



September Plant-Based Recipe Pack

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



Contents & Key

- 6** Homemade Vanilla Granola
- 8** Quark Style Protein Yogurt
- 10** Avocado & Bean Toast With Balsamic Roasted Tomatoes
- 12** Tofu Omelet With Ranchero Beans
- 14** Smoked Rosemary Hummus
- 16** Tempeh Bacon
- 18** Sunshine Quinoa Salad
- 20** Butternut Squash Rancheros
- 22** Roasted Vegetable & Hummus Tart
- 24** Chili Sin Carne
- 26** Mongolian Seitan
- 28** Spicy Peanut Noodle Stir-Fry
- 30** Protein Mocha Frappuccino
- 32** Vegan Lemon Cheesecake
- 34** Sunflower Seeds Energy Balls

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	Tempeh Bacon	Sunshine Quinoa Salad	E.g. Protein Mocha Frappuccino, Vegan Lemon Cheesecake, Sunflower Seeds Energy Balls, Smoked Rosemary Hummus	Chili Sin Carne
Tue	Homemade Vanilla Granola With Quark Style Protein Yogurt	Sunshine Quinoa Salad	E.g. Protein Mocha Frappuccino, Vegan Lemon Cheesecake, Sunflower Seeds Energy Balls, Smoked Rosemary Hummus	Chili Sin Carne
Wed	Homemade Vanilla Granola With Quark Style Protein Yogurt	Butternut Squash Rancheros	E.g. Protein Mocha Frappuccino, Vegan Lemon Cheesecake, Sunflower Seeds Energy Balls, Smoked Rosemary Hummus	Mongolian Seitan
Thu	Avocado & Bean Toast With Balsamic Roasted Tomatoes	Butternut Squash Rancheros	E.g. Protein Mocha Frappuccino, Vegan Lemon Cheesecake, Sunflower Seeds Energy Balls, Smoked Rosemary Hummus	Mongolian Seitan
Fri	Avocado & Bean Toast With Balsamic Roasted Tomatoes	Roasted Vegetable & Hummus Tart	E.g. Protein Mocha Frappuccino, Vegan Lemon Cheesecake, Sunflower Seeds Energy Balls, Smoked Rosemary Hummus	Spicy Peanut Noodle Stir-Fry
Sat	Tofu Omelet With Ranchero Beans	Roasted Vegetable & Hummus Tart	E.g. Protein Mocha Frappuccino, Vegan Lemon Cheesecake, Sunflower Seeds Energy Balls, Smoked Rosemary Hummus	Meal Out - Enjoy!
Sun	Tofu Omelet With Ranchero Beans	Smoked Rosemary Hummus With Vegetables	E.g. Protein Mocha Frappuccino, Vegan Lemon Cheesecake, Sunflower Seeds Energy Balls, Smoked Rosemary Hummus	Spicy Peanut Noodle Stir-Fry

Weekly Shopping List

Fruits, Vegetables	Protein	Seeds, Baking, Spices	Cans, Condiments & Misc
Fruits <ul style="list-style-type: none">• 4 lemons• 4 avocados• 1 grapefruit• 1 lime	Cold <ul style="list-style-type: none">• 58 oz. (1630g) silken tofu• 7 oz. (200g) tempeh• 16 oz. (450g) seitan	Grains <ul style="list-style-type: none">• rolled oats• whole wheat flour• cornstarch (cornflour)• quinoa	Oils <ul style="list-style-type: none">• olive oil• coconut oil• sesame oil
Vegetables <ul style="list-style-type: none">• 4 tomatoes• 2 bulbs of garlic• pack bean sprouts• pack lambs lettuce• butternut squash• 3 onions• 5 jalapeño peppers• 2 red bell peppers• 1 zucchini (courgette)• pack cherry tomatoes• 2 carrots• root ginger• large bunch green onions (spring onions)• 7 oz. (200g) tenderstem broccoli• 7 oz. (200g) mushrooms		Nuts & Seeds <ul style="list-style-type: none">• walnuts• almonds• cashews• pistachio nuts• sesame seeds• sunflower seeds	Sweeteners <ul style="list-style-type: none">• maple syrup• agave syrup• coconut sugar
Dried Fruit <ul style="list-style-type: none">• Medjool dates		Baking <ul style="list-style-type: none">• vanilla extract• cocoa powder• cacao	Boxed, Canned & Condiments <ul style="list-style-type: none">• 1x 14 oz. (400g) can cannellini beans• 1x 14 oz. (400g) can chickpeas• 1 small can sweet corn• 2x 14 oz. (400g) can chopped tomatoes• 6x 14 oz. (400g) cans black beans• 1x 14 oz. (400g) can red kidney beans• 21 oz. (600g) passata• balsamic vinegar• tamari or soy sauce• liquid smoke• whole wheat or soba noodles• tomato paste (purée)• peanut butter• almond butter• sriracha sauce
Fresh Herbs <ul style="list-style-type: none">• parsley• basil• mint• cilantro (coriander)		Dried Herbs & Spices <ul style="list-style-type: none">• ground cinnamon• ground turmeric• rosemary• smoked paprika• cumin seeds• chili flakes• cardamom pods• ground nutmeg• black pepper	Other <ul style="list-style-type: none">• whole wheat bread• nutritional yeast• coffee• vegan puff pastry sheet• bee pollen• salt



Homemade Vanilla Granola

Serves 16

2 cups (180g) rolled oats
1 cup (120g) walnuts, chopped
1 cup (95g) almonds, chopped
1 tsp. ground cinnamon
4 tbsp. coconut oil
⅓ cup (80ml) maple syrup
1 tbsp. vanilla extract

What you need to do

1. Preheat the oven to 300°F (150°C) and line a baking tray with baking paper.
2. Add all the oats, chopped nuts and cinnamon into a large bowl and mix well.
3. Melt the coconut oil in the microwave and mix with the maple syrup and vanilla extract.
4. Pour the coconut oil mixture over your dry ingredients and stir well until everything is well coated in the coconut oil mixture. Transfer the granola onto the earlier prepared tray and spread it out into a single, even layer.
5. Place the tray in the oven and bake for 25-30 minutes, or till the edges are just starting to brown.
6. Remove the tray from the oven and allow the granola to cool completely before breaking it up.

Storage: Store in an airtight container for up to 6 months.

DF	LC	MP	V	N
----	----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
10 mins	30 mins	190	13	15	4	3

*Nutrition per serving



Quark Style Protein Yogurt

Serves 2

10.5 oz. (300g) silken tofu

½ cup (70g) cashews (soaked for 4 hours)

4 tbsp. agave syrup

1 tbsp. lemon juice

What you need to do

1. Place all the ingredients into a high speed blender or food processor and blitz until smooth. Refrigerate for 1 hour before serving.

Storage: Store refrigerated in a sealed jar for up to 4 days.

GF	DF	MP	V	N
----	----	----	---	---

Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
5 mins + 4 hrs soaking time for cashews	60 mins	387	20	39	16	2

*Nutrition per serving



Avocado & Bean Toast with Balsamic Roasted Tomatoes

Serves 4

4 slices whole wheat bread

For the tomatoes:

4 tomatoes, halved

1 tbsp. olive oil

1 clove garlic, sliced

1 tbsp. balsamic vinegar

salt & pepper

For the avocado:

14 oz. (400g) can cannellini beans, rinsed, drained

2 avocados, flesh chopped

3 tbsp. lemon juice

4 tbsp. fresh parsley, chopped

4 tbsp. fresh basil, chopped

1 garlic clove, chopped

salt & pepper

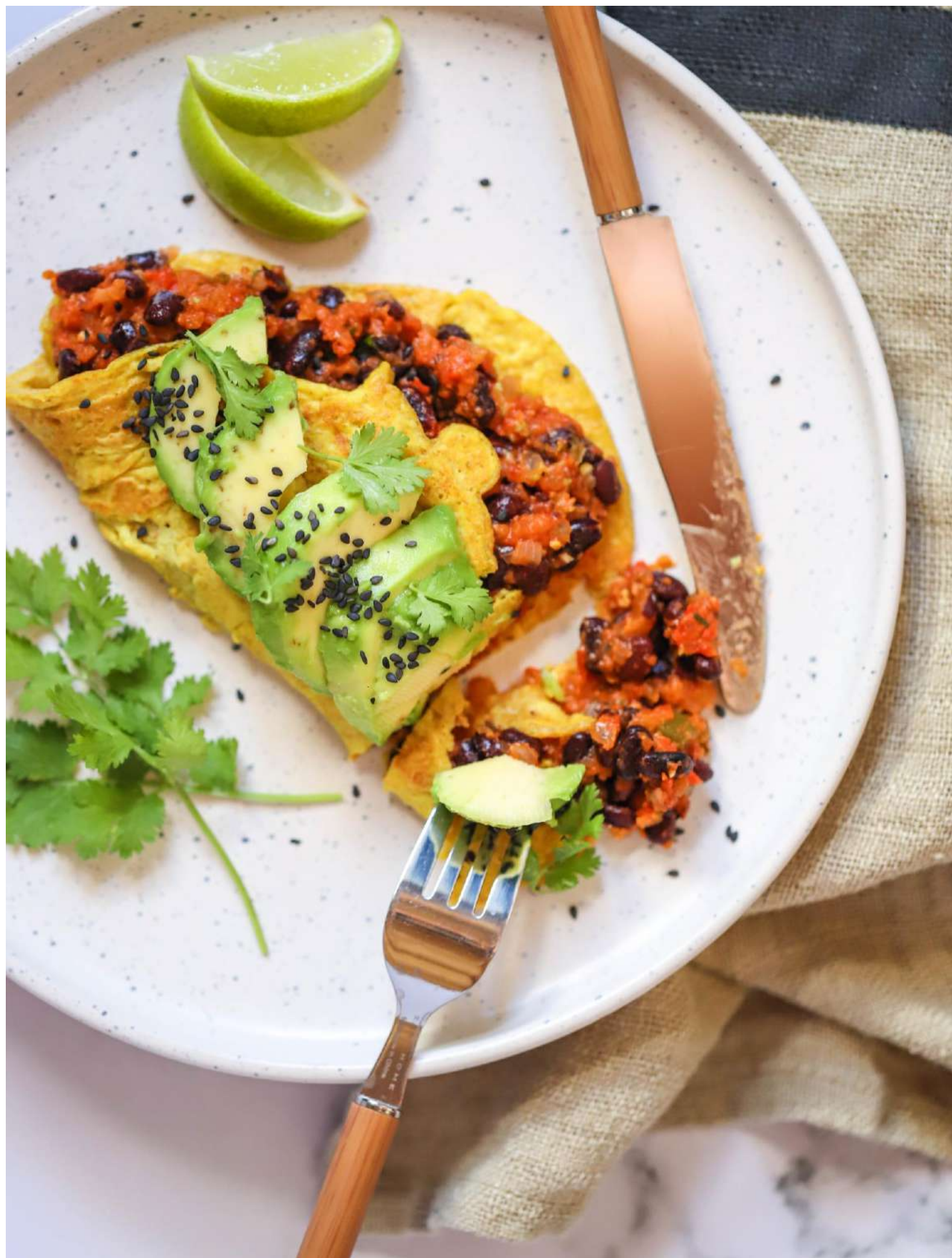
What you need to do

1. Preheat the oven to 430°F (220°C).
2. Place the tomatoes in a baking dish, cut side up and drizzle with the olive oil. Place slices of garlic into the tomatoes and drizzle with the balsamic vinegar. Season with salt and pepper.
3. Place the tomatoes into the oven and roast for 15-20 minutes, then remove from the oven and set aside to cool slightly.
4. In the meantime, place the cannellini beans, avocado, lemon juice, parsley, basil, and garlic into a food processor. Season with salt and pepper and blitz until smooth.
5. Toast the bread and assemble by dividing the avocado paste equally over the 4 slices of toast. Top each toast with roasted tomato and serve immediately.

DF	V
----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
10 mins	20 mins	351	21	37	8	12

*Nutrition per serving



Tofu Omelet With Ranchero Beans

Serves 4

14 oz. (400g) silken tofu, drained
2 cloves garlic
2 tbsp. nutritional yeast
4 tbsp. olive oil
½ tsp. ground turmeric
½ cup (60g) whole wheat flour
1 tbsp. cornstarch (cornflour)
4 portions of ranchero beans (see butternut squash rancheros recipe and follow instructions for beans)
1 avocado, sliced
salt & pepper

What you need to do

1. Place the silken tofu, garlic, nutritional yeast, 2 tablespoons of olive oil and turmeric into a food processor, season with salt and pepper and blitz until smooth.
2. Add in the flour and cornstarch and blitz again, until well combined.
3. Heat ½ tablespoon of the remaining olive oil in a large non-stick pan over medium-high heat. Add ½ cup of the batter into the pan and spread it out with a rubber spatula. Cook the omelet for 3-5 minutes, until the top of the omelet is dry. Gently flip the omelet over and cook for a further 1-2 minutes and remove from the pan. Repeat this process with the remaining batter to make a total of 4 omelets.
4. In the meantime, heat up the ranchero bean filling. Place each omelet onto a plate, divide the beans equally over each omelet, fold over and top with the sliced avocado. Season to taste with salt and pepper and serve immediately.

Note: Prep time excludes time for preparing beans.

DF	MP	HP	V
----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
10 mins	25 mins	520	28	51	19	16

*Nutrition per serving



Smoked Rosemary Hummus

Serves 6

2 tsp. dried rosemary
14 oz. (400g) can chickpeas,
drained
4 tbsp. lemon juice
2 tbsp. olive oil
1 clove garlic
1 tsp. smoked paprika
½ tsp. black pepper
salt

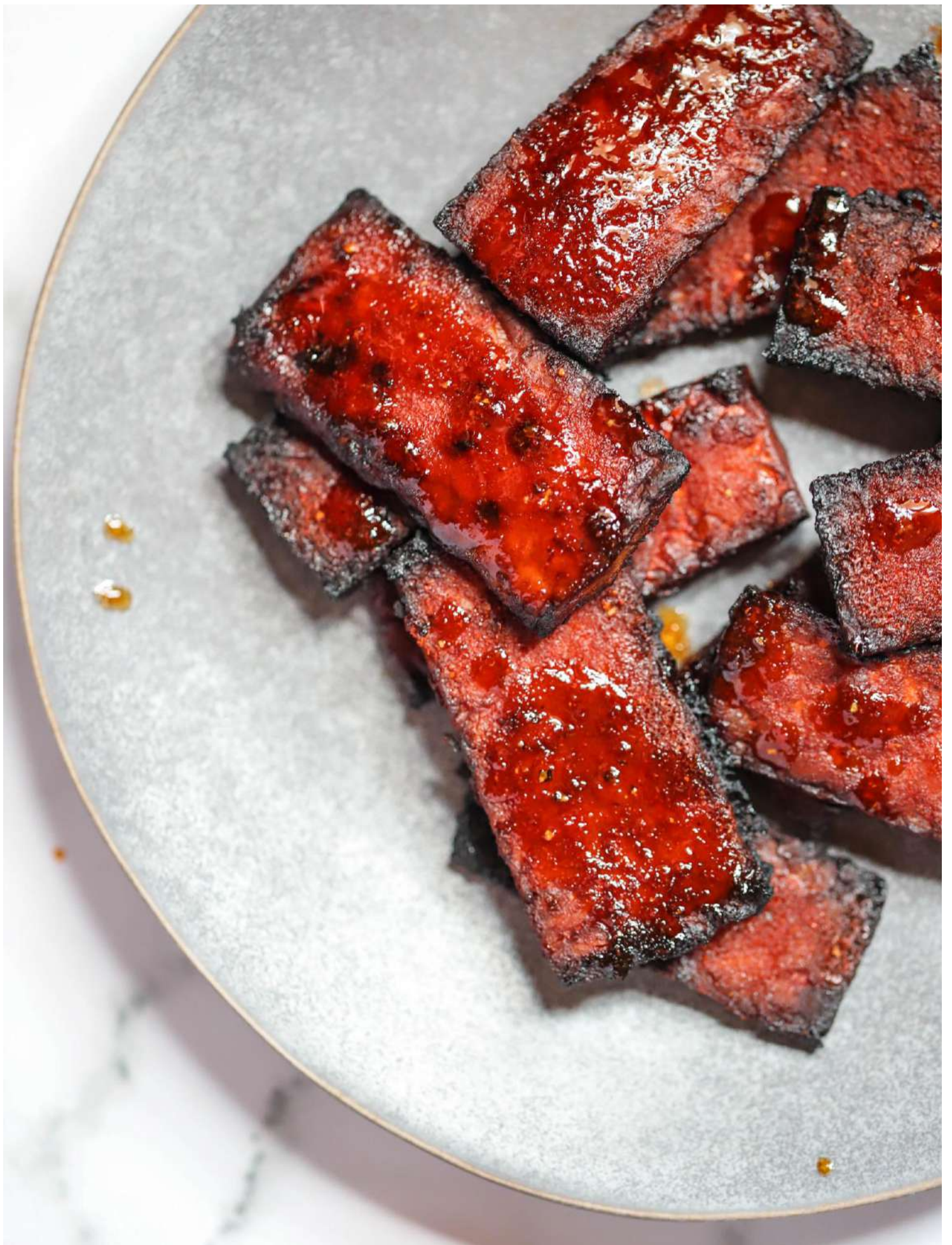
What you need to do

1. Place the rosemary into a food processor or high-speed blender and blitz the herb to form a powder. Now add in all the remaining ingredients and blitz until smooth and creamy.
2. Place the hummus into an airtight container and store in the refrigerator for up to 5 days.
3. Serve as a dip or with toast.

GF	DF	LC	MP	V	Q
----	----	----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
5 mins	0 mins	111	6	12	4	3

*Nutrition per serving



Tempeh Bacon

Serves 6

7 oz. (200g) tempeh
1 tbsp. olive oil
3 tbsp. tamari or soy sauce
3 tbsp. maple syrup
¼ tsp. salt
1 ½ tsp. liquid smoke
1 ½ tsp. smoked paprika
½ tsp. ground black pepper

What you need to do

1. Slice the tempeh so that you have 18 thin strips.
2. In a shallow bowl, mix together the oil, tamari, maple syrup, salt, liquid smoke, smoked paprika, and black pepper. Add the tempeh and mix to coat. Set aside to marinate for 10-15 minutes.
3. Preheat the oven to 400°F (200°C) and line a baking tray with baking paper. Place the marinated tempeh on the baking paper and arrange in a single layer. Reserve the remaining marinade for later.
4. Place the tray in the oven and bake the tempeh for 8-10 minutes. Now flip the tempeh over, brush with the remaining marinade and bake for another 6-8 minutes, or until browned and slightly crispy.

Storage: Once cooled, store the tempeh in an airtight container in the refrigerator for up to 5 days.

DF	LC	MP	V
----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
20 mins	20 mins	117	6	10	8	0

*Nutrition per serving



Sunshine Quinoa Salad

Serves 2

2 oz. (55g) quinoa, uncooked
1 grapefruit
1 avocado
½ cup (80g) sweet corn,
drained
4 mint springs, leaves only,
chopped
1 tbsp. olive oil
½ cup (50g) bean sprouts
salt & pepper
2 handfuls lambs lettuce
¼ cup (25g) pistachio nuts

What you need to do

1. Cook the quinoa according to instructions on packaging and then set aside to cool slightly. In the meantime, peel the grapefruit and using a sharp knife cut out the segments, collecting the juice in a separate bowl.
2. Cut the avocado in half, remove the stone, scoop out the flesh and cut into strips. Then place the avocado into the grapefruit juice to stop it discolouring.
3. In a separate bowl, mix together the cooked quinoa, sweet corn, mint, olive oil and bean sprouts. Season to taste with salt and pepper.
4. Place a handful of lettuce on each of the 2 serving dishes and spoon the quinoa mixture over the top. Divide the avocado and grapefruit segments between each of the dishes.
5. Drizzle over the grapefruit juice and sprinkle over the pistachio nuts, serve immediately.

GF	DF	MP	V	Q	N
----	----	----	---	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
10 mins	10 mins	475	27	54	12	14

*Nutrition per serving



Butternut Squash rancheros

Serves 4

For the butternut squash:

- 1 butternut squash
- 2 tbsp. olive oil
- salt & pepper

For the ranchero beans:

- 2 tsp. cumin seeds
- 2 tbsp. olive oil
- 1 onion, minced
- 2 jalapeño peppers, deseeded, chopped
- 4 cloves garlic, chopped
- 14 oz. (400g) can chopped tomatoes
- 1 tsp. maple syrup
- salt & pepper
- 2x 14oz. (400g) cans black beans, drained, rinsed

What you need to do

1. Preheat the oven to 425°F (220°C). Line a large baking tray with baking paper.
2. Peel the butternut squash, slice off the ends and scoop out the seeds. Slice into 1 inch thick slices and place on the baking tray. Drizzle with the olive oil and season with salt and pepper. Place the tray in the oven and bake for 15 to 20 minutes. Then flip the squash over, and bake for a further 10-15 minutes, until cooked through and starting to brown.
3. In the meantime, prepare the ranchero beans. Place a pan over medium heat and toast the cumin seeds for about 2 minutes, stirring frequently to stop the seeds from burning.
4. Raise the heat to medium-high and add in the olive oil, onion, jalapeño pepper and garlic, cook for 10 minutes until softened and browned. Add the chopped tomatoes and maple syrup, season with salt and pepper to taste and cook for a further 5 minutes.
5. Transfer the sauce into a food processor and blend until smooth, then return to the pan and add the beans. Cook over medium heat until heated through.
6. Divide the rancheros between 4 shallow bowls and top with the roasted butternut squash. Serve immediately.

GF	DF	MP	V
----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
15 mins	25 mins	366	8	63	14	17

*Nutrition per serving



Roasted Vegetable & Hummus Tart

Serves 4

1 red pepper, chopped
1 zucchini (courgette), chopped
1 onion, cut
1 cup (150g) cherry tomatoes
2 tbsp. fresh basil, chopped
2 tbsp. olive oil
1 sheet of vegan-friendly puff pastry, room temperature
4 servings of Smoked Rosemary Hummus (see recipe card in pack)

What you need to do

1. Preheat the oven to 430°F (220°C).
2. Chop the red pepper, zucchini and onion and place them into a baking dish along with the cherry tomatoes and basil. Drizzle with the olive oil and place in the oven to roast for 20-25 minutes. Once cooked, remove from the oven and set aside.
3. Meanwhile, place the puff pastry sheet on a baking tray lined with baking paper, and score a 3cm border around the edge of the sheet. Next, prick the middle of the pastry sheet with a fork a few times. Bake the pastry sheet according to instructions on the packaging.
4. Once the puff pastry is cooked, spread over the rosemary hummus and then top the hummus with the roasted vegetables.
5. This tart can be served either hot and cold.

DF	V
----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
10 mins	35 mins	445	29	41	5	5

*Nutrition per serving



Chili Sin Carne

Serves 4

- 2 carrots, grated
- 2 cloves garlic, minced
- 21 oz. (600g) passata
- 4 tbsp. tomato paste (purée)
- 2x 14 oz. (400g) cans black beans, drained
- 1x 14 oz. (400g) can red kidney beans, drained
- 1 jalapeño pepper, deseeded and chopped
- 1 tsp. chili flakes
- 1 lime, cut into wedges
- handful cilantro(coriander)
- salt & pepper

What you need to do

1. Place all the ingredients into a large pot, season with salt and pepper and place the pot on the stove over a medium/low heat. Bring the chili to a gentle simmer and cook for about 10 minutes, stirring, until warmed through.
2. Divide the chili between 4 bowls and serve with steamed rice, lime wedges and garnish with cilantro. Serve immediately.

Note: Rice not included within nutritional breakdown.

GF	DF	MP	HP	V	Q						
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)					
10 mins	10 mins	292	2	55	19	20					

*Nutrition per serving



Mongolian Seitan

Serves 4

For the sauce:

1 tbsp. coconut oil
½ tsp. root ginger, grated
3 cloves garlic, minced
¼ tsp. red chili flakes
½ cup (120ml) tamari or soy sauce
½ cup (90g) coconut sugar
2 tsp. cornstarch (cornflour)
2 tbsp. cold water

For the seitan:

1 tbsp. olive oil
16 oz. (450g) seitan, cut into 1-inch pieces

For serving:

1 tbsp. sesame seeds, toasted
4 green onions (spring onions), sliced

What you need to do

1. To make the sauce, heat the coconut oil in a small pot or saucepan over a medium heat. Add the ginger and garlic, red chili flakes and cook for 30-60 seconds, stirring often, until fragrant.
2. Add the soy sauce and coconut sugar to the pot and stir well. Reduce the heat, and simmer until the coconut sugar has dissolved and has reduced slightly, around 5-7 minutes.
3. Whisk together the cornstarch and cold water, then add it to the pot and stir. Cook for a further 2-3 minutes, until the sauce becomes glossy and has thickened. Reduce the heat to the lowest setting and keep simmering gently until ready to add to the seitan.
4. Heat the olive oil in a pan over medium-high heat. Add the seitan and cook for 4-5 minutes or until lightly browned and crispy. Reduce the heat to low and add the sauce to the pan. Stir to coat the seitan in the sauce and continue cooking for 2-3 minutes.
5. Serve hot, with steamed rice and garnish with sesame seeds and green onions.

Note: Rice not included within nutritional breakdown.

DF	LC	HP	MP	V
----	----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
10 mins	20 mins	263	10	16	30	1

*Nutrition per serving



Spicy Peanut Noodle Stir-Fry

Serves 4

9 oz. (250g) whole wheat or
soba noodles

1 tbsp. sesame oil

7 oz. (200g) tenderstem
broccoli

7 oz. (200g) mushrooms, sliced

1 red bell pepper, sliced

4 green onions (spring onions),
sliced

fresh cilantro (coriander),
optional

For the sauce:

6 tbsp. tamari or soy sauce

½ cup (120g) peanut butter

2 tbsp. sriracha sauce

1 tbsp. toasted sesame oil

What you need to do

1. Cook the noodles according to the instructions on packaging.
2. Heat the sesame oil in a large skillet or frying pan and stir-fry the vegetables and cilantro for 6-8 minutes, until tender
3. Meanwhile, combine all the sauce ingredients together in a bowl and whisk to combine. If necessary, add a little hot water until the sauce becomes thick and smooth.
4. Add the cooked noodles and sauce to the skillet along with the vegetables, stir well until combined and everything is coated in the sauce.
5. This dish can be served hot or cold.

DF	MP	HP	V	Q	N
----	----	----	---	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
10 mins	15 mins	612	25	63	22	6

*Nutrition per serving



Protein Mocha Frappuccino

Serves 4

- 1 cup (240ml) strong coffee, cold
- 1 ½ cup ice
- 1 cup (250g) silken tofu
- 2 tbsp. cocoa powder, unsweetened
- 1 tbsp. coconut sugar
- 1 tsp. vanilla extract

What you need to do

1. Place all the ingredients into a blender and blitz until smooth, adding more ice if necessary. Serve immediately.

GF	DF	LC	V	Q
----	----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
10 mins	0 mins	113	4	8	10	3

*Nutrition per serving



Vegan Lemon Cheesecake

Serves 16

For the crust:

2 cups (230g) walnuts
¼ cup (60ml) maple syrup

For the filling:

1.5 lbs (680g) silken tofu,
drained
1 cup (180g) coconut sugar
1 ½ tbsp. almond butter
½ tsp. salt
zest of a large lemon
1 tsp vanilla extract
1 ½ tbsp. cornstarch (cornflour)
2 tbsp. lemon juice

What you need to do

For the crust:

1. Place the walnuts into a food processor and blitz until ground. Now add the maple syrup and blend until the mixture comes together to form a dough.
2. Press the dough into a pie dish, covering the bottom and working it up the sides of the dish. Place the dish in the refrigerator to chill while preparing the pie filling.

For the filling:

1. Heat the oven to 350°F (180°C).
2. Place all the pie filling ingredients into a food processor and blend until smooth.
3. Pour the pie filling into the pastry crust and place the pie in the oven to bake for 30 minutes, until set, and lightly golden on top.
4. Remove the pie from the oven and set the dish onto a wire rack to cool. Once cooled, place the dish in the refrigerator until the pie is chilled and set, When ready, slice and serve.

GF	DF	LC	MP	V	N
----	----	----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
15 mins	30 mins	203	13	18	7	2

*Nutrition per serving



Sunflower Seeds

Energy Balls

Makes 20

- ¾ cup (100g) sunflower seeds
- ½ cup (90g) medjool dates
- 3 tbsp. cacao, unsweetened
- 2 tbsp. bee pollen, optional
- 1 tbsp. coconut oil, melted
- 1 tsp. ground cinnamon
- 1 cardamom pod, crushed
- pinch ground nutmeg
- pinch salt

What you need to do

1. Place the sunflower seeds in a food processor and blend to form a coarse meal.
2. Add the dates, cacao, bee pollen, coconut oil, spices and salt, blend again until a ball of dough has formed.
3. Shape the dough into small balls, roundly 1 tablespoon per ball.

Storage: Store the energy balls in an airtight container in the refrigerator for up to 2 weeks.

GF	DF	LC	MP	V	Q	N
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
10 mins	0 mins	69	4	8	2	2

*Nutrition per serving