OCTOBER PLANT-BASED RECIPE PACK

TIGHTEN up

Delicious, Quick Simple Breakfast, Lunch, Dinner treats

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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	High Protein Baked Oatmeal	Baked Zucchini Sticks with Healthy Homemade Sauce	E.g. Digestive Biscuits, 3-Ingredient Berry Mousse, Vegan Banana Bread, Raspberry Protein Smoothie	Smoky Tomato & Bean Stew
Tue	Breakfast Pancakes With Harissa Roasted Veggies	Super Green Soup	E.g. Digestive Biscuits, 3-Ingredient Berry Mousse, Vegan Banana Bread, Raspberry Protein Smoothie	Smoky Tomato & Bean Stew
Wed	Breakfast Pancakes With Harissa Roasted Veggies	Super Green Soup	E.g. Digestive Biscuits, 3-Ingredient Berry Mousse, Vegan Banana Bread, Raspberry Protein Smoothie	Creamy Sundried Tomato Pasta
Thu	Raspberry Protein Smoothie	Chickpea & Coucous Salad	E.g. Digestive Biscuits, 3-Ingredient Berry Mousse, Vegan Banana Bread, Raspberry Protein Smoothie	Creamy Sundried Tomato Pasta
Fri	Chickpea & Avocado Toast	Chickpea & Coucous Salad	E.g. Digestive Biscuits, 3-Ingredient Berry Mousse, Vegan Banana Bread, Raspberry Protein Smoothie	Easy Vegan Nasi Goreng
Sat	Chickpea & Avocado Toast	Watermelon Poke Bowl	E.g. Digestive Biscuits, 3-Ingredient Berry Mousse, Vegan Banana Bread, Raspberry Protein Smoothie	Meal Out - Enjoy!
Sun	High Protein Baked Oatmeal	Watermelon Poke Bowl	E.g. Digestive Biscuits, 3-Ingredient Berry Mousse, Vegan Banana Bread, Raspberry Protein Smoothie	Easy Vegan Nasi Goreng

Weekly Shopping List

Fruits, Vegetables

Fruits
- 4 bananas
- pack raspberries
- pack blueberries
- pack blackberries
- 2 avocados
- 3 lemons
- watermelon
- 1 lime

Vegetables
- eggplant
- 1 zucchini (courgette)
- bunch green onions (spring onions)
- piece root ginger
- 2 cucumbers
- edamame beans (if no fresh buy frozen)
- garlic bulb
- 1 broccoli
- pack spinach
- pack lambs lettuce
- pack rocket
- pack choy
- 1 white onion
- 1 red onion
- pack cherry tomatoes
- 3 tomatoes
- 2 carrots

Frozen
- raspberries

Plant-Based Produce

Cold
- almond milk, unsweetened
- oat milk
- natural soy yogurt
- 2x 400g packs silken tofu
- tub hummus
- oat cream

Seeds, Baking, Spices

Grains
- rolled oats
- white rice
- brown rice
- couscous

Nuts & Seeds
- cashew nuts
- sesame seeds
- black sesame seeds
- peanuts

Baking
- baking powder
- buckwheat flour
- chickpea flour
- cornstarch
- oat flour
- white rice flour

Dried Herbs & Spices
- ground cumin
- chilli powder
- chilli flakes
- ground allspice
- ground cloves
- ground cinnamon
- garlic granules
- smoked paprika
- ground cardamom
- black pepper

Fresh Herbs
- parsley
- coriander
- basil

Cans, Condiments & Misc

Oils
- olive oil
- coconut oil
- sesame oil

Sweeteners
- maple syrup
- coconut sugar

Boxed, Canned & Condiments
- peanut butter
- 3x 400g cans chickpeas
- tomato sauce (passata)
- apple cider vinegar
- cornflakes
- tamari sauce (can substitute with soy sauce)
- harissa paste
- tahini
- rice vinegar
- sriracha sauce
- Dijon mustard
- vegetable broth (stock) (can also use cubes)
- 2x 400g cans cannellini beans
- 400g can chopped tomatoes
- sundried tomatoes
- pasta of choice
- nutritional yeast

Other
- plant based protein powder, vanilla
- vegan chocolate chips
- nori
- sliced bread
- sea salt

High Protein Baked Oatmeal

High Protein Baked Oatmeal

Serves 1

½ cup (40g) rolled oats

½ banana

½ cup (120ml) almond milk, unsweetened

1 tbsp. maple syrup

1 tbsp. protein powder, vanilla

½ tsp. baking powder

Toppings:

¼ cup (30g) raspberries

1 tbsp. vegan chocolate chips

1 tbsp. peanut butter, natural

What you need to do

1. Preheat the oven to 180°C.
2. Place all the ingredients, except for the toppings, into a high-speed blender or food processor and blend until smooth.
3. Transfer the batter into an ovenproof dish and top with fresh raspberries and chocolate chips.
4. Place the dish in the oven and bake for 25-30 minutes, until golden on top. Once out of the oven drizzle over some peanut butter and serve.

DF MP V N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	30 mins	490	17	70	12	9

*Nutrition per serving

myfitnesspal

00271321

Raspberry Protein Smoothie

Raspberry Protein Smoothie

Serves 1

1 banana

1 cup (125g) frozen raspberries

½ scoop (12g) vanilla protein powder

2 tbsp. cashew nuts

½ cup (120ml) unsweetened almond milk

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Pour into a glass and serve immediately.

GF | DF | V | Q | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 mins	359	10	49	16	9

*Nutrition per serving

myfitnesspal

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Chickpea & Avocado Toast

Chickpea & Avocado Toast

Serves 2

1 cup (165g) chickpeas, drained

1 tbsp. olive oil

¼ tsp. salt

¼ tsp. black pepper

1 tsp. ground cumin

1 avocado

1 tbsp. tahini

½ lemon, juice

2 slices of bread, toasted

salt & black pepper

2 tbsp. fresh parsley, chopped, to serve

What you need to do

1. Preheat the oven to 200°C. Place the chickpeas in an ovenproof dish, drizzle with olive oil, season with salt, pepper and cumin and mix well to combine.
2. Place the dish in the oven and cook the chickpeas for 15-20 minutes until they start to become crispy, then remove the dish from the oven and set aside.
3. Meanwhile, place the avocado flesh in a bowl and add in the lemon juice and tahini, season to taste with salt and pepper and mash with a fork.
4. Toast the bread, divide the mashed avocado between the 2 slices of toast and top with the roasted chickpeas. Season to taste with salt and pepper and garnish with chopped parsley, to serve.

DF V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	20 mins	521	30	46	13	15

*Nutrition per serving

myfitnesspal

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Breakfast Pancakes With Harissa Roasted Veggies

Breakfast Pancakes With Harissa Roasted Veggies

Serves 4

For the pancakes:

1 ¼ cup (150g) buckwheat flour

1 tsp. chilli powder

1 tsp. paprika powder

salt & pepper

1 cup (240ml) water

4 tsp. olive oil

For the vegetables:

1 eggplant, cut into chunks

1 small zucchini (courgette), cut into chunks

400g can chickpeas, drained

salt & pepper

1 tsp. paprika

1 tbsp. olive oil

2 large tomatoes, chopped

1 tbsp. harissa paste

1 tbsp. tahini

1 lemon, juiced

2 tbsp. fresh parsley, chopped

What you need to do

1. Preheat the oven to 190°C. Place the eggplant, zucchini and chickpeas in a roasting dish. Season with salt and pepper, paprika; drizzle over the olive oil and mix well to combine. Place the dish in the oven and bake for 25 minutes. Remove from the oven, add in the tomatoes and return the dish to the oven to cook for a further 10 minutes.
2. In the meantime, prepare the pancakes. Place the flour, chilli powder and paprika in a bowl, season with salt and pepper and mix together. Add in the water and mix well to form a thick batter
3. Heat 1 teaspoon of olive oil in a non-stick skillet over a medium heat and pour in ¼ of the batter mix. Move the skillet from side to side to spread the batter around. Cook for about 4 minutes then flip the pancake over and cook for a further 2-3 minutes on the second side until the pancake is cooked through. Transfer the pancake onto a plate and cover with tin foil to keep warm. Repeat this process a further 3 times with remaining olive oil and batter mix.
4. Once the vegetables have cooked, remove the dish from the oven and transfer into a large bowl. Add in the harissa paste, tahini, lemon juice and parsley. Season to taste with salt and pepper and mix well.
5. Place a pancake on each plate and top each pancake with an equal portion of the roasted vegetable mix. Garnish with additional chopped parsley and serve immediately.

GF | DF | MP | V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	45 mins	385	10	55	14	15

*Nutrition per serving

myfitnesspal

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Healthy Homemade Sauce

Healthy Homemade Sauce

Serves 10

1 cup (240g) tomato sauce (passata)

¼ cup (60ml) apple cider vinegar

⅛ tsp. ground allspice

⅛ tsp. ground cloves

¼ tsp. ground cinnamon

1 tbsp. maple syrup

1 tsp. sea salt

¼ tsp. black pepper

water, as required

What you need to do

1. Place all the ingredients into a small pot, place on the stove over a low heat and simmer gently for 10 minutes. If the sauce is too thick, add a little water to achieve the desired consistency.
2. Transfer the sauce into a glass jar with a tight fitting lid and store in the refrigerator for up to one month.

GF | DF | LC | MP | V | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	10 mins	13	0	3	0	1

*Nutrition per serving

myfitnesspal

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Baked Zucchini Sticks

Baked Zucchini Sticks

Serves 2

1 zucchini (courgette)

1 cup (90g) chickpea flour

¾ cup (180ml) unsweetened almond milk

½ cup (65g) cornstarch

salt & pepper

½ cup (30g) cornflakes, crushed

1 tsp. garlic granules

Homemade sauce, 2 servings

What you need to do

1. Preheat the oven to 200°C. Line a baking sheet with baking paper.
2. Cut the zucchini into even sized sticks.
3. Place the chickpea flour, cornstarch, milk and garlic granules into a bowl, season with salt and pepper and mix well to combine into a batter. Place the crushed cornflakes onto a separate plate.
4. Dip each zucchini stick first into the batter and then into the cornflakes, before placing the coated sticks onto the baking sheet. Place the tray in the oven and bake for 25 minutes until golden.
5. Serve the zucchini sticks with the homemade sauce from this recipe pack.

DF MP V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	25 mins	382	5	69	13	9

*Nutrition per serving

myfitnesspal

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Watermelon Poke Bowl

Watermelon Poke Bowl

Serves 4

For the watermelon:

2 cups (300g) watermelon, cubed

6 tbsp. tamari sauce

2 tsp. rice vinegar

1 tbsp. sesame oil

1 lime, juiced

1 tbsp. maple syrup

2 green onions (spring onion), finely sliced

2 tbsp. root ginger, grated

2 tbsp. sesame seeds, toasted

1 tsp. red chilli flakes

For the sauce:

3 tbsp. natural soy yogurt

1 tbsp. sriracha sauce

For the poke:

250g cooked rice

½ cucumber, sliced

1 avocado, sliced

½ cup (60g) edamame beans

1 tbsp. nori, chopped

1 tbsp. black sesame seeds

What you need to do

1. Place the tamari sauce, rice vinegar, sesame oil, lime juice, maple syrup, green onions, ginger, sesame seeds and chilli flakes into a bowl and mix well to form a marinade. Pour the marinade over the chopped watermelon and set aside to marinate for 1 hour in the refrigerator.
2. In a small bowl, combine the yogurt and sriracha sauce and place in the refrigerator until ready to assemble.
3. Once the watermelon has marinated, assemble your poke bowl. Divide the cooked rice between 2 bowls. Top with the watermelon, cucumber, avocado, edamame beans, nori, and sriracha yogurt sauce. Garnish with black sesame seeds and serve immediately.

GF | DF | MP | V

Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	60 mins	394	16	51	10	6

*Nutrition per serving

myfitnesspal 01649758

Chickpea & Couscous Salad

Chickpea & Couscous Salad

Serves 4

For the salad:

½ cup (85g) couscous

400g can chickpeas, drained

½ cucumber, sliced

½ red onion, diced

1 cup (150g) cherry tomatoes, halved

200g rocket

4 tbsp. hummus

For the dressing:

1 tbsp. apple cider vinegar

1 tbsp lemon juice

1 tbsp. olive oil

1 tsp. maple syrup

1 tsp. Dijon mustard

What you need to do

1. Cook the couscous according to instructions on the packaging. Once cooked, set aside to cool slightly.
2. Make the dressing by mixing all the dressing ingredients together and setting aside until needed.
3. Place all the salad ingredients in a bowl along with the cooled couscous and toss together with the salad dressing.
4. Divide the salad between 4 plates and serve with a tablespoon of hummus.

DF | MP | V | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	0 mins	362	12	51	10	10

*Nutrition per serving

myfitnesspal

05943982

Super Green Soup

Super Green Soup

Serves 4

1 tbsp. olive oil

2 cloves garlic, minced

2 tsp. ground cumin

salt & pepper

2 ½ cups (600ml) vegetable broth (stock)

1 large broccoli head, cut into florets

200g spinach

400g can cannellini beans, drained

4 tbsp. fresh coriander, chopped

½ lemon, juiced

5 tbsp. oat cream, to serve

What you need to do

1. Heat the olive oil in a large pot over a medium heat. Add the garlic and cumin to the pot and season with salt and pepper, cook for 1-2 minutes. Now add in the vegetable broth and the broccoli and bring to the boil. Reduce the heat and simmer gently for 10 minutes.
2. Add in the remaining ingredients (excluding the oat cream) and cook for a further 10 minutes. Once the soup has cooked, use a hand blender to blend until smooth and creamy.
3. Divide the soup into bowls and serve topped with a tablespoon of oat cream.

GF | DF | LC | MP | V | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	22 mins	207	8	24	8	7

*Nutrition per serving

myfitnesspal 03976623

Smoky Tomato & Bean Stew

Smoky Tomato & Bean Stew

Serves 4

2 cloves garlic, minced

½ cup (55g) sundried tomatoes, drained

1 tsp. smoked paprika

salt & pepper

400g can cannellini beans, drained

400g can chopped tomatoes

1 tbsp. maple syrup

To serve:

3 cups (480g) rice, cooked

4 handfuls lambs lettuce, or other greens of choice

4 tbsp. natural soy yogurt

black pepper

What you need to do

1. Cook the rice according to instructions on packaging.
2. Heat a large pot over medium high heat and sauté the sundried tomatoes and garlic for 2-3 minutes. Add in the smoked paprika, season to taste with salt and pepper and mix well to combine. If necessary, add a splash of water to prevent the tomatoes from burning.
3. Now add the drained cannellini beans, chopped tomatoes, maple syrup and simmer for a further 10 minutes.
4. To serve, divide the rice, lambs lettuce and bean stew between 4 plates and top with a tablespoon of yogurt. Finish with some black pepper and serve immediately.

GF | DF | MP | V | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	15 mins	287	1	59	9	6

*Nutrition per serving

myfitnesspal 08160959

Easy Vegan Nasi Goreng

Easy Vegan Nasi Goreng

Serves 4

2 cups (400g) brown rice, cooked

1 tbsp. coconut oil

1 onion, chopped

2 cloves garlic, chopped

¾ inch (2cm) root ginger, grated

1 small pak choy, sliced

2 carrots, finely chopped

300g silken tofu, crumbled

4 tbsp. tamari sauce

2 tbsp. rice vinegar

To serve:

¼ cup (36g) peanuts, chopped

3 green onions (spring onions), sliced

½ cucumber, sliced

1 tomato, sliced

What you need to do

1. Cook the rice according to instructions on packaging.
2. Heat the coconut oil in a large skillet over a medium heat and fry the onion, garlic and ginger for 2-3 minutes. Add in pak choy and carrots and cook for a further 5 minutes.
3. Now add in the cooked rice, tofu, tamari sauce and rice vinegar. Sauté together for another 5 minutes, stirring constantly.
4. To serve, divide the rice between 4 serving bowls and top each bowl with sliced green onions and chopped peanuts. Serve immediately with sliced cucumber and tomato.

GF | DF | MP | V | Q | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	13 mins	299	11	35	14	4

*Nutrition per serving

myfitnesspal 08585967

Creamy Sundried Tomato Pasta

Creamy Sundried Tomato Pasta

Serves 4

For the pasta:

300g pasta of choice

½ cup (55g) sundried tomatoes, chopped

2 cloves garlic, minced

4 tbsp. fresh basil, chopped

¼ tsp. chilli flakes

For the sauce:

1 cup (140g) cashew nuts

1 ½ cups (350ml) almond milk, unsweetened

2 tbsp nutritional yeast

2 tsp. salt

What you need to do

1. Cook the pasta according to instructions on packaging.
2. Place the cashew nuts in a pot of water, place over a medium high heat and boil for 5 minutes. Drain the water from the nuts and transfer to a high-speed blender. Add in the remaining sauce ingredients and blend until smooth, set aside.
3. Heat a large pot over a medium heat and sauté the sundried tomatoes and garlic for 1-2 minutes, using some of the oil from the tomatoes. Reduce the heat to low and add the earlier made cashew nut sauce, fresh basil and chilli flakes. Bring to a gentle simmer.
4. Now add in the cooked pasta and mix well to combine. Take the pan off the heat and divide the pasta between 4 bowls. Serve immediately garnished with additional fresh basil and more chilli flakes.

GF | DF | MP | V | Q | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	15 mins	572	20	80	16	8

*Nutrition per serving

myfitnesspal

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Digestive Biscuits

Digestive Biscuits

Makes 8

75g oat flour

75g white rice flour

6 tbsp. coconut sugar

1 tsp. baking powder

pinch salt

¼ tsp. ground cardamom

¼ tsp. ground cinnamon

2 tbsp. coconut oil, melted

4 tbsp. oat milk

What you need to do

1. Preheat the oven to 180°C. Line a baking tray with baking paper.
2. Combine all the ingredients together in a bowl and mix well to form a cookie dough. Divide the mixture to form 8 balls, the size of small walnuts. Place the balls on the baking sheet and flatten with your hands, alternatively use the bottom of a glass.
3. Place the tray in the oven and bake for 12-15 minutes, until the biscuits are golden. Remove from the oven and place the cookies on a wire rack to cool before serving.

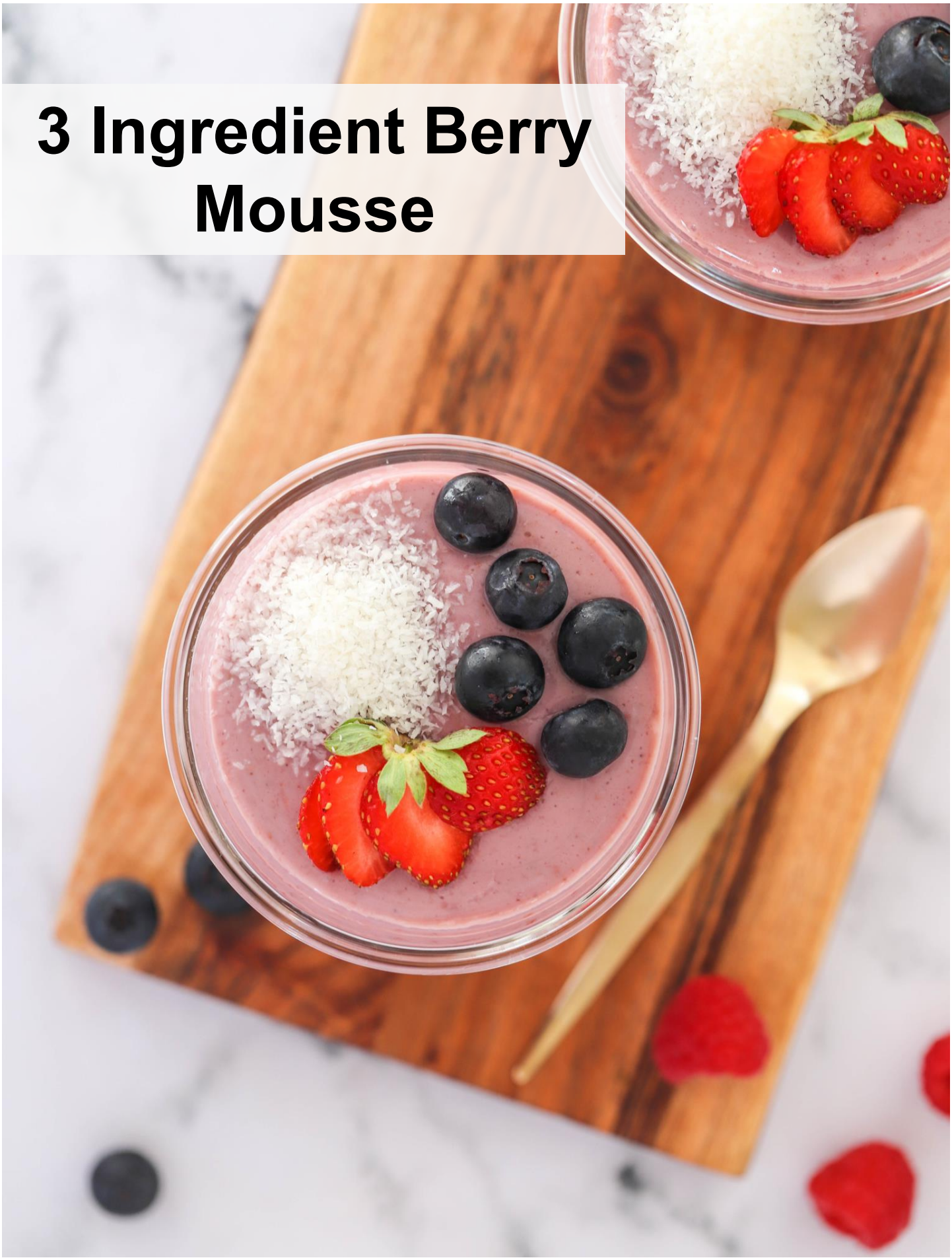
DF MP V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	15 mins	98	1	20	2	1

*Nutrition per serving

myfitnesspal

3 Ingredient Berry Mousse



3 Ingredient Berry Mousse

Serves 4

1 ½ cup (220g) mixed berries (blueberries, raspberries and blackberries)

400g silken tofu

2 tbsp. maple syrup

What you need to do

1. Place all ingredients into a high-speed blender and blend until smooth. Divide the mixture between 4 glasses and chill in the fridge for at least 1 hour.
2. To serve, top with additional fresh berries.

GF | DF | MP | V

Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	60 mins	214	5	26	15	5

*Nutrition per serving

myfitnesspal

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Vegan Banana Bread

Vegan Banana Bread

Serves 9

Wet Ingredients:

2 ripe bananas

1 tbsp. maple syrup

Dry Ingredients:

¾ cup (67g) oat flour

6 tbsp. buckwheat flour

½ tsp. ground cardamom

½ tsp. ground cinnamon

1 ¼ tsp. baking powder

pinch salt

What you need to do

1. Preheat the oven to 170°C. Prepare a loaf tin covered with baking paper (alternatively use a silicon tin).
2. Place the bananas and maple syrup in a high-speed blender and blend until smooth.
3. Place all the dry ingredients into a large bowl and mix well to combine. Fold in the blended bananas and mix until a thick batter has formed.
4. Pour the batter into the loaf tin, garnish with slices of additional banana if you like. Place the tin in the oven and bake for 60-65 minutes, or until a toothpick inserted in the middle comes out clean. Remove the tin from the oven and set the bread aside to cool before serving.

DF | LC | MP | V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	60 mins	79	1	15	2	2

*Nutrition per serving

myfitnesspal

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