



May 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	Mango Matcha Protein Shake	Mexican Bean Salad	E.g. Apple, Cinnamon & Walnut Granola, Millet Apple Pie, Mango Matcha Protein Shake, Chocolate Chip Banana Bread	Indonesian Style Vegetable Curry
Tue	Apple, Cinnamon & Walnut Granola	Red Lentil Soup with Paprika Oil	E.g. Apple, Cinnamon & Walnut Granola, Millet Apple Pie, Mango Matcha Protein Shake, Chocolate Chip Banana Bread	Indonesian Style Vegetable Curry
Wed	Spicy Tempeh Minced 'Sausage' with Veggies	Red Lentil Soup with Paprika Oil	E.g. Apple, Cinnamon & Walnut Granola, Millet Apple Pie, Mango Matcha Protein Shake, Chocolate Chip Banana Bread	One Pot Asia Rice Cooker Dish
Thu	Spicy Tempeh Minced 'Sausage' with Veggies	Naked Thai Beef Burgers with Salad	E.g. Apple, Cinnamon & Walnut Granola, Millet Apple Pie, Mango Matcha Protein Shake, Chocolate Chip Banana Bread	Peanut & Broccoli Soba Noodles
Fri	Banana Oatmeal Pancakes	One Pot Asia Rice Cooker Dish	E.g. Apple, Cinnamon & Walnut Granola, Millet Apple Pie, Mango Matcha Protein Shake, Chocolate Chip Banana Bread	Peanut & Broccoli Soba Noodles
Sat	Strawberry Overnight Oats	Roasted Miso Eggplant	E.g. Apple, Cinnamon & Walnut Granola, Millet Apple Pie, Mango Matcha Protein Shake, Chocolate Chip Banana Bread	Meal Out - Enjoy!
Sun	Spicy Tempeh Minced 'Sausage' with Veggies	Roasted Miso Eggplant	E.g. Apple, Cinnamon & Walnut Granola, Millet Apple Pie, Mango Matcha Protein Shake, Chocolate Chip Banana Bread	Air-Fryer Tofu Balls in Sweet Chili Sauce

Weekly Shopping List

Fruits, Vegetables	Plant-Based Produce	Seeds, Baking, Spices	Cans, Condiments, Misc
Fruits <ul style="list-style-type: none">• 4 bananas• 3.3 lbs. (1.5kg) apples• 3 limes• 1 lemon• box strawberries• 2 avocados Vegetables <ul style="list-style-type: none">• 2 bulbs of garlic• root ginger• kale• 7 oz. (200g) potatoes• large bunch green onions• 3 red onions• 4 onions• 6 carrots• 2 green bell peppers• 1 red bell pepper• 2 zucchinis (courgettes)• 6 eggplants (aubergines)• 10.5 oz. (300g) green beans• head of broccoli• 7 oz. (200g) broccolini (tenderstem broccoli)• box shiitake mushrooms• 1 bok choy• bunch radishes Frozen Foods <ul style="list-style-type: none">• mango• edamame beans	Cold <ul style="list-style-type: none">• 3x cartons almond milk, unsweetened• 1.4 lbs. (650g) firm tofu• 8 oz. (230g) tempeh• natural soy yogurt	Grains <ul style="list-style-type: none">• rolled oats• millet• basmati rice• sushi rice• red lentils Nuts & Seeds <ul style="list-style-type: none">• roasted peanuts• sesame seeds• chia seeds• walnuts Baking <ul style="list-style-type: none">• vanilla extract• all-purpose flour• oat flour• baking powder• baking soda• dark chocolate chips• coconut flakes (desiccated coconut)• dried apple chips Dried Herbs & Spices <ul style="list-style-type: none">• black pepper• ground cumin• ground coriander• paprika• smoked paprika• ground cinnamon• star anise• oregano• cayenne pepper Fresh Herbs <ul style="list-style-type: none">• cilantro (coriander)	Oils <ul style="list-style-type: none">• coconut oil• olive oil• sesame oil Sweeteners <ul style="list-style-type: none">• maple syrup• coconut sugar Boxed, Canned & Condiments <ul style="list-style-type: none">• peanut butter• tomato paste (puree)• jar jalapeño peppers• apple sauce (puree)• matcha powder• soba noodles• tamari• rice wine vinegar• yellow curry paste• 14 oz. (400ml) can coconut milk• vegetable broth (or vegetable stock cubes)• panko breadcrumbs• gochujang or other chili paste• tomato ketchup• vegan oyster sauce• 1 can corn• 1 can kidney beans• miso paste Misc/Other <ul style="list-style-type: none">• sea salt• vegan vanilla protein powder



Strawberry Overnight Oats

Serves 2

1 cup (80g) rolled oats
1 cup (240ml) almond milk,
unsweetened
½ cup (280g) natural soy yogurt
2 tbsp. chia seeds
2 tbsp. maple syrup
½ cup strawberries, chopped
2 scoops vanilla protein powder,
vegan
1 tsp. vanilla extract

What you need to do

1. Place all the ingredients into a large bowl and stir until combined. Cover and refrigerate for at least 2 hours, or overnight.
2. Divide the oats between 2 serving glasses or jars and top with additional strawberries (optional - not included in nutritional breakdown).

Tip: Store in an airtight container in the refrigerator for up to five days.

DF	MP	HP	V			
Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	2-8 hrs	389	8	50	31	8

*Nutrition per serving.



Banana Oatmeal Pancakes

Serves 2

1 cup (80g) rolled oats
½ cup (120ml) almond milk,
unsweetened
2 tbsp. maple syrup
1 ripe banana
1 tsp. vanilla extract
1 tsp. baking powder
¼ tsp. salt
1 tbsp. coconut oil, for frying

What you need to do

1. Place all the ingredients, apart from the coconut oil, into a blender and blitz until smooth.
2. Heat half the oil in a large non-stick skillet over a medium heat. Add tablespoons of batter to make 3 pancakes and cook for 2-3 minutes until the edges are golden brown. Now flip the pancake over and cook for a further 2-3 minutes on the second side.
3. Repeat this process with the remaining pancake batter.
4. Serve topped with additional maple syrup and fruit of choice (not included in nutritional breakdown).

DF	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	12 mins	332	10	55	6	6

*Nutrition per serving.



Apple, Cinnamon & Walnut Granola

Serves 16

3 cups (240g) rolled oats
1 tbsp. ground cinnamon
1 cup (150g) walnuts, chopped
1 cup (30g) dried apple chips
1 tsp. vanilla extract
4 tbsp. olive oil
5 tbsp. maple syrup
pinch of salt

What you need to do

1. Preheat the oven to 350°F (180°C). Prepare a baking sheet lined with baking paper.
2. In a large bowl, mix together all the dry ingredients, then add the wet ingredients, stir well.
3. Transfer the mixture onto the baking sheet and place in the hot oven to bake for around 20 minutes, tossing 2-3 times during cooking time.
4. Remove the sheet from the oven and set aside on a wire rack to cool completely.
5. Store in an airtight container on the countertop for up to 2 weeks.

DF	LC	MP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	20 mins	179	11	19	3	3

*Nutrition per serving.



Spicy Tempeh Minced 'Sausage' with Veggies

Serves 2

For the tempeh 'sausage':

1 tbsp. olive oil
8 oz. (230g) tempeh
1 onion, chopped
2 tbsp. tamari
4 tbsp. jalapeno pepper, drained, chopped
3 tbsp. tomato paste
1 tbsp. paprika
1 tsp. dried oregano
1 tsp. smoked paprika
¼ tsp. salt
¼ tsp. black pepper
¼ tsp. cayenne pepper
1 tbsp. lemon juice
2 cloves garlic, minced

For the veggies:

1 tbsp. olive oil
2 cups (130g) kale, chopped
2 carrots, peeled, chopped
½ broccoli, florets separated
1 small red onion, chopped
½ tsp. ground cumin
½ tsp. paprika
salt & pepper

What you need to do

1. Heat the oil in a large skillet over a medium heat. Crumble the tempeh in pieces into the heated pan. Add the onion and sauté until the tempeh starts to brown, approximately 5 minutes.
2. Add in the tamari, jalapeño peppers and tomato paste. Stir until well coated, then add all the spices and season to taste with salt and pepper. Cook for a further 2-3 minutes, then add in the lemon juice and garlic, mix well and remove from the heat. Set aside until ready to serve.
3. Heat the olive oil in a large pot and add all the vegetables. Sauté for 5-6 minutes until tender. Season with salt and pepper, cumin and paprika. Serve with the tempeh 'sausage'.

GF	DF	MP	HP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	15 mins	433	21	39	33	11

*Nutrition per serving.



Red Lentil Soup with Paprika Oil

Serves 4

4 tbsp. olive oil
2 onions, chopped
3 garlic cloves, minced
7 oz. (200g) carrots, peeled,
chopped
7 oz. (200g) potatoes, peeled,
chopped
1 red bell pepper, deseeded,
chopped
7 oz. (200g) red lentils, dried
5 ⅓ cup (1250ml) vegetable
broth
4 tsp. paprika
salt & pepper
½ lemon, juiced

What you need to do

1. Heat half the olive oil in a large pot over a medium heat, sauté the onion and garlic for 3 minutes. Add the carrot, potato and bell pepper and continue to cook.
2. Place the lentils in a colander and rinse under cold running water. Drain well. Add the lentils and vegetable broth to the pot and bring to a boil.
3. Reduce the heat to low and simmer gently for 25 minutes. Season using 2 teaspoons of paprika and salt and pepper to taste.
4. Meanwhile, in a small pan, heat the remaining olive oil with the rest of the paprika over a very low heat for 3 minutes until all the flavors are well absorbed. Take care not to burn.
5. Add the lemon juice to the soup and puree the soup using a hand blender. To serve, ladle the soup into 4 bowls and drizzle over the warm paprika oil.

GF	DF	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	25 mins	416	15	59	16	10

*Nutrition per serving.



Roasted Miso Eggplant

Serves 4

4 eggplants
3 tbsp. olive oil
3 garlic cloves, minced
1 tbsp. root ginger, grated
4 tbsp. miso paste
4 tbsp. sesame seeds
4 green onions, sliced
2 tbsp. tamari
2 tbsp. rice wine vinegar
1 cup (185g) basmati rice,
uncooked

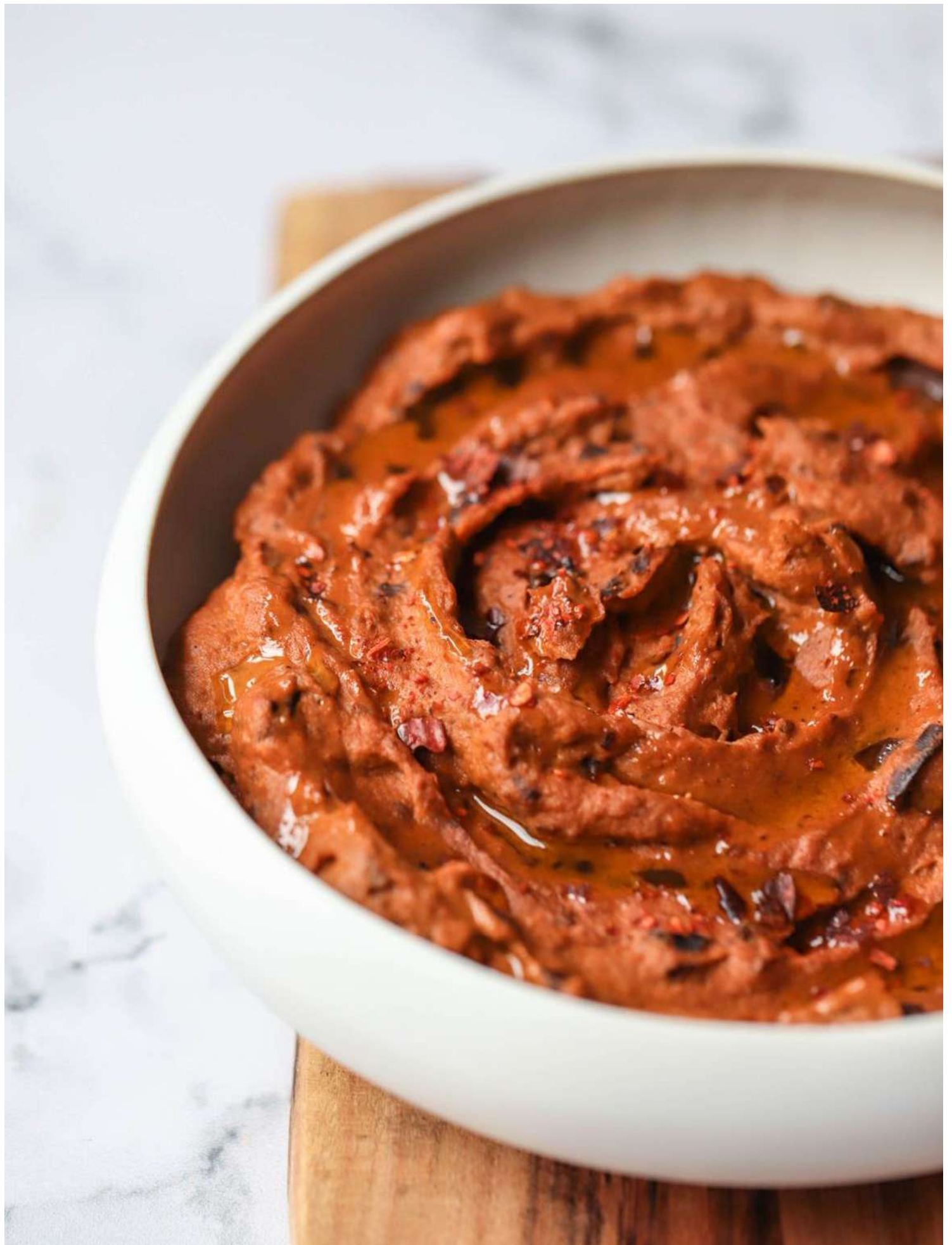
What you need to do

1. Preheat the oven to 400°F (200°C). Prepare a baking sheet lined with baking paper.
2. Halve the eggplants lengthwise, leaving the stem on. Cut about ½ inch (1cm) across the flesh in a diamond pattern. Place the eggplants onto the baking sheet, drizzle with half the olive oil and bake in the hot oven for 20 minutes until soft.
3. Now add the garlic with the ginger, miso paste, remaining olive oil, half the sesame seeds, half the green onion, tamari and rice vinegar into a bowl and mix to form a smooth sauce. Spread the sauce evenly over the eggplant and place the tray back into the oven for a further 30 minutes.
4. In the meantime, cook rice according to instructions on packaging.
5. Remove the eggplant from the oven, serve with the cooked rice and sprinkle with the remaining green onion and sesame seeds. Serve immediately.

GF	DF	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	50 mins	487	17	77	14	20

*Nutrition per serving.



Quick Eggplant & Garlic Dip

Serves 4

2 tbsp. olive oil
2 eggplants, cut into cubes
1 garlic clove, sliced
5 tbsp. tomato paste
1 tsp. paprika
½ tsp ground coriander
½ tsp. ground cinnamon
1 tbsp. tahini
salt & pepper

What you need to do

1. Heat the oil in a large frying pan over a medium heat and fry the eggplant for 5 minutes until golden brown. Add the garlic, tomato paste and spices and cook for a further 3 minutes.
2. Transfer the mixture to a large bowl and puree with a hand blender until smooth and creamy. Add in tahini and mix well. Season to taste with salt and pepper and serve as a warm dip or chill in the refrigerator until later.

GF	DF	MP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	10 mins	171	10	21	4	10

*Nutrition per serving.



Mexican Bean Salad

Serves 4

¼ cup (25g) jalapeño peppers,
from jar, finely chopped
1 lime, zest and juice
1 ½ tbsp. maple syrup
1 cup (160g) can sweetcorn,
drained
14 oz. (400g) can kidney beans,
drained and rinsed
6 radishes, sliced
1 ripe avocado, sliced
salt & pepper

What you need to do

1. Place the jalapeño peppers, lime zest, lime juice and maple syrup into a small bowl. Whisk to form a dressing and season to taste with salt and pepper.
2. Place the sweetcorn and kidney beans in a colander and rinse under cold running water. Drain well.
3. Mix the dressing with the sweetcorn, beans and radishes in a bowl. Top with the avocado and serve with additional lime wedges (optional).

GF	DF	MP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	0 mins	264	8	41	11	14

*Nutrition per serving.



One Pot Asian Rice Cooker Dish

Serves 4

For the rice:

1 cup (175g) sushi rice, or other short-grain rice
2 tbsp. tamari
2 tsp. coconut sugar
1 tbsp. vegan oyster sauce
1 tbsp. sesame oil
1 cup (240ml) water

For the rest:

1 clove garlic, minced
1 onion, chopped
1 carrot, peeled and diced
1 cup (145g) shiitake mushrooms, sliced
2 cups (140g) bok choy, chopped
½ cup (80g) edamame beans
1 red bell pepper, diced
7 oz. (200g) firm tofu, cubed
2 tbsp. sesame seeds, to serve

What you need to do

1. Wash the rice under cold running water to remove any starch and drain well.
2. Place all the ingredients in a rice cooker and mix well. Add the vegetables and tofu over the rice, cover and cook for 30 minutes.
3. Mix everything together and if necessary, season to taste with a little extra tamari.
4. Serve the rice sprinkled with sesame seeds.

GF	DF	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	30 mins	334	10	53	14	6

*Nutrition per serving.



Air-fryer Tofu Balls in Sweet Chili Sauce

Serves 4

What you need to do

For the tofu balls:

1 lb. (450g) firm tofu , pressed and drained
1 carrot, peeled and grated
2 green onion, sliced
½ tsp. salt
1 tbsp. tamari
½ cup (40g) panko breadcrumbs
½ cup (60g) oat flour
1 tbsp. olive oil

For the sauce:

2 tbsp. sesame oil
2 cloves garlic, minced
½ cup (120ml) water
2 tbsp. gochujang or other chili paste
4 tbsp. tomato ketchup
2 tsp. sesame seeds
2 tbsp. coconut sugar
2 tbsp. rice wine vinegar

For the tofu balls:

1. Wrap the tofu in a clean kitchen towel and place a heavy weight on top (such as a chopping board) to drain off any excess liquid.
2. Crumble the tofu into a bowl, add the remaining ingredients, apart from the olive oil. You may need to add a little extra flour if the mixture is falling apart.
3. Shape the mixture into 20 small balls and place them into the air-fryer. Brush the tofu balls with olive oil.
4. Air-fry for 20-25 minutes at 395°F (200°C) until golden brown. Don't overcrowd the basket, instead cook in two batches.

To make the sauce:

1. Heat the sesame oil in a large pot over a medium heat and sauté the garlic for 2-3 minutes.
2. Mix the remaining sauce ingredients in a bowl and add to the pan. Simmer over a medium heat for 3-4 minutes until the sauce thickens.
3. Add the cooked tofu balls to the sauce and mix well, continue cooking for a further 1-2 minutes until the meatballs are heated through. Serve immediately.

DF	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
30 mins	35 mins	348	19	32	16	4

*Nutrition per serving.



Indonesian Style Vegetable Curry

Serves 4

1 ½ cup (270g) basmati rice
2 star anise
1 tbsp. coconut oil
2x red onions, thinly sliced
1 tbsp. root ginger, grated
2 tbsp. Thai yellow curry paste
1 tsp. coconut sugar
2x green bell peppers, chopped
2x zucchinis, chopped
10.5 oz. (300g) green beans, trimmed, halved
14 oz. (400ml) can coconut milk
½ cup (120ml) vegetable broth
2 tbsp. tamari
1 lime, zest
4 tbsp. roasted peanuts, chopped

What you need to do

1. Cook the rice according to instructions on the packaging, adding the star anise to the pot to flavor the rice.
2. Meanwhile, heat the coconut oil in a large pot over a medium heat. Add the onion and stir-fry for 3-4 minutes until soft. Add the ginger and yellow curry paste along with the sugar, cook for a further minute.
3. Now, add the green peppers, zucchini and green beans, cook for a further 3-4 minutes. Stir in the coconut milk and vegetable broth. Reduce the heat and simmer gently until the curry has thickened and the vegetables are tender, approximately 4-5 minutes.
4. When the curry is ready, stir through the tamari and add a squeeze of lime juice. Taste and add more lime juice if needed.
5. Remove the star anise from the cooked rice, fluff it up with a fork then stir through the lime zest.
6. Divide the rice between 4 bowls and top with the vegetable curry and a sprinkle of roasted peanuts. Serve immediately.

DF	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	15 mins	586	26	76	14	6

*Nutrition per serving.



Peanut & Broccoli Soba Noodles

Serves 4

- 5.2 oz. (150g) soba noodles
- 1 tsp. sesame oil
- 7 oz. (200g) broccolini
- ¾ cup (115g) edamame beans, frozen
- 2 tbsp. peanut butter
- 1 tbsp. tamari
- 1 tbsp. rice wine vinegar
- 1 tbsp ginger, grated
- 1 garlic clove, minced
- 1 lime, juiced
- 3 green onions, sliced
- 4 tbsp. cilantro, chopped
- 2 tbsp. roasted peanuts, chopped

What you need to do

1. Cook the noodles according to instructions on packaging. Rinse well with cold water, drain and stir through the sesame oil. Set aside in a large bowl.
2. Place a large pot of boiling water over a medium/high heat. Add the broccolini and cook for 2-3 minutes, adding the edamame for the last 30 seconds of the cook. Rinse in cold running water, then drain and set aside.
3. Mix the peanut butter, tamari, vinegar, ginger, garlic and lime juice with a splash of boiling water to make a dressing.
4. Cut the broccolini into bite-sized pieces and add to a bowl with the noodles, edamame beans, green onions, cilantro and the dressing. Mix well to combine and serve topped with peanuts and additional lime wedges (optional).

DF	MP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	5 mins	348	11	40	17	8

*Nutrition per serving.



Millet Apple Pie

Serves 12

3.3 lbs. (1.5kg) apples, peeled, cored, chopped
⅓ cup (60g) coconut sugar
2 tsp. vanilla extract
2 cups (260g) millet, raw
2 tbsp. coconut oil
3 cups (720ml) almond milk, unsweetened
½ cup (45g) desiccated coconut
3 tbsp. maple syrup
1 tsp. ground cinnamon

What you need to do

1. Preheat the oven to 360°F (180°C). Line a round baking tin with baking paper.
2. Place the apples in a large pot over a medium heat. Add the sugar and 1 teaspoon of vanilla extract and cook for 15 minutes, stirring occasionally.
3. Meanwhile, rinse the millet under cold running water and place in a separate large pot. Add the coconut oil, pour in the milk and bring to the boil. Reduce the heat, cover the pot and cook for 20 minutes. Mix in the remaining vanilla extract, coconut flakes and maple syrup into the cooked millet.
4. Spoon half of the cooked millet mixture on the bottom of the baking tin and gently press down. Top the millet layer with the cooked apples and sprinkle over half the cinnamon. Place the remaining millet over the apples and sprinkle with the remaining cinnamon.
5. Cover the baking tin with kitchen foil and place the tin into the hot oven to bake for 30 minutes. Next increase the temperature to 430°F (220°C) and bake for a further 15 minutes.
6. Remove the tin from the oven and set aside on a wire rack to cool. Serve with a side of yogurt (optional - not included in nutritional breakdown).

GF	DF	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	65 mins	226	7	42	3	6

*Nutrition per serving.



Mango Matcha Protein Shake

Serves 2

1 banana
1 kiwi, peeled
1 tsp. matcha powder
1 cup (240ml) almond milk,
unsweetened
½ avocado
1 cup (165g) mango, frozen
1 scoop (25) vanilla vegan
protein powder

What you need to do

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

GF	DF	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 mins	246	9	31	14	7

*Nutrition per serving.



Chocolate Chip Banana Bread

Serves 12

1 ½ cup (185g) all-purpose flour
1 tsp. baking powder
½ tsp. baking soda
1 tsp. ground cinnamon
⅓ cup (55g) dark chocolate chips, unsweetened
pinch of salt
2 bananas, mashed
½ cup (120ml) almond milk, unsweetened
4 tbsp. apple puree
½ tsp. vanilla extract
½ cup (120ml) maple syrup
4 tbsp. peanut butter

What you need to do

1. Preheat the oven to 375°F (190°C). Prepare a loaf tin lined with baking paper.
2. In a large bowl, whisk together all the dry ingredients. In a separate bowl, combine all the wet ingredients.
3. Fold the wet ingredients into the dry ingredients and stir to combine. Transfer the batter into the loaf tin, half the remaining banana lengthwise and place on top. Bake for 35-40 minutes, until a toothpick inserted into the center of the cake comes out clean.
4. Remove the tin from the oven and set aside on a wire rack to cool. Allow the banana bread to cool completely before slicing and enjoying.

DF	MP	V	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	40 mins	170	4	30	3	3

*Nutrition per serving.