

MAY PLANT-BASED RECIPE PACK

TIGHTEN *up*

Delicious, Quick Simple Breakfast, Lunch, Dinner treats

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TABLE OF CONTENTS

1 RIPPED BLUEBERRY SMOOTHIE

2 CITRUS GREEN SMOOTHIE BURST

3 CHOCOLATE BLENDER
PROTEIN PANCAKES

4 ENERGISING MATCHA
CHIA PUDDING

5 VEGAN SCRAMBLE

6 CURRY CHICKPEA LETTUCE WRAPS

7 ORZO ITALIAN PASTA SALAD

8 ROASTED GLOW BOWL

9 VEGAN "BLT" WRAP

10 ROASTED TOMATO
AND BARLEY SOUP

11 THAI PEANUT STIR FRY

12 ROLLED ZUCCHINI PASTA BAKE

13 CREAMY MOROCCAN STEW

14 BANANA BLUEBERRY
WHOLE WHEAT MUFFINS

15 LEMON POPPY
SEED BLISS BALLS



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 Ripped Blueberry Smoothie	BREAKFAST Citrus Green Smoothie Burst	BREAKFAST Citrus Green Smoothie Burst	BREAKFAST Vegan Scramble	BREAKFAST Energising Matcha Chia Pudding	BREAKFAST Chocolate Blender Protein Pancakes	BREAKFAST Ripped Blueberry Smoothie
LUNCH Curry Chickpea Lettuce Wraps	LUNCH Curry Chickpea Lettuce Wraps	LUNCH Orzo Italian Pasta Salad	LUNCH Orzo Italian Pasta Salad	LUNCH Roasted Glow Bowl	LUNCH Roasted Glow Bowl	LUNCH Vegan 'BLT' Wrap
SNACK E.g. Banana Blueberry Whole Wheat Muffins, Lemon Poppy Seed Bliss Balls, Ripped Blueberry Smoothie, Vegan Scramble	SNACK E.g. Banana Blueberry Whole Wheat Muffins, Lemon Poppy Seed Bliss Balls, Ripped Blueberry Smoothie, Vegan Scramble	SNACK E.g. Banana Blueberry Whole Wheat Muffins, Lemon Poppy Seed Bliss Balls, Ripped Blueberry Smoothie, Vegan Scramble	SNACK E.g. Banana Blueberry Whole Wheat Muffins, Lemon Poppy Seed Bliss Balls, Ripped Blueberry Smoothie, Vegan Scramble	SNACK E.g. Banana Blueberry Whole Wheat Muffins, Lemon Poppy Seed Bliss Balls, Ripped Blueberry Smoothie, Vegan Scramble	SNACK E.g. Banana Blueberry Whole Wheat Muffins, Lemon Poppy Seed Bliss Balls, Ripped Blueberry Smoothie, Vegan Scramble	SNACK E.g. Banana Blueberry Whole Wheat Muffins, Lemon Poppy Seed Bliss Balls, Ripped Blueberry Smoothie, Vegan Scramble
DINNER Roasted Tomato and Barley Soup	DINNER Thai Peanut Stir Fry	DINNER Thai Peanut Stir Fry	DINNER Rolled Zucchini Pasta Bake	DINNER Rolled Zucchini Pasta Bake	DINNER Meal Out – Enjoy!	DINNER Creamy Moroccan Stew

WEEKLY SHOPPING LIST

FRUITS & VEGETABLES

Fruits

- ☐ 2x large grapefruits
- ☐ 2x apples
- ☐ 7x bananas
- ☐ small box blueberries
- ☐ 2x cups fresh berries of choice
- ☐ 3x limes
- ☐ 2x large lemons
- ☐ 2x avocados

Vegetables

- ☐ 1 small purple cabbage
- ☐ 4x red capsicums
- ☐ 4x medium yellow onions
- ☐ 3x bunches of spinach
- ☐ 3x bulbs of garlic
- ☐ small piece of ginger root
- ☐ bunch of celery
- ☐ red onion
- ☐ large leafy lettuce for lettuce
- ☐ wraps
- ☐ small head of cauliflower
- ☐ 1x head broccoli
- ☐ 2x small packs of mixed green lettuce
- ☐ 2x large heads of cauliflower
- ☐ 3x tomatoes
- ☐ 1.8kg) vine-ripened tomatoes
- ☐ 4x medium zucchinis
- ☐ 2x medium carrots

Frozen Foods

- ☐ 1 small pack of edamame beans
- ☐ 1 small pack of blueberries
- ☐ 1 small pack of frozen mango

VEGAN PROTEIN, NON-DAIRY & CONDIMENTS

Non-Dairy

- ☐ 2x containers unsweetened soy milk or another plant-based milk
- ☐ 2x packs (340g) extra firm tofu
- ☐ small pack of vegan smoked tempeh (vegan bacon)
- ☐ vegan butter
- ☐ vegan Parmesan cheese
- ☐ vegan mozzarella cheese
- ☐ vegan feta cheese

Condiments and Dips

- ☐ peanut butter
- ☐ soy sauce
- ☐ hot sauce
- ☐ almond butter
- ☐ vegan mayonnaise
- ☐ lite Italian salad dressing
- ☐ hummus
- ☐ avocado oil
- ☐ sriracha sauce
- ☐ apple cider vinegar

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

SEEDS, LEGUMES, HERBS, NUTS & SPICES

Legumes, Nuts and Dried Seeds

- ☐ hemp seeds
- ☐ flax meal (ground flax seeds)
- ☐ chia seeds
- ☐ sunflower seeds
- ☐ red split lentils
- ☐ raw cashew nuts
- ☐ poppy seeds

Spices

- ☐ nutritional yeast
- ☐ turmeric
- ☐ onion powder
- ☐ ground cumin
- ☐ salt
- ☐ pepper
- ☐ curry powder (mild)
- ☐ Moroccan spice blend
- ☐ ground cayenne pepper
- ☐ ground cinnamon

Fresh Herbs

- ☐ coriander
- ☐ thyme
- ☐ parsley
- ☐ mint
- ☐ _____
- ☐ _____
- ☐ _____

CANNED GOODS, GRAINS, BAKING GOODS & MISC

Canned Goods

- ☐ 400g can of artichoke hearts
- ☐ sundried tomatoes in oil
- ☐ 2x containers vegetable stock
- ☐ (or vegetable stock cubes)
- ☐ 3x (400g) cans of chickpeas
- ☐ jar of tomato pasta sauce
- ☐ 4x (400g) cans of chopped tomatoes

Grains/Dried Goods

- ☐ dried barley
- ☐ quick rolled oats
- ☐ dried orzo pasta
- ☐ whole grain wraps
- ☐ ramen noodles

Sweeteners and Baking Goods

- ☐ maple syrup
- ☐ cocoa powder
- ☐ vanilla extract
- ☐ coconut sugar or monk sugar
- ☐ baking soda
- ☐ baking powder
- ☐ whole wheat flour
- ☐ almond flour

Other

- ☐ vegan vanilla protein powder
- ☐ vegan chocolate protein powder
- ☐ matcha powder
- ☐ cultured (fermented) vegetables (e.g. Sauerkraut)
- ☐ _____



RIPPED BLUEBERRY SMOOTHIE

RIPPED BLUEBERRY SMOOTHIE



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



*Nutrition per
serving:
408 kcal
12g Fats
55g Carbs
20g Protein*



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WHAT YOU NEED

- 2 small bananas
- 2 cups (480ml) unsweetened soy milk
- 2 tbsp. almond butter
- 2 cups (300g) frozen blueberries
- 1 scoop vegan vanilla protein powder
- 1 handful spinach

WHAT YOU NEED TO DO

Place all ingredients into a blender and blend on high speed until smooth. Serve between 2 glasses.

Tip: *To add sweetness , you can add 1 tablespoon of maple syrup.*



CITRUS GREEN SMOOTHIE BURST

CITRUS GREEN SMOOTHIE BURST



Serves: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
415 kcal
7g Fats
75g Carbs
13g Protein



01542363

WHAT YOU NEED

- 2 cups (60g) spinach
- 1 inch (2.5cm) piece of ginger
- 2 large grapefruits
- 1 cup (240ml) water
- 2 cups (280g) frozen mangos
- ½ lime
- 1 large celery stalk
- 1 apple
- 2 tbsp. hemp seeds

WHAT YOU NEED TO DO

Juice the grapefruits and ½ of a lime and pour the juice into a blender.

Peel and chop the ginger. Cut up the apple and celery into large pieces. Place all the remaining ingredients into a blender, including the water. Blend until smooth. Serve between 2 glasses.



CHOCOLATE BLENDER PROTEIN PANCAKES

CHOCOLATE BLENDER PROTEIN PANCAKES



Serves: 3
Prep: 5 mins
Cook: 10 mins



Nutrition per
serving:
297 kcal
9g Fats
42g Carbs
12g Protein



01344800

WHAT YOU NEED

- 1 cup (90g) quick rolled oats
- 3 tbsp. cocoa powder
- 2 tbsp. vegan chocolate protein powder
- 1 tsp. baking powder
- ½ medium banana
- 1 tbsp. flax meal (ground flax seed)
- 2 tbsp. water
- 1 tbsp. vegan butter
- 1 ⅓ cup (320ml) unsweetened soy or almond milk
- 2 tbsp. maple syrup

WHAT YOU NEED TO DO

To make the flax egg, start by mixing the flax meal and water in a small bowl and set aside.

Melt the vegan butter on the stove or in the microwave.

Pour the soy milk, flax egg and maple syrup into a blender. Then add in the rolled oats, banana, cocoa powder, chocolate protein powder and baking powder. Blend to a smooth consistency.

Heat a non-stick frying pan to a medium heat. Grease the pan with a little oil. Spoon in a little of the pancake batter and cook the pancakes until they start to bubble on one side. Flip the pancake over and cook for a further minute on the second side or until cooked through. Repeat this process for all the pancakes.

Serve the pancakes warm with a little maple syrup or vegan butter.

ENERGISING MATCHA CHIA PUDDING



ENERGISING MATCHA CHIA PUDDING



Serves: 3
Prep: 5 mins
(plus soak chia seeds overnight)
Cook: 0 mins



Nutrition per serving:
329 kcal
13g Fats
42g Carbs
11g Protein



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WHAT YOU NEED

- 8 tbsp. chia seeds
- 2 cups (480ml) unsweetened soy or almond milk
- 2 tsp. maple syrup
- 1 tsp. matcha powder
- ½ tsp. vanilla extract
- 2 cups (380g) fresh berries of choice
- 1 apple

WHAT YOU NEED TO DO

Place the chia seeds, matcha powder, vanilla extract, maple syrup and soy milk into a bowl and mix well to combine. Place the bowl into the fridge overnight.

Layer the matcha pudding into 3 glasses and top with chopped berries and apple slices.

Tips:

- For added protein, serve with an extra tablespoon of granola or hemp seeds.
- Don't like matcha, then omit it.



VEGAN SCRAMBLE

VEGAN SCRAMBLE



Serves: 2
Prep: 10 mins
Cook: 8 mins



Nutrition per
serving (served with
sliced tomato):
387 kcal
19g Fats
27g Carbs
27g Protein



02332600

WHAT YOU NEED

- 340g extra firm tofu, drained and pressed
- ½ red onion
- ½ avocado
- 3 cups (90g) spinach
- ½ red capsicum
- ¼ cup (12g) coriander leaf
- 2 cloves garlic
- 2 tsp. maple syrup
- ½ lime
- 1 large tomato
- 2 tbsp. vegan feta cheese

Ground Spices:

- 1 tbsp. nutritional yeast
- ¾ tsp. ground turmeric
- ¼ tsp. salt
- ½ tsp. onion powder
- ¼ tsp. ground cumin
- pinch of black pepper

WHAT YOU NEED TO DO

Chop the red onion, coriander, red capsicum, garlic, and spinach and place into a bowl.

Take the pressed tofu and crumble it into a preheated, lightly greased frying pan. Cook on a medium heat and add in the ground spices. Add the vegetables and maple syrup to the pan and sauté for 5-8 minutes until the vegetables have softened and the spinach has wilted.

Divide between 2 plates and serve with a sliced tomato and avocado. Squeeze some lime juice over tofu and top with the coriander leaf and vegan feta cheese.

Tip: Replace the whole sliced tomato with a slice of sprouted grain toast if preferred.



CURRY CHICKPEA LETTUCE WRAPS

CURRY CHICKPEA LETTUCE WRAPS



Serves: 2
Prep: 8 mins
Cook: 0 mins



Nutrition per
serving:
373 kcal
17g Fats
42g Carbs
13g Protein



GF

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MP

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Q



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WHAT YOU NEED

- 540ml canned chickpeas
- 8 large lettuce leaves of choice
- ½ red capsicum
- ½ medium red onion
- ½ tsp. curry powder
- ¼ tsp. ground cumin
- ½ tsp. maple syrup
- 3 tbsp. vegan mayonnaise
- pinch of salt
- ¼ cup (12g) coriander leaf
- mint or coriander for garnish

WHAT YOU NEED TO DO

Mash the chickpeas in a large bowl. Finely chop the red onion and the coriander leaf.

Mix the ground cumin, curry powder, maple syrup, coriander leaf, red onion, pinch of salt and mayonnaise into mashed chickpeas.

Wash and dry the lettuce leaves. Divide the chickpea mixture between the 8 lettuce leaves. Slice the red capsicum and place on top of the lettuce wraps and garnish with chopped mint or coriander.

A top-down photograph of a rustic terracotta bowl filled with orzo (pearl barley) pasta salad. The salad is a vibrant mix of ingredients: bright green spinach leaves, small red cubes of bell pepper, whole artichoke hearts, and fresh green herbs. The orzo pasta is a light cream color. Two silver-toned forks are placed in the bowl, one at the top right and one at the bottom left. To the left of the bowl, a piece of light grey, textured fabric is draped over the surface. In the bottom right corner, a small white ceramic dish holds a golden-brown dressing. The entire scene is set against a light-colored, slightly mottled background.

ORZO ITALIAN PASTA SALAD

ORZO ITALIAN PASTA SALAD



Serves: 2
Prep: 5 mins
Cook: 10 mins



Nutrition per serving
(using a lite
Italian dressing):
324 kcal
4g Fats
72g Carbs
18g Protein



GF

DF

MP

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Q



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WHAT YOU NEED

- 1 cup (210g) dried orzo pasta
- 400g canned artichoke hearts
- 10 sundried tomatoes, rehydrated
- ½ small sweet onion
- ¼ cup (12g) chopped parsley
- 2 handfuls spinach
- ½ small red pepper
- 1 clove garlic, crushed
- 4 tbsp. lite Italian salad dressing of choice

WHAT YOU NEED TO DO

Bring a medium-sized saucepan of water to a boil. Add in the pasta and cook for 10 minutes or per the manufacturer's instructions.

Meanwhile, drain and chop the artichoke hearts. Finely chop the sundried tomatoes, red pepper and onion.

Once the pasta has cooked, drain and pour into a large bowl. Mix the spinach into the hot pasta until it wilts slightly. Now add in the sundried tomatoes, onion, parsley, red pepper, crushed garlic, artichoke hearts and salad dressing. Mix well and serve.

Tips:

- To add in more protein, replace the orzo pasta with lentil pasta.
- To reduce carbohydrates, omit the pasta and substitute for green leaf lettuce.



ROASTED GLOW BOWL

ROASTED GLOW BOWL



Serves: 2
Prep: 8 mins
Cook: 15 mins



Nutrition per
serving:
220 kcal
12g Fats
17g Carbs
11g Protein



GF

DF

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MP

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WHAT YOU NEED

- ½ small cauliflower
- 1 head of broccoli
- 4 cups (170g) mixed greens
- 2 tbsp. sunflower seeds
- 2 tbsp. hemp seeds
- ¼ cup (35g) cultured (fermented) vegetables of choice (e.g. Sauerkraut)
- 2 tsp. avocado oil
- salt and pepper

Dressing:

- 3 tbsp. hummus
- 2 tbsp. water

WHAT YOU NEED TO DO

Preheat the oven to 180°C. Chop the cauliflower and broccoli florets into medium-sized pieces and place onto a baking sheet lined with parchment paper. Sprinkle the cauliflower and broccoli with salt and pepper and a drizzle of avocado oil. Bake for 15 minutes until the vegetables start to brown at the edges.

Place the greens into two separate bowls. Make the dressing by whisking the hummus and water together in a small bowl. Set aside.

Top the greens with the roasted broccoli and cauliflower. Sprinkle the bowls with sunflower seeds and hemp seeds. Top with the cultured vegetables and hummus dressing.

VEGAN 'BLT' WRAP



VEGAN 'BLT' WRAP



Serves: 2
Prep: 5 mins
Cook: 5 mins



Nutrition per
serving:
442 kcal
18g Fats
50g Carbs
20g Protein



DF

V

Q



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WHAT YOU NEED

- 2 whole-grain wraps
- ½ avocado
- 2 small tomatoes
- 2 cups (60g) lettuce
- 6-8 strips vegan smoked tempeh or vegan bacon
- 2 tsp. Dijon mustard

WHAT YOU NEED TO DO

Take the smoked tempeh or bacon and cut into thin strips. Place a non-stick frying pan over a medium heat and spray the pan with a little oil. Cook the smoked tempeh or bacon on each side for 2 minutes until crispy.

Meanwhile, slice the tomatoes and avocado. Spread the whole-grain wraps with mustard. (You can also add vegan mayo if preferred.) Top the wraps with lettuce, tomatoes, avocado, and smoked tempeh or bacon. Roll up the wrap and serve immediately.

Tip: To reduce carbohydrates, use a lettuce wrap instead of a whole grain wrap.

A top-down photograph of two white ceramic bowls filled with a vibrant orange-red soup. The soup is topped with a generous pile of golden-brown roasted chickpeas and finely chopped green herbs. The bowls are placed on white, ribbed ceramic plates. The foreground bowl sits on a piece of light brown burlap fabric. A sprig of fresh thyme lies on the plate next to the bowl. The background bowl is slightly out of focus. The entire scene is set on a light-colored, textured surface.

ROASTED TOMATO AND BARLEY SOUP

ROASTED TOMATO AND BARLEY SOUP



Serves: 4
Prep: 20 mins
Cook: 50 mins



Nutrition per
serving:
362 kcal
6g Fats
65g Carbs
12g Protein



08740199

WHAT YOU NEED

- 1.8kg small tomatoes on the vine
- $\frac{3}{4}$ cup (150g) uncooked barley
- 2 cups (480ml) vegetable stock
- 1 medium onion
- 1 tbsp. avocado oil
- 4 cloves garlic, crushed
- 2 tsp. fresh thyme
- $\frac{1}{4}$ cup (12g) freshly chopped parsley
- 1 tbsp. coconut sugar
- salt and pepper

Spicy Chickpea Croutons:

- 400g canned chickpeas
- 10 drops sriracha sauce or a few sprinkles of sriracha seasoning

WHAT YOU NEED TO DO

Preheat the oven to 180°C. Remove the tomatoes from the vines and cut in half or quarters and place on a baking sheet. Sprinkle the tomatoes with salt and pepper and a drizzle of olive oil (optional) and bake in the oven for 35 minutes until soft.

While the tomatoes are baking, prepare the barley by placing it in a sieve and rinsing it under cold running water. Place the barley into a saucepan and cover with water until 1-inch (5cm) above the barley. Bring to the boil then reduce the heat to low and allow to simmer uncovered for 35 minutes.

Drain the chickpeas and place them on a baking tray. Toss them with sriracha sauce and a sprinkle of salt and pepper. Place the tray into the oven and bake the chickpeas for the last 10 minutes of the tomato cooking time.

Sauté the onion, crushed garlic, and thyme in a large soup pan. Add in 1 tablespoon of avocado oil (you can also substitute it with 1 tablespoon of vegetable stock), and sauté until the onions become translucent. Pour in $\frac{1}{4}$ of the whole roasted tomatoes and stir well.

Place the remaining tomatoes into a blender and blitz to smooth and pour into the soup. Add in the drained barley, chopped parsley, vegetable stock, coconut sugar and season with salt and black pepper to taste. Mix well to combine, bring to a boil and turn the heat down and allow to simmer gently for 10 minutes.

Serve the soup in bowls, topped with chickpea croutons.

Optional: To reduce fat, you can topped with grating of vegan Parmesan and a green side salad.

TIGHTEN 



THAI PEANUT STIR FRY

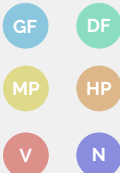
THAI PEANUT STIR FRY



Serves: 4
Prep: 15 mins
Cook: 15 mins



Nutrition per
serving:
452 kcal
12g Fats
64g Carbs
22g Protein



09198142

WHAT YOU NEED

- 1 red capsicum
- ½ small purple cabbage
- ½ medium yellow onion
- 1 ½ cups (230g) edamame beans (or substitute for tofu)
- 1 large handful of spinach
- 280g ramen noodles
- ½ cup (25g) chopped coriander
- roasted peanuts (optional)

Peanut sauce (you can also sub for store-bought Thai peanut sauce):

- 3 tbsp. peanut butter
- 1 lime, juiced
- 4 tbsp. soy sauce or coconut aminos
- 3 cloves garlic, crushed
- 3 tsp. maple syrup
- 10 drops hot sauce

WHAT YOU NEED TO DO


Place a large saucepan of water on the stove and bring to a boil. While waiting for the water to boil, slice the peppers, cabbage and onion into long thin strips.

Make the peanut sauce by mixing peanut butter, lime juice, soy sauce, crushed garlic, maple syrup, and hot sauce in a small bowl and stirring well to combine.

Once the water is boiling, place the ramen noodles into the water and cook as per instructions on the packaging. While the noodles are cooking, sauté the cabbage, red pepper, spinach, onion, and edamame beans for 2 minutes in a large frying pan over medium heat. Add the peanut sauce to the vegetables and mix well. Continue cooking until the vegetables are fully cooked, approximately 5-10 minutes.

Drain the noodles and add into the frying pan. Stir well to combine.

To serve, place the vegetables and noodles into a large bowl, top with chopped coriander. You can also add some roasted peanuts and a little soy sauce.

A top-down photograph of a rolled zucchini pasta bake. The dish is served in a black cast-iron skillet, which sits on a rustic wooden tray. The pasta consists of zucchini slices rolled around a filling of cheese and herbs, all coated in a red tomato sauce. The top is garnished with fresh green herbs. To the left of the skillet is a bunch of fresh parsley. To the right are two glass salt and pepper shakers and a head of garlic. A red cloth is visible in the top right corner. The background is a light-colored, textured surface.

ROLLED ZUCCHINI PASTA BAKE

CRISPY ZUCCHINI PASTA BAKE



Serves: 4
(with side green salad)
Prep: 20 mins
Cook: 35-40 mins



Nutrition per
serving (with side
salad & dressing):
351 kcal
15g Fats
36g Carbs
18g Protein



08537157

WHAT YOU NEED

- 4 medium zucchinis
- 2 cups (450g) tomato pasta sauce of choice
- ¼ cup (35g) vegan mozzarella cheese
- ⅓ cup (10g) vegan Parmesan
- salt and pepper

Filling:

- 340g pack extra firm tofu pressed and drained
- 10 sundried tomatoes packed in oil
- 2 tbsp. nutritional yeast
- ¼ cup (12g) chopped parsley
- 4 tbsp. vegan Parmesan (store-bought)
- 1 tbsp. lemon juice
- 3 cloves garlic

Side green salad:

- 4 cups (300g) lettuce
- 4 cups (300g) vegetables of choice
- 4 tbsp. salad dressing of choice

WHAT YOU NEED TO DO

Preheat the oven to 180°C. Slice the zucchinis lengthwise into long thin strips. Sprinkle each slice with a little salt and place onto a baking tray lined with a paper towel. Set aside to allow the salt to extract any excess water from the zucchinis.

Place the drained and pressed tofu, sundried tomatoes, nutritional yeast, chopped parsley, vegan Parmesan, lemon juice, and garlic cloves into a food processor. Season to taste with salt and black pepper and pulse to rough consistency.

Pour 2 cups of pasta sauce into a cast iron or oven-proof pan and set aside. Pat off excess water from the zucchini slices. Spread out 2-3 tablespoon of the tofu filling along each of the zucchini slices. Roll up the zucchini with the filling and place into the cast iron pan. Repeat this process until all the zucchini slices are filled.

Sprinkle with vegan Parmesan and vegan mozzarella. Place the pan into the oven and bake for 35-40 minutes or until pasta sauce is bubbling in the middle.

Serve with a side green salad of choice.

CREAMY MOROCCAN STEW



CREAMY MOROCCAN STEW



Serves: 4
Prep: 15 mins
(plus time to soak
cashews overnight)
Cook: 20 mins



Nutrition per
serving:
299 kcal
15g Fats
26g Carbs
15g Protein



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WHAT YOU NEED

- 1 cup (140g) raw cashews
- 2 cups (480ml) water
- 1 onion
- 4 cloves garlic
- 4 celery stalks
- 4 medium carrots
- $\frac{3}{4}$ cup (140g) red split lentils
- 3 cups (720ml) vegetable stock
- 4 x (400g) canned chopped tomatoes
- 4-6 tsp. Moroccan spice blend of choice
- $\frac{1}{4}$ tsp. ground cayenne pepper
- $\frac{1}{8}$ tsp. ground pepper
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{4}$ tsp. ground cinnamon
- lime juice (optional)
- freshly chopped coriander (optional)

WHAT YOU NEED TO DO

Place the cashew into a bowl, cover with water and allow to soak overnight in the fridge.

When ready to make the soup, drain the cashews and place them into a blender. Add one cup of water and blend until smooth.

Chop the onions, carrots, and celery and crush the garlic cloves. Heat 1 tablespoon of vegetable stock in a saucepan and gently sauté the onions, carrots and celery for 2 minutes. Then add in the garlic and stir for a further minute.

Pour in the chopped tomatoes, vegetable stock, 4 teaspoons of Moroccan spice blend, cayenne pepper, salt, ground pepper, cinnamon, and lentils. Mix well and bring to a boil. Reduce the heat and allow to simmer for 15 minutes. Taste the stew and add more Moroccan spice blend if needed. Pour the cashew cream into the stew and allow it to simmer on low for another 5-10 minutes until the lentils have softened.

Divide the stew between 4 bowls and serve with a squeeze of lime juice, freshly chopped coriander and tomatoes.

Tip: To add in more calories, carbohydrate and protein, serve over a bed of cooked quinoa.

BANANA BLUEBERRY WHOLE WHEAT MUFFINS



BANANA BLUEBERRY WHOLE WHEAT MUFFINS



Serves: 12
Prep: 10 mins
Cook: 22-25 mins



Nutrition per
serving:
202 kcal
6g Fats
33g Carbs
4g Protein



DF

MP

V



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WHAT YOU NEED

- 4 overripe bananas
- 1 cup (240ml) unsweetened soy milk
- 1 tsp. apple cider vinegar
- 2 tbsp. flax meal
- 4 tbsp. water
- 1 tsp. vanilla extract
- ¼ cup (55g) avocado oil
- 2 cups (240g) whole wheat flour
- ½ tsp. ground cinnamon
- 1 tsp. baking powder
- ½ tsp. baking soda
- ½ cup (90g) monk fruit sugar or coconut sugar
- ½ cup (95g) blueberries

WHAT YOU NEED TO DO

Preheat the oven to 180°C and line a muffin tin with paper liners.

To make the flax eggs, mix the flax meal with 4 tablespoons of water, stir well and set aside. Mix the soy milk in a separate bowl with the apple cider vinegar and set aside.

In a large bowl, mix together all the dry ingredients (flour, baking soda, baking powder, cinnamon and sugar).

Mash the bananas in a medium-sized bowl and pour in the flax eggs, soy milk, vanilla extract and oil. Mix well with a large spoon.

Form a well in the dry ingredients and pour in the wet banana mixture. Fold the ingredients together until just incorporated and then add in blueberries. Gently fold through the blueberries until just mixed. Do not over mix the muffin batter.

Place ¼ cup of batter in each muffin liner. Once filled, place the tray in the oven and bake for 22-25 minutes until a toothpick inserted into the muffin comes out clean.

Remove the muffins from the oven and allow to cool on the wire rack. Once cool, place the muffins in an airtight container where they will keep for 2 days (longer if stored in the fridge).



LEMON POPPY SEED BLISS BALLS

LEMON POPPY SEED BLISS BALLS



Makes: 16
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
159 kcal
11g Fats
10g Carbs
5g Protein



03976265

WHAT YOU NEED

- 3 cups (336g) almond flour
- 2 tbsp. vegan vanilla protein powder
- 2 tbsp. poppy seeds
- zest of 1 lemon
- 1 ½ tbsp. lemon juice
- ⅓ cup (115g) maple syrup

WHAT YOU NEED TO DO

Mix all ingredients together in a bowl. Roll the mixture into 16, 1 inch balls. Store in the fridge in an airtight container.