



Monthly Plant-Based Recipe Pack

*Discover 15 easy, healthy and tasty recipes, including:
breakfast, lunch, dinner, treat and smoothies*



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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	Apple Pie Oats	Warm Kale Salad with a Creamy Tahini Dressing	E.g. Tropical Green Hurricane, Peanut Butter Protein Bites, Raw Trail Mix	Chickpea Lettuce Tacos
Tue	Overnight Vanilla Blueberry Protein Oats	Warm Kale Salad with a Creamy Tahini Dressing	E.g. Tropical Green Hurricane, Peanut Butter Protein Bites, Raw Trail Mix	Chickpea Lettuce Tacos
Wed	Overnight Vanilla Blueberry Protein Oats	Chickpea "Tuna" Sandwich	E.g. Tropical Green Hurricane, Peanut Butter Protein Bites, Raw Trail Mix	Santa Fe Bean Salad
Thu	Overnight Cinnamon Blueberry Chia Pudding	Chickpea "Tuna" Sandwich	E.g. Tropical Green Hurricane, Peanut Butter Protein Bites, Raw Trail Mix	Italian Stuffed Portabella Mushroom
Fri	Overnight Cinnamon Blueberry Chia Pudding	Vegan White Bean Tuscan Soup	E.g. Tropical Green Hurricane, Peanut Butter Protein Bites, Raw Trail Mix	Italian Stuffed Portabella Mushroom
Sat	Black Forest Cake Protein Smoothie	Vegan Detox Wraps	E.g. Tropical Green Hurricane, Peanut Butter Protein Bites, Raw Trail Mix	Meal Out - Enjoy!
Sun	Apple Pie Oats	Vegan Detox Wraps	E.g. Tropical Green Hurricane, Peanut Butter Protein Bites, Raw Trail Mix	Vegetable Kitchari

Weekly Shopping List

Fruits, Vegetables	Non-Dairy, Cans, Condiments	Grains, Seeds, Herbs, Spices	Baking Goods, Misc
Fruits <ul style="list-style-type: none">• 3 apples• 2 large navel oranges• 4 lemons• 4 limes• 1 mango• 1 avocado	Non-Dairy <ul style="list-style-type: none">• 1 carton soy milk or other plant-based milk• 350 grams extra firm tofu• 175 grams smoked tofu or tempeh	Grains & Seeds <ul style="list-style-type: none">• small bag hemp seeds• Basmati rice• Mung Dahl beans or red split lentils• dried quinoa• red split lentils• pumpkin seeds• chia seeds	Oils <ul style="list-style-type: none">• olive oil• coconut oil
Vegetables <ul style="list-style-type: none">• 1 large bunch of kale (10 large leaves)• 1 handful spinach• 3 celery stalks• 1 green onion stalk or bunch (spring onions)• 3 medium yellow cooking onions• 6 medium carrots• 2 yellow potatoes (yukon gold)• 1 red bell pepper• 1 yellow bell pepper• 4 large Portabella mushrooms• 2 small heads of cauliflower or one extra large• small head of butter or Romaine lettuce• 2 Romaine hearts or small package of mixed greens• 10 baby bok choy• 1 small red onion• 1 cucumber	Cans & Condiments <ul style="list-style-type: none">• 19 oz. (540g) can of cannellini beans• 2x 19 oz. (540g) can of chickpeas• 1 small jar Tahini paste• small bottle soy sauce• small bottle apple cider vinegar• vegan mayo• mustard• natural peanut butter• white wine vinegar• 1 small jar sun dried tomatoes in oil• store-bought salsa• sweet chili sauce (optional)	Fresh Herbs & Spices <ul style="list-style-type: none">• small bunch parsley• small bunch dill (optional)• small bunch coriander• small bunch basil leaves• small piece ginger root• 1 large bulb garlic• ground cinnamon• cinnamon stick• ground allspice• dried basil• dried oregano• dried thyme• chili powder• ground cumin• cardamom pods• ground turmeric• cumin seeds• salt• pepper	Sweeteners <ul style="list-style-type: none">• stevia extract• agave syrup• maple syrup Baking Goods <ul style="list-style-type: none">• quick rolled oats• vanilla extract• cocoa powder• whole grain sprouted bread• nutritional yeast (small bag) Misc/Other <ul style="list-style-type: none">• plant-based vanilla protein• plant-based chocolate protein• vegan vegetable stock cubes• peanut dressing (optional)• chopped roasted peanuts• raw cashews• raw walnuts• dried mango• coconut flakes• rice wraps• taco seasoning mix• dried cranberries
Frozen <ul style="list-style-type: none">• frozen pineapple chunks• frozen mango chunks• frozen blueberries• frozen banana• frozen cherries			



Tropical Green Hurricane

Serves 2

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

What you need to do

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

GF	DF	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	328	11	54	10

*Nutrition per serving



Apple Pie Oats

Serves 2

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

Apple Topping:

2 apples
½ tsp. lemon juice
¼ tsp. allspice
½ tsp. ground cinnamon

What you need to do

1. Place the oats, water, salt, allspice, cinnamon and stevia into a medium saucepan with a lid. Bring the water to a boil, reduce the heat to a simmer and cook gently for approx. 8 minutes until the water is completely absorbed.
2. While the oats are cooking, make the apple topping. Start by chopping the apples into small pieces and add them into a frying pan along with the lemon juice, allspice and cinnamon. Cook for 3-5 minutes until the apples have softened slightly.
3. To assemble, spoon the cooked oats into two bowls, top with the apples and pour ½ cup of soy milk over each bowl of oats. Serve immediately.

GF	DF	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
2 mins	8 mins	209	3	40	7

*Nutrition per serving



Black Forest cake Protein Smoothie

Serves 2

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

What you need to do

1. Pour the soy milk into a blender and top with banana slices, protein powder, cherries, spinach, cocoa powder and vanilla extract.
2. Blend until smooth and pour into two large glasses. Top with a little coconut cream (optional) and serve immediately.

Note: Nutritional info uses unsweetened soy milk and unsweetened protein powder.

GF	DF	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	240	2	49	15

*Nutrition per serving



Overnight Vanilla Blueberry Protein Oats

Serves 2

2 tbsp. plant-based vanilla
protein powder

1 cup (80g) quick rolled oats

1 tbsp. hemp seeds

1 ½ cups (360ml) soy milk or
plant milk of choice

½ cup (95g) frozen blueberries

¼ tsp. vanilla extract

2 tsp. agave syrup or
sweetener of choice

What you need to do

1. Take two jars or containers with lids. Pour in oats, vegan protein powder, hemp seeds, vanilla extract, agave syrup and plant-based milk in equal amounts into each jar.
2. Shake the ingredients in the jar well to combine. Top with frozen blueberries. Place into the fridge overnight.
3. An ideal grab and go breakfast in the morning.

Note: Nutritional info uses agave syrup and unsweetened pea protein.

GF	DF	MP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	274	7	42	13

*Nutrition per serving



Overnight Cinnamon Blueberry Chia Pudding

Serves 2

1 cup (190g) frozen blueberries

1 ½ cups (360ml) soy milk or other plant-based milk

¼ cup + 1 ½ tbsp. (50g) chia seeds

1 tbsp. maple syrup or agave syrup

½ tsp. ground cinnamon

1 tbsp. plant vanilla protein powder

fresh fruit/berries (optional - not included in nutritional calculations)

What you need to do

1. Blend the frozen blueberries, protein powder, plant-based milk, and maple syrup in a blender until smooth.
2. Pour the chia seeds into a medium-sized bowl. Cover with the blueberry smoothie mixture and mix together thoroughly with a whisk. Place into the fridge for 5 minutes, then take out and whisk again until all the chia seed clumps have broken up.
3. Leave the pudding in the fridge overnight. In the morning, remove the pudding from the fridge and if desired, top with berries or other fruit of choice.

Note: Nutritional info uses agave syrup and unsweetened pea protein.

GF	DF	MP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	220	9	30	8

*Nutrition per serving



Warm Kale Salad With A Creamy Tahini Dressing

Serves 3

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

Dressing:

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

What you need to do

1. Place the lentils and quinoa into a saucepan with the water and a large pinch of salt and pepper. Bring to the boil, then turn down the heat and reduce to a simmer. Cover the pan with a lid and let the quinoa and lentils simmer gently for 15 minutes.
2. Make your dressing by whisking tahini, lemon juice, soy sauce, maple syrup, minced garlic, apple cider vinegar, and water in a small bowl. Set aside.
3. Rinse the kale leaves and remove and discard the stems. Chop the kale, remove the skin from the orange and chop, and grate the carrots. Place into a large bowl and top with pumpkin seeds and dried cranberries.
4. Once the quinoa has cooked, drain of any excess water with a sieve and pour the quinoa into the large bowl with kale. Pour over the dressing and mix all ingredients to combine.

Note:

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

GF	DF	MP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	15 mins	414	16	57	17

*Nutrition per serving



Chickpea “Tuna” Sandwich

Serves 2

1 ½ cups (250g) chickpeas
(drained from can)

1 celery stalk

1 green onion stalk (spring
onion)

2 tbsp. vegan mayo

½ tbsp. freshly squeezed lemon
juice (½ lemon)

¼ cup (15g) parsley or dill

½ tsp. mustard

4 slices sprouted whole grain
bread

1 cup mixed greens or 2 large
leaves of lettuce

What you need to do

1. Drain the chickpeas and place them into a bowl. Mash the chickpeas with a potato masher, leaving some chunks of chickpea in the mix.
2. Now chop the celery, green onion stalk, parsley or dill into tiny pieces. Place the chopped celery, green onion stalk, mayo, lemon juice, parsley or dill, and mustard into the chickpea bowl. Mix well to combine.
3. Spread the chickpea mixture onto the bread and top with lettuce and your other favorite sandwich toppings.

Note: To reduce carbs, serve chickpea mixture in lettuce wraps.

DF	MP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
8 mins	0 mins	430	13	51	19

*Nutrition per serving



Vegan White Bean Tuscan Soup

Serves 2

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

What you need to do

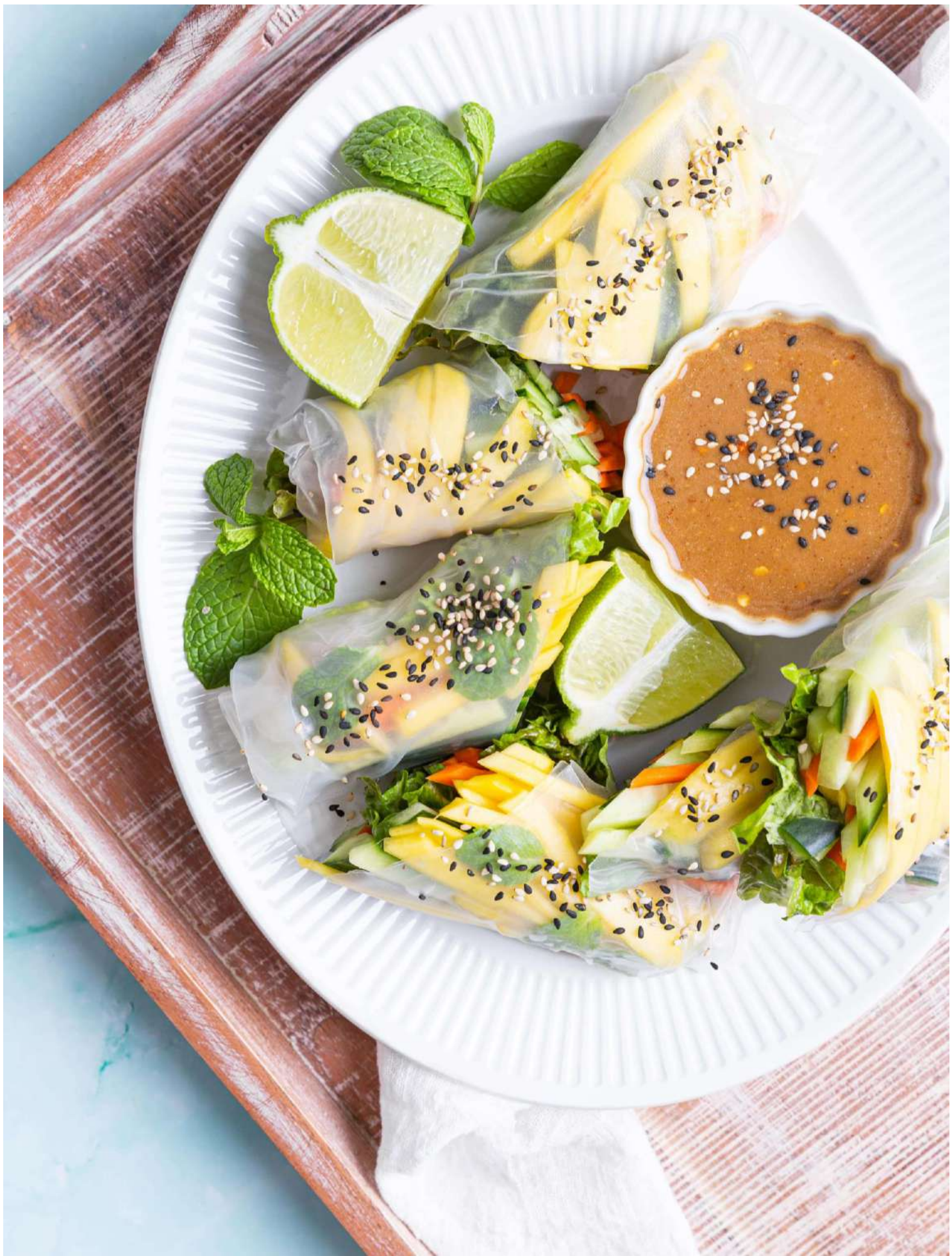
1. Chop the onion, carrots, celery, and potatoes into small pieces, set aside. Drain and rinse your cannellini beans, set aside. Mince your 4 cloves of garlic, set aside.
2. Place a large saucepan on the stove and pour in the olive oil. Heat the oil on a medium low heat and add in your onions, carrots, celery and potatoes. Cook for 3 minutes.
3. Now add in your garlic, basil, oregano, thyme and salt and cook for a further minute. Pour in your vegetable stock, cannellini beans and water and bring to the boil. Reduce the heat to a simmer and let the soup simmer gently for 15 minutes.
4. De-stem the kale, discarding the stems and chop up the leaves, add the kale leaves to the soup and stir. Simmer gently for a further 5 minutes. Serve the soup with some freshly squeezed lemon juice and fresh parsley.

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

GF	DF	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	20 mins	220	9	30	8

*Nutrition per serving



Veggie Detox Wraps

Serves 2

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

Homemade dipping sauce:

1 lime
1 tsp. agave syrup

What you need to do

1. Peel and slice the carrots, cucumber and mango into long thin matchsticks. Chop the tofu into small cubes. Wash and dry the lettuce.
2. Hydrate the rice wraps one at a time in lukewarm water. After hydrating, fill each wrap with ¼ amount of vegetables and tofu near the edge of the wrap. Roll the first wrap up by folding the sides over your ingredients and rolling it up like a burrito. Set aside and repeat this process for the next 3 wraps.
3. If it is too hard to roll. Take out some of the ingredients. If your rice wrap keeps ripping, it is too wet and over hydrated.
4. Once all the wraps are wrapped up, sprinkle with the sesame seeds.
5. To make the dipping sauce, juice one lime and add 1 teaspoon of agave syrup and stir to combine. Serve the sauce with the wraps.

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

DF	MP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	0 mins	300	6	43	12

*Nutrition per serving



Chickpea Lettuce Tacos

Serves 4

1 medium yellow onion,
chopped

1 small red bell pepper, sliced

1 small yellow bell pepper,
sliced

1 small head of cauliflower or ½
large

1x 19 oz. (540g) can of
chickpeas

1x 1 oz. (35g) pack of taco
seasoning of choice

1 tbsp. olive oil

16 Romaine or butter lettuce
leaves

1 avocado

1 lime

7 oz. (200g) tub salsa

What you need to do

1. Preheat the oven to 400°F (200°C). Line two baking sheets with baking parchment.
2. Remove the stem from the cauliflower and cut the cauliflower head into small bite sized pieces.
3. Place the cauliflower, bell peppers, onion, drained and rinsed chickpeas into a large bowl. Drizzle with olive oil and sprinkle on the taco seasoning. Mix well to combine and pour onto the two lined baking sheets.
4. Place the trays into the oven and bake for 18 minutes, until the cauliflower edges start to brown a little.
5. While the cauliflower is cooking, chop and peel the avocado, squeeze ½ the lime juice over the top to keep it from browning. Break off leaves from the head of lettuce, wash and place into a bowl.
6. Remove the cauliflower taco filling from the oven. Arrange equally on the lettuce leaves and garnish with the avocado and store-bought salsa. Serve immediately.

Note: Nutritional info is without salsa.

GF	DF	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	18 mins	264	13	32	9

*Nutrition per serving



Santa Fe Bean Salad

Serves 4

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

Salad Dressing:

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

What you need to do

1. Place the onion, lettuce and coriander into a large salad bowl.
2. Drain and rinse the chickpeas, sweetcorn, and black beans under cold water. Add them into the large salad bowl.
3. Make the salad dressing by pouring the olive oil, lime juice, white wine vinegar, peanut butter, chili powder, cumin, agave syrup, and fresh cilantro into a blender or food processor. Blend until smooth.
4. Pour the salad dressing over the bean and chickpea salad in the large bowl. Mix well to combine and serve immediately.

Note:

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

GF	DF	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	332	15	42	11

*Nutrition per serving



Italian Stuffed Portabella Mushroom

Serves 4

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

What you need to do

1. Preheat the oven to 350°F (180°C). Line a baking sheet with baking parchment.
2. Wash and remove the stems from the portabella mushroom. Place the 4 mushrooms onto the baking sheet.
3. Drain the sun dried tomatoes and place them into a food processor along with the basil, parsley, garlic, nutritional yeast, lemon juice, salt and pepper. Pulse until the tomatoes form a chunky paste. Chop the tofu into large cubes and add into the food processor. Pulse again until the mixture resembles large bread crumbs.
4. Scoop the filling evenly onto the 4 portabella mushroom caps. Place the baking sheet in the oven and bake for 18-20 minutes, until the mushrooms are soft and the filling is heated through.
5. While the mushrooms are baking, make a side salad with 8 cups of mixed salad leaves and your favorite toppings.

DF	MP	HP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	20 mins	252	8	27	24

*Nutrition per serving



Vegetable Kitchari

Serves 4

1 cup (200g) uncooked Basmati or rice of choice

½ cup (95g) split mung Dahl beans (or substitute with split red lentils)

5 cups (1.2l) water

2 tbsp. coconut oil

3 cardamom pods

¼ tsp. ground turmeric

1 tsp. salt

½ small cinnamon stick

½ tbsp. freshly grated ginger

1 tsp. cumin seeds

1 small onion, diced

10 baby bok choy, cut in half

2 large carrots

½ head cauliflower

pinch of black pepper

1 lime (optional)

What you need to do

1. Rinse the rice and the mung beans in a strainer.
2. Chop the carrots into large sized pieces. Cut the cauliflower in half, remove and discard the stem, and cut up the head into florets.
3. In a large pan, heat the coconut oil over a low heat. Melt the coconut oil and add in the cardamom pods, ginger, cinnamon stick, cumin seeds and onion. Sauté gently for 2 minutes. Now add in the chopped carrots and cauliflower, water, salt, ground turmeric, and a pinch of ground pepper. Bring to the boil and reduce heat to simmer. Set a timer for 10 minutes.
4. After 10 minutes, add in your bok choy, set the timer and cook for a further 14 minutes.
5. Once cooked serve the mixture into 4 bowls, top with cilantro and squeeze of lime (optional).

Note:

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

GF	DF	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	20 mins	399	16	58	11

*Nutrition per serving



Peanut Butter Protein Bites

Serves 14

1 cup (240g) natural peanut butter (without sugar)

1 cup (200g) vegan vanilla protein powder of choice

¼ cup + 2 tbsp. (100g) agave syrup

¼ cup (40g) chopped roasted peanuts

¼ tsp. vanilla extract

2 tbsp. soy milk or other plant-based milk of choice

What you need to do

1. Spoon the peanut butter, vegan protein powder, agave syrup, vanilla extract, and plant-based milk into a food processor. Blend until well combined. Now, add in the chopped peanuts and pulse a few more times.
2. Add more peanut butter or coconut oil if the mixture is too crumbly. The mixture should hold together to form into balls.
3. Take one heaped tablespoon of the mixture and form into a ball. Repeat this process until you have 14-15 balls. Top each ball with a peanut.
4. Place in an airtight container and store in the fridge.

GF	DF	LC	MP	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	0 mins	156	10	9	9

*Nutrition per serving



Raw Trail Mix

Serves 7

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

What you need to do

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

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

GF	DF	LC	MP	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
4 mins	0 mins	217	15	17	4

*Nutrition per serving