

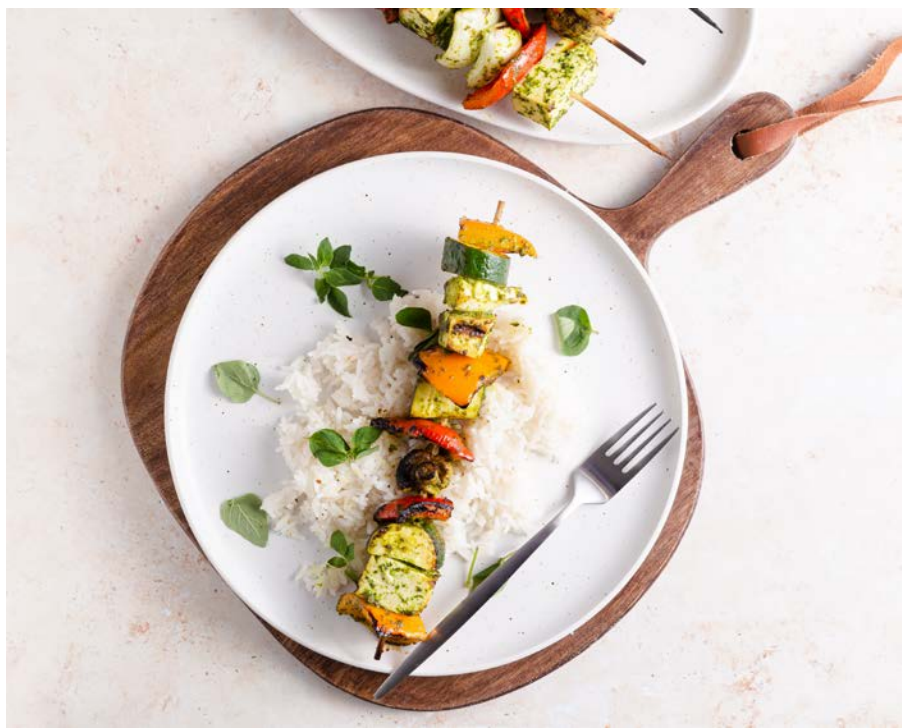
AUGUST PLANT-BASED RECIPE PACK

TIGHTEN *up*



Delicious, Quick Simple Breakfast, Lunch, Dinner treats

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Contents & Key

- 6** Melon Mango Lassi
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GF	Gluten Free
DF	Dairy Free
LC	Low Carb (20g- serve)
MP	Meal Prep/Freezer Friendly
HP	High Protein (20g+ per serve)
V	Vegetarian
Q	Quick (under 30 mins)
N	Contains Nuts

Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Mon	Melon Mango Lassi	Cold Noodle Soba Bowl	E.g. Frozen Yo-Berry Bites, Sugar-Free Berry Crumble, Green Giant Smoothie, Melon Mango Lassi	Vegan Caesar Salad With Cajun Grilled Tofu
Tue	Pina Colada Overnight Oats	Cold Noodle Soba Bowl	E.g. Frozen Yo-Berry Bites, Sugar-Free Berry Crumble, Green Giant Smoothie, Melon Mango Lassi	Vegan Caesar Salad With Cajun Grilled Tofu
Wed	Pina Colada Overnight Oats	Detox Quinoa Salad	E.g. Frozen Yo-Berry Bites, Sugar-Free Berry Crumble, Green Giant Smoothie, Melon Mango Lassi	Easy Quick Dahl
Thu	Smashed Sweet Pea Toast	Detox Quinoa Salad	E.g. Frozen Yo-Berry Bites, Sugar-Free Berry Crumble, Green Giant Smoothie, Melon Mango Lassi	Baked Hummus Pasta
Fri	Smashed Sweet Pea Toast	Roasted Red Pepper Tomato Lentil Soup	E.g. Frozen Yo-Berry Bites, Sugar-Free Berry Crumble, Green Giant Smoothie, Melon Mango Lassi	Baked Hummus Pasta
Sat	Pumpkin Pie Wholegrain Waffles	Roasted Red Pepper Tomato Lentil Soup	E.g. Frozen Yo-Berry Bites, Sugar-Free Berry Crumble, Green Giant Smoothie, Melon Mango Lassi	Meal Out - Enjoy!
Sun	Green Giant Smoothie	One Pan Veggie Meal	E.g. Frozen Yo-Berry Bites, Sugar-Free Berry Crumble, Green Giant Smoothie, Melon Mango Lassi	Herby Marinated Tofu Kebabs

Weekly Shopping List

Fruits, Vegetables	Vegan, Plant-Based	Grains, Seeds, Legumes, Herbs, Spices	Cans, Condiments, Misc
Fruits <ul style="list-style-type: none"> • 1 small pack of strawberries • 1 small rockmelon • 1 small pack of mixed berries of choice • 4 limes • 4 lemons • 1 medium avocado • 1 pint (290g) cherry tomatoes Vegetables <ul style="list-style-type: none"> • 1 small red/purple cabbage • 1 small bunch of kale • 6 medium carrots • ½ medium cucumber • 450g bunch of asparagus • 2 small heads of broccoli • 600g baby potatoes • 5 medium yellow cooking onions • ½ medium eggplant • 1 small fennel bulb • 1 bunch of radishes • 1 small pack of rocket • 1 green onion (spring onion) • 6 red capsicum • 1 orange capsicum • 900g vine-ripened tomatoes • 3 romaine lettuce hearts • 1 large pack of baby spinach • 1 small zucchini • 10 white button mushrooms Frozen Foods <ul style="list-style-type: none"> • frozen mango • frozen pineapple • frozen sweet peas (green peas) • frozen mixed berries (large bag 700g) 	Vegan Dairy, Alternative Meats <ul style="list-style-type: none"> • 1 container unsweetened vanilla soy or vanilla coconut yogurt • 1 container vanilla soy or vanilla coconut yogurt • coconut milk (carton, not canned) • 2 x 350g packs of extra firm tofu Baking <ul style="list-style-type: none"> • dried cranberries • liquid stevia extract • coconut flakes • whole wheat flour • baking powder • coconut sugar • almond flour • coconut flour • vanilla extract • cornstarch (cornflour) Bakery <ul style="list-style-type: none"> • whole grain bread • croutons (optional) 	Nuts Seeds, Legumes <ul style="list-style-type: none"> • hemp seeds • sunflower seeds • raw pumpkin seeds • chia seeds • ground flax seeds • chopped walnuts or pecans • sesame seeds or chopped peanuts • red split lentils • raw cashews Grains <ul style="list-style-type: none"> • quinoa • quick rolled oats • Basmati or long-grain white or brown rice Fresh Herbs, Spices <ul style="list-style-type: none"> • 2 large bunches cilantro (coriander) • ginger root • 3 bulbs of garlic • 1 bunch basil • 1 bunch flat-leaf parsley • 1 small bunch oregano leaves Dried Spices <ul style="list-style-type: none"> • dried basil • dried thyme • dried parsley • dried oregano • dried rosemary • bay leaf • Italian seasoning • black pepper • cajun seasoning blend • nutritional yeast • crushed chilli flakes • garam masala • ground turmeric • ground cumin • ground cinnamon • pumpkin pie spice blend (or sub mixed spice) 	Canned <ul style="list-style-type: none"> • 2 containers vegetable broth (stock) - or stock cubes • 1 small jar capers • 1 x 400ml can lite coconut milk • 1 x 400ml can diced/chopped tomatoes • packet fusilli/penne or pasta of choice • dried soba (buckwheat) noodles Condiments, Oils <ul style="list-style-type: none"> • apple cider vinegar • extra virgin olive oil • maple syrup • lemon juice • avocado oil • store bought sesame ginger salad dressing or alternative salad dressing of choice • tahini • coconut aminos or soy sauce • vegan Worcestershire sauce • grainy Dijon mustard • balsamic vinegar • extra virgin coconut oil • 1 x 230g container of store bought hummus • red wine vinegar • salt



Melon Mango Lassi

Melon Mango Lassi

Serves 2

8 fresh strawberries sliced

2 cups (450g) vanilla soy yogurt or vanilla coconut yogurt (unsweetened)

½ small (200g) chopped rockmelon melon

2 cups (280g) frozen mango, chopped

1 cup ice

10 drops liquid stevia extract (optional)

What you need to do

1. Blend the strawberries in a blender and pour equal amounts of the blended strawberries into two smoothie glasses.
2. In a clean blender, blend the soy yogurt, rockmelon, mango, stevia, and ice until smooth. Pour over the strawberry mixture. Serve immediately.

Tip: To increase protein add a scoop of protein powder.

Note: Nutrition info is with unsweetened vanilla soy yogurt.

GF	DF	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
8 mins	0 mins	499	6	49	12

*Nutrition per serving





Green Giant Smoothie

Green Giant Smoothie

Serves 2

2 cups (280g) frozen mango,
chopped

1 cup (245g) frozen pineapple,
chopped

1 lime juiced

½ (100g) medium cucumber

1 cup (90g) chopped fennel
bulb

3 tbsp. hemp seeds

2 cups (480ml) water

2 small kale leaves, stems
removed

What you need to do

1. Place all the ingredients into a high-power blender and blend until smooth. Pour the mixture evenly into 2 glasses and serve immediately.

Tip: To increase protein add a scoop of protein powder.



GF	DF	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
8 mins	0 mins	328	9	63	9

*Nutrition per serving



Pina Colada Overnight Oats

Pina Colada Overnight Oats

Serves 2

½ cup (40g) quick rolled oats
1 ¼ cup (300ml) coconut milk
(from a carton not canned)
1 tbsp. hemp seeds
1 tbsp. chia seeds
½ cup (120g) frozen pineapple
8 drops liquid stevia extract

Garnish:

4 pieces of frozen pineapple
2 tbsp. coconut flakes

What you need to do

1. Chop the frozen pineapple into small pieces. Mix the quick rolled oats, coconut milk, hemp seeds, chia seeds, stevia extract, and chopped pineapple in a large container. Top the container with a lid and let sit in the fridge overnight.
2. In the morning, serve in two separate bowls topped with a few pieces of pineapple and equal amounts of coconut flakes.

Tip: To increase protein add a scoop of protein powder.



GF	DF	MP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	235	10	34	6

*Nutrition per serving

Smashed Sweet Pea Toast



Smashed Sweet Pea Toast

Serves 2

1 medium avocado
4 slices whole grain bread
1 cup (135g) frozen sweet peas (green peas)
1 tsp. lemon juice
4 radishes
½ cup (10g) arugula (rocket)
pinch of salt & pepper

What you need to do

1. Run the frozen peas under warm water until completely thawed. Cut the avocado in half, remove the pit and scoop out the insides. Place the peas, avocado, lemon juice and a pinch of salt and pepper into a small blender or food processor and pulse until slightly blended but not completely smooth.
2. Slice the radishes into nice thin slices. Toast the sliced bread in a toaster until golden brown. Evenly top four slices of toast with the avocado pea mixture and then top with the arugula and sliced radishes. Serve immediately.

Note: Allow 2 pieces of toast per serving.

Tip: To reduce carbohydrates, replace the bread with 6 large slices of tomato.

DF	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
8 mins	0 mins	394	17	49	15

*Nutrition per serving





Pumpkin Pie
Wholegrain Waffles

Pumpkin Pie Wholegrain Waffles

Serves 3

1 cup (240ml) coconut milk (from a carton, not canned)

1 tsp. apple cider vinegar

2 tbsp. avocado oil + more to brush on the waffle iron

1 ½ cups (180g) whole wheat flour

1 ½ tsp. pumpkin pie spice blend (or sub mixed spice)

½ tsp. salt

2 tsp. baking powder

1 tbsp. coconut sugar

Flax egg:

1 tbsp. ground flax seeds

2 tbsp. water

Optional Toppings:

2 tbsp. chopped walnuts

2 tbsp. maple syrup



What you need to do

1. Preheat the waffle iron to the highest heat setting.
2. Mix the milk and apple cider vinegar in a medium-sized bowl and set aside.
3. Mix the ground flax seeds and water in a small bowl and set aside to make the flax egg.
4. Mix all the dry ingredients (whole wheat flour, coconut sugar, pumpkin pie spice, salt, and baking powder) in a large bowl with a whisk.
5. Add the wet ingredients (avocado oil and flax egg) to the bowl with the milk and apple cider vinegar. Whisk well to combine.
6. Pour the wet ingredients into the dry and mix well.
7. Grease the waffle iron to stop the waffles from sticking. If using a four waffle iron, pour the batter equally between the four waffles. Close the lid and cook for approximately 3 minutes, or until golden brown. If using one large waffle iron, use half the batter per waffle.
8. Serve with maple syrup and chopped walnuts.

Tip: To reduce carbohydrates and increase protein, omit the maple syrup and spread waffles with peanut butter.

Note: Nutrition info is without chopped walnuts.

DF	MP	V	Q	N	
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	0 mins	362	13	57	8

*Nutrition per serving



Cold Noodle Soba Bowl

Cold Noodle Soba Bowl

Serves 2

150g dried soba (buckwheat) noodles

12 ½ cups (3ltr) water

1 green onion (spring onion), thinly sliced

1 cup (70g) red/purple cabbage, shredded

½ red capsicum

½ cup (10g) chopped cilantro (coriander)

2 tbsp. sesame seeds or substitute for chopped peanuts

1 small carrot

1 tsp. avocado oil

3 tbsp. sesame ginger store-bought salad dressing

What you need to do

1. Bring the water to a gentle rolling boil in a large pot on the stove. Add in the buckwheat noodles slowly and stir well to prevent them from sticking. Cook for 4-5 minutes until soft. Do not overcook.
2. Once the noodles are cooked, drain and rinse with cold water, then toss in a bowl with 1 teaspoon of oil to prevent from sticking together. Set aside.
3. Slice the red pepper and carrots into long thin matchsticks. Place the sliced carrots, red pepper, shredded cabbage, thinly sliced green onion, chopped cilantro, sesame seeds (or chopped peanuts), and sesame ginger salad dressing into a noodle bowl. Toss all ingredients together and serve in two shallow bowls.

Tip: To increase protein, add 1 cup of cooked edamame beans or marinated grilled tofu.



GF	DF	MP	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	4-5 mins	247	11	31	8

*Nutrition per serving



Detox Quinoa Salad

Detox Quinoa Salad

Serves 3

1 cup (185g) cooked quinoa
¼ small red/purple cabbage
1 small head of broccoli
3 leaves of kale (stems removed)
1 medium carrot
2 tbsp. hemp seeds
2 tbsp. sunflower seeds
¼ cup (30g) raw pumpkin seeds
½ cup (65g) dried cranberries
½ cup (120ml) salad dressing of choice or use simple detox dressing below

Simple Detox Dressing (Optional):

¼ cup (60ml) apple cider vinegar
¼ cup (60ml) extra virgin olive oil
1 garlic clove, whole peeled and bruised
½ tbsp. maple syrup
pinch of salt & pepper

What you need to do

1. Chop the broccoli into small bite-sized pieces. Slice the kale and purple cabbage into thin shreds. Peel and grate the carrot. Place all the prepared vegetables into a large bowl and top with the sunflower seeds, cooked quinoa, dried cranberries, hemp seeds and pumpkin seeds.
2. To make the dressing, place all ingredients into a small blender and blend until smooth. Or substitute with a store-bought dressing of choice.
3. Pour the dressing over the salad and mix well to combine. Serve immediately, or store overnight in the fridge for a quick grab and go lunch.

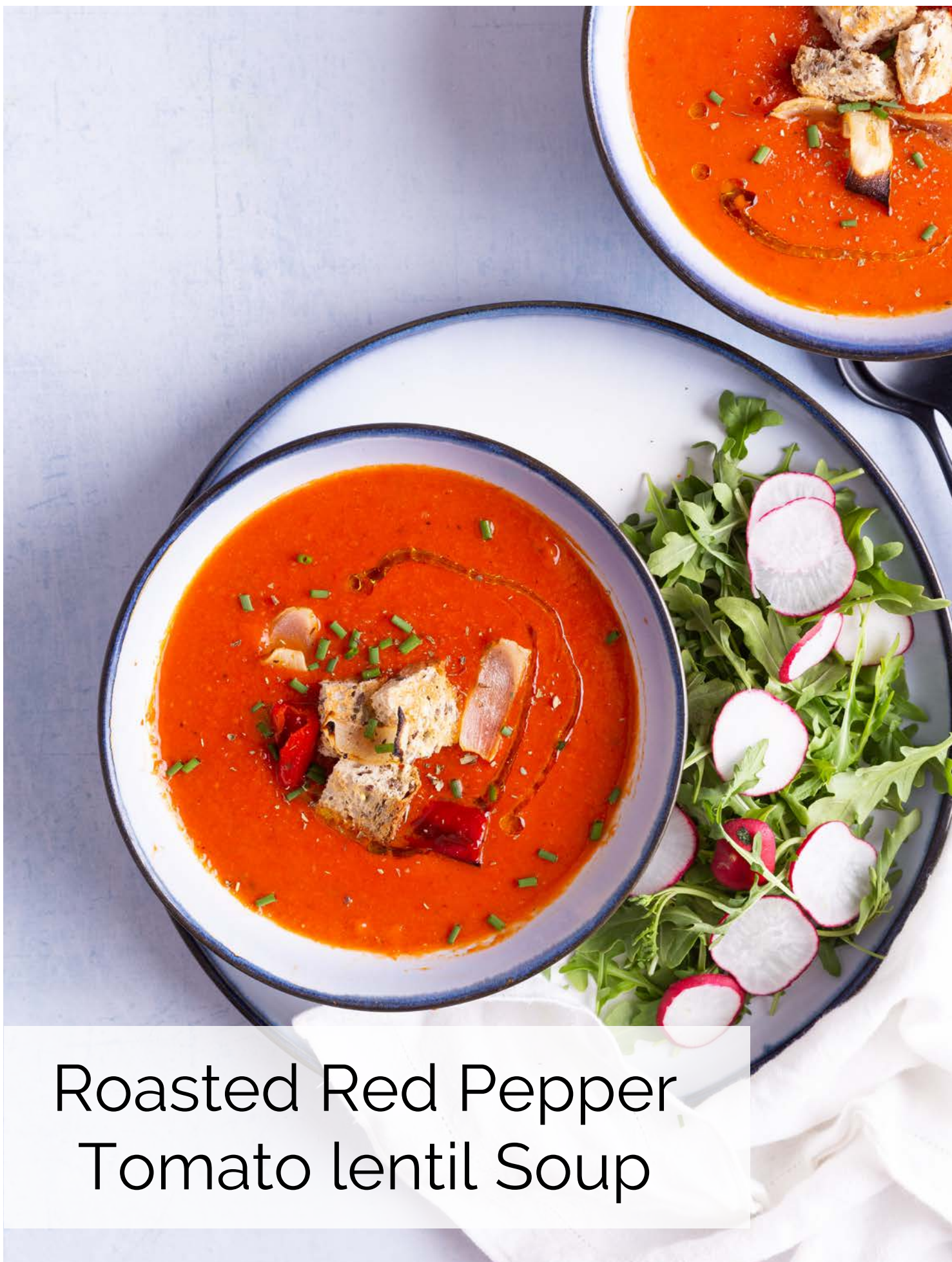
Tip: To reduce carbohydrates, replace the dried cranberries with 1 grated apple. To reduce fat and cut calories, omit the salad dressing and instead squeeze fresh lemon juice over the salad.

GF	DF	MP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	0 mins	347	21	40	7

*Nutrition per serving





Roasted Red Pepper
Tomato lentil Soup

Roasted Red Pepper Tomato lentil Soup

Serves 2

What you need to do

2 cups (480ml) vegetable broth (stock)
2 tsp. Italian seasoning
½ tsp. salt
⅓ tsp. freshly ground pepper
1 tsp. dried basil

Roasted Vegetables:

4 red capsicums
900g vine-ripened tomatoes
1 yellow onion
4 peeled garlic cloves
2 tsp. avocado oil
1 tsp. Italian seasoning
pinch of salt & pepper

Soup:

½ cup (100g) dried red split lentils
1 ½ cups (360ml) water

Side salad for 2 servings:

2 cups (40g) arugula (rocket)
3 radishes sliced
1 tbsp. salad dressing of choice

Optional toppings for soup:

½ cup (20g) homemade or store-bought croutons
drizzle of olive oil
roasted peppers and onions (kept back from making soup)

1. Preheat the oven to 200°C. Cut the tomatoes into quarters if small and eights if large. Cut the red capsicums into similar sized pieces as the tomatoes, repeat this step with the onion.
2. Place the tomatoes, onion, red peppers, and garlic cloves onto two lined baking sheets. Toss them with equal amounts of the Italian seasoning, avocado oil, salt and pepper. Place both trays into the oven and bake for 18 minutes.
3. While the vegetables are roasting in the oven, pour the lentils and water into a medium sized saucepan. Bring to the boil, reduce the heat to a simmer, covered with a lid and simmer gently for 15 minutes.
4. Once the vegetables have roasted, remove from the oven and place into a large blender (save a few whole pieces of roasted vegetables for garnishing the soup later). Now add in the vegetable broth and cooked lentils and blend until smooth.
5. Pour the blended soup into a large stockpot and bring to a boil. Add in the Italian seasoning, salt, pepper and dried basil. Let the soup simmer for 5 minutes. Pour the soup into bowls and top with optional toppings. Serve with the arugula side salad.

Note: Nutrition info is with side salad and no croutons.

GF	DF	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	25 mins	400	7	76	20

*Nutrition per serving





One Pan Veggie Meal

One Pan Veggie Meal

Serves 4

450g bunch of asparagus
1 small head of broccoli
3 medium carrots
600g baby potatoes
1 medium yellow cooking onion
½ medium eggplant
2 tsp. olive oil

Tahini Sauce:

1 lemon, juiced
4 tbsp. tahini
1 tbsp. extra virgin olive oil
4 tbsp. warm water
2 cloves garlic, crushed
pinch of salt & pepper

What you need to do

1. Preheat the oven to 180°C. While the oven is preheating, prepare the vegetables.
2. To prepare the asparagus, snap off the bottom woody part of the asparagus using your fingers; the stems will naturally break where the tender stem begins. Discard the woody ends and then cut the long, tender spears in half. Set aside.
3. Take the broccoli head and cut off the stems. Break off the florets and set them aside. Peel and chop the carrots into large bite-sized pieces. Chop the eggplant, onion and baby potatoes into large bite-sized pieces.
4. Place all the vegetables into a large bowl and toss with 2 teaspoons of olive oil and a pinch of salt and pepper. Divide the vegetables between 2 lined baking sheets.
5. Bake the vegetables in the oven for 20-25 minutes, until the edges of the vegetables are slightly browned, and the potatoes are cooked through.
6. To make the tahini sauce, pour the olive oil, warm water, garlic, lemon juice, tahini, and a pinch of salt and pepper into a small blender. Blend until smooth.
7. Place the cooked vegetables onto a large platter and drizzle with tahini sauce. Serve immediately.

Optional: To increase protein, add 1 can of chickpeas or one pack of smoked extra firm tofu to the vegetables before baking.

GF	DF	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	25 mins	373	15	56	12

*Nutrition per serving





Vegan Caesar Salad
With Cajun Grilled Tofu

Vegan Caesar Salad With Cajun Grilled Tofu

Serves 4

2 lemons, juiced
1 tsp. nutritional yeast
1 tsp. capers
1 tsp. caper brine
3 tbsp. water
½ tsp. vegan Worcestershire sauce (optional)
1 tbsp. grainy Dijon mustard
1 tsp. balsamic vinegar
pinch of salt & pepper to taste
3 romaine lettuce hearts

Tofu:

1 x 350g extra firm tofu pack, drained & pressed
2 tbsp. coconut aminos or soy sauce
1 tbsp. Cajun seasoning blend of choice
1 tbsp. extra virgin olive oil

Caesar Dressing:

1 cup (140g) raw cashews
1 cup (240ml) boiling water

What you need to do

1. Place the raw cashews into a medium-sized bowl and pour over the boiling water. Cover the bowl with a plate or lid and set aside to rest for 15 minutes.
2. Take the pressed and drained tofu and cut it into 8 even slices. Mix the Cajun seasoning, coconut aminos, and oil in a large shallow dish. Place the sliced tofu into the bowl and cover with the marinade. Set aside to marinate for 15 minutes.
3. Once the cashews have finished soaking, drain and pour into a blender. Add in the juice from 2 lemons, nutritional yeast, capers, caper brine, Worcestershire sauce, balsamic vinegar, water, and a pinch of salt and pepper. Blend until smooth. Next, add in the grainy Dijon mustard and pulse a few times, before setting the dressing aside.
4. Prepare the lettuce by washing and drying the leaves. Cut or rip into bite-sized pieces and place into a large bowl.
5. Heat a cast-iron grill pan or barbecue to a medium heat and grill the tofu for 2 minutes on each side or until slightly charred and heated through.
6. Mix the dressing in with the lettuce. Adjust the amount of dressing to suit taste.
7. Serve equally between 4 bowls, allowing two slices of tofu per bowl.



GF	DF	LC	MP	V	Q	N
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Prep	Cook	Rest/Marinate	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	5 mins	15 mins	355	25	16	16

*Nutrition per serving



Easy Quick Dahl

Easy Quick Dahl

Serves 5

What you need to do

Rice:

1 cup (195g) uncooked Basmati rice or long grain white rice
2 cups (480ml) cold water or vegetable broth (stock)
pinch of salt & pepper

Dahl:

4 cloves garlic, minced
2 tbsp. extra virgin coconut oil
½ tsp. crushed chilli flakes
1 small yellow onion
½ tbsp. garam masala
1 tsp. ground turmeric
½ tsp. ground cumin
1 x 400ml canned lite coconut milk
1 x 400ml canned diced tomatoes
2 cups (480ml) vegetable broth (stock)
1 cup (200g) red split lentils
1 ½ tsp. salt
1 cup (40g) chopped cilantro (coriander)
1 bay leaf
3 cm fresh ginger root, peeled & grated
4 cups (120g) baby spinach

Garnish:

1 lime
½ cup (20g) cilantro leaves (coriander)

1. Place the rice, water (or vegetable broth), and pinch of salt and pepper into a large saucepan. Cover with a lid and bring to a boil. Reduce the heat to a simmer and simmer gently for 20 minutes. Once cooked, remove the pan from the heat and set aside with the lid on.
2. To prepare the dahl, use a large thick frying pan (cast iron is best) placed over a medium heat. Chop your onion into small pieces. Melt the coconut oil and sauté the diced onion for one minute. Next, add in the cumin, turmeric, garam masala, red split lentils, minced garlic, grated ginger, chilli flakes, salt and bay leaf with the onion and stir.
3. Pour in the canned tomatoes, vegetable broth, and coconut milk. Bring the dahl to a boil and reduce the heat to a simmer. Let the dahl simmer for 25 minutes uncovered, occasionally stirring to prevent the lentils from sticking to the bottom of the pan.
4. Once the lentils are soft and fully cooked, add in the spinach, chopped cilantro, and allow to wilt. Cut the lime into four wedges. Serve equally between 4 large bowls over rice and top with cilantro leaves and a wedge of lime.

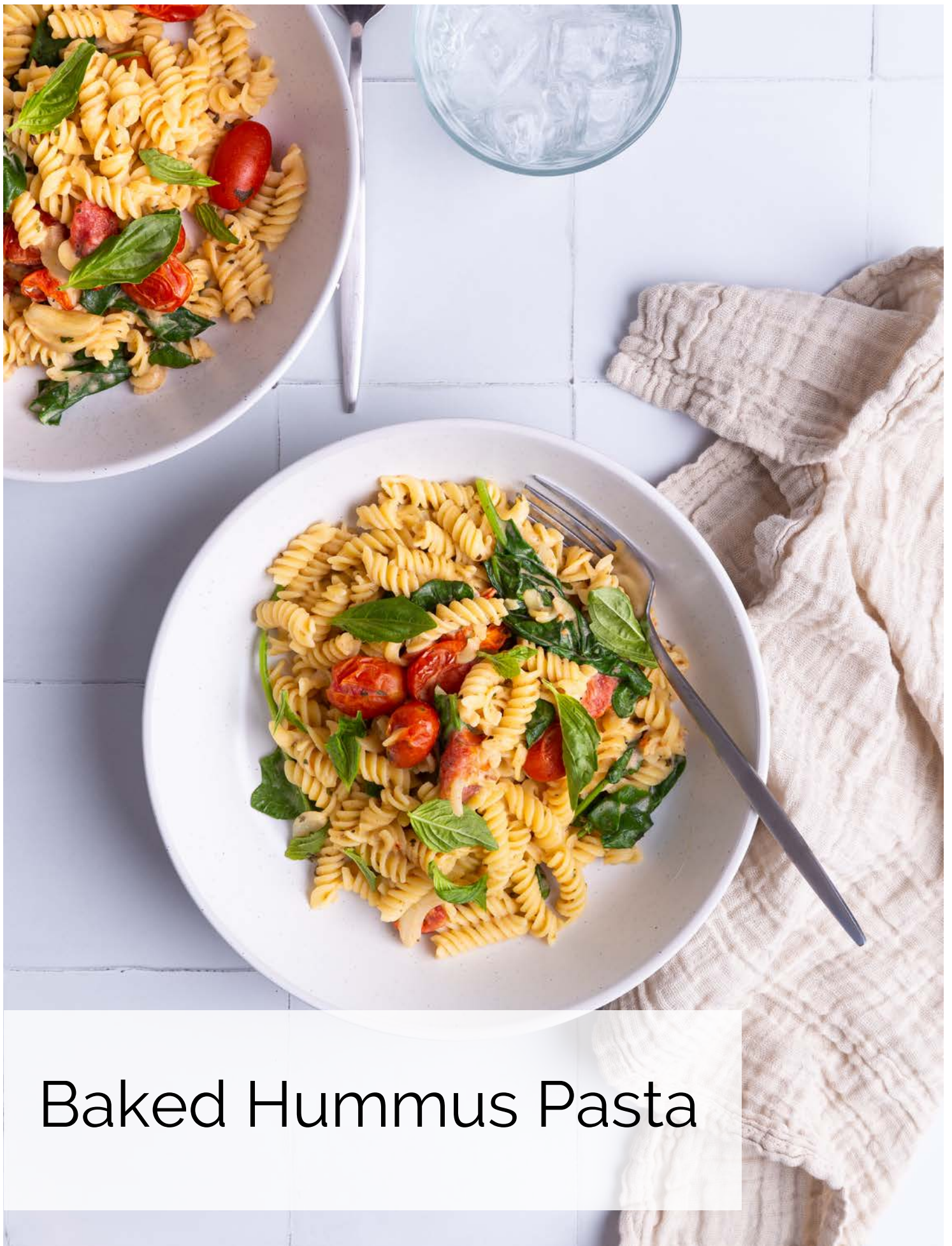
Tip: To reduce carbohydrates, omit the rice and substitute for steamed vegetables or mixed lettuce.

GF	DF	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	25 mins	417	12	63	14

*Nutrition per serving





Baked Hummus Pasta

Baked Hummus Pasta

Serves 4

What you need to do

400g fusilli or penne pasta of choice
3 cups (90g) baby spinach
1 pint (290g) cherry tomatoes
1 x 230g container of store-bought hummus
1 yellow onion, chopped
4 peeled garlic cloves
2 tbsp. extra virgin olive oil
1 tsp. dried basil
1 tsp. dried parsley
1 tsp. dried oregano
¼ tsp. dried rosemary
¾ cup (180ml) water
pinch of salt & pepper
1 tbsp. nutritional yeast

Garnish (optional):

½ cup (20g) basil leaves

1. Preheat the oven to 200°C. While the oven is heating, bring one large pot filled with ¾ cup of water to a rolling boil on the stove. Chop one small onion into medium-sized pieces.
2. In an oven-proof glass dish, place in the cherry tomatoes, chopped onion, and garlic cloves and drizzle with olive oil. Push the tomatoes, garlic and onions to the sides of the dish and place the hummus into the middle. Sprinkle the hummus and tomatoes with dried herbs and season with salt and pepper. Place into the preheated oven and bake for 15-20 minutes until the tomatoes have roasted and are soft.
3. While the tomatoes and hummus are cooking, place the pasta into boiling water and cook as per instructions on the packaging.
4. When the pasta has finished cooking, pour ¾ cup of boiling pasta water into the baked hummus dish. Mix the hummus, water, nutritional yeast, and vegetables well. Next, strain the pasta in a colander. Pour the strained pasta into the hummus mixture, add in two handfuls of baby spinach and mix well.
5. Serve the pasta equally between 4 bowls and garnish with a few fresh basil leaves.

Tip: To reduce carbohydrates, replace the noodles for zucchini noodles.

GF	DF	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	25 mins	436	14	68	10

*Nutrition per serving





Herby Marinated Tofu Kebabs

Herby Marinated Tofu Kebabs

Serves 4

1 small zucchini
1 red capsicum
1 orange capsicum
1 medium yellow or purple onion
10 white button mushrooms
1 x 350g pack of extra firm tofu pressed & drained
2 cups (400g) cooked rice (or substitute quinoa)

Herby Marinade:

1 bunch fresh flat-leaf parsley
1 cup (40g) fresh cilantro leaves
¼ cup (10g) fresh oregano leaves
2 limes, juiced
3 tbsp. red wine vinegar
½ cup (80ml) extra virgin olive or avocado oil
4 cloves garlic, peeled & bruised
½ tsp. crushed chilli flakes
½ tsp. salt
⅛ tsp. pepper

Garnish:

¼ cup (10g) fresh oregano leaves



What you need to do

1. Place all the ingredients for the herby marinade into a food processor or blender and pulse until combined, but not completely smooth. Set aside.
2. Cut the zucchini, peppers, and onion into large pieces. Cut the tofu into 3 cm cubes. Place the vegetables, including mushrooms and tofu into a large bowl and pour in over the herby marinade. Toss the tofu and vegetables in the marinade until completely coated. Cover the bowl with plastic wrap and place into the fridge for at least 20 minutes. (Make in the morning for optimal marinating time).
3. When ready to cook, alternate the vegetables and tofu onto a skewer. This recipe will make 6-7 large skewers.
4. To cook the kebabs, place them onto a preheated barbecue or cast iron grill plate on the stove. Grill for 3 minutes on each side over a medium-high heat until heated through and the edges of vegetables start to brown. Serve over a bed of cooked rice or quinoa and garnish with oregano leaves (optional).

Note: Nutrition info is with cooked quinoa.

Tip: To reduce carbohydrates, substitute the rice/quinoa for a large green salad.

GF	DF	MP	HP	V		
Prep	Cook	Marinate	Kcal	Fats(g)	Carbs(g)	Protein(g)
20 mins	15 mins	20 mins	462	26	36	21

*Nutrition per serving



Frozen Yo-Berry Bites

Frozen Yo-Berry Bites

Serves 2

1 cup (225g) vanilla soy yogurt
or vanilla coconut yogurt

½ cup (120g) frozen pineapple

½ cup (75g) frozen mixed
berries

1 cup (200g) fresh mixed
berries

What you need to do

1. Pour the soy or coconut yogurt into a blender with the frozen pineapple and frozen mixed berries. Blend until smooth and pour into an ice cube tray, filling each ice cube mould to the top.
2. Place the tray in the freezer and freeze for 6 hours.
3. To serve, remove the yogurt ice cubes and place them into two large glasses or a bowl layered with ½ cup fresh berries per glass. Allow to sit at room temperature for 5 minutes to warm up yogurt bites before serving.

Tip: To increase protein add in 2 tablespoons of protein powder.



GF	DF	MP	V
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Prep	Freeze	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	6 hrs	185	3	37	6

*Nutrition per serving



Sugar-Free Berry Crumble

Sugar-Free Berry Crumble

Serves 6

What you need to do

½ cup (60g) almond flour
½ cup (55g) coconut flour
1 cup (115g) chopped walnuts or pecans
½ tsp. ground cinnamon
1 tsp. vanilla extract
⅓ cup (80ml) extra virgin coconut oil
¼ cup (60ml) maple syrup + 2 tbsp.
4 cups (600g) mixed frozen berries
½ tbsp. cornstarch (cornflour)

Flax egg:

1 tbsp. flax meal
2 tbsp. water

1. Preheat the oven to 160°C.
2. To make the flax egg, mix the flax meal and water in a small bowl and set aside. Melt the coconut oil in a small saucepan over a low heat on the stove.
3. To make the crumble topping, pour the almond flour, coconut flour, chopped walnuts or pecans, maple syrup, ground cinnamon, flax egg, melted coconut oil, and vanilla extract into a medium-sized bowl and mix well. Set aside.
4. Line a 15x15cm pan with parchment paper. In a large bowl, mix the frozen berries, maple syrup, and cornstarch and mix well. Pour into the lined pan and top with the crumble topping.
5. Place the pan into the oven and bake for 40 minutes or until the top is golden and the berries are soft. Serve warm.

Tip: To reduce carbohydrates substitute maple syrup for monk fruit sweetener.



DF	MP	V	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	40 mins	257	15	26	8

*Nutrition per serving