



FEBRUARY

# Plant-Based Recipe Pack



15 HEALTHY TASTY RECIPES FOR EVERY MEAL



# Contents & Key

- |   |    |                               |
|---|----|-------------------------------|
| 1. Smoky Maple-Glazed Tempeh Bacon      | GF | Gluten Free                   |
| 2. Almond Quinoa Granola                | DF | Dairy Free                    |
| 3. Savory Pancakes with Avocado Spread  | LC | Low Carb (<20g per serve)     |
| 4. Tempeh Bacon & Veggie Breakfast Bowl | MP | Meal Prep/Freezer Friendly    |
| 5. Zesty Clementine Rice Salad          | HP | High Protein (>20g per serve) |
| 6. Velvety Zucchini Soup                | V  | Vegetarian                    |
| 7. Miso Potato & Cabbage Salad          | Q  | Quick (under 30 mins)         |
| 8. Balsamic Glazed Mushroom & Zucchini  | N  | Contains Nuts                 |
| 9. Quick & Easy Chickpea Curry          |    |                               |
| 10. Creamy Broccoli Pasta               |    |                               |
| 11. Spicy Tom Kha Soup                  |    |                               |
| 12. 20-Minute Udon Stir-Fry             |    |                               |
| 13. 3-Ingredient Pecan Cookies          |    |                               |
| 14. Tropical Mango Chia Bowl            |    |                               |
| 15. Almond & Banana Power Smoothie      |    |                               |

# Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
<b>Monday</b>	Almond Quinoa Granola	Velvety Zucchini Soup	3-Ingredient Pecan Cookies	Creamy Broccoli Pasta
<b>Tuesday</b>	Tempeh Bacon & Veggie Breakfast Bowl	Velvety Zucchini Soup	3-Ingredient Pecan Cookies	20-Minute Udon Stir-Fry
<b>Wednesday</b>	Tempeh Bacon & Veggie Breakfast Bowl	20-Minute Udon Stir-Fry	Tropical Mango Chia Bowl	Spicy Tom Kha Soup
<b>Thursday</b>	Tropical Mango Chia Bowl	Zesty Clementine Rice Salad	Almond & Banana Power Smoothie	Spicy Tom Kha Soup
<b>Friday</b>	Savory Pancakes with Avocado Spread	Zesty Clementine Rice Salad	Almond & Banana Power Smoothie	Miso Potato & Cabbage Salad
<b>Saturday</b>	Savory Pancakes with Avocado Spread	Miso Potato & Cabbage Salad	3-Ingredient Pecan Cookies	Meal Out - Enjoy!
<b>Sunday</b>	Almond Quinoa Granola	Balsamic Glazed Mushroom & Zucchini	3-Ingredient Pecan Cookies	Creamy Broccoli Pasta

# Weekly Shopping List

Produce	Protein	Dry Goods	Staples & Misc
<ul style="list-style-type: none"> <li>• 3 avocados</li> <li>• 3 limes</li> <li>• 8 clementines</li> <li>• 3 large onions</li> <li>• 1 leek</li> <li>• 7.7 oz. (220g) red cabbage</li> <li>• bunch of green onions</li> <li>• 3 shallots</li> <li>• ginger</li> <li>• red chili</li> <li>• 1 lemongrass stalk</li> <li>• 3.45 lbs. (1.57kg) zucchini (courgette)</li> <li>• 1.3 lbs. (600g) baby potatoes</li> <li>• 3.5 oz. (100g) white mushrooms</li> <li>• 15 oz. (425g) shiitake mushrooms</li> <li>• 1 cucumber</li> <li>• 1 broccoli</li> <li>• 7 oz. (200g) frozen peas</li> <li>• 3.5 oz. (100g) frozen spinach</li> <li>• 1 mango</li> <li>• 1 banana</li> <li>• arugula (rocket)</li> <li>• garlic</li> <li>• tyme spring</li> <li>• mixed salad greens</li> <li>• kale</li> <li>• spinach</li> <li>• basil</li> <li>• dates</li> <li>• almond butter</li> <li>• cilantro (coriander)</li> <li>• pomegranate seeds</li> </ul>	<ul style="list-style-type: none"> <li>• 8 oz. (230g) tempeh</li> <li>• 12.3 oz. (350g) firm tofu</li> <li>• 1 can chickpeas</li> <li>• unflavored or vanilla plant-based protein powder</li> <li>• natural soy yogurt</li> <li>• oat cream</li> <li>• 5.8 oz. (165g) vegan cheese</li> <li>• 8 fl oz. (240ml) unsweetened almond milk</li> </ul>	<ul style="list-style-type: none"> <li>• rolled oats</li> <li>• quinoa</li> <li>• wheat flour</li> <li>• coconut sugar</li> <li>• cayenne pepper</li> <li>• chili powder</li> <li>• onion powder</li> <li>• smoked paprika</li> <li>• curry powder</li> <li>• ground cinnamon</li> <li>• dried mint</li> <li>• penne pasta</li> <li>• chia seeds</li> <li>• sesame seeds</li> <li>• baking powder</li> <li>• 8.8 oz. (250g) cooked wholegrain rice (precooked or prepared fresh)</li> <li>• 7 oz. (200g) udon noodles, cooked</li> <li>• 5.9 oz. (170g) pecans</li> <li>• 7 oz. (200g) raw almonds</li> <li>• pistachios</li> </ul>	<ul style="list-style-type: none"> <li>• toasted sesame oil</li> <li>• tamari</li> <li>• ketjap manis</li> <li>• Thai red curry paste</li> <li>• 60 fl oz. (1.75L) vegetable stock</li> <li>• 13.5 fl oz. (400ml) can coconut milk, reduced fat</li> <li>• maple syrup</li> <li>• 1.4 oz. (40g) sun-dried tomatoes in oil</li> <li>• coconut oil</li> <li>• vegetable stock cube</li> <li>• ¼ tsp. vanilla extract</li> <li>• liquid smoke</li> </ul>



## Pantry Staples

You should have five basic essentials for these recipes in your kitchen. They're used so frequently that they're not included in the weekly ingredient shopping list. These staples are **vegetable oils** like **olive oil** for cooking and **extra virgin olive oil** for dressing, a variety of **vinegar** (white and red wine vinegar, apple cider) for adding acidity and balancing flavours in marinades, sauces, and condiments, **salt** (sea or Himalayan salt) and **black pepper** for seasoning.





# Smoky Maple-Glazed Tempeh Bacon

Serves 4

25 Minutes

8 oz. (230g) tempeh, thinly sliced (about 1/8 inch / 0.3 cm thick)

**For the marinade:**

2½ tsp. toasted sesame oil

1½ tbsp. maple syrup

3 tbsp. tamari

2½ tsp. liquid smoke

½ tsp. onion powder

¾ tsp. smoked paprika

For the marinade, whisk 1 tbsp. olive oil, sesame oil, 1½ tbsp. rice vinegar, maple syrup, tamari, liquid smoke, ¼ tsp. salt, onion powder, and paprika in a medium bowl.

Place sliced tempeh in a Ziploc bag or shallow dish, pour marinade over, and coat evenly. Refrigerate for 1-8 hours, flipping occasionally.

Heat 1 tbsp. olive oil in a nonstick pan over medium heat. Fry half the marinated tempeh in a single layer. Cook 3-4 minutes per side or until crisp, brushing with marinade before flipping.

Repeat with the remaining tempeh using ½ tbsp. olive oil.

**Tip:** For extra crispness, avoid overcrowding the pan.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	258kcal	11g	13g	18g



# Almond Quinoa Granola

Serves 10

35 Minutes

5 oz. (140g) rolled oats

2.6 oz. (75g) uncooked quinoa

7 oz. (200g) raw almonds, roughly chopped

1 tbsp. coconut sugar

3½ tbsp. coconut oil

2 fl oz. (60ml) maple syrup

Preheat the oven to 340°F (171°C).

Combine oats, quinoa, almonds, coconut sugar, and a pinch of salt in a large bowl.

Warm coconut oil and maple syrup in a small saucepan over medium heat for 2-3 minutes, whisking until combined. Pour over dry ingredients and mix well.

Spread mixture evenly on a baking sheet. Bake for 20 minutes, stir, then bake for 5-10 minutes more, rotating the pan to ensure even baking. Watch closely to avoid burning.

Cool completely before serving. Store in a sealed container for up to 2 weeks at room temperature or 1 month in the freezer.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	272kcal	25g	7g	16g



# Savory Pancakes with Avocado Spread

Serves 2

30 Minutes

2.8 oz. (80g) wheat flour

$\frac{2}{3}$  tsp. baking powder

5.4 fl oz. (160ml) soy milk

1 avocado, halved, pitted & mashed

$\frac{1}{4}$  lime, juiced

2 tbsp. soy yogurt

$\frac{1}{4}$  tsp. chili flakes

2 tsp. sesame seeds, roasted

1.4 oz. (40g) mixed salad greens

Combine flour, baking powder, and a pinch of salt in a bowl. Gradually whisk in soy milk and 1 tbsp. olive oil until smooth; small lumps are fine.

Heat a nonstick pan over medium heat. Drop batter to make palm-sized pancakes. Flip when bubbles form on the surface and cook for 1-2 minutes. Keep warm by covering with aluminum (tin) foil.

Mix mashed avocado with lime juice, soy yogurt, chili flakes, and roasted sesame seeds.

Serve pancakes topped with avocado spread and mixed salad greens.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	432kcal	47g	7g	24g



# Tempeh Bacon & Veggie Breakfast Bowl

Serves 1

30 Minutes

1 serving of prepared Smoky Maple-Glazed Tempeh Bacon (see recipe from this pack)

3.5 oz. (100g) white mushrooms, sliced

1 oz. (30g) kale, chopped

¼ avocado, sliced

3.5 oz. (100g) baked sweet potato

Heat ½ tsp. olive oil in a skillet over medium heat. Sauté mushrooms for 3-4 minutes, then add kale. Cook until softened.

Assemble the bowl with prepared Smoky Maple-Glazed Tempeh Bacon, mushrooms, kale, avocado slices, and baked sweet potato.

Season with salt and pepper and serve immediately.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	505kcal	41g	20g	29g



# Zesty Clementine Rice Salad

Serves 4

10 Minutes

4 clementines, peeled & sliced into rounds

8.8 oz. (250g) cooked wholegrain rice

1 small red onion, thinly sliced

2.8 oz. (80g) arugula

0.5 oz. (15g) fresh mint, sliced

1.8 oz. (50g) roasted pistachios, chopped

1.8 oz. (50g) pomegranate seeds

***For the dressing:***

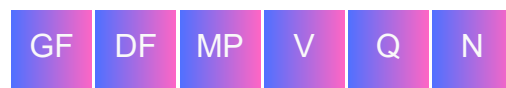
zest & juice of 2 clementines

1 tsp. maple syrup

Whisk clementine zest and juice with 1 tbsp. red wine vinegar, maple syrup, 3 tbsp. olive oil, and a pinch of salt to make the dressing.

Combine rice, red onion, arugula, and mint in a bowl. Toss with dressing.

Top with clementine slices, pistachios, and pomegranate seeds. Serve immediately.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	478kcal	70g	9g	18g



# Velvety Zucchini Soup

Serves 4

30 Minutes

2 garlic cloves, minced

1 large onion, chopped

2.2 lbs. (1kg) zucchini,  
sliced into  $\frac{3}{8}$  inch (1.5cm)  
rounds

26 fl oz. (750ml) vegetable  
stock

6 fl oz. (185ml) oat cream +  
1 tbsp. extra for garnish

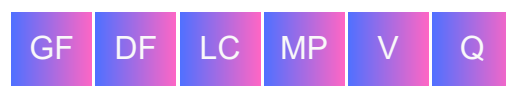
4 tsp. vegan cheese, grated

Heat 1 tbsp. olive oil in a large pot over medium-high heat. Sauté garlic and onions for 3-4 minutes.

Add zucchini, stock, and 8 fl oz. (250ml) water. Bring to a boil, reduce to medium heat, and simmer for 15-20 minutes.

Blend until smooth using a stick blender. Stir in cream, season with salt, and pepper.

Serve hot, garnished with extra cream and cheese.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	179kcal	16g	4g	11g



# Miso Potato & Cabbage Salad

Serves 4

25 Minutes

1.3 lbs. (600g) baby potatoes, washed & halved

7.7 oz. (220g) red cabbage, cored & sliced into strips

2 green onions, sliced at an angle

4 tbsp. fresh cilantro, roughly chopped

2 tsp. sesame seeds

***For the dressing:***

1 clove garlic, peeled & grated

1 tsp. (2g) ginger, peeled & grated

1 tbsp. miso paste

½ tsp. coconut sugar

2 tbsp. sesame oil

½ tsp. chili flakes

2 tbsp. plain soy yogurt

Boil potatoes in salted water for 10-15 minutes until tender. Drain and let cool.

To make the dressing, combine garlic, ginger, miso paste, 2 tsp. rice vinegar, sugar, sesame oil, chili flakes, yogurt, and salt in a bowl. Mix well.

Toss potatoes, red cabbage, and green onions with the dressing in a large bowl.

Garnish with cilantro, sesame seeds, and additional chili flakes, if desired. Serve immediately.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	224kcal	33g	5g	8g



# Balsamic Glazed Mushroom & Zucchini

Serves 4

40 Minutes

1.25 lbs. (570g) zucchini,  
halved lengthwise & sliced  
into ¼-inch half-moons

2 shallots, thinly sliced

8 oz. (225g) white button  
mushrooms, cleaned &  
sliced

8 oz. (225g) shiitake  
mushrooms, stems  
removed & sliced

1 garlic clove, minced

1 tbsp. fresh thyme leaves,  
divided

Heat 1 tbsp. olive oil in a large skillet over medium-high heat. Sauté zucchini and shallots for 15-20 minutes until tender and browned. Season with salt and pepper. Remove from the pan.

Add 1 tbsp. olive oil and mushrooms to the skillet. Cook for 8-10 minutes until browned.

Stir in garlic, 1 tbsp. balsamic vinegar, and ½ tbsp. thyme. Cook for 1 minute.

Return zucchini to the pan, mix well, and warm through. Garnish with remaining thyme and serve.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	93kcal	16g	5g	1g



# Quick & Easy Chickpea Curry

Serves 2

20 Minutes

2 cloves garlic, peeled & chopped

1.4 oz. (40g) sun-dried tomatoes in oil, chopped

2 tsp. curry powder

½ tsp. chili powder

8 oz. (230g) canned chickpeas, including liquid

4 tbsp. fresh cilantro, chopped

½ lime, juiced

1.4 oz. (40g) cucumber, finely diced

5.6 oz. (160g) natural soy yogurt

½ tsp. dried mint

Heat 1 tbsp. olive oil in a skillet over medium heat. Sauté garlic and sun-dried tomatoes for 1 minute.

Add curry powder and chili powder and cook for 30 seconds.

Add chickpeas with liquid and 6.8 fl oz. (200ml) water. Simmer for 5-7 minutes. Stir in cilantro and season with salt.

Mix yogurt with lime juice, cucumber, dried mint, salt, and pepper to make raita.

Serve chickpea curry with raita.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	288kcal	49g	14g	4g



# Creamy Broccoli Pasta

Serves 4

20 Minutes

3.5 oz. (100g) broccoli, florets separated

6 green onions, trimmed & sliced

1 leek, halved lengthwise, washed & finely sliced

2 cloves garlic, minced

3.5 oz. (100g) frozen spinach

7 oz. (200g) frozen peas

15.9 oz. (450g) dried penne pasta

1.8 oz. (50g) vegan cheese, grated

6.8 fl oz. (200ml) reserved pasta cooking water

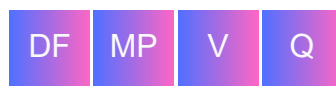
Cook pasta in boiling salted water according to package instructions. Reserve 6.8 fl oz. (200ml) cooking water and drain pasta.

Heat 1 tbsp. olive oil in a pan over medium heat. Sauté broccoli florets, green onions, and leeks for 5 minutes. Add garlic, spinach, peas, salt, and pepper. Cook for 10 minutes, stirring often.

Add reserved cooking water to the pan. Blend sauce to your preferred consistency (smooth or chunky).

Toss pasta and broccoli tips in the sauce with 1 tbsp. olive oil and cheese. Serve warm

**Serving Suggestion:** Garnish with fresh basil and some almond flakes.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	548kcal	98g	12g	12g



# Spicy Tom Kha Soup

- 1 shallot, chopped
- 4 garlic cloves, chopped
- 1 thumb of grated ginger
- ½ red chili, chopped
- 1 lemongrass stalk, bashed
- 1 tbsp. coconut oil
- 2 tbsp. tamari
- 1 tbsp. Thai red curry paste
- 34 fl oz. (1L) vegetable stock
- 13.5 fl oz. (400ml) can coconut milk, reduced fat
- 1 tsp. coconut sugar
- 7 oz. (200g) shiitake mushrooms, sliced
- 5.3 oz. (150g) firm tofu, cubed
- 1 lime, juiced
- 4 green onions, chopped
- 4 tbsp. fresh cilantro, chopped

**Serves 2** | **30 Minutes**

Heat oil in a saucepan over medium heat. Sauté shallot, garlic, ginger, chili, and lemongrass for 3-5 minutes.

Stir in tamari, 1 tbsp. rice wine vinegar, and curry paste. Cook for 2-3 minutes.

Add vegetable stock and bring to a boil. Simmer for 15-20 minutes. Strain the broth, then return to the pot.

Add coconut milk, mushrooms, tofu, and sugar. Simmer for 5-10 minutes until softened.

Stir in lime juice, green onions, and cilantro. Season with salt and pepper.

Serve hot, garnished with chili oil if desired.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	404kcal	34g	13g	24g



# 20-Minute Udon Stir-Fry

Serves 4

20 Minutes

7 oz. (200g) firm tofu,  
crumbled

7 oz. (200g) udon noodles,  
cooked & drained

1 small onion, grated

4 garlic cloves, grated

1 thumb of grated ginger

1 tsp. chili powder

1 vegetable stock cube

2 tbsp. tamari

2 tbsp. ketjap manis

1 tbsp. sesame oil

1 tbsp. coconut sugar

4.4 oz. (125g) spinach

1 handful basil leaves

1 tbsp. chili oil

Heat oil in a skillet over medium heat. Sauté onion, garlic, and ginger for 5 minutes until softened.

Add chili powder, 6.8 fl oz. (200ml) water, and stock cube. Cook for 2 minutes.

Stir in crumbled tofu and cook for 5 minutes. Add tamari, ketjap manis, 2 tbsp. rice vinegar, sesame oil, and sugar. Mix well.

Add spinach and basil. Toss in cooked noodles and chili oil. Season with salt and pepper.

Serve warm.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	319kcal	50g	14g	7g



# 3-Ingredient Pecan Cookies

Makes 8

20 Minutes

5.9 oz. (170g) pecans + 8 half pecans for garnish

5.3 oz. (150g) dates, pitted

2 tbsp. maple syrup

Preheat the oven to 390°F (200°C). Line a baking sheet with parchment paper.

Blend pecans and dates in a food processor until a coarse crumb forms.

Transfer mixture to a bowl. Add maple syrup and mix into a dough.

Shape into 8 balls, flatten slightly, and place on the baking sheet. Top each with a pecan.

Bake for 15 minutes. Let cool before serving.

**Note:** 1 serving = 1 cookie.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	240kcal	21g	3g	16g



# Tropical Mango Chia Bowl

Serves 2

15 Minutes

2 tbsp. chia seeds

4 fl oz. (120ml) coconut milk, carton

¼ tsp. vanilla extract

1 mango, peeled & chopped

2 oz. (60g) coconut yogurt

1 serving of Almond Quinoa Granola (see recipe from this pack)

Combine chia seeds, milk, and vanilla extract in a container. Mix well and let set for at least 20 to 60 minutes, stirring every so often to prevent clumps.

Blend the mango for a smooth puree.

Layer the chia pudding, yogurt, mango puree, and granola in bowls.

Serve immediately, or refrigerate until ready to eat.

**Tip:** Prepare the chia pudding the night before for a quick breakfast option.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	338kcal	46g	7g	14g



# Almond & Banana Power Smoothie

Serves 1

5 Minutes

1 small frozen banana

8 fl oz. (240ml)  
unsweetened almond milk

2 tbsp. almond butter

2 tbsp. unflavored or vanilla  
plant-based protein powder

1 tbsp. maple syrup

½ tsp. ground cinnamon

Combine all ingredients in a blender.

Blend until smooth and creamy. Serve immediately.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	461kcal	49g	19g	21g