp seeds
- ☐ flaked almonds
- ☐ roasted peanuts – unsalted
- ☐ chopped walnuts

Legumes

- ☐ dried split red lentils
- ☐ dried green lentils
- ☐ dried mung dahl (sub for red lentils)

Spices

- ☐ ground cinnamon
- ☐ chilli flakes
- ☐ steak spice seasoning
- ☐ za'atar seasoning or Greek seasoning
- ☐ mild curry powder
- ☐ cardamom pods
- ☐ cayenne pepper
- ☐ garam masala
- ☐ ground cumin
- ☐ cumin seeds
- ☐ ground turmeric
- ☐ ground coriander

Fresh Herbs

- ☐ ginger root
- ☐ coriander
- ☐ dill
- ☐ _____

CANNED GOODS, BAKING GOODS & MISC

Canned Goods

- ☐ 2x (400g) can of chickpeas
- ☐ 2x (400g) can black beans
- ☐ 1x (400g) can chopped tomatoes
- ☐ 2L vegetable stock (or sun stock cubes)
- ☐ 1 small can tomato paste/puree
- ☐ 2x (400ml) cans light coconut milk

Grains

- ☐ quick oats
- ☐ dried quinoa
- ☐ 1 pack burger buns
- ☐ 6 mini flatbreads or naan bread
- ☐ brown rice
- ☐ Basmati rice or long grain white rice

Baking Goods

- ☐ small bag raisins
- ☐ vanilla extract
- ☐ cornflour (cornstarch)
- ☐ almond flour
- ☐ sugar-free chocolate chips
- ☐ stevia liquid sweetener
- ☐ maple syrup
- ☐ coconut sugar
- ☐ flax meal
- ☐ baking powder
- ☐ salt

Other

- ☐ chai tea bags



BLACKBERRY PB&J OVERNIGHT OATS

BLACKBERRY PB&J OVERNIGHT OATS



*Serves: 2
Prep: 8 mins
Cook: 5 mins*



*Nutrition per
serving:
324 kcal
16g Fats
34g Carbs
11g Protein*



05961580

WHAT YOU NEED

Blackberry Jam:

- 2 cups (145g) fresh blackberries
- 12 drops liquid stevia or sweetener of choice
- ½ tsp. vanilla extract
- 1 tbsp. chia seeds

Oats:

- ½ cup (45g) quick oats
- 1 ½ cups (360ml) soy milk
- 2 tbsp. peanut butter
- 1 tbsp. chia seeds
- 12 drops stevia or sweetener of choice
- 1 tbsp. hemp seeds
- ½ tsp. ground cinnamon

WHAT YOU NEED TO DO

To make the jam, place the blackberries into a small saucepan and place on the hob over a medium heat. Mash the berries with a fork and add in the stevia, vanilla extract and chia seeds. Reduce the heat to low and continue to cook the berry mixture for 4 minutes until the berries are soft. Place the berry mixture into a container and put in the fridge overnight.

In a separate container, mix together the oats, soy milk, peanut butter, chia seeds, stevia, hemp seeds and cinnamon. Place this porridge mixture into the fridge to sit overnight.

In the morning, layer up the jam and oats in two jars or containers.

Tip: You can substitute the peanut butter for sun-butter to make this recipe nut-free.



PEACHY DETOX SMOOTHIE

PEACHY DETOX SMOOTHIE



*Serves: 2
Prep: 5 mins
Cook: 0 mins*



*Nutrition per
serving:
229 kcal
9g Fats
42g Carbs
4g Protein*



04256330

WHAT YOU NEED

- 2 cups (500g) frozen peaches
- 1 cup (150g) frozen strawberries
- ½ large cucumber
- 1 large orange
- 1 inch ginger
- 1 tsp. spirulina
- 1 cup (240ml) water

WHAT YOU NEED TO DO

Place all the ingredients into a blender and blend until smooth. Pour the smoothie mixture between 2 glasses and serve immediately.

Tip: *If you don't have spirulina, you can omit or replace it with 2 tablespoons of hemp seeds.*

CHAI-SPICED QUINOA PORRIDGE



CHAI-SPICED QUINOA PORRIDGE



Serves: 2
Prep: 5 mins
Cook: 18 mins



Nutrition per serving:
401 kcal
13g Fats
55g Carbs
16g Protein



06921426

WHAT YOU NEED

- ½ cup dried quinoa
- 1 cup (240ml) water
- 1 tsp. coconut oil
- 2 cups (480ml) soy milk
- 2 chai tea bags
- 15 drops stevia (or sub 2 tbsp. maple syrup)
- 2 tbsp. raisins
- 2 tbsp. flaked almonds
- sprinkle of ground cinnamon
- pinch of salt

WHAT YOU NEED TO DO

Place the quinoa, coconut oil, salt, and water into a saucepan, bring to a boil and cover. Reduce the heat to low and simmer gently for 15 minutes.

In a separate saucepan, bring the soy milk to a low rolling boil over a medium heat. Add the tea bags to the milk and remove from heat. Cover the pan and set aside to infuse for 5 minutes.

Remove the tea bags from the soy milk and pour the milk into the cooked quinoa. Add in the stevia (maple syrup) and cook on low for additional 1 minute. Pour the porridge into two separate bowls and top the quinoa off with ground cinnamon, raisins and flaked almonds.

Tip: For a caffeine free alternative, use rooibos chai tea instead.

SILKEN TROPICAL SMOOTHIE



SILKEN TROPICAL SMOOTHIE



*Serves: 2
Prep: 5 mins
Cook: 0 mins*



*Nutrition per
serving:
274 kcal
6g Fats
37g Carbs
18g Protein*



09734760

WHAT YOU NEED

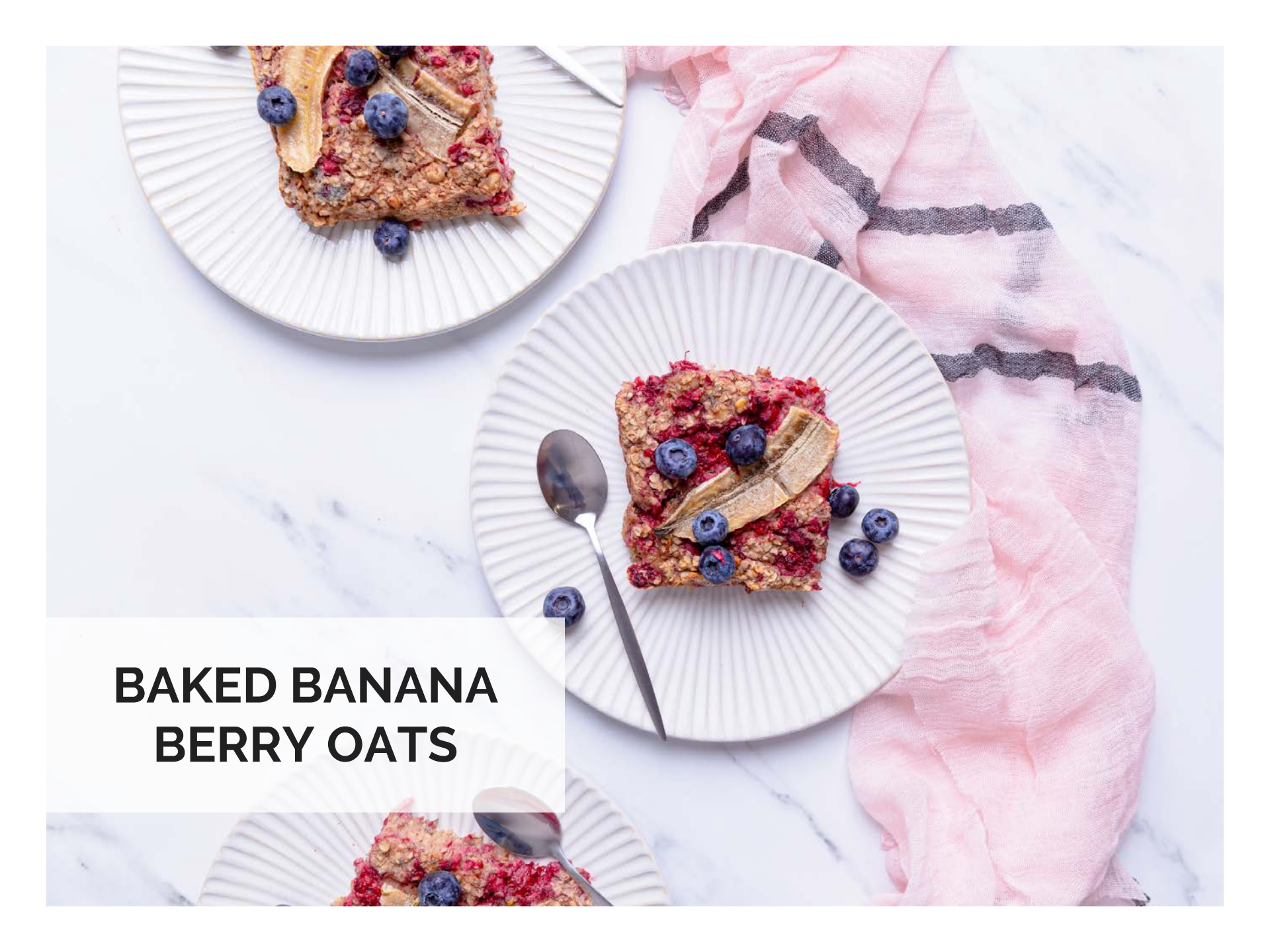
- 2 cups (480ml) vanilla unsweetened soy or plant milk of choice
- 300g silken tofu
- 1 cup (250g) frozen raspberries
- 2 cups (200g) frozen mangoes
- 1 passion fruit

WHAT YOU NEED TO DO

Drain the silken tofu and place it into a blender with the soy milk.

Scoop out the seeds from the passion fruit and place the seeds into the blender with the tofu and milk. Add in the frozen mango and raspberries. Blend the mixture until smooth. Serve the smoothie in two glasses and enjoy immediately.

Tip: Add sweetener of choice if you wish to add further sweetness to the smoothie.

A top-down photograph of three white ceramic plates with a radial ribbed pattern, each holding a square portion of baked banana berry oats. The oatmeal is topped with fresh raspberries, blueberries, and sliced banana. The plates are arranged on a white marble surface with grey veining. A light pink, sheer fabric with dark grey horizontal stripes is draped across the right side of the image. A silver spoon is placed next to the central plate, and another is partially visible at the bottom plate.

BAKED BANANA BERRY OATS

BAKED BANANA BERRY OATS



Serves: 4
Prep: 8 mins
Cook: 25 mins



Nutrition per
serving (with soy
milk):
349 kcal
17g Fats
40g Carbs
9g Protein



09846777

WHAT YOU NEED

- 3 overripe bananas
- 1 $\frac{1}{3}$ cup (120g) quick oats
- 2 tbsp. flax meal
- 1 tsp. cinnamon
- 1 tsp. baking powder
- 1 $\frac{1}{2}$ cup (360ml) soy milk
- 1 cup (250g) frozen raspberries
- $\frac{1}{3}$ cup (50g) chopped walnuts
- 2 tbsp. avocado oil

WHAT YOU NEED TO DO

Preheat the oven to 180°C. Mash 2 of the bananas in a bowl and mix in soy milk, flax meal, and avocado oil and mix well to combine.

Top this wet mixture with oats, baking powder, and cinnamon and mix well. Gently fold in the raspberries and walnuts.

Pour this mixture into a square 8x8 inch (20x20cm) baking tin lined with parchment paper and spread out mixture. Slice the remaining banana into long thin strips and place onto top of uncooked oatmeal. Place the tin into the oven and bake for 30 minutes.

Serve the oats hot or store in the fridge for a quick grab and go breakfast oatmeal bar.

Tip: To increase protein, add a scoop of vanilla protein powder. You can also top with fresh blueberries or berries of choice.

BERRY ROCKET (ARUGULA) SALAD



BERRY ROCKET (ARUGULA) SALAD



*Serves: 2
Prep: 8 mins
Cook: 15 mins*



*Nutrition per
serving:
368 kcal
12g Fats
53g Carbs
12g Protein*



07355394

WHAT YOU NEED

- ½ cup (90g) dried quinoa
- 4 cups (120g) rocket (arugula) (or substitute with spinach)
- ½ cup (70g) blackberries
- ¼ cup (45g) blueberries
- ½ cup (65g) raspberries
- 10 French green beans
- ⅛ of a small red onion
- ¼ cup (20g) flaked almonds
- 2 tbsp. store-bought balsamic dressing
- 1 ¼ cup (300ml) water
- salt and pepper

WHAT YOU NEED TO DO

Cook the quinoa by placing it in a saucepan with 1 cup of water and season with salt and pepper. Bring to a boil then reduce the heat to a simmer. Simmer gently for 15 minutes.

Cook the green beans by placing them in a frying pan with ⅛ cup of water and a little salt and place over a medium heat. Cook the beans for 4 minutes until they turn bright green. Once cooked, drain the beans and blanch them in ice-cold water. Dry off with kitchen towel and set aside.

Slice the onion and cut the raspberries and blackberries in half.

In two separate bowls, place in the rocket or spinach and top with the cooked quinoa, berries, onion, flaked almonds and green beans. Drizzle with the balsamic dressing and serve immediately.

A top-down photograph of three roasted za'atar veggie flatbreads served on a white oval plate. The flatbreads are round and golden-brown, topped with a creamy white sauce, roasted chickpeas, sliced red and green bell peppers, red onions, and fresh green herbs. The plate is set on a light-colored wooden cutting board, with a piece of light-colored linen cloth draped to the right. The background is a neutral, light-colored surface.

ROASTED ZA'ATAR VEGGIE FLATBREAD

ROASTED ZA'ATAR VEGGIE FLATBREAD



*Serves: 3
Prep: 10 mins
Cook: 15 mins*



*Nutrition per
serving:
393 kcal
13g Fats
55g Carbs
14g Protein*



01638981

WHAT YOU NEED

- ½ red capsicum
- ½ red onion
- ½ medium zucchini
- 8 French green beans
- 1 tsp. za'atar seasoning or Greek seasoning
- 1 tsp. olive oil
- ¾ cup (40g) cooked chickpeas
- 6 mini whole wheat flatbread or naan bread
- 6 tbsp. hummus or white bean dip
- drizzle of balsamic glaze (optional)

WHAT YOU NEED TO DO

Preheat your oven to 200°C. Slice the zucchini, onions and red capsicum into long strips. Cut the ends of the green beans and slice in half.

Toss your vegetables and chickpeas onto a baking tray lined with baking parchment and drizzle with olive oil and za'atar seasoning. Place the tray in the oven and bake for 15 minutes until the edges of vegetables have browned a little.

Once the vegetables have cooked, toast the flatbread or naan breads in the toaster. Spread 1 tablespoon of hummus onto each individual flatbread and top with the roasted chickpea and vegetable mixture. Drizzle with the balsamic glaze (optional).

Tip: *To reduce carbohydrate and increase protein intake, omit the bread and double the ingredients for the vegetables and chickpeas. Serve in a bowl with hummus.*



MEXICAN POWER BOWLS

MEXICAN POWER BOWLS



*Serves: 2
Prep: 12 mins
Cook: 0 mins*



*Nutrition per
serving:
501 kcal
17g Fats
73g Carbs
14g Protein*



GF

DF

MP

V

Q



01924312

WHAT YOU NEED

- 2 cups (150g) mixed lettuce
- 1 cup (200g) cooked brown rice
- 1 cup (115g) frozen sweetcorn, thawed
- 1 cup (150g) cherry tomatoes
- ½ avocado
- 1 lime
- 1 cup (250g) salsa of choice
- 1 cup (170g) canned black beans, drained and rinsed
- chopped coriander for garnish (optional)

WHAT YOU NEED TO DO

Cook the rice the night before and store in the fridge for easy assembly the next day.

Chop the mixed lettuce and evenly distribute between 2 large bowls. Top the lettuce with ½ cup of cooked rice, sweetcorn, cherry tomatoes, salsa and black beans dividing equally between the 2 bowls.

Half the avocado and then cut into quarters. Place on top of the 2 bowls and serve with a few wedges of limes.

Tip: *The brown rice can be replaced with quinoa. You can also top off each bowl with some freshly chopped coriander. To reduce carbohydrate intake, omit the sweetcorn.*



SPICY VEGETABLE SOUP

SPICY VEGETABLE SOUP



Serves: 4
Prep: 15 mins
Cook: 22 mins



Nutrition per serving:
220 kcal
4g Fats
38g Carbs
8g Protein



09286544

WHAT YOU NEED

- 1 tbsp. coconut oil
- 2 garlic cloves, crushed
- 1 tbsp. root ginger, grated
- 1 medium onion
- 3 celery stalks
- 3 carrots
- 1 green capsicum
- 2 small sweet potatoes
- ½ tsp. curry powder
- 3 cardamom pods (optional)
- 1 tsp. cumin seeds
- ½ cup (190g) split red lentils
- ¼ tsp. cayenne pepper (optional)
- 1 x 14 oz. (400g) can chopped tomatoes
- 6 ½ cups (1.5L) vegetable stock
- salt and pepper
- fresh coriander leaf for garnish (optional)

WHAT YOU NEED TO DO

Grate the sweet potatoes and carrots using a box grater. Chop the onions, celery and green capsicum and set aside. Place a large soup pan on the stove over a medium heat and melt the coconut oil. Add the ginger, garlic and onions to the pan and sauté gently until the onions are translucent, approximately 5 minutes.

Add the celery, carrots, sweet potatoes, and green capsicum to the soup pan and continue to sauté until softened. Now add in the cumin seeds, curry powder, salt, cayenne pepper and cardamom pods and stir well. Pour in the vegetable stock, lentils and the can of chopped tomatoes.

Bring the soup to a boil and reduce the heat to low and simmer gently for 20 minutes until the lentils have softened.

Season to taste with salt and pepper and serve the soup with some chopped coriander as a garnish.

CHICKPEA CURRY WITH RICE



CHICKPEA CURRY WITH RICE



Serves: 4
Prep: 10 mins
Cook: 22 mins



Nutrition per serving:
428 kcal
8g Fats
78g Carbs
11g Protein



08932022

WHAT YOU NEED

- 5 garlic cloves, minced
- 1 tbsp. root ginger, grated
- 1 tsp. coconut oil
- 2 tsp. garam masala
- 2 tsp. cumin seeds
- 1 tsp. ground turmeric
- 4 tbsp. tomato paste/puree
- 2-3 tsp. coconut sugar
- 1 onion
- 4 carrots
- ½ large cauliflower
- 1 x (400ml) can light coconut milk
- 2 handfuls spinach
- 1 x (400ml) can chickpeas, drained
- 1 cup (195g) basmati rice or long grain white rice
- 2 cups (480ml) water
- fresh coriander leaf for garnish (optional)
- salt and pepper

WHAT YOU NEED TO DO

Pour the rice, water and a pinch of salt and pepper into a sauce pan. Place the pan over a medium heat and bring the water to a boil. Reduce the heat to medium/low and simmer gently for 20 minutes until the rice is cooked.

Chop the carrots and cauliflower into bite-sized pieces and dice the onion.

Place a large frying pan over a medium heat and gently melt the coconut oil. Add in the ground turmeric, minced garlic, garam masala, ginger, cumin seeds, and onions and sauté for 1 minute. Now add in the tomato paste, coconut sugar, coconut milk, cauliflower, carrots and chickpeas and simmer the curry for 15-20 minutes until the vegetables have softened. After soup has simmered, add in the spinach and stir until wilted, just before serving.

Divide the rice between 4 serving bowls and top with the chickpea curry. Garnish with some freshly chopped coriander.

Tip: *To reduce carbohydrate intake, omit the rice and serve the curry over a bed of leafy greens instead.*



MUSHROOM BURGER WITH TOFU FRIES

MUSHROOM BURGER WITH TOFU FRIES



*Serves: 4
Prep: 20 mins
Cook: 20 mins*



*Nutrition per
serving:
400 kcal
20g Fats
35g Carbs
20g Protein*



09302679

WHAT YOU NEED

Tofu Fries:

- 350g extra firm tofu, pressed and drained
- 1 tbsp. sesame oil
- ½ tbsp. avocado oil
- 2 tbsp. soy sauce
- ¼ tsp. chilli flakes
- 2 tps. cornflour

Portobello Mushrooms:

- 4 large portobello mushrooms
- 4 tbsp. balsamic vinegar
- 2 tbsp. olive oil
- 1 tbsp. steak spice seasoning

Burgers:

- 4 burger buns
- lettuce
- 2 tomatoes
- ½ red onion
- burger condiments of choice (mayo, mustard, and/or ketchup)

WHAT YOU NEED TO DO

Preheat the oven to 180°C.

Take the mushrooms, rinse them and pat dry with kitchen paper. Remove the stems from the mushrooms and place mushroom caps into a zip lock bag with the balsamic vinegar, olive oil and steak spice. Shake to coat mushrooms in the marinade. Marinate the portobello mushrooms for at least 5 minutes.

Take the pressed tofu and cut it into small French fry sized strips and set aside. In a small bowl, whisk together the sesame oil, avocado oil, soy sauce and chilli flakes. Pour the cornflour into a large bowl and toss the tofu fries until they are coated in the cornflour. Pour the soy and sesame sauce over fries and gently mix. Place the tofu fries onto a baking sheet lined with baking parchment. Place the tray into the hot oven and bake for 20 minutes.

Heat the grill to a medium-high heat. Place the mushrooms onto a BBQ or cast iron grill plate, place under the hot grill and cook for approximately 3 minutes each side, turning once, until the mushrooms are cooked through.

To assemble the burgers, wash and separate the lettuce, slice the tomatoes and red onion into thin slices. Place the burger toppings of choice onto the bun, along with the mushroom and serve immediately with the tofu fries.

Tip: To reduce carbohydrate intake, omit the bun and use a large lettuce leaf instead.



NOURISHING SALAD BOWLS

NOURISHING SALAD BOWLS



*Serves: 4
Prep: 10 mins
Cook: 20 mins*



*Nutrition with a
whole wheat bun
(no condiments):
329 kcal
9g Fats
48g Carbs
14g Protein*



03073797

WHAT YOU NEED

- $\frac{3}{4}$ cup (150g) dried green lentils
- 1 $\frac{1}{2}$ cup (360ml) vegetable stock
- 425g baby potatoes (approx. 20-30 baby potatoes)
- 2 tbsp. olive oil
- 260g asparagus spears (approx. 16 asparagus spears)
- 8 cups (600g) mixed green lettuce
- 3 tbsp. chopped fresh dill
- $\frac{1}{2}$ red onion
- 4 tbsp. balsamic salad dressing, or dressing of choice
- salt and pepper

WHAT YOU NEED TO DO

Preheat the oven to 200°C.

Remove the tough ends from the bottom of the asparagus spears (approximately 1-inch) and chop the baby potatoes in half. Thinly slice the onions and set aside.

Rinse the green lentils and place them into a medium sized saucepan with the vegetable stock and a pinch of salt and pepper. Place the pan on the hob over a medium/high heat and bring the water to a boil. Once boiling, turn the heat down to simmer, cover with a lid and simmer the lentils for 20 minutes.

Toss the asparagus and potatoes in olive oil with a pinch of salt and pepper. Line two baking trays with baking parchment, place the asparagus on one sheet and the potatoes on the second sheet — place asparagus on a lined cookie sheet and potatoes on a separate lined cookie sheet.

Cook the potatoes in the oven for 20 minutes until soft. Once the potatoes have been cooking for 10 minutes add the asparagus to the oven and cook the asparagus for 10 minutes.

While everything is cooking, place the greens into 4 serving bowls or onto a serving platter.

Once the lentils have cooked, drain off any excess liquid. Top the mixed green lettuce with warm asparagus, potatoes, onions, chopped dill, and lentils. Drizzle with salad dressing and serve immediately.

ROASTED VEGETABLE CURRY BOWL



ROASTED VEGETABLE CURRY BOWL



*Serves: 4
Prep: 10 mins
Cook: 28 mins*



*Nutrition with a
whole wheat bun
(no condiments):
441 kcal
13g Fats
65g Carbs
16g Protein*



WHAT YOU NEED

Vegetables:

- 1 small butternut pumpkin
- 1 large onion
- 4 carrots
- 1 small head or ½ large (350g) cauliflower
- 2 tbsp. mild curry powder
- 1 tsp. ground cumin
- ½ tsp. ground coriander
- 1 tbsp. maple syrup
- 2 tbsp. avocado oil
- 2 garlic cloves, crushed
- salt and pepper

Mung Dahl:

- 1 cup (200g) mung dahl
- 3 cups (750ml) water
- 2 tsp. mild curry
- ¼ tsp. ground coriander
- ½ tsp. ground cumin
- 1 tbsp. maple syrup
- 1 x (400ml) can light coconut milk
- 1 tsp. fresh root ginger, grated
- 2 garlic cloves, crushed

Toppings:

- 1 cup cultured/fermented vegetables (e.g. sauerkraut)
- chopped coriander

WHAT YOU NEED TO DO

Preheat the oven to 200°C. Line 2 baking sheets with baking parchment.

Slice the pumpkin in half, scoop out the seeds and slice the pumpkin into thin slices, leaving the skin on.

Cut the cauliflower, onions, and carrots into large chunky pieces of equal size this helps the vegetables to cook evenly.

Place the vegetables into a large bowl and toss with the avocado oil. Next, sprinkle on the dried spices, a pinch of salt and pepper, maple syrup, and crushed garlic. Stir well to combine and place the vegetables into a single layer on the 2 baking sheets. Place the trays into the oven and cook for 25-30 minutes until the vegetables have softened and the edges are slightly browned.

While vegetables are in the oven, place the mung dahl into a saucepan with 3 cups of water. Bring to a boil and add a pinch of salt and pepper. Cover the saucepan with a lid and turn down the heat to medium/low and simmer gently for 15 minutes.

After 15 minutes, take the lid off and stir the lentils. Add the garlic, fresh ginger, maple syrup, canned coconut milk and spices. Stir well to combine and keep on simmering, uncovered, until the mixture thickens and dahl is soft.

To assemble, divide the roasted vegetables between four bowls. Place the creamy dahl to the side of the bowl and garnish with fresh coriander and a portion of the cultured vegetables. Serve immediately.

Tip: Butternut pumpkin skin is full of fibre and edible when roasted. If you cannot find mung dahl substitute with red lentils instead.

POWER PEANUT PROTEIN BARS



POWER PEANUT PROTEIN BARS



Serves: 9
Prep: 10 mins
Freeze: 10 mins



*Nutrition per
serving:*
203 kcal
11g Fats
19g Carbs
7g Protein



08915520

WHAT YOU NEED

- ½ cup (120g) natural peanut butter (natural)
- ⅓ cup (110g) maple syrup
- ¼ cup (25g) protein powder
- ½ cup (45g) quick oats
- ¼ cup (30g) almond flour

Chocolate topping:

- ½ cup (85g) sugar-free chocolate chips
- 1 tsp. coconut oil
- 2 tbsp. chopped roasted unsalted peanuts

WHAT YOU NEED TO DO

Heat the peanut butter and maple syrup in a small saucepan over a medium-low heat and stir until the peanut butter has melted. Remove from the heat.

Stir in the protein powder, almond flour and oats and mix well to combine.

Press the mixture into a 7x7 inch (18x18cm) square pan lined with parchment paper. To smooth out the mixture use the back of a metal spoon and press down firmly, working the dough into the corners of the pan.

Place the tray into the freezer and allow to freeze for 5-10 minutes, or until cold to touch.

When bars are cold, melt the chocolate chips and coconut oil in a saucepan over a medium/low heat, stirring constantly. When most of the chocolate chips have melted, remove the pan from the heat and keep stirring until the mixture is smooth.

Pour the chocolate over the bars and tilt the pan to ensure even coverage. Sprinkle the top with peanuts and place the pan into the fridge for 10 minutes. Once set, cut the mixture into 9 even sized bars. Store the bars in an airtight container in the refrigerator.

Tip: You can leave out the protein powder and replace it with almond flour if you prefer. To make a nut-free protein bar use sun-butter. You can also use almond or cashew butter instead of peanut butter.



APPLE NACHOS

APPLE NACHOS



Serves: 2
Prep: 5 mins
Cook: 5 mins



Nutrition per serving:
316 kcal
16g Fats
37g Carbs
6g Protein



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WHAT YOU NEED

- 2 large apples
- 1 tsp. lemon or lime juice
- ½ cup (85g) sugar-free chocolate chips
- 3 tbsp. peanut butter, or sunbutter for a nut free alternative
- 1 ½ tsp. coconut oil

Toppings:

- ½ tbsp. hemp seeds
- ½ tbsp. sugar-free chocolate chips

WHAT YOU NEED TO DO

Slice the apples into thin slices and discard the core. Toss the apples in a bowl with lime or lemon juice to prevent them browning. Spread the apples out onto a large plate.

Place the chocolate chips and coconut oil into a small saucepan and place over a low heat. Stir the mixture until most of the chocolate chips have melted, remove the pan from the heat and keep mixing until all chocolate chips have melted. Set aside.

Heat the peanut butter in another small saucepan until runny. You may need to add ½ teaspoon of coconut oil if the mixture is too thick.

Pour the peanut butter and melted chocolate into plastic bags once cooled a little. Cut the tip of the plastic bag of chocolate sauce and drizzle over the apples. Next, cut the end off the peanut butter sauce bag and drizzle over the apples.

Sprinkle over some hemp seeds and more chocolate chips if desired.

Tip: For a nut-free alternative use sunbutter. You can also use almond or cashew butter instead of peanut butter.